



Meal Prep Monday

Herby Breakfast Sausages ● Shakshuka ● Roasted Red Pepper Hummus Wrap
Peanut Butter and Cranberry Cookies ● ● ● ● ● Curried Cauliflower Soup



Grocery List

Chickpeas	Kidney Beans	Coconut Oil	Tomatoes
Red Peppers	Cherry Tomatoes	Yellow Onion	Eggs
Tahini	Avocado	Cauliflower	Parsley
EVOO	Sweet Corn	Fennel Seeds	Baking Powder
Garlic	Ground Pork	Red Lentils	Cranberries
Florette Baby	Sage	Yellow Curry Paste	Coconut Sugar
Leaf and	Basil	White Onion	Whole-Meal Wraps
Rocket Salad	Crunchy Peanut Butter	Bell Peppers	Lemon or Lime

Herby Breakfast Sausages

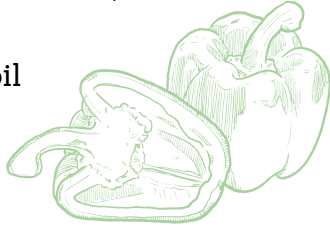


9oz ground pork
salt and pepper
2 tablespoons fresh sage, chopped
2 tablespoons fresh basil, chopped
1 tablespoon coconut oil

1. In a bowl, mix pork with salt, pepper, sage and basil. Combine well and shape into eight sausages.
2. Heat the coconut oil in a large skillet and cook the sausages over medium high heat until well browned and cooked through.
3. Serve hot or store in the fridge for later.

Shakshuka

1 white onion, sliced
2 bell peppers, sliced
(2) 14 oz. cans chopped tomatoes
4 eggs
¼ cup parsley leaves,
chopped
1 tbsp. olive oil
salt & pepper



1. Heat the oil in a large non-stick frying pan over medium-high heat. Add the onion and bell peppers, stirring constantly, and cook for 5 minutes or until the onion and pepper have softened.
2. Add the chopped tomatoes and cook, stirring for a further 5 minutes.
3. Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve.

Roasted Red Pepper Hummus Wrap

Hummus:

1 can chickpeas, rinsed and drained
2 big red peppers (seeds removed) and halved
1 heaped tablespoon tahini
1 tablespoon extra virgin olive oil
1 small clove garlic, minced
Juice from 1 lemon or lime
Salt and freshly ground black pepper
Optional: 1 tablespoon water in case the hummus is too thick

Wraps and toppings:

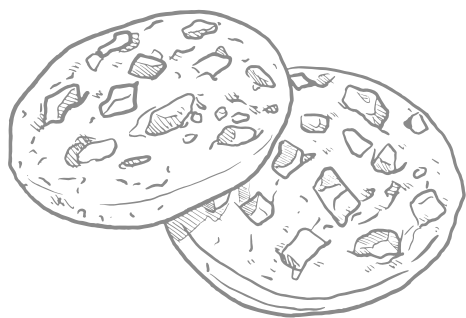
½ bag Florette baby leaf and rocket salad
4 wholemeal wraps
½ can red kidney beans
Handful cherry tomatoes, roughly chopped
1 ripe avocado, cubed
1 fresh sweet corn, kernels cut off individually



1. Preheat your oven to 200 degrees.
2. Line a baking tray with baking paper, then place the peppers on the tray. Bake 18 minutes or until the skins are black.
3. Remove from oven and let cool completely. Once cooled, peel off the skin and set aside.
4. In a bowl, mash the kidney beans lightly, then add tomatoes and salt.
5. Next add chickpeas, tahini, olive oil, garlic, lemon juice, salt, pepper and the red peppers to a blender. Process until smooth, taste and adjust seasoning. If too thick, add splash of water.
6. Divide the hummus between 4 tortillas and spread evenly. Next equally divide kidney beans and tomato mixture, then the salad leaves, avocado, and sweet corn.
7. Serve either rolled up or make them into a pizza style by grilling the tortillas for 2 minutes then layering with hummus and the toppings.

Peanut Butter & Cranberry Cookies

1 cup peanut butter, crunchy
1 cup coconut sugar
1 egg
1 tsp. baking powder
¼ cup cranberries, dried



1. Preheat the oven to 360°F. Line 2 baking trays with baking paper.
2. Place the peanut butter and sugar in a bowl and beat together until well combined. Add the egg and baking powder and beat again. Finally, add the cranberries and stir to combine.
3. Roll tablespoonfuls of the cookie dough into balls. Place on lined trays, allowing room between each ball for spreading in the oven.
4. Flatten slightly. Bake, swapping trays halfway through cooking, for 10-12 minutes or until light golden. Set aside to cool. Once cooled, store in an airtight container.

Curried Cauliflower Soup

1 yellow onion, chopped
1 cauliflower head
2 tsp. fennel seeds
1 cup. (190g) red lentils, dry
3 tbsp. yellow curry paste
salt and pepper
2 tbsp. olive oil



1. Heat the oven to 400°F.
2. Separate the cauliflower head into small florets. Drizzle ¼ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.
3. Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 liter of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.
4. In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.
5. Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.