



*Purposefully
Nourished*

Recipe Book

by

Amanda Whitehead



Vegan Recipes

Sweet Potato and Spinach Curry

Serves 4

Ingredients

400ml coconut milk
250g / 2 small sweet potatoes
200g chic peas
2 carrots
1 pepper
½ a courgette
4 mushrooms
100g spinach
1 onion
5cm fresh root ginger
4 garlic cloves
3 tablespoons of curry powder
1 tablespoon of turmeric
1 tablespoon of ground coriander
1 teaspoon of coconut oil
½ teaspoon of cumin

Method

- 1) Heat a small pan with the coconut oil.
- 2) Dice the onion, ginger and garlic finely, add to the pan and cook for 5 minutes.
- 3) Chop the sweet potatoes, carrots, pepper, courgette and mushrooms into small chunks, no bigger than 3cm. Add all into the pan and heat for a further 5 minutes.
- 4) Add the curry powder, turmeric, coriander and cumin, stir well. Drain the chic peas and add at the same time as the coconut milk.
- 5) Cover the pan and cook on low for 20 minutes, stirring occasionally.
- 6) Once the mixture is bubbling and the vegetables are soft, place the spinach on top of the mixture for 2 minutes, then serve.



Red Lentil Pasta with Veg

Serves 4

Ingredients

400g chopped tomatoes
200g of chic peas (optional)
150g of red lentil pasta
6 mushrooms
2 carrots
3 sticks of celery
1 pepper
100g of broccoli
1 large onion
3 cloves of garlic
2 teaspoons of coconut oil
Pinch of oregano, thyme and basil
Pinch of chilli powder (optional)

Method

- 1) Heat the coconut oil in a pan. Dice the onion and finely chop the garlic. Add to the pan. Cook for 3 minutes.
- 2) Chop all of the vegetables into small chunks and add to the pan, cook for 5 minutes.
- 3) Place the pasta into a separate pan, cover with water and heat for approximately 15 minutes or until soft.
- 4) Season with the herbs and chilli. Add the chopped tomatoes and chic peas, cook for a further 10 minutes or until boiling.
- 5) Drain the pasta and mix with the vegetable/tomato mixture until all piping hot. Serve.



Quinoa with Stir Fried Veg

Serves 4

Ingredients

200g quinoa
1 tablespoons of coconut oil
2 garlic cloves, finely chopped
3 carrots
2 leeks
2 handfuls of broccoli florets
100g sundried tomatoes
200ml vegetable stock
2 tablespoons tomato puree
1 lemon, juiced

Method

- 1) Cook the quinoa as per the instructions on the packaging
- 2) Heat the tablespoon of the coconut oil in a wok or large pan, then add the garlic and cook for 1 minute
- 3) Slice the carrots into batons and slice the leeks into circular chunks. Add to the pan and stir fry for 2 minutes
- 4) Add the tomatoes, the stock and the tomato puree. Cook for 3 minutes.
- 5) Drain quinoa and mix in the lemon juice. Serve the quinoa and add the veg.



Mains Recipes

Vegetable Stew

Serves 4

You can really use whatever vegetables you like in this dish, personally I love potatoes (either sweet or standard white), leeks, garlic, carrots, baby corn, runner beans, cauliflower, broccoli, cabbage and peppers. I also add some parsley and coriander for extra flavour in this traditional classic. This dish can also be cooked in a slow cooker on low for approximately 5 hours.

Ingredients

Vegetables as described above or your own choice

1 litre of vegetable stock

1 teaspoon of paprika

1 tin of baked beans

2 teaspoons of coconut oil

1 onion

Pinch of sea of Himalayan salt

Pinch of pepper

Method

- 1) Roughly chop all of the vegetables. Heat a large pan, adding the coconut oil. Add the onion, leek and garlic clove and sauté for approximately 5 minutes.
- 2) Add the carrots, baby corn and cauliflower with any herbs you are including along with the paprika. Cover and allow the vegetables to sweat for 5 minutes.
- 3) Add the potatoes and vegetable stock and stir well, bringing to the boil and then simmer for 10 minutes.
- 4) Add the rest of the vegetables and tin of baked beans (bean sauce and all!). Stir well and simmer for another 5 minutes.
- 5) Add the salt and pepper to season. Stir well and simmer for another 5 minutes.
- 6) Check the vegetables are cooked and softened, then serve with crusty bread and enjoy.
- 7) Any leftovers can be left to cool, saved in airtight containers and then frozen for up to 3 months, or why not batch cook ready for the busier days in the future.



Tomato Soup

Serves 3-4

Ingredients

2 tins of chopped tomatoes or 8-10 fresh tomatoes chopped in to quarters
150ml of vegetable stock
3 carrots roughly chopped
1 large onion roughly chopped
1-2 cloves of garlic roughly chopped
A piece of ginger (optional)
A small piece of turmeric (optional)
A handful of dried or fresh basil
Pinch of black pepper
Splash of cream (optional). Use coconut or soya for a dairy free option.
2 teaspoons of coconut oil

Method

- 1) Add the coconut oil to a large pan and allow to warm for a few minutes. Add the onion, garlic, carrots, ginger and turmeric and leave to sauté for 5 minutes.
- 2) Add the tomatoes and stock, cover and leave to simmer for 15-20 minutes until the carrots are soft.
- 3) Turn off the gas and puree with a hand blender to the texture you are happy with.
- 4) Add the basil and black pepper and give a good stir. Add the cream just before serving.
- 5) Serve with some crusty fresh bread or use as a sauce with pasta!



Spiced carrot and parsnip soup

Serves 8

Ingredients

2 tablespoons olive oil
1 onion, finely chopped
750g carrots
500g parsnips
1 teaspoon grated root ginger
½ teaspoon ground turmeric
1 teaspoon ground cumin
1 tablespoon garam masala
1.75 litres vegetable stock

For taka (spiced oil)

2 tablespoons olive oil
1 tablespoons shredded root ginger
2 garlic cloves sliced
1-2 red chillies deseeded and sliced
½ teaspoon yellow mustard seeds
1 teaspoon cumin seeds

To garnish

8 tablespoons low fat natural yoghurt
Handful of chopped coriander

Method

- 1) For the soup, heat the oil in a large saucepan or casserole dish, add the onion and cook for about 8 minutes over a medium heat until softened but still pale. Meanwhile, scrub (no need to peel), trim and chop carrots and parsnips into 2cm pieces.
- 2) Stir in the ginger and spices and cook for 1 minute until fragrant, then add the carrots and parsnips and mix to coat.
- 3) Pour in the stock, season and bring to the boil. Cover and simmer for 20 minutes until the vegetables are tender. Blend the soup until smooth using a liquidiser or a hand blender.
- 4) For the tarka, heat the oil in a small frying pan over a high heat and fry the ginger, garlic, chillies, mustard and cumin seeds for 12 minutes until the seeds start popping and the garlic begins to change colour.
- 5) Ladle the soup into cups or bowls, swirl in a spoonful of yogurt and sprinkle with coriander leaves. Drizzle a little hot tarka over each cup of soup just before serving



Chicken Comfort Pie

Serves 4

Ingredients

2 tablespoons butter or ghee
2 medium onions, diced
4 garlic cloves, diced
2 celery sticks, diced
4 carrots, diced
250g mushrooms
1 bay leaf
500ml bone broth
1 tablespoon fresh thyme leaves or 1 teaspoon dried. Rosemary is an alternative.
500g roast chicken, preferably shredded and juicy thigh meat
2 handfuls of frozen peas
1 large handful of chopped fresh parsley
1 cauliflower, boiled and mashed to form topping
Pinch of sea salt and pepper

Method

- 1) Preheat the oven to 200°C.
- 2) Melt half the butter or ghee in a frying pan over a medium heat. Add the onions and fry for 4 minutes until softened but not browned. Add the garlic, celery, carrots, mushrooms and bay leaf and increase the heat to high and fry for 1-2 minutes.
- 3) Pour the broth into the pan, add the thyme, bring to the boil, then lower the heat and simmer for about 12 minutes until the vegetables are tender and the sauce has reduced and thickened.
- 4) Remove the bay leaf and add the chicken, peas and parsley to the pan. Season with salt and pepper. Stir well, then transfer the mixture to a 25cm diameter ovenproof dish with 5cm high sides.
- 5) Spoon the cauliflower mash over the filling and spread into an even layer. Bake for 30 minutes until the filling is bubbling and the topping is browned.



Smoothie Recipes – all taken from [Crazy Sexy Juice](#)

We own a Nutribullet for making all of our smoothies and can highly recommend that brand, although there are many others on the market suitable for the job.

Classic Green Lemonade

Makes 2 servings

Ingredients

2 stalks of celery
1 small cucumber
1 cored and seeded apple
1-inch peeled piece of ginger
3 leaves of kale
½ peeled lemon

Wash all ingredients and juice

Cold/Flu Prevention

Makes 2 servings

Ingredients

1 small beetroot
2 cored and seeded pears
½ a lettuce
1 filled cup of spinach
1-inch peeled piece of ginger

Wash all ingredients and juice

Crimson Dawn

Makes 2 servings

Ingredients

4 carrots
1 beetroot
1 peeled and seeded orange
1 pepper with stem and seeds removed
2 stalks of celery
1-inch peeled piece of ginger

Wash all ingredients and juice