

Smoked salmon tart with garden peas and baby spinach

Ingredients

Quinoa crust

1 cup	Wholewheat couscous
3 tbsp	Chia seeds
2.5 cups	Water
2 tbsp	Flaxseed powder
Pinch	Salt

Filling

200g	Salmon or trout, skin removed
1 tbsp	Olive oil
100g	Spinach
50g	Fresh garden peas
4 large	Whole eggs plus 2 large egg yolks
1.5	Salt
Freshly ground black pepper	

Garnish

Lemon wedges
Pea shoots

Instructions



12 servings



Prep: 30 min

Cook: 40 min



For the crust:

1. Place the couscous and chia seeds in a bowl.
2. Bring the water to the boil and pour over the couscous and chia seed.
3. Remove the plastic and fluff up the couscous and chia seed mixture, then add the flaxseed powder and salt.
4. Knead together with your hands until the flaxseed is thoroughly mixed in and everything forms a kind of dough.
5. Line the tart tin, blind bake at 170 °C and set aside until needed.

For the filling:

1. Heat up a sauté pan with oil, it needs to be very hot.
2. Season the salmon or trout with salt and pepper, sear the salmon or trout on both sides until they have a golden colour, remove Salmon from the pan, and break into big flakes.
3. Bring a pot of lightly salted water to the boil, add the peas and cook for two minutes. Remove from the pot and refresh in iced water, then drain and set aside.
4. Clean the sauté pan and heat until it starts to smoke, then add the spinach and a pinch of salt. Cook, stirring all the time, until the spinach is nicely wilted, then remove from the heat.
5. In a mixing bowl, whisk together the eggs, egg yolks, milk, 1.5 teaspoon salt and a couple of pinches of black pepper to make the egg custard.

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Assembling the tart:

1. Take the blind-baked quiche crust and start to assemble.
2. Evenly arrange the salmon, spinach and fresh peas over the base. I enjoy layering the ingredients as much as possible.
3. Gently pour the egg custard over the top until the quiche is filled.
4. Carefully transfer the quiche into the oven, which should still be at 170 °C, and bake for about 40 minutes until the quiche is puffed and the centre has set.
5. Remove from the oven and allow to cool slightly before removing the quiche case.
6. Garnish with lemon wedges and pea shoots. Serve.



Herb salad with poached egg

Instructions

1. To make the dressing, combine the oil, zest and lemon juice. Season with a pinch of salt and set aside.
2. Trim the stalks of the herbs, reserving only the leaves. Larger leaves can be torn into smaller pieces. Wash and dry the leaves well in a salad spinner.
3. Poach the eggs and keep them warm.
4. To plate individual salads for a starter, lightly dress the herbs with the dressing and grated parmesan and divide between four plates.
5. Divide the Parmesan shavings between the plates and place them between the leaves.
6. Make a nest between the herbs and place the poached egg in the centre.
7. Drizzle with the last bit of dressing and top the egg with cracked black pepper and Maldon salt.
8. Serve with the egg still warm.



4 servings



Prep: 30 min
Cook: 5 min

Ingredients

30g	Italian parsley
30g	Basil
20g	Chives
20g	Dill
20g	Mint
30g	Wild rocket
50g	Baby spinach leaves
4	Soft poached eggs
15g	Parmesan, finely grated
60ml	Lemon olive oil
20ml	Lemon zest and juice
Pinch	Maldon salt
Pinch	Black pepper

Green vegetable and brown basmati bowl with grilled tofu and sesame

Instructions

1. **Rice:** Warm a casserole and add the first canola oil, onion, garlic and ginger to the pot and sauté until the onions are translucent.
2. Add the rice and salt and sauté it for a minute, before covering the rice with boiling water.
3. Allow the rice to cook until almost done, then add the coconut milk and reduce on a low heat to a slightly sticky rice. Lastly stir in the spring onion, lime juice and lime zest.
4. **Whilst the rice is cooking:** Marinate the tofu in sesame oil and the garlic for at least ten minutes, then season and grill the pieces of curd a hot grill.
5. Heat another pan with the second amount of canola oil and add the chilli, bok choy and edamame and stir fry for 5 minutes.
6. **To plate:** Place the rice at the bottom of a bowl, top with steamed beans, stir fried bok choy and edamame and grilled tofu.
7. Garnish with a quarter of an avocado, toasted sesame seeds, and lime wedges.



4 servings



Prep: 20 min

Cook: 30 min

Ingredients

1 tbsp	Canola oil
1.5	Onion, finely chopped
3cm	Ginger, peeled and finely chopped
	Pinch of pepper
	Chives, chopped
1	Garlic clove, finely chopped
1 cup	Brown basmati rice
1.5 tin	Reduced fat coconut milk
2	Large spring onions
Pinch	Salt
1 lime	Zest and juice
8	Baby bok choy, halved
	Olive oil
5ml	Canola oil
1.5	Red chilli
65g	Edamame beans steamed
250g	Fine beans, steamed to al dente
2tbsp	Sesame seeds, toasted
300g	Tofu, cut into rectangles
1	Garlic clove