



Raw beet salad with honey vinaigrette, hazelnuts and feta cheese

serves 4

4 beets, yellow and chioggia beets look fantastic together
fresh oregano
a handful pan toasted hazelnuts, roughly chopped
50 g feta cheese, crumbled
sea salt and black pepper

Honey vinaigrette

2 tbsp white balsamic vinegar
1 tbsp honey
5 tbsp extra virgin olive oil
1 small garlic clove, grated
pinch of sea salt
freshly ground black pepper

- 1) In a small bowl whisk together vinegar and honey for the vinaigrette. Add olive oil and whisk until combined. Add grated garlic, salt and pepper and set aside until ready to use.
- 2) Rinse and scrub the beets thoroughly. Thinly slice them (preferably with a mandolin) and arrange them on individual plates. Top with the vinaigrette, feta cheese, hazelnuts and oregano. Sprinkle with a little sea salt and some ground pepper to finish it off.

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Creamy carrot and orange soup with spicy chickpeas and sautéed tuscan kale

serves 4 as a main or 8 as a starter

8 medium sized carrots
1/2 medium sized fennel bulb
3 tomatoes, halved
2 yellow onions
3 garlic cloves
a handful of fresh thyme
1/2 tsp sea salt
freshly ground black pepper
2 tbsp olive oil
1/2 orange, juice from

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3-4 cups vegetable stock
1/2 orange, juice from
1/4 cup creamy coconut milk or any "cream" of your choice
sea salt + freshly ground black pepper to taste

- 1) Preheat the oven to 200° C (400° F). Rinse, peel and then chop all the vegetables and onions roughly. Arrange them on baking paper on a baking tray with fresh thyme and sprinkle with olive oil, salt, pepper and fresh orange juice. Roast in the oven for 25 minutes in order to release as much flavor as possible.
- 2) In a large pot heat the vegetable stock and then add the roasted veg straight from the oven. Bring to a boil, cover the pot and simmer for 10 minutes. Add the orange juice and cream and simmer for 5 more minutes.
- 3) Puree the soup in a blender and add salt and pepper to taste. Serve topped with the spicy chickpeas and sautéed kale.



Spicy chickpeas

1 can (400g) cooked chickpeas, well drained
1 tbsp olive oil
a pinch of sea salt
1/4 tsp paprika powder
cayenne pepper according to taste

1) Heat the olive oil in a skillet and add the chickpeas. Toss them in the oil on medium high heat for 1-2 minutes. Add salt and spices and toss until well covered. Set aside until ready to use.

Sautéed Tuscan kale

8-10 kale leaves (I used Tuscan kale but any variety will do)
1-2 tbsp olive oil or coconut oil
pinch of sea salt + freshly ground black pepper

1) Remove and discard any tough stems from the kale and finely shred the remaining leaves.
2) In a skillet heat the olive oil and add the kale. Sauté for 1-2 minutes on medium high heat until slightly wilted - stir occasionally. Add salt and black pepper to taste and remove from the heat.

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Baked apples with vanilla and cardamom scented almond stuffing

stuffing enough for 8-10 apples

8 small tart eating apples (e.g. Cox Orange)
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2/3 cup almonds (100g)
1/2 cup (100 g) dates (about 6 medjool or 12 regular), pitted
1/2 tsp sea salt
1/2 tsp ground vanilla
1/2 tsp ground cardamom
2 tbsp almond butter
2 tbsp extra virgin coconut oil
coconut sugar and/or agave syrup to sprinkle

1) Preheat the oven to 175° C (350° F). Cut the tops of the apples and remove the cores with a corer or knife.
2) Make the stuffing by putting all ingredients in a food processor and whiz until well blended. Use this mixture to stuff the holes left in the apples by their cores.
3) Place on a baking tray and sprinkle with a pinch of coconut sugar and/or a little agave syrup. Bake for 25-30 minutes. When the apples are soft to the touch, they are ready. Serve lukewarm with whipped cream.