

detox kitchen.

2021 CALENDAR





2021

January

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

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22	23	24	25	26	27	28

March

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22	23	24	25	26	27	28
29	30	31				

April

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May

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24	25	26	27	28	29	30
31						

June

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28	29	30				

July

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26	27	28	29	30	31	

August

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23	24	25	26	27	28	29
30	31					

September

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

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				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

M	T	W	T	F	S	S
		1	2	3	4	5
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20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY

MUSHROOM & GINGER BROTH

We find broths one of the most cleansing and delicious dinners going, perfect for this time of year. The strong ginger flavoured broth seasoned with tamari sauce and lime give a deep aromatic flavour that works well with the fresh, crunchy veg.

FEEDS 2

METHOD

INGREDIENTS

- 2 spring onions, sliced
- 1 thumb sized piece of ginger, peeled and cut julienne
- 800ml vegetable stock
- 1 tsp sesame oil
- 150g assorted mushrooms, roughly chopped
- 2 tbsp tamari
- Juice of 2 limes
- 1 carrot, peeled and cut julienne
- 1 courgette, thinly sliced
- 100g white cabbage, thinly sliced
- 100g baby gem lettuce, thinly sliced
- 1 tsp sesame seeds
- 1/2 tsp flaked chilli
- Handful coriander leaves

1. Place the spring onions and ginger and stock in a large saucepan. Simmer together for 20 minutes.
2. Meanwhile heat the sesame oil in a frying pan and sauté the mushrooms until cooked. Add them to the stock and simmer the stock with the mushrooms for a further 10 minutes.
3. Turn the heat off and season the stock with the tamari sauce and lime juice.
4. Prepare all of the vegetables and place them raw into a serving bowl. Pour over the hot stock and sprinkle with sesame seeds, flaked chilli and coriander leaves.



MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

THE 80/20 RULE

The amount of 'diet' information we are bombarded with in January can feel overwhelming. So we've created the 80/20 wheel as a quick reference to our guiding principles at Detox Kitchen. We believe that if you eat well most of the time (80% for good measure), then the rest of the time you can enjoy those pleasures that perhaps err on the slightly less nutritious side, but with a good helping of satisfaction. We've also broken down the macronutrients to make it easier for you to see what a 'healthy' diet looks like.



FEBRUARY

BANANA BREAD W/ YOGURT & BERRIES



Blueberry banana bread topped with yogurt and fruit is a great way to get in 2 of you 5 a day. This is great at breakfast or as a snack or pudding - so ours never lasts beyond the day! It will keep in the fridge for 3 days in an airtight container.

INGREDIENTS

- 2 ripe bananas
- 50g Biona sunflower spread or butter
- 60ml Maple syrup
- 2 eggs
- 180g self-raising GF flour
- ½ tsp vanilla powder or a few drops of essence
- ½ tsp bicarbonate of soda
- Pinch Malden salt
- 200g blueberries

For the blackberry compote

- 100g blackberries
- 1 tsp maple syrup
- 30ml water

For the toppings

- 4 tbsp coconut yogurt
- 100g blueberries
- 1 tbsp bee pollen

METHOD

1. Pre-heat the oven to 180 degrees.
2. Mash the bananas in a large mixing bowl. Add in the butter and combine well with the bananas. Add in the honey and combine. Then whisk the eggs in a separate bowl and add them in. Fold through all the dry ingredients. Finally fold through half of the blueberries.
3. Tip the mixture into a lined loaf tin or distribute into 6 large muffin cases. Top with the remaining blueberries. Cook in the oven for 40 minutes or until cooked throughout. Leave to cool for 20 minutes or so before slicing.
4. While the bread is cooking make the compote. It's the same compote from the granola recipe.
5. Top with coconut yogurt, compote, blueberries and bee pollen.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
1	2	3	4	5	6	7

THE IMMUNITY WHEEL

Apparently Feb is peak flu season. We believe that food is medicine. The more fresh, whole ingredients we eat, the less likely we are to develop preventable illnesses. So fill up your plate with these nutrient powerhouses!

Our top tips are: 1) Eat as much fresh, raw veg (and some fruit) as you can, and consider supplementing with Vitamin C, Iodine, Zinc, Selenium and Vitamin D3 (head to our blog for a full guide). 2) Go easy on the sugar because infections thrive in a high-sugar environment. 3) Eat plenty of herbs and spices to support the immune system. Think echinacea as a tincture and ginger, thyme, turmeric, rosemary and raw garlic in food.”



MARCH

EGG FRIED RICE & QUINOA

FEEDS 2

INGREDIENTS

- 80g brown rice
- 80g quinoa
- ½ red pepper, roughly chopped
- ½ yellow pepper, roughly chopped
- ½ red onion, sliced
- 1 carrot, sliced into half moons
- 4 cloves of garlic
- Handful of kale, tough stalks removed and roughly chopped
- 3 free-range eggs
- A good glug of olive oil
- 2tbsp rapeseed oil
- 1 tbsp tamari soy sauce
- 20g sunflower seeds
- 20g pumpkin seeds
- A pinch of salt
- A pinch of pepper

METHOD

1. Preheat the oven to 180 degrees.
2. Place the rice in a saucepan with three times the amount of water and cook for 20-30 minutes until cooked. Rinse under cold water and leave to drain.
3. Put the quinoa in a separate pan and cover with three times the amount of water and cook for 7-12 minutes. Rinse under cold water and leave to drain.
4. Meanwhile place the chopped red and yellow peppers, carrots and red onion in a roasting tray along with the garlic. Drizzle with olive oil, season with salt and pepper and cook in the oven for 20 minutes. Add the kale to the roasting tray for the last 5 minutes, making sure to mix well so that it is coated in oil.
5. Whisk the eggs in a bowl then heat the rapeseed oil in a large frying pan. When hot, add the eggs and stir continuously with a wooden spoon to scramble. When the eggs are still wet in the pan, add the quinoa and rice.
6. Add the tamari, pumpkin seeds and sunflower seeds and cook for a further few minutes. Plate and serve.



MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 <i>Spring Equinox: Must be time for DK's Spring Equinox Programme!</i>	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

INGREDIENT SPOTLIGHT: RHUBARB

Rhubarb is one of our favourite fruits at Detox Kitchen (ok, yes, we know it is technically a vegetable, but it's definitely more like a fruit right?). The 'forced' variety is available in the UK roughly between Jan-April, with the field-grown variety then taking over until around July. We love using rhubarb in our puds, think crumble, galette and stewed down to a compote. Not only is it delicious, it's a source of fibre, vitamin C and calcium too.



APRIL

BEETROOT & PISTACHIO BROWNIES



The beetroot brownie is a timeless classic of ours. We have refined the recipe over the years to create this beautifully decadent sweet treat, packed full of antioxidants and other health benefits.

INGREDIENTS

- 5 medium beetroots, around 500g
- 100g date syrup
- 100ml olive oil
- 50ml oat milk
- 3 eggs
- 100g gf self-raising flour (I use doves)
- 100g cacao powder
- ½ tsp bicarbonate of soda
- 100g pistachios, chopped
- 1 heaped tablespoon coconut sugar
- Pinch malden salt

METHOD

1. Preheat your oven to 180 degrees and line a 23cm baking tray with greaseproof paper.
2. Place the beetroots on a baking tray and roast in the oven until completely soft throughout. Leave to cool and then place in the fridge to chill for at least two hours.

- I tend to do this the night before I am cooking them.
3. Place the chilled beets in a nutri bullet or food processor along with the date syrup, olive oil and oat milk. Blitz until completely smooth. Tip the mixture into a large mixing bowl.
4. Whisk the eggs in a separate bowl and then add them to the beetroot mixture.
5. Add the flour, bicarbonate of soda and cacao powder to the beetroot mixture and fold together gently.
6. Add in half of the chopped pistachios and fold through.
7. Tip the mixture into a lined baking tray, ideally 23cm square. The mixture should be around 2cm high. Sprinkle over the remaining pistachios, cover the surface with a dusting of coconut sugar and a pinch of Maldon Salt. Bake in the oven for 20 minutes. Then remove from the oven and leave to cool for at least 10 minutes before devouring!

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

BIODIVERSE SALAD WHEEL

The 'hungry gap' is the gardeners' name for the time in spring when there is little fresh produce to harvest. There is still plenty for us to eat though, and we encourage you to use this as a time to diversify what you eat and seek out some unsung heroes. This wheel is our failsafe formula for building a biodiverse salad.



MAY

ASPARAGUS & BROWN RICE SALAD

WITH ALMOND, GINGER AND TAMARI DRESSING



INGREDIENTS

- 120g brown rice
- 2 asparagus spears
- ½ courgette, grated or thinly sliced
- 100g white cabbage, thinly sliced
- 3 cos lettuce leaves, chopped
- 50g almonds, roughly chopped
- 100g pomegranate seeds or half a pomegranate
- 1 tbsp olive oil
- 1 slice dark rye bread, chopped into 1cm pieces
- Pinch malden salt
- Pinch cracked black pepper
- 1 tbsp black and white sesame seeds

For the dressing

- 1 tbsp sesame oil
- 2 tbsp tamari
- 2 tbsp water
- 1 tbsp honey
- 1 tbsp grated ginger
- 50g blanched almonds
- Juice and zest 1 lime
- Pinch cracked black pepper

METHOD

1. Rinse the brown rice in a sieve until the water runs clear. Place the rice in a pan with three times the amount of water and bring to the boil, then simmer for 15-20 minutes until the rice is cooked. Rinse under cold water and set aside.
2. Meanwhile prepare your vegetables. Remove the woody ends of the asparagus, usually about an inch from the bottom and discard them. Then chop the asparagus into 1 cm pieces and add them to a large mixing bowl along with the other raw chopped veg and almonds.
3. To remove your pomegranate seeds from the skin, slice the pomegranate in half and place seed side down in the palm of your hand. Place a bowl in the sink and hold the pomegranate over the bowl. Using a spoon bash the skin until all the seeds have fallen out. Discard the skin and add the seeds to the bowl.
4. Heat a little oil in a small frying pan and add the chopped rye bread tossing occasionally until dark golden on all sides. Then add these to the bowl along with the salt and pepper and toss everything together.
5. To make the dressing place all the ingredients into a food processor or nutribullet and blitz until smooth.
6. Tip the salad onto a large serving platter and pour over the dressing and sprinkle with the sesame seeds.

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

INGREDIENT SPOTLIGHT: ASPARAGUS

Hurrah, the mighty asparagus is in season. British asparagus is thick stemmed, superiorly flavoursome and something well worth waiting for. The season for British asparagus is short and traditionally runs from St. Georges day (23rd April) through to Summer Solstice on the 21st June, so make the most of it! Keep it simple when using British asparagus and let the veg do the talking.



JUNE

LENTIL, CARROT & COURGETTE SALAD

WITH LEMON DRESSING



INGREDIENTS

- 180g puy lentils
- 4 cos lettuce leaves, sliced
- 4 rainbow chard leaves, roughly chopped
- 2 heritage carrots, peeled and diced
- 1 yellow courgette, diced
- Juice 1 lemon
- 1 tbsp olive oil
- Malden Salt
- Cracked black pepper

For the dressing

- 1 tbsp rapeseed oil
- 3 tbsp water
- 60g cashew nuts
- Juice 1 lemon
- Zest 1 lemon
- 1 tbsp Maple syrup
- 1/2 tsp Malden salt

METHOD

1. Place the puy lentils in a pan with three times the amount of cold water and a good pinch of salt. Bring the water to the boil and then lower the heat and simmer for 20 minutes or so until the lentils are tender. Tip them into a sieve and rinse under cold water then tip them into a large mixing bowl.
2. Add the courgette, carrots, lettuce and chard into the mixing bowl and toss together with the lemon juice, oil, salt and pepper.
3. Make the dressing by placing all the ingredients into a food processor or nutri bullet and blend until smooth.
4. Place the salad on a large platter and pour over the dressing and add a few grinds of black pepper to serve.

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

INGREDIENT SPOTLIGHT: COURGETTE

The versatile courgette comes into season in June in the UK and runs through to October. Look for firm, heavy-feeling courgettes with unblemished bright and glossy skins. Courgettes are one of the easiest vegetables to grow, possible even in tiny London gardens, so if you fancy trying your hand at growing your own veg, they're a great place to start.



JULY

ZESTY TOMATOES ON RYE

One of the simplest most pleasurable dishes out there. The key with this dish is the quality of its components, always choose a good bread and plump, ripe tomatoes and you can't go too far wrong.

INGREDIENTS

- 4 slices dark rye bread
- 2 large heritage tomatoes, sliced
- 2 tbsp capers
- 1/2 red onion, finely sliced into rounds
- Zest of 1/2 a lemon
- High quality cold-pressed oil, we use Duchess Farms Rapeseed Oil

METHOD

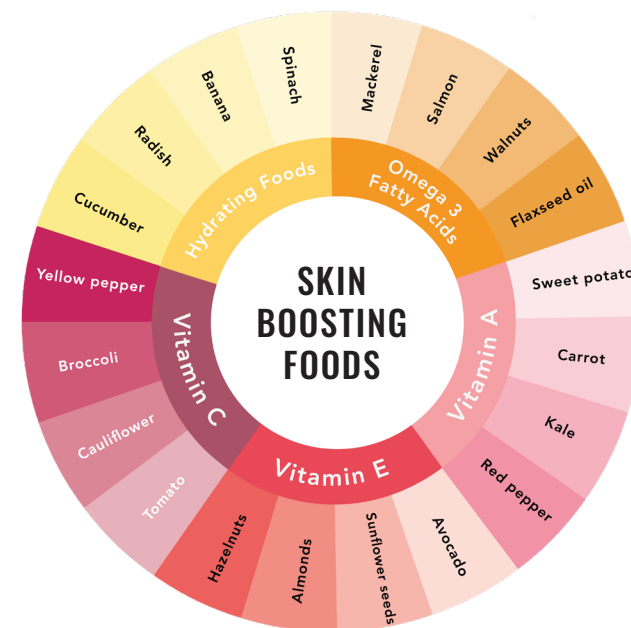
1. Toast your bread just how you like it.
2. Top with the tomatoes, capers, onion and lemon zest, then drizzle with a good glug of oil and season with salt and pepper.



MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

SKIN BOOSTING FOODS

Want to achieve glowing summer skin? One rule definitely doesn't fit all when it comes to our complexion. We find the best thing to do is simply try new things and see how they affect your skin. Start introducing more dark leafy vegetables into your diet, increase the amount of good fats and reduce the bad fats. Try to avoid processed food, high in trans and saturated fats. Reduce dairy for a few weeks and see how it makes you feel. Be conscious of the changes you make and register how they affect your skin. Fill up on Antioxidants, Omega 3, Vitamin E and Low GL foods and you will be well on your way. This wheel is a handy reference to have on hand to get that glow from within.



AUGUST

CORN ON THE COB W/ CASHEW CREAM



INGREDIENTS

- 2 x corn on the cob
- Handful coriander, chopped
- Tsp flaked chillis
- Handful cashew nuts, roughly chopped
- 1/2 tsp Malden salt

For the cashew cream

- 100g cashew nuts
- 50ml water
- 50ml rapeseed oil
- 1/2 tsp Malden salt
- Good pinch pepper

METHOD

1. Place the cob into a large pan of boiling water. Boil for 20 minutes until soft. Remove from the water and chop the cob in half then place them on a baking tray, drizzle in oil and grill, turning occasionally, until golden.
2. To make the cashew cream place all the ingredients in a small food processor or nitro bullet. Blitz until smooth.
3. Assemble the dish, place the cob on a serving platter, smother over the cashew cream then top with the coriander, chilli and salt.
4. Enjoy as a starter or as the perfect bbq accompaniment.

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

INGREDIENT SPOTLIGHT: CORN ON THE COB

If you've ever been corn picking, chances are that you will distinctly remember the striking sweetness of the freshly plucked corn. Fun fact: corn contains the antioxidant lutein, which is thought to help protect the eyes from damage caused by blue light.



SEPTEMBER

BLACK BEAN & RED CABBAGE STUFFED SWEET POTATOES



The stuffed sweet potato is one of those versatile recipes that means you can use up any leftovers in your fridge, and the great thing about this dressing is you use the flesh of the potatoes to create it.

SERVES 2

INGREDIENTS

- 2 large sweet potatoes or 4 small, cut in half lengthways
- 1 tbsp olive oil
- Pinch Malden salt
- Pinch Pepper
- 300g black beans or any bean you choose
- 100g red cabbage, finely chopped
- 5 radishes, sliced
- 2 spring onions, finely sliced

For the dressing

- The scooped out sweet potato flesh
- 2 tbsp yogurt (oatly do a good dairy free option)
- 1 tbsp olive oil
- 2 tbsp water
- Juice and zest 1 lemon
- ½ tsp smoked paprika
- ½ tsp Malden salt
- Few grinds black pepper

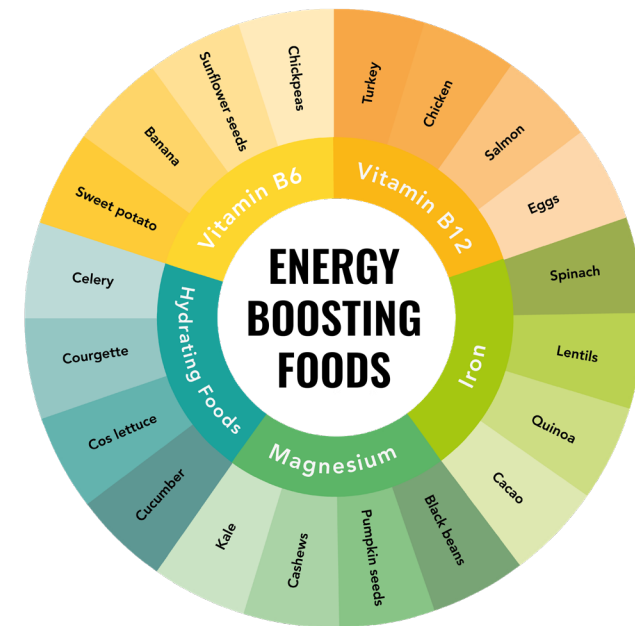
METHOD

1. Line a baking tray with greaseproof paper and preheat your oven to 180 degrees. Place the sweet potatoes on the baking tray, drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 30-45 minutes or until the flesh is completely soft.
2. Once cooked, scoop out half of the potato and place it in a bowl to use for the dressing.
3. To make the dressing, place the scooped out potatoes into a food processor along with the yogurt, olive oil, water, lemon juice and zest, smoked paprika, salt and pepper and blitz until smooth and creamy.
4. To assemble the dish top the potato shells with black beans, red cabbage, radishes and spring onions. Then pour over the dressing and season with salt and pepper.

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

ENERGY BOOSTING FOODS

It's back to school month - aka peak productivity needed! A good diet nourishes the body and supplies it with the essential nutrients required to function properly whilst also optimising energy levels. Try choosing well balanced meals made up of lean proteins, complex carbs (brown rice, rye bread, quinoa), healthy fats (nuts, seeds, avocado) and plenty of vegetables (more colourful the better). This combination of protein, fibre and fat is a great way to keep energy levels up between meals and ward off snack cravings. You also want to include plenty of vitamin and mineral-rich foods in your diet, as outlined in this wheel.



OCTOBER

PUMPKIN GNOCCHI



Looking for a savoury pumpkin recipe that you'll want to eat way beyond halloween? You've found it in this moreish Pumpkin Gnocchi, Peas and Parmesan. We've used a small winter squash, that looks like a pumpkin, but you could also use a standard pumpkin squash.

SERVES 2

INGREDIENTS

- 700g pumpkin/squash
- 350g plain gluten-free flour, extra for dusting
- 3 tbsp olive oil
- Pinch salt & pepper
- 2 cloves garlic
- 100g peas, fresh or frozen
- 200g cabbage, cavolo nero or savoy
- 50g parmesan

METHOD

1. Cut the pumpkin into 2-3cm wedges, place on a lined baking tray, drizzle with olive oil, sprinkle over the salt and a few grinds of pepper and roast in the oven for 35-45 minutes until completely soft. Once cooked, remove the seeds and discard. You can also remove the skin if it is particularly firm, I have kept the skin on mine as it is very soft and will blitz up fine.
2. Place all the cooked pumpkin in a food processor and blitz until

completely smooth. Tip into a bowl and add the flour, 1tbsp oil and salt. Combine with your hands to form a dough ball. Wrap in bees wax paper or cling film and place in the fridge for 20-30 minutes to chill.

3. Lightly dust a surface with flour and place the dough onto it, kneading a few times if it needs bringing together. Cut the ball into 4 pieces and roll each piece into a long thin sausage around 10-15cm long and now more than 1 inch thick. Then cut the sausage into 1.5 inch pieces.
4. Bring a pan of water to the boil and drop the gnocchi into the water, they will sink to the bottom, when they rise to the top they are cooked. Remove them from the water and place them on a kitchen towel to remove the excess moisture.
5. Place a large frying pan on a medium heat, add 1tbsp olive oil, when the oil is hot place the gnocchi into the pan. Shake the pan often to ensure they don't stick and are golden on all sides. Once they are golden add in the garlic and cook for a few minutes until golden. Then add the fresh or frozen peas and cabbage and saute for a few minutes until the cabbage has slightly wilted. Season with salt and pepper and serve straight into two bowls. Top with vegan or vegetarian parmesan.

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

INGREDIENT SPOTLIGHT: PUMPKIN

Pumpkin is another one of those beautifully versatile ingredients, and can be used in savoury and sweet dishes alike. Although often overlooked, the seeds inside pumpkins are just as delicious as the flesh itself. Try mixing the seeds from one pumpkin with 1 tsp cinnamon, 1 tsp smoked paprika, 1 tsp olive oil and a pinch of salt, then pop in a preheated oven at 180 degrees, spread over a parchment lined baking tray, and bake for 20-30 minutes until crunchy. Honestly, they're delicious.



NOVEMBER

LENTIL & BEETROOT BURGERS

These beetroot and lentil burgers have a perfectly balanced texture, crispy on the outside, a good bite and an inner softness. Served with all the classic burger trimmings they're the perfect crowd pleaser.

INGREDIENTS

- 2 beetroot, cut into quarters
- 200g lentils
- 2 heaped tbsp plain gluten-free flour
- 1 tbsp rapeseed oil
- Good pinch of salt and pepper

METHOD

1. Heat your oven to 180 degrees.
2. Place the chopped beetroot on a baking tray, drizzle with oil and roast for 40 minutes or until tender. Place the cooked beets in a food processor and blitz to a rough paste.
3. While your beets are cooking place the lentils into a saucepan with three times the amount of water, bring to the boil and simmer for 15-20 minutes until the lentils are soft. Drain and add them to the beetroot paste.
4. Stir in the flour, oil, salt and pepper. Form 4 patties, keep them quite rounded rather than flattened, place them on a lined baking tray and cook in the oven for 25-35 minutes until crispy.
5. Serve with a bun, tomatoes, gherkins, lettuce, onions, mustard and homemade ketchup (basically just blitzed tomatoes!). Enjoy!



MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

INGREDIENT SPOTLIGHT: ROOT VEG

Why spotlight one seasonal veg when we can spotlight a whole host of them. We're well and truly in root veg season, think beetroot, potatoes, squash, parsnips and turnips. We love to roast ours, and often turn to traybakes as an easy and delicious way of enjoying root veggies.



DECEMBER

SWEET POTATO AND BRUSSELS SPROUTS STACKS

Hearty, comforting and fun to construct, these make for a great festive dinner. We love the combination of textures with the velvety squash and aubergine, tender pearl barley and crispy sprouts.

SERVES 4

INGREDIENTS

- 200g pearl barley
- 1 bay leaf
- Juice and zest of 1 lemon
- Malden Sea salt
- ½ butternut squash
- 2 aubergines
- 1 tbsp rapeseed oil
- Malden Salt Cracked Black Pepper
- 150g Brussels sprouts
- 50g pistachios, chopped

For the tahini and cumin dressing

- 50g cashew nuts
- 50ml hot water
- 1 tbsp tahini
- 1 tbsp rapeseed oil
- Pinch cumin
- Juice 1 lemon
- Small handful parsley, finely chopped

METHOD

1. Wash the pearl barley in a sieve until the water runs clear. Then place the pearl barley in a large saucepan and cover in fresh, cold water. Add the bay leaf, lemon zest and juice

and a generous pinch of salt. Bring to the boil and then simmer until the water has evaporated. Then add 50 ml at a time, waiting until it has evaporated, until the pearl barley is cooked, it should be soft with a chewy bite.

2. Whilst the pearl barley is cooking prepare the squash. Slice of the bulbous part and set aside to use for another dish. Slice the remaining squash into 1cm thick slices. Slice the aubergine into slightly thicker 1.5cm pieces. Place the squash and aubergine on a large baking tray, drizzle with oil and sprinkle over a good amount of salt and pepper. Roast in the oven for 15 minutes. Then remove from the oven and add the brussels sprouts, drizzle over a little more oil, salt and pepper and roast them all together for a further 20 minutes.
3. Meanwhile make the dressing by simply combining all the ingredients in a nutribullet or food processor until completely smooth.
4. Once the pearl barley and vegetables are cooked you can assemble them into stacks. Place the squash at the bottom, add the aubergine, spoon over the pearl barley, drizzle over the dressing sprinkle with the pistachios and add the chopped parsley. Add a extra grating of lemon zest if you fancy.



MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 <i>Christmas Day</i>	26 <i>Boxing Day: time to book DK's Ultimate Reset Programme again!</i>
27	28	29	30	31	1 <i>New Year's Day</i>	2

INGREDIENT SPOTLIGHT: BRUSSELS SPROUTS

There was only one choice for what ingredient to spotlight this month: the mighty Brussels Sprout. It's fair to say we're slightly obsessed, experimenting with everything from shaved sprouts on baked sweet potato, wrapped up in salad rolls and roasted whole coated in our infamous Tamari dressing. Brussels are a source of vitamins A and C, iron, potassium and fibre.



