

Packing a nutrition punch

Try out these tasty dishes from Kimberly Parsons, from the CNM Natural Chef Kitchen at the College of Naturopathic Medicine and give your daily diet a health boost.

Baked aubergine with miso satay Serves 4

Ingredients:

- 2 aubergines
- 1tbsp olive oil
- Sea salt

For the miso satay:

- 80g (3oz/½ cup) pre-soaked cashews
- 1tbsp white miso paste
- 1tbsp tahini paste
- 1tbsp tamarind paste
- 3tbsp tamari soy sauce
- 1tbsp pure maple syrup or coconut nectar
- 3tbsp freshly squeezed orange juice
- 2.5cm (1in) piece of fresh ginger, peeled
- 1 large garlic clove, peeled
- 1tbsp olive oil
- ¼ tsp ground coriander
- 3-4 tbsp coconut milk (optional)

To garnish:

- 1tbsp toasted black and white sesame seeds

Method:

- Preheat the oven to 200°C fan/425°F/ Gas 7.
- Cut each aubergine in half lengthways. Score across the flesh diagonally one way and then the other to form a diamond pattern (this allows the steam to escape). Drizzle lightly with olive oil, sprinkle with a little sea salt and roast in the oven for 25 minutes until the flesh starts to soften.
- While the aubergines are roasting, make the miso satay. Combine all the ingredients with a pinch of salt in a

high-speed blender or food processor and process until smooth and thick. Add a little more coconut milk to reach the consistency you desire.

- Remove the aubergines from the oven, and spread a layer of the satay sauce over the top of each one. Return to the oven and bake for a further 10 minutes or until the aubergines have become quite gooey.
- For the last few minutes, turn the oven to its grill setting and lightly grill the top to brown a little. Remove from the grill and allow to cool slightly.
- Sprinkle a few sesame seeds on each aubergine half and serve.



Recipe from *The Yoga Kitchen* by Kimberly Parsons (Quadrille, £20) Photography ©Lisa Cohen. Kimberly lectures on CNM's Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine. Visit www.naturopathy-uk.com for more.



Lemon 'cheesecake' chia pudding Makes 8

Ingredients:

For the base:

- 400ml filtered water
- 1 lemon verbena tea bag
- 300g pitted dates
- 200g Brazil nuts, roughly chopped

For the filling:

- 150g cashews, soaked in filtered water for 3-4 hours
- 400ml can coconut milk
- ½ vanilla pod, seeds scraped out
- Finely grated zest and juice of 2 large lemons
- 12 pitted dates
- 300ml filtered water
- 125g chia seeds

For the decoration:

- Toasted coconut flakes or dried rose petals

Method:

- To make the base, place the water into a saucepan and add the lemon verbena tea bag. Bring to the boil, then remove the tea bag and add the dates. Reduce the heat to medium and allow the dates to soften in the tea.
- Using a wooden spoon, begin to stir and break down the dates until a paste is formed. Add the chopped Brazil nuts and stir to combine. Press it into the base of eight individual glasses or serving dishes.
- To make the filling, place all the ingredients, except the chia seeds and rose petals, into a blender or

food processor and blend on high for at least two minutes or until a smooth liquid has formed and all the cashews and dates have been puréed. Pour into a large mixing bowl and add the chia seeds. Use a whisk to make sure all the chia seeds have been evenly distributed into the liquid.

- Pour the liquid mixture over the cheesecake base, then place in the refrigerator to chill and set. This will take an hour or you can leave it overnight. Decorate with rose petals or coconut flakes and serve.

CNM recommends the use of organic ingredients.