

PiXL 
Power
to Perform

RECIPE
BOOKLET

PiXL Power to Perform is all about what students are eating and how we can use food to enhance their performance, concentration and energy.

Resources available will include:

- 20 recipes designed especially by chef Mark Lloyd, all including ingredients that will enable students to feel fuller for longer and perform well. The recipes have been put onto cards that can be given to students/parents to cook at home and/or for school kitchens to cook for students at lunchtime.
- Videos for students showing them step by step how to cook the dishes – each video shows Mark Lloyd cooking the dish.

We hope that by using these resources, students may find a way through a very tough and daunting period and be better prepared in handling the pressure and stress that comes with it. Perhaps some of these ideas will help create a mindset where they believe that they can achieve whilst also showing them how to do it.

This booklet contains all the recipes that Mark has designed for us.

Happy cooking!

A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

8 slices bread or 4 of your favourite buns
2 whole haddock fillets, weighing about 300g in total, skinned
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs
50g plain flour
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.

METHOD:

Blitz or crush the nachos and pour into a bowl.
Pour the beaten egg into a separate bowl.
Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.
Cut fish fillets into finger sized pieces, resembling fish fingers.
Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.
Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown.
Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish:

At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.



This dish has been specially created by celebrity chef, Mark Lloyd.

COD FISHCAKE AND CHIPS

COD FISHCAKE, MINTY PEAS, YOGURT TARTARE SAUCE, 'OVEN' CHIPS. THIS IS A BAKED FISHCAKE, WITH BAKED OVEN CHIPS, JUST A HEALTHIER VERSION OF A CHIPPY DINNER! MAKES ENOUGH FOR 4.

TO MAKE THE FISHCAKES:

275g potatoes, preferably Maris Pipers, peeled and cut into rough 3cm chunks
400g cod, unskinned, fresh or frozen
1 bay leaf
½ lemons, finely zested
4 spring onions, trimmed and finely sliced
Vegetable oil, for spraying
1 large egg
50g fresh wholemeal breadcrumbs
Lemon wedges, to serve

METHOD:

Put the potatoes in a pan of cold water and bring to the boil. Reduce the heat slightly and simmer for 15 minutes or until the potatoes are soft but not falling apart. While the potatoes are cooking, put the fish fillets in a large saucepan, placing the thicker fillets on the bottom of the pan. Cover with cold water and add the bay leaf. Put a tight-fitting lid on the pan and gently bring to a simmer, then immediately take the pan off the heat. Leave the fish to stand for 5 minutes.

Drain the potatoes well in a colander, tip them back into the pan and mash them until smooth or pass them through a potato ricer. Put the mash in a large bowl and season with salt and black pepper.

Drain the fish well in a colander and break it into large chunks, discarding the skin and any bones as you go. Put the fish in the same bowl as the mashed potato and stir in the lemon zest and spring onions with a large wooden spoon trying not to break up the fish too much.

Divide the mixture into 4 balls and flatten each ball to about 3cm thick. If the mixture is too soft to shape into balls, cover and leave it to cool for a while. The potato will stiffen up as it cools. Lightly oil a baking tray.

Beat the egg in a shallow bowl. Dip a fishcake into the egg, coating it on all sides. Gently shake any excess egg off and then place it in the breadcrumbs, turning and pressing to get an even coating of crumbs. Place the fishcake on the greased tray and prepare the rest in the same way. Leave them to chill in the fridge until you're ready to cook.

To cook the fishcakes, place in the oven to 200°C for 20 minutes. Mist the fishcakes with the oil and bake them for 15-20 minutes until crisp and golden brown. Serve with chips, tartare and some lemon wedges for squeezing.

Cook the peas in boiling water for 5 to 6 minutes before adding a knob of butter and some freshly torn mint leaves.



FOR THE CHIPS:

4 large potatoes, Maris Pipers work well, washed, skin on and cut into 8 lengthways
3 tablespoon of vegetable oil

METHOD:

Boil a large pan of salted water, cook the potatoes for 8-10 minutes, drain well, toss in the vegetable oil. Place on a baking tray and cook at 200°C for 20-25 minutes, turning occasionally to get them all crispy and golden.

FOR THE YOGHURT 'TARTARE':

125ml of plain Greek yoghurt
3 tablespoons of chopped gherkins
Juice of ½ lemon

METHOD:

Just mix everything together.

A DIFFERENT FISH FINGER SANDWICH



COD FISHCAKE AND CHIPS



FLORENTINE PIZZA

FLORENTINE PIZZA; SPINACH, TOMATO, MOZZARELLA, BAKED EGG. THIS IS MY VERSION OF THE CLASSIC PIZZA, I AM SAYING THIS NOW SO THE 'PIZZA PURISTS' DON'T TELL ME OFF!



YOU WILL NEED:

6 eggs
 1 bag baby spinach, washed and dried as well as possible
 Mozzarella balls, for tearing

THIS RECIPE MAKES ABOUT 3 GOOD SIZED PIZZA BASES:

500g flour (plain works but bread flour is better)
 300ml water at blood temperature (shouldn't be hotter or colder than your finger)
 10g fresh yeast or 5g dried yeast
 10g salt
 2 tablespoons of olive oil
 For the tomato sauce; this keeps well in the fridge for at least a week!
 500ml sieved tomatoes or passata
 A good pinch of dried oregano
 A bunch of fresh basil, leaves removed and stalks chopped
 1 clove garlic, peeled and sliced as thinly as you can
 Salt and pepper
 A splash of vegetable oil

METHOD:

Warm the oil in a saucepan, so that it gently sizzles, for 3 to 4 minutes. Pour in the sieved tomatoes, oregano and chopped basil stalks. Increase the heat and reduce the tomato sauce by half, it should be nice and thick. Taste, then add salt and pepper. Remove from the heat and chill until needed for your pizza base. Find the right bowl to make your dough in, or use an electric mixer bowl. It needs to be big enough to incorporate all the ingredients. Combine the yeast with the warm water in the bowl, let the yeast dissolve. To this add 50g of plain flour. Set the bowl aside in a warm place. After 20 to 30 minutes the yeast should have formed a sponge. Add flour, salt and olive oil to the bowl.

You can now place the mixture in the bowl of a food processor fitted with a dough hook. Alternatively roll up your sleeves and knead it by hand for 10 to 15 minutes on a lightly oiled work surface. Lightly grease the bowl with olive oil and return the dough to it. Cover with a damp tea towel and allow the dough to rise for 2 hours. Knock the dough back and allow to rise for a further half hour. Divide the dough into 2, 3 or 4 individual balls depending on how many pizzas you wish to make. Roll the pizza out, or if you're feeling brave, give hand stretching a go on a floured work surface to a thickness of 3 or 4 mm. Transfer to a baking tray and top with tomato sauce, spinach, mozzarella. Then, just as you push the shelf into oven, crack a couple of eggs on top. Bake for 12 minutes or until your eggs are cooked the way you like, I like mine runny to dip my pizza crusts in.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.

The best time to eat this dish: A treat meal after an exam when you still have revision to complete.

Reason: Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy and provide you with omega 3s to support your brain function.

MEDITERRANEAN VEGETABLE PASTA BAKE

MEDITERRANEAN VEGETABLE PASTA BAKE, RIPPED UP MOZZARELLA. SERVES 4.

1 large aubergine, washed and cut into 2cm cubes
 3 medium courgettes, washed and cut into 2cm cubes
 3 red onions, peeled and roughly diced
 2 cloves garlic, peeled and crushed
 1 red pepper, core removed and diced
 6 tomatoes, quartered, but seeds left in
 4 tablespoons olive oil
 Sea salt and freshly ground black pepper
 1 teaspoon dried oregano
 100g Penne pasta (the little tubes)
 3 mozzarella ball, or a tub of the mini ones (Boccancini)

METHOD:

Preheat the oven to 180°C.
 Combine all the prepared veg and place in a large baking dish. If the baking dish is overcrowded with veg, split the veg between two dishes. Drizzle veg with olive oil and sprinkle with salt, pepper and oregano. Mix well to coat the veg. Bake in the oven until the vegetables are very soft, about 45 to 55 minutes. Meanwhile, during the last 10 minutes of cooking the veg, cook the Penne (pasta) in boiling salted water according to the timing on the packet, usually about 8 to 10 minutes, then drain in a sieve or colander.

Remove the veg from the oven. In the baking dish, toss the veg with the hot pasta. Now tear up that Mozzarella cheese and fold into the pasta so it becomes all stringy and soft. Season to taste with salt and pepper, then serve straightaway with a big green salad.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps elevate mood, prevents energy highs and crashes. **The best time to eat this dish:** At lunchtime before an afternoon exam or before a revision session.

Reason: Courgettes and aubergines will help beat stress by reducing your blood pressure. Pasta will help to maintain your blood sugars and keep your energy levels constant. Onions, tomatoes and peppers all contain high amounts of anti-oxidants, improve your blood flow and therefore brain functions like memory and focus. Complex carbohydrates along with oregano will improve your mental wellbeing.



This dish has been specially created by celebrity chef, Mark Lloyd.

FLORENTINE PIZZA



MEDITERRANEAN VEGETABLE PASTA BAKE



MEXICAN CHICKEN ENCHILADAS

MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.

METHOD:

Preheat oven to 180°C/Gas 4.

In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.



FOR THE AVOCADO SMASH:

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reason: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.

- 4 skinless, boneless chicken breast fillets
- 1 onion, chopped
- 225ml yogurt
- 1 bunch of chives, cut into thin rings
- 125g grated Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)
- 400g tomatoes, roughly chopped
- 125ml water
- 1 tablespoon chilli powder
- 5 tablespoons chopped green pepper
- 1 clove garlic, minced
- 8 flour tortillas
- 85g grated Cheddar cheese
- 2 avocados
- Juice from 1/2 lemon



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PORK CHOP, SAGE ROASTED APPLES

PORK CHOP, SAGE AND OREGANO ROASTED APPLES, BUTTERNUT MASH, SPINACH. SERVES 4.

- 4 pork chops, 1 big one or two smaller ones, you decide
- 2 butternut squash, peeled and chopped into chunks, no seeds
- 50g butter
- 2 tablespoons of vegetable oil
- 3 good eating apples, maybe Pink Lady, Braeburn or Granny Smiths
- 1 bag baby spinach or other greens, washed and drained
- 1 teaspoon dried oregano
- 1 tablespoon chopped sage leaves, you can use dried

METHOD:

Preheat the oven to 190°C.

Heat a frying pan, toss the apples in the vegetable oil and fry the apples until golden, transfer them to a roasting dish. Now brown the pork in the same pan 3 to 4 minutes on each side, before placing them on top of the apples in the baking dish. Sprinkle over the sage and oregano.

Put the pork and apples in the oven for 20 minutes, then remove from the oven and leave to rest for 5 to 6 minutes, while you cook the spinach in boiling water for 2 to 3 minutes.

Place all the chopped squash into a pan of salted water and boil until tender. Drain into a sieve or colander and leave for a few minutes to allow the squash to steam away any extra water. Mash the squash with the butter, adding salt and pepper to taste. To serve: big dollop of mash, pork and apples on top and a little of the juices from the roasting dish, BAM!



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Boosts memory recall, increases concentration levels, enhances immunity.

The best time to eat this dish: During revision for lunch or an evening meal.

Reason: Pork contains iron and potassium which can help with cognitive development. Butternut squash has potassium and high levels of Vitamin A to boost your immune function and help lower blood pressure. The Omega 3s in spinach will help brain function and increase your concentration levels. Apples, sage and oregano are an excellent combination for your mental wellbeing.

MEXICAN CHICKEN ENCHILADAS



PORK CHOP, SAGE ROASTED APPLES

