

# Rejuvenated<sup>ltd</sup>

the science of nature



Winter Wonder Health

# Welcome to our winter wonder health menus

Once the winds begin to bite we tend to turn to comfort food and it's easy to hide added pounds under baggy jumpers and fleeces. Hearty and wholesome foods don't have to be unhealthy though.

We've put together a collection of our favorite easy to do meals. You'll have them ready in no time and they're packed with goodness to boost your immune system. We'd love to hear your favourites and what works for you, hope you enjoy them.

The Rejuvenated team xx



# FISH

You'll probably notice from the menus that I love fish and find it so easy to combine with salad or veg to make a complete meal.

## Thai prawns



This dish is so easy to do and delicious, stir-fry whatever vegetables you have. In this dish I used peppers, onions, broccoli and chilies.

When softened, remove from pan and fry prawns in garlic.

Add vegetables back to pan and a tin of coconut milk with red Thai paste.

Cook through until bubbling. Top with chili and coriander.

### Ingredients for 4

Prawns	500 g	Coconut milk	1 can
Pepper	1	Thai red paste	2 teaspoon
Broccoli		Garlic	2 cloves
Onion	1	Salt for seasoning	
Red chili	1		

## Salmon dishes

Salmon is so affordable now but try to choose pieces that are not marbled with fat.

It's an excellent source of protein and supplies iron, zinc, selenium, niacin, vitamin B6, and vitamin B12. It's also full of skin nourishing omega fatty acids and is one of the richest sources of DHEA, considered the 'youth hormone'



Smoked salmon, combined with herb leaves, watercress, soya beans, avocado and lime with a dressing of olive oil and lime.

Or have for breakfast with scrambled eggs for a protein filled breakfast.

Try as I might I find it virtually impossible to make a salmon steak look nice on a plate, so I've added some warm salads to the e book for you. Most evenings we simply eat a portion of protein baked in the oven in a small amount of olive oil and add vegetables or salad.

It's so easy to prepare and often one pan or dish will do for the meal, there is no need for complicated recipes and dinner can be ready in 20 – 30 minutes.

On the next page, you'll find a couple of salmon dishes one with warm vegetables and one with salad and haloumi.

## Salmon stir-fry



Stir-fry must be one of the easiest dishes, you can prepare vegetables or buy a prepared bag.

This one is a pre prepared one, it is healthier to do your own though and a great way to use veggies that need eating. Add chopped garlic, ginger and seasoning to taste.

For this dish we used salmon and fried it in coconut oil before adding the vegetables and lastly some egg noodles.

If you want to add a sauce check the ingredients as many are high in sugar. Instead of soy sauce try Tamari as it is gluten free and has a lower salt content.

## Mackerel & poached egg



This is the perfect omega 3 meal, with oily fish and a poached egg.

Mackerel is one of the cheapest fish to buy in the supermarkets. It makes an incredibly healthy and nutritious breakfast or lunch.

Fish salad makes a quick easy lunch, use mackerel, salmon or tuna. Add herb and salad leaves for variety and taste.

# Mackerel and herb platter



This dish looks and tastes delicious but it is made in minutes.

Mackerel	250 g
Herb Leaves: mint, celery & basil	
Red & Green lettuce	Onion
Avocado	1
Tomatos Qaurted	5
Black Olives	1 Handfull
Endamame Beans	

Combine ingredients and enjoy.

## Mackerel with cauliflower mash and roast tomatoes



The humble cauliflower has really come into its own recently, you can do everything with it from mashing to making a pizza (see later). It's low in calories and carbs and is every bit as lovely as good old mash made with potatoes.

We topped it with mackerel and some lovely roast tomatoes for a healthy boost of lycopene.



# Fish and red onion salad



Tuna, salmon or mackerel combined with herbs and salad.

For this lovely vibrant salad we combined fish with herb leaves, onions, carrot swirls, tomatoes, celery and cucumber.

Packet of fish

Celery	4 Sticks
Onion	1
Cucumber	1/3
Carrot	1
Tomatos	6
Pine Nuts	
Basil, parsley, coriander and water cress	

Combine all ingredients and sprinkle with pine nuts.

## Packed lunch



There's no need to pack crisps if you're off out for the day, fill a mason jar instead with your favourite goodies. These have beans, tuna, avocado, grated carrot, tomato and spinach.

We added a lime and olive oil dressing, just shake before eating for the perfect lunch on the go.

## Baked white fish



Use a local fishmonger if there is one in your area, for most of us the only place to get fish is from the super market.

It's much cheaper to buy frozen but try to resist the ones that come with sauces.

I find the easiest way to cook fish is to just pop it into an oven pan, drizzle with olive oil and bake until the flesh is tender and will easily flake.

You can eat with pretty much anything from roast sweet potatoes to quinoa and vegetables. There's nothing quite like a fish pie in winter, with a lovely creamy mash of potatoes or sweet potatoes.

## MEAT DISHES - Meatzza



This is from a Nigella recipe, lean mince meat is used for the base of the meatzza

Lean mince	500 g	Garlic	2 Cloves
Grated parmesan	3 tablespoons	Tomatos	1 Tin (drained)
Eggs	2	Basil	
Fresh Parsley	3 tablespoons	Dried Oregano	1 Teaspoon
Porridge Oats	3 tablespoons	Salt for seasoning	
Mozzarella	1 Ball		

### Method

1. Preheat the oven to 220°C/gas mark 7/425°F.
2. In a large bowl, using your hands, combine the mince, Parmesan, breadcrumbs or oats, parsley and eggs (lightly beaten). Grate in (or mince and add) the garlic and add some salt and pepper. Do not overwork it, just lightly mix together, or the meat will become compacted and dense.
3. Butter a shallow, round baking tin of about 28cm / 11 inches diameter and turn the meat into it, pressing the mixture lightly with your fingers to cover the bottom as if the seasoned minced meat were your pizza crust.
4. Make sure you've drained as much runny liquid as possible out of your can of chopped tomatoes, then mix the tomato with the garlic oil, oregano and some salt and pepper and spread, using a rubber spatula, lightly on top of the meat base. Arrange the mozzarella slices on top, and then put in the oven for 20-25 minutes, by which time the meat should be cooked through and lightly set and the mozzarella melted.  
Remove from the oven and let it sit for 5 minutes, then adorn with some basil leaves and bring it to the table before cutting into wedges, like a pizza.

## Lean mince with onions and peppers



Mince with peppers and onions.

Cook sliced peppers and onions, then remove from pan.

Fry lean steak mince and add back together.

Serve with sweet potato mash or salad.

# Thai chicken



As delicious as it is simple.

Serves 4

Chicken	500g
Green Pepper	1
Onion	1
Coconut Milk	1 Tin
Green Thai Paste	2 Teaspoons

Fry onions and peppers, remove and fry chicken add vegetables back to pan. Stir in Thai green sauce and 1 tin of coconut milk, heat through. You can use any vegetables or protein for this dish.

Serve with brown rice or salad.

## Beef stir-fry



Simplicity itself.

Packet stir-fry vegetables

Packet sliced frying steak/beef

Clove garlic chopped

Seasoning to taste

½ small red chili chopped

1. Quickly fry beef in coconut oil in a pan.
2. Add vegetables, chili and garlic and fry until tender.
3. Season to taste.
4. Serve and top with coriander.

## CHEESE RECIPES - Cauliflower pizza



This recipe is taken from [lamintothis.com](http://lamintothis.com) it's low in calories, but it's also great for those of you who follow the Paleo or 5:2 diets, or anyone who avoids gluten. Made from grated cauliflower, egg and a little bit of low-fat cheese, this is utterly delectable and totally divine.

Coconut Oil	1 Tablespoon	Tomato (puree)	5 tablespoons
Grated Cauliflower	1/2 Large	Tomatoes (chopped)	4
Egg (Beaten)	1	Diced Garlic	2
Mozzarella grated (Low Fat)	160g	Chilli Flakes	1/2
Cheddar grated (Low Fat)	2 Tablespoons	Fresh Basil (shredded)	
Onion Powder			
Garlic	1 Teaspoon		

Optional toppings (cooked chicken breast, prosciutto, spinach, cooked peppers, mushroom - you get the gist!)



## Method

1. Preheat the oven to 220C. Line a pizza tray with baking paper, then set aside. Take your grated cauliflower, place in a bowl and microwave until soft (it took about 7 minutes in my 850W). Remove and leave to cool.
2. Once cooled, throw in the egg, two-thirds of the mozzarella, and all of the cheddar, then mix well. Season, then place in the pizza tray, shaping it to fill the tray. Use a pastry dish to brush over the melted coconut oil, then bake for 15 minutes, or until golden.
3. Now is the time to throw on your toppings, then bake for a further 10 minutes until bubbling. Sprinkle over shredded basil and enjoy.

## Grilled aubergine and goat's cheese

Grill the aubergine and arrange on a bed of spinach and tomatoes. Top with goats cheese, pomegranate and cashew or pine nuts, drizzle with olive oil.

I tend use goats or sheep cheese, as they are easier to digest than conventional cheeses. It's also full of vitamins D, K and B's for health and well-being.



## Aubergine with feta, pine nuts and salad



A variation on the last dish, aubergine is filling and can be a great alternative to meat.

Aubergine is a great source of dietary fibre, phytonutrients, manganese, potassium, niacin, vitamin B1 and B6

## Goats cheese with roast beetroot and salad



Beetroot is excellent for strengthening capillaries, great at this time of year when cold weather constricts blood vessels.

We added the goat's cheese and sliced beetroot to a plate of spinach and celery leaves. Top with salad of your choice and drizzle with olive oil.

## VEGETABLE - Beetroot falafel with yogurt mint dip



Chickpeas	1 Tin
Beetroot (peeled & grated)	2 Small
Lemon Zest	1
Paprika	1 Teaspoon
Red Chilli (finely chopped)	1/2
Garlic (grated)	1 - 2 cloves
Himalayan Salt	Small Pinch

Blend ingredients together and blitz, if too dry add a small amount of olive oil. Make into small balls and cook at 180 degrees for 30 minutes.

Serve with a dip of yogurt, chopped cucumber and mint.

# Mushrooms



Mushrooms are a great addition to any meal; they are full of protein and B vitamins. One of the new 'super foods' they have powerful antioxidant properties. Mushrooms are rich in polyphenols (polyphenols give berries their antioxidant properties) and selenium.

Just the common white mushroom will pack a healthy dose of antioxidants and actually carries more goodness than most of the expensive varieties.

# Beetroot chips and guacamole



Set the oven to 200 degrees C . Thinly slice beetroot with a veg mandolin and roast in the oven on a tray, lightly covered with oil for 10 – 15 minutes, turn for 5 minutes.

For the guacamole, mash 1 -2 avocados with the juice of a lime, add chopped onions, chili and coriander. Season to taste.

Avocado is packed with omega 3, alpha-linolenic acid to keep skin soft and hydrated this winter.

Beetroot helps to support healthy arteries.

## Sweet potato salad



This dish uses up left over sweet potato chunks.  
Add packet of ready cooked lentils, onion, tomatoes, herb and salad leaves and peppers.

## Pearl barley and mushrooms



This is a definite winter warmer, bring 1 cup of pearl barley and 2 ½ cups of vegetable stock to a boil. Reduce the heat and simmer for 40 – 50 minutes until all water is absorbed.

While this is cooking lightly fry mushrooms and wilt spinach, add to pearl barley and serve with coriander leaves.



# Carrot, cumin and barley stew



Rapeseed Oil	2 Tablespoons	Lemon Juice	1/2
Chopped Onion	1/2 Medium	Salt & Pepper	
Pearl Barley	150g	Carrot Juice	500ml
Rainbow Chard Leaves (chopped)	4	Sea Salt	Large Pinch
Spring Onions	3	Ground Cumin	1 Teaspoon
Coriander	Small Bunch	Carrot Chunks	6 Carrots

## Method

Bring carrots to the boil in carrot juice and 100 ml water add salt, allow to simmer for 10 minutes.

For the barley, heat the oil and gently fry the onions and chilies for 5 minutes, covered with a lid until softened. Stir in the barley and cumin and continue to fry for a minute. Add 500 ml of the carrot cooking liquor to the pan and bring to a simmer, cover and cook for 50-55 minutes. Season with salt and pepper.

Add the chard and spring onions to the barley pan.

To finish fry the carrots in oil for 6 – 7 minutes until caramelised and serve with the barley risotto.

Finish with a sprinkling of coriander.

## Avocado, Quinoa and pomegranate



Cook quinoa in vegetable stock until soft , add chopped onion, avocado and pomegranate.

## EGGS - Baked eggs and peppers



This is an excellent quick supper. Just add a tin of chopped tomatoes, peppers and onions to a dish, and put in the oven until bubbling.

Drop in eggs to poach in the tomato mix and sprinkle with peppers.  
Return to the oven until eggs are poached to your liking.

Sprinkle with basil and serve.

# Classic omelet

Eggs are the perfect protein and in spite of the years of concern over cholesterol, we have come full circle to it being one of the foods recommended by nutritionists and doctors.

No matter what time of day, you can serve up a classic omelet or scrambled egg.

Beat 2 – 3 eggs with a little added milk.

We like ours best in olive oil, heat the oil to smoking before adding the eggs.

Serve on it's own or with salad and vegetables.

This one is served with beetroot and chickpea puree. Topped with watercress.



## Red pepper frittata



Roughly chop  $\frac{1}{2}$  a red pepper and  $\frac{1}{2}$  onion, gently fry in oil.  
Beat 2 eggs and add to mix. I grill the top of ours as I'm useless at trying to flip them.

When cooked through serve with vegetables or salad.

## SOUPS

Soups are so easy to make if you have a blender.

Start with sautéing chopped onions and garlic and use vegetable stock for a base.

Here are a few of our winter favourites to inspire you over the cold months.

### Red pepper and tomato



Simply roast them in the oven on 180 until they start to turn brown at the edges then blend with onions, garlic and a little stock – make sure that the stock is not too hot. Add to a saucepan with the rest of the stock and simmer for 20 minutes.

Add coriander or parsley to serve.

## Carrot and coconut swirl



The soup at the top of the next page is carrot, with a swirl of coconut milk and topped with parsley.

## Thai green soup



A tin of coconut milk with a packet of spinach and 2 teaspoons of Thai green paste. Blend the ingredients, place on the hob and simmer for 20 minutes.

## Spinach souper soup



I added just a packet of spinach to the base and blended to produce this amazingly coloured nutrient rich soup. Once blended heat on the hob for around 20 minutes.

Add seasoning to taste and serve.



## Beetroot soup with feta cheese and parsley



I think this is my new favourite, you can make beetroot soup with just roasted beetroot and the base stock, however this one has 6 tomatoes added too.

Roast beetroot and tomatoes, add to the base stock and blend. Return to the pan and simmer for 20 minutes.

Add seasoning to taste. Crumble feta over the top and sprinkle with parsley.

## SIDE SALADS



When you think of salads, you might think of a little lettuce with cucumber and tomato. I find most salads in restaurants incredibly disappointing, you've probably noticed already that we combine just about everything in the fridge into our salads. On the next page you will see, variety is the key, think colours of the rainbow for a good balance of antioxidants.

## SWEET TREATS

The craving for something sweet can break all your good resolutions. Unrefined sugars will spike your insulin levels and can cause cravings for more sugar within the hour.

Our low glycemic puddings and smoothies can really help. Protein Smoothie is our vegan pea protein drink with 21 grams of protein per serving to keep hunger pangs at bay and it comes in 3 delicious natural flavors, Strawberry, Chocolate and Banana & Butterscotch.

It's full of fibre, including inulin for digestive health and Glucomannan – a fibre that swells in your stomach to keep you fuller for longer. There's also added green tea for metabolism and flax for an omega boost. We've used stevia a totally natural leaf to slightly sweeten the Smoothie so you get a sweet treat but not the sugar rush and insulin levels remain constant.

Protein Smoothie can be drunk on it's own or combined with a multitude of things for a sweet treat.

It's hard to believe that a chocolate pudding can be virtually carbohydrate free and taste so delicious. The chocolate flavour comes from natural dark Belgian cocoa.

Even avocados and green leaves can be blended without detection. We'll be adding recipes for sweet treats next week, so watch out for them.



