

Roasted cauliflower tabbouleh



Method

1. Heat oven to 200C/180C fan/gas 6. Remove the outer leaves from the cauliflower and the hard inner core, then roughly chop up the florets (don't worry about how they look, they are going to be blitzed). Put the cauliflower in the large bowl of a food processor, blitz for 30 secs until it resembles couscous grains, then tip into a large bowl.
2. Mix the spices and olive oil into the cauliflower and season to taste. Spread the cauliflower 'couscous' out on a large baking tray in an even, thin layer. Roast for 12 mins, mixing halfway through so that it is evenly toasted, then set aside to cool slightly.
3. Once at room temperature, stir through the remaining ingredients and season to taste, then sprinkle over the mint leaves.



Ingredients

- 1 large cauliflower (about 650g/1lb 7oz trimmed weight)
- 1 tsp allspice
- 1 tsp ground cinnamon
- 2 tbsp olive oil
- 25g flaked almonds, toasted
- 1 red onion, finely chopped
- 200g pack feta, crumbled
- 110g tub pomegranate seeds
- juice 1 lemon
- ½ small pack parsley, finely chopped
- ½ small pack mint, finely chopped, plus a few leaves to garnish

Herby chicken gyros



Method

1. Cut the chicken breast in half lengthways, then cover with cling film and bash with a rolling pin to flatten it. Brush with some oil, then cover with the garlic, oregano and some pepper. Heat a non-stick frying pan and cook the chicken for a few mins each side. Meanwhile, mix the yogurt, cucumber and mint to make tzatziki.
2. Cut the tops from the pittas along their longest side and stuff with the chicken, tomato, pepper and tzatziki. Poke in a few mint leaves to serve. If taking to the office for lunch, pack the tzatziki in a separate pot and add just before eating to prevent the pitta going soggy before lunchtime.



Ingredients

- 1 large skinless chicken breast
- rapeseed oil, for brushing
- small garlic clove, crushed
- ½ tsp dried oregano
- 2 tbsp Greek yogurt
- 10 cm piece cucumber, grated, excess juice squeezed out
- 2 tbsp chopped mint, plus a few leaves to serve
- 2 wholemeal pitta breads
- 2 red or yellow tomatoes, sliced
- 1 red pepper from a jar (not in oil), deseeded and sliced

Veggie olive wraps with mustard vinaigrette



Method

1. Mix all the ingredients except for the tortilla and toss well.
2. Put the tortilla on a sheet of foil and pile the filling along one side of the wrap – it will almost look like too much mixture, but once you start to roll it firmly it will compact. Roll the tortilla from the filling side, folding in the sides as you go. Fold the foil in at the ends to keep stuff inside the wrap. Cut in half and eat straight away. If taking to work, leave whole and wrap up like a cracker in baking parchment.



Ingredients

1 carrot, shredded or coarsely grated

80g wedge red cabbage, finely shredded

2 spring onions, thinly sliced

1 courgette, shredded or coarsely grated

handful basil leaves

5 green olives, pitted and halved

½ tsp English mustard powder

2 tsp extra virgin rapeseed oil

1 tbsp cider vinegar

1 large seeded tortilla

Prawn sweet chilli noodle salad



Method

1. Boil the noodles for 4 mins, then drain. Cool under running water, then drain again. Put into a large bowl, then using scissors, cut into shorter lengths.
2. Halve cucumber lengthways, then scoop out the seeds. Slice into halfmoons and add to the noodles with the onions, tomatoes, chilli and prawns.
3. Mix the lime zest, juice and chilli sauce to make a dressing and fold through noodles. Put a handful of spinach onto each serving plate, top with the noodles and cashews.



Ingredients

3 nests medium egg noodles

½ large cucumber

bunch spring onions, finely sliced

100g cherry tomato, halved

1 green chilli, deseeded, finely chopped

200g cooked king prawns, defrosted if frozen

zest and juice 2 limes

4 tbsp sweet chilli sauce

100g baby spinach leaves

25g roasted cashew

Mexican bean salad



Method

1. Lower the eggs into boiling water and boil for 6½ mins, then put into a bowl of cold water to cool. Slice the avocados and place in a large bowl with the beans, onion, coriander and tomatoes. Measure 3 tbsp of the dressing into a small bowl, then mix in the chilli and cumin. Once the eggs have cooled but are still warm, peel off the shells and cut into quarters. Toss the salad with the dressing and nestle in the eggs. Serve straight away – delicious with toasted tortillas.



Ingredients

4 eggs

2 avocados, peeled and stoned

2 x 400g cans of beans, (we used pinto bean and kidney beans, rinsed and drained

small red onion, finely sliced

large bunch coriander, leaves only, roughly chopped

250g punnet cherry tomato, halved

bottle bought good-quality dressing (we used English Provender Company Lime & Coriander dressing)

1 red chilli, deseeded and finely sliced

½ tsp cumin