



JANUARY RECIPES TO HELP BEAT THE BLUES



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Roast aubergine with goulash sauce & sweet potato fries

Ingredients:

- 1 [large aubergine](#), thickly sliced
- 4 tsp [rapeseed oil](#)
- 225g [prepared weight sweet potatoes](#), cut into narrow chips
- 1 tbsp [fresh thyme leaves](#), plus a few for sprinkling
- 2 [small onions](#) (190g), halved and sliced
- 1 [green pepper](#), deseeded and diced
- 2 [garlic cloves](#), sliced
- 1 tsp [smoked paprika](#)
- 85g [cherry tomatoes](#), halved
- 1 tbsp tomato purée
- 1 tsp vegetable bouillon powder
- 200g [bag baby spinach](#), wilted in a pan or the microwave
- 25g pumpkin seeds

Method

STEP 1

Heat oven to 240C/220C fan/gas 7. Brush the aubergine slices with 1 tsp oil, put on a baking sheet and roast for 15 mins. Meanwhile place a wire cooling rack on top of a baking tray. Toss the sweet potatoes and thyme with 2 tsp oil, then scatter them over the rack and set aside until ready to cook.

STEP 2

Heat 1 tsp oil in a non-stick pan, add the onions, cover the pan and leave to cook for 5 mins. Take off the lid and stir – they should be a little charred now. Stir in the green pepper and garlic, cover the pan and cook for 5 mins more. Put the sweet potatoes in the oven and bake for 15 mins while you get on with the rest of the sauce.

STEP 3

Stir the paprika into the onions and peppers, pour in 150ml water, then stir in the cherry tomatoes, tomato purée and bouillon. Cover and simmer for 10 mins while you cook the spinach according to pack instructions. Stir in the seeds.

STEP 4

Arrange the aubergine, fries and spinach in bowls and spoon on the goulash sauce. Scatter with thyme, if you like.

Overnight oats

Ingredients

- ¼ tsp [ground cinnamon](#)
- 50g [rolled porridge oats](#)
- 2 tbsp [natural yogurt](#)
- 50g mixed berries
- drizzle of [honey](#)
- ½ tbsp nut butter (we used almond)

Method

STEP 1

The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.

STEP 2

The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.

Sticky lime & honey wings

Ingredients

- 1kg [chicken wings](#)
- 1 tbsp [reduced-salt soy sauce](#)
- 1 tsp [chilli flakes](#) (optional)
- 2 tbsp [honey](#)
- 1 [lime](#), zested and juiced
- 300g [cooked rice](#), to serve
- For the slaw
- 2 [carrots](#)
- 1 small or 1/2 large white [white cabbage](#) (about 300g)
- 1 small [red onion](#)
- 1 tbsp [olive oil](#)
- 2 tbsp [lime juice](#)
- 15g coriander, roughly chopped (optional)

Method

STEP 1

Tip the chicken wings into a large bowl and stir in the soy sauce, chilli flakes (if using), honey, lime zest and juice until the wings are coated. Set aside to marinate. Heat the oven to 210C/190C fan/6.

STEP 2

To make the slaw, use a vegetable peeler to shave the carrots into strips, then finely slice the cabbage and red onion with either a sharp knife or mandoline. Put in a bowl with the olive oil and lime juice, and season to taste.

STEP 3

Spread the wings out on a baking tray lined with baking parchment, then bake for 35 mins, turning halfway. Just before serving, stir the coriander, if using, through the slaw. Serve with the cooked rice.

Spinach, sweet potato & lentil dhal

Ingredients

- 1 tbsp sesame oil
- 1 [red onion](#), finely chopped
- 1 [garlic clove](#), crushed
- thumb-sized piece [ginger](#), peeled and finely chopped
- 1 [red chilli](#), finely chopped
- 1½ tsp [ground turmeric](#)
- 1½ tsp [ground cumin](#)
- 2 [sweet potatoes](#) (about 400g/14oz), cut into even chunks
- 250g [red split lentils](#)
- 600ml vegetable stock
- 80g [bag of spinach](#)
- 4 [spring onions](#), sliced on the diagonal, to serve
- ½ small pack of [Thai basil](#), leaves torn, to serve

Method

STEP 1

Heat 1 tbsp sesame oil in a wide-based [pan](#) with a tight-fitting lid.

STEP 2

Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.

STEP 3

Add 1 crushed [garlic](#) clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.

STEP 4

Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.

STEP 5

Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

STEP 6

Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

STEP 7

Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

STEP 8

Alternatively, allow to cool completely, then divide between [airtight containers](#) and store in the fridge for a healthy lunchbox.

Beetroot & halloumi salad with pomegranate and dill

Ingredients

- 1 [medium red onion](#), halved and thinly sliced
- 2 tbsp apple cider vinegar
- 2 [oranges](#)
- 4 handfuls [rocket leaves](#)
- 2 [cooked beetroots](#), chopped
- drop [rapeseed oil](#), for frying
- 80g [thinly sliced halloumi](#), slices halved
- 80g [pomegranate seeds](#)
- 2 tbsp pumpkin seeds
- handful [mint leaves](#)
- few sprigs dill, chopped

Method

STEP 1

Put the sliced onion in a bowl, add the vinegar and toss well. Cut the peel and pith from the orange then segment over the onion bowl to make sure that you catch any juice.

STEP 2

Pile the rocket onto plates and dot over the beetroot and orange. Rub a drop of oil around a non-stick frying pan then fry the halloumi in the pan for about 30 seconds each side until golden.

STEP 3

Stir the pomegranate into the onions and spoon this and all the dressing, over the rocket, then top with the halloumi and scatter with the pumpkin seeds, mint and dill.

Salade niçoise

Ingredients

- 8 [new potatoes](#)
- 50g green beans (or a small handful), trimmed and halved
- 3 [eggs](#)
- 2 [Little Gem lettuces](#), quartered
- 50g [pitted black olives](#)
- 2 [medium tomatoes](#) (plum are good), quartered
- 145g can [tuna](#) in olive oil, drained, oil reserved (see below)
- For the dressing
- ½ [garlic clove](#)
- 1 [anchovy](#) fillet (optional)
- 1 tbsp Dijon mustard
- 2 tbsp red wine vinegar
- 4 tbsp [reserved olive oil](#) from the tuna can (topped up, if needed)

Method

STEP 1

To make the dressing, mash the garlic and anchovy, if using, with a small pinch of salt on a board using the blade of a large knife, or in a [pestle and mortar](#). Combine the paste with the mustard and vinegar, then slowly stir in the tuna oil. Set aside.

STEP 2

Tip the new potatoes into a large pan of cold salted water, ensuring they're well covered. Bring to the boil, then reduce the heat to a simmer. Add the beans and cook for 5 mins, then remove with a slotted spoon and immediately plunge into a bowl of iced water to cool. Cook the potatoes for another 5 mins until tender, then drain and leave to cool. When cool enough to handle, halve or quarter them, and toss in a large bowl with 1 tbsp of the dressing. Leave to cool completely.

STEP 3

Meanwhile, cook the eggs in a second pan of simmering water for 7½ mins, then transfer to a bowl of iced water to cool. Drain the beans and eggs, then peel and halve the eggs.

STEP 4

Tip the lettuce quarters, cooked beans and olives into the bowl with the potatoes. Add most of the remaining dressing and gently toss. Divide the salad between two bowls, and top with the tomatoes and eggs. Flake over the tuna, then drizzle with the rest of the dressing and season.