

MB Stage 1



Detox Minestrone

Serves 4

1 X ONION
2 X CARROTS
1 X SMALL FENNEL
2 X STICKS CELERY
2 X GARLIC GLOVES
BASIL STALKS
400G FRESH TOMS
2 X SMALL
COURGETTES
4 X NEW POTS
SPINACH
CURLY KALE

600ml WATER

- CHOP ONION, FENNEL, CARROTS, CELERY, BASIL STALKS & SLICE GARLIC
- PUT IN BIG PAN WITH 100MLS WATER - MED HEAT WITH LEAD HALF ON FOR 15MINS
- ADD TOMS / SLICED COURGETTES & DICED POTATOES
- ADD PINT OF WATER, TOP UP IF REQUIRED
- ADD SALT, PEPPER & A HANDFUL OF BASIL LEAVES (SAVE SOME FOR THE BOWLS THOUGH)
- SIMMER ON A LOW HEAT FOR 15MINS
- ADD SPINACH JUST BEFORE SERVING
- ADD CURLY KALE NEXT DAY TO 'LIVEN UP'

TO SERVE SCATTER BASIL LEAVES



Lightly Steamed Vegetables

Serve with lots of salt & pepper



**Goats cheese,
baby gem lettuce
& roasted
butternut.**



How to Make:

First

Grind a cardamom pod, discard shells & then grind to powder
Mix with ½ teaspoon allspice

Second

Weigh butternut slice in to 1cm pieces
Rub with spices
Place in baking tray in with 40ml water
Cook in oven for 20mins at 200

To serve

Dress the baby gem with a sprinkle of cider vinegar
Dress butternut with finely chopped fresh chili & coriander leaves
Eat with rye crackers.



Pick out exciting goats cheese...

VARIATION
add green beans & raw spinach to the salad





Sumac & thyme
roasted
tomatoes



HOW TO MAKE:

- Buy beautiful medium sized toms on the vine.
- Slice in half
- Place in roasting tin flesh side up
- Sprinkle with approx. 1 tbs of Sumac
- Throw handful of fresh thyme on top
- Cook in low oven 150 for approx. 1hr – once the skins start to brown they are done.
- Use as and when you fancy with your meals, as they will keep in the fridge. Take them out an hour before eating to bring to room temperature.

Devilled Mackerel
Served with avocado, rocket, toms & rye crackers
(Serve hot or cold)

HOW TO MAKE:

- To marinade your mackerel – rub with harrisa powder & put in the fridge till needed
- Heat oven 180
- Place fillets on tin foil skin side down. Make sure they do not touch or they won't cook properly
- Wrap the fillets in the foil
- Place on baking tray & cook 20mins
- YUM!





Invest in a nice T Pot & experiment with new & complimentary flavours

Friday Night Spicy King Prawn Stir Fry Served with Jasmine & Green Tea



- Broccoli
- Bean sprouts
- Spring onions
- Prawns
- Chili, garlic & ginger
- Natural master stock
- Coriander leaves



HOW TO MAKE:

Finely slice chili & garlic

Finely chop ginger & thinly slice spring onions length-ways

Chop broccoli in to bit size pieces

Get a wok really hot till you see it smoking

Add ginger chili and garlic, quick stir before it burns then add tablespoon of master stock

Add prawns & broccoli 2mins stir fry

Add beansprouts

To serve sprinkle with spring onions & coriander leaves

Crab salsa served with rye crackers & any green salad leaves

INGREDIENTS

- Avocado
- Red chili
- Spring onions
- Coriander
- Tomato (optional)
- White Crab



VARIATIONS

- Add mint instead of coriander
- Add Mango to Salsa
- Omit crab & add mango – serve with a grilled salmon

HOW TO MAKE

Chunky chop avocado

Finley chop spring onions, herbs & tomotoe if using

Finely dice chili

Mix together with crab & EAT!



**JERK PRAWNS
SERVED EITHER AS A
SALAD
OR
LETTUCE -ROLLS**



JERK PRAWNS

Prawns

Any Round lettuce leafs

Carrots

Spring onions

Mix any of your favorite veggies raw

Chili, Fresh coriander & Mint

Sprinkle your prawns in Jerk Seasoning

If using raw – steam cook, o

Julienne your carrots, chili, spring onions &

Any other mix of veg you are using

Fill your lettuce leafs, add herbs & roll up into cigar shapes

SEARED SIRLOIN STEAK BURGERS

Roasted Peppers, Shaved Fennel, Tomatoes & Green Salad leaves

Optional Basil Leaves

Sirloin Steak

Fennel

Lettuce

Onion

Tomatoes

(Alternatives in the salad, add something sharp – olives, gherkin, sauerkraut,

Swap the salad leaves for chicory, lambs lettuce, rocket.... remember no rules on trying new flavors & textures



HOW TO COOK THE BURGER

Roughly chop steak in to cubes

Place in Food Processor

Pulse until finely chop but not too fine otherwise its too mushy.

Scoop out in to a bowl add salt & pepper and mix

Make in to lovely burger shapes, rounder & thinner to cook quicker.

Get your griddle smoking hot

Place on griddle cook one-minute high heat each side for rare.

One minute plus two either side medium rare.

One minute plus 4 either side for well done.

KALE OR CABBAGE WITH FENNEL SEEDS

- Put your portion of kale in the pan
 - Add a cm or 2 of water
 - Add a small pinch of fennel seeds
- Bring to a boil & cook for a few minutes till the leaves drop but still have bite!

Harrissa Cauliflower Tree

Mix Harrisa powder with water

Slice cauliflower



Meals to add:

1. Fish in bag with spring onions & ginger
- 2. Stir fried veg – chilli, garlic, master stock**
- 3. Master stock**
4. List of Mariandes for fish & meats – using fresh herbs
5. Mango Salsa
6. Strawberry Salsa
- 7. Cauliflower in Harrisa powder with Goats cheese cooked on top**
8. Charred radicchio with Goats cheese
9. Mussels with ginger basil , mint & chilli beansprouts & stock,
10. Mussels with tomoate onions and herbs
11. Mixed Salads using all different leaves - salmon or tuna nischoie
- 12. Mixed beans – green leave taco's**



Obviously all of these recipes are even tastier with oil however this should inspire the senses and get you through stage 2



EAT CHICKEN COLD FOR LUNCH BOX – WITH SALAD



RESREVE THE COOKING WATER FROM VEG TO MAKE MASTER STOCK

FRUIT

- _____ Apple
- _____ Blackberries
- _____ Cantaloupe Melon
- _____ Kiwi
- _____ Mango
- _____ Nectarine
- _____ Orange
- _____ Peach
- _____ Pear
- _____ Raspberries
- _____ Strawberries
- _____ Watermelon

FISH

- _____ Anchovies
- _____ Clams
- _____ Crab
- _____ Eel
- _____ Hake
- _____ Halibut
- _____ King prawns
- _____ Langoustines
- _____ Mackerel
- _____ Monkfish
- _____ Mussels
- _____ Octopus
- _____ Perch
- _____ Plaice
- _____ Pollock
- _____ Salmon
- _____ Sardines
- _____ Sole
- _____ Swordfish
- _____ Trout
- _____ Tuna
- _____ Turbot

VEGETABLES

- Artichokes
- Asparagus
- Avocado
- Broccoli
- Brussel Sprouts
- Butternut
- Carrots
- Celeriac
- Chicory
- Chilli Pepper
- Courgette
- Cucumber
- Curly Kale
- Endive
- Fennel
- Garden Lettuce
- Gerkins (sugar free)
- Green Beans
- Green olives
- Iceberg
- Lambs lettuce
- Leek
- Mushrooms Button
- Mushrooms Oyster
- Mushrooms Porcini

- Onions
- Pak Choi
- Parsnip
- Pointed cabbage
- Radishes & Mooli
- Rocket 50g
- Sauerkraut
- Shallots
- Shallots
- Spinach
- Spinach
- Tomato
- Tomato
- Watercress
- White cabbage