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BASICS

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- 26** Hazelnut dukkah with fennel
- 28** Peri peri spice mix
- 30** Taco seasoning
- 32** Za'atar seasoning
- 34** Fresh turmeric and ginger paste
- 36** Sauerkraut
- 38** Poached chicken with liquid stock
- 40** Simple steamed salmon



BREADS

- 44** Pumpkin and turmeric loaf
- 46** Flat bread
- 48** Buckwheat and almond slider buns
- 50** Seeded tahini crackers
- 52** Prosciutto and sun-dried tomato muffins
- 54** Wholemeal spelt pastry

BREAKFAST

- 58** Green smoothie bowl
- 60** Tropical smoothie bowl
- 62** Mango muesli
- 64** Plum and raspberry chia puddings
- 66** Pumpkin pie porridge
- 68** Nutty pancakes with stone fruit compote
- 70** Crunchy quinoa patties with avocado smash
- 72** Steamed mushroom and egg pots
- 74** Soufflé omelette with hot smoked salmon
- 76** Pink scramble
- 78** Pumpkin, kale and tempeh breakfast bowl
- 80** Turmeric latte
- 82** Turmeric, lemon and ginger tea
- 84** Green garden juice



DIPS, DRESSINGS & SPREADS

- 88** Avocado dressing
- 90** Miso dressing
- 92** Japanese-style dressing
- 94** Coriander pesto
- 96** Chimichurri
- 98** White bean dip with chimichurri
- 100** Hommus dip
- 102** Avo and egg spread
- 104** Quark and herb spread
- 106** Mixed seed and nut spread

SOUPS

- 110** Broccoli soup with sage oil
- 112** Smoky Mexican bean soup
- 114** Hearty seven vegetable soup
- 116** Yoghurt soup with chickpeas and garlic chilli oil
- 118** Ukrainian borscht
- 120** Tom yum goong



VEGETARIAN MEALS

- 124** Sticky sriracha tofu bowl
- 126** Satay noodle salad
- 128** Quinoa with mixed greens and yoghurt dressing
- 130** Vietnamese jackfruit rice paper rolls
- 132** Asparagus and mushroom stir-fry
- 134** Smoky beetroot and black bean sliders with soured cucumber
- 136** Spinach and feta galette
- 138** Coriander pesto pizza
- 140** Black bean enchiladas
- 142** Melanzane parmigiana
- 144** Caribbean curry
- 146** Sweet potato, parsnip and broccoli frittata

SEAFOOD

- 150** Tuna poke bowl
- 152** Curry laksa
- 154** Prawn salad with avocado dressing
- 156** Miso fish with Asian greens
- 158** Turmeric fish
- 160** Fish tacos with Kewpie mayonnaise
- 162** Sardines with tomato couscous



MEAT & POULTRY

- 166** Thai chicken wraps
- 168** Peking-style duck pancakes
- 170** Orange sesame chicken with broccoli and noodles
- 172** Jalapeño and lime chicken burger with corn smash
- 174** Turkey taco salad bowl
- 176** Beef ragu
- 178** Hunters' stew
- 180** Meatloaf with onion gravy
- 182** Steak tartare
- 184** Layered lamb curry
- 186** Lamb cutlets with pumpkin and pistachio salad
- 188** Kangaroo harissa polpette with lentils and kale
- 190** Pulled pork with apple and fennel salad

SIDES

- 194** Asparagus and broad bean salad
- 196** Cauliflower "fried" rice
- 198** Sauerkraut salad
- 200** Zoodles with broccoli pesto
- 202** Raw cauliflower tabouli
- 204** Miso coleslaw
- 206** Crunchy seeded broccoli
- 208** Peri peri sweet potato fries with coriander yoghurt sauce
- 210** Creamed spinach
- 212** Cauliflower mash
- 214** Parsnip and bean mash



TREATS & SNACKS

- 218** Coconut and beetroot balls
- 220** Carrot cake bliss balls
- 222** Nutty matcha balls
- 224** Hazelnut crunch bliss balls
- 226** Rice crisp bars
- 228** Spiced roasted mixed nuts
- 230** Spiced oranges and dates with yoghurt cream
- 232** Passionfruit and coconut slice
- 234** Watermelon granita
- 236** Avocado and banana popsicles
- 238** Tofu chocolate ice cream
- 240** Quark chocolate mousse
- 242** Coconut rice pudding with fresh mango
- 244** Apple, rhubarb and goji berry crumble with vanilla cashew cream