

# BECOME A CNM VEGAN NATURAL CHEF

TRAINING WITH THE COLLEGE OF NATUROPATHIC MEDICINE

CNM's Vegan Natural Chef training is a part-time course covering everything you need to know to become a successful plant-based chef, from how the digestive process works, to working with plant-based proteins, to building a culinary career!

Whether you simply want to serve up truly healthy and delicious plant-based food for friends and family, or you want to turn your knowledge into a successful culinary career, or even increase your profile by blogging recipes, CNM's Vegan Natural Chef qualification is suitable for you.

Career options include becoming a plant-based chef in a restaurant or spa; working as a private chef, or developing your own healthy vegan food based business, from cooking instructor, product developer or consultant, food and recipe writer or cookbook author. As you would expect from CNM, a college renowned for its food-based approach to health, the emphasis of this unique course is on the therapeutic, energetic and nutritional value of food. You'll be taught to prepare



delicious gourmet meals to a professional level, using whole, organic, fresh, seasonal, and minimally processed foods that nourish and repair. You'll learn about therapeutic menu-planning, and how individualised foods enhance health.

You'll learn how to shop, prepare, cook, combine, preserve and store foods for maximum nutrient content. Presentation and photography is also covered, along with essentials such as recipe writing, culinary maths, scaling and costing, food safety and sanitation.

## THE PART-TIME COURSE AVAILABLE IN LONDON IS STRUCTURED AS FOLLOWS:

**Anatomy & Physiology:** 60 hours on line; **Nutrition for Everyday Living:** 60 hours; **Chef Training:** 140 hours in the CNM kitchen + 160 hours of home assignments. **Internship:** 100 hours at your chosen venue. The total length of study for all modules plus internship is 520 hours part-time, usually completed over 10 - 12 months.

CNM has a twenty-year track record in training students for successful careers in natural therapies. There are CNM colleges across the UK and Ireland, offering a variety of courses.

**CNM**   
Vegan Natural Chef

[WWW.NATUROPATHY-UK.COM](http://WWW.NATUROPATHY-UK.COM) 01342 410505

# Eat yourself fitter

It's the time for colds, coughs and sneezes... so eat to get well  
with these simple recipes designed to boost your immune  
system and taste terrific

## Pesto pasta with cannellini beans

✕ Serves 2-3

½ red onion, chopped  
½ lemon  
10 cocktail tomatoes  
1 clove garlic, unpeeled  
organic herb salt, to taste  
black pepper  
Himalayan pink salt  
155g of brown rice fusilli  
1 can of cannellini beans  
1 courgette, chopped  
fresh basil leaves  
green pesto (see box)

- 1 Preheat the oven to 200°C/400°F/gas 6.
- 2 Place the red onion in a bowl and squeeze the lemon on top. Set aside.
- 3 Place the cocktail tomatoes on baking paper together with the unpeeled clove of garlic. Grind some salt and pepper over the tomatoes and a sprinkling of water.
- 4 Bake in the oven for 25 minutes. After 15 minutes take out the garlic, peel and place in the blender with the rest of the pesto ingredients.
- 5 Cook the brown rice fusilli according to the instructions on the package.
- 6 Rinse the beans in a sieve and drain the hot fusilli water over the beans to warm them up.
- 7 Mix all the ingredients including the courgette in a big bowl, season to taste and serve with fresh basil on top.



## THE PERFECT GREEN PESTO

1 clove garlic, unpeeled  
45g pine nuts  
1 full pot of fresh basil leaves  
3 tsps lemon juice  
organic herb salt, to taste  
black pepper  
½ tsp maple syrup  
2 tbsps filtered water

- 1 Preheat the oven to 200°C/400°F/gas 6. Place the unpeeled garlic in an oven-proof dish and roast for 10 minutes.
- 2 Heat a ceramic frying pan and pour

- in the pine nuts. Roast in the dry pan on a medium heat until they start turning brown - then immediately take the pan off the heat and set aside.
- 3 Tear off the basil leaves and place in a blender.
- 4 Pour the lemon juice over the basil and add the rest of the ingredients, including the roasted pine nuts and the water.
- 5 Blend until smooth.
- 6 Stir into your favourite pasta and vegetables.

## NEED HELP THIS VEGANUARY?

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