



Summer Healthy Food (IV)

RECIPE CARDS

20



CELEBRATING 20 YEARS

Starters



*Start your meal with light, nutrient-rich dishes that
awaken the palate and prime the body.*



Chilled Green Grape & Cucumber Soup

Starter



4 servings



15 minutes (plus 30 minutes chilling)

INGREDIENTS

2 cups seedless green grapes
1 medium cucumber, peeled and chopped
1/4 cup blanched almonds
2 tablespoons extra virgin olive oil
Juice of 1/2 lemon
1 garlic clove, minced
1/4 teaspoon sea salt
Fresh dill or mint leaves for garnish

This soup is incredibly hydrating and cooling—perfect for summer and gentle on digestion. Grapes bring polyphenols and resveratrol, compounds shown to support cardiovascular health and potentially help slow cancer cell growth. Almonds contribute plant-based protein, vitamin E, and healthy fats to support energy and skin integrity. Olive oil and cucumber further boost hydration and add anti-inflammatory compounds.

DIRECTIONS

1. Begin by rinsing the grapes and cucumber well, then chop the cucumber into rough chunks.
2. In a blender, add the grapes, cucumber, almonds, olive oil, lemon juice, minced garlic, and salt.
3. Blend on high until the mixture is smooth and creamy.
4. Taste and adjust the seasoning, adding a splash more lemon if you prefer extra tang.
5. Transfer the soup into a glass container and refrigerate for at least 30 minutes so the flavours meld and the soup chills completely.
6. When ready to serve, pour into small bowls and garnish each with a sprig of fresh dill or mint.





Heirloom Tomato Carpaccio with Olive Tapenade

Starter



4 servings



20 minutes

INGREDIENTS

- 3 large heirloom tomatoes, sliced thinly
- 1/4 cup black olives, pitted
- 1 tablespoon capers
- 1 small garlic clove
- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon zest
- Fresh basil leaves for garnish
- A pinch of cracked black pepper

Tomatoes are rich in lycopene, a carotenoid antioxidant that becomes more bioavailable with healthy fats, such as olive oil. Lycopene has been linked to reduced oxidative stress and improved immune function. Olives and capers provide healthy fats and polyphenols that further protect cells from inflammation. This dish is light, colourful, and antioxidant-packed—an elegant way to begin a meal.

DIRECTIONS

1. Slice the heirloom tomatoes as thinly as possible and lay them in overlapping circles on a flat serving platter.
2. To prepare the tapenade, add olives, capers, garlic, olive oil, and lemon zest into a food processor.
3. Pulse until the mixture becomes a coarse paste.
4. Carefully spoon small dollops of the tapenade over the tomato slices.
5. Drizzle lightly with any remaining olive oil, sprinkle cracked pepper, and garnish with fresh basil leaves.
6. Serve immediately, allowing the natural sweetness of the tomatoes to shine against the briny tapenade.





Chilled Avocado & Pea Purée with Mint Oil

Starter



4 servings



20 minutes

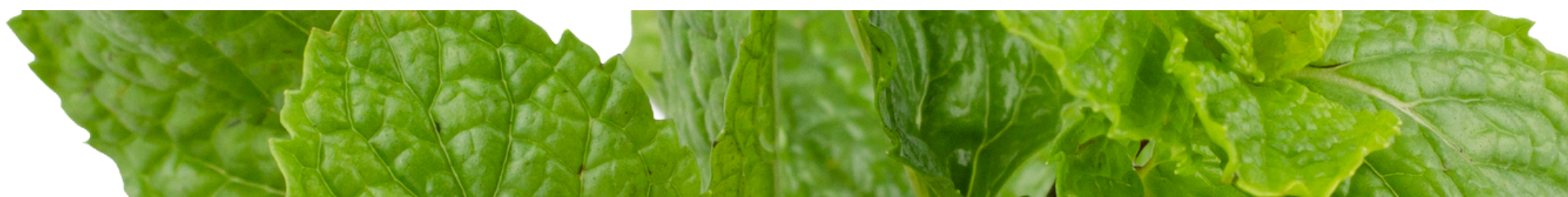
INGREDIENTS

- 1 ripe avocado
- 1 1/2 cups cooked green peas (or thawed frozen peas)
- Juice of 1 lime
- 1 small garlic clove
- 1 tablespoon tahini
- 1/4 teaspoon sea salt
- 3 tablespoons olive oil
- 6–8 fresh mint leaves

Avocados offer healthy monounsaturated fats that support cell membranes and nutrient absorption, while peas provide plant-based protein and a steady source of energy from complex carbohydrates. Tahini (made from sesame seeds) is rich in calcium and magnesium, vital for bone and nerve function. Mint supports digestion and can ease nausea, making this dish refreshing and functional.

DIRECTIONS

1. First, prepare the mint oil by blending two tablespoons of olive oil with the mint leaves until smooth; set aside.
2. In a food processor, combine the avocado, peas, lime juice, garlic, tahini, one tablespoon of olive oil, and salt.
3. Process until the mixture becomes velvety and smooth, scraping down the sides as necessary.
4. Spoon the purée into small serving bowls or glasses, then drizzle the top with mint oil for a striking presentation.
5. Chill for 15 minutes before serving to intensify the flavours.





Grilled Zucchini Rolls with Lemon Cashew Cream

Starter



4 servings



20 minutes (+ optional time
for making flax crackers)

INGREDIENTS

2 medium zucchinis, sliced lengthwise into
thin ribbons
1 tablespoon olive oil
Sea salt, for sprinkling

For the cashew cream

1/2 cup raw cashews, soaked in water for 2
hours and drained
Juice of 1 lemon
1 tablespoon nutritional yeast
1/4 teaspoon garlic powder
3 tablespoons water (more if needed)

*Zucchini is light, hydrating, and easy on
digestion, providing vitamin C and
potassium. Cashews add protein, healthy
fats, and zinc, which is important for
immune health and wound healing.
Nutritional yeast brings a cheesy flavour
along with B-vitamins, often depleted
during cancer treatment. This dish is both
visually appealing and nutritionally dense.*

DIRECTIONS

1. Preheat a grill pan over medium heat.
2. Lightly brush the zucchini ribbons with olive oil and
sprinkle with a pinch of salt.
3. Grill for 2–3 minutes on each side until soft and marked
with grill lines.
4. For the cashew cream, blend the soaked cashews with
lemon juice, nutritional yeast, garlic powder, and water
until smooth and creamy.
5. Adjust thickness by adding more water if necessary.
6. To assemble, place a small dollop of cashew cream on
one end of a zucchini ribbon, roll it up gently, and place
seam-side down on a platter.
7. Serve warm or at room temperature.



Sweetcorn, Lime & Coriander Salad Cups

Starter



4 servings



15 minutes

INGREDIENTS

2 fresh corn cobs (or 1 1/2 cups
cooked kernels)
Juice of 1 lime
2 tablespoons finely chopped
coriander (cilantro)
1 tablespoon finely chopped red
onion
1 teaspoon olive oil
Sea salt and black pepper, to taste
8 baby gem lettuce leaves, washed
and separated

*Sweetcorn provides fibre and B-vitamins,
supporting gut health and energy
production. Lime brightens with vitamin C,
while coriander offers detoxifying properties
and plant compounds shown to reduce
oxidative stress. Using lettuce cups instead
of bread or wraps keeps the dish light,
hydrating, and easy to digest.*

DIRECTIONS

1. If using fresh corn cobs, steam or boil them for 5 minutes, then cool slightly and slice off the kernels.
2. Place the kernels in a bowl with lime juice, coriander, red onion, olive oil, and a sprinkle of salt and pepper.
3. Toss gently to combine.
4. Spoon the salad into crisp baby gem leaves to form little cups.
5. Arrange on a plate and serve immediately as a refreshing hand-held starter.





Main Courses

*Hearty dishes with balanced nutrition to support
strength and well-being.*



Mediterranean Stuffed Eggplants

Main Course



4 servings



20 minutes prep +
30 minutes baking

INGREDIENTS

2 medium eggplants, halved
lengthwise
1 cup cooked quinoa (or brown rice)
1 cup cherry tomatoes, quartered
1/2 cup red bell pepper, finely diced
1/4 cup red onion, finely diced
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh mint
2 tablespoons extra virgin olive oil
2 tablespoons pine nuts, lightly toasted
Juice of 1/2 lemon
Sea salt and cracked pepper to taste

Eggplant contains nasunin, a powerful antioxidant in the skin that protects cell membranes. Quinoa offers complete plant protein, while parsley and mint provide chlorophyll and digestive support. Pine nuts bring magnesium and healthy fats. This dish balances protein, fibre, and phytonutrients in one vibrant, easy-to-digest meal.

DIRECTIONS

1. Preheat your oven to 190°C (375°F). Line a baking tray with parchment paper.
2. Cut the eggplants in half lengthwise. With a small knife, score the flesh in a criss-cross pattern (being careful not to pierce the skin). Scoop out some of the inner flesh to create a hollow “boat,” leaving about 1 cm of flesh all around. Chop the scooped flesh finely and set aside.
3. Brush the hollowed eggplant halves with a little olive oil, place them cut-side up on the baking tray, and roast for 20 minutes until softened.
4. While the eggplants are baking, heat 1 tablespoon of olive oil in a pan over medium heat. Add the onion and bell pepper, sautéing until softened (about 5 minutes). Stir in the chopped eggplant flesh and cook another 5 minutes until tender.
5. In a bowl, combine the cooked quinoa, sautéed vegetables, cherry tomatoes, parsley, mint, lemon juice, pine nuts, and a pinch of salt and pepper. Mix gently to combine.
6. Remove the eggplants from the oven. Spoon the quinoa mixture evenly into each eggplant shell, pressing lightly so it holds its shape.
7. Return to the oven for another 10 minutes, just to heat everything through. Serve warm, garnished with extra parsley or pine nuts.



Lentil & Vegetable Summer Stew

Main Course



4–5 servings



15 minutes prep +
35 minutes cooking

INGREDIENTS

- 1 cup dry green or brown lentils, rinsed
- 1 medium zucchini, diced
- 1 carrot, diced
- 1 red bell pepper, chopped
- 1 small fennel bulb, thinly sliced
- 1 cup chopped fresh tomatoes (or canned unsalted tomatoes)
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 tablespoon olive oil
- 4 cups vegetable broth (unsalted)
- Sea salt and pepper to taste
- Fresh parsley for garnish

Lentils are a powerhouse of plant protein, iron, and folate—key nutrients for energy and blood health. The rainbow of vegetables adds antioxidants like beta-carotene and vitamin C.

Fennel helps reduce bloating and supports digestion, while cumin and paprika add anti-inflammatory compounds. This stew is hearty yet light enough for summer evenings.

DIRECTIONS

1. Rinse lentils under cold water until the water runs clear; set aside.
2. Heat olive oil in a large pot over medium heat.
3. Add onion and garlic, stirring for 2–3 minutes until fragrant and softened.
4. Add carrots, zucchini, bell pepper, and fennel.
5. Cook for about 5–6 minutes, stirring often, until vegetables begin to soften.
6. Sprinkle in cumin and smoked paprika, stirring for 30 seconds to “toast” the spices and release their aromas.
7. Add the lentils, fresh tomatoes, and broth.
8. Stir well, bring to a gentle boil, then reduce to low heat and simmer uncovered for 30 minutes, stirring occasionally.
9. Check for tenderness: lentils should be soft but hold their shape.
10. Add more broth if the stew becomes too thick.
11. Season with salt and pepper to taste, then ladle into bowls.
12. Garnish with fresh parsley before serving.



Grilled Salmon with Dill Yoghurt Sauce

Main Course



4 servings



15 minutes prep +
12 minutes cooking

INGREDIENTS

4 salmon fillets (about 120 g each), skin on
1 tablespoon olive oil
Juice of 1/2 lemon
Sea salt and cracked pepper

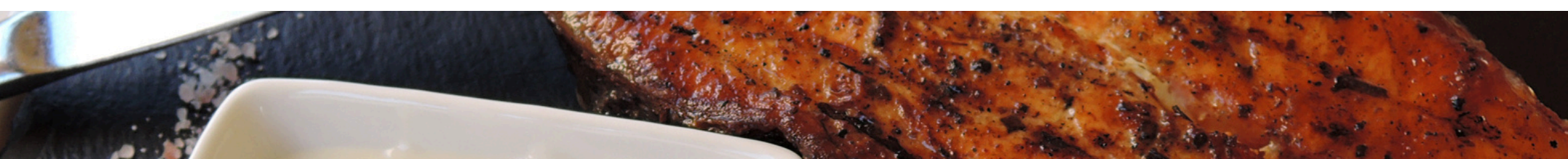
For the dill yoghurt sauce

1 cup plain unsweetened Greek yoghurt (or
coconut yoghurt for dairy-free)
2 tablespoons fresh dill, finely chopped
1 tablespoon lemon juice
1 teaspoon Dijon mustard
1 garlic clove, very finely minced

*Salmon is rich in omega-3 fatty acids,
which reduce inflammation and
support brain, heart, and immune
health. Greek yogurt provides
probiotics and protein, while dill and
garlic add compounds that aid
digestion and immunity. This dish
delivers nourishing fats and proteins
in a light, summery format.*

DIRECTIONS

1. Preheat a grill pan or outdoor grill to medium-high heat.
2. Brush lightly with olive oil.
3. Pat salmon fillets dry with a paper towel.
4. Rub each with olive oil, lemon juice, salt, and pepper.
5. Place salmon skin-side down on the hot grill.
6. Cook undisturbed for 6 minutes.
7. Carefully flip with a thin spatula and cook another 5–6 minutes, until the fish flakes easily with a fork.
8. While the salmon cooks, prepare the sauce: in a small bowl, combine yoghurt, dill, lemon juice, Dijon mustard, and garlic. Mix until smooth and creamy.
9. Serve salmon immediately, topped with a spoonful of dill yoghurt sauce and a squeeze of extra lemon if desired.





Rainbow Vegetable & Tofu Stir-Fry with Ginger Sauce

Main Course



4 servings



20 minutes

INGREDIENTS

- 300 g firm tofu, pressed and cubed
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 small broccoli head, cut into florets
- 1 small zucchini, sliced into half-moons
- 1 carrot, cut into matchsticks
- 2 tablespoons sesame oil (or olive oil)
- 2 tablespoons low-sodium tamari (or soy sauce)
- 1 tablespoon fresh ginger, grated
- 1 garlic clove, minced
- 1 tablespoon rice vinegar
- 1 teaspoon maple syrup
- 1 teaspoon sesame seeds for garnish

Tofu provides plant-based protein and phytoestrogens, which may support hormone balance. Brightly coloured vegetables offer a spectrum of antioxidants (beta-carotene, vitamin C, sulforaphane).

Ginger aids digestion, reduces nausea, and has anti-inflammatory effects, making this dish both energising and healing.

DIRECTIONS

1. Press tofu by wrapping it in a clean towel and placing something heavy on top for 10 minutes to remove excess water.
2. Then cut into 2-cm cubes.
3. Heat 1 tablespoon sesame oil in a large pan or wok over medium-high heat.
4. Add tofu cubes and cook until golden on all sides, about 8 minutes.
5. Remove and set aside.
6. In the same pan, add the remaining sesame oil. Toss in garlic and ginger, sautéing for 1 minute.
7. Add bell peppers, broccoli, zucchini, and carrots. Stir-fry for 5–7 minutes until vegetables are bright and crisp-tender.
8. Return tofu to the pan.
9. Stir in tamari, rice vinegar, and maple syrup.
10. Toss everything together until evenly coated and heated through.
11. Sprinkle with sesame seeds and serve hot over brown rice or quinoa if desired.





Stuffed Bell Peppers with Brown Rice & Herbs

Main Course



4 servings



25 minutes prep +
30 minutes baking

INGREDIENTS

- 4 large bell peppers (any colour), tops removed and seeds discarded
- 1 cup cooked brown rice
- 1 zucchini, finely diced
- 1 carrot, finely diced
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon cracked black pepper

Bell peppers are loaded with vitamin C and antioxidants that protect cells and support immune resilience. Brown rice provides fibre and slow-release energy, while herbs like basil and parsley add anti-inflammatory compounds and digestive support. This dish is colourful, grounding, and satisfying without being heavy.

DIRECTIONS

1. Preheat oven to 180°C (350°F). Lightly oil a baking dish.
2. Prepare the peppers by cutting off the tops and removing the seeds and membranes inside. Place them upright in the baking dish.
3. In a skillet, heat olive oil over medium heat.
4. Add zucchini and carrot, cooking for 5 minutes until softened.
5. Stir in cherry tomatoes and cook another 2 minutes.
6. Transfer vegetables to a bowl and combine with cooked brown rice, basil, parsley, salt, and pepper. Mix well.
7. Spoon the rice mixture evenly into each bell pepper, pressing lightly to pack the filling.
8. Replace pepper tops if desired.
9. Cover the dish with foil and bake for 25–30 minutes, until peppers are tender but still hold their shape.
10. Remove foil for the last 5 minutes to allow slight browning.
11. Serve warm with an extra drizzle of olive oil and a few fresh basil leaves



Snacks & Smoothies

A photograph of four smoothies in glasses with blue rims, a bowl of granola, and fresh fruit on a tray. The smoothies are in glasses with blue rims. The first smoothie on the left is light orange. The second is a vibrant pink. The third is a bright green. The fourth is a deep red. In the center is a small white bowl filled with golden-brown granola. In the foreground, there is a whole red apple, a cluster of blackberries, and a cluster of raspberries. The entire arrangement is on a dark blue tray with a light-colored rim. The background is a blurred green, suggesting an outdoor setting.

Quick, cooling, and packed with nutrients to support hydration, energy, and wellbeing.



Mango Coconut Chia Parfait

Snacks & Smoothies



2 servings



15 minutes (plus 3 hours chilling)

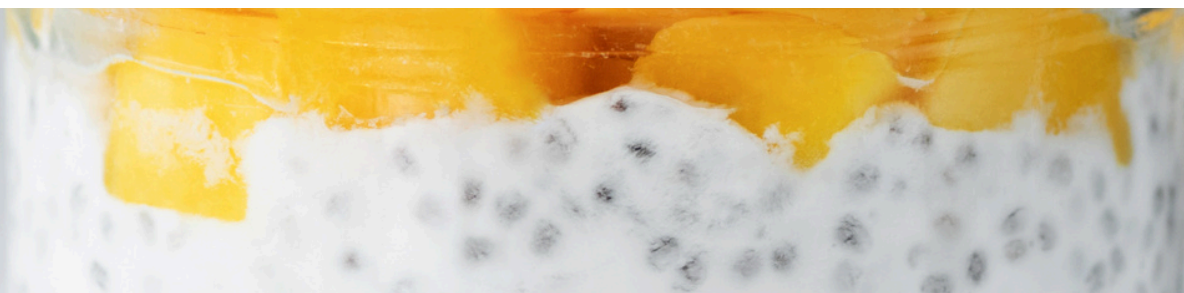
INGREDIENTS

- 1 cup unsweetened coconut milk
- 3 tablespoons chia seeds
- 1 teaspoon maple syrup (optional)
- 1 ripe mango, peeled and diced
- 2 tablespoons shredded coconut (unsweetened), lightly toasted

Chia seeds provide omega-3 fatty acids and fibre to support digestion and heart health. Mango adds beta-carotene and vitamin C, boosting immunity and skin protection. Coconut milk gives healthy fats that enhance nutrient absorption, making this a balanced and tropical treat.

DIRECTIONS

1. In a medium bowl, whisk together coconut milk, chia seeds, and maple syrup.
2. Stir well to ensure no clumps form.
3. Cover and refrigerate for at least 3 hours (or overnight), stirring once after 20 minutes to prevent seeds from sinking.
4. Once set, the mixture should be thick and pudding-like.
5. To assemble parfaits: spoon half of the chia pudding into glasses or jars, add a layer of diced mango, then top with remaining chia pudding.
6. Sprinkle with toasted shredded coconut just before serving.





Raspberry Almond Smoothie

Snacks & Smoothies



2 servings



5 minutes

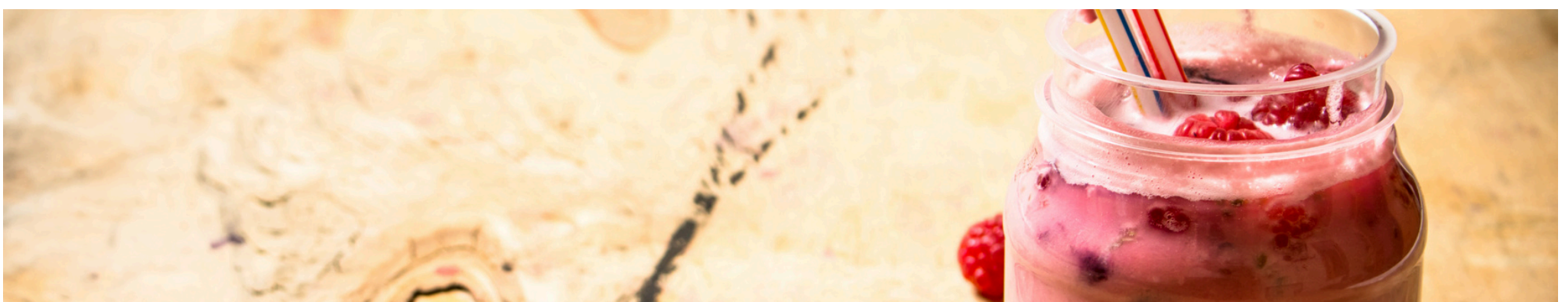
INGREDIENTS

- 1 cup frozen raspberries
- 1 small banana (fresh or frozen)
- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1/2 teaspoon cinnamon
- 1 teaspoon flaxseeds (ground for better absorption)

Raspberries are high in ellagic acid, a plant compound studied for its cancer-fighting potential. Almond butter and flaxseeds provide protein and healthy fats that support satiety and hormone balance. Cinnamon helps regulate blood sugar and adds warmth to the flavour.

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend on high for 45–60 seconds until smooth and creamy.
3. Taste and adjust sweetness with a little maple syrup if desired.
4. Pour into chilled glasses and serve immediately.





Papaya & Ginger Cooler

Snacks & Smoothies



2 servings



10 minutes

INGREDIENTS

- 1 cup ripe papaya, peeled and cubed
- 1/2 cup orange juice (freshly squeezed if possible)
- 1/2 cup coconut water
- 1 teaspoon fresh ginger, grated
- Juice of 1/2 lime
- Ice cubes (optional)

Papaya contains papain, an enzyme that aids digestion, especially valuable during treatment. Orange juice and lime provide vitamin C to boost immunity. Ginger reduces nausea and inflammation, while coconut water restores electrolytes, keeping hydration levels steady.

DIRECTIONS

1. Add papaya cubes, orange juice, coconut water, grated ginger, and lime juice to a blender.
2. Blend on high until smooth and frothy.
3. Taste and adjust by adding more lime if you like extra tang.
4. Serve in tall glasses over ice cubes for a cooling effect.





Frozen Berry Yoghurt Bark

Snacks & Smoothies



6–8 pieces



10 minutes (plus 3 hours freezing)

INGREDIENTS

- 1 1/2 cups plain unsweetened Greek yoghurt (or coconut yoghurt for dairy-free)
- 2 tablespoons maple syrup or raw honey
- 1/2 teaspoon vanilla extract
- 1/2 cup mixed berries (blueberries, raspberries, sliced strawberries)
- 1 tablespoon pumpkin seeds or sunflower seeds

Greek yoghurt provides probiotics and protein for gut and immune health. Berries are packed with polyphenols and antioxidants, helping fight oxidative stress. Seeds add zinc and magnesium, essential for cellular repair and recovery. This bark is a cooling, crunchy alternative to ice cream.

DIRECTIONS

1. Line a baking sheet with parchment paper.
2. In a bowl, mix yoghurt with maple syrup and vanilla extract until smooth.
3. Spread the mixture evenly (about 1 cm thick) onto the baking sheet.
4. Scatter mixed berries and seeds over the yoghurt layer, pressing them in gently.
5. Place the sheet in the freezer for at least 3 hours until firm.
6. Break into irregular pieces before serving. Keep leftovers stored in a sealed container in the freezer.





Cantaloupe & Mint Sorbet

Snacks & Smoothies



4 servings



10 minutes (plus 2 hours freezing)

INGREDIENTS

- 4 cups cantaloupe, cubed and chilled
- 2 tablespoons lime juice
- 1 tablespoon maple syrup (optional, depending on fruit sweetness)
- 6 fresh mint leaves

Cantaloupe is rich in hydration, vitamin A, and antioxidants that protect eye and skin health. Mint cools digestion and freshens the palate. Lime adds a zesty vitamin C kick. This sorbet is light, refreshing, and gentle on the stomach—perfect for hot summer days.

DIRECTIONS

1. Spread cantaloupe cubes on a tray and freeze for 1–2 hours until solid.
2. Transfer frozen melon cubes to a blender or food processor.
3. Add lime juice, maple syrup, and mint leaves.
4. Blend on high until smooth and creamy, stopping to scrape down sides as needed.
5. Serve immediately for a soft-serve texture, or freeze for another 1–2 hours for a firmer scoopable sorbet.

