

# SAGE ROASTED PORK LOIN

**SAGE ROASTED PORK LOIN, SWEET POTATO ROASTIES, RED CABBAGE SLAW.  
 SERVES 4 AS A HEARTY DINNER TO ENABLE A GOOD NIGHT'S SLEEP.**

**METHOD:**

Pre-heat the oven to 180°C.

Place the pork into a roasting tray and rub all over with 2 tablespoons of the oil. Season with salt and pepper.

Place into the middle of the oven at 180°C for 20 minutes, then turn down to 160°C for another 30 minutes, this should make some good crackling!

Take another roasting pan and pour the remaining vegetable oil in, place this tray in the oven to heat up, you want it nice and hot for the roasted sweet potatoes.

Bring a pan of salted water to the boil and place the sweet potatoes in, cooking them for 10 minutes or until the tip of a knife just about reaches the centre when gently pushed in to one. Drain the potatoes into a colander or sieve and allow the steam to make the potatoes nice and dry. Now be careful; add the sweet potatoes to the hot oil, gently shaking the tray, so that the potatoes slide around in the tray.

Place in the oven for 20 to 25 minutes, checking and turning now and again to make sure they cook evenly.

**TO MAKE THE SLAW:**

Shred the cabbage with either a sharp knife or use a food processor with the slicing attachment.

Grate the apples or thinly slice into matchsticks.

Place all the cabbage, apple and parsley into a mixing bowl and cover with the oil, sugar and vinegar, mix really, really well then cover until needed.



**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Improves energy levels, moods and resistance to stress, boosts immune system.

**The best time to eat this dish:**

Evening meal during the exam period and possibly feeling tired or run down.

**Reason:** Sweet potatoes, red cabbage and parsley are high in vitamin C, D, iron and are powerful anti-oxidants for your immune system. They contain magnesium which is the relaxation and anti-stress mineral. Apples help to enhance your memory function and pork will promote brain health. The overall combination of proteins and complex carbohydrates will provide you with a source of energy.

- 1kg pork loin, with the crackling on if possible, scored
- 4 medium sweet potatoes, washed and the skin left on, cut into quarters
- ½ red cabbage
- 3 good eating apples, red or green (Granny Smith or Braeburn work well)
- 4 tablespoons olive oil
- 100ml vegetable oil
- 3 tablespoons white wine vinegar
- 1 teaspoon demerara sugar (or any other good brown sugar)
- Sea salt and black pepper
- 1 small bunch parsley, flat or curly, doesn't matter, chopped as small as possible



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

# SPICED CHICKEN WRAP

**SPICED CHICKEN WRAP, MINT CACHUMBER SALAD AND YOGHURT DRESSING.**

**FOR THE CHICKEN WRAPS:**

- 8 tortilla wraps
- 2 tablespoons vegetable oil
- 4 skinless, chicken breasts, sliced into fingers
- 1 large onion, peeled and thinly sliced
- 1 clove garlic, peeled and crushed
- 1 green pepper, de-seeded and sliced
- 1 red pepper, de-seeded and sliced
- 2 teaspoon cumin
- 1-2 teaspoon dried chilli flakes
- 1/2 teaspoon paprika
- 1 tin chopped, peeled tomatoes
- 1 tin red kidney beans, rinsed and drained
- 2 tablespoons sweet chilli sauce
- Juice ½ lemon
- 75g sweetcorn, rinsed and drained
- 100ml of Greek yoghurt
- 100g grated Cheddar cheese

**METHOD:**

Take the sliced chicken and place into a large bowl with the vegetable oil, lemon juice, onions, garlic, peppers and spices and mix well so that all the ingredients are well coated, cover and put in the fridge for at least an hour. Heat a large saucepan over a high heat, then add the spiced chicken mix and cook until the chicken is well cooked, turning the mix over so the bits on the bottom don't burn, once the chicken is cooked, add the kidney beans, sweetcorn and chopped tomatoes. Cook for another 10 minutes over a medium high heat, this will thicken the sauce.

**Now to build your wraps:** Spoon the chicken mix into the centre of a tortilla, top with the Cachumber and a spoon of yoghurt, then roll it up and get yourself a big bite!

**FOR THE CACHUMBER SALAD:**

- 1 small cucumber, split lengthways and seeds removed with a teaspoon (watch the tips video if you are unsure).
- 3 tomatoes, cut into 2cm dice, leave the seeds in for extra flavour
- 1 medium white onion, peeled and diced the same as the tomatoes
- 1 green chilli, cut lengthways and seeds removed, then finely sliced
- 1 bunch fresh coriander, leaves removed and chopped roughly
- ½ bunch mint, leaves removed and roughly chopped or torn
- 1 lemon, juice only
- Salt and pepper, add this once everything is mixed, to taste

**METHOD:**

Mix all the ingredients and a large bowl, tasting and adjusting the flavour by using the lemon, salt and pepper. Pop into the fridge until needed.



**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Keeps you hydrated, cleanses the stomach, gives steady energy release.

**The best time to eat this dish:** Lunch time before an exam or revision session.

**Reason:** Cucumber will re-hydrate you and flush out bodily toxins. Tomatoes, onion and chilli will help your brain to function optimally and enhance your memory and focus. Coriander, mint and lemon will all cleanse and soothe your stomach.

## SAGE ROASTED PORK LOIN



## SPICED CHICKEN WRAP



# TUNA NICOISE

**TUNA NICOISE, IT'S AN OLDIE BUT A GOODIE. SERVES 4.**

2 large eggs  
 100g fine green beans, fresh or frozen  
 4 large, ripe tomatoes  
 100g pitted black olives, try to get the ones in oil  
 225g can tuna  
 1 Iceberg lettuce, ripped into chunks, washed and drained  
 8 teaspoons olive oil  
 Juice ½ lemon  
 40g croutons, you could use toast, cooled and cut into cubes  
 6 anchovy fillets, they add a lovely saltiness, but aren't for everybody

**METHOD:**

Bring a pan of salted water to the boil, add in the eggs and cook for 5 minutes, remove the eggs and add the green beans and cook for 4 minutes. Run both under cold water until fully cold.

Tip the tomatoes, olives and half of the olive oil into a bowl and mix gently.

Arrange the lettuce on plates and then top with the tomato-olive mixture, saving their flavoursome juices in the bowl. Drain the tuna and build up the salad with roughly broken chunks.

Using the reserved juices left in the tomato mixture's bowl, make the dressing: whisk in the olive oil, lemon juice and pour over the salad.

Peel and quarter the almost but not quite hard-boiled eggs and add to the salad along with the croutons, anchovy fillets (if using).



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**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Maintains blood sugar levels, improves mood, mental alertness and promotes brain functioning.

**The best time to eat this dish:**

Lunchtime before an exam or revision session.

**Reason:** Eggs and tuna are both high quality protein sources and contain B vitamins, minerals, iron and zinc for improved mental functioning and immunity. Tuna and anchovies are high in omega 3s which are essential nutrients for your brain. Green beans are rich sources of vitamins A, C, and K as well as omega 3s again making them an awesome vegetable.

# TUNA, BEETROOT AND FETA SALAD

**TUNA, BEETROOT, FETA AND SPINACH SALAD, ORANGE DRESSING. THIS IS PROBABLY THE TASTIEST SALAD AROUND; TUNA WITH CITRUS AND SALTY CHEESE, SWEET BEETROOT AND SPINACH, PLUS IT'S A BRAIN BOOSTER! SERVES 4.**

Tinned tuna or 4 x 100g tuna steaks  
 1 pack precooked beetroot, drained and the chopped into mouthfuls  
 200g Feta cheese, drained and roughly broken into cubes  
 1 bag baby spinach, washed and drained  
 2 oranges, zested then the segments removed from inside, (watch the tips video), then finally squeeze out the remaining juice for the dressing  
 50ml olive oil  
 1 teaspoon Dijon mustard

**TO MAKE THE DRESSING:**

Pour the mustard and orange juice into a bowl, then whisk as quickly as possible while adding the Olive oil to the mix, a little at a time.

**TO MAKE THE SALAD:**

If you are using the fresh tuna steaks, cook them like you would a steak, if you like them pink 2 to 3 minutes each side, or for cooked through 4 to 5 minutes each side. Cut the steaks into mouth sized dice. For the tinned tuna, drain the tuna in a sieve.

Take a large mixing or salad bowl, add the Feta, beetroot, orange segments and tuna. Coat with half of the dressing, top with the leaves and gently turn everything over in the bowl to mix. Do this gently to not break everything up too much, before adding more dressing if needed.

**TO SERVE:** Divide into bowls and get stuck in!



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

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Boosts brain power, combats stress and enhances immunity.

**The best time to eat this dish:** For lunch or an evening meal in the middle of your exam period.

**Reason:** Tuna is an amazing source of protein which can lower your blood pressure, improve your immune system and boost your circulation all of which support optimal functioning. Beetroot contains heaps of vitamins, minerals and iron which will enhance your focus and reduce blood pressure. Feta cheese is nutrient rich and contains B vitamins to help keeps your brain functioning.

## TUNA NICOISE



## TUNA, BEETROOT AND FETA SALAD

