

A top-down view of a large white bowl filled with a pasta salad. The salad consists of yellow butterffly-shaped pasta, chickpeas, sliced cherry tomatoes, sliced cucumbers, and fresh basil leaves. A wooden spoon is resting in the bowl. In the background, there is a small white dish with pine nuts and herbs, and a bunch of fresh basil. A red circular overlay is centered over the bowl, containing the text 'HEALTHY MAIN RECIPES' in white, bold, sans-serif font, and 'With Mika' in a white, cursive font below it.

# HEALTHY MAIN RECIPES

*With Mika*

# Turkey lettuce cups

Serves 2



Prep: 5 mins  
Cook: 20 mins



Plant-based: No

## INGREDIENTS

1 garlic clove  
15g fresh root ginger  
1 spring onion  
½ cucumber  
2 little gem lettuces  
2 carrots  
40g hoisin sauce  
1tbsp soy sauce  
1tbsp rice vinegar  
250g turkey breast mince

## METHOD

Grate the carrot. Peel and finely chop (or grate) the ginger. Peel and finely chop (or grate) the garlic.

Slice the cucumber into discs. Slice each individual cucumber disc into matchsticks. Trim and finely slice the spring onion.

Remove 12 leaves from the little gem lettuces and set aside. Shred the inner cores.

Heat a large, wide-based pan (preferably non-stick) over a medium-high heat with 1tbsp vegetable oil. Once the oil is hot, add the turkey mince with a pinch of salt and cook for three to four minutes, or until starting to brown, breaking it up with a wooden spoon as you go

Once the turkey has browned, add the chopped garlic, ginger and grated carrot and cook for a further one to two minutes or until fragrant and cooked through.

Add the hoisin sauce, rice vinegar and soy sauce to the pan and give everything a good mix up.

Remove from the heat and add the shredded little gem lettuce, cucumber matchsticks and sliced spring onion to the hoisin turkey mixture and stir it all together – this is your hoisin turkey filling.

Load the little gem lettuce leaves with the hoisin turkey filling.



# Stuffed peppers

Serves 2



Prep: 10 mins  
Cook: 45 mins



Plant-based: No

## INGREDIENTS

drizzle of oil  
1 small onion, chopped  
1 garlic cloves  
250g beef mince  
1 x 200g cans chopped tomatoes  
a few oregano sprigs, leaves  
picked, or half tbsp dried  
1 beef stock cube  
1 tbsp tomato ketchup  
2 peppers  
50g grated lean protein cheese  
small bunch basil, leaves picked

## METHOD

Heat oven to 200C/180C fan/gas 6 and heat the oil in a large pan.

Add the onion and cook for a few mins to soften. Add the garlic and beef, and cook until the meat is browned – break it up with a spoon as it cooks. Add the tomatoes, oregano, stock cube and ketchup. Season well, give everything a good stir and cover with a lid. Simmer for 30 mins.

Meanwhile, halve the peppers and scoop out the seeds and white membrane. Place cut-side up in a roasting tin, season and bake for 20 mins.

When the mince is cooked, divide it between the softened peppers. Return to the oven for 10 mins, sprinkled with cheese. Scatter with basil leaves before serving.



# Sticky teriyaki salmon rice

Serves 1



Prep: 10 mins  
Cook: 20 mins



Plant-based: No

## INGREDIENTS

- 1 tbsp teriyaki sauce
- 1 tbsp sweet chilli sauce
- 1 salmon fillet , skin on
- 50g wholemeal basmati rice
- 1 head pak choi , halved
- 1 tsp sesame seed
- 2 spring onions , finely chopped
- small bunch coriander , roughly chopped
- squeeze of lime

## METHOD

Put the teriyaki and chilli sauces in a shallow dish and mix together well. lay the salmon fillet in the marinade flesh-side down. Set aside while you prepare the rice and pak choi.

Put the rice in a medium saucepan and cover with cold water. Bring to the boil, then simmer for 20 mins until the rice is tender and has absorbed all the water – 6 mins before the end of cooking, put the pak choi in a colander and sit on top of the rice to steam, covered with a lid.

Meanwhile, heat the grill to high and place the salmon fillet, skin-side up, on a baking tray lined with foil. Grill for 4-5 mins, basting with the marinade, then turn over and grill for a further 3 mins. Sprinkle with the sesame seeds and cook for 1 min more until the seeds are toasted and the salmon cooked through.

Stir the spring onions and coriander through the rice and serve topped with the salmon fillet. Spoon over any excess marinade left in the baking tray, and add a squeeze of lime. Serve the steamed pak choi alongside.



# Quick chicken roast

Serves 2



Prep: 15 mins  
Cook: 55 mins



Plant-based: No

## INGREDIENTS

- 3 thyme sprigs, leaves picked
- 1 teaspoon dried oregano
- 1/2 teaspoon chilli flakes
- 1 tablespoon olive oil
- 1 garlic clove, chopped
- Finely grated zest of 1/2 lemon
- 4 Chicken Thighs from your local butcher (bone in, skin on)
- 400g baby kipfler potatoes, halved lengthways
- 125g tomatoes on the vine

## METHOD

Preheat the oven to 200C.

Combine the thyme, oregano, chilli, oil, garlic and lemon zest in a bowl. Add the chicken and turn to coat. Add the potatoes and toss to combine. Place on a large baking tray and scatter over the speck.

Cut the zested lemon into wedges and add to the tray. Season and roast for 40 minutes or until chicken is golden and potatoes tender.

Remove from the oven and top with tomatoes. Roast for a further 10-15 minutes until tomatoes are blistered.

Squeeze over roasted lemon juice to serve.



# Tuna and tomato salad with olives

Serves 2



Prep: 15 mins  
Cook: 55 mins



Plant-based: No

## INGREDIENTS

- 200g tomatoes on the vine ripe
- sea salt flakes
- 12 kalamata olives, pitted and halved
- 1 tbsp capers
- 1/2 red onion, thinly sliced
- 1 tbsp olive oil, plus extra for the tuna
- 1 tbsp red wine vinegar
- 2 tuna steaks
- A handful of flat-leaf parsley

## METHOD

Slice the tomatoes, lay on two plates and sprinkle with sea salt flakes. Mix the olives, capers, red onion, olive oil and vinegar, and season. Spoon on top of the tomatoes and leave for 10 minutes.

Brush the tuna steaks with oil and some seasoning, then leave for 5 minutes to come to room temperature.

Heat a heavy frying pan or griddle until hot, then sear the tuna steaks for 1-2 minutes on each side depending on the thickness, then rest for 2 minutes. Serve on top of the tomato salad with the parsley sprinkled over.



# Hearty lentil one pot

Serves 2



Prep: 10 mins  
Cook: 1 hour



Plant-based: yes

## INGREDIENTS

- 20g dried porcini mushrooms, roughly chopped
- 100g dried brown lentils
- 3/4 tbsp chopped rosemary
- 1 1/2 tbsp rapeseed oil
- 1 large onion, roughly chopped
- 75g chestnut baby button mushrooms
- 2 garlic cloves, finely grated
- 1/2 tbsp vegetable bouillon powder
- 1 large carrot, cut into chunks
- 1 1/2 celery sticks, chopped
- 250g potatoes, cut into chunks
- 100g cavolo nero (kale) shredded

## METHOD

Cover the mushrooms in boiling water and leave to soak for 10 mins.

Boil the lentils in a pan with plenty of water for 10 mins. Drain and rinse, then tip into a pan with the dried mushrooms and soaking water (don't add the last bit of the liquid as it can contain some grit), rosemary and 2 litres water. Season, cover and simmer for 20 mins.

Meanwhile, heat the oil in a large pan and fry the onions for 5 mins. Stir in the fresh mushrooms and garlic and fry for 5 mins more.

Stir in the lentil mixture and bouillon powder, then add the carrots, celery and potatoes.

Cover and cook for 20 mins, stirring often, until the veg and lentils are tender, topping up the water level if needed.

Remove any tough stalks from the cavolo nero, then add to the pan and cover and cook for 5 mins more. Serve hot.

Will keep in the fridge for two to three days. Reheat in a pan until hot



# One-pot mushroom & potato curry

Serves 2



Prep: 10 mins  
Cook: 20 mins



Plant-based: yes

## INGREDIENTS

- 1/2 tbsp oil
- 1/2 onion, roughly chopped
- 1/2 large potato, chopped into small chunks
- 1/2 aubergine, trimmed and chopped into chunks
- 125g button mushrooms
- 2 tbsp curry paste (depending on how hot you like it)
- 75ml vegetable stock
- 200ml can reduced-fat coconut milk
- chopped coriander, to serve

## METHOD

Heat the oil in a large saucepan, add the onion and potato. Cover, then cook over a low heat for 5 mins until the potatoes start to soften. Throw in the aubergine and mushrooms, then cook for a few more mins.

Stir in the curry paste, pour over the stock and coconut milk. Bring to the boil, then simmer for 10 mins or until the potato is tender. Stir through the coriander and serve with brown rice.



# Pumpkin curry with chickpeas

Serves 2



Prep: 20 mins  
Cook: 20 mins



Plant-based: yes

## INGREDIENTS

- 1/2 tbsp sunflower oil
- 1 1/2tbsp Thai yellow curry paste, or vegetarian alternative
- 1 onion, finely chopped
- 1 1/2 large stalks lemongrass, bashed with the back of a knife
- 3 cardamom pods
- 1/2 tbsp mustard seed
- 1/2 piece pumpkin or 1/2 a small squash
- 125ml vegetable stock
- 200ml can reduced-fat coconut milk
- 200g can of chickpeas, drained and rinsed
- 1 lime
- small handful of mint leaves

## METHOD

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 mins until fragrant.

Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk.

Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender.

The curry can now be cooled and frozen for up to 1 month.

Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges



# Super greens vegetable fried rice

Serves 2



Prep: 15 mins  
Cook: 35 mins



Plant-based: yes

## INGREDIENTS

- 3/4 cup medium-grain brown rice
- 1 spring onion
- 1/4 cup vegetable liquid stock
- 1 tablespoon salt-reduced soy sauce
- 1/2 tablespoon peanut oil
- 1 1/2 teaspoons finely grated fresh ginger
- 2 garlic cloves, sliced
- 1/2 bunch asparagus, trimmed
- 1/2 bunch broccolini, trimmed
- 1/2 bunch gai lan, trimmed
- 2 kale stems, centre vein discarded, leaves chopped
- 1 long red chilli, thinly sliced diagonally
- 1/2 teaspoon sesame seeds, toasted

## METHOD

Cook rice following packet directions. Transfer to a large tray. Cool for 20 minutes.

Meanwhile, cut white section and pale green from onions. Cut into 5cm lengths. Set aside.

Cut remaining dark green section of onions into thin strips. Place strips in a bowl of iced water.

Set aside until required. Combine liquid stock and soy sauce in a jug. Set aside until required.

Heat a wok or large, deep frying pan over medium-high heat. Add oil. Swirl to coat. Add white and pale green section of onion, ginger and garlic. Stir-fry for 30 seconds or until fragrant.

Add asparagus, broccolini, gai lan, kale and 1 tablespoon water. Stir-fry for 5 minutes or until vegetables are just tender.

Add rice and sauce mixture. Stir-fry for 2 minutes or until heated through.

Drain reserved green onion. Serve fried rice topped with green onion, chilli and sesame seeds.



# Easy vegan healthy baked falafel

makes 12-15



Prep: 10 mins  
Cook: 20 mins



Plant-based: yes

## INGREDIENTS

- 4 cups chickpeas\* pre-soaked
- 1 onion or 1 large
- 3 garlic cloves
- 1.5 tBsp falafel mix\*\* see notes
- 2 ounces parsley leaves
- 2 ounces coriander leaves
- 1/2 tsp salt
- 1/2 tsp baking powder
- water optional as needed\*\*\*
- chickpea flour optional as needed\*\*\*

\*Cooked or tinned chickpeas won't work. The mixture will have the wrong texture and it will be difficult to cook.

\*\*to make falafel spice mix you need: 1 part coriander powder, 1/2 part cumin powder, 1/4 part black pepper, 1/4 part red chilli powder and 1/4 part cinnamon.

\*\*\*You just need to achieve a crumbly but sticky mixture. So don't over-process. If the mix is too liquidy, add a bit of chickpea flour. On the other hand, if it's too dry and crumbly, then add a bit of water as needed (small amount at a time).

## METHOD

Soak the dried chickpeas overnight (or at least 8 hours then drain and rinse well)

Roughly chop the onion, garlic, parsley and coriander and mix.

Add the mix to a food processor/blender and blitz to crumbs.

Pour the mixture into a bowl and add the falafel spice mix and salt and mix with spoon or by hands.

At this stage either refrigerate to bake later or freeze the paste in freezer safe container for several months

When you're ready to bake, add the baking powder and mix.

Shape the falafel patties (or small or large balls). Arrange them on a greased or paper-lined baking pan.

Bake in the oven at 240 °C for 15-20 minutes. They should be golden brown and crispy. To brown even more, turn on the grill/broil for the last three minutes.

Serve with gluten-free wholewheat wraps, tomatoes, lettuce, or your favorite veggies.

