



HEALTHYFOOD  
— STUDIO —



## Lentil and pumpkin salad with rocket and feta

### INGREDIENTS

- 300g brown lentils (or use tinned lentils, drained and rinsed)
- 1 lemon, zest and juice
- 20g parsley
- 2 red chillies
- 30ml olive oil
- Large pinch black pepper
- Large pinch salt
- 180g red onion
- 100g wild rocket
- 800g whole pumpkin
- 80g reduced fat feta cheese
- 30ml lemon olive juice

## METHOD

Soak the lentils in 1.5L of water overnight.

Bring a large pot of water to the boil and add the drained lentils. When lentils are al dente, add a large pinch of salt and continue to cook for another 10 minutes, then remove from the stove and strain through a fine colander or sieve. Run under cold water to cool down the lentils. Allow the lentils to drain in the colander.

Preheat the oven to 200°C. Peel the pumpkin and cut into 2cm thick wedges. Place the wedges on a tray, brush with olive oil, lightly season and roast for about 35 minutes until golden and soft.

Chop the red onion, chilli and parsley very fine and add to the drained lentils with 15ml olive oil. Add the lemon zest and lemon juice.

Lastly, season with salt and pepper.

Place washed wild rocket evenly around the platter top with lentils and arrange pumpkin on top of the lentil salad.

Crumble the feta cheese over the top, drizzle with lemon oil and serve.

*Serves: 8-10, Preparation time: 20min, Cooking time: 45min (cooking time is less when using tinned lentils)*



## Pea Puree recipe

### INGREDIENTS

- 250g Frozen peas
- 1 tbsp Fat free or low-fat plain yoghurt
- 3 tbsp Fat free or low-fat milk
- Salt and pepper to taste
- Taste and season as required.

### METHOD

Bring a pan of water to the boil, add the peas and simmer for 3 minutes. Drain and place in a bowl of ice water. Add peas to a blender along with the yoghurt and milk. Blend until smooth

*Serves: 6, Preparation time: 10min, Cooking time: 7min*



### Mexican black bean tostadas

#### INGREDIENTS

- 2 cans Black beans, rinsed and drained
- 1 tsp Chilli powder
- 1 tsp Cumin
- ¼ tsp Cayenne pepper (more if you want it spicy)
- Salt and olive oil
- 3 - 4 Tomatoes, chopped
- 1 Medium avocado, cubed
- 2 cups Shredded lettuce
- 2/3 cup Plain fat free or low fat yogurt
- 15g Coriander
- 3 Cloves garlic
- 1 tsp Salt
- 4-6 Whole-wheat flour tortillas

## METHOD

Preheat the broiler.

Puree the black beans, chilli powder, cumin, and cayenne in a blender or food processor, adding a tablespoon of oil (or water) at a time to help the mixture move. You can puree for a minute or two and still leave some texture.

In a food processor or blender, puree the cilantro, yogurt, garlic, and salt, adjusting the seasoning with more cilantro, salt or yogurt to your tastes.

Place tortillas in the oven directly on the rack, taking care that the edges are supported (otherwise they will bend through the cracks and it will be bent in a funny shape). Let the tortillas bake for 3 to 5 minutes on both sides until they are browned and crispy.

Top the crispy tortillas with black beans, tomatoes, avocados, and lettuce. Drizzle with cilantro sauce.

*Serves: 4- 6, Preparation time: 10min, Cooking time: 20min*



### Tamilian channa sundal (Indian chickpea snack)

#### INGREDIENTS

- 400g Canned chickpeas
- 1tbsp Canola oil
- Pinch of asafoetida
- 1 tsp Mustard seeds
- 1 Dried, red Kashmiri chilli, halved (any mild, dried chilli)
- 5 Curry leaves
- 1 Green chilli, halved
- 2tbsp Grated coconut
- 1tsp Lemon juice
- Salt to taste

## METHOD

Drain the chickpeas in a sieve, rinse well and cook in a small saucepan for 15 to 20 minutes in plenty of water. Drain and set aside.

In a heavy based wok or kadhai, heat the oil over medium heat. Add the asafoetida and mustard seeds. Once they begin to splutter, add the urad dal along with the red chilli. Stir for a few seconds and add the curry leaves and green chilli. Let them infuse the oil for a minute.

Add the chickpeas followed by the grated coconut. Mix well and fry for 2 to 3 minutes. Turn the heat off and add lemon juice and salt. Sundal can be eaten as a side dish, warm or cold.

*Serves: 4-6, Preparation time: 10min, Cooking time: 20min*