

SUPERFOOD SALAD

SUPERFOOD SALAD WITH THYME GRILLED LEMON CHICKEN. FEEDS 4.

FOR THE CHICKEN:

4 skinless chicken breasts
 1 small bunch fresh thyme, leaves picked from the stalks
 2 lemons, 1 zested and juiced, the other cut into quarters
 25ml vegetable oil
 A good pinch of sea salt and pepper

METHOD:

Mix together the oil, lemon juice, zest and thyme in a bowl with the salt and pepper. Rub all the chicken breasts around in the zesty oil, leaving them to marinade for 20 minutes (this would be a good time to make the salad). Heat a heavy bottomed frying pan (or the BBQ) and cook the chicken over a medium high heat, turning over once golden brown. Cook for 15 to 20 minutes, please make sure your chicken is thoroughly cooked! Leave the chicken for 5 to 6 minutes before slicing.

FOR THE SALAD:

1kg kale, leaves picked from the stalks and *blanched
 1 pomegranate, or 1 tub with the seeds already picked
 2 oranges, peeled and segmented, **squeeze the leftover orange into the olive oil
 350g quinoa
 100g melon or sunflower seeds
 1 red onion, peeled and finely shredded.
 1 small bunch parsley
 50ml olive oil
 2 tablespoons white wine vinegar
 1 teaspoon Dijon or wholegrain mustard
 1 small packet cooked beetroot

METHOD:

Cook the quinoa as per the instructions on the packet, then set aside to cool. Peel and segment the oranges, place in the large salad bowl. Place the finely shredded onions in cold water for 10 minutes, drain and put in the salad bowl. Pick the leaves from the stalks of the parsley and roughly chop, throw them in the bowl. Take the beetroot and roughly dice to about the size of your little finger nail, then chuck 'em in the salad. Stir together the **orange olive oil, mustard and vinegar to make a dressing.

TO SERVE: Toss all the ingredients together with the dressing, making sure each portion has some of all the ingredients mixed in, top with sliced, juicy chicken.

This is *blanching.....

Cook the leaves in boiling salted water for 5 minutes and then run the leaves under cold water to stop them cooking.



EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Fantastic brain booster, helps keep a healthy mind and increase mental alertness.

The best time to eat this dish: For lunch before an exam or revision.

Reason: Chicken, thyme and lemons will keep you full, stabilise your mood and support your immune system. Kale, quinoa, beetroot, onion and oranges are rich in vitamins and minerals making them nutrition powerhouses. They will help restore your energy, boost your focus and the iron in quinoa will increase brain function. Seeds are a superb source of fatty acids.

TURKEY PUTTANESCA

TURKEY PUTTANESCA. SERVES 4.

METHOD:

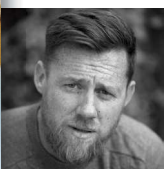
Bring a large pan of salted water to the boil (big bubbles) and turn down to a simmer (little bubbles). Peel and finely chop the onion, as small as possible. Peel and chop the garlic in the same way. In a large enough saucepan to take all the ingredients (including the pasta) add the vegetable oil and warm over a medium heat. Add the onions and cook for 5 to 6 minutes until just turning golden, then add the garlic and cook for 3 to 4 minutes more. Add the turkey and cook until browned. Add the tomato puree and cook until the puree darkens, but is not black. Add the chopped tomatoes, chicken stock and dried herbs. Stir well and turn the heat down to a simmer (little bubbles) and cook for 20 to 25 minutes. (The longer you cook, the thicker your sauce.)

Once the sauce is thick enough, remove from the heat. It's time to cook the pasta; turn up the heat under the simmering pan of boiling water, once boiling (big bubbles) add the pasta and cook for the length of time on the packet, usually 7 to 9 minutes. Drain the pasta in a colander (bowl with big holes) or sieve (meshy one) then toss the pasta in the sauce, so it all get mixed together.

TO SERVE: In one big bowl, so everybody can help themselves, maybe a nice green salad on the side.

400g turkey breast strips or turkey mince
 2 tablespoons tomato puree
 1 can chopped tomatoes
 250ml chicken stock
 500g Pappardelle pasta
 1 large white onion
 2 cloves garlic
 20 black olives, try to get the pitted ones, better for your teeth!
 ½ teaspoon dried oregano
 ½ teaspoon dried basil
 3 tablespoons vegetable oil

WATCH
 THE
 VIDEO!



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



EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Supplies slow release energy, elevates mood and helps sleep.

The best time to eat this dish: The evening before or after an exam.

Reason: Complex carbohydrates from the pasta mixed with the tryptophan from turkey effect your brain chemicals to regulate your mood, sleep patterns and appetite. The food combination impacts the neurotransmitter levels in the brain, increasing serotonin levels which can help reduce anxiety and make you feel calm. Garlic and olives offer a variety of health protecting benefits to boost your immunity.



HERE IS A LIST OF EVERYTHING YOU NEED... HAPPY COOKING!

FRUIT AND VEGETABLES

1 celeriac
 1 butternut squash
 6 white onions
 75g ginger
 1 teaspoon turmeric
 2 bulbs garlic
 1 small pack cooked beetroot
 1 cucumber or pickled gherkins
 4 ripe tomatoes, roughly chopped
 1 red chilli
 2 carrots
 1 bunch scallions,
 200g beansprouts
 150g broccoli
 75g green beans
 2 bok choy or pak choy
 1 baby corn
 1 white onion
 1 bay leaf
 3 red pepper
 1 yellow pepper
 2 courgettes
 ½ bunch parsley
 200g spinach
 1 bunch coriander
 450g cauliflower florets

MEAT AND FISH

500g good beef mince
 1 packet smoked, streaky bacon
 4 skin on salmon fillets (about 140g each)
 4 skin on chicken thighs
 4 pork chops
 400g turkey breast strips or turkey mince
 12 chicken breasts

DRY AND TINNED PRODUCE

6 of your favourite burger buns
 150g plain flour
 15g yeast
 150g dried red lentils
 125g of gram (chickpea) flour or plain flour
 Cornflour
 Sugar
 Baking powder
 Chilli powder
 Turmeric
 Dried garlic powder
 Dried chilli flakes
 Dried oregano
 Sea salt
 White pepper

Black pepper
 Bottle of olive oil
 Bottle of sesame oil
 Tabasco sauce
 Worcestershire sauce
 Tomato ketchup
 100ml hoisin sauce,
 100ml dark soy sauce
 50ml sweet chilli sauce
 250g glass noodles
 100g bag of mixed seeds (sunflower, melon, millet etc)
 350g chopped tomatoes
 1 can of chickpeas
 300ml good chicken stock
 1 tube tomato puree

DAIRY, BREAD AND CHEESE

125ml of Greek yoghurt
 2 large eggs
 12 slices of white bread
 150g of your favourite cheese
 100g grated Parmesan



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SNACK RECIPES

TRY SOME OF THESE DELICIOUS AND REALLY EASY TO MAKE SNACKS TO TAKE A BREAK AND BOOST YOUR BRAIN POWER....

EDIBLE PLANT POTS

150g cottage cheese
 50g wholemeal croutons, buy them and blitz them to a powder in the food processor your choice of vegetables; carrots, cucumber, things you can eat raw or lightly cooked.

METHOD:

Layer the cottage cheese into a glass, mug or even a clean plant pot, top with the crumb to make the 'soil'. Push in the veggies to make it look like a garden, simple! Pretty to look at and tasty to eat, plus it'll give you a boost!



SOFT BOILED EGGS AND MARMITE SOLDIERS

2 eggs
 2 slices wholemeal bread, toasted



METHOD:

Heat a saucepan of salted water until it boils, add the eggs and set a timer for 6 minutes. Take your warm toast, spread with butter and Marmite and slice into 'soldiers'. Take the tops off the eggs and get dipping!

HONEY, FRUIT AND NUT GRANOLA BARS

Pre-heat the oven to 160°C.
 100g butter, melted
 200g porridge oats
 200g mixed nuts and seeds, buy them already done to save time and money
 100g bag mixed dried fruit, cranberries, golden raisins etc
 85ml runny honey



METHOD:

Mix everything in a large bowl, pout the mix into a baking paper lined baking tray and bake for 30 minutes, allow to cool before slicing.

COCONUT CHIA POT AND FRUIT COMPOTE

30g chia seeds
 100ml coconut milk
 Your favourite selection of berries, lightly dusted with caster sugar and left for about an hour to macerate. (they will create their own syrup)
 Toasted coconut shavings



METHOD:

Soak the chia seeds in the coconut milk for about 20 minutes. Arrange the fruit on a plate or top the chia seeds with them and finally top with the toasted coconut.

CINNAMON BAKED PLUMS AND APPLES, OAT CRUMBLE, CRÈME FRAICHE

2 ripe plums, stone removed and quartered
 2 red eating apples, cored and 1cm diced
 45g caster sugar
 100ml water
 75g porridge oats
 15g butter, melted
 ¼ teaspoon vanilla extract
 80ml crème fraiche




METHOD:

Preheat the oven to 180°C. Boil the water and sugar until half of the water has gone, add the plums and apples, remove from the heat and leave for 5 minutes. Mix the melted butter and the oats. Put the apple and plum mix into an ovenproof dish and top with the oats. Bake for 15 minutes. Stir the vanilla extract into the crème fraiche. Spoon the crème fraiche on top of the crumble and get stuck in!

PEANUT BUTTER AND BANANA WHOLEMEAL TOASTIE

Toast 3 slices of wholemeal bread and make a triple decker, layering crunchy peanut butter with thinly sliced bananas.



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