

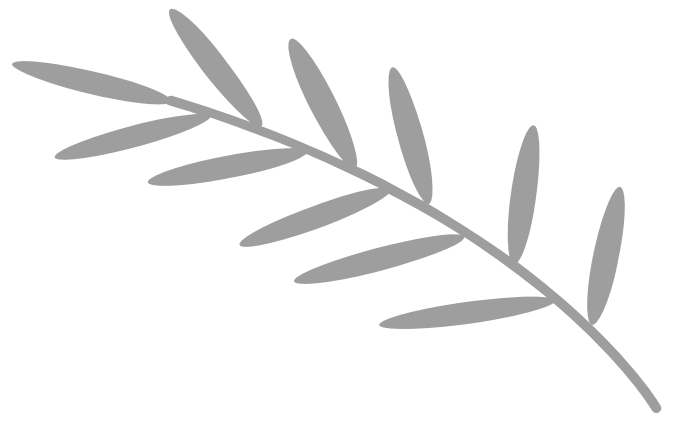
GHA Cystitis Natural Support Plan SUPPORT TOOL

Resource 6



Recipes





"Eat good, feel good"



Welcome! to your recipe resource.



Here you will find the recipes for the following meals:

1. Mixed Berry & Spinach Smoothie
2. Simple Super Green Soup
3. Lentil & Red Pepper Stew
4. Vegetable & Lentil Curry

Feel free to adapt the meals to include nutritious ingredients that you prefer from the examples provided in your additional supporting foods list.



Mixed Berry & Spinach Smoothie

Ingredients

Serves 1

(Blending device required)

- 100ml milk of choice, recommend almond milk
- Large handful of spinach
- 200g frozen berry mix
- 100g live culture yoghurt (dairy or non-dairy)
- 1 teaspoon honey (optional)

Method

- Add milk and spinach to blender and mix until the spinach is puréed.
- Add the rest of the ingredients and blend.

Enjoy!



Simple Super Green Soup

Ingredients

Serves 2

(Blending device required)

- 1 teaspoon olive oil
- 2 leeks, finely sliced
- 1 courgette, chopped
- 2 cloves garlic, finely diced
- 1 large broccoli, chopped
- 250g frozen peas
- 500ml vegetable stock
- 100g spinach
- Large handful of fresh coriander, roughly chopped
- Freshly ground black pepper



Method



- Gently cook the leek & courgette in the oil for 5 minutes until soft. Add the garlic and cook for a further minute.
- Meanwhile, simmer the broccoli in a large pan of boiling water for 3 minutes, adding the peas for the final minute. Drain (saving 600ml of the cooking water) & plunge the vegetables into cold water to retain their colour.
- Add the stock and vegetable water to the leek and courgette & bring to the boil. Stir in the broccoli & peas, along with the spinach, and cook for 2 minutes.
- Remove from the heat & let cool for 10 minutes. Transfer the mixture to a blender, adding the coriander, & blend until smooth (you may need to do this in batches).
- Return to a clean pan to reheat before serving.
- Season with pepper.

Enjoy!



Lentil & Red Pepper Stew

Ingredients (Serves 2)

- 1 tbsp olive or coconut oil
- 1 large red pepper chopped
- 1 large courgette diced
- 1 large red onion chopped
- 2 large cloves garlic sliced or crushed
- 3 tsps. smoked paprika
- 200 g green lentils
- ½ can of chickpeas or white bean of choice
- 1 litre veg stock
- 1 can tomatoes
- Handful chopped coriande
- Sea salt & black pepper to season



Method



- In a deep lidded pan over a low heat cook the onions in the oil until soft but not browning
- Add garlic and cook for a further minute
- Add the peppers and courgette and cook 2 – 5 mins
- Add the paprika and stir to cover the vegetables and season with salt and pepper
- Now add the lentils, tomatoes, chickpeas and stock and stir well
- Place the lid on the pan and cook for 20 – 30 minutes on a med-low heat until the lentils are soft
- Serve in bowls topped with fresh coriander and a squeeze of lemon

Enjoy!



Vegetable & Lentil Curry with Brown Rice

Ingredients (Serves 2)

125g Brown basmati rice

1 tbsp coconut or olive oil

1 large onion, finely chopped

3 cloves garlic, crushed

1 large, sweet potato peeled
and diced

1 large aubergine, cut into 3cm
chunks

150g Chestnut or button
mushrooms

400g tin tomatoes

150g red lentils

1 tsp ground turmeric

2 tsp cumin

2 tsp ground coriander

3 tsp garam masala

300ml vegetable stock

Half bag of spinach

Small bunch coriander,
chopped

Squeeze of lemon

Fresh chilli to finish
(optional)



Method



- Cook rice according to pack instructions
- In a deep lidded pan, heat the oil over a med-low heat, add the onion and cook until soft
- Add the garlic and cook for a further 1 minute
- Add all the spices, stirring through the onion and cook for 30 seconds
- Add the sweet potato, aubergine, mushrooms, lentils and tomatoes and stir through the onion
- Then cover with the vegetable stock and simmer with the pan lid on for 20 minutes
- Remove the lid and stir in the spinach, cook for a further 10 minutes with the pan lid on
- Season with salt
- Serve with a portion of rice and finish with chopped fresh coriander and a squeeze of lemon

Enjoy!