

# SPINACH & CHICK PEA FALAFEL WRAP WITH BEETROOT

4 portions



8 large or 12 small spinach falafel  
homemade or shop bought

## Kale Slaw salad

150g	Fresh curly kale
100g	White cabbage
100g	Beetroot hummus
60g	Red onion
60g	Carrot
50g	Baby spinach leaves
50g	Watercress
1/2 tsp	Creamed horseradish

4 each Khobez bread or any flat bread

## Dressing

5ml	Apple cider vinegar
1 each	Crushed garlic clove
1 tsp	Caster sugar
80ml	Soy yoghurt
Pinch	Chilli flakes
Sea salt and mill pepper	

## Garnish - Oven baked kale crisps

Take a handful of kale. Remove stalks, wash and remove excess water.

Pick into small pieces and massage in a tablespoon of rapeseed oil, a twist of sea salt and a pinch of chilli flakes.

Place on a baking tray and pop into a preheated oven 120C for 15-20 mins until crisp. Watch carefully as they burn easily. Remove and set aside.

## Basic Prep

- Wash the kale. Remove and slice the stalks, shred the green leaves, spinach and cabbage.
- Peel and finely slice the carrot and red onion
- Pick, wash and roughly chop the watercress
- Mix the hummus and horseradish together
- Mix all dressing ingredients, whisking to combine

## Method:

Cook or reheat the Falafel and set to one side.

Combine the kaleslaw ingredients. Add dressing and mix well.

Refrigerate for at least an hour or overnight.

To make a wrap, lightly warm the flatbread, add kale slaw, add falafel, top with beetroot hummus, krispy kale and fold tightly.

Cut in half and serve.

## CHEFS TIP

ADD VARIOUS INGREDIENTS TO THE KALE INCLUDING SLICED APPLE, PEPPERS, OR COURGETTES AS DESIRED. WHY NOT VARY THE HUMMUS FLAVOURS AND FINISH WITH MINT LEAVES OR FRESH HERBS.

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# PINEAPPLE AND LENTIL TIKKA DAHL

4 portions



## Ingredients

225g	Red split lentils
200g	Puy lentils
2 tsp	Ground turmeric
80g	Onions
20g	Root ginger, peeled and finely chopped
3 cloves	Fresh garlic, peeled and crushed
80g	Tikka masala paste
150g	Creamed coconut
40g	Tomato puree
160ml	Hot water
1/2	Lemon
1 tblspn	Mango chutney
50g	Spinach, baby
1/4 each	Fresh pineapple
80ml	Soy yoghurt
1 tblspn	Karala spice
	Small bunch fresh coriander
20ml	Rapeseed oil
	Salt, pepper to taste

## Basic Prep

- Rinse lentils well in a sieve
- Peel and finely chop onions.
- Dissolve the coconut cream in the hot water
- Peel Core and dice the pineapple into 1cm cubes
- Combine the Yoghurt with the Karala spice and set aside
- Wash and pick the spinach, drain well

## Method:

Gently fry the onion in the oil for 5 minutes before adding the ginger, garlic, turmeric, tomato puree and tikka paste. Cook gently for further 2 minutes.

Add the lentils and coat well in the mixture.

Pour the coconut mixture into the lentils and add the chutney, juice of half lemon and cinnamon stick. Bring to boil, reduce to simmer and cook gently for 10 -12 minutes. Add the pineapple and spinach and mix through simmering for a further 5 minutes.

Add a little more water if necessary.

The end result should be a soft creamy, thick puree with the lentils having disintegrated a little.

## To Serve

Check seasoning, add another squeeze of lemon juice and drizzle over the spiced yoghurt and chopped coriander. Serve as a side dish or accompany with warmed paratha, chapattis or rice dishes.

## CHEFS TIP

TRY DIFFERENT VARIETIES OF LENTILS AND SPLIT PEAS.

ADD FRESH TOMATOES AND EXPERIMENT WITH OTHER VEGETABLES.

ALSO DELICIOUS WITH DICED FRESH MANGO INSTEAD OF PINEAPPLE

# PULLED CARIBBEAN JACKFRUIT TACO

4 portions



## Ingredients

500g	Jackfruit in brine
1	Red onion, chopped
2	Cloves garlic, crushed
1 tsp	Ground cinnamon
2 tsp	Smoked paprika
2 tsp	Chipotle tabasco
100g	Chopped tomatoes
100g	Red kidney beans
100ml	Reggae Reggae BBQ sauce
50ml	Soy yoghurt
30g	Amaranth seeds
10	Mini soft taco
	Fresh Coriander

## Basic Prep

- Drain jackfruit, remove core and seeds, shred using 2 forks and then rinse thoroughly.
- Pop the Amaranth seed (Method in Tips)
- Cook and drain the aduki beans

## Method:

1. Heat the oil in a pan gently frying the onion for 5 minutes before adding the garlic, cinnamon, tabasco and paprika. Cook for a further 3 minutes.
2. Add the tomato and bbq sauce and 200ml of water mixing well before adding the jackfruit and half the amaranth.
3. Cover and simmer gently for 30 minutes mixing occasionally to break up the jackfruit.
4. Warm the soft tacos and fill with the jackfruit mixture.
5. Top with the yoghurt and coriander. Finish with the popped amaranth and serve.

## Popped amaranth

- Heat a small/medium pot over med-high heat.
- Once hot, add in 1-2tspns raw amaranth, then cover with a lid moving the pot back and forth over the heat. If your heat is set correctly it should start popping within 1-3 seconds and finish within 10-15 seconds. It burns very quickly!
- Just as the amaranth pops are slowing empty it into a bowl.
- Allow to cool. Can be kept for up to a week in sealed container.

## CHEFS TIP

SERVE WITH SPICED SWEET POTATO WEDGES  
AND GREEN SALAD FOR A WEEKEND SNACK

# Banana & spelt loaf cake

## Vegan



**Note: makes 1 x 900g loaf**

<b>Ingredient</b>	<b>Metric</b>
Spelt Organic Flour	260 g
Ground Almonds	40 g
Baking Powder	20 g
Pitted Dates	100 g
Banana (overripe if possible)	275 g
Rapeseed Oil	80 ml
Almond Milk	80 ml
Soft Light Brown Sugar	115 g
<b>Decoration:</b>	
Banana Med/lge	1 each

### Method.

1. In a small bowl using a fork, mash all the cake recipe banana into a paste.
2. In a mixing bowl combine the spelt flour, ground almonds, baking powder, dates and light brown sugar.
3. Add the mashed banana, oil and almond milk (to loosen) to the other ingredients and beat together until well mixed/combined
4. Pour into prepared baking tin, slice a whole banana in half lengthways and lay the 2 halves over the top of the banana mix lengthways
5. Place into the oven for 60-70 minutes until lightly golden brown and when you insert a skewer it comes out clean. Once cool enough to handle remove from the tin and cool on a wire rack.
6. Dust lightly with icing sugar and serve sliced.

### Basic prep:

- Preheat the oven to 160C
- Place a loaf liner into a 900g loaf tin (or grease and flour the tin)
- Finely chop the stoned dates

### Chef Tips:

- Once cool store in airtight container for up to 4 days or freeze.
- Try lightly toasting slices for a breakfast treat. Delicious with dairy free yoghurt and berries.
- Pimp up the flavor adding a pinch of ground spices such as cardamom or cinnamon to the mix before cooking.
- Looking for a glazed flavour top? Then heat 125g caster sugar, 120ml orange juice, 60ml water over heat until sugar has dissolved. Boil for a minute and allow to cool before brushing over the cooled cake before slicing.

# Chocolate & kale brownie

Makes 12 – 16 slices



Ingredient	Metric
Self raising flour	150 g
Cocoa powder	135 g
Caster Sugar	500 g
Curly Kale (stalk removed)	150 g
Vanilla essence	1 tsp
Free Range eggs medium	3 each
Butter	300g
Rapeseed Oil	10 ml

## Basic prep:

- Wash, pick and remove the stalks from the kale
- Melt the butter and allow to cool slightly
- Grease and line a 24cm square tin
- Preheat the oven to 180c

## Chef tip:

- If you do not have a liquidizer, simply chop the kale as fine as you can.
- Mix some chopped dark chocolate or white into the mixture before baking for a gooey finish.
- Don't throw your kale stalks. Reserve them for another recipe. Great to cut into matchsticks for a stir fry.

## Method.

1. Blanch the kale in boiling water until soft or steam for 4 minutes (do not overcook) drain well, refresh under cold water then liquidize with the butter until smooth.
2. Whisk the eggs and vanilla essence together and mix in the butter mix.
3. Fold the sifted self-raising flour, cocoa powder and sugar into the liquid mixture forming a thick batter. Pour into the prepared baking tin and cook in the oven at 180c for approximately 25 minutes until just cooked.
4. Remove from oven, allow to cool slightly before cutting into squares.

# Spelt, Lemon & Maple Loaf Cake



**Note: makes 1 x 900g loaf**

Ingredient	Metric
Butter	300 g
GF Baking powder	10 g
Free Range Eggs	3 each
Spelt Organic Flour	300 g
Maple Syrup	200 g
Golden Syrup	85 g
Lemon – juice + grated zest	2 each

## Drizzle

Lemon Juice + grated zest	2 each
Caster Sugar	80 g

## Chef tip:

- Why not top with a lemon cream cheese frosting. use 30g softened butter, 80g cream cheese, 1 teaspoon lemon zest and 240g icing sugar.
- Beat the butter, cheese and rind in a bowl with an electric mixer gradually adding the icing sugar. Spread over the cooled cake.

## Basic prep:

- Preheat the oven to 160c
- Sift flour and baking powder together
- Insert a loaf tin liner into a 900g loaf tin

## Method.

1. Put the butter into a mixing bowl and beat until very soft and creamy.
2. Add half the beaten eggs a little at a time with a little flour and syrups. Add remaining egg, lemon juice, zest and flour mixing well.
3. Spoon into the prepared tin and level the surface. Bake for 45-50 minutes, or until golden and a skewer inserted into the centre comes out clean.
4. For the lemon drizzle, mix the juice with the sugar, warming slightly to dissolve the sugar. As soon as the cake comes out of the oven, insert the skewer several times all over the top, then slowly pour half of the lemon drizzle all over the top, letting it soak into the cake.
5. Leave to cool for 20 minutes. Add the zest to the remaining juice and pour or brush over the top of the cake.
6. Slice, serve, enjoy!