

ESSENTIAL

Healthy Eating Recipe Book

with Celebrity Recipes from:

Annabel Karmel

Antony Worrall Thompson

Jo Pratt

Nick Nairn

Rachel Green

Rose Elliot

Aldo Zilli

and

Simon Rimmer





Introduction

Healthy eating is wholesome eating.

The trick to a tasty and varied diet is to make the most of the diverse range of fresh, organic and fairly traded ingredients now available. Healthy, vegetarian cooking can be quick and easy – often far quicker than reheating processed meals and definitely much more healthy! At Essential we specialise in producing a wide range of fairly traded, wholesome and nutritious foods. We pride ourselves on our range of speciality ingredients, but also have 100s of everyday ingredients that could form the basis of a nutritious larder. Great ingredients alone aren't enough: most of us need recipes to inspire us to create delicious dishes. Here is a selection of healthy recipes from some of the UK's best known chefs. All are easy to prepare and we hope you have fun trying them out and discovering new healthy ingredients. Welcome to our vision of sustainable, nutritious, delicious food.

ESSENTIAL 

Healthy Food, Healthy Body.

From the moment of conception and throughout life our diet plays a crucial role in our well being. A growing body of evidence confirms that a healthy diet can help us live a longer and healthier life and protect against a range of diseases including heart disease, diabetes, high blood pressure, stroke, cataracts, dementia and certain types of cancer. The food we choose can also help to increase our resistance to colds and other infections and improve our physical and mental performance. So if you care about your health, it makes sense to think about what you put into your body. The good news is that healthy eating doesn't have to be hard work or expensive. And healthy food doesn't have to be dull or unexciting. Luckily, thanks to companies like Essential, choosing a healthy diet is easy and, as the recipes in this book will testify, tasty.

Fiona Hunter Nutritionist

Annabel Karmel

Annabel's Vegetarian Lasagne
Serves 4

You'll need:

Tomato Sauce
1 onion, chopped
1 clove garlic, crushed
1 tbsp olive oil
2 tbsp tomato puree
2 x 400g cans Essential chopped tomatoes
1 tablespoon fresh chopped parsley
1 tbsp torn basil leaves
1 tsp dried oregano
½ tsp caster sugar
Salt and freshly ground black pepper

450g fresh spinach
or 225g frozen spinach
15g butter
175g cottage cheese
1 egg, lightly beaten
30 ml double cream
25g Parmesan cheese, grated
15g Gruyere cheese, grated
6 sheets fresh lasagne or dried no pre-cook lasagne
125g Mozzarella cheese, grated

What to do:

Pre-heat the oven to 180C / 350F / Gas 4. To make the tomato sauce, sauté the onion and garlic in the olive oil until softened. Add the tomato puree and saute for 1 minute. Drain and discard the juice from the cans of tomatoes and add the tomatoes to the sautéed onions. Add all the remaining ingredients and simmer uncovered for 10 minutes. Season to taste.

Meanwhile, to prepare the spinach and cheese layer, cook the spinach, drain thoroughly and then sauté in the butter for a couple of minutes. In a food processor, blend together the spinach, cottage cheese, egg, double cream and Parmesan cheese. Season with a little black pepper.

To assemble the lasagne, spread a thin layer of the tomato sauce over the base of a fairly deep ovenproof dish measuring about 23 x 15 cm (9 x 6 in). Lay two sheets of lasagne on top. Cover with half of the spinach mixture, a third of the Mozzarella cheese and a third of the tomato sauce. Again, lay two



"Home cooking enables you to create delicious, healthy recipes to your taste. If you cook at home you know exactly what is in the recipe and there are no surprises like E numbers and preservatives and you can always add a little more of what you like or a little less of what you don't. I really believe that being healthy is all about everything in moderation."

sheets of lasagne on top, spoon the remaining spinach mixture on top and then cover with a third of the Mozzarella cheese and a third of the tomato sauce.

Lay the remaining two sheets of lasagne on top, cover with the remaining tomato sauce and Mozzarella cheese and then sprinkle the extra Gruyere cheese over the top. Bake in the oven for about 25 minutes.

	Per serving	% GDA
Kcals	395	20
Sugar (g)	11.5	13
Fat (g)	24.4	35
Sat'd Fat (g)	12.7	64
Salt (g)	1.6	27

Biography

Annabel Karmel is the UK's best-selling author on baby and children's food. She is an expert in devising tasty and nutritious meals for children without the need for parents to spend hours in the kitchen. As a busy working mother of three, she has first-hand experience of the difficulties of feeding young children while knowing how important it is to provide them with healthy and tasty food. Her latest books, 'Top 100 Pasta Dishes' and 'Weaning', are in the shops now.

For further details please see:

www.annabelkarmel.com



Antony Worrall Thompson

Herby fruit salad

A twist on a classic fruit salad.

The Asian influence of coriander and coconut milk is unusual yet refreshing.

Perfect after a heavy meal.

Serves 4 - 6

You'll need:

4 tablespoons Essential coconut milk
1 tablespoon liquid honey
Lemon or lime juice, to taste
2 blood oranges or small pink grapefruit, peeled and sliced
1 small pineapple, peeled and diced
1 pink-skinned apple, cored and diced
1 banana, peeled and sliced
1 small mango, peeled and diced
2 tablespoons chopped coriander leaves

What to do:

Mix the coconut milk, honey and lemon juice.

Toss the fruits and coriander in this dressing.



Essential Organic Coconut Milk



Coconut milk is a delicious alternative to cow's milk that suits vegans and people who are lactose intolerant. Coconut milk isn't the liquid inside the

coconut – it is actually pressed from the soft, freshly picked coconut. But beware! As demand grows for coconut, some producers are clearing tropical forestland to plant coconuts and exploit this market. Rest assured with Essential: our coconut milk is from sustainable co-operative groves in Sri Lanka planted on established land in balance with the environment.

Herby Fruit Salad

(based on 4 servings)

Nutritional Analysis

	Per serving	% GDA
Kcals	181	9
Sugar (g)	35.5	39
Fat (g)	3.1	4
Sat'd Fat (g)	2.3	11
Salt (g)	Trace	< 1%

Biography

Antony Worrall Thompson is one of the UK's best-loved chefs and the presenter of ITV's Daily Cooks Challenge. Passionate about organic food, good animal husbandry and the importance of local producers, he is a keen exponent of healthy eating. Antony is the author of a number of bestselling books, including Antony Worrall Thompson's GI Diet, The GI Diet Made Easy, Healthy Eating for Diabetes and The Diabetes Weight Loss Diet. He also writes for the Daily Express and Express on Sunday, as well as Delicious and BBC Good Food.

For further details please see:
www.loveyourgut.com



Photo: Steve Lee

Jo Pratt

TENDERSTEM® BIRYANI

If you plan on cooking some brown basmati it is well worth making extra so you can use it to prepare this wonderfully quick biryani recipe. Serves 2 as a main course or 4 as a side dish

Preparation time: 10 - 15 minutes

Cooking time: up to 25 minutes

You'll need:

1tbsp sunflower oil
1 onion, finely sliced
2 cloves garlic, crushed
2 cm piece root ginger, peeled and grated
1 tbsp garam masala
200g Tenderstem®, cut into 2-3cm pieces
300g cooked Essential brown basmati rice
Handful toasted flaked almonds
Handful sultanas
Salt and pepper
4 tablespoons of natural yoghurt
Handful chopped coriander

What to do:

Heat the oil in a frying pan and add the onion. Fry over a medium heat until it is nicely golden. Stir in the garlic, ginger and garam masala, and cook for about 1 minute. Add the Tenderstem and continue to fry everything together for a couple of minutes until the Tenderstem is beginning to soften.

Stir in the cooked rice, half of the almonds and the sultanas. Season with salt and pepper. Stir fry for a few minutes until the rice is completely heated through. Stir in the yoghurt and most of the coriander then spoon onto plates. Scatter over the remaining almonds and coriander, and serve straight away.



"If you want to look good and feel good, then a healthy balanced diet is essential, no matter what age you are. With the amazing selection of good quality ingredients, and delicious recipes to choose from, it's not difficult to make healthy eating fun, interesting and a part of everyday life."

Nutritional Analysis

	Per serving	% GDA
Kcals	251	13
Sugar (g)	13.9	15
Fat (g)	7.6	11
Sat'd Fat (g)	1.5	8
Salt (g)	0.4	6

Biography

Jo is a food stylist, writer, presenter and home economist. She is currently Food Editor for Glamour magazine. Jo has a unique, creative way of home cooking, which comes from her ability to adapt what she's learnt working alongside Michelin starred chefs, combined with her fantastic styling ideas to create recipes that we can all enjoy everyday – whatever our ability. 'Real cooking for real people' is what Jo's all about.

For further details please see:
www.tenderstem.co.uk and
www.jopratt.co.uk



Nick Nairn

Asparagus with boiled eggs and Parmesan

For a simple, tasty starter serve asparagus with soft boiled eggs - a marriage made in heaven! Get the best eggs you can afford - good quality free range ones or try duck eggs if you can get them, add a pinch of sea salt, a little freshly ground black pepper and to finish it off a sprinkling of freshly grated rich and fruity parmesan. Perfect!

Serves 2

You'll need:

12-16 medium asparagus spears
2 medium free range eggs
2 tsp freshly grated Parmesan
Essential sea salt
Freshly ground black pepper.

What to do:

Firstly trim the asparagus, removing the woody part of the stalk and any tough outer layers. Trim to uniform length.

Place the eggs in a pan of boiling water and boil for 4-5 minutes until soft.

In a separate large saucepan, fill with water; add salt and bring to a rolling boil. Add the asparagus and cook for 3-4 minutes. Once cooked, lift the asparagus from the pot with a slotted spoon and refresh in a bowl of salted water.



"I'm incredibly glad that we've moved away from the days when the phrase "Healthy Eating" was synonymous with bland, unappetising or just plain boring food. There really is a whole world of rich, versatile and most importantly healthy dishes out there. Cooking healthy food has never been so exciting!"

Place the eggs into eggcups, slice off the top and serve with the asparagus. Add some sea salt and freshly ground pepper to taste and a small bowl of freshly grated Parmesan to dip into. Enjoy one of nature's simple pleasures!

Nutritional Analysis

	Per serving	% GDA
Kcals	123	6
Sugar (g)	1	1
Fat (g)	8.5	12
Sat'd Fat (g)	3	15
Salt (g)	0.3	5

Biography

Scotland's best-known chef, Nick is in high demand as chef, consultant and personality and is a prominent spokesperson on diet, healthy eating and Scottish produce.

In 2007 Stirling University recognised this and awarded him an honorary doctorate for his outstanding contribution to Scottish cuisine and work in promoting healthy eating.

For further details please see:
www.nicknairncookschoo.com



Rachel Green

Green Pea Hummus Salad Wraps

Serves 4

You'll need:

Green Pea Hummus
500g frozen peas
3 cloves garlic
3 tbsp Essential light tahini paste
Juice of 1 large lemon
(add more if preferred)
1 tsp ground cumin
1 tbsp olive oil
Sea salt and black pepper

4 tortilla wraps
Handful of washed lettuce leaves
4 medium tomatoes, sliced
16 slices of cucumber

What to do:

Add the peas to a pan of boiling water and simmer for 3 minutes. Drain the peas and put in a food processor with all the other ingredients, mix well until a paste is formed.

Season with sea salt and black pepper according to taste.

Lay out the tortilla wraps and fill with the green pea hummus, washed lettuce leaves, tomatoes and cucumber.

Season with sea salt and black pepper and carefully roll up and cut in half.



"There's nothing quite like home cooking, the joy of knowing exactly what ingredients you are putting in and tasting the results of your labours. I love the reactions and the pure unadulterated enjoyment of producing a meal from start to finish and controlling what goes into each dish, after all, you are what you eat."

Tips: The wraps can be made well in advance, by sealing them tightly in cling film and keeping them in the fridge. This makes them much easier to cut in half and they are ideal for children's lunchboxes.

Nutritional Analysis

	Per serving	% GDA
Kcals	312	16
Sugar (g)	6.9	8
Fat (g)	11.4	16
Sat'd Fat (g)	1.7	8.5
Salt (g)	0.5	8

Biography

Rachel Green is an award-winning Lincolnshire chef, food campaigner and farmer's daughter. She has taken the culinary bull by its horns, with a string of television appearances, two cookbooks, contributions to numerous cookery and lifestyle magazines and regular cookery schools at Divertimenti and Denman College. Rachel certainly knows a thing or two about food and local produce.

For further details please see:

www.rachel-green.co.uk

www.peas.org



Rose Elliot

Lentil Croquettes with Tomato Sauce

These croquettes were my favourite meal when I was growing up. The sauce really couldn't be easier and is one of my standbys. It's worth buying good-quality canned tomatoes because they have a much richer flavour and produce a better sauce.

You'll need:

Croquettes (Serves 4)
225g split red lentils
425ml water
1 onion, finely chopped
2 tbs olive oil
1 tbsp freshly squeezed lemon juice
salt and freshly ground black pepper
wholemeal flour, for coating
olive oil, for shallow-frying

Tomato Sauce (Serves 4-6)
1 onion
1 tbs olive oil
1 garlic clove, crushed
450g tomatoes, skinned or
1 x 400g can Essential chopped
tomatoes
1 tsp dried oregano (optional)
Salt and freshly ground black pepper

What to do:

Put the lentils and water into a medium-sized saucepan and cook them for 20 - 30 minutes or until the lentils are pale and soft and all the water has been absorbed. A non-stick saucepan is best, if possible, to avoid sticking.

Fry the onion in the oil for about 10 minutes or until it's soft, then add to the lentils, together with the lemon juice and seasoning to taste. Mix it all together well, then form it into eight croquettes and coat each one with wholemeal flour.

Heat the oil in a frying pan and fry the croquettes until they're crisp, then drain them on kitchen paper and keep warm. Alternatively, place the croquettes on an oiled baking sheet and bake for 30 - 40 minutes, at 200° C (400° F), gas mark 6, turning them over halfway through to brown both sides evenly.



"It's so empowering to know that by choosing the most wholesome ingredients and cooking them yourself, the results are not just delicious, satisfying and fun but can dramatically improve your health and well-being"

For the Sauce: Peel and chop the onion and fry it gently in the oil in a medium-sized saucepan, with a lid on the pan, until it's soft but not browned – about 10 minutes. Add the garlic, along with the tomatoes and oregano (if using). Simmer, uncovered, for 10 -15 minutes or until thick. You can blend the sauce, or leave it chunky. Taste and season with salt and pepper.

Best served with a leafy salad

Nutritional Analysis

	Per serving	% GDA
Kcals	314	16
Sugar (g)	7.8	9
Fat (g)	14	20
Sat'd Fat (g)	2	10
Salt (g)	Trace	<1

Biography

With 60 books to her credit, and 4 million sales, Rose Elliot has played a major role in transforming the taste and popularity of vegetarian food. She contributes to magazines and newspapers, broadcasts on radio and television, is a patron of The Vegetarian Society and in 1999 received the MBE, 'for services to vegetarian cookery'.

For further details please see:
www.roseelliot.com



Aldo Zilli

Lentil, Feta & Roasted Pepper Salad

Serves 4

Preparation time: 15 minutes

Cooking time: 15 minutes

You'll need:

3 x 400 g cans of Essential Dark Speckled (Puy) Lentils
2 red peppers
2 yellow peppers
200 g feta cheese, cut into cubes
a handful of rocket, roughly chopped
1 tablespoon extra virgin olive oil
salt and freshly ground black pepper

What to do:

Drain the lentils and wash thoroughly.

Put the whole peppers on a baking tray and place under a hot grill for 15 minutes, turning occasionally, until charred.

Remove and place in a bowl, cover with cling film and leave to cool.

Once the peppers have cooled, remove the skin and seeds and roughly chop.

Place in a salad bowl with the lentils, feta, rocket and olive oil.

Season, toss gently and serve.



"When you prepare and cook meals at home, you have better control over the nutritional content of the food you eat. What's more, it's cheaper too! It's also important to remember that cooking at home can play a big part in bringing your family closer together. From getting the kids to help mixing ingredients to setting and clearing the table together, family meals offer the perfect opportunity to bond."

	Per serving	% GDA
Kcals	390	20
Sugar (g)	9.9	11
Fat (g)	14.8	21
Sat'd Fat (g)	7.2	36
Salt (g)	1.8	30

Set Pulses Racing

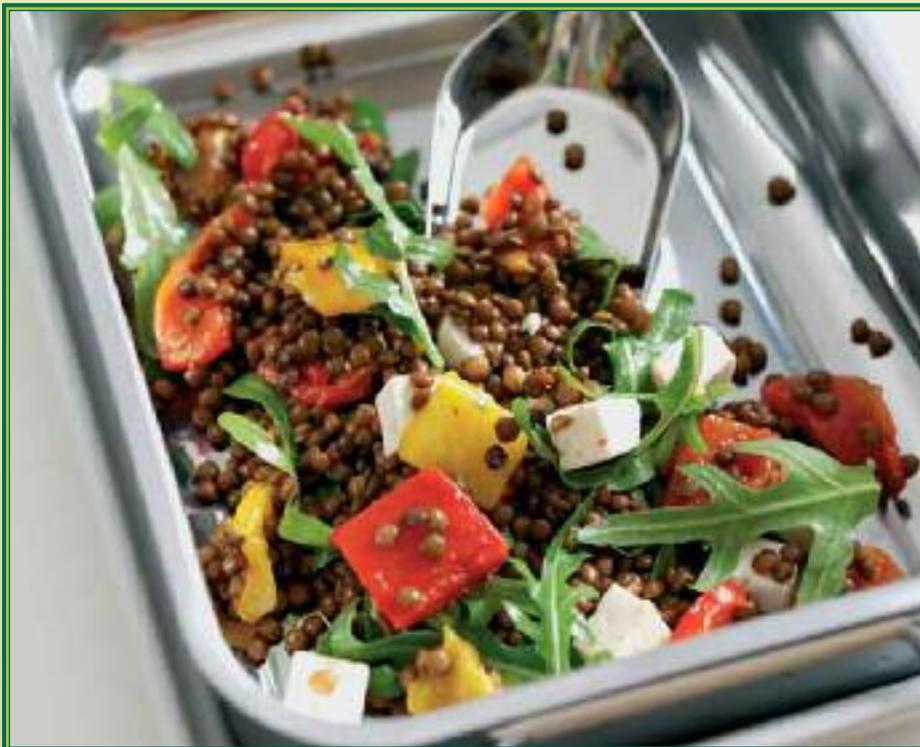
The Essential Puy Lentils you could use in this recipe are from our range of nine types of canned organic pulses presented simply in water with no added sugar or salt. Even better, they come in recyclable, ring-pull tins, making them handy in more ways than one! Just pull the ring, drain the pulses and you're ready to enjoy these wholesome powerhouses of nutrition. Some convenience foods are good for you after all!



Biography

Celebrity chef, Aldo Zilli is the owner and chef of his acclaimed Zilli restaurants in Soho including Zilli Fish, Zilli Café and Zilli Bar. In February 2010, Aldo opened Zilli Green - the first ever Italian vegetarian restaurant in London celebrating his commitment to healthy living. It reinforces the message that vegetarian food is exciting and delicious with quirky flavours and combinations.

For further details please see:
www.zillirestaurants.co.uk



Simon Rimmer

Almond Granola Bars

Makes 12 bars

You'll need:

110g butter
150g rolled porridge oats
75g sunflower seeds
125g roughly chopped blanched almonds
50g sesame seeds
110g light muscavado sugar
50g Essential honey

What to do:

Roast the nuts and seeds for 8 mins at 180°C

Heat the butter and honey and sugar, until combined. Mix the oat mixture

with the honey and butter, then press into a greased, lined tin (about 6 x 8")

Bake for 25 mins, mark it and leave it to cool. Cut into 12 pieces.

	Per serving	% GDA
Kcals	288	14
Sugar (g)	12.5	14
Fat (g)	19.8	28
Sat'd Fat (g)	6.1	31
Salt (g)	0.2	3



Biography

You will see Simon's face more and more on our TV screens, with BBC2's Something for the Weekend continuing to cheer up the nation's Sunday mornings. In recent times he's also appeared on BBC2's Great British Menu, Celebrity Mastermind, Grub's Up, Recipe for Success, BBC1's This Little Farmer, Saturday Kitchen, Richard and Judy on Channel 4, Cooking the Books and Breaking in to Tesco for Channel 5. Simon has written 4 books – The Accidental Vegetarian, Rebel Cook and Lazy Brunch (with Tim Lovejoy) and his latest book Seasoned Vegetarian.

For further details please see:
www.californiaalmonds.co.uk

ESSENTIAL

Essential specialises in great food, naturally. All of our products are organic, ethical and fairly traded and contain no artificial colours, flavours or modifiers. Our tinned pulses contain no sugar or salt, our fruits are packed in fruit juice and our muesli comprises 100% whole ingredients. Everything is traceable, wholesome, packed with goodness and nothing else.

Essential is a co-operative based in Bristol. We are a guaranteed 100% vegetarian and vegan company and all our suppliers sign a non-GMO declaration.

This gives us – and you – the ultimate peace of mind.

We work closely with fairtrade producers, farmers & co-operatives worldwide to source top quality food. We have many organic store-cupboard staples such as Vegan Pesto, Fairtrade Chocolate Spread and Whole Tinned Italian Cherry Tomatoes. And we also have some delightfully different ingredients such as Fairtrade Quinoa, bio-dynamic Egyptian herbal teas, wild-gathered, dried Porcini Mushrooms and Maple/Pecan/Cacao luxury cereal.

Essential has been flying the flag for ethical, organic, fairtrade food since 1971. Our products can be found at independent health food stores nationwide (see www.essential-trading.coop for stockists). We take all the hard work out of buying ethically – you can buy Essential with a clear conscience because we have already checked the suppliers and small print for you!

Give your food purchases some serious thought – and give Essential a try.

