



LIFT LEAN LIFESTYLE  
JANUARY 2024  
**DAILY DINNERS**

FOR QUICK AND SIMPLE ONE TRAY  
RECIPES - I ALWAYS ADVISE  
BUYING ANY OF THERUKMINI IYER  
ROASTING TIN BOOKS

# 15 MINUTE BLACK BEAN DAHL

## Serves 2

1 tablespoon olive oil  
1 medium red onion, finely chopped  
small chunk of ginger (about 20g/2cm), peeled and finely chopped  
1 long green chilli, finely chopped  
1 × 250g pack of cooked Puy lentils or 1 × 400g tin of green lentils, drained and rinsed  
1 heaped tablespoon tomato purée  
125ml coconut cream, plus extra to serve  
2 teaspoons medium curry powder  
2 large handfuls of spinach (about 100g)  
juice of 1/2 lemon  
1/2 bunch of coriander (about 10–15g)  
roughly chopped sea salt

Warm the olive oil in a saucepan set over a medium heat. Set aside about a third of each of the chopped onion, ginger and chilli, then add the remainder to the pan. Cook for 8–10 minutes, until soft and fragrant.

While the onion is cooking, add 2 tablespoons of lentils, the tomato purée, coconut cream, curry powder and a pinch of salt to a food processor or mini chopper and blitz until completely smooth.

Add the spice paste to the onions and cook for another minute, then add the remaining lentils and 200ml of boiling water. Bring to a simmer then add the spinach and lemon juice, stirring until the spinach has wilted. Taste to check the seasoning and adjust as needed.

Divide the dhal between serving bowls and scatter over the reserved onion, ginger and chilli, followed by the coriander, a pinch of salt and an extra spoonful of coconut cream.

# CREAMY LEEK, SPINACH & BUTTER BEAN BOWLS

## Serves 4

1 tablespoon olive oil  
2 shallots, thinly sliced  
2 leeks, cut into 1cm slices  
4 garlic cloves, finely chopped  
1 vegetable stock cube  
2 × 400g tins of butter beans  
4 large handfuls of spinach (about 200g), roughly chopped  
grated zest and juice of 1 lemon  
sea salt and black pepper

## *For the sauce*

100ml oat milk  
1/2 teaspoon brown rice miso paste  
2 tablespoons nutritional yeast - I don't tend to use this, its not on your shopping list so you could leave it out or on week 2/3 add in a little parmesan

Set a heavy-bottomed saucepan over a medium heat and add the olive oil. Once the oil is warm, add the shallots, leeks and a pinch of salt. Cook for 8-10 minutes, stirring occasionally, until they soften. Add the garlic and cook for a further 2 minutes, until it's golden and fragrant.

Next, add the stock cube and butter beans, along with the liquid from each of the tins. Bring to the boil, then cover with a lid and simmer for 10 minutes, until thickened.

While the beans are cooking, make the sauce. Simply put the oat milk, miso, nutritional yeast and the baby spinach into a high-speed blender and blitz until perfectly smooth.

Once the beans are ready, pour in the sauce and add the spinach, stirring until it's wilted. Stir in the lemon juice and season to taste with salt and pepper.

Scatter over the lemon zest before serving.

# BEETROOT & PUY LENTIL STEW WITH HORSERADISH & DILL

## Serves 4

50g unsalted butter / 1-2 tbsp olive oil  
1 onion finely diced  
2 celery sticks, finely diced  
2 bay leaves  
1 tsp cumin seeds  
3 garlic cloves, grated  
1/2 can chopped tomatoes  
100ml white wine (cooking is fine!)  
1.2 litres veg stock  
350g dried puy lentils rinsed  
500g peeled beets in 2cm cubes  
handful of fresh dill  
2 tbsp horseradish sauce  
150g Greek yoghurt  
salt and pepper

Melt butter in a deep pot over a low heat. Add the onion, celery, bay and cumin seeds with pinch of salt, cook for 7 or so mins then add the garlic for another 2 mins.

Add the tomatoes, wine, stock, lentils and beet along with plenty of salt and a dash of pepper. Bring up to the boil then reduce to simmer, uncovered for 25 mins until the lentils and beets are tender.

Stir through the dill and horseradish sauce, serve with the Greek yoghurt and some salad or wilted greens. Save some for your Buddha Bowl!

# SLOW COOKER CHILLI CHICKEN VERDE

## Serves 4

1 tbsp olive oil  
4 chicken (boneless, skinless) thighs or breast  
Pinch of salt  
1 tsp ground cumin  
2 garlic cloves, crushed  
1 large onion, chopped  
3 to 4 peppers, chopped  
Salsa verde (see next recipe) - a good few dollops!  
Some chopped fresh chilli  
approx 350g good stock

Sear the chicken in a pan, and saute the onions & garlic before adding all of the ingredients to the slow cooker, and cook on low for 4 hours.

With 30 minutes of cook time remaining, remove the chicken from the pot, and shred it using hands or 2 forks.

Return the shredded chicken to the pot, stir the other ingredients, and let them cook in the slow cooker for the remaining time.

After 4 hours, spoon the chicken chilli verde into bowls, and top them with chilli/ jalapeño, spring onions, radish & coriander, alongside some brown rice if you like.

# SALSA VERDE



## **A great topping for suppers (& lunches too)**

small pack of tarragon  
2 small packs of flat-leaf parsley  
2 garlic cloves  
1 tsp salt  
3 tsp Dijon mustard  
40g small capers, drained, rinsed and roughly chopped  
200ml extra virgin olive oil  
2 tbsp apple cider vinegar

Chop herbs & garlic and mix with salt, mustard and capers, stir in the oil, add the vinegar to your taste. Add in more fresh herbs and chilli too.

**Taken from BBC GOOD FOOD**

# GOLDEN GLOW CHICKEN BOWL

## **serves 6**

- 400g butternut squash, in chunks
- 2 tbsp olive oil
- 1/12 tsp turmeric
- 1 onion finely sliced
- 3cm root ginger
- 3 garlic cloves grated
- 1/2 tsp chilli flakes
- 640g pack of skinless chicken thigh fillets, halved
- 3 tbsp rice vinegar
- 1 tsp Thai fish sauce
- 1 x 400g coconut milk
- 1 tsp whole peppercorns
- 5 bay leaves
- 1 tbsp clear honey
- 100g baby spinach

Serve with rice/ choice of grain if you like and plenty of fresh parsley scattered on top.

Preheat oven to 200c, roast the squash with a drizzle of half the oil, & season, for about 40 mins. Heat remaining oil and cook the onion for 7 to 8 mins then add the garlic, ginger, chilli and turmeric for a further 2 mins. Then add the chicken and brown on both sides. Stir in the vinegar & fish sauce and bubble for 30 seconds before adding the coconut milk, peppercorns and bay. Simmer partially covered for about 20 mins until chicken cooked through. Add the honey and mix the squash through. Turn the heat off, discard the bay and add the spinach, covering with the lid to allow it to wilt. Season. Look out for the whole peppercorns!

# CITRUS CHICKEN

- 1 1/2 lbs organic chicken thighs, boneless and skinless
- 1 tbsp avocado oil or extra virgin olive oil
- 1 fennel bulb sliced finely
- 1 medium onion diced
- 6 garlic cloves, chopped
- 400ml chicken or vegetable stock
- 1 tsp tarragon dried or fresh
- 2 lemons, juice of
- 4 spring onions, sliced finely
- 2 bunches of asparagus (or another veg)
- 1 cup of frozen peas
- 1 bunch of fresh parsley
- Salt and freshly ground black pepper

Season the chicken with salt and pepper, to taste. Heat oil in a large casserole dish over high heat. Add chicken and cook, stirring occasionally, until brown on all sides – this will take about six minutes in total. Transfer chicken to a plate. Add garlic and onions to the pot, stirring often until onions begin to soften – about four to five minutes. Add the fennel and lemon juice – cook until it softens down. Add the stock and tarragon. Place the chicken back in the oven for 20 minutes on a low heat. Once the chicken is done, place the asparagus and peas in the oven and cook for a further five mins. Add the parsley and spring onions.



# ROASTED SALAD WITH CHICKPEAS & QUINOA

## **Serves 2 large servings**

1 can of chickpeas  
a few handfuls of cashews  
1.2 - 1 savoy cabbage, thinly sliced  
4 medium carrots, in matchsticks  
1 small head broccoli, or cauliflower  
2 large red peppers thinly sliced  
Drizzle of extra virgin olive oil  
Salt to taste

## *For the sauce*

6 - 8 tbsp Tahini  
2 tbsp Dijon mustard or Miso  
Drizzle of maple syrup to taste  
2 tbsp apple cider vinegar or lemon juice  
Black pepper  
Some water for the right consistency

First you want to toast the cashews in a dry hot pan on the hob until browned, at the same time roast the chickpeas with a bit of oil and seasoning in the oven (about 200c) until browned or a little crispy. Then roast veggies by putting them on a large baking sheet, mixed with the cashews and chickpeas and drizzled with oil, salt and pepper too. Roast for about 20 mins or until veg ready.

## *Then make the sauce:*

Combine the tahini, Dijon or miso, maple syrup, apple cider vinegar or lemon, and black pepper. Mix well, then add the cold water, one tablespoon at a time, until the desired consistency. Add salt to taste.

Then mix the sauce in with the veggies and the cooked quinoa (or rice or alternative pasta etc) and enjoy!

**from Cooking for Peanuts**

# EDAMAME CRUNCH SALAD WITH HONEY SRIRACHA MISO DRESSING

1/2 to a full bag of frozen edamame beans  
Half a red cabbage, finely chopped  
2 red peppers, finely diced  
A few carrots, finely chopped or grated  
Half a cucumber, diced  
A few small or a couple of large oranges, segmented and chopped  
3 spring onions, chopped  
Some fresh coriander  
Salt to taste

## HONEY SRIRACHA MISO DRESSING:

80ml avocado or sesame oil  
2 ½ tablespoons freshly squeezed lime juice  
2 tbsp miso  
2 tablespoons sriracha  
4 teaspoons honey  
1 ½ teaspoons garlic powder or fresh garlic  
¾ teaspoons ground ginger

Defrost edamame beans (I always have a bag in freezer), and chop all the veg. I have an excellent mandolin and a vegetable cutter that cuts veg into tiny cubes (both Amazon) that makes salad prep like this much quicker. Whisk together dressing ingredients. Add all salad ingredients to the bowl, then pour dressing over the top and toss well to coat. Taste and add salt if desired, but note that the flavors will intensify as it sits. You can serve right away, or for maximum flavor, refrigerate for 2 hours before serving.

I've served this for retreats here alongside soups and sourdough, its a lovely combination. But great to have in the fridge to sit alongside lots of other things like fish, poultry, Buddha Bowls etc.

# GARLICKY HALLOUMI, CHARRED TENDER STEM BROCCOLI & PEARL BARLEY SALAD WITH A SPINACH & ROSEMARY PESTO DRESSING

240g Tenderstem Broccoli

250g Halloumi

1.5 tbsp Garlic, minced

Olive Oil

100g Pearl Barley (I cook it in stock for more flavour!)

Handful pine nuts, toasted or seeds/other nuts

250g diced tomatoes

Salt & Pepper (remember Himalayan has more properties)

ROSEMARY PESTO

200g Spinach

2 tbsp Fresh Rosemary chopped

4 Cloves Garlic crushed

Some grated parmesan

1150g Olive oil

1-2 tsp Chilli Flakes (depending on how much kick you want, I like it spicy)

Slice the Halloumi into 1/2" thick pieces, add to a plate with a few generous glugs of olive oil and the minced garlic, set aside to marinate

Add the pesto ingredients to a food processor and pulse until well combined (if too thick, add more oil or water to your liking), set aside.

Cook the pearl barley according to packet instructions, set aside

Place the tenderstem broccoli on a large plate, drizzle with olive oil, season with salt and pepper and cook on a hot griddle pan until charred but still crunchy. Set aside.

Assemble the salad in a large serving plate by layering the pearl barley, tender stem broccoli, tomatoes and halloumi, then drizzle with the pesto dressing and sprinkle with the toasted pine nuts/seeds or nuts.

**From Zars Kitchen**

# SLOW COOKER VEGGIE CHILLI

## Serves 6

- 1 large onion, diced
- a few garlic cloves, crushed
- 2 red peppers, chopped
- a few carrots, chopped
- a few sticks of celery, chopped
- 2 x 400g can of chopped tomatoes
- 3 x 400g can of beans: kidney, black, haricot etc
- salt & pepper
- 1 tsp ground cumin
- 1 tsp mild chilli powder
- 1 tsp smoked paprika
- 1 tsp lime juice

Put all the ingredients in the slow cooker, apart from the lime juice. Cover and cook on high for 4-5 hours or low for 6-7 or until the vegetables are tender. Uncover, and stir in the lime juice.

Top with avocado, green salsa verde, spring onion, radish, red onion, coriander, parsley.....



# RAS-EL-HANOUT ROASTED COD WITH CAULIFLOWER & POMEGRANATE

## Serves 4

- 1 large cauliflower, cut into florets including the greens
- 1 red onion roughly chopped
- 1 can of chickpeas
- 2 tsp extra virgin olive oil
- 2 tbsp ras el handout (or less as this seems a lot!)
- 1 tsp salt
- 4 thick cod fillets
- zest & juice of a lemon, pomegranate seeds, mint, Greek Yoghurt for the top

Preheat oven to 180c. Tip the florets, greens, onion and chickpeas in a roasting tin (large enough to fit these and cod in one layer), mix well with oil, ras el hanout and salt. Then lay the cod on top scattering a little more ras el hanout and salt on top. Bake/roast for 25 mins.

Mix the oil, lemon zest & juice and salt together and set aside. Once all cooked drizzle the dressing on top and scatter the toppings of mint, pomegranate and Greek yoghurt.

Serve with a big salad.

# MISO CHICKEN WITH AUBERGINES, SPRING ONIONS & CHILLI

## **Serves 2**

400g boneless chicken thighs, halved  
350g aubergines in slices or chunks  
3 shallots, halved  
2.5cm ginger grated  
2 cloves garlic grated  
2 tbsp sesame oil  
2 heaped tbsp miso paste  
1 tbsp honey  
1 tsp chilli flakes  
1 tbsp sesam seeds

Dressing: 1 lime zest/juice, 1 tbsp sesame oil, 1 tbsp soy/tamari sauce  
Serve with spring onions and brown rice or your choice of grain. Save some for your Buddha Bowl.

Preheat oven to 180c. Tip the chicken, aubergines and shallots into a roasting tin. Mix the ginger, garlic, sesame oil, miso, honey, chilli flakes and sesame seeds in a small bowl and evenly coat the chicken, aubergine and shallots, making sure plenty on top of chicken.

Roast for 45 mins until golden and cooked through.

Mix the dressing ingredients together and pour over and scatter over the toppings. Serve with salad or wilted greens.

# MOROCCAN CHICKEN TAGINE

## Serves 6

- 1 cup dried apricot, halved (Note 1)
- 6 x 220g / 7 oz chicken thighs , bone-in skin-on (Note 2)
- salt & pepper
- tbsp olive oil
- 1 onion (brown/yellow), cut into 0.3 cm/ 1/8" slices
- 2 garlic cloves , finely minced
- 1 cinnamon stick (sub 1/2 tsp powder)
- 400 g / 14 oz crushed tomato (1 can)
- Ras el hanout
- 400g / 14 oz canned chickpeas , drained (Note 10)
- 1 tbsp preserved lemon skin , finely minced (Note 3)
- 2 1/2 cups chicken stock, low-sodium (or homemade)

Soak the dried apricots in a bowl of boiling water for 30 minutes, then drain (this plumps them up). Season chicken on both sides of the chicken. Heat oil the oil in a large, deep pan over high heat. Place chicken in the pan skin side down and cook for 8 to 10 minutes until deep golden. Turn and cook the flesh side for 1 minute then remove to a plate.

Discard all but 2 tablespoons of fat in the pan and reduce heat to medium. Add onions and cook for 3 minutes. Add garlic and cook for 1 minute. Add the Ras el hanout and stir for 30 seconds. Add the cinnamon stick, tomato, chickpeas, plumped apricots, stock and preserved lemon, then stir. Place the chicken on top, skin side up.

Bring the liquid to a simmer then cover for 5 minutes, adjusting the heat as needed so the liquid is simmering (but not too rapidly else base may catch).

Simmer uncovered 20 minutes – Remove lid then cook for a further 20 minutes or until the chicken is cooked. Serve with couscous, olives, almonds, herbs - any combo!

# ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS, LEMON & TAHINI

## Serves 4

- 1 large cauliflower in florets
- 1 can of chickpeas
- 1 large red onion quartered
- 200g spring greens
- 2 tbsp olive oil
- 2 tsp each of cumin, coriander and ginger
- 1 tsp smoked paprika
- 2 tsp salt

**Dressing:** 60g tahini, 1 lemon juiced, 2 tbsp olive oil, 4 tbsp water, 1 tsp salt, pepper

**Serve:** fresh coriander, toasted pumpkin seeds, flatbreads (see Lunch Cookbook)

Preheat oven to 200c. Tip cauliflower, chickpeas, red onion and spring onions in a large roasting tin. Mix well with oil and spices/salt. Roast for 25 to 30 mins.

Mix the dressing ingredients in a jar and shake, adjust to suit.

Drizzle dressing over the cooked dish and scatter the toppings.

Serve with a mixed salad too.

FROM THE GREEN ROASTING TIN, BY RUKMINI DYER



# STICKY SOY & HONEY ROASTED SALMON WITH GREENS

## Serves 4

4 salmon fillets  
200g tenderstem broccoli  
125g asparagus spears  
200g sugar snap peas  
200g frozen peas  
1 tsp Himalyan salt  
1 tbsp sesame oil

*Marinade:* 1/2 tbsp soy/tamari/miso, 1/2 tbsp sesame 1/2 tbsp honey.

*Dressing:* 6cm ginger grated, juice of a lime, 3 spring onions finely chopped & 1 tbsp sesame oil. A handful of chopped peanuts and 1 red chilli finely sliced to scatter at the end.

Preheat oven to 180c. Pop the broccoli into a pan of boiling water for 1 min then remove. Mix all the greens with the salt & oil in a roasting tin and lay the salmon fillets in and around them, mix the marinade together and spread over each fillet. Roast for 20/25 mins.

Then mix the dressing ingredients together, pouring over the vegetables once cooked, then scatter over the peanuts & chilli and any fresh herbs or more lime juice.

# GOAN FISH CURRY

## Serves 2

Coconut oil/olive oil

2 100g white fish fillets

1 red onion, 1 garlic clove, 1 red chilli

a chunk of ginger

half a can of coconut milk (more if you need)

2 to 3 tsp of curry powder & 1 of ground turmeric

a good squeeze of tomato puree

a few handfuls of baby spinach

Heat a large pan on the hob with a 1 or 2 tbsp of coconut oil and saute the chopped onion. Once softened follow with the garlic and grated ginger. Stir in the coconut milk, you can always add a bit of stock to help here too.

Add the curry powder and turmeric and stir, followed by a good squeeze of the tomato puree, then add most of the chopped chilli.

Now pop the spinach in to wilt, followed by the fish fillets cut into bite sized pieces. Put the lid on to cook for about 5 mins until flakey, adding any more stock if you need some more liquid. Sprinkle coriander and the rest of the chilli. Serve with brown rice/quinoa if you are super hungry, or lots and lots of steamed greens!



# “a healthy outside starts from the inside”

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