

Healthy dinner party

Francesca Klottrup from the College of Naturopathic Medicine serves up the perfect dinner menu

Lemon and ginger curd chia pudding

Chia seeds expand in liquid to make an easy, creamy, spoonable pudding. They are one of the highest sources of plant based omega-3s, packed with antioxidants, fibre and protein. Rhubarb is packed with immune fighting vitamin C, bone supporting vitamin K and is rich in calcium.

By Francesca Klottrup, photography by Juliet Klottrup

Serves 6 | Prep 15 mins plus soaking | Cook 15 mins | Calories 544 (per serving)

FOR THE CURD

finely grated zest and juice
(about 60ml (2fl oz)) of
1 lemon
4 tbsp arrowroot
240ml (8fl oz) unsweetened
almond milk
40g (1½oz) maple syrup
a pinch of ground turmeric
1 heaped tsp ground ginger

FOR THE CHIA PUDDING

125g (4½oz) chia seeds
60ml (2fl oz) lemon juice
(about 1 lemon) plus
grated zest of 1 lemon
125ml (4½fl oz)
unsweetened almond milk
80ml (3fl oz) maple syrup
350g (12oz) coconut

yoghurt, unsweetened

FOR THE RHUBARB

500g (1lb 2oz) rhubarb, cut
into 2.5cm (1in) long pieces
finely grated zest and juice
of 1 orange

75g (2½oz) granulated
coconut nectar

TO GARNISH

a few sprigs of fresh mint

100g (3½oz) pistachios,
roughly chopped

100g (3½oz) dried ginger,
finely chopped

1 Poach the rhubarb by placing the pieces in a saucepan with the orange zest, juice and coconut nectar. Bring to the boil and simmer for about 8 minutes, until the rhubarb is cooked through but still holding its shape. Set aside to cool.

2 For the pudding, place the chia seeds, lemon juice and zest and almond milk in a bowl and whisk to combine. Set aside to soak for a couple of hours.

3 Make the curd. In a medium-sized bowl, add the lemon juice and zest, arrowroot, turmeric and ginger. Slowly pour in the almond milk, whisking all the time to first create a smooth paste and then a thick batter. Heat the mixture in a small saucepan

on medium heat for 5 minutes (it should bubble up and boil), beating continuously to allow the arrowroot to thicken.

4 Take the curd mixture off the heat, stir in the maple syrup and sweeten to taste (you may want to add more lemon juice or zest, if desired).

5 Once the chia seeds have absorbed the majority of the almond milk, mix in two-thirds of the coconut yoghurt and the maple syrup. Portion the chia mix between six ramekins or pudding glasses. Add a generous tbsp of curd, a tbsp of the remaining coconut yoghurt, a few pieces of rhubarb and garnish with fresh mint, pistachios and dried ginger.

22.2g	7.5g	0.19g	60.2g	11.4g
Total fat	Saturates	Salt	Sugar	Protein

Satay sauce

Not only does this main course dish tick all the nutritional boxes, but roast a few cauliflowers and carve at the table to make a great dinner party centrepiece. Protein comes from the lentils and nuts, essential fatty acids are provided by the satay sauce, the cauliflower and lentils offer fibre and also support liver function and hormone health, while the lentils and onions are prebiotic for a happy gut.

By Francesca Klottrup, photography by Juliet Klottrup

Serves 4 | Prep 20 mins plus marinating | Cook 25 mins |

Calories 724 (per serving)

- 1 Preheat the oven to 220°C/Gas Mark 7.
- 2 Start by pickling the onion. Place the ingredients in a small saucepan, gently heat until almost boiling. Turn off the heat and leave to sit for 20 minutes.
- 3 Prepare the cauliflower by mixing the oil, cumin and a pinch of salt in a bowl, then rub all over the cauliflower – for a more intense flavour let the cauliflower marinade for a couple of hours.
- 4 Place the cauliflower on a lined baking tray and bake for 20-25 minutes (depending on the size and shape of the cauliflower). To test if it's cooked, a cutlery knife should easily penetrate through the centre. Once cooked, turn off the oven and leave the cauliflower inside to keep warm in case you are still finishing off the other components.
- 5 While the cauliflower is roasting, cook the lentils by placing them and the water in a small saucepan over a high heat and bring to the boil. Reduce to a medium heat, cover with a tight fitting lid and simmer for 20 minutes or until just tender. Drain.
- 6 Transfer the cooked lentils to a medium bowl, add the herbs, seeds, olive oil, lemon juice and season with salt and pepper. Stir to combine.
- 7 For the satay sauce, simply place all the ingredients into a food processor and blend to create a relatively smooth, spoonable sauce.
- 8 To plate, place a handful of watercress on the plate, serve a large spoonful of lentils, add a portion of sliced cauliflower, top with sauce and garnish with pickled onion.

53g	19.8g	0.35g	14.4g	26.8g
Total fat	Saturates	Salt	Sugar	Protein



FOR THE CASHEW NUT CHEESE

240g (8½oz) cashew nuts, soaked in water for 6 hours/overnight and rinsed
2 garlic cloves
finely grated zest of 1 lemon
60ml (2fl oz) lemon juice
55ml (2fl oz) filtered water
6g (¼oz) nutritional yeast
30ml (1fl oz) cold-pressed extra-virgin olive oil
sea salt, to taste

FOR THE RED PEPPER SAUCE
325g (11oz) cooked red peppers
100g (3½oz) flaked almonds
3 tbsp cold-pressed extra-virgin olive oil
1 tsp sweet smoked paprika
½ tbsp apple cider vinegar

FOR THE CANNELLONI

3 large aubergines, thinly sliced lengthways
8 tbsp cold-pressed extra-virgin olive oil
sea salt and cracked black pepper, to taste
80g (3oz) rocket, to garnish

FOR THE PARSLEY OIL
40g (1½oz) flat-leaf parsley, roughly chopped
100ml (3½fl oz) cold-pressed extra-virgin olive oil
a squeeze of juice from 1 large lemon

Aubergine cannelloni with red pepper sauce and cashew cheese filling

A colourful starter filled with antioxidants and anti-inflammatory ingredients. The cashew cheese supplies fibre, protein and vitamin B12; a vitamin necessary for energy production and a healthy nervous system, the intake of which can sometimes fall short in a plant-based diet.

By Francesca Klottrup, photography by Juliet Klottrup
Serves 4 | Prep 25 mins plus soaking and chilling |
Cook 20 mins | Calories 856 (per serving)

- Blend all the cheese ingredients together in a high speed blender until smooth and creamy.
- Place a large sieve or colander over a mixing bowl, lay down two layers of cheesecloth or muslin and spoon the cheese mix into the centre of the cloth, gather the corners and twist the top gently to create a ball shape. Secure the cloth with string and refrigerate for 6 hours, ideally overnight for a firmer set cheese – aim for a slightly firmer cream cheese consistency.
- Preheat the oven to 220°C/Gas Mark 7. Oil a couple of large baking trays with half the olive oil, evenly place the aubergine slices across the trays, season with salt and pepper and drizzle over the remaining olive oil. Bake the aubergines for 10 minutes, then turn over and bake for a further 5-10 minutes until the aubergines have softened, but not turned crispy. (If they're crispy they'll break up when you try to form the cannelloni.)
- Allow the aubergines to cool.
- Make the red pepper sauce by blending all the ingredients together until smooth and spoon into a bowl.
- Give the blender a clean and then blend the parsley oil ingredients and decant into a small jug.
- To construct the dish, spoon a generous tbsp of cheese mixture at one end of the aubergine slice and roll up the aubergine to create a fat cigar shape. Repeat with the remaining aubergine slices.
- Spoon the red pepper sauce across the centre of the plate, place a small handful of rocket over the sauce, place the aubergine cannelloni on top and drizzle over some of the parsley oil.

66.9g Total fat 10.2g Saturates 0.09g Salt 20.8g Sugar 22.2g Protein

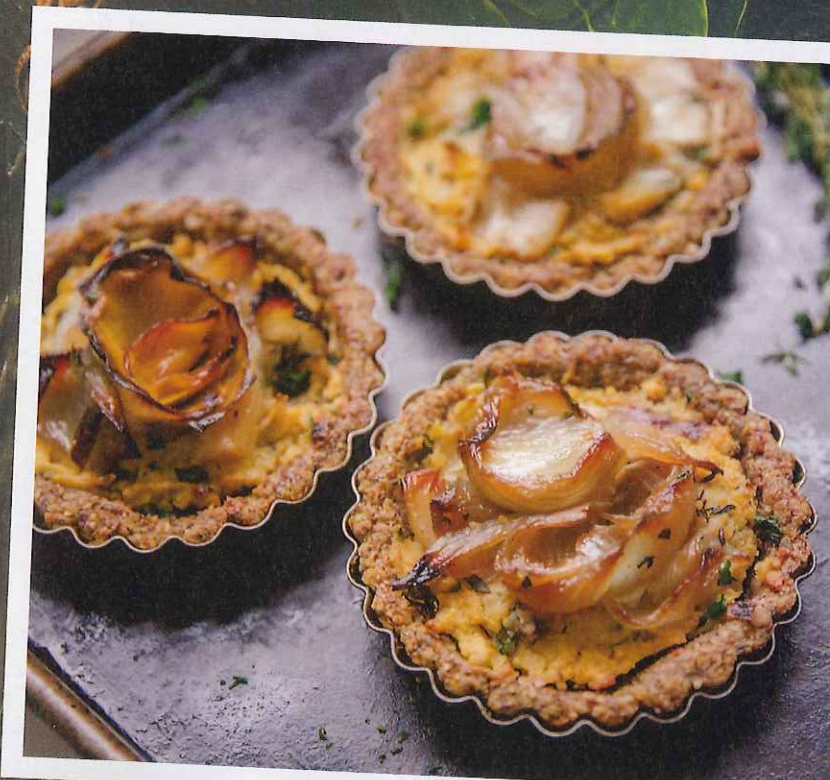
Leek, shallot and thyme tartlets

This recipe uses chickpea flour to create a velvety high-protein centre. The herbs and vegetables can be chopped and changed to suit your taste and to keep it seasonal. Simply keep the chickpea flour:water ratio the same and add in whichever ingredients you want to experiment with. The toasted oaty flavour of the gluten-free base makes it a versatile go-to base for any savoury tart and adds a dose of fibre, essential fatty acids and vitamin E to your recipes.

By Francesca Klottrup, photography by Juliet Klottrup
Makes 6 tartlets or 1 quiche | Prep 20 mins |
Cook 45 mins | Calories 547 (per tartlet)

- Preheat the oven to 180°C/Gas Mark 4.
- Lightly grease the tartlet cases with coconut oil and line with baking parchment.
- Mix all the pastry ingredients together (either by hand or in an electric mixer). Lightly press the mixture evenly into the tins, working your way outward and up the sides to create an even base. Prick the base of pastry cases with a fork so that air can escape.
- Blind bake the cases for 10-15 minutes by placing a sheet of baking parchment over the top of the quiche bases and evenly distribute the baking beans on top of the baking parchment, ensuring they cover the entire surface and sit against the pastry sides. Remove the baking beans and bake for 10-15 minutes more until golden brown.
- Meanwhile, make the filling. Heat a large frying pan on a medium heat with half the olive oil. Add the onions to the pan and cook them until they start to soften. Add in the garlic and thyme and cook for a further 2 minutes, then transfer to a bowl.
- Using the same pan, add the other half of the olive oil, place the leeks and shallot halves evenly around the pan, adding a splash of water; gently cook the vegetables on a medium heat until softened and starting to caramelise. Turn the vegetables over and cook through on the other side (about 5 minutes each side) and set aside.
- Next, mix the chickpea flour with the water, adding the water slowly to prevent lumps forming. In a medium sized saucepan, add the chickpea mix and heat, beating continuously until thickened and the flour is cooked through, about 10 minutes. Add the onion mixture, nutritional yeast, black salt and black pepper; stir, taste and adjust the seasonings to your taste.

32.5g Total fat 4g Saturates 0.5g Salt 7.1g Sugar 17.8g Protein



FOR THE PASTRY

coconut oil, for greasing
100g (3½oz) ground almonds
100g (3½oz) gluten-free oats, ground into flour
100g (3½oz) ground flaxseed
1 tsp fine sea salt
70ml (2½fl oz) cold-pressed extra-virgin olive oil
115ml (4fl oz) filtered water

FOR THE FILLING
150g (5¼oz) chickpea flour
600ml (21fl oz) filtered water

2 large onions, thinly sliced
2 large leeks, cut into 1cm (½in) pieces
8 shallots, peeled and halved
a small bunch of fresh thyme, leaves removed from the stalks
2½ tbsp nutritional yeast
1 garlic clove, crushed
4 tbsp cold-pressed extra-virgin olive oil
½ tsp black salt
cracked black pepper, to taste

- Spoon the chickpea mixture evenly in the tart cases, then place the pieces of shallot and leeks across the top.
- Bake for 15-20 minutes or until lightly golden on top and the filling feels set. The tartlets (or large quiche) will keep for 3 days refrigerated. To serve, just refresh in a moderate oven for 10 minutes. The quiche is suitable for freezing. Defrost in the fridge overnight and refresh in a moderate oven for 10 minutes.

TIP CNM recommends the use of organic ingredients.

Dinner party



FOR THE BLINIS

170g (6oz) buckwheat flour
2 tsp gluten-free baking powder
1 tsp sea salt
350ml (12fl oz) almond milk
2 tbsp flaxseed, mixed with 6 tbsp filtered water (to make a 'flax egg')
3 tbsp cold-pressed extra-virgin oil

FOR THE BEETROOT HOUMOUS (MAKES 600G (1LB 5OZ))

480g (1lb 1oz) cooked chickpeas
160g (5½oz) cooked beetroot
½ a large garlic clove, crushed
finely grated zest and juice of 1 lemon
1 heaped tsp tahini, light or dark
1½ tbsp ground cumin
150ml (5fl oz) cold-pressed rapeseed oil
20ml (¾fl oz) filtered water
a pinch of sea salt

FOR THE TOPPING

375g (13oz) fine asparagus, stalks trimmed, tips halved lengthways
142g (5oz) nonpareille capers, drained, rinsed, roughly chopped
80g (3oz) pine nuts, roughly chopped
30g (1oz) fresh dill, leaves picked



CNM®
Vegan Natural Chef

YOUR EXPERT

The recipes on pages 90-94 are by Francesca Klottrup, chef, nutritionist and lecturer on the Natural Chef and Vegan Natural Chef Diploma Courses at CNM, the College of Naturopathic Medicine – www.naturopathy-uk.com

46.9g Total fat
15.7g Saturates
0.4g Salt
8.9g Sugar
15.1g Protein

Buckwheat blinis with beetroot houmous

These blinis make a great base for a canapé or starter. Despite the name, buckwheat flour is gluten-free, fibre-rich and full of minerals. Asparagus provide the prebiotic fibre inulin, beetroot support heart health and chickpea protein content helps contribute to stable blood sugar levels, making these the ideal all-rounder to start off any dinner party.

By Francesca Klottrup, photography by Juliet Klottrup
Makes 60 | Prep 20 mins plus resting | Cook 15 mins |
Calories 639 (per 10 blinis)

- 1 Start with the blini batter. Make the flax egg mixture and leave for 10 minutes to swell.
- 2 Mix the flour with the baking powder and salt. Whisk in the almond milk to add air pockets into the batter.
- 3 Fold in the flax egg and leave the mix to rest for 30 minutes, to allow the baking powder to start lightening the batter.
- 4 For the houmous, add the garlic, cumin, tahini and salt to the food processor. Blitz until roughly chopped. Add half the chickpeas, beetroot, lemon zest and juice and water. Blitz until combined. Add the remaining chickpeas and then, with the motor running, drizzle in the oil until a smooth consistency is reached (you may not need all the oil, or if you like a runnier houmous add an additional splash of water). Taste and adjust the seasoning.
- 5 Bring a small saucepan of water to the boil, add the asparagus tips and cook for 1 minute, then quickly drain and plunge the asparagus into a bowl of iced water to stop them over-cooking and discolouring. After 5 minutes, drain the asparagus and pat dry with kitchen paper and lightly season with salt and pepper.
- 6 Return to the blini batter. Heat enough olive oil to lightly coat the bottom of a medium/large saucepan. When the pan is hot, spoon just less than 1 tbsp of batter near the edge of the pan to create a mini pancake shape. Continue to add more batter around the edges of the pan, careful to leave enough space between them for turning over – aim to have no more than 5-6 in a pan at once.
- 7 When air bubbles start to appear in the centre of the blinis and the edges look cooked, about 3 minutes (keep an eye the pan isn't getting too hot), flip the blinis over for another 1-2 minutes until the bases are golden. Turn the blinis out and rest on kitchen paper while you continue to cook the remaining batter.
- 8 To serve, place a heaped tsp of the beetroot houmous in the centre of the blini, place a few asparagus tips on top and sprinkle over the chopped pine nuts and capers, finally garnishing with sprigs of dill.

Sweet treats! Dessert RECIPES

Add the perfect finishing touch to a midweek dinner or just enjoy a tasty afternoon pick me up...

