



Early spring reset retreat, a weekend of

RECIPES

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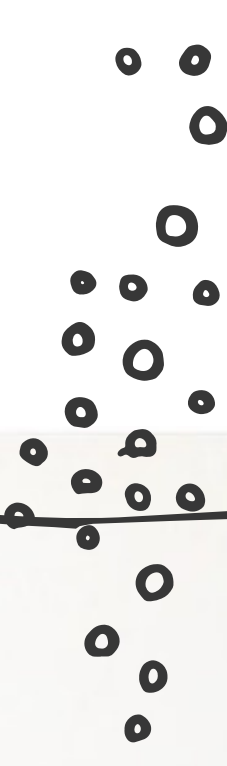
Gluten and meat free



Saturday morning

**PROTEIN PANCAKE WITH
BLOOD ORANGE, FLAKED
ALMONDS AND YOGHURT –
SERVES 2**

The speediest 2 ingredient pancake. As this is grain-free it doesn't leave one feeling heavy after eating yet energises from the protein and vitamin C-rich citrus. I slip it in the oven to finish rather than flipping as its a dainty thing and tends to rip if attempted but you can also make a few smaller rounds to stack which can tentatively be flipped in the pan and are great for stacking a la American.





INGREDIENTS

- 4 free-range Eggs
- 2 ripe Bananas
- 2 tbsp Coconut oil
- 1 Blood orange, peeled & sliced
- 2 tbsp Flaked almonds, toasted
- Maple syrup and yoghurt (or coconut yoghurt) to serve
- Preheat the oven to 190C.
- In a blender, crack in the eggs, add in the bananas and blend to a batter.
- Heat the oil in a medium non-stick, oven-proof frying pan over a high heat.
- Pour in half the batter, swirling to evenly coat the pan. Cook for a couple of minutes until the edges can easily be lifted and the middle starts to bubble.
- Slide the pan into the oven and cook for 5 minutes until set. Flip out onto a plate and repeat with the other half of the mix. Add the oranges and toppings and serve.

Saturday Lunch



KALE AND QUINOA SALAD – SERVES 2

KALE – full of vitamin C and fibre, this veg is transformed when given a good 5 minute massage (I mean, aren't we all?!). The no-cook technique breaks down the fibrous leaves, drawing out the water and softening making them easier on our digestion as well as handily soaking up any dressing you throw at it.

I know the name doesn't exactly make one salivate but honestly this is the most DELICIOUS mix and the perfect way to inhale a huge amount of kale (and pleurably!). Inspired by a salad I ate in Costa Rica you can change up the seeds and grains but don't miss the tahini dressing which brings everything together.



INGREDIENTS

- 100g Quinoa
- 100g Kale
- Sea salt
- 1 Preserved lemon, deseeded and chopped
- 10 Kalamata olives, de-stoned and quartered
- 50g Walnuts, toasted and chopped
- 50g Dried cherries/raisins
- 1 Avocado, sliced
- Parsley

Dressing

- 3 tbsp Tahini paste
- 1 Lemon, juiced
- Pinch of sea salt and pepper
- 2 tbsp Olive oil
- 50ml Hot water

- Place the quinoa in a pan and cover with 300ml water and a pinch of salt. Simmer for 20 minutes then drain and cool.
- Remove the tough stem off the kale, slice into thick ribbons and place in a bowl with a good sprinkle of sea salt. Massage for 4–5 minutes until soft.
- Whisk all the dressing ingredients until smooth.
- Add the olives, preserved lemons, dried cherries, walnuts and half of the dressing to the kale. Mix well.
- Fold in the quinoa and serve topped with the avocado, parsley and more dressing to taste.

HERB LOVE



As you can tell I love herbs and use them more as you would a vegetable than a garnish. Not only are each herb's medicinal properties vast but they add so much flavour. Try to buy from grocers or the asian section of larger supermarkets – not only do you get a huge bunch, but they don't come in plastic. Or of course, grow them yourself!

Saturday afternoon



MELTY CHOCOLATE MUG CAKE– SERVES 1 HUNGRY PERSON OR SHARE BETWEEN 2

I couldn't write a weekend of recipes without including chocolate! Cacao is healthy in its pure form. It contains a little caffeine so can be an effective pick-me-up (but why dark chocolate should be avoided before bed if you're sensitive!). Unfortunately these days cacao is often refined and mixed with a ton of sugar and trans fats negating its positive effects. This leads us onto a rollercoaster of sugar highs and lows which is addictive and can lead to insulin-resistance in the long term. This recipe uses less and unrefined sugar and is high in fibre balancing said effect giving you slow-releasing energy rather than a crash.

For vegans you can sub the egg with a 'flax egg' by mixing 1 tbsp ground flaxseed with 2.5 tbsp water and leaving to sit for 15 minutes.



Ingredients

- 1 tbsp Coconut oil
- 1 very ripe Banana
- 2 tsp Coconut sugar or maple syrup
- 1 tsp Vanilla extract
- 1 Egg
- 2 tbsp Almond flour or gluten free flour
- 1 tbsp Cacao powder
- 1/4 tsp Baking powder
- Pinch of salt
- 1 square of Plain chocolate

Method

- Melt the oil in a bowl in the microwave.
- To this add the banana and mash to a puree with a fork.
- Whisk in the remaining ingredients apart from the chocolate.
- Pour the batter into a large mug (not too small as it rises quite a lot)
- Push the chocolate into the centre.
- Microwave on high for 1–2 minutes (check after 1) until it has risen and set.
- Top with, cacao powder, berries &/or cacao nibs and serve with plain or coconut yoghurt.



Safal Bakery supplies

ROSEMARY WILD MUSHROOMS & HAZELNUT ROCKET PESTO ON CREAMY POLENTA – SERVES 2

This is so comforting and feels rather alpine in its sensibilities. Cooking the mushrooms in ghee really brings out the 'meaty' flavour but if you'd prefer to keep it vegan, use coconut oil or olive oil. I like to leave the pesto quite rough as the crunch of hazelnuts really compliments the smoothness of the polenta.

- 100g Fine/quick cook polenta
- 600ml Vegetable stock
- 200ml Oat milk
- 350g Mixed wild mushrooms
- 1 stalk of Rosemary
- 1 clove Garlic, peeled and sliced
- 1 1/2 tbsp. Ghee
- Salt and Pepper

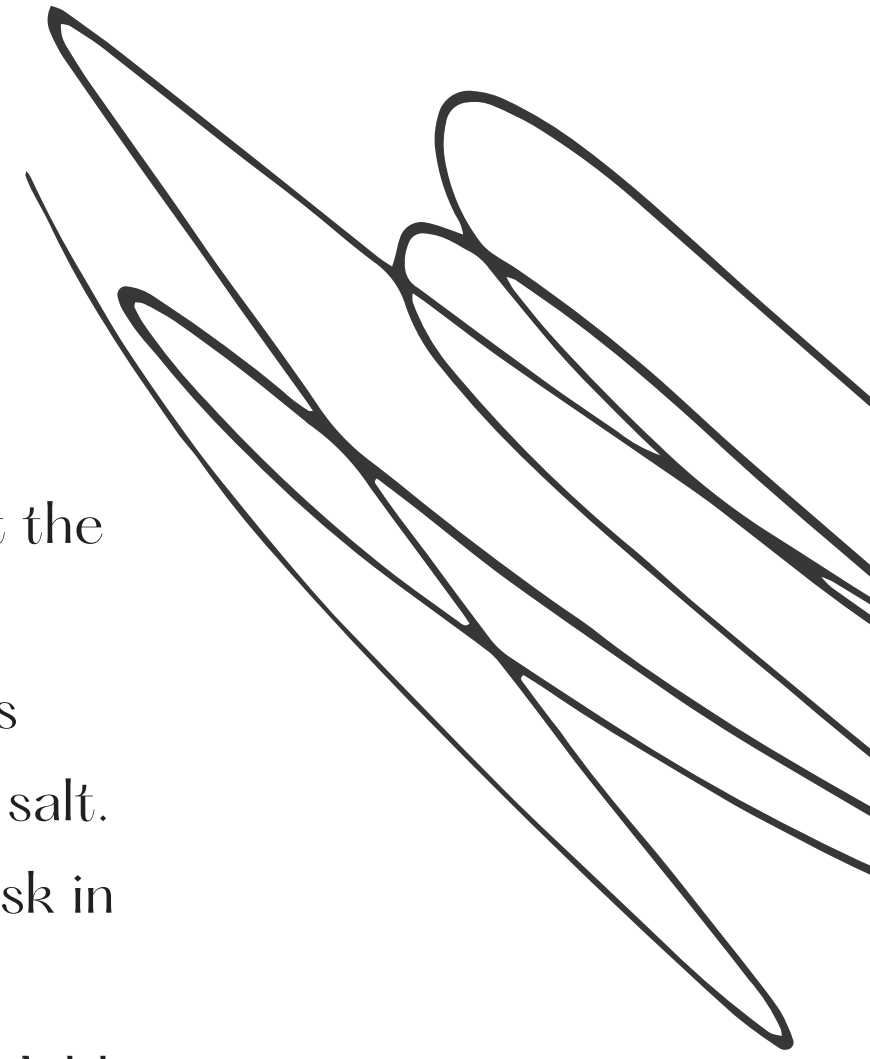
Pesto:

- 100g hazelnuts, roasted and skinned
- 20g pinenuts
- 20g parsley (or other soft herb like basil, chives)
- 30g rocket
- 1 lemon, zested and juiced
- 1 tsp apple cider vinegar
- 2 tbsp nutritional yeast (optional, could sub parmesan)
- 100ml Extra virgin olive oil

Method

- For the pesto blitz all the ingredients except the oil until roughly chopped. While the motor is running, trickle in the oil until a thick pesto is achieved. Season to taste with plenty of sea salt.
- Place the polenta into a medium pan and whisk in the stock. Bring to a simmer, stirring occasionally for 10–15 minutes until smooth. Add in the oat milk and cook for a few minutes more. Taste and adjust the seasoning. Add a little more water if needed – you want it fairly wet.
- Heat the ghee in a heavy based frying pan over a high heat. Toss in the mushrooms with a pinch of salt and fry for a few minutes. Add the garlic and rosemary and continue to fry until the mushrooms are soft and picking up some golden colour. Season with black pepper.
- Serve the polenta on a plate topped with the pesto and mushrooms and extra shaved lemon zest.

N.B. Any leftover pesto can be stored in the fridge covered with a little olive oil and used in pasta, on top of soups or it would be delicious drizzled over the baked eggs on the next page.



Sunday brunch

GREEN GODDESS BAKED EGGS WITH DILL AND FETA – SERVES 2

When I have a bit more time on my hands this is the brunch dish I make. Having said that it's only long in cooking time and all made in one pan so minimal washing up! Taking it's cue from shakshuka, a middle eastern baked egg dish, I've swapped the spiced tomato base for onions and leeks slow cooked with spices until sweet and unctuous. Both (plus the garlic) are prebiotics which is the type of fibre that feeds the friendly bacteria in your gut, so this dish is a perfect way to nourish your digestion at the beginning of the day.

N.B. If vegan, cook up to the addition of eggs and it's delicious on toast.

Ingredients

- 4 Free range eggs
- 2 tsp Coconut oil
- Sea salt
- 2 Onions, thinly sliced
- 2 Leeks, thinly sliced
- 2 Garlic cloves, finely chopped
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 1/2 tsp Turmeric
- 2 large handfuls of Spinach
- 8 Sugar snap peas, halved
- 100g Feta, crumbled
- 10g Dill
- 2 tbsp Dukka (optional)

Method

- In a deep frying pan, melt the oil and add the onions and a pinch of salt. Cook gently for 15 minutes until very soft.
- Add the spices and stir for a minute then add the leeks and garlic. Cook for 15 more minutes until the leeks are soft.
- Add the spinach, stirring for a few minutes to wilt, then nudge the mix to make 4 holes.
- Crack an egg into each hole and cover the pan with a lid. Cook for 6–8 minutes until the whites have set.
- Remove from the heat. Sprinkle with sea salt, snap peas, the feta, dill and dukkah and drizzle with olive oil.
- Serve on its own or with toast.



Sunday supper



BUDDHA BOWL WITH TAMARI BAKED TEMPEH, QUICK PICKLED CARROTS AND SATAY DRIZZLE –

SERVES 2

For a fun but casual dinner for a crowd lay all the components out so each person gets to build their own bowl. The sauce is literally drinkable it's that good – I favour using almond butter rather than the traditional peanuts as it is lower in saturated fat.

Why Buddha?

There are a few explanations for the idea behind this popular way of serving vegetarian food but the idea that in Buddhism the concept of balance is key is my favourite. Here you get a perfect balance of protein, carbohydrates and fat, along with a balance of sweet and sour, hot and cold, raw, pickled and cooked, crunch and soft, all brought together by the sauce. Namaste! 🙏

Ingredients

- 100g Brown basmati rice
- 1 Sweet potato, cut into chunks
- 200g Tempeh, sliced into discs
0.5 cm thick
- 2 Spring onions, sliced
- 1 tbsp Maple syrup
- 2 tbsp Tamari soy sauce
- 2 tbsp Olive oil
- 1 inch Ginger, chopped
- 1 Garlic clove, grated

Pickled carrots

- 1 Carrot, shaved into ribbons
- 1 tsp grated Ginger
- 1 Garlic clove, grated
- Pinch Sugar, Turmeric, Salt and
Pepper

Satay sauce

- 80g Almond butter
- Juice and zest of 1 Lime
- 1 tsp Maple syrup
- 2 tbsp Fish sauce
- 1 tsp Garlic granules
- 50ml Warm water

To serve

- 1 Avocado, halved
- Kimchi (optional)
- Handful of Lettuce, Spinach,
Cherry tomatoes, Chopped, and
Sesame seeds

Like tofu, tempeh is made from soybeans but the difference is they are fermented which makes it even better for your gut bacteria. It's also higher in protein.



Method

- Preheat the oven to 190C.
- Rinse the rice, place in a saucepan with a pinch of salt, cover with water and bring to a simmer for 20–30 minutes until cooked. Drain.
- Meanwhile in a bowl mix the spring onions, syrup, ginger, garlic, oil and tamari. Stir in the tempeh to coat and leave for 20 minutes to marinade.
- In another bowl, mix all the ingredients for the carrots and leave to sit for half an hour.
- Remove the tempeh from the marinade, placing on a large baking tray. Toss the sweet potato with the remaining marinade and add to the baking tray, drizzle it all with a little olive oil, then bake for 20 minutes, turning half way through until the potato is cooked and both are golden.
- For the satay blitz all the ingredients in a blender until smooth. Add a little extra water if needed to loosen to a pourable consistency.
- Divide the rice between 2 bowls and arrange the tempeh, sweet potato and all the extras on top. Drizzle with the sauce and serve.

SHOPPING LIST

Based on 2 people

Fruit

- 4 Bananas
- 1 Blood orange
- Berries
- 2 Lemons
- 1 lime

Storecupboard

- 50g dried cherries/currants
- Maple syrup
- Olive oil
- Coconut oil
- Ghee
- 100g quinoa
- 100g brown basmati rice
- 100g quick cook polenta
- Sea salt
- Preserved lemons
- Coconut sugar
- Vanilla extract
- Almond flour
- Cacao powder
- Baking powder
- Plain chocolate
- Vegetable stock
- Oat milk
- Apple cider vinegar
- Nutritional yeast
- Ground cumin, coriander & turmeric
- Garlic granules
- Tamari soy sauce
- Fish sauce

Optional

- Cacao nibs
- Dukkah
- Kimchi

Vegetables

- 2 onions
- 2 leeks
- Garlic bulb
- Ginger
- Spring onions
- 100g kale
- Bag spinach
- Lettuce
- Cherry tomatoes
- Sugar snap peas
- Carrots
- 2 avocados
- Rocket
- Parsley
- Dill
- Rosemary
- 350g mixed mushrooms

Other

- 200g Tempeh
- Kalamata olives

Dairy

- 10 organic Eggs
- Yoghurt
- 100g Feta

Nuts/seeds

- Flaked almonds
- 50g walnuts
- 100g hazelnuts
- 20g pinenuts
- Almond butter
- Tahini



HAPPY COOKING!

For more recipes and healthy
cooking inspiration follow me at
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