

COCONUT CHAI LATTE

SERVES 2 | ⌚ 10 MINS |



“A combination of complementary spices derived from the traditional masala chai blend. I classically enjoy this beautifully warming flavour and aroma next to an outdoor fire in the summer evenings or to cosy up with after a cold winter’s surf. This is how I placate myself; warm, deep and worth it in every aspect. I love to top with cacao nibs or ground cacao.”

For the healthiest choice choose the best almond and coconut mylks with the least amount of additives, particularly sweeteners. Mixed with all these wonderful spices makes it a warming but calming drink for the gut.

INGREDIENTS

200ml	Full-fat coconut milk <i>(½ a can)</i>
200ml	Almond mylk
2 tsp	Cinnamon <i>(ground)</i>
½ tsp	Cloves
¼ tsp	Cardamom <i>(ground)</i>
½ tsp	Ginger <i>(ground)</i>
½ tsp	Mixed spice
½ tsp	Vanilla extract
2 dsp	Agave syrup

METHOD

1. Start by mixing the coconut milk and almond mylk, lightly heating them in a pan. Quickly sneak approx 3 tbsp to the side, before it heats, to a mug.
2. Stir the spices into your cupped mylk and mix, followed by the agave syrup.
3. Stir the paste into the warmed mylk and simmer for 5 minutes.
4. Using a hand-held frother, froth the mylk for an extra creamy latte.
5. Serve sprinkled with a dash of cinnamon!



COCONUT DHAL WITH SPINACH & CUMIN

SERVES 4 | ⌚ 50 MINS | GF V NF SS

“This is a heart and belly warming dish. Anyone who knows me, knows my mantra on green leafy veg, and this number is the king of greens. It enshines some of the most nutrient dense foods and can be used to jazz up many a dish. Retain their colour and vitamins by cooking for the briefest of moments and bulking them up with lentils, spices and cooling to taste with coconut.”

I'd also say that the 'SS - Simply Smooth' choice is mine, soft enough for my body to handle back in the chemo days, and easy to digest.”

This dish is packed with fibre and anti-inflammatory ingredients. Take a look at our list of healthy herbs and spices and you will see this recipe includes many of them. The fat in coconut milk can be easily converted in the body for energy. The lentils provide carbohydrate and protein, and along with the vegetables this makes for a very well balanced meal.

INGREDIENTS

4	Onions (m)
50g	Butter
3	Cloves of garlic
1 tsp	Cumin seeds
1 tsp	Whole black mustard seeds
3	Garlic cloves
2 tsp	Tumeric
½ tsp	Chilli powder
200g	Split red lentils
400ml	Coconut milk
4	Ginger slices
1 tin	Chopped tomatoes
250g	Baby spinach
Crack of	Black pepper
1	Lime
Handful of	Coriander

METHOD

1. Peel and slice the onions very finely, melt the butter in a large pan at a low heat, then add the onions and cook gently for 8 minutes until soft. Do not allow to brown.
2. Crush, de-skin and chop the garlic cloves and add to the pan with the cumin and mustard seeds. Mix well and cook for a further 5 minutes.
3. Add the tumeric and chilli. Cook for 3 minutes.
4. Add the lentils, coconut milk, 400ml water, ginger, tinned tomatoes and lightly torn spinach. Mix well and then reduce to a gentle simmer to cook for 30 minutes until tender.
5. Finally crack the black pepper over the dish, squeeze the lime, chop the coriander and add to garnish to serve.



BEEF CACAO STEW

SERVES 4 | 🕒 35 MINS | 🌿 GF 🍌 DF 🌱 NF

“Chocolate and chilli, a wonderful combination! Make sure your chocolate is 85% cocoa solids for the health benefits. Cocoa solids are packed with antioxidants which means you can indulge in a little dark chocolate everyday.”

Although red meat should be eaten infrequently (as much for the planet as health reasons), it can be a useful way of obtaining iron in your diet if you are prone to anaemia or just had surgery. The meat should be of good quality; organic, grass fed if possible. If cost is an issue then use less but better quality meat (quality over quantity) and pad out with extra beans.

Add fresh herbs if possible to gain all the wonderful therapeutic effects of rosemary, oregano and coriander.

It's great with black rice or wholemeal flatbread, and sour cream too!

INGREDIENTS

4 tbsp	Coconut oil
450g	Shin of organic beef <i>(cut into cubes)</i>
3	Garlic cloves
1	Red onion
3	Carrots
3	Large tomatoes
1	Red chilli
1	Red pepper
½ tsp	Dried oregano
½ tsp	Dried rosemary
150ml	Red wine
500ml	Beef stock
1 tbsp	Cacao nibs
Pinch of	Sea salt
Cracked	Black pepper
20g	85% Dark chocolate
400g (1 x tin)	Black beans

METHOD

1. Pre-heat the oven to 190°C.
2. Heat the coconut oil in a roasting pan or ovenproof dish. Once hot, add the beef and place in the oven for 20 mins until browned.
3. Finely chop the garlic and slice the onions.
4. Peel and chop the carrots and the tomato, keeping everything quite chunky. Add all to the browned beef, mix well then return to the oven for a further 10 mins.
5. Chop the chilli finely and red pepper into chunks. Then add the chilli, red pepper, oregano, rosemary, red wine, beef stock, cacao, seasoning and 10g dark chocolate, chopped. Mix well and cover well with a lid or foil.
6. Reduce the heat to 180°C and cook for 2.5 hours, checking every hour, stirring, and adding more liquid if needed. Add the pre cooked black beans, mix well, cover and return to the oven for a further 30 minutes.
7. Serve the beef topped with remaining grated chocolate.

