

roasted leeks with boiled eggs and lemon vinaigrette










leeky charm



leeks are full of prebiotics which are great for your gut

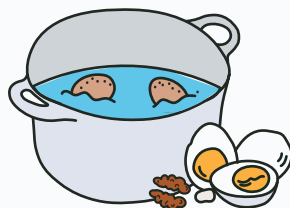
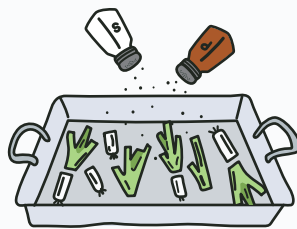
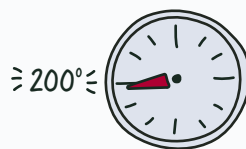
Leeks are underrated. There, we said it. They're like onions but they don't make you cry and can double up as a rounders bat if you're in a pinch. Plus, they're packed with "prebiotics" which are great for your gut. Most people just bung leeks in soups but they're also great in risottos, tarts, and something called a "leek mimosa". Very different to an orange mimosa.

ingredients

-  4 large leeks (give them a good clean)
-  2 tbsp vegetable oil
-  1 tsp salt
-  a handful of walnuts
-  4 eggs
-  1/2 lemon
-  4 tbsp olive oil
-  1 tsp English or Dijon mustard
-  salt and pepper

serves 4 |  perfect for veggies

method



- 1** Crank your oven up to 200°C / gas mark 6.
- 2** Cut the leeks in half lengthways and then in half again. Pop them in a roasting tray, rub on the oil and salt, then shove them in the oven. Give them 20 minutes or so, until they're well roasted, then turn the oven off and give them another 10.
- 3** Pop the walnuts in to brown them up, then soft boil your eggs. Cool them under cold water and peel the shells off. Crush them with a fork then mix in the walnuts. Season them with the lemon juice, mustard, salt, pepper and oil.
- 4** Take the leeks out of the oven, spread the eggs on top, and voila. Leeky eggs. They don't sound very tasty when we call it that though, so maybe think of a different name.

BBQ Brussels sprouts







rustle up a brussel



If we were sprouts, we'd have fired our PR manager long ago. Those little bite-sized lettuces have had years of bad press, but if everyone stopped boiling them into a bland mush and started frying them up nice and crispy, we'd see they're a different kettle of sprouts. Plus, sprouts are packed with vitamin C, and just eight of them count as one of your five-a-day. You can probably manage eight.



ingredients

-  500g Brussels sprouts
-  2 tbsp vegetable oil
-  1 tbsp of BBQ spice rub
– or a mix of cumin and paprika
-  1 tsp dried chilli
-  ½ tsp salt
-  ¼ tsp pepper

serves 4 |  perfect for vegans

method



- 1 Mix the oil and spices together, then add the sprouts and get them nicely coated in it all.



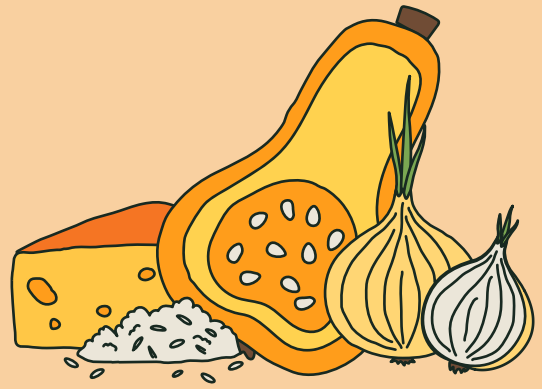
- 2 Fry them for 8-10 minutes. You'll know they're ready when the outer leaves start looking charred, and the sprouts feel tender.



- 3 Serve them up, sit back, and wait for endless compliments about how they're the best sprouts anyone's ever had.

roasted squash risotto

build me up, butternut



Butternut squash. It doesn't taste like butter, it's not a nut, and it's very hard to squash. But let's ignore the flagrant false advertising in its name, and focus on all the "beta carotene" it contains. Your body turns that into vitamin A, which helps keep your eyes healthy. Move over carrots, there's a new night-vision vegetable in town. As if that's not enough, butternut squash goes down a treat in this risotto, and you can even use it as a fancy make-shift bowl. Tasty, and saves on the washing up.

squash is packed with vitamin A to keep your eyes healthy

ingredients

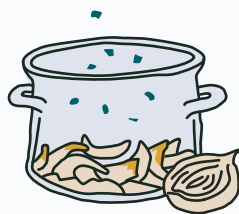
-  1 medium size butternut squash
-  4 tbsp vegetable oil
-  1 tsp dried herbs
-  2 small onions
-  200g Cheddar or other hard, crumbly cheese
-  250g of rice or couscous
-  salt and pepper
-  optional veg, like mushroom or tomatoes

serves 4 | perfect for veggies

method



- 1 Fire up your oven to 200°C (gas mark 6). Cut the squash in half, scoop out the seeds, and pop it on a baking tray. Rub in the oil, salt and pepper and roast it for 30-40 minutes, until it's nice and soft.



- 2 Chop the onion and fry it in a big pot with oil and herbs for 10 minutes. Add extra veg like mushrooms and tomatoes if you're trying to impress someone.



- 3 When the onion's soft, add the rice and twice as much water (if you've used 1 cup of rice, add 2 cups of water). Cook slowly until the rice absorbs all the water.



- 4 Spoon the rice into the squash. Crumble the cheese on top, and pop back in the oven for 5 minutes so it melts. Add some pepper and enjoy your non-buttery, non-nutty, completely unsquashed tea.

spicy shakshuka

shak it all about



If you struggle to wake up in the mornings, we recommend a 300 decibel alarm clock or a spicy bowl of shakshuka. The spices are sure to blow the cobwebs away, and the tomatoes give you a good dose of potassium which is great for your heart. It also works well for lunch, dinner, or a midnight snack. You can't say that about alarm clocks.

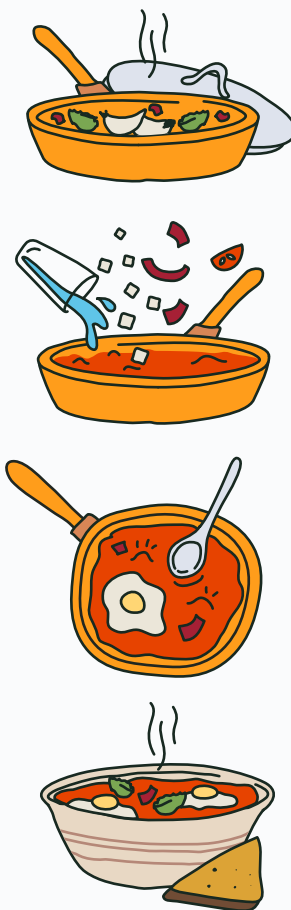
plenty of potassium
which is great for
your heart

ingredients

-  8 tomatoes, cut in quarters – tinned ones work fine too
-  2 peppers, sliced into chunks
-  1 onion, diced
-  8 eggs
-  a handful of chopped coriander leaves
-  4 cloves of garlic, finely chopped
-  1 tsp ground coriander
-  1 tsp ground cumin
-  ½ tsp chilli flakes
-  2 tbsp olive oil
-  salt and pepper

serves 4 | perfect for veggies

method



1 Find a big pan with a lid, then heat the oil and gently fry the coriander, cumin, chilli flakes and garlic for a minute or so.

2 Add the onion, pepper, and tomato, then cook for a couple of minutes. Add half a glass of water and cook at a gentle heat for about 10 minutes until the sauce is thick and dark red.

3 Use the back of a spoon to make 8 shallow wells, then break an egg into each one. Pop the lid on and cook for a few minutes, until the whites of the eggs are set. Stick some toast on while you wait.

4 Add some salt and pepper, sprinkle on the coriander leaves, serve with the toast, and then feel very smug about not buying that alarm clock.