

Week Ten

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DRINKS
MONDAY	Overnight oats with raspberries	Spicy chickpeas	Grilled sardines with cannellini bean mash and watercress	Beetroot hummus with Crudités	Lentil dhal	2 litres water Vitamin water Herbal tea
TUESDAY	Overnight oats with raspberries	Beetroot hummus with Crudités	Lentil dhal	Cashew and dried cherry energy balls	Kale and cauliflower couscous with baked salmon	2 litres water Vitamin water Herbal tea
WEDNESDAY	Overnight oats with raspberries	Spicy chickpeas	Kale and cauliflower couscous with baked salmon	Beetroot hummus with Crudités	Quinoa with grilled pumpkin and beetroot salad	2 litres water Vitamin water Herbal tea
THURSDAY	Green smoothie bliss	Granola Bar Serving of fruit	Quinoa with grilled pumpkin and beetroot salad	Cashew and dried cherry energy balls	Buckwheat mushroom risotto and avocado salad	2 litres water Vitamin water Herbal tea
FRIDAY	Green smoothie bliss	Spicy chickpeas Serving of fruit	Buckwheat mushroom risotto and avocado salad.	Cashew and dried cherry energy balls	Quinoa chicken nuggets and roasted squash salad	2 litres water Vitamin water Herbal tea
SATURDAY	Banana coconut pancakes	Edamame beans	Quinoa chicken nuggets and roasted squash salad	Granola Bar Serving of fruit	Cumin and coriander vegetables with pearl barley	2 litres water Vitamin water Herbal tea
SUNDAY	Poached eggs with roasted thyme tomatoes	Granola Bar Serving of fruit	Cumin and coriander vegetables with pearl barley	Sweet potato crisps	Lamb and red lentil casserole	2 litres water Vitamin water Herbal tea

STORE CUPBOARD LIST

Here are all the store cupboard essentials you'll need for the four weeks. you most likely have some of these items, and if you don't there all really good and useful items to have in the cupboard for future

400G CHICKPEAS
300G CANNELLINI BEANS
165G RED LENTILS
75G BUCKWHEAT (OR BROWN RISOTTO RICE)
250G QUINOA
40G PEARL BARLEY
390G OATS
120G SHORT GRAIN BROWN RICE
500G TINNED TOMATOES
750ML CHICKEN STOCK
640ML VEGETABLE STOCK
50ML WHITE WINE
1 TBSP VINEGAR
1 TBSP TAHINI
2 TBSP PEANUT BUTTER
1/2 TSP WHOLEGRAIN MUSTARD
5G DRIED PORCINI MUSHROOMS
4.5 TBSP. COCONUT OIL
230ML OLIVE OIL
1/2 TSP CORIANDER SEEDS
1/4 TSP CAYENNE PEPPER
3/4 TSP DRIED CHILLI
3 TSP CINNAMON
1 1/2 TSP CUMIN SEEDS
1/2 TSP MARJORAM (DRIED)
1/8 TSP ALL SPICE, GROUND
1/2 TSP HARISSA
1/2 TSP TURMERIC
1/2 TSP GARAM MASALA
1 1/2 TSP CORIANDER, GROUND
1 BAY LEAF
SALT & PEPPER
100G CASHEWS
30G WALNUTS
60G PUMPKIN SEEDS
30G MIXED CHOPPED NUTS
145G DRIED SOUR CHERRIES
70G HONEY
70G COCONUT PALM SUGAR
2 TBSP. FLOUR
2 TBSP DESICCATED COCONUT
1/2 TSP VANILLA EXTRACT

FRESH INGREDIENTS LIST

425G BEETROOT

1 SQUASH

2 PARSNIPS

250G PUMPKIN

5 CARROTS

1 SWEET POTATO

2 ONIONS

1/2 MEDIUM RED ONION

1 LEEK

5 SPRING ONIONS

5.5 CLOVES GARLIC

KNOB FRESH GINGER

60G GREEN BEANS

1 COURGETTE

1/2 HEAD CAULIFLOWER

3 FLORETS CAULIFLOWER

100G MIXED MUSHROOMS

1 BUNCH WATERCRESS

130G KALE

300G BABY SPINACH

4.5 STICKS OF CELERY

1 RED BELL PEPPER

1 RED CHILLI

VINE CHERRY TOMATOES

2 AVOCADO

BUNCH PARSLEY

BUNCH THYME

LARGE BUNCH OF CORIANDER

1 SPRIG ROSEMARY

1/4 CUP EDAMAME

4 SERVES FRUIT

4 LEMONS

330G PINEAPPLE

3 ORANGES

1 CUP RASPBERRIES

150G BLUEBERRIES

1 RIPE BANANA

400G MEDJOOOL DATES

500ML COCONUT WATER

2 SLICES SOURDOUGH BREAD

MEAT, FISH, EGGS, DAIRY

3 SARDINES

2 FILLETS SALMON

250G LAMB LEG STEAK

2 CHICKEN BREASTS

280ML NATURAL YOGHURT

2 TBSP. MILK

10G PARMESAN

120G UNSALTED BUTTER

7-8 EGGS



OVERNIGHT OATS WITH RASPBERRIES

45G OATS
80G PLAIN YOGHURT
125G RASPBERRIES
2 TBSP. MILK (NUT MILK)

MAKE FRESH EACH EVENING

Before you go to bed, mix together oats, milk and yogurt
Finely chop half the raspberries and puree the other half in a blender or food processor until smooth.
Layer the oatmeal with the raspberries and raspberry puree Refrigerate overnight



ROASTED SPICY CHICKPEAS

CHICKPEAS TINNED - 400G

OLIVE OIL 10G

MARJORAM DRIED - 5G

ALLSPICE GROUND - 4G

CUMIN GROUND - 10G

SALT

MAKES THREE PORTIONS. REFRIGERATE AND USE OVER THE NEXT-FOUR DAYS

Preheat oven to 230 degrees centigrade (gas mark 8). Blot the chickpeas to absorb the moisture. Place in a mixing bowl and add the oil, spices and salt, toss until they are covered with the spice mix. Spread over a baking tray and bake for about 20 minutes until they are crunchy. Leave to cool before eating.

“These roasted spicy chickpeas are crunchy, moreish and a great way of upping your fibre and getting some plant-based nutrient density into your diet.

Chickpeas are packed with protein (an average can contains a whopping 16 – 17g of plant protein) as well as iron, calcium, magnesium and ton’s of fibre.”



GRILLED SARDINES WITH CANNELLINI BEAN MASH

3 X SARDINES

1/2 TBSP. OLIVE OIL

SEA SALT, PINCH

PEPPER, PINCH

1 LEMON, JUICED

1 TBSP. NATURAL YOGHURT

1/2 GARLIC CLOVE, CRUSHED

1/2 TEASPOON HARISSA

FRESH PARSLEY (HANDFUL)

300G CANNELLINI BEANS

1 TSP LEMON JUICE

1/2 TEASPOON OF THYME

100G KALE

1 TBSP. OLIVE OIL

SEA SALT

MAKES ONE PORTION

Mix the garlic, olive oil, lemon juice, paprika, and black pepper in a small bowl and whisk.

Arrange the sardines in a single layer on the bottom of a shallow baking dish and pour the marinade over them, turning to make sure evenly coated. Leave aside to marinate for 30 minutes in the fridge.

Meanwhile, chop the kale and place in a baking dish. Sprinkle with salt and pour over the olive oil. Bake at 180C for about 20 minutes, the kale should be crispy but not burnt.

Place the cannellini beans in a baking dish in the oven to warm. Mash the cannellini beans. Add a little more olive oil if needed (or water).

Heat the griddle pan over a high heat. Once hot, put the sardines on the grill and cook each side for about 2-3 minutes. Season with salt and add the chopped parsley.

Serve with the cannellini mash and kale. Add a dollop of natural yoghurt on the side.





BEETROOT HUMMUS AND CARROTS STICKS

CHICKPEAS, DRAINED AND RINSED - 400G

COOKED BEETROOT - 250G

LEMON JUICE - ½

GARLIC CLOVE, CRUSHED - 1

TAHINI - 30G

GROUND CUMIN - 10G

EXTRA VIRGIN OLIVE OIL - 100ML

SALT - 5G

USE OVER THREE DAYS. REFRIGERATE AND STORE IN A AIRTIGHT CONTAINER

Place all the ingredients into a food processor and blend until smooth, add more olive oil if its too thick. Store in the fridge, it will last for about 4-5 days.

“Beetroot hummus is a lovely alternative to traditional hummus. This recipe is an excellent healthy snack, that is not only rich in colour, but also in iron, vitamins A and C and antioxidants.”

LENTIL DHAL

120G SHORT GRAIN BROWN RICE

90G RED LENTILS

1/2 ONION, DICED

300ML VEGETABLE STOCK

200G OF TINNED TOMATOES

2 GARLIC CLOVES, FINELY CHOPPED

1/2 TSP. TURMERIC

1/2 TSP. CUMIN

GROUND BLACK PEPPER

1/2 TSP GARAM MASALA

1/2 TSP CORIANDER

1 KNOB; FRESH GINGER, GRATED

1 TBSP. OLIVE OIL

SMALL HANDFUL FRESH CORIANDER LEAVES

1/2 LEMON, JUICED

1/2 RED CHILLI DE-SEEDED AND CHOPPED

SEA SALT

1 BAY LEAF

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY. TAKE TO WORK IN THERMOS OR HEAT AT LUNCHTIME

Start by measuring the rice in a measuring jug or cup. Soak the rice in double the amount of water and set aside. Preheat the slow cooker to low heat. Meanwhile, heat olive oil in a large pan over a medium heat and cook the onion until it's softened with a pinch of salt (about 3-4 minutes). Add in the garlic, chilli, ginger and cook, stirring for another few minutes. Add in the cumin, turmeric, coriander and garam masala and cook for a further 2-3 minutes.

METHOD CONTINUES ON TO THE NEXT PAGE





LENTIL DHAL

SECOND HALF OF THE METHOD

Rinse the lentils well and add the lentils and mix well. Add in the tomatoes, stir and then transfer to the slow cooker. Add the stock and the bay leaf. Put on the lid and cook on low for 8 hours or high for 4 hours. 40 minutes before serving, drain your rice and place in a pan with a tight-fitting lid (glass if possible, so that you can see what's going on). Add double the amount of water to the dry rice you measured earlier. Bring to the boil and turn down to simmer (do not take the lid off at any point or you'll lose the steam) The rice should be cooked when it has absorbed all the water (about 25 minutes). Check it's soft and then leave to sit off the heat with the lid on for another 10 minutes. Add the lemon juice to your dhal and season. Dress with the coriander before serving with the rice.



CASHEW & DRIED SOUR CHERRY ENERGY BALLS

400G MEDJOOOL DATES, PITTED
100G OATS (OR QUINOA FLAKES)
100G ROASTED CASHEWS
2 TBSP. PEANUT BUTTER
2 TBSP. COCONUT OIL
100G DRIED SOUR CHERRIES, CHOPPED

DIVIDE IN IN TO THREE PORTIONS, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE

Preheat the oven to 180C

Spread the nuts out on a baking tray and roast for around 8 minutes, until they are browned

Take care to keep an eye on them so they don't burn. Shake them half way through so they are cooked all over.

Once they are roasted, let them cool. Place in a food processor with the oats (or quinoa flakes if you are using them) and blend until they look more like flour.

Add all the other ingredients and blend again until it becomes a sticky mixture.

Roll into small balls and store in the fridge for 4-5 days.

KALE & CAULIFLOWER COUSCOUS WITH OVEN BAKED SALMON

2 FILLETS WILD CAUGHT SALMON OLIVE OIL, DRIZZLE
1/2 HEAD OF CAULIFLOWER (NO STALKS OR LEAVES)
HANDFUL OF KALE, FINELY CHOPPED
1/2 LEMON, JUICED
1/2 GARLIC CLOVE, MINCED
SMALL HANDFUL FRESH CORIANDER, CHOPPED
1 TSP CUMIN SEEDS
SEA SALT

**DIVIDE IN HALF, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR
TOMORROW**

Preheat the oven to 200C

Place the salmon in an oven dish with a drizzle of olive oil

Bake for around 20 minutes until cooked

Meanwhile, blend the cauliflower in a food processor until it looks like cous-
cous

Cook the cauliflower in boiling water for a few minutes, until cooked. Drain.

Add the kale, coriander, cumin seeds, garlic, salt and lemon juice

Mix together and servE



QUINOA WITH GRILLED PUMPKIN & BEETROOT SALAD

150G BABY BEETROOT, TRIMMED, SCRUBBED

4 TBSP. EXTRA VIRGIN OLIVE OIL

250G PUMPKIN, PEELED, CUT INTO 3CM PIECES

1/2 TBSP. HONEY OR MAPLE SYRUP

1/2 TSP. WHOLEGRAIN MUSTARD

2 TBSP. FLAT-LEAF PARSLEY LEAVES, CHOPPED

HANDFUL WALNUTS, TOASTED & CHOPPED

1/2 TBSP. THYME LEAVES

150G QUINOA

50G BABY SPINACH LEAVES

1 ORANGE, JUICED.

DIVIDE INTO TWO, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW.

Preheat oven to 200C On a baking tray, add the baby beetroot and pumpkin. Season and drizzle with olive oil and sprinkle thyme

Bake for around 30 minutes or until softened

Once cool, peel off the skin of the beetroot and chop into small pieces. (Optional: once the pumpkin is soft, heat a grill pan and grill the pumpkin for about one minute on either side so they have blackened griddle lines, remove and set aside).

Cook the quinoa as per the instructions on the packet and leave to cool

Make the dressing by combining the maple syrup or honey, mustard, orange juice and remaining olive oil (add more oil if required), and mix together

Mix the beetroot and pumpkin together with the quinoa, walnuts and parsley and drizzle over the dressing



GREEN SMOOTHIE BLISS

90G FRESH SPINACH

250ML COCONUT WATER

165G PINEAPPLE, FRESH

1/4 AVOCADO

MAKE FRESH EACH DAY

Blend spinach and coconut water until smooth.

Add remaining ingredients, and blend until smooth.





GRANOLA BARS

PUMPKIN SEEDS - 45G

PECAN NUTS, ROUGHLY CHOPPED - 45G

SESAME SEEDS - 45G

OATS - 200G

MIXED NUTS - 30G

CHERRIES ROUGHLY CHOPPED - 45G

CINNAMON - 10G

UNSALTED BUTTER - 100G

COCONUT PALM SUGAR - 70G

MAPLE SYRUP - 50G

PINCH OF SALT

MAKES FOUR PORTIONS. DIVIDE AND REFRIGERATE READY FOR THE NEXT FOUR DAYS

Preheat the oven to 140 C or 285F.

Line a baking tray (around 20cm) with greaseproof paper.

In a large bowl add chopped nuts, oats, seeds, cherries, cinnamon and salt and mix together.

In a saucepan add the butter, palm sugar and honey or maple syrup and heat gently until the sugar is dissolved and it is a dark golden colour (but don't let it go too dark).

Transfer this mixture into your bowl of nuts and oats and mix well, so it is all coated.

Spread the mixture onto your lined baking tray and pat it down so it is about 1cm thick.

Bake for around 20 – 25 minutes.

Take out to cool, it will then harden and cut into bars.

BUCKWHEAT MUSHROOM RISOTTO WITH WATERCRESS, ORANGE & AVOCADO SALAD

75G BUCKWHEAT

1/2 SMALL ONION

1/2 CELERY STICK

100G OF MIXED FRESH MUSHROOMS

5G OF DRIED PORCINI MUSHROOMS

50ML WHITE WINE

1 CLOVE GARLIC, CRUSHED

1/2 LEMON

BUTTER

100ML OF CHICKEN OR VEG

STOCK

10G PARMESAN

1 TBSP. COCONUT OIL

ROSEMARY, 1 SPRIG

THYME, FRESH (HANDFUL)

DIVIDE IN HALF, USE AN AIRTIGHT BOTTLE AND PLACE IN THE FRIDGE FOR TOMORROW

Chop the onion, celery and dried porcini finely.

Heat the coconut oil in a pan and add in the onion, celery and porcini, with a pinch of salt, cook until softened. Add in the garlic. Wash and chop the rosemary, and add to the pan. Wash and add in the buckwheat, cook for another minute. Stir and add in 1/3 of the stock mixed with the boiling water. Keep an eye on this pan and keep stirring so it doesn't dry out. Add more of the stock if it needs it. Meanwhile heat a pan, and add 1/2 tbsp. of coconut oil. Tear and fry the fresh mixed mushrooms with the hot oil. Add a pinch of salt. Add more boiling water if the buckwheat is not cooked through, the risotto should be porridge-like. Once they have softened add the mushrooms into the other pan with the buckwheat. Grate the Parmesan, add into the pan and stir through. Wash and sprinkle over the thyme leaves.

SALAD METHOD ON THE NEXT PAGE



WATERCRESS, ORANGE & AVOCADO SALAD

INGREDIENTS FOR SALAD

- 1 SPRING ONION, FINELY SLICED
- 1/2 BUNCH WATERCRESS
- 1 AVOCADO, SLICED
- 1 ORANGE, SEGMENTED
- HANDFUL OF PUMPKIN SEEDS, TOASTED

FOR THE DRESSING

- JUICE OF 1/2 ORANGE
- ZEST AND JUICE OF 1/2 LEMON
- 1 TSP. HONEY
- 1/2 TSP. DIJON MUSTARD
- 2 TBSP. OLIVE OIL
- SALT AND PEPPER

DIVIDE IN HALF, USE AN AIRTIGHT BOTTLE AND PLACE IN THE FRIDGE FOR TOMORROW

Whisk the dressing ingredients together and toss through the watercress and orange segments.

Arrange the avocado and spring onions on top. Scatter with toasted pumpkin seeds.





QUINOA CHICKEN NUGGETS

100G QUINOA

2 TBSP. FLOUR

1 LARGE EGG

SEA SALT

GROUND BLACK PEPPER

2 CHICKEN BREASTS

1-2TBSP OLIVE OIL

SESAME SEEDS

1 SPRING ONION, CHOPPED FINELY

MAKES TWO PORTIONS. USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW.

Preheat the oven to 200°C

Cook the quinoa as instructed on the pack. Then spoon onto a lined baking tray and cover with a clean tea towel to absorb any moisture and leave to cool.

Whisk the egg and season. Cut the chicken into bite size pieces and toss into seasoned flour. Dip the chicken into the egg mixture and then into the quinoa, pressing it down so it's coated.

Once all the pieces are coated, place them on another baking tray, drizzle with olive oil and cook for approximately 15 minutes, until the chicken is cooked through.

Sprinkle with sesame seeds and chopped spring onions

WATERCRESS & ROASTED SQUASH SALAD WITH AVOCADO & CHILLI

1/2 SQUASH, CUBED

1/2 BUNCH WATERCRESS

3 SPRING ONIONS, SLICED

1/2 AVOCADO, DICED

1/2 RED CHILLI, FINELY DICED

1/2 LEMON

20ML OLIVE OIL

CRACKED BLACK PEPPER

MAKES TWO PORTIONS. USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW.

Place cubed squash on baking tray and drizzle with half the olive oil. Bake in oven at 180C for approximately 20min until roasted. Meanwhile, in a large bowl, mix watercress, spring onions, and avocado.

To make the dressing, in a small bowl or jar combine the juice of the lemon with finely diced chilli and remaining olive oil. Add cracked black pepper to taste.

When the roasted squash has cooled slightly, add it to the large bowl, drizzle over the dressing and mix to combine.





EDAMAME BEANS

EDAMAME BEANS - 75G

MAKES ONE PORTIONS, MAKE AS LITTLE OR AS MUCH AS YOU WISH

Simply steam your edamame beans for a few minutes until cooked but still crunchy. Transfer to a dish and sprinkle with salt and chilli flakes.

BANANA COCONUT PANCAKES

1 RIPE BANANA
2 LARGE FREE RANGE EGGS
2 TBSP. DESICCATED COCONUT
1/2 TBSP. BUCKWHEAT OR WHEAT FLOUR
1/2 TSP. CINNAMON
A LITTLE COCONUT OIL OR OLIVE OIL
150G BLUEBERRIES (FRESH OR FROZEN)
1/2 TSP VANILLA EXTRACT

MAKES ONE PORTION

Bring blueberries to simmer on a low heat with a splash of water and the vanilla extract

Mash the bananas

Whisk the pancake ingredients together to form a batter

Oil the frying pan and heat

Ladle the batter in small amounts onto the frying pan, 3 small pancakes at a time (aim for 9 in total)

Serve covered with stewed blueberries and vanilla



CUMIN & CORIANDER VEGETABLES WITH PEARL BARLEY

CELERY STICK, CHOPPED - 1

RED ONION, DICED - ½

PARSNIPS, PEELED AND DICED - 2

COURGETTE, DICED - 1

LEEKS, SLICED - 1

CARROTS, PEELED AND DICED - 2-3

VEGETABLE STOCK - 240ML

GREEN BEANS, TOPPED AND TAILED - 60G

SQUASH, PEELED, INTO CHUNKS - ½ SMALL

TIN CHOPPED TOMATOES - 300G

CORIANDER SEEDS - 5G

CUMIN SEED - 5G

CHILLI POWDER - 5G

OLIVE OIL - 15G

PEARL BARLEY - 40G

SALT

DIVIDE INTO TWO PORTIONS, PLACE IN AN AIRTIGHT CONTAINER IN THE FRIDGE READY FOR TOMORROW

Heat 1 tablespoon of olive oil in a large casserole dish over a medium heat.

When it is hot add the diced celery, red onion, carrots and courgettes. Season and cook until softened, about 10 minutes.

Transfer to the slow cooker and add the tomatoes, spices, parsnip and stock.

Wash the pearl barley and add to the pan.

Cover and cook on a high heat for 15 minutes.

Then add the leeks and green beans, season and cook for another 10 minutes.

Check the vegetables are all softened and the pearl barley is cooked.

Serve with a rocket salad, with shavings of parmesan drizzled with olive oil.





POACHED EGGS WITH ROASTED THYME TOMATOES

1 OR 2 EGGS

CHERRY TOMATOES (ON VINE)

A FEW SPRIGS OF FRESH THYME

1 TBSP. WINE VINEGAR

2 SLICES SOURDOUGH TOAST

MAKES ONE PORTIONS.

Heat oven to 160C. Place cherry tomato vine on a baking dish, drizzle with olive oil, cracked pepper and add thyme. Roast for 40-50mins until soft.

When tomatoes are almost ready, bring the water to a gentle simmer in a saucepan. Add vinegar. Gently crack eggs into simmering water.

Toast the sourdough.

After 3-4 minutes remove eggs from water with a slotted spoon, drain excess liquid. Place eggs on toast and add roasted thyme tomatoes to the side. Top with extra cracked pepper.



SWEET POTATO CRISPS

SWEET POTATOES - 1

OLIVE OIL - 30G

SALT AND PEPPER

MAKES ONE PORTIONS.

Preheat the oven to 180 C or 355F.

Peel and finely slice the sweet potatoes so they are a couple of millimetres thick.

Pat them dry, and spread them over a baking tray or dish.

Drizzle over the olive oil and sprinkle over the cayenne pepper and salt.

Turn them over so they are all coated on both sides.

Bake for 10-15 minutes, until they are crispy.

Take out and leave to cool.

LAMB & RED LENTIL CASSEROLE

2 TBSP. COCONUT OIL	1 TSP. GROUND CUMIN
1 ONION, FINELY SLICED	1 TSP. GROUND CORIANDER
1 GARLIC CLOVE, CRUSHED	PINCH GROUND CINNAMON
1/2 HANDFUL FRESH CORIANDER, FINELY CHOPPED	1/4 TSP. CHILLI FLAKES
1/2 LEMON, FOR SQUEEZING	175G DRIED RED LENTILS, RINSED
HANDFUL OF FRESH SPINACH LEAVES	750ML HOT CHICKEN STOCK
3 CAULIFLOWER FLORETS	250G LAMB LEG STEAKS, DICED
SEA SALT	
GROUND BLACK PEPPER	

MAKES ONE PORTION, FREEZE LEFTOVERS.

In a large casserole dish, heat 1 tbsp. of coconut oil over a low heat Add the onions and cook gently for 10 minutes, until softened

Add the garlic, and cook for a further minute, then add the spices and cook for another minute

Add the lentils and stock and bring to a simmer

Put the lid on and cook for another 25-30 minutes, until tender

Meanwhile, heat one tablespoon of coconut oil in a separate pan

Add the lamb and brown over a high heat

Stir into the lentils with and cook for the last 10 minutes of the cooking time, or until cooked through

Add the cauliflower florets, and in the last 2-3 minutes wilt the spinach Add the lemon juice, coriander. Season to taste.



