

GINGER AND CORIANDER CHICKEN, LENTIL DHAL, FLATBREADS. FEEDS 4 AS AN ALTERNATIVE TO THE TAKE AWAY.

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FOR THE DAHL:

150g cup dried red lentils, rinsed under running water
 235ml water or chicken stock, or just enough to cover the lentils in your pan
 1/2 tin chopped tomatoes
 1 teaspoon turmeric
 1 teaspoon cumin seeds
 1 teaspoon salt
 1 teaspoon sugar
 1/2 teaspoon chilli powder
 Juice 1/2 lemon

METHOD:

Combine all the ingredients and cook over a medium heat (little bubbles) until the lentils are soft.

FLATBREADS:

150g plain flour
 15g yeast
 75ml warm water
 2 tablespoons olive oil

METHOD:

In a food processor, add the flour, oil, yeast and water, and then pulse until it forms dough. Put the dough in a bowl and add the cooled fennel seeds, quickly knead them in, cover the bowl with cling film and leave somewhere warm until the dough doubles in size. When it has doubled in size, place a frying pan over a medium heat, tip out the dough and pinch off golf ball sized pieces; roll them in your hands then roll flat with a rolling pin. Place them in the pan over a medium heat, a griddle pan is best, and gently cook, the thinner you roll them, the faster they cook. Once browned on one side, flip them over and finish cooking.

FOR THE CHICKEN:

4 skinless chicken breasts or thighs
 25g fresh grated ginger
 1 bunch of coriander, leaves picked and stalks chopped, keep the leaves for decoration, use the stalks for this bit!
 30 ml of vegetable oil
 A good pinch of sea salt and pepper to season

METHOD:

Mix all the ingredients, including the chicken, in a bowl and leave to soak for 20 minutes. To cook the chicken, heat a frying or griddle pan and brown the chicken on all sides, before reducing to a medium heat and continuing to cook for 15 to 18 minutes, make sure chicken is thoroughly cooked.

TO SERVE: Place the sliced chicken onto a warmed plate, dhal on the side, garnish with the coriander leaves, maybe a flatbread or two.



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

HERBY CHICKEN THIGHS WITH PESTO

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HERBY CHICKEN THIGHS WITH SMASHED SEED AND SPINACH PESTO, ROASTED COURGETTES AND PEPPERS. SERVES 4.

FOR THE SEED AND SPINACH PESTO:

1 small (100g) bag mixed seeds (sunflower, melon, millet etc)
 200g spinach
 1 lemon, zested and juiced
 1/2 clove garlic
 50ml olive oil
 100g grated Parmesan

METHOD:

Put all the ingredients except the lemon juice and olive oil in a food blender. While whizzing slowly add the oil until a chunky paste is formed. Taste before adding any lemon juice, then add salt and pepper to taste. (This keeps well in a sealed container or jar in the fridge for up to a week).

4 skin on chicken thighs or breasts
 2 teaspoons dried oregano
 1 white onion, peeled and roughly diced
 2 cloves garlic, peeled and crushed
 300ml good chicken stock, fresh is best, if using a cube, watch the salt!
 200g chopped tomatoes
 2 tablespoons tomato puree
 Juice 1 lemon
 1 bay leaf
 1 red pepper, roughly chopped
 1 yellow pepper, roughly chopped
 2 courgettes, sliced lengthways, about 3mm thick
 1/2 bunch parsley, roughly chopped
 3 tablespoons of olive oil

METHOD:

Mix the olive oil, dried herbs and tomato puree together and then rub all over the chicken and place in the fridge for 4 to 6 hours. Brown the chicken in a frying pan, or pan large enough to take all the ingredients, with a little olive oil, once well browned remove and keep warm. Add the onion and cook over a medium heat for 4 to 5 minutes until golden, then add the garlic, bay and peppers. Cook the peppers for 5 to 6 minutes until coloured, pour in the tomatoes and stock,



replace the chicken, cover and cook over a medium heat for 18 to 20 minutes for breasts and 35 to 40 minutes for thighs. For a thicker sauce remove the lid half way through the cooking time. Before serving, squeeze in half the lemon juice and stir in the chopped parsley.

Using a ridged griddle pan, pass the courgette through some olive oil and griddle the courgette over a high heat until those signature bar marks are achieved, toss in a bowl with sea salt, parsley, lemon juice and cracked black pepper to make the best warm salad to go with this dish.

EAT THIS DISH AND GAIN THESE BENEFITS:

Helps regulate mood, enhances mental wellbeing and motivation.

The best time to eat this dish: Midweek during exams.
Reason: Oregano and courgettes help to lower your blood pressure and improve your moods. Spinach and lemon will both strengthen your immune system.



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GINGER AND CORIANDER CHICKEN



HERBY CHICKEN THIGHS WITH PESTO



FOR THE 'CRASH':

1 red onion, peeled and finely diced
1 cucumber or 2-3 pickled gherkins, sliced lengthways, seeds removed and finely chopped
4 ripe tomatoes, roughly chopped
2 tablespoons olive oil
Sea salt and pepper to taste

METHOD:

Mix all the ingredients in a bowl and leave them for an hour or two to get to know each other.

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INSIDE OUT CHEESE AND BACON BURGER, TOMATO, RED ONION AND CUCUMBER CRASH, TOASTED BUN. MAKES 6 BURGERS.

FOR THE BURGERS:

6 of your favourite burger buns, I like the seeded ones
500g good beef mince
1 ½ teaspoon dried garlic powder
1 teaspoon fresh or dried thyme
2 teaspoons sea salt
1 teaspoon ground white pepper
6-8 drops tablespoons of Tabasco sauce
1 tablespoons Worcestershire sauce
2 ½ tablespoons tomato ketchup
150g of your favourite cheese, grated
1 packet smoked, streaky bacon, grilled until crispy

METHOD:

Place the cheese into a mixing bowl, add the Tobasco, ketchup and Worcestershire sauce. Mix until all the cheese is coated and then lightly roll into golf ball sized balls. Take another mixing bowl, put the garlic powder, thyme, salt and pepper in the bowl and mix well with the beef mince. Shape into 75g to 80g burgers and place in the fridge to chill for 45 minutes. Once chilled, take 2 burgers, place cheese on top of one, leaving a rim around the edge, place another burger on top, pinching all the way around to seal the cheese inside, place back in the fridge until needed. Repeat this with all the remaining burgers until you have 6 'inside out' cheeseburgers.

TO COOK: Heat a frying pan or BBQ and cook the burger until the cheese starts to ooze from the burger, top the toasted bun with lettuce, the burger, a slice of bacon and some crash, maybe a little mayo, then the lid, enjoy!



EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Provides slow release energy, helps with feeling calm and improves memory.

The best time to eat this dish: As a treat meal after an exam or on a weekend.

Reason: The combination of protein and carbohydrates from the beef, bacon, cheese and a wholemeal bun will all replace your used up energy stores. The kick of thyme increases omega 3s in the brain and garlic powder will support your immunity. Cucumber will re-hydrate you, tomatoes have awesome amounts of anti-oxidants and onions will improve your memory and focus.

STICKY SALMON AND GINGER STIR FRY

STICKY SALMON AND GINGER STIR FRY WITH PAK CHOY, RICE NOODLES. SERVES 4.

4 skin on salmon fillets, about 140g each
100ml hoisin sauce
1 tablespoon dark soy sauce
1 teaspoon sesame oil

METHOD:

Mix all the wet ingredients in a mixing bowl, to make a marinade. Place the salmon fillets in the marinade, turning them until completely coated. Set aside for at least 4 hours, ideally overnight. Heat a large frying pan, skillet or even BBQ and sear the outside of the fillets, while you make the stir fry.

FOR THE NOODLES:

250g glass noodles, pre-soaked as per the packet
1 tablespoon vegetable oil
1 red chilli, deseeded and sliced
1 clove of garlic, peeled and crushed

Your own selection of peppers, carrots, onions, scallions, beansprouts, broccoli, green beans, bok choy, pak choy, baby corn, whatever veggies you love, just make sure they are all cut the same size so that they cook evenly.

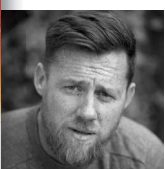
METHOD:

Stir fry all the vegetables to your own taste, I usually go 6 to 7 minutes, starting with the harder vegetables first, adding a little splash of water, to get some steam going, before adding the softer ones, finally adding the soaked noodles and tossing over.

TO SERVE: Place the stir-fry in the bottom of a bowl with the salmon on top, simple!



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EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Gives a healthy energy boost, reduces stress levels and promotes brain function.

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

Reason: Salmon is an excellent source of protein which is rich in omega 3s and B vitamins which work together to develop your brain function and lower your blood pressure. Pack your stir-fry full of vegetables which are high in vitamins and minerals as they will remove toxins in your blood stream, enhance your brain activity and are great stress busters.

INSIDE OUT CHEESE & BACON BURGER



STICKY SALMON AND GINGER STIR FRY

