

SEASONED

JANUARY '25

Start the new year right by trying something new & discover the power of **BRAIN-BOOSTING FOODS** #BrainFood #JanuaryChallenge #NewYear

#CHALLENGE
accepted

RECIPE BOOKLET

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The human brain is an active tissue containing billions of cells, called neurons, which need a constant supply of nutrients to function and grow properly. In fact, the brain is a very hungry organ and is the first of the body's organs to take nutrients from the food we eat, with the brain's preferred energy being glucose.

Certain foods and nutrients may help aid your brain's development, improve brain function, memory, and concentration. Foods that are good for the brain are generally unprocessed foods and ensure a slow release of glucose rather than a quick fix provided by highly processed foods.

Slow-release carbohydrates such as porridge oats and wholegrains help with mood and concentration due to the slower release of sugar into the blood to provide energy over a longer period of time. Carbohydrates may help tryptophan enter the brain, which is a precursor of serotonin, a mood enhancing hormone.

Protein sources include meat, fish, eggs, dairy, pulses and lentils. These fuel the body with amino acids which are needed for the synthesis of neurotransmitters and neuromodulators. Omega-3 fatty acids are found in oily fish, and some nuts, seeds and vegetable oils. They provide fantastic energy with research showing a diet rich in omega-3's can play a role in supporting cognitive processes and aspects of memory as we age.

Milk and dairy can help provide nutrients needed for healthy growth and development. With a large number of plant-base alternatives now available, be sure to check you use a fortified alternative to ensure you still gain some of those much-needed nutrients.

Finally, hydration. If you become dehydrated it can lead to a lack of concentration, headaches, tiredness, dizziness and confusion. It is important to listen to your body, and if you feel thirsty to have a drink. Studies have shown that mild dehydration (a loss of 1-3% of body weight), can start to affect cognitive function.

Join us, as we have put together this recipe pack with some fun and tasty recipes to feed your brain.

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OVERNIGHT OATS

SERVES  Four

ALLERGENS  Wheat, Oats, Sulphur Dioxide, Soya, Gluten, Milk

INGREDIENTS

- 160g oats (use gluten-free oats to make gluten-free)
- 400g milk
- 200g yoghurt
- 4 teaspoons honey
- 20g chia seeds
- 240g fresh or frozen berries

METHOD

1. Mix the oats, milk, yoghurt, honey and chia seeds together.
2. Divide into 4 containers.
3. Top with fruit and leave in the fridge overnight ready to grab and go the next morning.

NUTRITIONIST'S TIP: Use jumbo rolled oats rather than cut or instant oats. These take longer to pass through the digestive system helping you feel fuller for longer. This also changes the speed in which glucose is released into the bloodstream, meaning you will have a slow and steady release of energy throughout the morning helping improve concentration.

#CHALLENGE
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BUBBLE AND SQUEAK WITH POACHED EGGS

SERVES  Ten

ALLERGENS  Egg

INGREDIENTS

- 900g Maris Piper potatoes, diced into 1" cubes, skin on
- 60g baking margarine
- 1 savoy cabbage, sliced
- 40ml olive oil
- 6 spring onions, sliced
- 12 eggs
- 12g smoked paprika

METHOD

1. Boil the potato chunks in enough water to cover them for approximately 25 minutes, until tender. Drain well, reserving the cooking water. Place the drained potatoes back into the pan to dry out over a medium heat. Add half the margarine, season to taste with pepper and then roughly crush. Spoon into a medium bowl and set aside.
2. Bring the cooking water to the boil again, add the cabbage and cook for 2 minutes. Drain well and add to the potatoes.
3. Heat the rest of the margarine and the oil in the pan and add the spring onions. Fry gently for a minute and then add the mash mix, smooth it out in the pan and then cook until the bottom starts to colour. Turn it over loosely in chunks and cook for a few minutes more until golden and squeaking.
4. Bring a pan of water to the boil and then reduce the heat until the water is just 'rolling'. With a spoon, stir the water to create a whirl, then break the eggs into the water and poach for approximately 3 to 4 minutes until cooked.
5. Spoon the bubble and squeak into a serving dish, top with the poached eggs and sprinkle with the paprika.

NUTRITIONIST'S TIP: Eggs, specifically their yolks, are a good source of choline which can help promote beneficial brain functions such as maintaining memory and improved cognitive function.

#CHALLENGE
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VEGAN CHOCOLATE AND PUMPKIN SEED COOKIES

SERVES



Ten

ALLERGENS



Gluten, Wheat

INGREDIENTS



- 125g self raising flour
- 70g caster sugar
- 65ml vegetable oil
- 50ml tap water
- 50g cocoa powder
- 75g pumpkin seeds

METHOD



1. Preheat the oven to 180°C.
2. Mix together the flour, caster sugar, cocoa powder, water and vegetable oil until it begins to come together as a dough. Add a little bit more flour if the mix seems too wet.
3. Add in the seeds.
4. Shape the dough out into a long sausage shape on a board, and cut into rounds about 1cm wide.
5. Line a baking tray with parchment paper.
6. Place each round on the tray and gently press each down with the back of a fork.
7. Bake for 15 minutes, or until golden brown.
8. Leave to cool for at least ten minutes before putting on a wire rack.

NUTRITIONIST'S TIP: Using a combination of a rapeseed vegetable oil with the pumpkin seeds mean that you are getting a good range of both mono- and poly-unsaturated fats, including those all important omega-3's. If you wanted to further boost your Omega-3 intake (those commonly found in oily fish), at home, swap the pumpkin seeds for walnuts, chia seeds or linseeds.

#CHALLENGE
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CARROT CAKE QUINOA PORRIDGE

SERVES  Four

ALLERGENS  Milk

INGREDIENTS

- 160g quinoa
- 800ml semi-skimmed milk (option to use a plant-based milk to make it dairy free)
- 200ml water
- 10g cinnamon
- 1 large carrot, grated
- 80g raisins
- 1 apple, grated
- Honey (optional)

METHOD

1. In a pan add the quinoa, milk, water, cinnamon, carrot and raisins.
2. Bring the boil, and then simmer for 15 minutes till the quinoa is cooked through.
3. Stir the apple in, and sweeten with honey if desired.

NUTRITIONIST'S TIP: Cow's milk is a good source of vitamin B12, and if you use a dairy-free milk alternative check that it is fortified with B12. This vitamin is needed for red blood cells and cognitive function. If you don't have quinoa you could swap for jumbo rolled oats.

#CHALLENGE
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ROASTED SALMON WITH ASIAN SPICES

SERVES  Six

ALLERGENS  Gluten, Fish, Soya, Wheat

INGREDIENTS

- 1kg side of salmon
- 20g ginger
- 4 garlic cloves
- 50ml soy sauce
- 30g caster sugar
- 1 red chilli, or to taste
- 1 tbsp rapeseed oil
- 3 pak choi, washed and cut lengthways in half
- 3 spring onions, finely sliced
- 15g fresh coriander, chopped
- 6 portions of cooked rice

METHOD

1. Divide the salmon into 6 pieces.
2. Blend the ginger, garlic, soy sauce, sugar and chilli to a paste.
3. Brush a large tray with the oil, place the salmon skin side down and pour the marinade over the top. Allow to sit for 20 minutes
4. Preheat the oven to 200°C convection/ 180°C Fan.
5. Bake the salmon for 15-18 minutes
6. Sear the pak choi in a dry frying pan for 2 minutes per side.
7. Once the salmon is cooked sprinkle with the spring onions and coriander and serve over rice with the pak choi.

NUTRITIONIST'S TIP: The UK government recommends eating 2 portions of fish per week, of which one should be oily. Oily fish such as salmon, trout, mackerel and sardines provide you with omega-3 fatty acids. You can also make this dish with white fish such as cod, tuna, haddock or pollock, although the omega-3 levels are much lower in these fish.

#CHALLENGE
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SEEDY SPICY CARROT SALAD

SERVES  Ten

ALLERGENS  Sulphur Dioxide

INGREDIENTS

- 1kg carrots, sliced as thinly as possible
- 100g ginger, finely chopped
- 40g chilli powder, or to taste
- 4 garlic cloves, finely chopped
- 4 lemons, juiced
- 80ml extra virgin olive oil
- 80g honey (option if needed)
- 200g sunflower seeds, toasted
- 200g pumpkin seeds, toasted
- 1 bunch of coriander, chopped

METHOD

1. Mix the carrots, ginger, chilli, garlic, lemon juice and olive oil.
2. Allow to stand for 15 minutes, or cover and leave in the fridge overnight
3. If needed, add the honey to soften the heat.
4. Finish with the toasted seeds and coriander before serving.

NUTRITIONIST'S TIP: If you follow a fully plant-based diet try swapping the pumpkin seeds for walnuts. Walnuts are a good source of alpha-linolenic acid which can be used by the body to produce eicosapentaenoic and docosahexaenoic, the two types of omega-3 fatty acids commonly found in oily fish.

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SMOKED SALMON AND CUCUMBER SALAD

SERVES  Ten

ALLERGENS  Fish, Milk, Mustard, Sulphur Dioxide, Gluten

INGREDIENTS

- 150g smoked salmon, thinly sliced
- 2 cucumbers, thinly sliced into half rounds
- 300g tomatoes, diced
- 125g red onions, diced
- 15g capers
- 1 bag of watercress
- 100ml crème fraiche
- 30ml extra virgin olive oil
- 30ml white wine vinegar
- 7g Dijon mustard
- Ground black pepper, to taste

METHOD

1. Whisk together the oil, vinegar, mustard and pepper till well combined.
2. Mix the cucumber, tomatoes, onion, watercress and salmon with the dressing.
3. Arrange in a serving dish and top with the crème fraiche and capers.

NUTRITIONIST'S TIP: Fruits and vegetables such as cucumbers, tomatoes and salad leaves are important dietary contributors for staying hydrated. It is estimated that 20% of our water intakes comes from our food. Staying hydrated is important in maintaining focus as even mild dehydration can have effect on concentration.

#CHALLENGE
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KALE PESTO PASTA SALAD

SERVES  Four

ALLERGENS  Gluten, Wheat, Dairy

INGREDIENTS

- 400g pasta of choice
- 300g kale, washed and roughly chopped
- 2 cloves of garlic
- 2 tbsp olive oil
- 100g feta
- Nutmeg, to taste
- 80g black olives

METHOD

1. Boil the pasta according to packet instructions, whilst steaming the kale over the top for 5 minutes.
2. Add the cooked kale, garlic, oil, half the feta and nutmeg to a food processor and pulse into a pesto-like sauce. Season with pepper.
3. Drain the pasta and stir through the sauce, adding the black olives and remaining cheese.
4. Option to eat straight away hot, or allow to cool for a packed lunch.

NUTRITIONIST'S TIP: If you let the pasta cool and have it the next day, the pasta will form something called resistant starch. This is a chemical process where some of the carbohydrates in the pasta undergo a change from cooking to cooling. Resistant starch feeds our gut microbiota, which is good for our gut-brain axis.

#CHALLENGE
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SPINACH SUPER SMOOTHIE

SERVES  Ten

ALLERGENS  None

INGREDIENTS

- 5 bananas
- 1.25kg spinach, washed and drained
- 1.25ltr apple juice
- 5 lime, juiced

METHOD

1. Place all of the ingredients into a blender.
2. Blend on high until smooth and serve.

NUTRITIONIST'S TIP: The vitamin C in the lime juice can help our body absorb the plant-based iron found in spinach. Iron is needed by the body to make red blood cells. Too little dietary iron can make us feel sleepy and prevent us from being able to concentrate.

#CHALLENGE
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BLUEBERRY AND BANANA WHOLEMEAL MUFFINS

SERVES  Ten

ALLERGENS  Gluten, Eggs, Wheat

INGREDIENTS

- 250g wholemeal flour
- 225g bananas
- 150g frozen blueberries
- 125ml vegetable oil
- 1 free range egg
- 1g bicarbonate of soda
- 2.25g baking powder

METHOD

1. Preheat an oven to 180°C Grease 10 muffin cups, or line with paper muffin cases.
2. Mix together the mashed bananas, egg and oil in a large bowl. Mix in flour, bicarb and baking powder until mostly smooth (lumps from the banana, are okay!). Fold the blueberries into the mixture.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, approx. 15 minutes.
4. Remove muffins from tins, and set aside to cool on a wire rack.

NUTRITIONIST'S TIP: Blueberries have been shown to help improve cognition due to their high levels of antioxidants, vitamin C, vitamin E and flavonoids. When flavonoids are consumed, they activate an enzyme that helps stimulate oxygenated blood to the brain. This helps our memory as well as our ability to focus.

#CHALLENGE
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BERRY DELICIOUS PROBIOTIC SMOOTHIE

SERVES  Four

ALLERGENS  Milk

INGREDIENTS

- 2 ripe bananas
- 200g frozen mixed berries
- 200g probiotic yoghurt
- 200ml milk

METHOD

1. Add all the ingredients to a blender and whiz until smooth.
2. Divide between 4 glasses and enjoy.

NUTRITIONIST'S TIP: Probiotics are live bacteria found in foods such as live yoghurt, kimchi and sauerkraut. Research is still new to this area, but there is some evidence to show that probiotics support a healthy gut and a healthy brain through the gut-brain axis link.

#CHALLENGE
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WENSLEYDALE, CAULIFLOWER AND BROCCOLI SOUP

SERVES  Ten

ALLERGENS  Milk, Wheat, Gluten, Celery

INGREDIENTS

- 115g Yorkshire Wensleydale cheese, crumbled
- 1tbsp. Vegetable oil
- 200g Onion, finely chopped
- 350g Cauliflower florets
- 350g Broccoli florets
- 1.1ltr Vegetable stock
- 25g Plain flour
- 2tbsp. Milk, semi skimmed
- ½tsp. Grated nutmeg
- 200g Cream cheese
- Lo-salt, ground, pinch
- Ground black pepper, pinch

METHOD

1. Heat the oil in a large pan and soften the onion.
2. Add the cauliflower, broccoli and stock. Cook for 5-10 minutes.
3. Blend together the vegetable stock, flour and milk and add to the cauliflower and broccoli mixture.
4. Add the cream cheese and the Wensleydale and stir the soup over a gentle heat until the cheese is well blended and the soup has thickened.
5. Season to taste and serve.

NUTRITIONIST'S TIP: Dark green leafy vegetables, including broccoli, are good sources of vitamin K, folate and lutein. A study looking at people who ate at least one portion of green leafy vegetables versus those who didn't suggested signs of slower brain aging. More research is needed in this area to confirm this finding, but you can't really go wrong by adding some extra green veggies to your diet.

#CHALLENGE
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WHOLEGRAIN BARLEY, BUTTERNUT & SAGE RISOTTO

SERVES  Ten

ALLERGENS  Milk, Gluten

INGREDIENTS

- 150g Baking margarine
- 500g Onion, finely chopped
- 1kg Butternut squash, peeled, deseeded & diced
- 4 Garlic cloves, finely chopped
- 2.5ltr Tap water
- 2g Vegetable bouillon
- 500g wholegrain barley
- 1 Handful of sage leaves, finely sliced
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Heat a large saucepan over a medium heat. Add the Baking margarine and, once melted, add the onion and squash along with a pinch of salt.
2. Gently fry for 10 minutes, until the onion is translucent and the squash is softening. Add the garlic and continue to cook for a further 2 minutes.
3. In a separate pan, warm the stock and half of the sage leaves.
4. Add the pearl barley to the vegetables and increase the heat and cook for 2-3 minutes.
5. Turn down the heat to medium and add a ladleful of warm stock. Stir well to mix and once absorbed, add another ladleful, stirring now and again.
6. Repeat this process until the stock is used up and the wholegrain barley is tender, approximately 50 minutes.
7. Once the barley is tender, season to taste and serve the risotto garnished with the remaining sage.

NUTRITIONIST'S TIP: Wholegrains, including wholegrain barley, have a lower glycaemic index, meaning that they release glucose into the blood in a slower, more sustained fashion. This is beneficial to our brain as it means there is a slow and steady supply of glucose that could help with focus and concentration. Look for barley that is brown in colour, and not "pearl barley" which will have that all important outer husk removed.



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RECIPE BOOKLET



FOOD
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LUNAR
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Recipe Booklet

We're celebrating Chinese cuisine in the kitchen!

Accent

LUNAR NEW YEAR

福祿壽

Chinese takeaway is standard fare for many families' weeknight dinners. Everyone has their must-order dish, from sweet-and-sour Chicken Balls to Crispy Peking Duck....But what you're getting in that familiar foil box isn't exactly the real thing.

Whether you order beef, chicken, or vegetable Chinese takeaway, it all tastes the same because it's all covered in a sauce laden with much soy sauce and cornflour.

Chinese cuisine has a tremendous range of flavours and styles. It's based on colour, taste, and aroma—it should be beautiful to the eye, flavourful, and fragrant. And it offers up flavours to suit virtually any palate. There are hot, spicy notes that will set tongues tingling alongside lightly seasoned dishes that are friendly to even the most delicate taste buds.

Spicy or mild, most Chinese dishes start from a common foundation. Garlic, chili, and ginger are often called the holy trinity of Chinese cooking and no self-respecting Chinese chef would find himself without a bottle of soy sauce. Used in countless different ways, soy sauce provides much of the saltiness in Chinese cooking while adding a round, full flavour.

The Chinese diet is also a fairly healthy style of eating, when you consider the typical ratio of protein to vegetables to starch. In the UK, "one person may eat a 12-ounce rib eye, and in China that would feed four to five people in a stir-fry, Meat is used more as the flavouring than as the focal point—it's as much about the vegetables and noodles or rice.

People have a misconception that Chinese food is hard to do, but it doesn't take longer than any other type of food, You can do a lot of the prep ahead of time (like chopping the vegetables and meat), which makes it so much easier. It never takes more time than it would to make steak and chips.

Richard Nicholson, Company Executive Chef has discovered some really delicious Chinese recipes for you to try and share when you celebrate this stunning cuisine....give them a go and let us know how you get on.

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LUNAR NEW YEAR



CANTONESE CREAM SOUP

SERVES  Ten

ALLERGENS  Wheat, Eggs

INGREDIENTS

- 1 ltr. Vegetable Stock
- 300g Sweetcorn
- Lo Salt, pinch, to taste
- ½tsp. Granulated Sugar
- Ground White Pepper, pinch
- 2tsp. Rice Wine Vinegar
- 1tbsp. Cornflour
- 2 Egg Whites, lightly beaten
- 2 Spring Onions, finely chopped for garnish

METHOD

1. Bring the vegetable stock to a boil in a saucepan over medium heat. Stir in the corn and bring back to a boil.
2. Stir in the salt, sugar, white pepper and rice wine. Cook for about 2 minutes to bring back to a boil again.
3. Mix the cornflour with water and pour into the boiling soup, stirring to thicken. When the soup has thickened, turn the heat down low.
4. Pour the egg whites into the soup in a steady stream, and quickly stir in a clockwise direction until they form thin shreds, approx. 3 minutes.
5. Add the spring onions for garnish.
6. Check seasoning and serve.

LUNAR NEW YEAR



CHINESE MILK BREAD

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 300g Strong White Bread Flour
- 50g Sugar
- 2g Salt
- 1 Egg, free range
- 160g Milk, semi skimmed
- 1½tsp. Yeast
- 30g Baking margarine, room temperature
- Egg wash:
- 1 Egg, free range, beaten
- 1tbsp. Water

METHOD

1. In a stand mixer, add all the ingredients of the dough except baking margarine, knead on low speed for 5-7 minutes. And then add the baking margarine in; continue kneading for approx. 5 minutes, until you get a smooth, elastic and soft dough.
2. Transfer to a large bowl and cover with a plastic wrapper and set aside for the first rise until it is doubled in size, approx. 1 hour.
3. Transfer the dough out and divide it into two halves. Press each halves to remove the inner bubbles and then shape into a round ball. Then divide one half of the dough into 8 portions and place them one by one in a cake mould and repeat into another cake mould.
4. Clingfilm and set aside for the second proving, approx. 45 minutes.
5. When the buns are almost doubled in size, pre-heat the oven to 170°C and brush with egg wash.
6. Place in the oven and bake for approx. 20 to 25 minutes.
7. Remove from oven and set aside to cool.

LUNAR NEW YEAR



VEGAN QUICK PICKLED ASIAN VEGETABLES

SERVES  Ten

ALLERGENS  None

INGREDIENTS

- 125ml Water
- 125ml White Wine Vinegar
- 60g Demerara Sugar
- 2tsp. Salt
- 2 Carrots, peeled and cut into matchsticks
- ½ Cucumber, seeded, peeled and cut into matchsticks
- 1 Red Onion, finely sliced
- 1 Red Chilli, finely sliced

METHOD

1. In a small saucepan combine water, white wine vinegar, demerara sugar and salt. Heat over medium-high heat for approx. 3-5 minutes, stirring occasionally until the sugar and salt dissolve. Remove from heat and set aside to cool.
2. Peel and cut the carrots, cucumber, red onion and chilli.
3. Place ½ of the vegetables into a ½ltr jar and the other ½ of the vegetables into another ½ltr jar. You can add as many vegetables as you'd like to pack the jar full of vegetables.
4. Pour the liquid over the vegetables in each jar. Cover and secure the lid, and refrigerate for at least 24 hours, or for a few days, then enjoy!

LUNAR NEW YEAR



RADISH AND SESAME SOY NOODLE SALAD

SERVES  Ten

ALLERGENS  Wheat, Soya, Sesame, Eggs, Gluten

INGREDIENTS

- 600g Egg Noodles, cooked
- 600g Radishes, washed and quartered
- 2 Cucumbers, halved lengthways, de-seeded and chopped
- 50g Black Sesame Seeds
- Coriander, small handful, picked, to garnish

For the sesame soy dressing:

- 6tbsp. Light Soy Sauce
- 6tbsp. Toasted Sesame Oil
- 6tbsp. Balsamic Vinegar
- Lo Salt, pinch
- Ground Black Pepper, pinch

METHOD

1. Place the noodles, radishes and cucumber into a large bowls and transfer to the fridge to chill for at least one hour.
2. For the dressing, combine all of the dressing ingredients together in a small bowl.
3. To serve, take out the bowl of vegetables and noodles and scatter over the black sesame seeds. Spoon the dressing over the noodles and garnish with coriander sprigs. Season and serve immediately.

LUNAR NEW YEAR



STICKY CHINESE PORK LOIN

SERVES  Ten

ALLERGENS  Wheat, Soya, Gluten

INGREDIENTS

- 1kg Diced Shoulder of Pork
- 80ml Light Soy Sauce, plus extra to serve
- 20ml Vegetable Oil
- 4tsp. Chinese Five-spice Powder
- 2 Garlic cloves, crushed
- 5cm Piece of Fresh Ginger, grated
- 70g Honey
- 50ml Vegetable Oil
- 2 Red Pepper, sliced
- 120g Mangetout, finely sliced
- 1 Chinese Leaf, shredded
- 200g Bean sprouts

METHOD

1. Place the pork in a bowl with the soy sauce, vegetable oil, five spice, garlic, ginger and honey. Toss together and set aside for 10 minutes.
2. Heat half the oil in a frying pan over a medium heat. Add the pork with a slotted spoon and fry until almost cooked. Add the marinade and reduce for approx. 5 minutes until sticky.
3. Meanwhile, in a separate wok or frying pan, heat the remaining oil and stir-fry the pepper and mangetout with a splash of water for a few minutes. Add the Chinese leaf and cook for a further minute, then stir in the bean sprouts.
4. Toss with the pork, drizzle with soy sauce and serve.

LUNAR NEW YEAR



GONG BAO CHICKEN

SERVES  Ten

ALLERGENS  Wheat, Soya, Gluten

INGREDIENTS

- 1tbsp. Vegetable Oil
- 1kg Chicken Thigh, diced
- 2 Spring Onions, sliced
- 5cm Piece Fresh Ginger, finely sliced
- 2 Garlic Cloves, finely chopped
- 1 Red Chilli, chopped
- 10ptns. Steamed White Rice, to serve
- For the sauce:
- 300ml Chicken Stock
- 2tsp. Soft Dark Brown Sugar
- 50ml Rice Wine Vinegar
- 100ml Dark Soy Sauce
- 40g Cornflour

METHOD

1. Put the stock, sugar, rice wine vinegar, soy and cornflour in a bowl and whisk to combine. Set aside until needed.
2. Heat the oil in a large wok set over a high heat. Add the chicken pieces and cook for 2-3 minutes, until golden. Remove and set aside.
3. In the same wok, stir-fry most of the spring onions, the ginger, garlic and chilli for 2 minutes, or until fragrant.
4. Return the chicken to the wok and pour over the sauce. Cook, stirring, for approx. 6 minutes, until the sauce is glossy and thickened and the chicken is cooked through.
5. Scatter over the remaining spring onions and a little extra chilli.
6. Serve with the steamed rice.

LUNAR NEW YEAR



PRAWN AND NOODLE STIR FRY

SERVES  Ten

ALLERGENS  Wheat, Soya, Molluscs, Fish, Egg, Gluten, Crustaceans

INGREDIENTS

- 4tbsp. Olive Oil
- 500g Prawns, frozen and defrosted
- 200g Pak Choi, roughly chopped
- ½ Savoy Cabbage
- 1 Chinese Leaf
- 400g Red Onions
- 1 Spring Onion
- 200g Red Peppers
- 500g Egg Noodles, cooked
- 80ml Dark Soy Sauce
- 80ml Chilli Sauce, plus extra to serve
- Lo Salt, pinch
- Ground Black Pepper, pinch

METHOD

1. Heat the oil over a high heat in a wok or large frying pan. Add the prawns, pak choi, cabbage, Chinese leaf and onions and peppers. Stir continuously for 3 mins, or until the prawns have turned pink and the pak choi has begun to wilt.
2. Add the soy sauce and chilli sauce along with the noodles, toss to coat in the sauce, then stir fry for a further 3-5 mins or until the noodles are piping hot.
3. Season and serve immediately with extra chilli sauce.

LUNAR NEW YEAR



VEGAN CHILLI & GINGER STIR FRIED BROCCOLI & PAK CHOI

SERVES  Ten

ALLERGENS Wheat, Sesame, Soya
Gluten

INGREDIENTS

- 50ml Vegetable Oil
- 60ml Toasted Sesame Oil
- 700g Broccoli, stalks trimmed
- 4 Garlic Cloves, finely sliced
- 1 Red Chilli, deseeded, finely sliced
- 2cm Piece Root Ginger, finely shredded
- 300g Pak Choi, leaves separated
- 2 Chinese Leaf
- 40ml Soy Sauce
- Ground Black Pepper, pinch

METHOD

1. Heat the vegetable oil in a large wok or large frying pan and add the sesame oil and broccoli. Add a splash of water to help steam the broccoli then stir-fry it over quickly a high heat for around 2-3 minutes.
2. Add the garlic, chilli, ginger and stir-fry for a further 1-2 minutes. Then add the pak choi, Chinese leaf and soy sauce and fry for another minute or so, until the greens have started to wilt.
3. Remove the wok from the heat and serve the broccoli and pak choi immediately.

LUNAR NEW YEAR



SPICY VEGETABLE NOODLES

SERVES  Ten

ALLERGENS Wheat, Soya, Gluten

INGREDIENTS

- 700g Egg Noodle Nests, cooked
- 350g Carrot, grated
- 200g Courgettes, sliced
- 200g Mushrooms, sliced
- 300g Red Onion, thinly sliced
- 250g Red Pepper, cut in to chunks
- 1 Pak Choi, thinly sliced
- 275ml Sweet Chilli Sauce
- 60ml Soy Sauce
- 4 Garlic Cloves, crushed
- 2cm Piece of Ginger, finely chopped
- 5 Spring Onions, shredded
- Lo Salt, pinch
- Ground Black Pepper, pinch

METHOD

1. Put the noodle nests in a pan of boiling water and simmer for 5 minutes.
2. Heat a little oil in a large pan or wok and add the carrot, courgette, mushrooms, red onion, red pepper and pak choi and gently cook for 4 minutes.
3. Add the garlic and ginger to the vegetable mix and cook for a further 3 minutes.
4. Drain the noodles and add to the vegetables and mix in the soy sauce and sweet chilli sauce and gently cook for 2 minutes.
5. Season and serve topped with shredded spring onion.

LUNAR NEW YEAR



ASIAN STYLE BAKED ONION & POTATO

SERVES  Ten

ALLERGENS Wheat, Soya, Gluten

INGREDIENTS

- 2tsp. Ground Coriander
- 2tsp. Ground Black Pepper
- 2tsp. Nigella Seed
- 4 Star Anise, crushed
- Lo Salt, pinch
- 600g Onions, peeled
- 650g Potatoes, unpeeled
- 500g Sweet Potatoes, peeled
- 1tbsp. Vegetable Oil
- For the glaze:
- 4tbsp. Light Soy Sauce
- 2tbsp. Vegetable Oil
- 1 Lime, zest and juice
- Lo Salt, pinch
- Ground Black Pepper, pinch
- 4tbsp. Tap Water
- Coriander, small handful, chopped

METHOD

1. Preheat the oven to 200°C. Combine all the spices in a large mixing bowl.
2. Cut the onions into sixths, leaving a little root attached to hold the layers together. Cut the ordinary potatoes into six segments, lengthways. Cut the sweet potatoes into sixths.
3. Put all the vegetables into the mixing bowl, add the oil and toss thoroughly, using clean hands.
4. Lightly oil a large tray or two and spread the vegetables out in a single layer and bake them for approx. 15 minutes, until lightly golden.
5. Meanwhile, combine the glaze ingredients in a small bowl with the cold water. Remove the oven tray, brush the vegetables with the glaze and continue to bake for about 20-30 minutes.
6. Once crisp and golden, season and serve with chopped coriander.

LUNAR NEW YEAR



STEAMED PEARS WITH DATES & HONEY

SERVES  Ten

ALLERGENS Sulphur Dioxide

INGREDIENTS

- 10 Pears
- 150g. Honey
- 100g Dates, chopped, softened in cold water
- 100ml Lemon Juice, to brush on the pears to prevent discolouration

METHOD

1. Wash the pears and pat dry with paper towels. Cut the top off the pears and set aside. Remove the core. If desired, cut off a small slice at the bottom so that the pear will stand straight during steaming.
2. Spoon 2 teaspoons honey into each pear. Add 1 date. Place the top back on the pear. Brush the lemon juice over the skin of the pear.
3. Place the pears on a tray and steam, covered, for 30 minutes, or until the pears are tender. Serve warm drizzled with honey.

LUNAR NEW YEAR



BANANAS WITH CINNAMON COCONUT CREAM SAUCE

SERVES  Ten

ALLERGENS  None

INGREDIENTS

- 5 Bananas
- 800ml Coconut Milk
- 1tsp. Cinnamon, or to taste
- 4tbsp. Caster Sugar
- 2tbsp. Cornflour
- 6tbsp. Coconut Milk
- Mint Leaves, small handful, to garnish

METHOD

1. Peel the bananas and cut into quarters.
2. Steam the bananas in a covered steamer over a wok filled with boiling water.
3. Bring the coconut milk to a boil. Stir in the cinnamon and sugar.
4. Mix the cornflour and coconut milk to a paste. Add to the saucepan, stirring quickly and bring to the boil to thicken.
5. Place 2 pieces of the steamed banana into serving dishes and pour the sauce over. Garnish with mint leaves.



LUNAR
NEW YEAR
福祿壽