



# THE NOURISHMENT ACADEMY



# LUNCHES



*2024 Edition*



# Chicken fattoush



**2 vine-ripened tomatoes, chopped**

**80g cucumber, sliced**

**60g red onion, sliced**

**1 small lettuce (any variety),  
shredded**

**a handful of fresh mint leaves,  
roughly chopped**

**a handful of fresh parsley leaves,  
finely chopped**

**1 tsp sumac (or substitute with 1 tsp  
finely grated lemon zest)**

**for the shredded chicken:**

**2 x 150g chicken breasts**

**1 tsp black pepper**

**1/2 - 1 tsp sea salt**

**for the dressing:**

**1/2 a garlic clove, peeled and crushed**

**2 tbsps malt vinegar**

**1 tbsp extra virgin olive oil**

**juice of 1/2 a lemon**

**1 tsp sumac (or substitute with**

**1 tsp finely grated lemon zest)**

Place the chicken breast into a large saucepan. Season with salt and pepper. Cover with 1 inch of cold water.

Place the saucepan over a medium/high heat and bring the water to a boil. Reduce heat and simmer for 10 minutes, or until the chicken has cooked throughout.

Remove the chicken from the water and transfer to a plate to cool. Shred with a fork.

Arrange the salad ingredients in two serving bowls. Top with the chicken.

Mix the dressing ingredients in a jug and drizzle over the salads. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

SERVES 2



**PER SERVING:**  
**269 Calories**  
**14g Carbs**  
**33g Protein**  
**9g Fat**



# Lemon & herb chicken



**10 chicken legs, skin removed**  
**juice of 1/2 a lemon**  
**1 lemon, sliced**  
**60ml olive oil**  
**2 garlic cloves, minced**  
**2 tsps sea salt**  
**1/2 tsp ground black pepper**  
**1 tsp paprika**  
**1 tsp dried oregano**  
**1 tsp cayenne pepper**  
**1 tsp fresh or dried thyme**  
**1 tsp garlic powder (optional)**

**SERVES 5**



**PER SERVING:**  
**405 Calories**  
**5g Carbs**  
**49g Protein**  
**21g Fat**

Pat the chicken dry using kitchen roll. Place in a large bowl.

Mix the remaining ingredients in a jug (except for the lemon slices). Pour over the chicken.

Cover and refrigerate for 2 hours, or overnight if you have time.

Remove the chicken from the fridge and allow to rest at room temperature for 20 minutes.

Preheat oven to 180°C/350°F.

Place the chicken onto a foil-lined baking tray. Arrange the lemon slices over the chicken legs. Bake for 20-25 minutes. Turn the chicken over and cook for 10 minutes or until thoroughly cooked. When cooked, the juices will run clear when pierced with a skewer.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



# Vietnamese salmon noodle soup



**1 tsp coconut oil 2 garlic cloves, finely chopped 1 medium-sized white onion, diced 800ml fish or vegetable stock (made with one organic stock cube) 1 portobello mushroom, finely sliced 2 medium-sized ripe tomatoes, cut into wedges 2 lemongrass stalks, minced 1 star anise 1 tsp coriander seeds 1 tsp red chilli flakes 1-2 tsps sea salt, to taste a large pinch of ground black pepper 150g gluten free ramen noodles or vermicelli rice noodles 600g salmon fillets, cut into bite-sized chunks 3 spring onions, finely sliced**

Heat the oil in a large saucepan over a medium/low heat. Stir in the garlic and onion and fry gently, stirring frequently for 5 minutes, or until the onion has softened and turned translucent.

Add the stock, mushroom, tomatoes, lemongrass, star anise, coriander seeds, chilli flakes, salt and pepper. Bring to a boil then reduce heat to a gentle simmer. Cook for 15 minutes.

Meanwhile, cook the noodles according to packet instructions. Drain well.

Add the salmon chunks and bring to a boil, then reduce heat to simmer. When the salmon is cooked, it will be a light pink colour throughout.

Transfer the noodles to four serving bowls. Spoon the soup over the noodles. Serve garnished with spring onions.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

SERVES 4



PER SERVING:  
**521 Calories**  
**42g Carbs**  
**41g Protein**  
**21g Fat**





# Blackened salmon with roasted vegetables



**1 heaped tsp coconut oil, melted**  
**2 x 150g fresh salmon fillets**  
**1 small red onion, sliced**  
**2 vine ripened tomatoes, cut into segments**  
**120g Tenderstem broccoli**  
**a large handful of kale**  
**a sprinkle of sunflower seeds**  
**for the seasoning:**  
**1 heaped tsp ground cumin**  
**1/2 tsp smoked paprika**  
**1/2 tsp ground fennel seeds**  
**1/2 tsp cayenne pepper**  
**1/2 tsp garlic powder**  
**1/2 tsp sea salt**  
**1/2 tsp ground black pepper**

Preheat oven to 180°C/350°F.

Mix the seasoning in a small bowl. Add the melted coconut oil and stir well.

Spoon the seasoning mixture over the salmon fillets, and spread evenly to cover the tops.

Place the salmon on a large foil lined oven tray. Add the tomatoes and onion, and spread to distribute evenly.

Bake for 25 minutes, or until the salmon is cooked and the onion is soft.

Steam the broccoli and kale for 3-4 minutes, or until tender. Serve topped with the sunflower seeds.

*Store any leftover salmon fillets in an airtight container and refrigerate for up to 2 days.*

SERVES 2



**PER SERVING:**  
**389 Calories**  
**15g Carbs**  
**35g Protein**  
**21g Fat**



# Fragrant coconut stew



**1 tsp coconut oil**  
**1/2 tsp mustard seeds**  
**1 green chilli pepper, sliced**  
**1 inch piece fresh ginger, chopped**  
**10-15 curry leaves (optional)**  
**1 small white onion, chopped**  
**200g white potatoes, peeled and diced**  
**200g carrots, peeled and diced**  
**70g fine green beans, ends trimmed**  
**80g frozen peas**  
**a pinch of sea salt and ground black pepper**  
**100ml cold water**  
**300ml coconut milk**  
**a sprinkle of fresh coriander, to garnish**

SERVES 3

Heat the oil in a large saucepan over a medium heat. Add the mustard seeds and fry for 30 seconds.

Add the green chilli, ginger, curry leaves and onion. Sauté for 2 minutes, or until the onions are soft.

Add the potatoes, carrots, beans, peas, salt and pepper. Cook for 3-4 minutes, stirring frequently.

Add the water and stir well. Cover and cook for 5 minutes. Add the coconut milk, stir and simmer for 2 minutes.

Garnish with coriander and serve.

*Store any leftover stew in an airtight container and refrigerate for up to 3 days or freeze on same day.*

## Serving suggestion:

Serve on a bed of steamed rice or enjoy on its own



PER SERVING:  
**309 Calories**  
**32g Carbs**  
**7g Protein**  
**17g Fat**



# Chinese chicken & pickled veg



**80g uncooked brown rice or quinoa**

**80g garden or daikon radish, ends removed and sliced**

**140g carrot, chopped**

**100g cucumber, peeled, seeds removed and diced**

**1 tbsp fresh coriander, finely chopped, plus a little extra to garnish**

**1 small red chilli pepper, deseeded and finely sliced**

**2 tbsps shaosling rice wine vinegar**

**a pinch of stevia or a drizzle of honey**  
**a pinch of sea salt**

**400g skinless, boneless chicken thighs, visible fat removed**

**2 tps Chinese 5 spice powder**  
**a pinch of sea salt and ground black pepper**

**1 tsp soy sauce or tamari**

**a drizzle of tabasco (optional)**

Bring a saucepan of water to the boil. Add the rice, stir well and reduce heat to simmer. Cook according to packet instructions. Drain well.

While the rice is cooking, place the radish, carrot, cucumber, coriander, chilli, vinegar, sweetener and salt in a bowl and stir well. Set aside for 20 minutes.

Meanwhile, season the chicken with Chinese 5 spice, salt and pepper. Set aside for 20 minutes.

Prepare a medium grill and line a grill pan with foil. Cook the chicken for 8-10 minutes, or until cooked thoroughly. Cover with foil and set aside.

Divide the rice between two serving bowls. Top with the vegetables. Slice the chicken and add to the bowl.

Drizzle a small amount of soy sauce and tabasco (if using) over the top. Garnish with fresh chopped coriander. Serve.

**SERVES 2**



**PER SERVING:**

**430 Calories**

**39g Carbs**

**37g Protein**

**14g Fat**

*Store any leftover chicken and pickled veg in separate airtight containers and refrigerate for up to 2 days.*



# Fragrant chickpea burgers



**1 tbsp coconut oil**  
**1 brioche bun per person, (optional)**  
**for the toppings (optional):**  
**a handful of lettuce leaves, washed**  
**1 large ripe tomato, sliced**  
**2 tsps (per person) mayonnaise**  
**1/2 a small red onion, finely sliced**  
**for the burgers:**  
**250g sweet potato, peeled and diced**  
**400g tinned chickpeas, drained**  
**150g tinned sweetcorn, drained**  
**1 tbsp fresh coriander**  
**1 tsp English mustard (optional)**  
**1 garlic clove, peeled**  
**1/2 tsp paprika**  
**1/2 tsp ground coriander**  
**1/2 tsp ground cumin**  
**juice of 1/2 a lemon**  
**21/2 tbsps plain flour (use gluten free if preferred), plus a little extra to flour surface**  
**a pinch of sea salt and ground black pepper**

MAKES 5 BURGERS

PER BURGER  
(with bun and toppings):  
**376 Calories**  
**57g Carbs**  
**10g Protein**  
**12g Fat**



Bring a small saucepan of water to the boil. Add the sweet potato and cook for 10 minutes, or until soft. Drain well and allow to cool for 15 minutes.

Place the potato and remaining burger ingredients in a food processor. Blend until well combined.

Lightly flour a surface. Shape the mixture into 5 patties on the floured surface. Dust the tops of the patties lightly with flour.

Heat half of the oil in a large frying pan over a medium/high heat. Add 2-3 patties to the pan. Reduce heat to medium and fry gently for 3-4 minutes, or until the underside is golden. Turn over and cook for 3-4 minutes. Transfer to a plate.

Repeat above step with remaining oil and patties. Serve in buns (if using) and with desired toppings.

*Store any leftover burgers in an airtight container and refrigerate for up to 4 days or freeze on same day.*





# Roasted squash & sticky cranberry salad



**600g butternut squash, peeled and diced**

**10 small shallots, peeled and halved**

**3 rosemary sprigs**

**1 tbsp olive oil plus 1 tsp for frying  
a pinch of sea salt and ground black pepper**

**for the date and cranberry  
sauce:**

**1 medium-sized red onion, sliced**

**1 bay leaf**

**1 tsp ground cinnamon**

**50g dates, roughly chopped**

**100g fresh cranberries (or use  
frozen, fully defrosted)**

**a drizzle of honey**

**juice of 1/2 lemon**

**zest of 1/2 lemon,  
finely grated**

Preheat oven to 180°C/350°F. Line a large oven tray with foil.

Place the butternut squash, shallots and rosemary onto the tray. Drizzle with 1 tbsp oil, and sprinkle over the salt and pepper. Roast for 30 minutes, or until golden brown.

Meanwhile, heat the remaining oil in a frying pan. Add the onion with and fry for 3-4 minutes, stirring occasionally. Add the bay leaf, cinnamon, dates, cranberries, 30ml cold water, honey, lemon zest and juice.

Simmer for 6-8 minutes, stirring occasionally, until rich and sticky. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

SERVES 3



PER SERVING:  
**333 Calories**  
**68g Carbs**  
**4g Protein**  
**5g Fat**



# Roasted carrot & squash soup



**2 tsps coconut oil**  
**300g butternut squash, peeled, seeds removed and diced**  
**1 medium sized carrot, peeled and chopped**  
**1 piece of cinnamon bark**  
**1 small white onion, chopped**  
**1 small apple, peeled, cored and chopped**  
**1 red bell-pepper, diced**  
**2 garlic cloves, finely chopped**  
**a small pinch of fresh grated or ground nutmeg**  
**a pinch of sea salt and ground black pepper**  
**500ml vegetable stock (made with one organic stock cube)**  
**200ml coconut milk**

**SERVES 3**



**PER  
SERVING:  
274 Calories  
33g Carbs  
4g Protein  
14g Fat**



Preheat oven to 180 °C/350 °F. Lightly grease an oven tray with half of the coconut oil. Place the squash and carrot on the tray and spread out evenly. Bake for 30 minutes.

Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the cinnamon bark and fry gently for 1 minute, stirring continuously.

Add the onion, and fry for 4 minutes, stirring occasionally. Add the apple, bell-pepper and garlic, and fry for 3-4 minutes, stirring occasionally.

Add the nutmeg, salt, pepper and stock and bring to a boil. Reduce heat to simmer and cook for 10 minutes. Add the coconut milk and cook for 5 minutes. Taste and add more seasoning, if required.

Remove saucepan from heat and allow to cool for 20 minutes. Remove the cinnamon bark and discard. Blend the soup in batches using an immersion blender or food processor.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



# Chicken pizza



**1/2 tsp coconut oil**  
**2 garlic cloves, finely chopped**  
**200ml passata (or use tinned tomatoes, blended)**  
**2 tbsps tomato purée**  
**a pinch of sea salt and ground black pepper**  
**6 large eggs**  
**2 tps Italian seasoning**  
**1 tsp coconut oil**  
**50g cooked chicken breast, shredded**  
**60g Mozzarella balls, torn into small chunks**  
**a small handful of fresh basil leaves**

Heat 1/2 tsp coconut oil in an ovenproof frying pan or skillet over a medium heat. Add the garlic and fry gently for 1 minute, stirring frequently.

Add the passata and tomato purée. Simmer gently for around 5 minutes, or until the sauce has thickened. Remove the pan from the heat and season with salt and pepper. Stir and set aside to cool.

Preheat oven to 200°C/400°F. Place the eggs and Italian seasoning in a bowl and beat well with a fork.

Melt the remaining coconut oil in a large frying pan over a medium heat. Add the eggs, ensuring they cover the base. Cook for 4-5 minutes, or until the eggs are just cooked in the centre.

Cover the egg base with the tomato sauce. Top with the cooked chicken and Mozzarella chunks. Bake for 5-10 minutes, or until the cheese has melted. Serve topped with fresh basil leaves.

*Cover and refrigerate any leftovers for up to 1 day.*



PER SERVING:  
**247 Calories**  
**6g Carbs**  
**22g Protein**  
**15g Fat**



# Curried frittata with avocado salsa



**1/2 tsp coconut oil, to grease dish 1 tsp coconut oil 1/2 a small red onion, finely chopped 200g turkey breast mince 1 tsp medium curry powder a small pinch of sea salt and ground black pepper 4 eggs 2 egg whites 50ml unsweetened tinned coconut milk for the salsa: 2 ripe salad tomatoes, diced 1/2 a small red chilli, finely chopped 1-2 tbsps fresh coriander, finely chopped juice of 1 lime 70g ripe avocado, diced a small pinch of sea salt**

Preheat oven to 200°C/400°F. Grease a medium-sized baking dish or skillet with coconut oil. Melt the remaining coconut oil in a large frying pan. Add the onion and fry gently for 3-5 minutes, stirring occasionally until soft. Transfer to a plate and set aside.

Add the mince and cook for 3-4 minutes. Use a wooden spoon to break up the mince into small pieces as it cooks. Stir in the curry powder, salt and pepper. Remove pan from heat and stir in the cooked onion. Transfer the mixture to the baking dish and spread evenly to cover the base.

Crack the eggs and egg whites into a large bowl. Add the coconut milk. Using an electric hand blender, mix well until light and frothy.

Pour the egg mixture over the mince. Bake for 30-35 minutes, or until cooked.

Mix the salsa ingredients in a bowl and cover until ready to serve.

*Store any leftover frittata and salsa in separate airtight containers and refrigerate for up to 2 days.*



PER SERVING:  
**308 Calories**  
**10g Carbs**  
**31g Protein**  
**16g Fat**





# Lentil salad



**150g cauliflower, cut into small florets**

**1/2 a small red onion, sliced**

**a drizzle of olive oil**

**a pinch of ground black pepper**

**1/4 tsp ground cumin**

**1/4 tsp ground coriander**

**1/4 tsp garam masala**

**1/4 tsp chilli powder**

**1/4 tsp ground turmeric**

**50g red split lentils**

**1/4 tsp sea salt**

**1/2 a red bell-pepper, chopped**

**1 tsp sunflower seeds**

**for the dressing:**

**1 tbsp white wine vinegar**

**1/4 tsp sea salt**

**1/4 tsp ground cumin**

**1/4 tsp ground coriander**

**1/2 tsp garam masala**

**1/4 tsp red chilli powder**

**1/4 tsp turmeric**

**1 clove garlic, minced**

**2 tsps olive oil**

Preheat oven to 150 °C/300°F. Place the cauliflower florets and red onion onto a large baking tray lined with foil. Drizzle with olive oil and season with pepper. Roast for 25-30 minutes.

Meanwhile, pour 270ml cold water into a saucepan. Add the cumin, coriander, garam masala, chilli powder and turmeric. Bring to a gentle simmer. Add the lentils and stir. Cover and simmer for 15 minutes or until the lentils are cooked and most of the liquid has evaporated. Remove pan from heat and add the salt. Allow to stand for 1 minute then fluff with a fork.

Mix together the dressing ingredients in a jug. Place the roasted cauliflower and onion in a large bowl. Add the bell-pepper and dressing. Stir and allow to marinate for 10 minutes.

Transfer the mixture to a serving bowl. Top with the cooked lentils and sunflower seeds. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

PER SERVING:

**296 Calories**

**38g Carbs**

**18g Protein**

**8g Fat**



# Lentil, cucumber & red pepper salad



**250g (dry weight) red or green lentils**

**1 red bell-pepper, diced**

**2 large cucumbers, diced**

**1/2 large red onion, finely chopped**

**1 tbsp fresh parsley, chopped**

**30ml white wine vinegar**

**1/2 tsp sea salt**

**1/2 tsp ground black pepper**

**juice of 1/2 a lemon**

**a handful of green olives**

**1/2 tsp crushed red chilli flakes**

Rinse the lentils in cold water. Place them in a saucepan and cover with cold water. Bring to a boil then reduce heat to simmer. Stir and cook for 25-30 minutes, or until tender.

Drain the lentils and rinse well under cold running water.

Place all of the ingredients in a large bowl and stir well.

Transfer to four bowls and serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

**SERVES 4**



**PER SERVING:**  
**287 Calories**  
**47g Carbs**  
**18g Protein**  
**3g Fat**

# Lemon cod fillets



**60g ground almonds**

**2 tsps dried mixed herbs**

**2 tsps dried chives**

**1 tsp sea salt**

**1/2 tsp ground black pepper**

**1 tsp garlic granules**

**4 x 200g cod fillets**

**4 tbsps butter**

**juice of 1-2 lemons**

**SERVES 4**

Place the ground almonds, mixed herbs, chives, salt, pepper, and garlic granules in a bowl. Stir well.

Press each cod fillet into the flour mixture, ensuring they are evenly coated on each side.

In a large frying pan, heat 2 tbsps butter over a medium/high heat. When the pan is hot, place two of the cod fillets into the pan using a fish slice.

Cook for approximately 3 minutes on each side. Add more butter if required. Prod the fish gently with a fork. The cod will be cooked when the flesh flakes. Transfer to a plate.

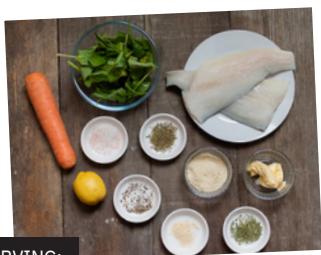
Repeat step with the remaining butter and cod fillets.

Squeeze lemon juice over the cod and serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

## Serving suggestion:

Serve with a mixed salad.



**PER SERVING:**  
**353 Calories**  
**3g Carbs**  
**29g Protein**  
**25g Fat**



# Roast cauliflower chicken



**6 skinless chicken thighs**

**1/2 tsp sea salt**

**¼ tsp ground black pepper**

**1 tbsp dried mixed herbs**

**1 tbsp fresh rosemary**

**6 cloves garlic, minced**

**40g butter**

**1/2 a large cauliflower head,  
cut into florets**

**juice of 1 lemon**

SERVES 3

Preheat oven to 190 °C/375 °F.

Season the chicken thighs with salt, pepper, mixed herbs, rosemary and garlic.

Melt the butter in a frying pan over a medium heat.

Place the chicken thighs in a large roasting tin and pour over the butter. Arrange the cauliflower florets around the chicken.

Roast for 40 minutes, or until the chicken is cooked.

Squeeze the lemon juice over the chicken and serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



PER SERVING:

**421 Calories**

**10g Carbs**

**39g Protein**

**25g Fat**



# Protein power bowl



**300g (drained weight) tinned chickpeas, drained and rinsed 2 tbsps olive oil sea salt and ground black pepper, to taste 1 tsp dried Italian seasoning 300g chicken breasts 2 tps dried oregano, finely chopped 2 tps fresh basil, finely chopped 1 tsp garlic powder for the cucumber salad: 250g cucumber, finely chopped 1/2 a small red onion, finely chopped 1/2 tsp garlic powder 2 tps fresh lemon juice 2 tps olive oil for the tomato salad: 4 cherry tomatoes, finely chopped 5 fresh basil leaves, chopped sea salt, to taste for the dressing: 250g Greek yoghurt (use dairy free if preferred) 250g cucumber, peeled and diced juice of 1/2 a lemon 1 tbsp fresh oregano, chopped 1/2 tsp garlic powder**

Preheat oven to 220°C/440°F. Line a large oven tray with foil. Prepare a medium grill and line a grill tray with foil.

Place the chickpeas, 1 tbsp olive oil, salt, pepper and Italian seasoning in a bowl and mix well. Arrange in a single layer onto the oven tray and bake for 10-15 minutes, or until golden.

Place the remaining olive oil, oregano, basil and garlic powder in a bowl. Mix well and brush onto both sides of the chicken. Grill for 7 minutes on each side or until cooked throughout. Allow to rest for a couple of minutes before dicing.

Place the cucumber salad ingredients in a bowl and stir. Repeat this step with the tomato salad ingredients.

Place the dressing ingredients in a blender or food processor and blend until smooth.

Divide the chicken, chickpeas and salad between 3 serving bowls. Drizzle the dressing over the top and serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

SERVES 3

PER SERVING:  
**429 Calories**  
**26g Carbs**  
**34g Protein**  
**21g Fat**



# Egg salad



- 4 eggs**
- 1 romaine lettuce head**
- 2 spring onions, finely sliced**
- 1/4 tsp paprika**
- 1/4 tsp sea salt**
- 1/4 tsp ground black pepper**
- 1 tbsp fresh parsley, finely sliced**
- for the mayonnaise:**
- 1 egg yolk**
- 1 tsp Dijon mustard, at room temperature**
- 1 tsp olive oil**
- 2 tsp white vinegar**

SERVES 2



PER SERVING:  
**203 Calories**  
**2g Carbs**  
**15g Protein**  
**15g Fat**

Mix the egg yolk and mustard using an electric hand blender. Slowly add the oil whilst blending. Continue mixing until all of the oil has been combined.

Add the vinegar and mix briefly to combine. Cover and refrigerate. This will allow the mayonnaise to thicken.

Fill a saucepan with water and bring to a boil. Reduce the heat to medium / low. Add the eggs and cook for 10 minutes.

Remove the eggs from the hot water and allow to cool. Peel then chop the eggs then place into a bowl.

Arrange the lettuce leaves onto a large plate.

Stir the mayonnaise, mustard, spring onion, salt, pepper and paprika into the eggs. Spoon the eggs into the leaves. Garnish with parsley and serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



# Red lentil soup



- 1 tbsp coconut oil**
- 1 medium-sized white onion, peeled and coarsely grated**
- 2 celery stalks, diced**
- 1/2 tsp sea salt**
- 1/2 tsp ground black pepper**
- 1 tsp ground cumin**
- 3 garlic cloves, finely chopped**
- 150g red lentils (uncooked), rinsed**
- 1 litre vegetable stock (made with one organic stock cube)**
- 1 ripe salad tomato, diced**
- 3 tsps lemon juice**
- 1 tbsp fresh parsley, finely chopped**

SERVES 4

Heat the oil in a large saucepan over a medium heat. Add the onion and celery and sauté for 5 minutes, stirring occasionally.

Add the salt, pepper, cumin and garlic. Stir and fry for one minute.

Add the lentils, stock and tomato. Stir and bring to a boil. Reduce heat and simmer for 20 minutes.

Remove from the heat and add the lemon juice. Taste and add more seasoning if required.

Serve garnished with parsley.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
**216 Calories**  
**25g Carbs**  
**11g Protein**  
**8g Fat**