

BRAIN BOOSTING BREAKFASTS

**MENMEN EGGS IN TOMATO & PEPPER
CARROT TARTAR**

PACKED POWER LUNCHES

**3 MINUTE MISO SOUP
TERIYAKI SALMON WITH SEARED BROCCOLI
BROWN RICE & EDAMAME SALAD**

NOURISHING NIBBLES

**MACKEREL PATE
HUMMUS
WALNUT MUHAMMRA**



Menmen

This Turkish breakfast dish of eggs with peppers and tomatoes is simple to make and utterly delicious. You can scramble the eggs into the rich sauce or cook them whole. Serves 4

2 tbsp olive oil
2 onions, sliced
2 green pepper, halved deseeded and sliced
1 red chilli, deseeded and sliced
400g can chopped tomatoes
2 tsp caster sugar
1 tsp each of salt, paprika, dried or fresh oregano
4 eggs
small bunch parsley, roughly chopped

1. Heat the oil in a heavy frying pan. Stir in the onions, pepper and chilli. Cook on a medium heat until they begin to soften. Add the tomatoes, paprika, oregano, salt and sugar then cook until the liquid has reduced by at least half.
2. If scrambling the eggs, whisk and season the eggs. Remove most of the sauce from the pan and gently cook the eggs until set, but not dry. Add the sauce back to the pan and mix well. The eggs will continue to cook in the pan. Lastly add the chopped parsley and serve hot.
3. For whole eggs, create 4 pockets in the tomato pepper sauce and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set. Serve with the chopped parsley.

Carrot tartar

This is a variation on tzatziki or chachik, made with carrots and flavoured with dill. It has a subtle flavour and a great texture. Serves 4

4 large carrots
2 tbsp olive oil
250g strained yoghurt
2 cloves garlic
4 tbsp chopped mint
Salt
Turkish pul bieber or mild chill flakes

1. Grate the carrots or chop into very small cubes.
2. Heat the oil in a large pan over a medium heat and gently fry the carrots until they soften, but still retain a little bite.
3. Crush the garlic with ½ teaspoon of salt to make a paste and mix with the yoghurt, most of the mint, cooked carrots, salt and pul bieber.
4. To serve, place in a bowl or spread onto a flat plate, drizzle with a little oil and sprinkle with mint.



Teriyaki Salmon

Salmon is an easy to cook and healthy fish. It is full of protein and essential omega oils. Teriyaki refers to a cooking technique where fish, meat, tofu or glutinous rice balls are fried or grilled with an alcohol enriched and sweetened soya sauce. The sauce can be used as a marinade which tenderises meat and added to the hot pan to be reduced and form a delicious glaze. I make my teriyaki sauce, but you can easily use a ready-made sauce. Serves 4

4 salmon fillets
4 tbsp. dark soya sauce
4 tbsp. mirin (rice alcohol) or sherry
1 tbsp. brown sugar
1 tbsp. grated ginger
2 tbsp. water
2 tbsp. sunflower oil

1. Mix together the soya sauce or tamari, mirin, lime juice, sugar, water and ginger. Rub the fish with a little oil.
2. Heat a frying pan over a medium flame or ring and add the remaining oil.
3. When the oil starts to smoke a little, add the salmon
4. Cook on one side for about 2 minutes and then turn and cook for a further minute. The fish should still be pink in the middle. Turn the heat up a little and add the teriyaki sauce.
5. The sauce will bubble and spit, but don't be put off. The liquid will quickly reduce and start to caramelize. Turn once and cook until the sauce makes big glossy bubbles and the fish is dark and has a shiny glaze. Rest it for a moment and serve with fresh coriander or toasted sesame seeds

Lemon and chilli seared broccoli

500g broccoli, broken into small florets
2tbsp olive oil or sunflower oil
Juice of ½ lemon
1 mild red chilli, deseeded and chopped
Salt and pepper

1. Heat a frying pan or wok over a medium-high heat and add the oil.
2. When the oil is hot, add the broccoli and stir-fry for 2 minutes, before adding a couple of tablespoons of water. This helps to steam cook the broccoli.
3. When the water has evaporated add the chilli and fry for a minute longer.
4. Lastly add lemon juice and seasoning, turn the heat up to full and cook until the lemon has seared around the broccoli, which should be firm and bright green.



Brown rice and edamame salad

This easy, colourful and wholesome salad is a great way of using up leftover rice. The edamame beans are full of protein and fibre and this simple dressing brings the simple ingredients to life.

2 cups cooked and cooled brown rice
2 cups frozen edamame, cooked
2 carrots cut as matchsticks
1 red and 1 yellow pepper, finely chopped
6 spring onion, sliced, light green and green parts only
2 tbsp toasted sesame seeds

Dressing

1 tbsp grated ginger
1 tbsp soya sauce
1 tbsp toasted sesame oil
Juice of 1 lime

1. Cook and cool the brown rice
2. Meanwhile, cook the edamame until tender
3. Prep the carrots, peppers and onions and mix with the cooled rice
4. Mix together the salad dressing and pour over the rice. Mix well and garnish with sesame seeds.

Miso soup

This is a quick and delicious soup with hundreds of variations. Miso is a paste made from fermented Soya beans. It is used in Chinese and Japanese cooking. It is very flavoursome and highly nutritious.

4 cups boiling water
1 cup grated carrots
½ cup sliced radish
¼ cup chopped spring onions
2cm piece of fresh ginger (peeled and sliced)
1 clove garlic (finely sliced)
3 tbsp miso paste
Fresh coriander

1. Bring 4 cups of water to the boil and add the ginger, garlic carrots and spring onions.
2. Boil this mixture for 2 minutes and then remove from the heat.
3. Take ½ cup of liquid out of the pot and cool it slightly by adding ¼ cup cold water.
4. Add the miso paste to this liquid and stir until the miso dissolves.
5. Add this back to the pot, mix well, and serve with a garnish of fresh coriander.

Variations:

- Try adding more vegetables, such as sliced mushrooms or cabbage.
- Adding cooked noodles to this soup for instant *Ramen*.
- You can add raw or cooked tofu (soya bean curd) or wakame seaweed to make this soup even more nutritious.



Smoked mackerel pate'

Mackerel is a versatile and healthy oily fish, rich in omega 3 essential fatty acids; it is also a good source of protein and minerals. This pate takes a few minutes to make and will keep for two days if refrigerated.
makes 6 servings

2-3 smoked mackerel fillets (about 250g)

3 spring onions

100g low fat cream cheese (2%) Or 100g quark (fat free curd cheese)

2 tbsps. parsley (optional)

1 tbsp. lemon juice

Black pepper

1. Remove and discard the skin of the fish and check for and remove any obvious bones. With a sharp knife or fork, flake the fish into a bowl.
2. Very finely chop the spring onions. Mix the fish, onions and cream cheese or yoghurt together very well or blitz with a hand blender.
3. Lastly season with black pepper, lemon juice and chopped parsley. The fish is already salted so no need to add further salt.

Muhammara

A chill based paste found across the Middle East. It is prepared both as a concentrated spice paste and as a sauce or dip. This is a fresh version which I like to serve with cheese pies or falafel.

3 large red peppers

3 bird's eye green chillies

1 tsp regular chilli flakes

200g walnuts

1 small bunch of parsley, washed, dried and chopped

1 tsp cumin seeds, toasted and crushed

2 garlic cloves, peeled and crushed

4 tbsp olive oil

Salt

Zest and juice of one lemon

1. Heat the oven to 220C/425F/gas mark 7. Halve and de-seed the peppers then roast for 15 minutes, until soft and the skin is blistering.
2. Put into a small bowl and cover. When cool, peel the peppers, discard their skin then chop or process to a rough paste.
3. Chop the walnuts, parsley, chilli and garlic up finely and mix with the peppers.
4. Add the spice, salt, lemon juice, oil and lemon zest.
5. Mix this well or blitz briefly in a processor.



Hummmus

Hummmus is a delicious and nutritious dip made from chickpeas and sesame paste. It is found throughout the Middle East, Greece and Turkey. This basic recipe can be used as a base for countless variations.

400g tin of chickpeas (drained and rinsed)
4 tbsp tahini (sesame paste)
4 tbsp water
2 tbsp olive oil
1 clove of chopped garlic (more if you like)
Juice of 1 lemon
1 tsp salt, (omit if preparing this for infants and young children)
½ tsp cumin powder (optional)

1. Blend the sesame paste, water, oil and lemon juice until you have a smooth paste. (You should be able to just pour the mixture.)
2. Add the garlic, cumin and chickpeas and blend until smooth.
3. Serve with a splash of olive oil and a dusting of paprika.

Variations:

- For roasted squash hummus, preheat the oven to 200c. Peel, deseed and chop into chunks a small butternut squash (about 300g). Dress this in a little olive oil and roast in a spacious baking tray for about 20 minutes or until the squash is cooked and beginning to char at the edges. Allow the squash to cool and add to the rest of the ingredients and blend to a smooth paste. The same method can be used for other roast vegetables. Roast onions and red pepper hummus are both delicious.
- For beetroot hummus, leave out the cumin, add 200g of pickled beetroot and blend to a smooth paste

Top Tips:

- ✓ Hummus is generally quite salty. If serving this to infants and young children leave out the salt and beef up the flavour with extra garlic and lemon and fresh herbs like coriander or basil.
- ✓ Butter, pinto or haricot beans can be used instead of chickpeas
- ✓ Tahini is high in fat, for a lower fat version, leave the Tahini out and blend together with a few spoons of low fat yoghurt or Quark

