

Carrot & Coriander Soup - Serves: 4

Ingredients

- 1 tbsp oil
- 1 onion, sliced
- 450g/1lb carrots, sliced
- 1 tsp ground coriander
- 1.2 litres/2 pints vegetable stock
- large bunch fresh coriander, roughly chopped
- salt and freshly ground black pepper



Optional ingredients:

- Coconut cream
- 1 Teaspoon Curry Powder
- 1 Teaspoon Cumin
- 1 Teaspoon Ginger Powder
- Scoop of Greek Yogurt to top

Method

1. Heat the oil in a large pan and add the onions and the carrots. Cook for 3-4 minutes until starting to soften.
2. Stir in the ground coriander and season well. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Simmer until the vegetables are tender.
4. Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the fresh coriander and serve.

This meal provides 87 kcal, 2.2g protein, 11.7g carbohydrate (of which 10.2g sugars), 3.4g fat (of which 0.4g saturates), 4.2g fibre and 1.9g salt per portion.

Carrots have a high beta-carotene content, this is a plant pigment that gives carrots their bright orange colour. Once consumed it's converted to Vitamin A, *which promotes healthy skin and eyes*, and acts as an antioxidant, *which protects our cells from free radicals*

Leek and "Potato" Soup Recipe Serves 6

Ingredients

- 3 tablespoons extra-virgin olive oil
- 450g leeks, cleaned and chopped
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 large head of cauliflower, cut into 2 inch florets
- 1.5 litres stock
- 1 bay leaf
- ½ teaspoon fresh nutmeg
- 1 tsp sea salt / 2 tsp coarse black pepper to taste
- finely chopped chives or thyme for garnish



Instructions

1. Heat the olive oil in a large soup pot. Add leeks, celery, garlic and cauliflower, along with the nutmeg, salt and pepper and saute, stirring regularly until leeks begin to wilt.
2. Add stock and the bay leaf, and cook covered for 20-30 minutes, until cauliflower is very tender.
3. Blend using a stick blender, or transfer into a regular blender and blend until smooth
4. Once pureed, return to the heat and cook an additional 10 minutes.
5. Serve garnished with chopped herbs and parmesan

Cauliflower is a natural prebiotic. Prebiotic foods contain a special form of dietary fibre that act as a food for the good bacteria in your gut.

Per serving: Calories: 130 Fat (g): Carbs (g): 7 Fibre (g): 4 Protein (g): 10

Breakfast muffins - Real Food Rocks Cook Book

INGREDIENTS (1 MUFFIN):

- 1 egg
- Knob of melted butter or 2 tsp coconut or olive oil
- 1/4 cup of ground almonds (50g)
- Half a grated apple or pear (optional)
- Vanilla powder/cocoa powder/cinnamon/mixed spice as per your taste
- 1/2 tsp baking powder

DIRECTIONS:

Mix the egg and melted/liquid fat together. Add the ground almonds, baking powder and spice if required. Add the fruit if required. Mix well. Put in a small microwavable pot and microwave on full for three minutes. If you'd prefer not to use a microwave simply cook in the oven for about ten minutes at 180 degrees, and you can even cook lots at a time with a cupcake tray.

For a savoury version, substitute grated carrot or courgette for the fruit, add salt and mixed herbs and some parmesan to the mix instead of the spices. If you make this in a square container it can then be sliced in two to make a sandwich. The muffin travels well and can be used as breakfast on the move or at the office.

Salad dressings

Simple vinaigrette (no sugar)

- ½ cup extra-virgin olive oil
- 2 tablespoons vinegar of choice (balsamic vinegar, red wine vinegar, white wine vinegar)
- 1 tsp Dijon mustard
- 1-2 cloves garlic, pressed or minced
- ¼ teaspoon fine sea salt / freshly ground black pepper, to taste

Sesame ginger dressing

Ingredients

- 3 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- 1 teaspoon finely grated peeled ginger
- 1 garlic clove, finely grated
- 1/2 cup oil
- 2 teaspoons toasted sesame oil

Recipes collated, tried and tested at Get Set Cook lower-carb workshops 2019