

A top-down view of a white ceramic bowl with a dark rim, filled with a vibrant orange-red chickpea curry. The curry is served over a bed of white rice. The dish is garnished with fresh green herbs, possibly thyme, and a sprinkle of dark seeds. The background is a neutral, light-colored surface.

# Easy Chickpea Curry

## INGREDIENTS

- 1 finely chopped brown onion
- 3 cloves minced garlic
- 1 red chilli
- 1 tin tomatoes + refill the tin with water
- 1 tin full fat coconut milk (can sub for reduced fat if need to)
- 1 tin chickpeas
- 250g quorn or cubed firm tofu
- 100g spinach (can be frozen)
- 1tbsp cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- salt & pepper to taste
- 1 tbsp coconut oil

## METHOD

- Add the coconut oil to a medium pot, then add the finely chopped onion, then the chopped chilli and fry for 7 minutes
- Add the cloves, minced garlic and cook for a further 1 minute
- Add the cumin, turmeric and ground coriander followed by the quorn or cubed firm tofu and cook for a few minutes
- Pour in the tinned tomatoes, then fill the empty tin with water and pour into the pot, add the tinned chickpeas and bubble for around 5 minutes
- Add the coconut milk followed by the spinach and heat for a further 5 minutes then serve up

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# Cauliflower & Lentil Stew

## INGREDIENTS

1 tbsp olive oil	1 cup soaked red lentils (prep them in the morning before work or the night before)
1 large white onion	
3 cloves minced garlic	
1 red chilli	100g roasted red peppers (I use an antipasti jar)
1 large cauliflower head	1/2 tsp sea salt
400g tin chopped tomatoes	500ml boiled water + stock cube
100g passata	
100g spinach	

## HERBS AND SPICES

2 tbsp smoked paprika  
1 tsp chilli flakes  
1 tsp sage

## SMOKED PAPRIKA YOGURT

1/4 cup dairy free plain yogurt  
1 tsp smoked paprika  
1 tsp garlic olive oil

## METHOD

- Drizzle the olive oil into a large pot and slowly fry the diced white onion and cook until see through
- Add the finely chopped red chilli and cook for a further 2-3 minutes then add the minced garlic cloves
- As soon as the garlic is cooked, add the cauliflower florettes and add the smoked paprika, sage and chilli flakes, then after 5-6 minutes add all of the other ingredients
- Stir in the stock cube and allow to simmer for around 15-20 minutes until the lentils are cooked
- 5 minutes before stirring, add the spinach and allow to wilt in the heat of the stew
- Season to perfection with salt, maybe add a dash more chilli if needed
- Serve up in a bowl and top with the yogurt

## TO MAKE THE YOGURT

Simply spoon the yogurt into a bowl, and swirl in a drizzle of olive oil, sprinkle with the smoked paprika and top over your stew

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# Museli Breakfast Bars

## INGREDIENTS

3 cups your favourite Muesli (sub for 2 cups fast oats + 1 cup jumbo oats)  
3/4 cup coconut blossom (or honey if you're not vegan)  
1/2 cup peanut butter  
1/2 tsp sea salt

## OPTIONAL

1/4 cup pistachios  
1/4 cup dried cranberries

## METHOD

- Simply mix all of the ingredients together in a large mixing bowl until a sticky texture has formed
- Pop the bowl in the fridge for 15 minutes to help you shape the bars
- Spoon the ingredients into a baking tin (lined with grease proof paper) and flatten down with a spatula to make it compact
- Pop the bars into the fridge to firm slightly, then take out to cut into bite size pieces
- You can store these bites in the fridge, if you're freezing them remember to take them out around 40 minutes before wanting to eat.

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# Roasted Veg and Hummus Wraps

## INGREDIENTS

3 large wholemeal wraps  
1 red pepper, sliced  
1 yellow pepper, sliced  
1 courgette, sliced  
1 aubergine, sliced  
1 red onion, sliced  
Iceberg lettuce  
Olive oil  
1 tsp of smoked paprika

## HUMMUS

1 can of chickpeas,  
drained and rinsed  
3 garlic cloves, crushed  
1 tsp of smoked paprika  
2 tbsp of tahini  
Juice from 1/2 lemon  
70ml olive oil  
Pinch of salt

## METHOD

- Preheat oven to 180°C/350°F, and line two baking trays.
- Scatter sliced peppers, courgette and aubergine onto the tray. Season with paprika and oil, and roast in oven for 10 minutes.
- Add sliced red onion to the trays, and place everything back in the oven for a further 10 minutes.
- Meanwhile, if making hummus, add chickpeas, garlic cloves, smoked paprika, tahini, lemon juice, 70ml of olive oil, and salt to a food processor, and blend until thick and creamy. Add more olive oil should you want it extra creamy.
- Assemble each wrap the night before you are eating it, by adding hummus first, then lettuce, followed by roasted veggies.
- Serve with fruit/veg of choice.



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# Pesto Sausage Tray Bake

## INGREDIENTS

(Makes 3 lunchboxes)

- 6 dollops of green pesto
- 180g baby potatoes
- 3 peppers
- 1 courgette
- 6 sausages  
(veggie or other)
- 2 red onion
- 6 handfuls of Spinach
- Olive oil

## METHOD

- Preheat oven to 180C/350F.
- Chop veg and scatter on a baking tray. Drizzle with olive oil
- Add the sausages between the veg and add 6 spoonfuls of pesto. Give it a stir and place in oven for 40 minutes.
- Add two handfuls of washed spinach into each lunchbox and separate the tray bake between the lunchboxes. Keep in the fridge until ready to eat (lasts 3-4 days).



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# Nutty Butterbean Cous Cous salad with Halloumi

## INGREDIENTS

180g cooked couscous  
1 can of butterbeans  
1 teaspoon of paprika  
1 pack of halloumi cheese  
1 cucumber  
60g sundried tomatoes  
1 bag of rocket  
3 tablespoons of olive oil  
1 tablespoon of apple cider  
or white wine vinegar  
30g almond flakes (toasted)  
Salt + Pepper

## METHOD

- Preheat oven to 180°C/350°F.
- Drain and rinse your butterbeans before tossing in paprika, + scattering on baking tray. Place in oven for 15 minutes.
- Chop cucumber and sundried tomatoes into small chunks, and add to cooked couscous + roasted butterbeans.
- Cut halloumi into about 9 slices, + fry or grill for 2-3 minutes on both sides until golden.
- Line lunchboxes with rocket, + then add couscous butterbean mixture, followed by the halloumi slices.
- Combine olive oil, vinegar, a pinch of salt and pepper and drizzle over each lunch box. Finish by garnishing with toasted almond flakes.

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We have contacted two fantastic foodies, Lucy and lentils and Dr Hazel Wallace (The Food Medic) to suggest some recipes for our hardworking NHS family.



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