# PiXL Power to Perform

## RECIPE BOOKLET

PiXL Wellbeing

# PiXL Power to Perform

PiXL Power to Perform is all about what students are eating and how we can use food to enhance their performance, concentration and energy.

Resources available will include:

- 20 recipes designed especially by chef Mark Lloyd, all including ingredients that will enable students to feel fuller for longer and perform well. The recipes have been put onto cards that can be given to students/parents to cook at home and/or for school kitchens to cook for students at lunchtime.
- Videos for students showing them step by step how to cook the dishes – each video shows Mark Lloyd cooking the dish.

We hope that by using these resources, students may find a way through a very tough and daunting period and be better prepared in handling the pressure and stress that comes with it. Perhaps some of these ideas will help create a mindset where they believe that they can achieve whilst also showing them how to do it.

This booklet contains all the recipes that Mark has designed for us.

Happy cooking!

PiXL Wellbeing

# A DIFFERENT FISH FINGER SANDWICH

**A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.**

8 slices bread or 4 of your favourite buns
2 whole haddock fillets, weighing about 300g in total, skinned
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs
50g plain flour
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°c.

**METHOD:**
Blitz or crush the nachos and pour into a bowl.
Pour the beaten egg into a separate bowl.
Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.
Cut fish fillets into finger sized pieces, resembling fish fingers.
Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.
Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown.
Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.

This dish has been specially created by celebrity chef, Mark Lloyd.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Helps improve mood, regulates blood pressure and stabilises blood sugars.
**The best time to eat this dish:**
At lunchtime before an exam or afternoon of revision.
**Reason:** Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.

# COD FISHCAKE AND CHIPS

**COD FISHCAKE, MINTY PEAS, YOGURT TARTARE SAUCE, 'OVEN' CHIPS. THIS IS A BAKED FISHCAKE, WITH BAKED OVEN CHIPS, JUST A HEALTHIER VERSION OF A CHIPPY DINNER! MAKES ENOUGH FOR 4.**

**FOR THE CHIPS:**
4 large potatoes, Maris Pipers work well, washed, skin on and cut into 8 lengthways
3 tablespoon of vegetable oil

**METHOD:**
Boil a large pan of salted water, cook the potatoes for 8-10 minutes, drain well, toss in the vegetable oil.
Place on a baking tray and cook at 200°c for 20-25 minutes, turning occasionally to get them all crispy and golden.

**FOR THE YOGHURT 'TARTARE':**
125ml of plain Greek yoghurt
3 tablespoons of chopped gherkins
Juice of ½ lemon

**METHOD:**
Just mix everything together.

**TO MAKE THE FISHCAKES:**
275g potatoes, preferably Maris Pipers, peeled and cut into rough 3cm chunks
400g cod, unskinned, fresh or frozen
1 bay leaf
½ lemons, finely zested
4 spring onions, trimmed and finely sliced
Vegetable oil, for spraying
1 large egg
50g fresh wholemeal breadcrumbs
Lemon wedges, to serve

**METHOD:**
Put the potatoes in a pan of cold water and bring to the boil. Reduce the heat slightly and simmer for 15 minutes or until the potatoes are soft but not falling apart. While the potatoes are cooking, put the fish fillets in a large saucepan, placing the thicker fillets on the bottom of the pan. Cover with cold water and add the bay leaf. Put a tight-fitting lid on the pan and gently bring to a simmer, then immediately take the pan off the heat. Leave the fish to stand for 5 minutes.
Drain the potatoes well in a colander, tip them back into the pan and mash them until smooth or pass them through a potato ricer. Put the mash in a large bowl and season with salt and black pepper.
Drain the fish well in a colander and break it into large chunks, discarding the skin and any bones as you go. Put the fish in the same bowl as the mashed potato and stir in the lemon zest and spring onions with a large wooden spoon trying not to break up the fish too much.
Divide the mixture into 4 balls and flatten each ball to about 3cm thick. If the mixture is too soft to shape into balls, cover and leave it to cool for a while. The potato will stiffen up as it cools. Lightly oil a baking tray.
Beat the egg in a shallow bowl. Mix the breadcrumbs in a large bowl. Dip a fishcake into the egg, coating it on all sides. Gently shake any excess egg off and then place it in the breadcrumbs, turning and pressing to get an even coating of crumbs. Place the fishcake on the greased tray and prepare the rest in the same way. Leave them to chill in the fridge until you're ready to cook.
To cook the fishcakes, place in the oven to 200°c for 20 minutes. Mist the fishcakes with the oil and bake them for 15-20 minutes until crisp and golden brown. Serve with chips, tartare and some lemon wedges for squeezing.
Cook the peas in boiling water for 5 to 6 minutes before adding a knob of butter and some freshly torn mint leaves.

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# A DIFFERENT FISH FINGER SANDWICH

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# COD FISHCAKE AND CHIPS

# FLORENTINE PIZZA

## FLORENTINE PIZZA; SPINACH, TOMATO, MOZZARELLA, BAKED EGG. THIS IS MY VERSION OF THE CLASSIC PIZZA, I AM SAYING THIS NOW SO THE 'PIZZA PURISTS' DON'T TELL ME OFF!

**YOU WILL NEED:**
6 eggs
1 bag baby spinach, washed and dried as well as possible
Mozzarella balls, for tearing

**THIS RECIPE MAKES ABOUT 3 GOOD SIZED PIZZA BASES:**
500g flour (plain works but bread flour is better)
300ml water at blood temperature (shouldn't be hotter or colder than your finger)
10g fresh yeast or 5g dried yeast
10g salt
2 tablespoons of olive oil
For the tomato sauce; this keeps well in the fridge for at least a week!
500ml sieved tomatoes or passata
A good pinch of dried oregano
A bunch of fresh basil, leaves removed and stalks chopped
1 clove garlic, peeled and sliced as thinly as you can
Salt and pepper
A splash of vegetable oil

**METHOD:**
Warm the oil in a saucepan, so that it gently sizzles, for 3 to 4 minutes. Pour in the sieved tomatoes, oregano and chopped basil stalks. Increase the heat and reduce the tomato sauce by half, it should be nice and thick. Taste, then add salt and pepper. Remove from the heat and chill until needed for your pizza base.
Find the right bowl to make your dough in, or use an electric mixer bowl. It needs to be big enough to incorporate all the ingredients. Combine the yeast with the warm water in the bowl, let the yeast dissolve. To this add 50g of plain flour. Set the bowl aside in a warm place. After 20 to 30 minutes the yeast should have formed a sponge. Add flour, salt and olive oil to the bowl.
You can now place the mixture in the bowl of a food processor fitted with a dough hook. Alternatively roll up your sleeves and knead it by hand for 10 to15 minutes on a lightly oiled work surface. Lightly grease the bowl with olive oil and return the dough to it. Cover with a damp tea towel and allow the dough to rise for 2 hours. Knock the dough back and allow to rise for a further half hour. Divide the dough into 2, 3 or 4 individual balls depending on how many pizzas you wish to make.
Roll the pizza out, or if you're feeling brave, give hand stretching a go on a floured work surface to a thickness of 3 or 4 mm. Transfer to a baking tray and top with tomato sauce, spinach, mozzarella. Then, just as you push the shelf into oven, crack a couple of eggs on top. Bake for 12 minutes or until your eggs are cooked the way you like, I like mine runny to dip my pizza crusts in.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.
**The best time to eat this dish:** A treat meal after an exam when you still have revision to complete.
**Reason:** Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy and provide you with omega 3s to support your brain function.

# MEDITERRANEAN VEGETABLE PASTA BAKE

## MEDITERRANEAN VEGETABLE PASTA BAKE, RIPPED UP MOZZARELLA. SERVES 4.

1 large aubergine, washed and cut into 2cm cubes
3 medium courgettes, washed and cut into 2cm cubes
3 red onions, peeled and roughly diced
2 cloves garlic, peeled and crushed
1 red pepper, core removed and diced
6 tomatoes, quartered, but seeds left in
4 tablespoons olive oil
Sea salt and freshly ground black pepper
1 teaspoon dried oregano
100g Penne pasta (the little tubes)
3 mozzarella ball, or a tub of the mini ones (Boccancini)

**METHOD:**
Preheat the oven to 180°c.
Combine all the prepared veg and place in a large baking dish.
If the baking dish is overcrowded with veg, split the veg between two dishes. Drizzle veg with olive oil and sprinkle with salt, pepper and oregano. Mix well to coat the veg. Bake in the oven until the vegetables are very soft, about 45 to 55 minutes.
Meanwhile, during the last 10 minutes of cooking the veg, cook the Penne (pasta) in boiling salted water according to the timing on the packet, usually about 8 to 10 minutes, then drain in a sieve or colander.
Remove the veg from the oven. In the baking dish, toss the veg with the hot pasta. Now tear up that Mozzarella cheese and fold into the pasta so it becomes all stringy and soft. Season to taste with salt and pepper, then serve straightaway with a big green salad.

This dish has been specially created by celebrity chef, Mark Lloyd.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Helps elevate mood, prevents energy highs and crashes.
**The best time to eat this dish:** At lunchtime before an afternoon exam or before a revision session.
**Reason:** Courgettes and aubergines will help beat stress by reducing your blood pressure. Pasta will help to maintain your blood sugars and keep your energy levels constant. Onions, tomatoes and peppers all contain high amounts of anti-oxidants, improve your blood flow and therefore brain functions like memory and focus. Complex carbohydrates along with oregano will improve your mental wellbeing.

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# FLORENTINE PIZZA

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# MEDITERRANEAN VEGETABLE PASTA BAKE

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# MEXICAN CHICKEN ENCHILADAS

## MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.

4 skinless, boneless chicken breast fillets
1 onion, chopped
225ml yogurt
1 bunch of chives, cut into thin rings
125g grated Cheddar cheese
1 tablespoon dried parsley
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/2 teaspoon salt (optional)
400g tomatoes, roughly chopped
125ml water
1 tablespoon chilli powder
5 tablespoons chopped green pepper
1 clove garlic, minced
8 flour tortillas
85g grated Cheddar cheese
2 avocados
Juice from ½ lemon

This dish has been specially created by celebrity chef, Mark Lloyd.

**METHOD:**
Preheat oven to 180°c/Gas 4.
In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives,125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic.
Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

**FOR THE AVOCADO SMASH:**
Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.
**The best time to eat this dish:** For lunch or an evening meal during peak exam period.
**Reason:** High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.

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# PORK CHOP, SAGE ROASTED APPLES

## PORK CHOP, SAGE AND OREGANO ROASTED APPLES, BUTTERNUT MASH, SPINACH. SERVES 4.

4 pork chops, 1 big one or two smaller ones, you decide
2 butternut squash, peeled and chopped into chunks, no seeds
50g butter
2 tablespoons of vegetable oil
3 good eating apples, maybe Pink Lady, Braeburn or Granny Smiths
1 bag baby spinach or other greens, washed and drained
1 teaspoon dried oregano
1 tablespoon chopped sage leaves, you can use dried

**METHOD:**
Preheat the oven to 190°c.
Heat a frying pan, toss the apples in the vegetable oil and fry the apples until golden, transfer them to a roasting dish.
Now brown the pork in the same pan 3 to 4 minutes on each side, before placing them on top of the apples in the baking dish. Sprinkle over the sage and oregano.
Put the pork and apples in the oven for 20 minutes, then remove from the oven and leave to rest for 5 to 6 minutes, while you cook the spinach in boiling water for 2 to 3 minutes.

Place all the chopped squash into a pan of salted water and boil until tender. Drain into a sieve or colander and leave for a few minutes to allow the squash to steam away any extra water. Mash the squash with the butter, adding salt and pepper to taste.
To serve: big dollop of mash, pork and apples on top and a little of the juices from the roasting dish, BAM!

This dish has been specially created by celebrity chef, Mark Lloyd.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Boosts memory recall, increases concentration levels, enhances immunity.
**The best time to eat this dish:** During revision for lunch or an evening meal.
**Reason:** Pork contains iron and potassium which can help with cognitive development. Butternut squash has potassium and high levels of Vitamin A to boost your immune function and help lower blood pressure. The Omega 3s in spinach will help brain function and increase your concentration levels. Apples, sage and oregano are an excellent combination for your mental wellbeing.

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# MEXICAN CHICKEN ENCHILADAS

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# PORK CHOP, SAGE ROASTED APPLES

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# SAGE ROASTED PORK LOIN

## SAGE ROASTED PORK LOIN, SWEET POTATO ROASTIES, RED CABBAGE SLAW. SERVES 4 AS A HEARTY DINNER TO ENABLE A GOOD NIGHT'S SLEEP.

1kg pork loin, with the crackling on if possible, scored
4 medium sweet potatoes, washed and the skin left on, cut into quarters
½ red cabbage
3 good eating apples, red or green (Granny Smith or Braeburn work well)
4 tablespoons olive oil
100ml vegetable oil
3 tablespoons white wine vinegar
1 teaspoon demerara sugar (or any other good brown sugar)
Sea salt and black pepper
1 small bunch parsley, flat or curly, doesn't matter, chopped as small as possible

This dish has been specially created by celebrity chef, Mark Lloyd.

### METHOD:

Pre-heat the oven to 180°c.
Place the pork into a roasting tray and rub all over with 2 tablespoons of the oil. Season with salt and pepper.
Place into the middle of the oven at 180°c for 20 minutes, then turn down to 160°c for another 30 minutes, this should make some good crackling!
Take another roasting pan and pour the remaining vegetable oil in, place this tray in the oven to heat up, you want it nice and hot for the roasted sweet potatoes.
Bring a pan of salted water to the boil and place the sweet potatoes in, cooking them for 10 minutes or until the tip of a knife just about reaches the centre when gently pushed in to one. Drain the potatoes into a colander or sieve and allow the steam to make the potatoes nice and dry. Now be careful; add the sweet potatoes to the hot oil, gently shaking the tray, so that the potatoes slide around in the tray.
Place in the oven for 20 to 25 minutes, checking and turning now and again to make sure they cook evenly.

### TO MAKE THE SLAW:

Shred the cabbage with either a sharp knife or use a food processor with the slicing attachment.
Grate the apples or thinly slice into matchsticks.
Place all the cabbage, apple and parsley into a mixing bowl and cover with the oil, sugar and vinegar, mix really, really well then cover until needed.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Improves energy levels, moods and resistance to stress, boosts immune system.
**The best time to eat this dish:**
Evening meal during the exam period and possibly feeling tired or run down.
**Reason:** Sweet potatoes, red cabbage and parsley are high in vitamin C, D, iron and are powerful anti-oxidants for your immune system. They contain magnesium which is the relaxation and anti-stress mineral. Apples help to enhance your memory function and pork will promote brain health. The overall combination of proteins and complex carbohydrates will provide you with a source of energy.

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# SPICED CHICKEN WRAP

## SPICED CHICKEN WRAP, MINT CACHUMBER SALAD AND YOGHURT DRESSING.

### FOR THE CACHUMBER SALAD:

1 small cucumber, split lengthways and seeds removed with a teaspoon (watch the tips video if you are unsure).
3 tomatoes, cut into 2cm dice, leave the seeds in for extra flavour
1 medium white onion, peeled and diced the same as the tomatoes
1 green chilli, cut lengthways and seeds removed, then finely sliced
1 bunch fresh coriander, leaves removed and chopped roughly
½ bunch mint, leaves removed and roughly chopped or torn
1 lemon, juice only
Salt and pepper, add this once everything is mixed, to taste

### METHOD:

Mix all the ingredients and a large bowl, tasting and adjusting the flavour by using the lemon, salt and pepper. Pop into the fridge until needed.

### FOR THE CHICKEN WRAPS:

8 tortilla wraps
2 tablespoons vegetable oil
4 skinless, chicken breasts, sliced into fingers
1 large onion, peeled and thinly sliced
1 clove garlic, peeled and crushed
1 green pepper, de-seeded and sliced
1 red pepper, de-seeded and sliced
2 teaspoon cumin
1-2 teaspoon dried chilli flakes
1/2 teaspoon paprika
1 tin chopped, peeled tomatoes
1 tin red kidney beans, rinsed and drained
2 tablespoons sweet chilli sauce
Juice ½ lemon
75g sweetcorn, rinsed and drained
100ml of Greek yoghurt
100g grated Cheddar cheese

### METHOD:

Take the sliced chicken and place into a large bowl with the vegetable oil, lemon juice, onions, garlic, peppers and spices and mix well so that all the ingredients are well coated, cover and put in the fridge for at least an hour. Heat a large saucepan over a high heat, then add the spiced chicken mix and cook until the chicken is well cooked, turning the mix over so the bits on the bottom don't burn, once the chicken is cooked, add the kidney beans, sweetcorn and chopped tomatoes. Cook for another 10 minutes over a medium high heat, this will thicken the sauce.

**Now to build your wraps:** Spoon the chicken mix into the centre of a tortilla, top with the Cachumber and a spoon of yoghurt, then roll it up and get yourself a big bite!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Keeps you hydrated, cleanses the stomach, gives steady energy release.
**The best time to eat this dish:** Lunch time before an exam or revision session.
**Reason:** Cucumber will re-hydrate you and flush out bodily toxins. Tomatoes, onion and chilli will help your brain to function optimally and enhance your memory and focus. Coriander, mint and lemon will all cleanse and soothe your stomach.

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# SAGE ROASTED PORK LOIN

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# SPICED CHICKEN WRAP

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# TUNA NICOISE

## TUNA NICOISE, IT'S AN OLDIE BUT A GOODIE. SERVES 4.

2 large eggs
100g fine green beans, fresh or frozen
4 large, ripe tomatoes
100g pitted black olives, try to get the ones in oil
225g can tuna
1 Iceberg lettuce, ripped into chunks, washed and drained
8 teaspoons olive oil
Juice ½ lemon
40g croutons, you could use toast, cooled and cut into cubes
6 anchovy fillets, they add a lovely saltiness, but aren't for everybody

**METHOD:**
Bring a pan of salted water to the boil, add in the eggs and cook for 5 minutes, remove the eggs and add the green beans and cook for 4 minutes. Run both under cold water until fully cold.
Tip the tomatoes, olives and half of the olive oil into a bowl and mix gently.
Arrange the lettuce on plates and then top with the tomato-olive mixture, saving their flavoursome juices in the bowl.
Drain the tuna and build up the salad with roughly broken chunks.
Using the reserved juices left in the tomato mixture's bowl, make the dressing: whisk in the olive oil, lemon juice and pour over the salad.
Peel and quarter the almost but not quite hard-boiled eggs and add to the salad along with the croutons, anchovy fillets (if using).

This dish has been specially created by celebrity chef, Mark Lloyd.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Maintains blood sugar levels, improves mood, mental alertness and promotes brain functioning.
**The best time to eat this dish:** Lunchtime before an exam or revision session.
**Reason:** Eggs and tuna are both high quality protein sources and contain B vitamins, minerals, iron and zinc for improved mental functioning and immunity. Tuna and anchovies are high in omega 3s which are essential nutrients for your brain. Green beans are rich sources of vitamins A, C, and K as well as omega 3s again making them an awesome vegetable.

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# TUNA, BEETROOT AND FETA SALAD

## TUNA, BEETROOT, FETA AND SPINACH SALAD, ORANGE DRESSING. THIS IS PROBABLY THE TASTIEST SALAD AROUND; TUNA WITH CITRUS AND SALTY CHEESE, SWEET BEETROOT AND SPINACH, PLUS IT'S A BRAIN BOOSTER! SERVES 4.

Tinned tuna or 4 x 100g tuna steaks
1 pack precooked beetroot, drained and the chopped into mouthfuls
200g Feta cheese, drained and roughly broken into cubes
1 bag baby spinach, washed and drained
2 oranges, zested then the segments removed from inside, (watch the tips video), then finally squeeze out the remaining juice for the dressing
50ml olive oil
1 teaspoon Dijon mustard

**TO MAKE THE DRESSING:**
Pour the mustard and orange juice into a bowl, then whisk as quickly as possible while adding the Olive oil to the mix, a little at a time.

**TO MAKE THE SALAD:**
If you are using the fresh tuna steaks, cook them like you would a steak, if you like them pink 2 to 3 minutes each side, or for cooked through 4 to 5 minutes each side. Cut the steaks into mouth sized dice. For the tinned tuna, drain the tuna in a sieve.
Take a large mixing or salad bowl, add the Feta, beetroot, orange segments and tuna. Coat with half of the dressing, top with the leaves and gently turn everything over in the bowl to mix. Do this gently to not break everything up too much, before adding more dressing if needed.

**TO SERVE:** Divide into bowls and get stuck in!

This dish has been specially created by celebrity chef, Mark Lloyd.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Boosts brain power, combats stress and enhances immunity.
**The best time to eat this dish:** For lunch or an evening meal in the middle of your exam period.
**Reason:** Tuna is an amazing source of protein which can lower your blood pressure, improve your immune system and boost your circulation all of which support optimal functioning. Beetroot contains heaps of vitamins, minerals and iron which will enhance your focus and reduce blood pressure. Feta cheese is nutrient rich and contains B vitamins to help keeps your brain functioning.

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# TUNA NICOISE

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# TUNA, BEETROOT AND FETA SALAD

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# CAJUN STYLE PORK

## CAJUN STYLE PORK, BAKED SWEET POTATO WEDGES AND KALE SLAW. SERVES 4.

4 pork chops
4 sweet potatoes
1 red onion, peeled and thinly sliced
2 carrots, peeled and grated
300g kale, washed and *blanched
1 lemon, cut in half and juiced, keep the juice
5 tablespoons olive oil
Salt and pepper
100ml Greek yoghurt
1 teaspoon wholegrain or Dijon mustard
1 red eating apple, sliced into thin matchsticks
1 small bunch chives, chopped into thin rings
4 tablespoons cajun or fajita seasoning

This dish has been specially created by celebrity chef, Mark Lloyd.

Pre-heat the oven to 160°c, Gas 3, 325°f.

**FOR THE WEDGES:**
Wash and quarter all the sweet potatoes lengthways into wedges. Toss the wedges in the vegetable oil and season with salt and pepper. Place on a baking sheet and put in the oven for 25 minutes.

**FOR THE PORK:**
Rub the pork chops all over with the cajun seasoning.
Heat a frying pan then add the pork chops and brown them on both sides over a medium heat, a little tip is to do them two at a time to keep the pan nice and hot. Place them on a baking tray in the oven for 20 minutes. It's important to leave them to rest for 5 minutes before serving, pour over any juices that run out of them, tasty!

**FOR THE SLAW:**
Put the *blanched kale into a large mixing bowl, add the sliced onion, the apple and the grated carrot. Mix the yoghurt, mustard and chives, then coat all the ingredients and season to taste with the lemon juice, salt and pepper.

**To serve:** Wedges on the bottom, pork and slaw on top

*Blanching; boil a large pot of salted water, add the Kale and cook for 5 to 6 minutes, then run the kale under cold water until cold, this stops the cooking and helps retain colour and more importantly, the nutrients.

WATCH THE VIDEO!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Restores energy,
helps brain function, increases concentration levels.
**The best time to eat this dish:**
Evening meal before completing some revision.
**Reason:** This recipe contains a combination of protein, complex carbohydrates and a powerhouse of nutrients. Sweet potatoes are anti-inflammatory and contain high levels of potassium, vitamin C and A. Kale contains Omega 3s and lemon juice will cleanse your stomach and strengthen your immune system.

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# PEANUT CHICKEN AND NOODLES

## PEANUT CHICKEN, PAK CHOY, COCONUT RICE NOODLES. YOU COULD ALSO USE TURKEY, PORK, BEEF OR TIGER PRAWNS FOR THIS RECIPE. SERVES 4.

Chicken breast thin slices about 1cm thick
2 cloves garlic peeled chopped
1 teaspoon curry powder
1 teaspoon honey
1 tablespoon soy sauce
1 teaspoon oil (peanut or sunflower)
4 bamboo skewers (soaking in warm water before use)
3 pak or bok choy, sliced thinly
300g rice noodles, soaked in boiling water as per packet instructions
50ml coconut milk
50g desiccated coconut
1 red chilli, sliced into thin rings
A few leaves coriander

**PEANUT SAUCE:**
100ml coconut milk or fresh milk
3 tablespoons smooth peanut butter
2 tablespoons honey
1 tablespoon soy sauce
½ teaspoon curry powder
1 teaspoon oil (peanut or sunflower)
1 teaspoon corn flour

**MARINATE:** Put the chicken with the garlic, curry powder, honey, soy sauce and oil in a bowl and mix well. Leave for about 30 minutes or longer.

You can soak the bamboo skewers for the same amount of time as the chicken marinates. Then skewer the chicken onto the bamboo skewers. Grill the chicken under a grill, fry in a pan or even on the BBQ on high heat. Cook each side for about 2 minutes or until the chicken is cooked and then serve with the warm peanut sauce.

**MAKING PEANUT SAUCE:**
Put all the ingredients for the peanut sauce into a small saucepan. Bring to a simmer on a low heat for about 2 to 3 minutes. Remove from the heat and serve.

**MAKING COCONUT NOODLES:**
Pour the coconut milk into a saucepan and warm over a medium heat, adding the dessicated coconut.
Soak the noodles in boiling water and once softened, add to the coconut milk with the bok choy and coat the noodles.
Spoon into warm bowls and top with the skewers.
If you have any dry roasted peanuts, crush and serve them with sliced chilli and fresh coriander as a garnish, and maybe even a lime wedge for tanginess!

WATCH THE VIDEO!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Helps regulate
immune system, gives instant mental energy, helps improve focus, memory and mood, helps to fight illness and combat stress.
**The best time to eat this dish:**
Evening meal or if you are feeling tired, stressed and not 100%.
**Reason:** The combination of lean protein,pak choy, garlic and coconut, all have a positive effect on memory retention due to all the phytonutrients. Packed with anti-oxidants such as Vitamin K and B vitamins to support your immune system and iron will help provide oxygen to the brain for alertness.

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# CAJUN STYLE PORK

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# PEANUT CHICKEN AND NOODLES

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# CHICKPEA AND VEGETABLE CURRY

## CHICKPEA AND ROASTED VEGETABLE CURRY. THIS MAKES ABOUT 10-12 PORTIONS, BUT FREEZES EXTREMELY WELL.

1 celeriac, peeled and diced
1 butternut squash, peeled and diced
2 white onions peeled and diced
1 thumb of ginger, peeled and finely grated
1 teaspoon turmeric
1 can of chickpeas, drained
2 cloves garlic, crushed
¼ teaspoon dried chilli flakes
¼ teaspoon ground black pepper
250g chopped tomatoes, tinned will do
50g desiccated coconut
150ml coconut cream
150ml good vegetable stock
½ stick cinnamon
2 black cardamom
1 teaspoon black onion seeds
1 teaspoon mustard seeds
½ teaspoon nigella seeds
2 teaspoon garam masala
2 tablespoons tomato puree
1 tablespoons coconut oil

**METHOD:**
Part cook the celeriac and squash in boiling, salted water. Just cook until the tip of a knife will go into the veggies.
In a large enough pan to take all the rest of the ingredients, heat the coconut oil and add the garlic, ginger and the dry spices, frying them for 30 to 45 seconds, before adding the tomato puree.
Add the chickpeas, stock and tinned tomatoes once the puree has slightly browned, stirring to remove the sticky bits of puree from the bottom of the pan.
Cook for 35 minutes or until the chickpeas are soft, then add the celeriac and squash.
Add the desiccated coconut and continue to cook for a further 20 minutes or until the consistency of the sauce is nice and thickened, if you need to add more liquid, please add some more water. Adjust the seasoning with salt and pepper before serving. Now get a wholemeal naan and get dipping!

WATCH THE VIDEO!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Stimulates brain cells and improve memory, helps to relax and de-stress, gives immunity a boost.
**The best time to eat this dish:** Evening mid-week meal when you have a lot of work to focus on.
**Reason:** Chickpeas are one of the best sources of magnesium which makes them a top brain boosting food. Butternut squash contains a huge amount of vitamin A and potassium which help lower your blood pressure. All the herbs and spices contain powerful antioxidants which will keep your brain sharp and your immunity in check.

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# CHILLI CON CARNE WITH JEWELLED RICE

## CHILLI CON CARNE, JEWELLED WHOLE GRAIN RICE, WHIPPED YOGURT. FEEDS 4 HUNGRY PEOPLE AND FREEZES WELL!

**FOR THE RICE:**
175g mixed wild rice, rinsed well
2 tablespoons of vegetable oil
1 carrot, peeled and finely grated
1 raw beetroot, peeled and finely grated (wear gloves!)
2 spring onions, washed and finely sliced into rings, for garnish
1 bay leaf
½ teaspoon cumin seeds
1 teaspoon thyme leaves, picked
350ml chicken or vegetable stock, if using a cube taste for saltiness!
A good pinch of sea salt and pepper

**METHOD:**
In a large saucepan, heat the oil over a medium heat, gently fry the cumin, onion, bay leaf and thyme for about 5 to 6 minutes, then add the rice.
Cover with the stock and cook for 10 to 12 minutes over a high heat, removing from the heat and stirring in the carrot, beetroot and spring onions.

**PLUS 125ML OF GREEK YOGHURT**

**FOR THE CHILLI:**
3 teaspoons of vegetable oil
1kg diced stewing beef, chuck steak etc..
2 white onions, thinly sliced
3 cloves of garlic, peeled and chopped
1 teaspoon cumin seeds, toasted
1 tablespoon of dried oregano
1 tablespoon soft brown sugar
2 red medium chillies, deseeded and roughly chopped
1 teaspoon chilli powder, or to taste
2 green chillies, sliced for garnish
400g tinned kidney beans, drained and rinsed
300g tin chopped tomatoes
300ml of good beef stock

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**METHOD:**
Heat a casserole dish big enough for all the ingredients over a medium heat. Add the vegetable oil, garlic, cumin, chilli powder, onions and chillis. Cook until the onions are golden, be careful not to burn them. Add the diced beef and brown on all sides *TIP (add the beef in small batches, it stops the meat steaming and going grey). Once the beef is nicely browned, add the stock, tomatoes, sugar and dried oregano, reduce the heat to a simmer (little bubbles) and cook for 1 hour with the lid on. After 1 hour remove the lid, add the kidney beans and cook for a further 30 minutes until the beef is tender and the sauce has thickened.

**TO SERVE:** Top the jewelled rice with the chilli and a dollop of whipped yoghurt. Lovely!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Maintains energy levels, helps to relax, builds immunity and promotes a healthy brain.
**The best time to eat this dish:** Friday evening or a weekend where you may spend longer amounts of time on revision or want to be able to relax.
**Reason:** The high amounts of iron and zinc will transport oxygen around your body quickly. The protein from lean beef and yoghurt combined with kidney beans and rice will give you slow release energy to last throughout the day. Chillies are rich in various vitamins and minerals which will help regulate blood sugar levels and can also help you to relax.

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# CHICKPEA AND VEGETABLE CURRY

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# CHILLI CON CARNE WITH JEWELLED RICE

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# GINGER AND CORIANDER CHICKEN

## GINGER AND CORIANDER CHICKEN, LENTIL DHAL, FLATBREADS. FEEDS 4 AS AN ALTERNATIVE TO THE TAKE AWAY.

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**FOR THE DAHL:**
150g cup dried red lentils, rinsed under running water
235ml water or chicken stock, or just enough to cover the lentils in your pan
1/2 tin chopped tomatoes
1 teaspoon turmeric
1 teaspoon cumin seeds
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon chilli powder
Juice ½ lemon

**METHOD;**
Combine all the ingredients and cook over a medium heat (little bubbles) until the lentils are soft.

**FLATBREADS:**
150g plain flour
15g yeast
75ml warm water
2 tablespoons olive oil

**METHOD:**
In a food processor, add the flour, oil, yeast and water, and then pulse until it forms dough. Put the dough in a bowl and add the cooled fennel seeds, quickly knead them in, cover the bowl with cling film and leave somewhere warm until the dough doubles in size. When it has doubled in size, place a frying pan over a medium heat, tip out the dough and pinch off golf ball sized pieces; roll them in your hands then roll flat with a rolling pin. Place them in the pan over a medium heat, a griddle pan is best, and gently cook, the thinner you roll them, the faster they cook. Once browned on one side, flip them over and finish cooking.

**FOR THE CHICKEN:**
4 skinless chicken breasts or thighs
25g fresh grated ginger
1 bunch of coriander, leaves picked and stalks chopped, keep the leaves for decoration, use the stalks for this bit!
30 ml of vegetable oil
A good pinch of sea salt and pepper to season

**METHOD:**
Mix all the ingredients, including the chicken, in a bowl and leave to soak for 20 minutes. To cook the chicken, heat a frying or griddle pan and brown the chicken on all sides, before reducing to a medium heat and continuing to cook for 15 to 18 minutes, make sure chicken is thoroughly cooked.

**TO SERVE:** Place the sliced chicken onto a warmed plate, dhal on the side, garnish with the coriander leaves, maybe a flatbread or two.

This dish has been specially created by celebrity chef, Mark Lloyd.

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# HERBY CHICKEN THIGHS WITH PESTO

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## HERBY CHICKEN THIGHS WITH SMASHED SEED AND SPINACH PESTO, ROASTED COURGETTES AND PEPPERS. SERVES 4.

**FOR THE SEED AND SPINACH PESTO:**
1 small (100g) bag mixed seeds (sunflower, melon, millet etc)
200g spinach
1 lemon, zested and juiced
½ clove garlic
50ml olive oil
100g grated Parmesan

**METHOD:**
Put all the ingredients except the lemon juice and olive oil in a food blender. While whizzing slowly add the oil until a chunky paste is formed. Taste before adding any lemon juice, then add salt and pepper to taste. (This keeps well in a sealed container or jar in the fridge for up to a week).

This dish has been specially created by celebrity chef, Mark Lloyd.

4 skin on chicken thighs or breasts
2 teaspoons dried oregano
1 white onion, peeled and roughly diced
2 cloves garlic, peeled and crushed
300ml good chicken stock, fresh is best, if using a cube, watch the salt!
200g chopped tomatoes
2 tablespoons tomato puree
Juice 1 lemon
1 bay leaf
1 red pepper, roughly chopped
1 yellow pepper, roughly chopped
2 courgettes, sliced lengthways, about 3mm thick
½ bunch parsley, roughly chopped
3 tablespoons of olive oil

**METHOD:**
Mix the olive oil, dried herbs and tomato puree together and then rub all over the chicken and place in the fridge for 4 to 6 hours.
Brown the chicken in a frying pan, or pan large enough to take all the ingredients, with a little olive oil, once well browned remove and keep warm.
Add the onion and cook over a medium heat for 4 to 5 minutes until golden, then add the garlic, bay and peppers. Cook the peppers for 5 to 6 minutes until coloured, pour in the tomatoes and stock,

replace the chicken, cover and cook over a medium heat for 18 to 20 minutes for breasts and 35 to 40 minutes for thighs. For a thicker sauce remove the lid half way through the cooking time.
Before serving, squeeze in half the lemon juice and stir in the chopped parsley.
Using a ridged griddle pan, pass the courgette through some olive oil and griddle the courgette over a high heat until those signature bar marks are achieved, toss in a bowl with sea salt, parsley, lemon juice and cracked black pepper to make the best warm salad to go with this dish.

**EAT THIS DISH AND GAIN THESE BENEFITS:**
Helps regulate mood, enhances mental wellbeing and motivation.
**The best time to eat this dish:** Midweek during exams.
**Reason:** Oregano and courgettes help to lower your blood pressure and improve your moods. Spinach and lemon will both strengthen your immune system.

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# GINGER AND CORIANDER CHICKEN

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# HERBY CHICKEN THIGHS WITH PESTO

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# INSIDE OUT CHEESE & BACON BURGER

## INSIDE OUT CHEESE AND BACON BURGER, TOMATO, RED ONION AND CUCUMBER CRASH, TOASTED BUN. MAKES 6 BURGERS.

**FOR THE 'CRASH':**
1 red onion, peeled and finely diced
1 cucumber or 2-3 pickled gherkins, sliced lengthways, seeds removed and finely chopped
4 ripe tomatoes, roughly chopped
2 tablespoons olive oil
Sea salt and pepper to taste

**METHOD:**
Mix all the ingredients in a bowl and leave them for an hour or two to get to know each other.

**FOR THE BURGERS:**
6 of your favourite burger buns, I like the seeded ones
500g good beef mince
1 ½ teaaspoon dried garlic powder
1 teaspoon fresh or dried thyme
2 teaspoons sea salt
1 teaspoon ground white pepper
6-8 drops tablespoons of Tabasco sauce
1 tablespoons Worcestershire sauce
2 ½ tablespoons tomato ketchup
150g of your favourite cheese, grated
1 packet smoked, streaky bacon, grilled until crispy

**METHOD:**
Place the cheese into a mixing bowl, add the Tobasco, ketchup and Worcestershire sauce. Mix until all the cheese is coated and then lightly roll into golf ball sized balls. Take another mixing bowl, put the garlic powder, thyme, salt and pepper in the bowl and mix well with the beef mince. Shape into 75g to 80g burgers and place in the fridge to chill for 45 minutes. Once chilled, take 2 burgers, place cheese on top of one, leaving a rim around the edge, place another burger on top, pinching all the way around to seal the cheese inside, place back in the fridge until needed. Repeat this with all the remaining burgers until you have 6 'inside out' cheeseburgers.

**TO COOK:** Heat a frying pan or BBQ and cook the burger until the cheese starts to ooze from the burger, top the toasted bun with lettuce, the burger, a slice of bacon and some crash, maybe a little mayo, then the lid, enjoy!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Provides slow release energy, helps with feeling calm and improves memory.
**The best time to eat this dish:** As a treat meal after an exam or on a weekend.
**Reason:** The combination of protein and carbohydrates from the beef, bacon, cheese and a wholemeal bun will all replace your used up energy stores. The kick of thyme increases omega 3s in the brain and garlic powder will support your immunity. Cucumber will re-hydrate you, tomatoes have awesome amounts of anti-oxidants and onions will improve your memory and focus.

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This dish has been specially created by celebrity chef, Mark Lloyd.

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# STICKY SALMON AND GINGER STIR FRY

## STICKY SALMON AND GINGER STIR FRY WITH PAK CHOY, RICE NOODLES. SERVES 4.

4 skin on salmon fillets, about 140g each
100ml hoisin sauce
1 tablespoon dark soy sauce
1 teaspoon sesame oil

**METHOD:**
Mix all the wet ingredients in a mixing bowl, to make a marinade. Place the salmon fillets in the marinade, turning them until completely coated. Set aside for at least 4 hours, ideally overnight.
Heat a large frying pan, skillet or even BBQ and sear the outside of the fillets, while you make the stir fry.

**FOR THE NOODLES:**
250g glass noodles, pre-soaked as per the packet
1 tablespoon vegetable oil
1 red chilli, deseeded and sliced
1 clove of garlic, peeled and crushed
Your own selection of peppers, carrots, onions, scallions, beansprouts, broccoli, green beans, bok choy, pak choy, baby corn, whatever veggies you love, just make sure they are all cut the same size so that they cook evenly.

**METHOD:**
Stir fry all the vegetables to your own taste, I usually go 6 to 7 minutes, starting with the harder vegetables first, adding a little splash of water, to get some steam going, before adding the softer ones, finally adding the soaked noodles and tossing over.

**TO SERVE:** Place the stir-fry in the bottom of a bowl with the salmon on top, simple!

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Gives a healthy energy boost, reduces stress levels and promotes brain function.
**The best time to eat this dish:** For lunch before an exam or a period of revision.
**Reason:** Salmon is an excellent source of protein which is rich in omega 3s and B vitamins which work together to develop your brain function and lower your blood pressure. Pack your stir-fry full of vegetables which are high in vitamins and minerals as they will remove toxins in your blood stream, enhance your brain activity and are great stress busters.

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This dish has been specially created by celebrity chef, Mark Lloyd.

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# INSIDE OUT CHEESE & BACON BURGER

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# STICKY SALMON AND GINGER STIR FRY

PiXL Power to Perform

# SUPERFOOD SALAD

## SUPERFOOD SALAD WITH THYME GRILLED LEMON CHICKEN. FEEDS 4.

**FOR THE CHICKEN:**
4 skinless chicken breasts
1 small bunch fresh thyme, leaves picked from the stalks
2 lemons, 1 zested and juiced, the other cut into quarters
25ml vegetable oil
A good pinch of sea salt and pepper

**METHOD:**
Mix together the oil, lemon juice, zest and thyme in a bowl with the salt and pepper. Rub all the chicken breasts around in the zesty oil, leaving them to marinade for 20 minutes (this would be a good time to make the salad).
Heat a heavy bottomed frying pan (or the BBQ) and cook the chicken over a medium high heat, turning over once golden brown. Cook for 15 to 20 minutes, please make sure your chicken is thoroughly cooked! Leave the chicken for 5 to 6 minutes before slicing.

**FOR THE SALAD:**
1kg kale, leaves picked from the stalks and *blanched
1 pomegranate, or 1 tub with the seeds already picked
2 oranges, peeled and segmented, **squeeze the leftover orange into the olive oil
350g quinoa
100g melon or sunflower seeds
1 red onion, peeled and finely shredded.
1 small bunch parsley
50ml olive oil
2 tablespoons white wine vinegar
1 teaspoon Dijon or wholegrain mustard
1 small packet cooked beetroot

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**METHOD:**
Cook the quinoa as per the instructions on the packet, then set aside to cool. Peel and segment the oranges, place in the large salad bowl. Place the finely shredded onions in cold water for 10 minutes, drain and put in the salad bowl. Pick the leaves from the stalks of the parsley and roughly chop, throw them in the bowl. Take the beetroot and roughly dice to about the size of your little finger nail, then chuck 'em in the salad. Stir together the **orange olive oil, mustard and vinegar to make a dressing.

**TO SERVE:** Toss all the ingredients together with the dressing, making sure each portion has some of all the ingredients mixed in, top with sliced, juicy chicken.

**This is *blanching.....**
Cook the leaves in boiling salted water for 5 minutes and then run the leaves under cold water to stop them cooking.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Fantastic brain booster, helps keep a healthy mind and increase mental alertness.
**The best time to eat this dish:** For lunch before an exam or revision.
**Reason:** Chicken, thyme and lemons will keep you full, stabilise your mood and support your immune system. Kale, quinoa, beetroot, onion and oranges are rich in vitamins and minerals making them nutrition powerhouses. They will help restore your energy, boost your focus and the iron in quinoa will increase brain function. Seeds are a superb source of fatty acids.

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# TURKEY PUTTANESCA

## TURKEY PUTTANESCA. SERVES 4.

400g turkey breast strips or turkey mince
2 tablespoons tomato puree
1 can chopped tomatoes
250ml chicken stock
500g Pappardelle pasta
1 large white onion
2 cloves garlic
20 black olives, try to get the pitted ones, better for your teeth!
½ teaspoon dried oregano
½ teaspoon dried basil
3 tablespoons vegetable oil

**METHOD:**
Bring a large pan of salted water to the boil (big bubbles) and turn down to a simmer (little bubbles).
Peel and finely chop the onion, as small as possible. Peel and chop the garlic in the same way
In a large enough saucepan to take all the ingredients (including the pasta) add the vegetable oil and warm over a medium heat. Add the onions and cook for 5 to 6 minutes until just turning golden, then add the garlic and cook for 3 to 4 minutes more. Add the turkey and cook until browned. Add the tomato puree and cook until the puree darkens, but is not black. Add the chopped tomatoes, chicken stock and dried herbs. Stir well and turn the heat down to a simmer (little bubbles) and cook for 20 to 25 minutes. (The longer you cook, the thicker your sauce.)
Once the sauce is thick enough, remove from the heat. It's time to cook the pasta; turn up the heat under the simmering pan of boiling water, once boiling (big bubbles) add the pasta and cook for the length of time on the packet, usually 7 to 9 minutes. Drain the pasta in a colander (bowl with big holes) or sieve (meshy one) then toss the pasta in the sauce, so it all get mixed together.

**TO SERVE:** In one big bowl, so everybody can help themselves, maybe a nice green salad on the side.

WATCH THE VIDEO!

This dish has been specially created by celebrity chef, Mark Lloyd.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**
Supplies slow release energy, elevates mood and helps sleep.
**The best time to eat this dish:** The evening before or after an exam.
**Reason:** Complex carbohydrates from the pasta mixed with the tryptophan from turkey effect your brain chemicals to regulate your mood, sleep patterns and appetite. The food combination impacts the neurotransmitter levels in the brain, increasing serotonin levels which can help reduce anxiety and make you feel calm. Garlic and olives offer a variety of health protecting benefits to boost your immunity.

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# SUPERFOOD SALAD

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# TURKEY PUTTANESCA

# SHOPPING LIST FOR VIDEO RECIPES

## HERE IS A LIST OF EVERYTHING YOU NEED... HAPPY COOKING!

These dishes have been created by celebrity chef, Mark Lloyd.

### FRUIT AND VEGETABLES
1 celeriac
1 butternut squash
6 white onions
75g ginger
1 teaspoon turmeric
2 bulbs garlic
1 small pack cooked beetroot
1 cucumber or pickled gherkins
4 ripe tomatoes, roughly chopped
1 red chilli
2 carrots
1 bunch scallions,
200g beansprouts
150g broccoli
75g green beans
2 bok choy or pak choy
1 baby corn
1 white onion
1 bay leaf
3 red pepper
1 yellow pepper
2 courgettes
½ bunch parsley
200g spinach
1 bunch coriander
450g cauliflower florets

### MEAT AND FISH
500g good beef mince
1 packet smoked, streaky bacon
4 skin on salmon fillets (about 140g each)
4 skin on chicken thighs
4 pork chops
400g turkey breast strips or turkey mince
12 chicken breasts

### DRY AND TINNED PRODUCE
6 of your favourite burger buns
150g plain flour
15g yeast
150g dried red lentils
125g of gram (chickpea) flour or plain flour
Cornflour
Sugar
Baking powder
Chilli powder
Turmeric
Dried garlic powder
Dried chilli flakes
Dried oregano
Sea salt
White pepper
Black pepper
Bottle of olive oil
Bottle of sesame oil
Tabasco sauce
Worcestershire sauce
Tomato ketchup
100ml hoisin sauce,
100ml dark soy sauce
50ml sweet chilli sauce
250g glass noodles
100g bag of mixed seeds (sunflower, melon, millet etc)
350g chopped tomatoes
1 can of chickpeas
300ml good chicken stock
1 tube tomato puree

### DAIRY, BREAD AND CHEESE
125ml of Greek yoghurt
2 large eggs
12 slices of white bread
150g of your favourite cheese
100g grated Parmesan

# SNACK RECIPES

## TRY SOME OF THESE DELICIOUS AND REALLY EASY TO MAKE SNACKS TO TAKE A BREAK AND BOOST YOUR BRAIN POWER....

### EDIBLE PLANT POTS
150g cottage cheese
50g wholemeal croutons, buy them and blitz them to a powder in the food processor
your choice of vegetables; carrots, cucumber, things you can eat raw or lightly cooked.

**METHOD:**
Layer the cottage cheese into a glass, mug or even a clean plant pot, top with the crumb to make the 'soil'. Push in the veggies to make it look like a garden, simple! Pretty to look at and tasty to eat, plus it'll give you a boost!

### SOFT BOILED EGGS AND MARMITE SOLDIERS
2 eggs
2 slices wholemeal bread, toasted

**METHOD:**
Heat a saucepan of salted water until it boils, add the eggs and set a timer for 6 minutes. Take your warm toast, spread with butter and Marmite and slice into 'soldiers'. Take the tops off the eggs and get dipping!

### HONEY, FRUIT AND NUT GRANOLA BARS
Pre-heat the oven to 160°c.
100g butter, melted
200g porridge oats
200g mixed nuts and seeds, buy them already done to save time and money
100g bag mixed dried fruit, cranberries, golden raisins etc
85ml runny honey

**METHOD:**
Mix everything in a large bowl, pout the mix into a baking paper lined baking tray and bake for 30 minutes, allow to cool before slicing.

### COCONUT CHIA POT AND FRUIT COMPOTE
30g chia seeds
100ml coconut milk
Your favourite selection of berries, lightly dusted with caster sugar and left for about an hour to macerate. (they will create their own syrup)
Toasted coconut shavings

**METHOD:**
Soak the chia seeds in the coconut milk for about 20 minutes. Arrange the fruit on a plate or top the chia seeds with them and finally top with the toasted coconut.

### CINNAMON BAKED PLUMS AND APPLES, OAT CRUMBLE, CRÈME FRAICHE
2 ripe plums, stone removed and quartered
2 red eating apples, cored and 1cm diced
45g caster sugar
100ml water
75g porridge oats
15g butter, melted
¼ teaspoon vanilla extract
80ml crème fraiche

**METHOD:**
Preheat the oven to 180°c.
Boil the water and sugar until half of the water has gone, add the plums and apples, remove from the heat and leave for 5 minutes. Mix the melted butter and the oats. Put the apple and plum mix into an ovenproof dish and top with the oats. Bake for 15 minutes. Stir the vanilla extract into the crème fraiche. Spoon the crème fraiche on top of the crumble and get stuck in!

### PEANUT BUTTER AND BANANA WHOLEMEAL TOASTIE
Toast 3 slices of wholemeal bread and make a triple decker, layering crunchy peanut butter with thinly sliced bananas.

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