THREE BEAN AND VEGETABLE CHILLI

WHAT YOU WILL NEED

- 50g diced onions
- 50g diced courgettes
- 50g diced peppers
- 10g garlic puree
- 10g chopped oregano
- 20g chilli flakes
- 15g ground cumin
- 10g bunch thyme
- 10g fresh basil (chopped)
- 10g salt
- 1g ground black pepper
- 20g tomato puree
- 2 small tins chopped tomatoes
- 1 small tin haricot beans
- 1 small tin red kidney beans
- 1 small tin butter beans
- 20 ml olive oil
- 10g coriander (chopped)

THE STEPS

1. In a bratt pan fry off onions in olive oil
2. Add courgettes and fry until caramelised
3. Add garlic, basil thyme, oregano, seasoning, chilli flakes and cumin
4. Add tomato puree and stir in well then add tomatoes
5. Bring to simmer reaching temp of 75°c for half an hour
6. Add all the beans cook out and check seasoning.
A FEW FACTS ABOUT THE INGREDIENTS YOU WILL EAT TODAY

**OATMEAL**
A healthy whole grain, contains soluble fibre. It is a good source of carbohydrate which is a critical energy sauce for an athlete.

**BLUEBERRIES**
A super fruit. Nutrients in blueberries can help promote good blood pressure while also containing vitamin C to support your immune system.

**SPINACH**
Contains antioxidants COQ10 and glutathione essential for a healthy heart. Also high in iron.

**GREEN VEGETABLES**
Broccoli, kale, cabbage and sprouts they are cruciferous vegetables they contain fibre and important nutrients.

**NUTS**
Contains glutathione essential for a healthy heart. Also a good source of protein and healthy fats.

**BEEFROOT**
A superfood of exceptional nutritional value especially the greens which are rich in calcium, iron and vitamins A and C. The beetroot is rich in folic acid, magnesium and potassium. The greens can be cooked like spinach.

**SALMON**
A good source of lean protein, iron and vitamin B12. Also contains Omega 3 fatty acids that are good for a healthy heart.

**BEANS**
Plant based source of protein.

**BANANAS**
422g of potassium per banana. It helps body regulate fluids and prevents muscle cramps and spasms.

**JACK FRUIT**
High in protein but is fat free and has the consistency of pulled pork.

**YOGURT**
High in calcium for healthy teeth and bones.

**QUINOA**
High in fibre and carbohydrates.

STIR FRY GREEN VEGETABLES

**WHAT YOU WILL NEED**
- 1 head broccoli
- 200g sprouts
- 50g kale
- 100g green cabbage
- Olive oil
- Salt and pepper

**THE STEPS**

1. Slice down all vegetables thinly
2. Heat up oil in a pan until hot and add vegetables and stir fry.
   - Keep a lid on top to keep in the moisture.
3. Fry until cooked.
MEDITERRANEAN VEGETABLE PASTA

WHAT YOU WILL NEED

- 50g Diced onions
- 50g Diced courgettes
- 50g 20ml diced aubergines
- 10g Garlic puree
- 50g Diced peppers
- 1 tin Chopped tomatoes
- 5g Fresh basil leaves
- 100g Penne pasta
- 25g Mozzarella cheese

THE STEPS

1. Sweat off onions and garlic

2. Add aubergines courgettes and peppers and fry until golden coloured

3. Add chopped tomatoes and cook out

4. Cook off pasta in boiling salted water, drain and add to sauce and vegetable mixture. Stir in well

5. Top with grated mozzarella cheese

BBQ JACK FRUIT BURRITO

WHAT YOU’LL NEED

- Splash of olive oil
- Salt and pepper to taste
- 200g boiled rice
- 5 tortilla wraps
- 1 diced onion
- Tin foil
- 1 tin jack fruit
- Grease proof paper
- 200 ml BBQ sauce

THE STEPS

1. Heat up oil until hot and fry off the onion without colour

2. Add the rice and heat up until hot

3. In a separate pan fry off the jack fruit and add the BBQ sauce. Mix together to coat the jack fruit

4. Tear a square of foil and a square of greaseproof paper large enough to size of the tortilla wrap

5. Place the foil down first. Then the greaseproof directly on top. On top of this place the tortilla wrap. Then place you rice and then your BBQ jack fruit mix into the middle of the wrap

6. Fold in the left and right edges of the wrap to cover the edges of the filling. Then roll the wrap up to form a parcel with the filling inside.
**BEETROOT SALAD**

**WHAT YOU’LL NEED**
- Beetroot
- Red Onion
- Coriander
- Cumin
- Olive oil
- Orange juice

**THE STEPS**
1. Dice onion beetroot and mix together with chopped coriander
2. Make a dressing by mixing 1/3 orange juice to 2/3 olive oil.
3. Whisk together and add to the beetroot and onion mix

**FILLET SALMON**

**WILTED SPINACH LEAF AND SWEET CHILLI AND LEMON SAUCE**

**WHAT YOU’LL NEED**
- Salmon filets
- 50g spinach leaf
- 2g salt
- 1g ground black pepper
- 50ml sweet chilli sauce
- 10ml lemon juice
- 5g coriander leaves

**THE STEPS**
1. Combine the sweet chilli sauce, lemon juice and chopped coriander in a bowl and mix together
2. Portion salmon and cook at 180°C until temperature of 76°C is reached
3. Wilt spinach in hot pan add seasoning
4. Top spinach with salmon fillet and pour the sweet chilli and lemon sauce over the top
COURGETTI SALAD

WHAT YOU’LL NEED
2 Courgettes
5g Garlic puree
10g Fresh basil
Olive oil to coat

THE STEPS
1. With a mandolin or spiralizer, cut courgettes into strips lengthways
2. Steam for two minutes or place into boiling salted water for one minute. Then drain in a colander
3. Lightly fry garlic puree in olive oil and mix in with the courgette strips
4. Season with salt and pepper and coat in a little olive oil

CAJUN SALMON FILLETS

WHAT YOU’LL NEED
SALMON FILLETS
2g SALT
1g GROUND BLACK PEPPER
CAJUN SPICE

THE STEPS
1. Portion salmon
2. Sprinkle Cajun spice and seasoning over salmon
3. Bake in oven at 180°C until temperature of 78°C is reached