

VEGETARIAN CARBOHYDRATE RECIPES FOR FAT-BURNING STRATEGIES

WHOLE GRAIN RICES & BARLEY: Good source of manganese: an important part of the antioxidant superoxide dismutase that protects the mitochondria from damage by free radicals produced during energy production

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Basmati & Wild Rice Salad 20 g wild rice 90 g brown basmati rice 5 g Marigold bouillon 1/4 cucumber 1/2 apple 50 g radish 50 g asparagus 50 g frozen peas 1/2 red pepper 10 g cranberries 1 tsp chopped mint 1 tbsp. chopped coriander 1 tbsp. red wine vinegar 1 tbsp. orange juice 1 tbsp. lemon juice 1/4 tsp black pepper 1/2 tsp agave nectar 1 tsp olive oil 1/4 tsp tamari 10 g sunflower seeds</p>	<ul style="list-style-type: none"> • Put rice in pan with double volume of water and Marigold bouillon • Bring to the boil and then simmer until all water has been absorbed • Allow to cool • Stir tamari into sunflower seeds and toast under grill until browned and dry • Chop asparagus into sticks and par boil, drain and cool • Pour boiling water over peas and drain • Chop cucumber, apple, red pepper and radish into chunks • Mix vinegar, orange juice, lemon juice, black pepper, olive oil and agave syrup to make dressing • Mix rice with prepared veg, cranberries, dressing, chopped herbs and toasted sunflower seeds 	<p>Calories 696</p> <p>Protein 18.5 g</p> <p>Carb 103.9 g</p> <p>Fat 14.7 g</p>

<p>Pearl Barley & Mushroom Risotto</p> <p>90 g pearl barley 1/2 onion 5 g dried mushrooms (porcini/shiitake) 50 g shiitake mushrooms 50 g chestnut mushrooms 1 medium leek 1 clove garlic 25 g grated Parmesan 1 tsp fresh thyme 1/2 tsp grated lemon zest 1 tsp Marigold bouillon 1 tsp olive oil 120 g butternut squash 100 g green beans</p>	<ul style="list-style-type: none"> • Soak dried mushrooms in boiling water for approx. 20 min • Strain and reserve the liquid • Slice onion, leeks, shiitake and chestnut mushrooms • Peel and chop squash into small chunks • Crush garlic and chop thyme • Fry onion, leek, mushrooms and garlic in olive oil until softened • Add pearl barley, thyme, squash and grated lemon zest and stir until barley is glossy • Dissolve Marigold in 500 ml boiling water and add mushroom liquid • Gradually add the stock to the barley • Stirring continuously allow each addition to be absorbed before adding more • Add more water if needed • When the barley is tender season with black pepper and grated Parmesan • Serve with cooked green beans 	<p>Calories 694</p> <p>Protein 25.8 g Carb 116.2 g Fat 14.0 g</p>
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LENTILS: Good source of folate, vitamin B1 & pantothenic acid: vital for energy production and manufacture of proteins, hormones and brain neurotransmitters

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Lentil & Rice Pilaf with Caramelised Onions 50 g green lentils (dry) 50 g red Camargue rice 2 tomatoes 1 red onion 1/2 tsp sugar 1/8 tsp salt 1/2 tsp ground cumin 1/2 tsp ground cinnamon 1/4 tsp ground turmeric 1 tsp ground coriander 1 tsp olive oil 1 tsp butter 75 g natural yoghurt 1/4 cucumber 50 g carrots 1 tsp fresh mint juice 1/2 lemon 1/4 tsp Marigold bouillon</p>	<ul style="list-style-type: none"> • Slice onions • Heat oil and butter in wide thick bottomed pan and add onions • Cook slowly on low heat until softened and then add salt and sugar • Continue to cook for about 30 min until onions start to stick and brown • Allow onions to brown without burning, adding a little water if necessary. Set aside onions • Simmer lentils in water with Marigold bouillon until tender and drain • Put rice in pan with double volume of water to rice and add chopped tomatoes and spices • Bring to the boil and then simmer with lid until all water has been absorbed and rice is cooked • Add lentils and caramelised onions to the rice • Grate carrot and slice cucumber and mix with yoghurt, chopped mint and lemon juice • Serve yoghurt mix with pilaf 	<p>Calories 702</p> <p>Protein 25.1 g Carb 114.1 g Fat 16.1 g</p>

<p>Lentil Shepherds Pie 65g green lentils (dry) 200 g sweet potato 100 g cauliflower 1 tsp horseradish sauce 1 tsp black pepper salt to season 1 tsp paprika 1 tsp ground cumin 1 sticks celery 1/2 onions 150 g tinned tomatoes 25 g tomato puree 5 g (1 tsp) Marigold bouillon 1 tsp olive oil 80 g frozen peas 50 g carrots</p>	<ul style="list-style-type: none"> • Boil sweet potatoes and cauliflower until tender • Mash with horseradish sauce, black pepper and salt to season • Chop celery and onion and fry in olive oil until onions are soft • Add spices, lentils, canned tomato, Marigold, tomato paste, carrots and peas • Simmer for about an hour until lentils are soft • Place in dish and top with mash • Bake until golden brown gas mark 6 (200c fan 180c) 	<p>Calories 709</p> <p>Protein 31.5 g Carb 123.5 g Fat 9.9 g</p>
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CHICKPEAS: Good source of copper: required for iron absorption and utilisation and a key component in antioxidant enzymes

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Roasted Vegetables with Chickpeas & Tahini Dressing 150 g butternut squash 1/2 red onion 100 g aubergine 100 g beetroot 100 g red pepper 100 g sweet potato 1 tsp cumin seeds 1/2 tsp garlic salt 1 tsp olive oil 150 g cooked chickpeas 20 g tahini 1 tbsp. lemon juice salt to season</p>	<ul style="list-style-type: none"> • Peel and chop squash, beetroot and sweet potato into chunks • Chop red pepper and aubergine into similar size chunks • Cut onion into 3 or 4 large pieces • Put all veg into baking tray and toss in olive oil, garlic salt and cumin seeds • Bake in oven gas mark 5 (180c fan 160c) for about 45 min until vegetables are tender • Add chickpeas towards end of cooking to warm • Mix tahini with lemon juice, season with salt and drizzle over cooked vegetables 	<p>Calories 700</p> <p>Protein 24.7 g Carb 104.2 g Fat 20.5 g</p>

BEANS: High in soluble fibre: helps to balance blood sugar levels and sustain energy levels		
INGREDIENTS	RECIPE	NUTRITION INFO
<p>Three Bean Chilli 1/2 onion 1 celery sticks 1 cloves garlic ¼ tsp chilli powder 1/2 tsp ground coriander 1/2 tsp ground cinnamon 1 400g can chopped tomatoes 1 tsp Marigold bouillon 1 tbsp. tomato puree 1/2 tsp dried thyme 100g tinned red kidney beans (drained) 80g tinned black-eyed beans (drained) 100g tinned cannellini beans (drained) 150 g sweet potato 100 g carrots 1 green pepper 1 tsp olive oil</p>	<ul style="list-style-type: none"> • Slice onion, celery and green pepper and crush garlic • Fry onion, celery, green pepper and garlic in olive oil until softened • Chop sweet potato and carrots into chunks and add • Add spices then tomatoes, stock, thyme and tomato puree • Simmer for about 15 min until vegetables are tender • Add water if needed • Add all the beans and simmer for further 5 min 	<p>Calories 705</p> <p>Protein 31.6 g</p> <p>Carb 126.8 g</p> <p>Fat 7.9 g</p>

<p>Stir Fry Plum & Ginger Black Beans 4 spring onions 1 tsp ginger 50 g water chestnuts (tinned) 150 g pak choi 210 g tinned black beans 1 tsp sesame oil 15 g (1 tbsp.) miso 15 g (1 tbsp.) plum jam 1 tbsp. soya sauce 150 g carrots 100 g broccoli 50 g mange tout 50 g shiitake mushrooms 15 g sesame seeds</p>	<ul style="list-style-type: none"> • Toast sesame seeds in dry frying pan and lightly grind with a pinch of salt • Peel and chop ginger and slice water chestnuts • Cut spring onions and carrots into sticks • Slice mushrooms, break up broccoli and chop pak choi • Put sesame oil in frying pan and add spring onions, ginger, mushrooms and carrots • Fry until softened then add miso dissolved in a little water, plum jam and soya sauce • Add pak choi, broccoli and mange tout • Cook until all veg are tender and then add black beans and continue to cook until hot • Serve sprinkled with toasted sesame seeds • Add more water if needed when cooking • Use Hoisin sauce instead of miso and plum jam 	<p>Calories 698</p> <p>Protein 37.0 g Carb 101.5 g Fat 16.0 g</p>
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BUCKWHEAT & RYE: Good source of magnesium: greater quantities are required for energy metabolism and protein synthesis

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Pesto & Sun Dried Tomato Fusilli 100 g Spelt Fusilli 60 g cooked (tinned) butter beans 10 g sundried tomatoes (no oil) 20 g Sacla basil pesto 100 g red pepper 100 g courgette 100 g tomatoes 75 g mange tout 75 g spinach few basil leaves 5 g pine nuts 25 g feta cheese</p>	<ul style="list-style-type: none"> • Soak sundried tomatoes in warm water until soft • Toast pine nuts in dry frying pan • Cook fusilli and drain • Shred spinach and slice mange-tout • Slice fresh tomato • Slice courgette and pepper and grill until just browned • Drain sun dried tomatoes and slice • Toss fusilli and butter beans with pesto and prepared vegetables • Scatter with toasted pine nuts, crumbled feta and torn basil leaves 	<p>Calories 703</p> <p>Protein 29.8 g</p> <p>Carb 101.6 g</p> <p>Fat 19.7 g</p>

<p>Sweet & Sour Buckwheat Noodles 20 g cashew nuts 4 spring onions 60 g green peppers 50 g bean sprouts 50 g sugar snap peas 50 g mushrooms 50 g fresh pineapple 50 g baby corn 100 g cabbage 1/2 tsp fresh ginger 1 tsp corn flour 1 tsp tamari 150 ml water 1 tbsp. rice vinegar 1 tbsp. orange juice 1 tbsp. tomato puree 1/2 tsp sugar 1 tsp sesame oil pinch cayenne pepper 50 g Le Puy lentils 1/2 tsp Marigold 55 g buckwheat (soba) noodles</p>	<ul style="list-style-type: none"> • Simmer Le Puy lentils in water with stock until soft and drain • Boil buckwheat noodles in water until tender and drain • Mix corn flour with water, orange juice, tamari, vinegar, tomato puree and sugar • Slice peppers, mushrooms, baby corn, spring onions and cabbage into strips • Chop ginger • Chop pineapple into chunks • Fry ginger, cabbage, mushroom, pepper, baby corn and spring onion in sesame oil • Add sauce mix and simmer until peppers are almost soft • Add sugar snap, bean sprouts, cashew nuts and pineapple and simmer for a few more min • Stir in cooked Le Puy lentils • Season with cayenne pepper • Serve with buckwheat noodles • Add more water if needed when cooking 	<p>Calories 697</p> <p>Protein 32.4 g Carb 104.7 g Fat 16.5 g</p>
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QUINOA: Good source of protein: contains all the essential amino acids

INGREDIENTS	RECIPE	NUTRITION INFO
<p>Quinoa & Apricot Tagine 1/2 onion 1 cloves garlic 20 g dried apricots 1/2 lemon 80 g quinoa 60 g cooked (tinned) chickpeas 1/4 tsp turmeric 1/2 tsp ground cumin 1/2 tsp cinnamon 1 tsp tamari 1 tsp honey 1/2 tsp Marigold 500 ml water 10 g flaked almonds 100 g carrots 100 g cauliflower 100 g leeks 1 tsp (5 g) harissa paste</p>	<ul style="list-style-type: none"> • Toast almonds in dry frying pan • Chop carrot and cauliflower into chunks and slice leeks • Steam or boil veg until just tender and stir in harissa paste mixed with a little water • Slice onions and chop garlic and sweat in a little water until soft • Mix with dry quinoa and cooked chickpeas • Sliced lemon thinly and chop apricots and add to quinoa mix • Stir in spices • Mix honey and tamari with Marigold and water • Pour over stock to cover quinoa • Bake in oven gas 4 (180 c fan 160c) until quinoa is cooked <p>Add a little more water if appears to be drying out</p> <ul style="list-style-type: none"> • Serve with toasted almonds and steamed vegetables 	<p>Calories 696</p> <p>Protein 25.3 g</p> <p>Carb 119.2 g</p> <p>Fat 13.1 g</p>