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Opening Extract from...

Deliciously Ella

Written by Ella Woodward

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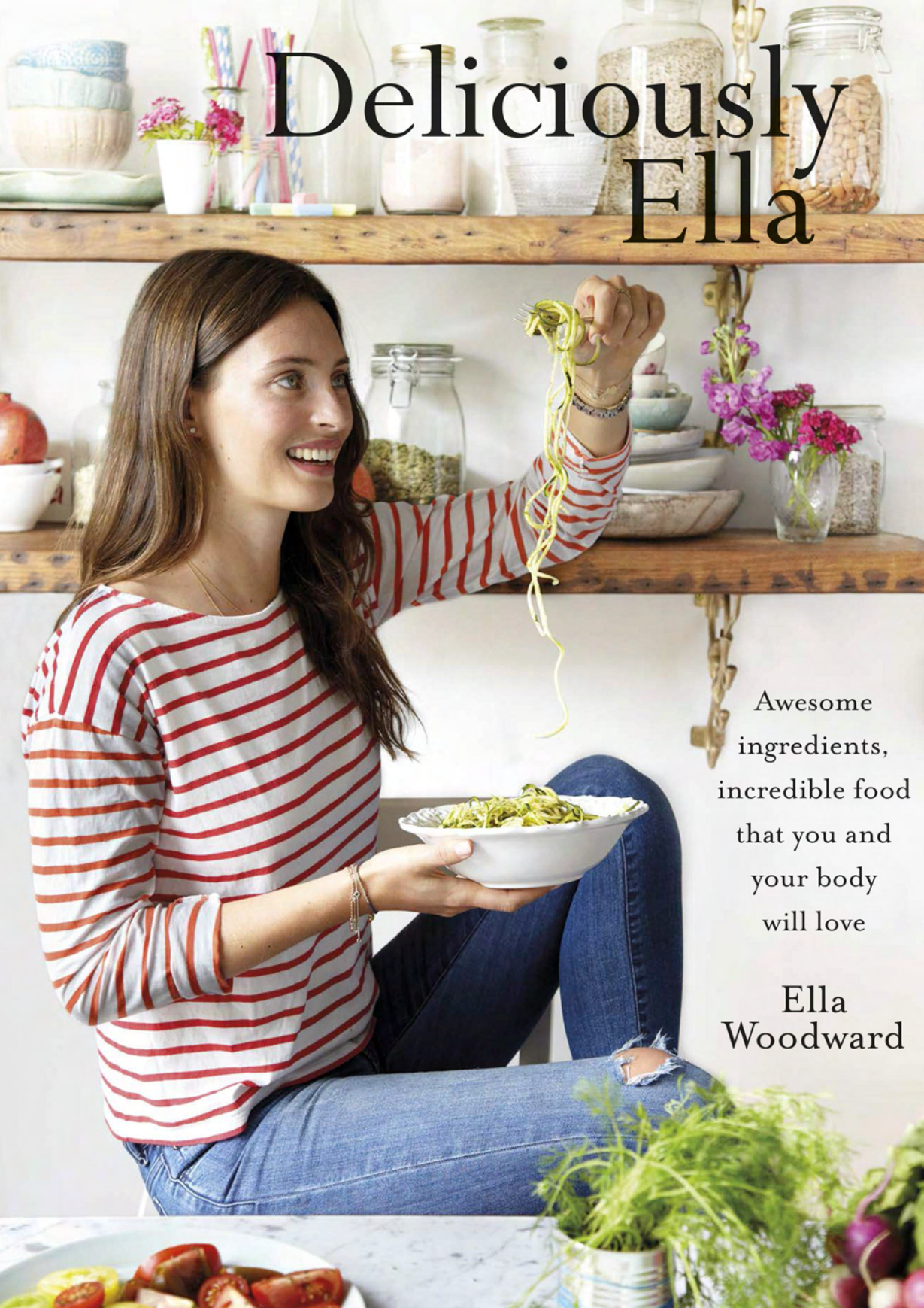
Recipes extracted from *Deliciously Ella* by Ella Woodward, out now published by Yellow Kite, £20

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Deliciously Ella



Awesome ingredients, incredible food that you and your body will love

Ella Woodward



DELICIOUSLY ELLA by Ella Woodward. Hodder & Stoughton Publishers 2015.
Photograph © Clare Winfield.

Recipe extracted from *Deliciously Ella* by Ella Woodward, out now published by Yellow Kite, £20 © Ella Woodward 2015

MEXICAN QUINOA BOWL

This is one of my favourite recipes in the book – it's so incredibly delicious and I have to admit that I often get cravings for it! It is super quick and easy to make while the quinoa is cooking you can get started on making the mountains of fresh guacamole, creamy cashew cheese, tomato salsa and garlicky black beans. You will love the amazing mix of intense flavours!

Serves 4

For the cashew cream
2 mugs cashew nuts (400g)
juice of 1 lemon
1 tablespoon tamari
salt and pepper

For the quinoa
1 mug quinoa (260g)
juice of 1 lemon
salt and pepper

For the guacamole
4 avocados
6 tomatoes, chopped into tiny pieces
1 jalapeño pepper, deseeded and chopped into tiny pieces handful of fresh coriander, finely chopped
juice of 3 limes
salt and pepper

For the salsa
3 tomatoes
juice of 1 lime
3 tablespoons olive oil
salt and pepper

For the black beans
2 x 400g tins black beans
3 cloves of garlic, peeled and crushed
olive oil
salt

For the cashew cream
Soak the cashews in a bowl of cold water for 4 hours.

Drain the water that the cashew nuts have been soaking in. Blend the nuts in a food processor with

the juice of the lemon, tamari, ½ mug (150ml) fresh water, salt and pepper, until smooth and creamy. This may take a couple of minutes.

For the quinoa
Place the quinoa in a sieve and rinse with cold water until the water that comes through is totally clear.

Place the quinoa in a saucepan with 2 mugs (600ml) boiling water and a little salt, pepper and lemon juice.

Let the quinoa boil for a minute or two, then simmer for another 10–15 minutes, covered, until all the water has been evaporated and the quinoa is fluffy.

For the guacamole
Cut the avocados in half and scoop out their flesh, placing it into a bowl. Use a fork to mash the avocados. Stir the tomato, jalapeño pepper and the coriander into the mashed avocado with the lime juice, salt and pepper.

For the salsa
Slice the tomatoes into quarters, then finely chop these into small squares. Place the tomatoes in a bowl, pour over the lime juice and olive oil and add a little salt and pepper.

For the black beans
Drain the black beans, then pour them into a large saucepan. Add the garlic to the pan, along with a drizzle of olive oil and some salt. Heat through for a few minutes.

To serve, place the quinoa in the middle of the bowl, then add the cashew cream, black beans, salsa and guacamole around the quinoa.

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Coconut Thai Curry with Chickpeas

This Coconut Thai Curry was the first recipe I did for this book and it's still one of my favourites! The coconut milk makes it wonderfully creamy, while the ginger, chilli flakes, coriander and miso add a fantastic array of different flavours. The chickpeas make it really hearty too, so it's amazingly filling. I love it served with brown rice, but it's delicious with buckwheat too or brown rice pasta. It keeps really well, so you can make extra portions of it to store in the fridge to fuel you through the week.

Serves 4

2 x 400ml tins coconut milk
2 x 400g tins tomatoes
2-3cm piece of fresh ginger, peeled and grated
1-2 teaspoons chilli flakes
1 large butternut squash (1kg)
2 medium aubergines (600g)
handful of fresh coriander, finely chopped
1 x 400g tin chickpeas, drained
3 teaspoons brown miso paste brown rice, to serve
salt and pepper

Preheat the oven to 200°C (fan 180°C).

Put the coconut milk, tinned tomatoes, grated ginger and chilli into a large saucepan with a sprinkling of salt and pepper and allow it to heat until boiling.

As it heats up, peel the squash and cut both the squash and the aubergines into bite-sized pieces. Add these to the coconut and tomato in the pan.

Allow the mixture to cook for about 30 minutes in the oven, at which point add the coriander and chickpeas to the pan with the miso and place the pan back in the oven for 30 minutes. It's ready when the squash is soft.

Serve the coconut curry with the brown rice. Store any leftovers in an airtight container in the fridge or freezer.

Top tip

If you don't like chickpeas, you can leave these out. You can also substitute any of the veggies for other ones you have in the house; cauliflower, courgettes and sweet potatoes are all delicious.

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