

SEKISUI

DIAGNOSTICS

HEALTHY EATING

COOKBOOK

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# ASPARAGUS SOUP



## WHAT YOU NEED

### BEFORE YOU START MAKE SURE YOU ARE PREPARED

- 1.5 Tbsp Extra Virgin Olive Oil
- 1/2 large onion, chopped
- 1.5 Tbsp lemongrass paste
- 1 Tbsp finely chopped ginger
- 1.5 lb raw asparagus
- 1/4 tsp black pepper
- Fine sea salt, to taste
- 3/4 Cup canned coconut milk
- 2 Cups low sodium chicken stock
- 1/4 tsp lime juice
- Handful of chopped cilantro / coriander, for garnish

## METHOD

Cook onion in olive oil over moderately low heat in a stockpot for about 5 min, until softened and browned.

Add lemongrass paste and ginger and cook at the same temp about 3 minutes more.

Crank heat to high; Add asparagus and salt and pepper, and cook 5 minutes.

Add coconut milk and chicken stock, and bring to a simmer.

Reduce heat to low or med low and simmer, covered, for 15 minutes.

Use an immersion blender or carefully transfer mixture to a blender. Blend, adding more stock or water, as needed to reach desired soup consistency. Stir in lime juice and lots of cilantro.

Makes 4 - 4.5 Cups of soup

# Roasted Butternut Squash and Sweet Potato Soup

by jason portlock



WHAT YOU NEED

## BEFORE YOU START MAKE SURE YOU ARE PREPARED

- 1 Butternut squash
- 3 Sweet Potatoes
- 1 Tablespoon Cumin Seed
- 1 Cup Crème Fraiche
- 2 Pints Vegetable stock

## METHOD

Pre heat oven to 200°C

Peel the Sweet Potatoes and cut each into rough quarters and place on a baking sheet

Peel the Butternut Squash, remove the seeds and pulp and cut into rough chunks around the same size as the sweet potato.

Place on the same baking sheet.

Drizzle the Sweet potato and Squash with olive oil and sprinkle over the cumin seed.

Roast in the oven for 30 minutes until the vegetables are brown on the edges.

Tip the roasted vegetables into a large saucepan and pour in enough vegetable stock to cover.

Bring to a boil, reduce the heat and simmer until the vegetables are cooked through.

Blitz the soup using either an upright or a stick blender until smooth.

Optional: For an even smoother consistency the soup can be pushed through a sieve into a clean saucepan.

Return the soup to a low heat, season with salt and pepper to taste. Stir in the crème fraiche and serve.

The soup can also be allowed to cool and frozen in batches.

# Vegetable Soup

by Vicky Ann Wilson



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

WHAT YOU NEED

- Vegetable oil, 1 tsp
- Leek x 2, trimmed and sliced
- Onion x 1, chopped finely
- Courgette x 2, chopped
- Carrot x 3, diced
- Turnip or Swede 200g, diced (any more can overpower the soup)
- Potato x 1 large, diced
- Vegetable stock cubes x 2, dissolved in 1½ pints of boiling water
- Cornflour, 3 level tbsp
- Semi skimmed milk, 1 pint
- Sweetcorn, 100g
- Salt and pepper
- Single cream, 2 tbsp (optional)

## METHOD

Pour oil in to a large saucepan and sauté the leek, onion and courgette over a medium heat until softened.

Add the carrot, swede and potato and cook for a further 3 minutes stirring often. Pour in the vegetable stock, bring to the boil and then simmer. Cook gently for 15 – 20 minutes until the veg is tender.

Mix the cornflour with a little of the milk and make a smooth paste. Add the remaining milk to the pan with the sweetcorn. Add cornflour paste. Add single cream at this point if using.

Heat gently stirring until the soup thickens. Bring to the boil and then reduce to a low heat and cook for a further 2 – 3 minutes. Add salt and pepper to taste.

Milk can be swapped for skimmed without losing any of the taste.

Serve with crusty bread.

# Guac Spread



**WHAT YOU NEED** BEFORE YOU START MAKE SURE YOU ARE PREPARED

- 1 clove garlic
- Coarse sea salt, to taste
- 1 whole avocado
- Fresh chopped cilantro
- Squeeze of fresh lime juice
- 1/2 Tbsp Extra Virgin Olive Oil

## METHOD

Rough chop the garlic.

Sprinkle coarse salt on top of the rough chopped garlic and run your knife through.

Then turn the knife on its side and sort of press and smear the salt and garlic together.

You're going to alternate chopping and pressing/smearing until a paste forms.

Smash avocado and mix in the garlic/salt paste along with the remaining ingredients.

Store in the fridge with plastic wrap pressed against the surface.

It may turn brown on top (you can leave the avocado seed in the bowl, which may lessen browning) but will still be ok to eat for a couple of days.

## Egg White Avocado Scramble

- 12 egg whites
- 1 avocado
- 1 1/3 cups cherry tomatoes, halved
- Salt and black pepper, to taste
- fresh chopped mint



In a bowl, smash avocado with a fork.

Whisk in egg whites to combine with avocado.

Spray a non stick pan with cooking spray and sauté tomatoes until tender.

Cook, stirring about a minute, until egg whites are fully cooked.

Season with salt and pepper and fresh chopped mint.



# Stuffed Mushrooms

by Julie Calver



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

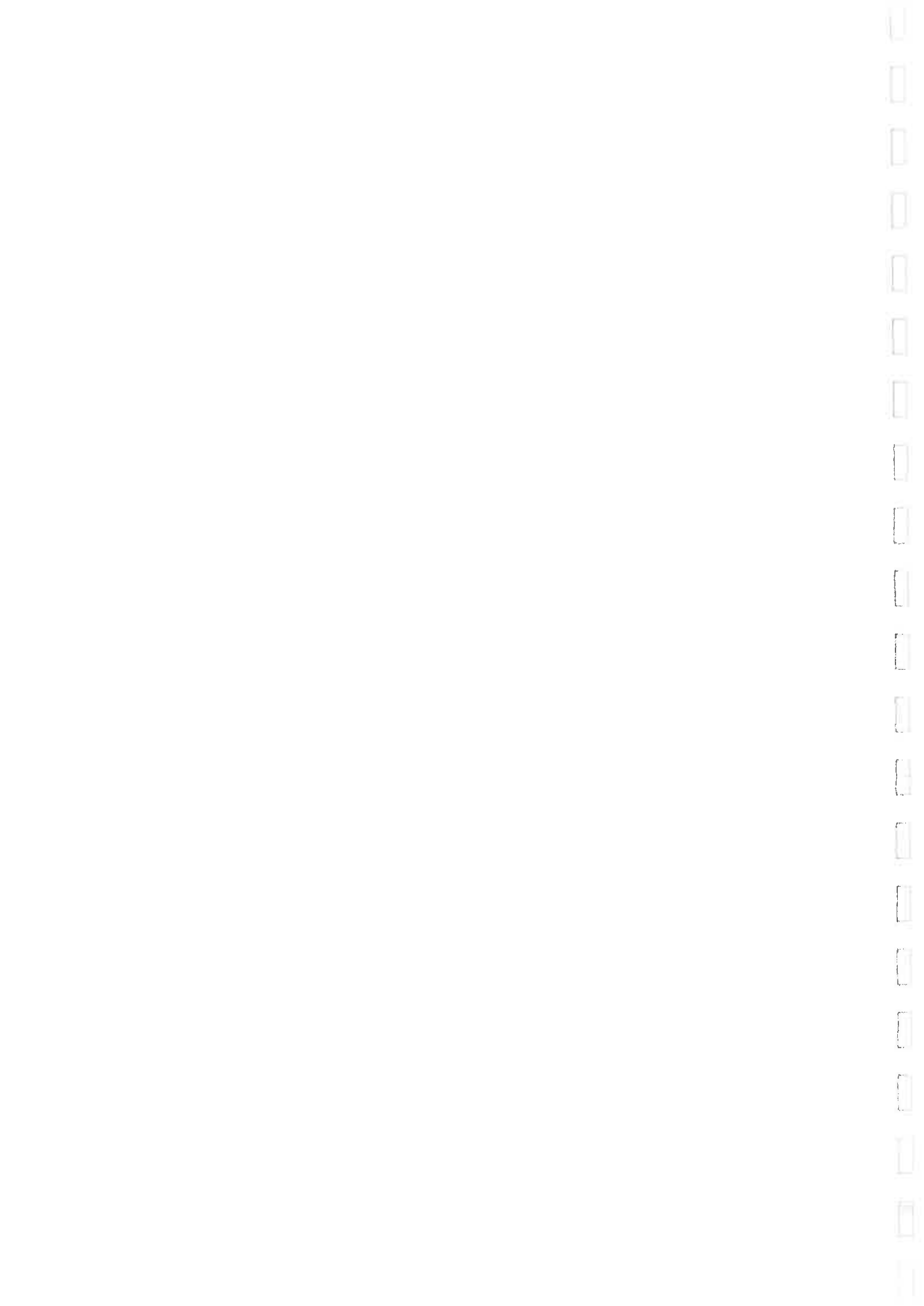
- 1 tablespoon of olive oil
- 12 Bella mushrooms stalks removed and diced (clean by rubbing with damp cloth do not rinse)
- ½ cup diced sweet onion
- 2 cloves garlic minced
- ¼ sundried tomatoes in olive oil chopped
- 2 cups baby spinach torn into pieces
- 1/3 cup whole wheat breadcrumbs
- 4 ounces feta cheese
- 4 Tablespoons of parmesan cheese
- Rocket for serving

## METHOD

Heat oil in a pan medium to low heat and saute onions, mushroom stems and sun dried tomatoes until tender approx. 4 mins.

Add minced garlic and cook for further 1 minute. Add spinach and saute until wilted. Remove from heat add feta cheese and breadcrumbs and 3 tablespoons of parmesan and stir.

Stuff mushrooms with mixture place on baking sheet sprinkle with remaining tablespoon of parmesan put in the oven on 350 and cook for 15 minutes.



# Roasted Mediterranean Vegetables with Halloumi and Spicy Sauce

by Paul Shortland



BEFORE YOU START MAKE SURE YOU ARE PREPARED

**WHAT YOU NEED**

- 1 aubergine
- 1 courgette
- 6 chestnut mushrooms
- 1 red or white onion
- 3 spring onions
- Handful of fresh coriander leaves, roughly chopped
- 220g halloumi
- 1 tsp garam masala (approx.)
- 2 tbsp cooking oil (not extra virgin olive oil!)
- 1 jar of curry sauce or spice mix (see below)

## *Spice mix*

- 2 tsp cumin seeds
- 2 tsp coriander seeds
- 2 tsp fennel seeds
- 2 tsp paprika
- 4 tsp turmeric
- 2 tsp garam masala
- 1 tsp salt
- 1 tsp cornflour

## METHOD

For spice mix:

In a dry cold pan add the seeds, roast on a medium-high heat until the seeds start to pop. Add into a spice grinder or pestle and mortar and grind until fine.

Add in the salt, paprika and turmeric and garam masala and mix well.

Split roughly into  $\frac{1}{4}$  and  $\frac{3}{4}$  amounts.

To the larger amount, put in a pan add 2 tbsp of tomato paste, 1tbsp of oil and enough water to loosen the mixture. Place the pan on a low heat to warm through, add the cornflour to thicken the sauce slightly, you want it thick enough to coat the back of a spoon. Set aside once you are happy with the consistency.

## Method continued

For the veg:

Pre-heat the oven to 160 fan/180 convection.

In a high walled baking tray add the remainder of the oil and the spice mix, using a spoon mix around to get the spices thoroughly through the oil.

Cut your mushrooms into quarters and your onions into wedges (about 1/6th) cut your aubergine and courgette into similar size chunks.

Add the veg to your baking tray with the oil and spices and mix them up so they are thoroughly coated in the oil and spice mix.

Cut up the halloumi into meaty chunks and dot around the tray.

Put the whole lot in the oven and cook for 25-30 mins.

About half way through turn over the veg and halloumi and coat everything in the oil.

After 25-30 mins, remove the tray from the cooker and place on a heat proof surface, check the vegetables are cooked .

Using the curry sauce or jar sauce add a tablespoon at a time enough sauce to coat the vegetables, if there is a lot of liquid in the tray at this point you can pour some of the liquid away but leave some in the tray as this does contain flavour! Put the tray back in the oven for a minimum of 5 mins or however long to cook the veg to your desired taste.

# Coconut Curry Marinated Tuna Steaks



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- 1 Cup lowfat Greek yogurt
- 1 Cup canned unsweetened coconut milk
- 3 cloves garlic, minced
- Juice and zest of 1 lime
- 2 Tbsp mild curry powder
- 2 Tbsp Extra Virgin Olive Oil
- 2 lb tuna steaks (or any firm whitefish)
- Salt and pepper
- 2 limes, halved

## METHOD

Heat oven to 200 degrees

Whisk together yogurt, coconut milk, garlic, lime juice & zest and curry powder.

Add fish and marinate in a glass dish at least 4 hours and up to 2 days.

Bring fish to room temp by setting out on your counter for about 30 min prior to cooking.

Wipe off excess marinade with paper towels. Discard any remaining marinade.

Heat olive oil in a large sauté pan on the stovetop over medium to med-high heat.

Add fish, season and cook about 4 minutes per side until golden brown with a crust.

Transfer fish to a baking sheet and bake 6-8 minutes, until cooked through.

Squeeze limes over top just before serving.

# Stir-Fried Prawns – Cajun Style

By Sally Mill



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

## WHAT YOU NEED

- 1 Onion
- ½ tsp. Chilli Powder
- 8 oz (225 g) Okra
- 1 Red Pepper
- Small Tin Chopped Tomatoes
- 1 tsp. Thyme
- 1 tbsp. Tomato Puree
- Water
- 8 oz (225 g) Large Prawns

## METHOD

Slice the onion and the pepper. Remove the tops from the okra and cut into halves.

In a large pan or wok, fry the sliced onion in a little oil until soft.  
Reduce the heat, add the chilli powder and fry for 2 mins.

Add the okra, pepper and tin of chopped tomatoes to the pan. Simmer gently until the vegetables soften – approx. 10 mins.

Add the thyme, tomato puree and water as required and simmer for a further 10 mins.  
approx.

Add the prawns. It's ready when the prawns are!

# Soy and Lime Salmon

By Richie Stroud



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 6 tbsp dark soy sauce
- 1 garlic clove
- crushed 2.5cm piece fresh root ginger, grated
- 550g skinless salmon fillet
- Roughly chopped 250g dried egg/rice noodles
- Low calorie cooking spray
- Juice of 2 limes
- 2 courgettes, cut into batons
- 450g pack Chinese-style stir-fry vegetables
- 200g beansprouts
- 225g can bamboo shoots, drained

## METHOD

Mix the soy sauce, garlic and ginger in a bowl.

Add the salmon and toss to combine.

Cook the noodles according to pack instructions and drain.

Heat a wok sprayed with low calorie cooking spray.

Drain the salmon (reserving the marinade), add to the wok and fry for 3 minutes.

Return the salmon to the marinade and add the lime juice.

Spray the wok with more low calorie cooking spray, add the courgettes and fry for 2 minutes.

Add the Chinese vegetables, beansprouts and bamboo shoots and continue to fry for 3-4 minutes. Add the cooked noodles and toss to combine.

Divide the noodles between four serving plates, top with the salmon and drizzle over the soy and lime sauce.

# Lemon Pepper Halibut



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

## WHAT YOU NEED

- 16 oz halibut
- 1 tsp minced garlic
- 1 Tbsp lemon juice
- 1/2 tsp salt
- Pepper, to taste
- 1/4 Cup low sodium chicken stock
- 4 Cups any type fresh mushrooms

## METHOD

Season fish with garlic, lemon juice and salt and pepper

Place in a large pan over medium heat, and pour chicken stock around the fish.

Add in mushrooms.

Cover and cook 15 min, or until fish flakes easily with a fork.



# Green Thai Chicken Curry

By Maxine Goodearl



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- Light cooking spray (for the initial cooking)
- 2 x onions diced
- 2 garlic cloves chopped
- 4 Skinless chicken breasts diced
- 1tbsp ground coriander
- ½ tsp ground turmeric
- ¼ tsp fenugreek seeds (used ground if can't find seeds)
- 1 small fresh red chilli chopped
- Seeds removed from 4 crushed cardamom pods
- 4 kaffir lime leaves (optional)
- 1-2 tsps chicken stock powder
- 1 400ml can light coconut milk (full fat optional)
- 2 tsps chopped fresh basil
- 115g shredded fresh spinach
- Salt and black pepper

## METHOD

Heat a non stick wok or frying pan; add spray oil to cover pan

Add the onions and garlic fry until soft and lightly coloured.

Add the chicken and continue to cook to seal the outside of the meat, season with salt and pepper.

Add the spices (coriander, turmeric, fenugreek, chilli, cardamom pod seeds) and continue cooking for 2 mins before adding the chicken stock powder, and coconut milk.

Reduce the heat and simmer gently for 10 mins as the sauce thickens. Just before serving stir in the chopped basil, shredded spinach and ripped kaffir lime leaves (optional).

Serve with rice (white, brown, wild – choice is yours)

# Balsamic Chicken with Veggies



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- Light cooking spray (for the initial cooking)
- 2 x onions diced
- 2 garlic cloves chopped
- 4 Skinless chicken breasts diced
- 1tbsp ground coriander
- ½ tsp ground turmeric
- ¼ tsp fenugreek seeds (used ground if can't find seeds)
- 1 small fresh red chilli chopped
- Seeds removed from 4 crushed cardamom pods
- 4 kaffir lime leaves (optional)
- 1-2 tsps chicken stock powder
- 1 400ml can light coconut milk (full fat optional)
- 2 tbsps chopped fresh basil
- 115g shredded fresh spinach
- Salt and black pepper

## METHOD

Season chicken breasts with garlic salt and pepper.

Heat olive oil in a large sauté pan over medium heat. Cook chicken 3-4 minutes per side until browned.

Add squash, courgette, onion and mushrooms and cook another 3-4 minutes.

Add vinegar and stock to the pan, sprinkle herbs over top. Simmer about 10 minutes.

Add lemon juice, stir to combine, cover and cook an additional 5 minutes, or until chicken is cooked through.

# Indian Spiced Yogurt Marinated Chicken



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- 2 lb boneless skinless chicken breasts
- 2 cups low fat Greek yogurt (full fat if preferred)
- 1/3 Cup Extra Virgin Olive Oil
- 1 Tbsp cilantro (coriander) paste
- 1 Tbsp lemongrass paste
- 1 Tbsp garam masala (dry spice)
- 1 tsp lemon juice
- 2 tsp ginger
- 2 tsp fine salt
- 1 tsp ground black pepper

## METHOD

Combine all ingredients except chicken in a large bowl - whisk or stir until thoroughly mixed.

Add chicken breasts to a freezer bag (divide into 2 bags if it's easier to manage).

Pour marinade over chicken and manipulate until each piece is coated.

Seal bag(s) and lay flat on a plate (to catch any spills or leaks).

Allow to marinate several hours or overnight in the fridge, turning when you think of it.

Remove chicken from bags and wipe away excess marinade.

Let chicken sit at room temp for about 30 minutes prior to grilling.

Add to a hot grill and grill over med or med high heat until cooked through.

# Turkey Smash Burgers with Mozzarella



BEFORE YOU START MAKE SURE YOU ARE PREPARED

WHAT YOU NEED

- 4 oz lean ground turkey
- 1/2 tsp garlic powder
- 1/2 tsp Worcestershire sauce
- 1/4 tsp lemon juice
- Pinch dried oregano
- Salt and black pepper, to taste
- 1 mozzarella slice per burger

## METHOD

Combine all ingredients except cheese, but don't overmix. Divide meat into 2 equal sized balls.

Preheat a large stainless steel sauté pan (on your stovetop or grill) over high heat for a couple of minutes.

Place both balls of turkey in the pan and immediately smash down with a heavy duty metal spatula or burger press.

Allow burgers to cook until well browned

Carefully scrape burger patties - and all the browned bits - from the pan.

Flip and immediately place your cheese over one patty and stack the second patty on top. Remove from pan.

Serve with a plentiful side salad

# Stuffed Peppers



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 10 oz lean minced beef
- Salt and black pepper, other seasonings as you like
- 4 peppers - as big as you can find, colour of your choice
- 3 Cups cooked brown rice
- 1 Cup mild chunky veggie salsa
- 1/2 Cup grated cheese (low fat if preferred)

## METHOD

Heat oven to 180 degrees

Season beef and cook until done; drain.

Cut the tops off of each pepper; scoop out and discard the insides, but save the tops.

Drop the green peppers into boiling water for 2 minutes, then plunge into ice water (stops the cooking process).

You can skip this step if you want to - you'll just have crunchier peppers after cooking. Slice a tiny bit off bottoms of peppers as needed (but don't make a hole!) so that they will stand up in the baking dish.

Add about 1/2 inch of water to a glass baking dish.

For each pepper, mix together 3/4 Cup of cooked brown rice, 1/4 of the mince beef and 4 Tbsp salsa.

Place peppers in the dish and fill with filling - stopping to pack down at the halfway point and once it looks full. Top with pepper top.

Cover pan with foil and bake for 30 to 40 minutes.

For the last 5 minutes, remove foil and pepper top and mound 1/8 Cup cheese on top.

# Crispy Beef with Noodles



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- 1 tablespoon unsalted peanuts
- 2 cloves of garlic, finely chopped
- 5cm piece of fresh ginger
- sesame oil
- 2 star anise
- 200 g lean beef mince
- 1 teaspoon runny honey
- 1 teaspoon fish sauce
- 1 teaspoon low-salt soy sauce
- 2 limes
- 150 g brown rice noodles
- 2 spring onions, trimmed and sliced
- 1 fresh red chilli, sliced and de-seeded (if liked)
- 200 g fresh mixed salad veg, e.g, lettuce, carrot, radish, cress, spinach
- 4 sprigs of fresh coriander

## METHOD

Lightly toast the peanuts in a dry frying pan, then crush in a pestle and mortar and put aside.

Put 1 tablespoon of sesame oil and the star anise into the frying pan on a medium-high heat.

Add the mince, breaking it apart with a wooden spoon, followed by half the garlic and ginger and the honey. Stir-fry for 5 minutes to crisp up and get golden brown.

Meanwhile, crush the remaining garlic and ginger into a paste in the pestle and mortar, then add the fish and soy sauces and lime juice to make a dressing.

Cook the noodles according to the packet instructions.

Prep the salad, shredding the lettuce leaves and finely slicing any crunchy veggies. Assemble the salad on the plates, then drain and add the noodles.

Spoon over the dressing, sprinkle over the crispy beef, chilli, spring onions and crushed peanuts, and some fresh coriander to serve.

# Souvlaki

By Vicky Wilson

## BEFORE YOU START MAKE SURE YOU ARE PREPARED

**WHAT YOU NEED**

- 3 sweet pointed peppers
- 8 flatbreads , to serve
- 4 sprigs fresh mint , leaves picked
- 1 small bunch fresh dill , chopped (stalks and all)
- Red wine vinegar
- Greek extra virgin olive oil
- 8 wood or metal skewers (if using wooden skewers, soak them first in a tray of water to stop them burning).

### For the kebabs

- 800 g lamb, pork or chicken diced into 2cm chunks (makes approx 8 skewers)
- 1 tablespoon dried mint
- 1 tablespoon dried oregano
- Juice of one lemon
- 100 ml good-quality olive oil
- 2 cloves garlic , peeled and finely grated
- 1 tablespoon red wine vinegar
- 1 pinch freshly ground black pepper
- 1 pinch sea salt

### For the tzatziki

- ½ large cucumber
- 200 ml fat-free natural yoghurt
- 1 small clove garlic , peeled
- 1 heaped teaspoon dried mint
- 1½ teaspoons red wine vinegar



# METHOD

Put all your kebab ingredients into a bowl and mix everything together really well. Cover with clingfilm, then marinate in the fridge for at least 30 minutes

Meanwhile, blacken the peppers directly over the flame of your hob, or under a hot grill. Put them into a bowl, cover with clingfilm and put to one side to steam for 5

Make the tzatziki by coarsely grating the cucumber into a sieve set up over a bowl. Add a pinch of salt, then squeeze out as much water as you can.

Tip the cucumber into the empty bowl and add the yoghurt.

Pound the garlic in a pestle and mortar with a pinch of salt until you have a paste, and spoon into the bowl with the cucumber. Add the dried mint and red wine vinegar and mix really well, then put aside.

Preheat a griddle pan or grill on a high heat. Thread the skewers through the marinated meat cubes, leaving little spaces between them so that the heat cooks everything evenly. Cook the kebabs on a hot griddle or grill for about 8 to 10 minutes, turning occasionally until done on all sides.

Warm your flatbreads in the oven or in a hot dry pan while your kebabs are cooking.

Just before your kebabs are ready, peel and deseed your blackened peppers, then tear them into strips and put them into a bowl.

Chop the mint leaves and add to the bowl along with the dill. Add a few splashes of red wine vinegar, a pinch of salt and pepper and a lug of extra virgin olive oil. Toss and mix together.

Put a dollop of tzatziki and the meat from one skewer on each warmed flatbread. Serve with some of the pepper mixture, a drizzle of extra virgin olive oil and a good squeeze of lemon juice.



# Hearty Lamb and Barley Stew

By Clare Chaffey



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 1 tsp olive oil
- 200g lamb neck fillet, trimmed of fat and cut into small pieces
- ½ large onion, finely chopped
- 50g pearl barley
- 600g mixed root vegetables, cubed
- 2 tsp Worcestershire sauce
- 1 litre lamb or beef stock
- 1 thyme sprig
- 100g green beans, cut into 2cm lengths
- Granary bread, to serve (optional)

## METHOD

Heat the oil in a large saucepan. Season the lamb and fry for a few mins until browned. Add the onion and barley, then gently fry for 1 min. Add the veg, cook for 2 mins more, then add the Worcestershire sauce, stock and thyme. Cover and simmer for 20 mins.

When everything is cooked, spoon about a quarter of the stew into a separate pan. Puree then stir back into the rest of the stew. Add the beans, simmer for 3 mins, then serve with granary bread (optional).

Per serving 258kcal, protein 17g, carbs 26g, fat 11g, sat fat 4g, fibre 4g, sugar 12g, salt 1.48g

# Slow Cooker Honey Garlic Chicken and Veggies

By Katie Smithers



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 8 bone-in, skin-on chicken thighs
- 16 ounces baby red potatoes, halved
- 16 ounces baby carrots
- 16 ounces green beans, trimmed
- 2 tablespoons chopped fresh parsley leaves
- 1/4 teaspoon ground black pepper

### FOR THE SAUCE

- 1/2 cup reduced sodium soy sauce
- 1/2 cup honey
- 1/4 cup ketchup
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper

## METHOD

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper.

Place chicken thighs, potatoes, carrots and soy sauce mixture into the slow cooker.

Cover and cook on low heat for 7-8 hours or high for 3-4 hours, basting every hour if possible.

Add green beans during the last 30 minutes of cooking time.

Serve chicken immediately with potatoes, carrots and green beans, garnish with parsley.

# Steak and Ale Pasties

By Paul Shortland



BEFORE YOU START MAKE SURE YOU ARE PREPARED

## WHAT YOU NEED

- 500ml ale (hobgoblin is best)
- 500ml beef stock
- 1 tablespoon tomato puree
- 1 onion diced
- 100g smoked bacon (fat removed)
- 500g lean steak diced (can use reduced fat mince) – lightly covered in flour
- 1 sweet potato peeled and diced
- ½ swede peeled and diced
- 100g chestnut mushrooms
- 500g of shortcrust pastry
- 2 tbsp oil
- One large egg yolk (or two if you like your pasties well coloured)

## METHOD

Heat oven to 180 deg c

In an oven proof pan add the oil and fry off the onion and bacon. Ensure the onions take on some colour as this will add to the sweetness of the dish.

Remove the onions and cooked bacon from the pan and place to one side.

Add in the steak (or mince) and lightly colour the outside of the meat.

Now that the meat has taken on some colour (but not cooked all the way through!!!) remove from the pan and set to one side.

Put the pan on the heat and add in half the beer, it will froth so be careful!

Using your spoon gently tease off from the bottom and side the bits which have stuck to the pan. All this is adding flavour.

Add in the tomato puree and half the beef stock and bring to the boil for 2 mins.

The sauce should have lost some volume and now you add back in the meat and veg making sure that any liquid at the bottom is added also (don't scrimp on flavour!!)

Add in the rest of the ale and beef stock and place in the oven for 2-4 hours checking every hour or so.

# METHOD

If the top of the meat is starting to catch add in a little hot water to just cover it and place back in the oven.

After 2 hours the meat will be cooked through and just starting to fall apart, if left for longer the meat will become more tender.

Once cooked take out and leave to cool for an hour or two (if you can wait, leave it overnight in the fridge to get the flavours to infuse).

Heat oven to 200 deg c

Roll out the pastry to  $\frac{1}{2}$  cm thick and using a small plate put circles in the pastry.

Place a mixture of the chopped sweet potato and swede into the centre of the pastry and top with the now cool meat and gravy mixture (don't put too much gravy in as this will make the pasty soggy!)

Fold and crimp the pastry and wash well with the egg.

Place the pasties in a pre-heated oven at 200c for 10 mins and then drop to 180c for 20 mins.

At this point you can watch them take on a golden colour or fight off the un-invited guests, your choice.

Once cooked remove from the oven and let cool, best enjoyed while warm – side salad optional.

# Honey Roasted Sweet Potato Pumpkin & Parsnips

By Chris Carter



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- Serves 4-6
- 2 large sweet potatoes
- Half a medium pumpkin
- 4-6 small/medium parsnips
- 2-3 tbsp olive oil
- 3-4 tbsp clear honey
- Sea salt & cracked black pepper to taste

## METHOD

Slice parsnips lengthways & into approximately 3 inch pieces.

Cube pumpkin into approximately 1.5 inch pieces & sweet potato into 1 inch pieces.

Combine the three vegetables together with some olive oil (enough to just cover all the pieces) & randomly scatter over a baking tray before seasoning with cracked black pepper & sea salt before taking your locally sourced clear honey & drizzling over the veg on the tray to give a nice honey glaze.

This can be done with as much or as little honey as you like – depending on your taste & the sweetness of the honey!

Ensure the veg are evenly spread on the tray & pop into a pre-heated fan oven set to 180°C (Gas Mark 6) for 25mins or until crisp & brown.

Serve with a roast, with fish or whatever takes your fancy – this goes with anything!

# Naan Bread

By Jade Punter



BEFORE YOU START MAKE SURE YOU ARE PREPARED

**WHAT YOU NEED**  
Makes 8  
350g Flour  
1tsp Baking Powders  
2 Garlic Cloves  
25g Herbs  
250g Natural Yogurt

## METHOD

Mix all together,

Knead the dough

Chop into 8 Balls

Roll out to the thickness of a wrap then grill on a griddle pan.

# Toad in the hole

By Jade Punter

BEFORE YOU START MAKE SURE YOU ARE PREPARED

**WHAT YOU NEED**  
115g rice flour  
Pinch of salt  
4 large eggs  
300g rice milk  
8 sausages  
2 tsp oil

## METHOD

Pour the oil into a baking tray and place in the oven

Brown off the sausages,

Mix all ingredients together (except sausages)

Pour batter mix into the smoking oil then place sausages on top

Cook for 30-35 mins



# Devilled Strawberries

## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 3/4 Cup lowfat Greek yogurt
- 2 Tbsp almond butter
- 1 Tbsp salted caramel syrup (sugar free alternative if preferred)
- 1 Cup halved strawberries
- Coarse sea salt
- Cinnamon

## METHOD

Fold or whip together yogurt, almond butter and syrup to make the almond butter mousse.

Top halved strawberries with mousse.

Sprinkle with coarse sea salt and/or cinnamon.

You'll have some extra mousse - just eat it with a spoon!



# Apple Chips



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 2 medium apples
- Vanilla syrup (sugar free alternative if preferred)
- Coconut oil spray
- Cinnamon
- Fine sea salt

## METHOD

Heat oven to 120 degrees

Use a mandolin to uniformly thinly slice your apples. Add slices to a bowl.

Drizzle apple slices with vanilla syrup and toss to coat.

Place cooling racks inside rimmed baking sheets and spray racks with coconut oil spray.

Place apple slices in a single layer on the oiled racks.

Sprinkle with cinnamon and sea salt.

Bake about 1 hour, or longer if your slices are thicker.

Watch carefully to avoid burning.

Slices will crisp up after removing from the oven!



# Energy Bars

## By Jason Portlock

### BEFORE YOU START MAKE SURE YOU ARE PREPARED

#### WHAT YOU NEED

120g/4oz rolled jumbo oats

75g/2½oz toasted flaked almonds

25g/1oz mixed seeds

30g/4½oz stoned Dates and / or Dried Apricots, chopped

40g/1½oz Mixed dried berries (Raisins, cranberries etc)

100g/3½oz crunchy peanut butter

90g/3¼oz honey (Try [www.braysbees.com](http://www.braysbees.com) for local, Kentish Honey)

50g/1¾oz dark chocolate chips (optional)

## METHOD

Line a 20cm/8in or 23cm/9in square tin with baking paper.

Spread the oats out onto a baking tray and bake them for about 10 minutes at 180°C/Gas mark 4, until lightly toasted.

Set aside to cool.

Mix together the toasted oats, almonds, seeds, fruit, berries and dark choc chips in a large bowl.

Melt the peanut butter and honey together in a small saucepan over a gentle heat.

Stir until the mixture is smooth and thoroughly combined. While still warm, stir the peanut butter and honey into the dry mixture

Tip the mixture into the lined tin and press firmly to make an even layer.

Place the tin into the freezer for 20 minutes to firm up before cutting into 15 bars.

Wrap each bar in cling film to keep them fresh, and they're ready to pop into a packed lunch.

(Once you have made these a few times its fairly easy to substitute ingredients for example, coconut, dried mango, dried banana chips, yoghurt drops instead of chocolate etc)

# Chocolate Avocado Pudding

BEFORE YOU START MAKE SURE YOU ARE PREPARED

WHAT YOU NEED

- 1.5 just-ripe avocados
- 6 Tbsp unsweetened cocoa powder
- 6 Tbsp sugar-free syrup of your choice
- 1/4 Cup evaporated goats milk
- 1 tsp vanilla extract
- 1 tsp instant coffee granules or espresso powder
- Coarse sea salt, optional



## METHOD

Process all ingredients together in a food processor until velvety smooth.

Separate into individual portions, sprinkle with your favorite coarse salt, if using.

Cover and refrigerate overnight.

Makes about 2 Cups

# Wholewheat Date Loaf

By Maria Pinhiero



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

- WHAT YOU NEED**
- 750g wholewheat flour
  - 300 ml boiling water
  - 3 tbsp margarine or butter
  - 1 tsp bicarbonate of soda
  - 450g dates. Stoned & finely chopped
  - 3 eggs
  - 1 cup brown sugar
  - 2 tsp baking powder
  - 1/2 tsp salt
  - 2 tsp vanilla essence
  - 2 cups pecan nuts

## METHOD

Heat oven to 180 deg celsius.

Pour water into a large mixing bowl and stir in margarine and bicarbonate of soda.

Stir in dates, eggs and brown sugar and mix well.

Stir in flour, baking powder and salt.

Add vanilla essence and nuts, blending thoroughly.

Pour mixture into 2 large greased loaf tins.

Bake on middle shelf of oven for 1 hour 10 minutes.

Leave to cool slightly and turn out onto a wire rack.

Serve sliced, with butter if liked.

# Banana Loaf

By Maria Pinhiero



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- 240g self-raising flour
- 125g butter or margarine
- 1 cup sugar
- 4 ripe bananas, mashed
- 2 eggs
- 1/2 tsp salt
- 1 tsp bicarbonate of soda
- 65ml water
- 1 1/2 tsp baking powder

## METHOD

Heat oven to 180 deg celsius.

Cream butter and sugar together until light and fluffy.

Stir in mashed bananas and combine thoroughly.

Beat in eggs one at a time, blending well.

Sift flour and salt onto mixture and stir well.

Dissolve bicarbonate of soda in water and stir into mixture, then stir in baking powder.

Pour batter into a greased loaf tin and bake for about 45 minutes.

Cool in tin and then turn out onto a wire rack.

# Fresh Strawberry Lemonade

By Katie Smithers



## BEFORE YOU START MAKE SURE YOU ARE PREPARED

### WHAT YOU NEED

- 1 cup granulated sugar
- 1 cup water
- 2 cups fresh strawberries, hulled and sliced
- 1 1/2 cups fresh lemon juice (about 6 medium lemons)
- 6 cups cold water
- ice
- 1 cup strawberries, chopped for topping
- lemon slice, for garnish

## METHOD

In a small sauce pan, bring sugar and water to a boil. Remove from heat and let cool to room temperature.

Place strawberries into a food processor or blender and process/blend until smooth.

Pour pureed strawberries into the sugar water. Add lemon juice. Stir well.

Pour strawberry lemon mixture and cold water into a large pitcher. Stir well and add ice. Pour into glasses and top with chopped strawberries and a lemon slice.

# Strawberry Peach Green Iced Tea

By Katie Smithers



**BEFORE YOU START MAKE SURE YOU ARE PREPARED**

**WHAT YOU NEED**

- 5 cups water
- 3 fresh peaches, sliced
- 2 cups fresh strawberries
- 1 gallon Lipton® Green Tea Citrus
- Fresh strawberries, sliced
- Fresh peaches, sliced

## METHOD

Bring 3-4 cups of water to boil in a medium-sized saucepan.

Once boiling, carefully place sliced peach into the water and leave them submerged in the water for about 6-7 minutes or until the skins of the peaches become soft.

Using a slotted spoon remove the peaches from the boiling water and place them in a large bowl of cold water.

Using a blender, blend peaches, strawberries and 1 cup of water until smooth.

In a large pitcher, pour the Lipton® Green Tea Citrus and the strawberry peach mixture into the pitcher. Stir well until combined. Pour into glasses filled with ice and garnish with fresh peach and strawberry slices.

# Local Directory

Farm Shops	'Pick Your Own' Farms	Meat	Drinks	Misc
<p>Farmers Farm Shop Little Court Lodge Farm Teston Tonbridge Rd Maidstone ME18 5BY 01622 813080</p>	<p>Haven Farm Shop North Street Maidstone Kent ME17 3HS 01622 844789</p>	<p>JC Rook &amp; Sons Unit 4a, Chequers Centre, Maidstone, ME15 6AR</p>	<p>Biddenden Vineyards Ltd Gribble Bridge Lane Biddenden Kent TN27 8DF 01580 291726</p>	<p>Bray's Bees Orchard Grove Ditton Kent 07958 997 336 <a href="http://www.braysbees.com">www.braysbees.com</a></p>
<p>Broadditch Farm Shop Manor Farm New Barn Rd Southfleet Gravesend DA13 9PU 01474 834161</p>	<p>Chilton Manor Farm Highsted Road Sittingbourne Kent ME9 0AA <a href="http://www.chiltonmanorfarm.co.uk/">http://www.chiltonmanorfarm.co.uk/</a></p>	<p>GB Lister Butchers Lenham Square Lenham, Maidstone, ME17 2PQ</p>	<p><a href="http://biddendenvineyards.com/">http://biddendenvineyards.com/</a></p>	<p>The Chapel Down Winery Tenterden Vineyard, Small Hythe Rd, Tenterden TN30 7NG 01580 763033 <a href="https://www.chapeldown.com/">https://www.chapeldown.com/</a></p>
<p>Holtwood Farm Shop London Rd Aylesford ME20 7QA 01622 718155</p>	<p>Broomfield Farm (Foxedown Fruit Farms), Ifield Road Meopham Kent Gravesend DA13 0QH</p>	<p>Owlet Fruit Juice Owl House Fruit Farm, Mount Pleasant, Lamberhurst, Tunbridge Wells TN3 8LY 01892 890553</p>		
<p>Riverford Organic Vegetables 6 Great Ivy Mill Cottages Hayle Mill Rd Maidstone ME15 6XF 01622 746726</p>	<p>Pick your Own Pumpkin Dan Mackelden Cheeseman Green Lane Sevington Ashford TN25 0LL 07786 261706.</p>			

Check out the following websites:  
[www.producedinkent.co.uk](http://www.producedinkent.co.uk)

Dedicated to supporting & promoting food, drink, products and services in Kent!





A BIG THANK YOU FROM THE CSR TEAM FOR PURCHASING  
THE SEKISUI HEALTHY EATING COOKBOOK 2016!



DESIGNED BY JAKE LOGAN

