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Opening Extract from...

The Food Hospital

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GRANOLA BARS

Makes 15 bars

Preparation time: 15 minutes

Cooking time: 40 minutes

- 1. Preheat the oven to 180°C/160°C fan/gas 4. Line a 29cm x 21cm baking tin with baking parchment.
- 2. Tip all of the nuts, seeds and oats onto a large baking sheet and toast in the oven for 15 to 20 minutes or until golden. Leave to cool a little. Pulse a few times in a food processor or chop roughly. Pulse all of the dried fruit or again roughly chop and mix with the nut mix.
- 3. Melt the butter in a saucepan with the honey and sugar over a medium heat. Pour over the fruit and nut mix and stir to combine, spoon the mixture into the prepared baking tin, push down well with the back of a metal spoon and bake for 15 to 20 minutes or until golden. Mark into 15 pieces but leave to cool completely before removing from the tin and cutting into bars.

You could use any combination of nuts, seeds and fruit – mix it up with your favourites.

Ingredients

- 100g almonds
- 100g cashew nuts
- 100g blanched hazelnuts
- 50g pumpkin seeds
- 50g sunflower seeds
- 1 tablespoon milled linseed/flaxseed
- 1 tablespoon shelled hemp
- 150g rolled oats
- 175g dried figs
- 175g dried dates
- 150g raisins
- 175g butter
- 75g runny honey or agave syrup
- 125g light brown sugar



Per serving: 340 kcals	7g protein	20g fat	4.5g saturated fat	36g carbs	28g sugar	4.5g fibre	0.13g salt
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BERRY SUPER SMOOTHIE

Serves 2
Preparation time: 5 minutes

The trick is to start with the fruit and add the spinach to taste – not allow it to taste of spinach!

- 1. Tip the fruit into a jug blender and add a splash of the milk, then blend until smooth. Gradually add the remaining milk.
- 2. Add half of the spinach and blend, have a taste and, if liked, gradually add the remaining spinach – you shouldn't be able to taste the spinach! Depending on the sweetness of the fruit you may need to add a little honey to taste. Serve immediately.

Ingredients
1 banana, peeled
150g fresh or frozen blueberries
100g fresh or frozen raspberries
400ml skimmed or semi skimmed milk
50g baby or young leaf spinach
1 tsp honey, optional

Per serving: 161 kcals	9.5g protein	1.1g fat	0.5g saturated fat	30g carbs	27g sugar	6g fibre	0.3g salt
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MEDITERRANEAN SPAGHETTI

Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

1.

Cook the spaghetti as per pack instructions.
2.

While the spaghetti is cooking, heat the oil in a large saucepan over a medium heat, add the garlic and spring onions and quickly fry for 1 to 2 minutes. Pour the tomatoes into the pan and bring up to a gentle simmer.
3.

Add the capers, anchovies and soya beans to the pan and simmer for 2 minutes. Season with plenty of freshly ground black pepper. You shouldn't need any salt, as the capers and anchovies add enough salt to the dish.
4.

Drain the spaghetti, reserving approximately 3 to 4 tablespoons of the pasta water to add to the sauce along with the peppers, herbs and a squeeze of lemon. Add the sauce to the spaghetti and toss well to combine. Serve immediately in warmed bowls.

Ingredients

- 400g wholewheat spaghetti
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 6 spring onions, thinly sliced
- 400g tin cherry tomatoes
- 25g capers, rinsed
- 3 x 50g tins of good quality anchovies, drained and roughly chopped
- 100g frozen, podded soya beans
- Freshly ground black pepper
- 6 pimento peppers, finely sliced
- 20g bunch flat leaf parsley, leaves roughly chopped
- 20g bunch basil, leaves torn
- Squeeze of lemon



Per serving: 490 kcals	29g protein	11g fat	1.5g saturated fat	73g carbs	7g sugar	13g fibre	5g salt
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WHOLEGRAIN KEDGEREE

Serves 4
Preparation time: 15 minutes
Cooking time: 30 minutes

1.

Pour the oil into a large heavy based frying pan, add the spring onions and curry powder and fry over a medium heat for 2 to 3 minutes. Add the mushrooms and continue to fry for a further minute before adding the rice. Coat the rice well in the curry mixture, pour the hot stock over the rice, stir, then cover with a tight fitting lid and cook over a gentle heat for 30 minutes or until the rice is just cooked.
2.

Remove the lid and stir in the fish, peas, tomatoes, parsley and lemon juice, heat though for 2 to 3 minutes, then season to taste with freshly ground black pepper.
3.

Serve in warmed bowls topped with the egg quarters sprinkled with a pinch of cayenne and scatter the chopped nuts over the top. Serve with a lemon wedge.

Ingredients

- 1 tablespoon rapeseed or vegetable oil
- 8 spring onions, finely sliced
- 1 tablespoon medium curry powder
- 75g mushrooms, sliced
- 300g brown basmati rice
- 600ml reduced-sodium chicken or vegetable stock, simmering
- 250g smoked mackerel or kipper fillets, skinned
- 100g frozen peas
- 8 cherry tomatoes, halved
- 3 tablespoons chopped fresh parsley
- 2 teaspoons lemon juice
- Freshly ground black pepper
- 4 medium eggs, hard boiled, peeled and quartered
- Pinch cayenne pepper
- 3 Brazil nuts, chopped
- 6 almonds, chopped

Per serving: 735 kcals	33g protein	39g fat	8g saturated fat	68g carbs	4g sugar	6g fibre	1.6g salt
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