THE RECIPES

RED PEPPER SPAGHETTI

- 1 large courgette

FOR THE RED PEPPER SAUCE
- ⅓ cups chopped tomatoes
- 1 medjool date, pitted
- ⅛ red bell pepper
- ⅛ cup olive oil
- 1 garlic clove, crushed
- ⅛ cup tightly-packed basil leaves
- 1 teaspoon salt

1 Make ‘spaghetti’ from one large courgette using a spiraliser, or to make linguine strips top and tail the courgette then slice into thin strips with a vegetable peeler or mandoline. Stack the strips on top of each other and slice lengthways.

2 Combine the red pepper sauce ingredients in a blender until smooth. Pour the red pepper sauce over the courgette and serve.

SPINACH PESTO LASAGNE

- 2 courgettes, peeled
- Pinch of Celtic sea salt
- 1 tomato, sliced into rounds
- 1 cup packed spinach
- 1 cup fresh basil
- 4 sun-dried tomatoes, soaked in water for 20 minutes
- 1 tbsp lemon juice
- 3 tbsp sun-dried tomato soak water

FOR THE SPINACH PESTO
- 1 cup packed spinach
- 1 cup fresh basil
- 4 sun-dried tomatoes, soaked in water for 20 minutes
- 1 tbsp lemon juice
- 3 tbsp sun-dried tomato soak water

1 Using a mandoline or vegetable peeler, make lengthwise strips of courgette. Place in a shallow dish with the salt and olive oil and mix in with your hands.

2 Meanwhile, make the two sauces by blending the ingredients for each in a food processor until smooth.

3 Place three courgette strips on a plate, followed by three more in the opposite direction making a grid. Place two rounds of tomato on top, then spoon over some pesto sauce, followed by some tomato sauce.

4 Repeat the layering process, sprinkle with dried oregano or fresh basil and serve.

SWEET ALMOND WRAPS

- 2-3 romaine lettuce leaves
- Carrot, sliced thinly
- Pepper, sliced thinly
- Alfalfa or broccoli sprouts

FOR THE SWEET TOMATO BUTTER
- 2 tbsp almond butter
- 3 sun-dried tomatoes, soaked for 1 hour
- 2 tbsp lime juice
- 3 tbsp sun-dried tomato soak water

1 Using a sharp knife, cut down both sides of the centre stem of each Romaine leaf, so you are left with two leaf halves. Discard the stem.

2 Blend all the sweet tomato butter ingredients in a food processor until smooth.

3 Spoon some butter onto each half leaf to cover. At the thinnest end of the leaf, place remaining filling ingredients and roll the leaf up creating a wrap. Serve with the end of the leaf sat under the wrap to keep it from unravelling.

POWER SALAD

- 2 cups spinach
- 1 romaine lettuce leaf
- 1 carrot, shredded
- 1 spring onion, chopped
- ⅛ avocado, chopped
- ⅛ cup cashew nuts
- ⅓ cup sunflower seeds

FOR THE DRESSING
- 3 tbsp olive oil
- 1 tsp apple cider vinegar
- 1 tbsp lemon juice
- Pinch of sea salt

1 Place all salad ingredients in a bowl. Combine all dressing ingredients, pour over the salad and serve.

CHEESY ROMAINE SALAD

- ⅓ head romaine lettuce, chopped
- ⅓ red pepper chopped

FOR THE DRESSING
- 2 tbsp lemon juice
- ⅛ cup cashew nuts, soaked
- 1 avocado
- 2 tbsp nutritional yeast
- ⅛ cup water
- 1 teaspoon salt

1 Place the lettuce, red pepper and spring onion in a bowl. Combine all dressing ingredients in a blender until smooth.

2 Spoon a heaped tbsp of dressing over the salad and mix well. Grind together or crush pine and brazil nuts with a pinch of salt and sprinkle on top for a ‘cheesy’ twist.

VEGETABLE PAD THAI

- 1 carrot, peeled and julienned
- ⅛ red pepper, julienned
- 1 courgette cut into thin strips with a peeler
- 1 spring onion, finely chopped
- ⅛ red onion, sliced thinly
- 6 basil leaves, sliced
- 1 tbsp lime juice
- 2 tbsp tamari

PAD THAI SAUCE

- 1 tbsp almond butter
- 1 tbsp tahini
- 1 tbsp sun-dried tomato powder*
- 2 tbsp lemon juice
- 1 inch ginger root, peeled
- 1 clove garlic
- 1 tbsp tamari
- 2-3 tbsp water

1 Stack the courgette strips on top of each other and slice them lengthways creating 2-3 sets of linguine strips (depending on the courgette size).

2 Place the remaining ingredients in a bowl and leave to marinate.

3 Put the sauce ingredients into a small blender and mix until creamy. With your hand, transfer the pad Thai vegetables into a new bowl squeezing slightly to drain off the marinade. Pour the sauce over the vegetables, leave a few minutes for the courgette to soften slightly, and serve.

*Sun-dried tomato powder can be made by grinding up sun-dried tomatoes in a pestle & mortar or coffee grinder.