A Note from Us to You

A selection of easy recipes to delight and inspire based on the ANH-Intl Food4Health guidelines. These Delightful Dinners also make great lunches and can also be frozen for those days when time is short, demand high and you want something tasty but healthy. Live life the Food4Health way!
Crumbed Chicken (serves 4)

Ingredients:
- 4 x chicken breasts cut into strips (or substitute tempeh, tofu or firm fish)
- 4 tbsp desiccated coconut
- 4 tbsp ground almonds
- Salt and pepper to taste

Flavourings
- Grated zest of 1 lemon or lime or mixture of both
- 1 clove garlic crushed
OR
- 1 tsp each ground coriander, cumin, sumac
- 1/2 teaspoon chilli (or more if preferred)
OR
- 2 tsp za'atar spice

Method:
1. Preheat oven to 200°C (180°C for fan). Mix coconut, almonds, salt and pepper and chosen flavourings together in a bowl
2. Add the chicken strips and coat well. If using tempeh, tofu or firm fish, start by coating in beaten egg or coconut milk to help the crumbs stick.
3. Place the strips onto an oven tray, drizzle with olive oil, then bake until cooked through and coating is golden - around 20 - 30 mins
4. Serve with a green salad, steamed green beans and broccoli.

These freeze really well so can be made in advance and taken out when needed.
Mediterranean Fish Stew  
(serves 4)

Ingredients:

- 1 red or yellow pepper, diced
- 2 tbsp olive oil
- 1 large onion diced
- ½ fennel bulb sliced
- 2-3 garlic cloves crushed (depending on taste)
- Zest and juice of 1 small orange
- Pinch of saffron strands
- 2 tbsp fresh (or 1 tbsp dried) basil
- 2 tbsp fresh (or 1 tbsp dried) oregano
- ½ tsp chilli powder
- 1½ pints vegetable stock
- 400 g chopped tomatoes (tinned or passata)
- 500 g firm white fish or salmon, cubed or in strips
- 100 g shitake mushrooms (optional)
- 3 tbsp fresh parsley, roughly chopped

Method:

1. Heat the olive oil in the pan over a medium heat, add the onions, peppers, mushrooms and garlic and cook gently until softened
2. Add the fennel, tinned tomatoes, saffron, basil, oregano, chilli, orange juice, zest, and veg stock
3. Add fish and cook until fish is cooked through and flaking easily
4. Season with salt and pepper to taste
5. Garnish with chopped parsley and roughly stir through
6. Serve with steamed kale, brussel sprouts, broccoli, cauliflower or dark cabbage and/or Basmati rice.

Can be frozen. Leftovers make a great lunch the next day. Try adding some chopped green olives near the end of the cooking time. They're fermented and very gut-friendly.
Easy Salmon Fish Cakes
(serves 4)

Ingredients:
• 4 salmon fillets, skinned
• 5 cm piece of ginger, peeled and grated
• 1 clove of garlic, crushed
• Zest of a lime (or lemon)
• Squeeze of lime juice (or lemon)
• Coconut or olive oil for frying
• Salt and pepper to taste
• 2 tbsp chopped fresh parsley or 1 tbsp chopped Thai basil for a more eastern flavour

Method:
1. Put the first 7 ingredients into a food processor and blend to a paste
2. Transfer to a mixing bowl and add in the fresh herbs
3. Form into palm sized patties (makes approx 9)
4. Fry in a little coconut or olive oil until cooked through
5. Serve with green veg and a large mixed salad.

For a more Asian flavour with a bit of heat, spice up your patties with half a tsp of Sambal Oelek.
Roast Sausage & Veg
(serves 4-6)

Ingredients:

- 2 peppers chopped into chunks
- 1 aubergine cut into chunks
- 1 courgette thickly sliced
- 1 red onion thickly sliced
- A small bulb of garlic, broken into cloves and left unpeeled
- 250g pack of cherry or vine tomatoes
- 50g mushrooms
- 2 tbsp olive oil
- 2 x 340g packs good quality gluten-free sausages or 8-12 chicken thighs or 4-6 salmon fillets
- 1 tbsp tomato paste
- 150 ml hot chicken stock
- 1 pack of fresh rosemary
- 1 pack of fresh thyme

Method:

1. Preheat the oven to 200oc
2. Place the chopped veg into a large roasting tin, add the herb as sticks, drizzle with the olive oil, toss and roast in the oven for 20 minutes
3. Stir in the cherry/vine tomatoes and put the sausages on top of the veg, return to the oven and cook for another 15-20 minutes
4. Mix the tomato paste and chicken stock together, pour over the roasted veg and sausages
5. Increase the oven temperature to 220oc, return the pan to the oven and cook for another 10-15 mins or until the sausages are cooked
6. Remove the herb sticks before serving and plate up with a selection of green veg or fresh salad.

Any leftovers can be saved for lunch or frozen for a quick meal when you’re short on time.

Roast double the amount of veg at the outset and set aside to make the sauce for spaghetti bolognese (see page 6).
Spaghetti Bolognaise with Courgetti (serves 4)

Ingredients:
- 500 g minced beef (preferably organic) or lamb or 2 x 400g tins mixed beans
- 2-3 tbsp olive oil
- 1 large onion, diced
- 1 red pepper diced
- 150 g mushrooms diced (optional)
- 3-4 garlic cloves, minced
- 1 tablespoon of tomato puree
- 2 cans chopped tomatoes (preferably organic)
- 250 ml water
- 1 tbsp each fresh basil, oregano or thyme (reduce to 1 tsp of each if using dried)
- 2 carrots grated
- Salt and pepper, to taste
- 4 large courgettes

Method:
1. Heat the olive oil and fry the onion, peppers and mushrooms (if using) on a low heat until softened, not browned, then add the garlic
2. Increase the heat and add the minced meat to the pan and brown, using a wooden spatula to break it up as you go - or the beans
3. After five minutes, add the tomatoes, tomato purée, water and herbs
4. Bring to the boil, cover with a lid and then reduce to a gentle simmer for ½ an hour
5. Ten minutes before the end of cooking, add the grated carrots and season with salt and a good grind of pepper
6. Meanwhile, use a spiraliser/julienne peeler on the courgette
7. Steam the courgette (if you don’t have a steamer pop them in sieve over a pan of boiling water with a lid over the sieve). Steam for 5 mins or until just soft
8. Serve the Bolognese sauce on top of a pile of courgetti topped with fresh parmesan (if tolerated) and a glug of extra virgin olive oil to serve.

Tip: If you’ve made the roast veg and sausages you can blend any leftover veg with the tomatoes to make an extra rich sauce.
Rich Lentil Stew
(serves 4)

Ingredients:
- 3 tbsp coconut or olive oil
- 1 large onion, finely chopped
- 2 sticks celery, diced
- 1 leek, cut in half lengthways and diced
- 2 carrots, diced
- 1 large courgette diced
- 5 garlic cloves, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric powder
- ¼ – ½ tsp hot chilli powder
- 300 g puy lentils (or 2 tins cooked lentils)
- 2L chicken, beef or vegetable stock
- 1 400 g tin chopped tomatoes
- 2 tbsp tomato puree
- 2 tbsp fresh coriander as a garnish
- Salt and pepper to taste
- 250-300 g spinach or kale

Method:
1. In a large, heavy bottomed pan heat the oil and sauté the onion, celery, leek, carrot, courgette and garlic for 10 minutes to soften.
2. Add the spices and cook for a couple of minutes then add the lentils, stock, tomatoes and tomato puree.
3. Bring to the boil, lower the heat and simmer for 30-40 minutes until the lentils are soft, stirring occasionally.
4. Add a little more water or stock if it’s too thick. Season, then add the spinach (or kale), cook until it’s wilted.

If you have a pressure cooker you can save time and make sure your lentils are lectin-free.
Spiced Lamb Meatballs & Cauliflower Mash (serves 4-6)

Ingredients:

Cauliflower Mash
- 1 medium cauliflower
- 2 tbsp tahini
- 1 small clove garlic, crushed
- Juice of one lemon
- 1 tsp maple syrup or runny honey
- 3 tbsp extra virgin olive oil
- Pomegranate seeds to top
- Salt and pepper to taste

Spiced Lamb
- 1 tbsp coconut oil or olive oil
- 1 onion, finely diced
- 2 cloves of garlic, crushed
- 1 tsp chilli flakes
- 500g minced lamb
- 2 tbsp za'atar
- 1 tsp cinnamon
- 2 tbsp pomegranate molasses
- Salt and pepper to taste
- Handful each of mint & parsley, chopped

Method:
1. Break the cauliflower into florets and boil or steam until tender, about 10 minutes. Drain well and whizz in a food processor with the rest of the mash ingredients for several minutes until creamy and smooth
2. In a large frying pan, sauté the onion for 3-4 minutes, add the chilli flakes and garlic and cook for 1 minute
3. Put the lamb mince into a bowl. Add the onion, chilli, garlic, z’atar, cinnamon, seasoning, pomegranate molasses and mix well. Form into small meatballs.
4. Shallow fry the meatballs in some olive oil until browned and cooked through
5. Serve the meatballs with the cauliflower mash scattered with the chopped fresh herbs.

The meatballs make great finger-food for lunch boxes, parties and picnics. Serve with humous and dips.
Creamy Vegetable Soup (serves 2)

Ingredients:
• 1 leek sliced
• 1 onion diced
• 1 clove garlic
• 1 medium carrot diced
• 100 g broccoli
• 100 g selection of green leafy veg e.g. watercress, spinach, kale
• 4 heaped tablespoons humous
• 2 tbsp chopped fresh tarragon
• 1 L vegetable stock

Method:
1. Fry the leek, onion and garlic gently until soft
2. Add the carrot, broccoli, tarragon and veg stock
3. Bring to the boil and simmer until the veg is nearly cooked
4. Add the green leafy veg and simmer for another 5 minutes
5. Put the soup into a blender and blend
6. Add the humous
7. Pulse to combine
8. Season to taste and serve with a swirl of olive oil or natural, live, yoghurt (if tolerated).
South East Asian Chicken / vegetable Curry (serves 6)-8

Ingredients:
• 1 kg diced (organic) chicken thighs or cubed butternut squash
• 2 onions, diced
• 6 kaffir lime leaves
• 1 cinnamon stick
• 4 star anise
• 1 tin coconut milk
• 500 ml chicken / veg stock
• 3 tbsp coconut oil
• 1 tsp palm sugar
• 2 tbsp gluten-free Tamari
• 2 tbsp fish sauce (omit if making vegetarian option)
• A large handful of fresh coriander, chopped, for garnish
• 1/2 lime
• 1 small can coconut cream

For the curry paste:
3 cloves garlic, crushed
2 lemon grass stalks (crush between 2 boards to break the outer surface)
1 red chilli, deseeded, chopped (more if you like it hot!)
1 lime, juiced
2 cm chunk of peeled ginger, grated
1 tbsp turmeric
1/2 tbsp ground coriander
1/4 tbsp garam masala

Method:
1. Fry the onions, chilli and garlic gently in the coconut oil until slightly softened, then add the ingredients for the curry paste and continue frying till the onions are translucent
2. Add the chicken and continue frying for 2-3 mins to seal. If you're using butternut cubes, add them once all the other ingredients are in as they take less time to cook.

3. Add the liquid ingredients - stock, coconut milk, Tamari and fish sauce (omit the fish sauce if making a vegetarian version).

4. Add the lime leaves, the star anise and cinnamon stick.

5. Stir in 1 tsp palm sugar and combine well. Add the butternut cubes at this point if using.

6. Chicken - bring to the boil then simmer on a very low heat for 2 hours or more. The chicken should be melt in the mouth soft.
   Butternut - bring to the boil and then simmer on a very low heat until the soft.

7. Just before serving stir in the lime juice, the can of coconut cream (minus the water) and the chopped fresh coriander.

NB: Add only as much a stock as you need to cover the chicken, but don't flood the dish as you don't want to be left with a watery dish at the end. This curry is best when made the day before leaving it to stand overnight to let the flavours develop.

Serve with coconut rice and a crunchy salad laced with fresh coriander.

Can freeze and reheat, but you'll need to add more coconut cream to bring it all together before serving.
Asian Cauliflower Rice Stir Fry (serves 4)

**Ingredients:**
- 1 head of cauliflower
- 150 g green beans, sliced
- 6 spring onions, sliced
- 1 clove garlic, crushed
- 5 cm peeled and grated ginger
- Half a head of broccoli, sliced
- 2 pak choi, roughly chopped
- 1 small onion, chopped
- 2 carrots, finely sliced
- 1 yellow pepper
- 1 small pkt baby corn
- 2 eggs, lightly beaten (if tolerated), with salt and pepper
- 2 tbsp chopped fresh coriander
- 2 tbsp Thai basil
- A handful of beansprouts
- 2 tbsp coconut oil
- 1 tsp sesame oil
- 4 tbsp gluten-free Tamari
- 100 g cashew nuts (if tolerated)
- Salt and pepper to taste, but do taste before adding

**Method:**
1. Blitz the raw cauliflower florets in a food processor or Vitamix and set aside the ‘rice’
2. Preheat the oven to 220oc, when up to temperature, place the cashew nuts on a baking tray and bake for 7 mins or until lightly browned and crispy - take care not to burn! Set aside.
3. Add the Tamari and the chopped herbs
4. Stir fry until tender, but still crispy
5. Add the cauliflower rice and bean sprouts and combine well on a high heat until the rice is hot and well mixed through. Add more Tamari as needed.
6. Make a well in the centre of the frying pan and pour in the beaten egg mixture. Allow a minute or two to cook and then mix through the stir fry.
7. Just before serving add the cashew nuts and fresh coriander.

If you like your food spicy, then add as much chilli as you like during the cooking stage!

You can add whatever vegetables you like so don’t be limited, experiment away.
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