

Recipe Ideas for the DME Fitness Hormone Revive Plan

Breakfasts

- Courgette Pancakes
- Almond Pancakes
- Baked Egg in Avocado Cups
- Scrambled Eggs and Smoked Salmon
- Baked Salmon and Asparagus Frittata
- Banana Omelette
- Breakfast Juices x 2
- Ginger Shot

Lunches

- Broccoli & Mint Soup
- Prawn, Mango and Avocado Salad
- Herb Meatballs with Spicy Tomato Sauce
- Stuffed Peppers
- Smoked Mackerel Salad
- Chicken & Pesto Wraps
- Carrot & Orange Soup
- Chicken Caesar Salad
- Roasted Tomato Soup

Dinners

- Chilli con Carne
- Cauliflower Rice
- Cauliflower Egg Fried Rice
- Rich Bolognese Sauce
- Coconut Chicken
- Oven Roasted Vegetables and Sweet Potato
- Roasted Fennel, Cherry Tomatoes and Chickpeas
- Guacamole
- Shepherd's Pie
- Veggie Burgers
- Chicken Tikka
- Burger & Chips
- Oven baked Sea Bass with Sweet Potato Wedges
- Fish Cakes
- Monkfish and Lemon Skewers

Breakfasts

Courgette Pancakes (v)

Serves 1 - Ingredients

- 1 medium size courgette
- 1 medium size spring onion
- 1 large egg
- Salt to taste
- Pepper to taste
- Coconut oil for frying

Method

1. Grate courgette into a small bowl.
2. Finely chop 1 spring onion and mix with the courgette.
3. Combine 1 large egg into the bowl and mix thoroughly adding salt and pepper to taste.
4. Heat oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip pancake till browned on both sides

Almond Pancakes (v)

Serves 1-2 - Ingredients

- 1 cup almond flour
- 2 eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split and seeds scraped out
- 1 tsp of ground cinnamon
- Coconut oil

Method

1. Mix eggs, coconut milk and vanilla seeds in a bowl and whisk together.
2. Sift in almond flour and cinnamon.
3. Heat a large pan over a medium heat; add coconut oil to the pan and add pancake batter in small rounds, quickly turning the pan around to spread the pancake.
4. Cook until brown on the underside, about 45 seconds and then flip to brown other side

Baked Egg in Avocado Cups (v)

Serves 1 - Ingredients

- 1 Large Avocado
- 2 eggs
- Sea salt and black pepper
- Coconut Oil
- Handful of Chopped Chives
- Chilli flakes to your taste

Method

1. Preheat oven to 200C.
2. Slice avocado in half and remove pit.
3. Use a spoon to scoop out a little more of the avocado - to make room for the egg. Place the avocado halves in a tin or oven safe bowl so they don't roll around. You can slice a little from the avocado to give them a flat base and make them more stable. Crack an egg into each avocado half. Sprinkle with salt and pepper and add a pinch of chilli flakes.
4. Bake for 8 - 15 min depending on how well done you like your eggs.
5. Sprinkle with chives and serve with green salad or Green Veggies.

Scrambled Eggs and Smoked Salmon (v)

Serves 1 – Ingredients

- 2/3 Eggs
- Fresh sea salt and black pepper to taste
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced
- 2 slices smoked salmon, thinly sliced

Method

1. Combine eggs and seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions and cook, stirring until softened (about 30 seconds.)
3. Pour the eggs into the pan and cook until they just begin to set, about 10 seconds; stir in salmon. Cook for about 3-5 minutes, stirring gently from time to time, until the eggs have thickened into soft creamy curds.

Baked Salmon and Asparagus Frittata (v)

Serves 2 – Ingredients

- 4 Eggs
- 50g Coconut milk
- 125g Smoked Salmon
- 6 Asparagus spears, trimmed and chopped
- 1 Red Onion, sliced
- 1 Clove Garlic, Crushed
- Handful of basil leaves
- Coconut Oil
- Sea salt and black pepper to taste

Method

1. Preheat oven to 200c prior to cooking and heat a small frying pan in oven with 1 tablespoon of oil.
2. Blend eggs, milk and seasoning in a blender until fluffy.
3. Pour onions, asparagus and garlic into the hot pan, top with salmon and egg mixture.
4. Bake in hot oven for 15 - 20 minutes.
5. Serve with a large plate of spinach.

Banana Omelette (V)

Serves 1 – Ingredients

- 1 Banana
- 2/3 Eggs
- Cinnamon (if desired)

Method

1. Beat the eggs
2. Warm a frying pan with coconut oil. Chop the banana and fry in the pan, add the eggs to cover the banana, finish under the grill, and sprinkle with cinnamon if desired.

Breakfast Juice 1

2 Apples
2 Celery Stalks
½ Cucumber
1 Lime (peeled with pith left on)
3cm Root Ginger
½ Avocado

Method

Juice the apples, celery, cucumber, lime and ginger.
Pour into blender, add avocado and blend.

Breakfast Juice 2

Large Handful of spinach
1 or 2 Golden delicious Apples (depending on taste, 2 will make it quite sweet)
½ Cucumber
2 Celery Stalks
½ Lime (peeled but with pith on)
½ Avocado
2cm Root Ginger (optional)

Juice the apples, spinach, cucumber, celery, lime and ginger (if using)
To get the maximum juice from the spinach, pack it between the other ingredients into the feeding tube.
Pour into blender, add avocado and blend.

Bonus Recipe - Ginger Shot (Natural Espresso)*

½ Apple (golden delicious is best)
2cm Root Ginger

Put the ginger then the apple into the juicer, juice and down in one!

*I batch make these shots and freeze into Jelly Shot Pots (From Amazon 50 for £5.65) you could also freeze into ice cube trays.

Lunches

Broccoli and Mint Soup (v)

Serves 2 – Ingredients

- 1 large onion, diced
- 1tbsp coconut oil
- 1 head of broccoli
- 3 cups chicken or vegetable stock
- Small bunch of mint leaves, shredded

Method

1. Fry onion in a large pan with oil on medium heat until softened.
2. Add broccoli and stock and simmer for 10-15minutes or until broccoli has softened. Cool slightly.
3. Place in a food processor with mint leaves or use an electric blender to form a smooth texture.
4. Heat to serve.

Prawn, Mango and Avocado Salad (v)

Serves 2 – Ingredients

- 12 Large Cooked Prawns
- 1 Mango – Peeled and chopped
- 1/4 Cucumber – finely chopped
- ½ Avocado, chopped
- 20g unsalted plain cashews
- 1 teaspoon Olive Oil
- Juice of a Half a Lime
- Chilli Flakes

Method

1. Combine lime juice, oil and chilli flakes together
2. Mix all other ingredients together in a bowl and dress with oil mixture.
3. Serve on a big bed of watercress and spinach
4. Season if needed.

Herb Meatballs with Spicy Tomato Sauce

Serves 4 - Ingredients

- 500g minced beef
- ½ onion
- ½ cup fresh basil
- ½ cup fresh parsley
- 1 cup spinach
- 4 medium eggs
- ½ cup almond flour
- 1 tbsp dried oregano
- 4 cloves garlic
- Himalayan Rock salt or Sea salt and freshly ground black pepper to taste

Spicy tomato sauce

- 1 large onion, finely chopped
- 2 tsp coconut oil
- Salt and freshly ground black pepper
- 1 garlic clove, peeled and finely chopped
- 1 tsp paprika
- A pinch of chilli flakes
- 2x 400g cans of chopped tomatoes
- 1 bay leaf

Method

1. Preheat your oven to 180C or Gas Mark 4.
2. Blend onion, herbs, garlic and spinach in a food blender.
3. Combine all the ingredients in a bowl and mix well with your hands.
4. Season the mixture to taste with sea salt and freshly ground black pepper.
5. Make small balls the size of golf balls and place them apart on a baking tray, then place them in the preheated oven to cook for about 30 minutes or until browned.

To make the sauce:

1. Place the onion in a heavy bottomed pan with the coconut oil and season with salt and pepper. Cover with a lid and fry gently over a low heat until soft and sweet.
2. Add the garlic, paprika and chilli flakes and fry for a further 30 seconds, stirring constantly.
3. Add the tomatoes and bring to a simmer. Simmer the sauce for 20 minutes. Liquidise until smooth. Pass the sauce through a sieve, back into the pan. Taste and add seasoning as necessary.

Stuffed Peppers (v)

Serves 1 – Ingredients

- 1 Cup of Cooked Quinoa (follow directions on packet)
- 2 Red Onions, Chopped
- 2 Tomatoes, Chopped
- 1 Red Pepper, Chopped
- 1 Clove Garlic, Crushed
- 4 tbsp of lemon juice
- 2 Large Red Peppers
- Coconut oil
- Extra Virgin Olive Oil

Method

1. Pre-heat the oven to 200 degrees.
2. Heat the coconut oil in a pan. Fry off onions, garlic and chopped pepper for 2 minutes then add the Quinoa and cook for further 1 min.
3. Cut the tops of the peppers and de-seed.
4. Stuff the peppers with the warm mixture, place in a dish, cover with foil and cook in the oven for 20-25mins.
5. Drizzle olive oil in peppers once cooked and serve.

Smoked Mackerel Salad

Serves 1 – ingredients

- Large portion of iceberg lettuce
- Cucumber, tomato, peppers, radish, cress (any salad veg really)
- 2 Smoked Mackerel Fillets

For the Dressing

- 2 dessert spoon Olive Oil
- 1 dessert spoon of White Wine Vinegar
- Salt and Black Pepper to taste

Method

Chop and combine all the salad ingredients to a serving dish, top with the flaked smoked mackerel fillets.

Combine the dressing ingredients well in a small container and pour over the salad.

Chicken Wraps with Pesto-Yoghurt Dressing

Serves 2 – Ingredients

- 2 Skinless chicken breasts cut into strips
- 1 small tomato, sliced
- 1 or 2 large leaves Romano lettuce
- Coconut Oil
- 1 tablespoon fresh oregano leaves

Dressing

- 1/3-1/2 cup of 100% Greek yoghurt
- 1 tablespoon coarsely chopped pine nuts or walnuts
- 1 clove garlic, peeled
- 2 tablespoons olive oil,
- 1 cup fresh basil leaves shredded
- Pinch of salt

Method

1. Heat the coconut oil in a skillet and add the chicken strips and oregano. Cook the chicken thoroughly, and then set aside.
2. Put the pine nuts/walnuts and the garlic into the food processor or blender until finely minced. Add the olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Spread the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

Carrot and Orange Soup (v)

Serves 2 - Ingredients

- 1oz butter (grass fed if possible)
- 1 clove of garlic, crushed
- 1 med onion, peeled and chopped
- 500g carrots, peeled and coarsely grated
- 1 litre water
- Zest & juice of 1 orange
- 1 teaspoon tomato puree
- Salt & pepper

Method

1. Melt the butter; add garlic, onion and carrot. Stir and cook covered for 5 minutes on low heat
2. Add water, orange juice zest, tomato puree and seasoning. Simmer covered for 30 minutes.
3. Liquidise and enjoy.
- 4.

Chicken Caesar Salad

Serves 1 – Ingredients

- 1 chicken breast, seasoned
- Handful of lettuce leaves
- Sliced cucumber
- 6 cherry tomatoes
- 2 spring onions, sliced
- 4 basil leaves
- 1 tablespoon of olive oil
- Juice of 1 lime

Method

1. Grill the chicken breast until blackened and cooked through.
2. While cooking assemble salad in a bowl.
3. Make dressing with oil, black pepper and lime juice then dress salad leaves.
4. Slice chicken and arrange on top of salad bowl.

Roasted Tomato Soup (v)

Serves 2 – Ingredients

- 2.5kg plum tomatoes (or vine ripe tomatoes)
- 2 tbsp coconut oil
- 1 red onion, peeled and diced
- 1 tsp dried basil
- 1/2 tsp red chilli flakes- if you like heat- or omit if you don't
- 1 tin (large) of chopped tomatoes
- 4 yeast free stock cubes, made up

Method

1. What you'll need to do first: Roast the tomatoes.
2. Preheat the oven to 400 degrees F.
3. Cut the plum tomatoes in half and toss them into a roasting pan with the coconut oil, some dried Italian herbs and several peeled cloves of garlic. Add a generous drizzle of lemon juice.
4. Put into the oven and gather the next ingredients. The tomatoes should be ready in roughly 45 minutes.
5. Heat the coconut oil over medium heat. Add the onion and garlic and stir for five minutes. Add the herbs and chilli flakes, and stir for another minute or two, until the onion is softened. Add the onion and garlic and stir for five minutes. Add the herbs and chilli flakes and stir for another 1 or 2 minutes, until the onion is softened. Add the canned tomatoes and stock, toss in the bay leaf and season with salt and pepper to taste.

6. Add the oven roasted tomatoes and garlic, breaking the pieces apart with a wooden spoon.
7. Cover and bring to a simmer; lower the heat and continue to simmer for about 30-40 minutes.
8. Discard the bay leaf.
9. Purée the soup in a blender then return it to the pot. Taste and adjust the seasoning if required. Heat through.
10. If the soup is too thick, add enough hot broth to thin it to the consistency you prefer.

Dinners

Chilli Con Carne (slow cooker)

Serves 4 – ingredients

- 2-3 fresh chillies
- Large tin of 100% pure chopped tomatoes
- 1-2 Garlic Cloves
- 1 Large Onion
- Coconut oil
- 500g fresh beef mince (or turkey)
- Salt and freshly ground pepper
- 2 tbsp tomato puree
- 1 beef stock pot
- Large can of red Kidney Beans, drained
- 1 Green or Red Pepper and 2/3 celery stalks (optional bulking out veggies)

Method

Turn on the slow cooker, fry off the beef mince in the coconut oil until browned, place into the slow cooker. Chop the garlic, chillies (removing seeds if you wish) onions and fry lightly in the pan juices, add them to the slow cooker. Stir in the tomatoes, tomato puree, stock pot, kidney beans and season with salt and pepper to taste.

Leave to cook on slow all day! Serve with Cauliflower Rice

Cauliflower Rice

- 1 large cauliflower
- Coconut oil
- Salt and pepper
- Any herbs or chilli flakes (optional depending on what you are serving it with)

Method

Chop the cauliflower in to chunks and blitz in a food processor until it becomes rice like bits! Warm the coconut oil in a pan and add the cauliflower and seasoning stir and cook until it softens slightly.

Cauliflower Egg Fried Rice

Serves 2/3 – ingredients

- 1 cauliflower
- 2 eggs
- 1 cup of frozen mixed veg (use fresh if you have them, peas, green beans, sweetcorn)
- 2 spring onions
- 3 gloves garlic, crushed
- Salt and pepper
- 3 tbsp gluten free soy sauce
- Coconut oil
- 1 teaspoon sesame oil

Method

Combine 1 teaspoon of sesame oil with the eggs in a bowl and whisk to combine and set aside. Chop the cauliflower in to chunks and blitz in a food processor until it becomes rice like bits! Warm the coconut oil in a pan/wok and add the cauliflower, spring onions and frozen vegetables then stir fry until the cauliflower is just starting to turn tender, 3-4 minutes. Add garlic, season with salt and pepper, and then continue to stir fry until the garlic is fragrant, 30 seconds or so.

Push the mixture to the sides to create an opening in the centre then add the eggs and scramble. Toss the mixture to combine then drizzle in the gluten free soy sauce, mix again to combine. Serve hot.

Rich Bolognese Sauce (slow cooker)

Serves 4 – ingredients

- 500g fresh beef mince
- 4 rashers lean smoked back bacon, finely diced
- 2 large tins of plum tomatoes
- 2 medium onions, peeled and finely diced
- 2/3 cloves Garlic
- 2 carrots, trimmed and finely diced
- 2/3 sticks of celery, trimmed and finely diced
- 1 medium chilli (optional but delicious) seeded and finely sliced
- 2 tbsp tomato puree
- 1 beef stock pot
- Herbs: 2-3 sprigs rosemary / handful fresh basil / 1 tsp oregano / 2 bay leaves*
- Coconut Oil

*Or for a quick cheat, buy a jar of mixed Italian herbs and use a good large sprinkle, no waste!

Method

Turn on the slow cooker to high. Add the tinned toms to the slow cooker and they will warm whilst you cook the other ingredients.

Heat the coconut oil in a large pan over a medium heat, add the chopped bacon and fry until golden and crisp, add the beef mice and fry until browned. Tip the mixture into the slow cooker. Now, in the pan add your onions, carrots, celery, chilli and garlic, fry for 2/3 minutes and add them to the slow cooker. Finally add the stock pot, tomato puree and the herbs. Give it all a good stir then leave to bubble.

Serve with a small portion of Gluten free pasta or even better a huge portion of green beans or other green veggies! Spiralised courgette works perfectly with this.

Coconut chicken

Serves 4 – Ingredients

- 300ml coconut milk
- 2 tbsp tomato puree
- 1 tbsp (or to taste) dried crushed chilli
- 2 tbsp ground almonds
- 2 tsp turmeric
- 2 tsp garam masala
- 2 tsp cumin
- 4 chicken breast fillets, cut into bite size pieces
- 2 onions, chopped
- 2 cloves garlic, crushed or finely chopped
- Coconut oil
- 4 tbsp fresh coriander

Method

1. Mix the coconut milk with the tomato puree, chilli, almonds, turmeric, garam masala, cumin and 1tbsp water. Add the chicken and coat all of the pieces. Cover with cling film and refrigerate for at least 1 hour
2. Cook the onions and garlic in coconut oil until soft.
3. Remove the chicken from the marinade, add to the pan with the onion and cook for 2 minutes, covered over a low heat. Add the marinade and the remaining oil and cook for 15-20 minutes.
4. Stir in the fresh coriander and serve.

Oven Roasted Vegetables and Sweet Potato

This is a go-to dish to put with any lean meat or fish.

Use any of the following chopped into similar sized chunks

Sweet Potato, Parsnips, Carrots, Onions, Shallots, or anything veggie that you fancy.

Heat a large roasting dish in the oven with coconut oil to approx 180 degrees. In the meantime boil your chosen veggies for just 2-3 minutes, drain and add them to the pan (be careful, it will spit at you) Oven roast for 25-30 minutes depending on how soft or hard you like your veggies.

Roasted Fennel, Cherry Tomatoes and Chickpeas (v)

Serves 2 – Ingredients

- 2 medium fennel buds
- 2 sprigs of fresh sage
- Juice of half a lemon
- 12 cherry tomatoes
- 400g jar of chickpeas, drained
- Coconut oil

Method

1. Oven temperature of 180 degrees, gas mark 6.
2. Cut the fennel bulbs into quarters and place them in a roasting tray with 2 teaspoons of coconut oil, salt and pepper.
3. Roast on the middle shelf of an oven for 25 minutes, turning often, or until charred but not burnt. Remove from the oven, tip into a bowl and keep to one side. Roast the cherry tomatoes for 10 minutes by placing them in a roasting tin with a generous pinch of sea salt, no oil needed.
4. Place a large, heavy based, non-stick frying pan on a low heat with a teaspoon of coconut oil, when melted squeeze in the lemon juice and add the sage. Cook for 1 minute to allow the flavour of the sage to infuse the oil, and then add the roasted tomatoes, 2 generous pinches of pepper and 1 of salt.
5. Cook for 2 minutes, stirring constantly. Then add the fennel and the chickpeas. Cook for a further 3 minutes, stirring often, and then serve.

Guacamole (v)

Ingredients

- 3 avocados - peeled, pitted, and mashed
- Juice of one lime, fresh squeezed
- 1 tsp salt
- 75g diced onion
- Handful chopped fresh coriander
- 2 small tomatoes, diced
- 1 garlic clove
- 1 pinch ground cayenne pepper (optional)

Method

1. In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, coriander, tomatoes, garlic, and cayenne.
2. Refrigerate, covered, for one hour, then serve.

Shepherd's Pie

Serves 4 - Ingredients

- Turkey Mince 500g
- 4 sweet potatoes
- 2 sliced carrots
- 1 large white onion
- 10 organic mushrooms
- Wheat and Gluten free gravy (goodnessdirect.co.uk)
- Goats cheese, enough to sprinkle
- Coconut oil
- Any Dried Mixed Herbs to taste

Method

1. Pre heat oven at 180c for 20 minutes. Skin sweet potatoes, chop and place in pan of boiling water. Leave potatoes to soften and boil for 20-30 minutes.
2. Chop onion, mushrooms and carrots. Heat a deep pan with 1 teaspoon of coconut oil. Add onions and mushrooms, stir for 2-3 minutes until slightly golden. Add turkey mince to pan and cook until brown, 10 minutes.
3. Add 1 teaspoon of mixed herbs and stir. Add sliced carrots, 250ml of boiling water and 4 heaped tablespoons of gravy mix.
4. Stir and simmer for approx 10 minutes.
5. Mash sweet potatoes together until smooth with no lumps. Place mince mixture into large deep oven dish. Place sweet mash evenly over mince mixture.
6. Sprinkle a handful of grated goat's cheese over sweet mash. Place in oven at 180c for 30 minutes.
7. Serve with Savoy cabbage and enjoy!

Veggie Burgers (v)

Serves 4 – Ingredients

- Coconut oil
- 1 finely chopped onion
- 1 carrot, grated
- ½ red pepper
- 3 garlic cloves, smashed, peeled and finely chopped
- 2 tbsp tomato puree
- 2 tsp dried herbs
- 1 tsp oregano
- 400g kidney beans or black beans – cooked
- 200g brown rice, cooked
- 50g chopped nuts (almonds or cashews are delicious)
- 3 tbsp gluten free flour

Method

1. Melt 1 tbsp coconut oil in a saucepan. Add onion, garlic, herbs, and oregano.
2. Add red pepper and carrot, season with salt and pepper to taste. Stir fry for 5 minutes.
3. Chop beans and rice in a blender. Add onion mix and nuts. Blend briefly.
4. Dust work surface with flour. Make 6 – 8 burger shapes. Place on a baking sheet and chill.
5. Melt 1 tbsp of coconut oil in a frying pan on a high heat.
6. Fry burgers until brown (Approx 10 minutes.)

Chicken Tikka

Serves 2 – ingredients

- 2 Chicken Breasts, boned, skinned and chopped into chunks
- 2 tsp tomato ketchup
- 3 tbsp 100% Greek Yoghurt
- 4 garlic cloves, chopped
- ½ tsp paprika
- ¼ tsp turmeric
- 1 Lime (juice only)
- Coconut oil

Method

Pre Heat the oven to 200 degrees

Place the chicken into a large bowl; add the tomato ketchup, Greek yoghurt, garlic, turmeric and paprika. Mix together well and leave to marinade for about 1-hour

Heat the coconut oil in a large frying pan or a griddle pan and cook the chicken until browned and sizzling. Transfer to an oven proof dish, sprinkle over half the lime juice. Place in the oven for 8-10 minutes or until completely cooked through.

Serve sprinkled with the rest of the lime and a large salad.

Burger and Wedges

Serves 4 – Ingredients

- 500g extra lean beef mince (or turkey will work fine too)
- 1 onion, chopped finely
- 1 chilli - finely chopped
- 1 x egg

Method

1. Mix all ingredients together in a bowl, divide it into 4 portions. Knead each portion so it all sticks together nicely, and then flatten into a burger shape.
2. Heat some coconut oil in a frying pan and shallow fry for around 4 minutes each side.

Ingredients for Wedges

- 2 large sweet potatoes
- 1/2 tsp chilli powder
- 1 tsp paprika
- 1 tbs coconut oil, melted

Method

1. Slice up the sweet potatoes so they look like wedges.
2. Toss all ingredients into large bowl then place in a large baking tray in oven at around 200-220 degrees C for 30-40 mins.
3. Serve alongside a bed of steamed greens.

Oven Baked Sea Bass (Serve with Sweet Potato Wedges)

Serves 2 – Ingredients

- 4 seabass fillets
- 2 chopped garlic cloves
- 1 finely chopped red chilli
- Coconut Oil

Method

1. To make the sweet potato wedges, see above recipe (burger and wedges)
2. Coat 2 sea bass fillets with garlic and chilli and coconut oil and place in oven for 20-30 minutes on gas mark 8.
3. Serve on a bed of cooked spinach or with fresh green veggies.

Fishcakes (v)

Serves 4 – Ingredients

- 1 Rainbow trout
- 100g smoked salmon
- 2 large sweet potatoes
- 1 portion of Soft goats' cheese
- 2 cloves garlic, crushed
- 1 red chilli, diced
- 1 beaten egg
- 6 Chives, chopped finely
- 50g Gluten Free bread crumbs

Method

1. Wrap rainbow trout in foil and place in oven for 25min at 200c.
2. Once the rainbow trout is cooked, leave out to cool.
3. Peel and boil sweet potatoes, once soft mash and place in a bowl to cool. Flake rainbow trout into the mash, watching out for bones. Cut the smoked salmon into small pieces and add to mash. Then add garlic, chilli and chives.
4. Mix all ingredients together. Place in fridge for 1-2 hours.
5. Now beat an egg in one bowl, Breadcrumbs in another. Remove bowl from fridge. Using your hands take handfuls of mixture and shape into fishcakes. Place the fishcake into the bowl of beaten egg until covered, then into bowl of breadcrumbs until completely covered. Repeat this until you have used all of your mixture (4 fishcakes).
6. Place fishcakes in oven for 30-45 minutes until golden brown. Serve with baby spinach, rocket and cherry tomato salad then drizzle with balsamic vinegar and olive oil.

Monkfish and Lemon Skewers (v)

Serves 4 – Ingredients

- 800g monkfish tail fillets cut into 4cm pieces
- 4 unwaxed lemons
- 2 tsp sumac (see below)
- 1-2 tsp dried red chilli flakes
- Sea salt

- 4 garlic cloves
- A handful of fresh flat leaf parsley, finely chopped
- Salt and freshly ground black pepper
- Wild rocket leaves

Method

1. (Sumac is a blend of spices and is widely used in Turkish cooking. If you can't find it, mix 1 tsp each of lemon zest, toasted crushed cumin seeds and sweet smoked paprika and use this instead)
2. Put the monkfish into a glass bowl. Finely grate the zest of 2 lemons in a separate bowl and set aside. Halve these lemons and squeeze the juice over the fish. Add the sumac and chilli, season well with sea salt and stir. Cover and chill in the fridge for 15-30 minutes.
3. Meanwhile, preheat your grill to high. Add the garlic and parsley to the lemon zest. Season, mix well, and then set aside.
4. Thinly slice the remaining lemons. Thread the monkfish and lemon slices alternatively onto 8 metal skewers (or wooden skewers soaked in water for 30 minutes)
- Grill for 8-10 minutes, turning halfway through, or until the fish is cooked through.
5. Garnish with the zest mixture and serve with rocket salad.

I hope that you enjoy cooking and tasting these recipes, please send me your ideas, feedback and recipes so we can continue to grow and improve this selection.

Thanks, Donna



www.dmefitness.co.uk