MOVE FORWARD
Natural Health

HEALTHY CHRISTMAS RECIPES

Spend this festive season cooking up these healthy and tasty recipes. Merry Christmas!

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SALMON SUSHI ROLL

SALMON SUSHI ROLL

Serves: 10
Prep: 10 mins
Chill: 30 mins

Nutrition per serving:
61 kcal
3g Fats
3g Carbs
6g Protein

GF LC

myfitnesspal

WHAT YOU NEED

- 8 oz. (225g) smoked salmon
- 4 oz. (110g) fat-free cream cheese
- 1/4 medium cucumber, cut into matchsticks
- 1 small red onion, finely chopped
- 2 tbsp. capers, drained
- 1/2 lemon, sliced, to serve

WHAT YOU NEED TO DO

Lay out a large piece of cling film on the kitchen top and arrange the salmon slices so that they overlap and form a rectangle (about 6x12 inches). Face the longer side toward you.

Gently spread the cream cheese over the salmon, then lay the cucumber along one side of the rectangle about 1/2 inch from the edge.

Using the cling film, roll the salmon up tightly around the cucumber sticks. Refrigerate for about 30 minutes, until firm.

Just before serving, cut the roll into 12 slices using a very sharp knife. Sprinkle with red onion and capers and serve with lemon slices.

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APRICOT WRAPPED IN BACON WITH SAGE

APRICOT WRAPPED IN BACON WITH SAGE

Makes: 24
Prep: 20 mins
Cook: 16 mins

Nutrition per serving:
30 kcal
1g Fats
4g Carbs
3g Protein

GF DF LC

myfitnesspal

WHAT YOU NEED

- 24 small fresh sage leaves
- 24 large dried apricots
- 12 slices smoked bacon, cut into half
- 2 tbsp. maple syrup
- toothpicks, for serving

WHAT YOU NEED TO DO

Heat oven to 375F (190C). Place a sage leaf on each apricot, wrap with a piece of bacon, and place seam-side down on a baking sheet.

Bake until the bacon is beginning to crisp, about 8 minutes per side.

Remove from oven and brush with the maple syrup. Serve with toothpicks.

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CELERIAC AND
TRUFFLE SOUP

CELERIAC AND TRUFFLE SOUP

Serves: 6
Prep: 15 mins
Cook: 45 mins

Nutrition per serving:
182 kcal
12g Fats
13g Carbs
4g Protein

GF DF LC MP V N

myfitnesspal

WHAT YOU NEED

- 1 tsp olive oil
- bunch thyme
- 2 bay leaves
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 celeriac (2.2lbs/1kg), peeled and chopped
- 1 potato (7oz./200g), chopped
- 1l vegetable stock
- 3.3 oz. (100ml) soya cream
- 1/3 cup (50g) hazelnuts, roughly chopped
- 2 tbsp. truffle oil

WHAT YOU NEED TO DO

In a large saucepan, heat the oil over low heat. Tie the thyme sprigs and bay leaves together with a piece of string and add them to the pan with the onion and a pinch of salt.

Cook the onion for about 10 mins until softened.

Add in the garlic and cook for another minute, then add the celeriac and potato. Stir well and season to taste with salt and white pepper.

Next, pour in the stock, bring to the boil, lower the heat and then simmer for around 30 mins until the vegetables soft.

Remove the herbs, then stir in the cream. Remove from the heat and blitz with a hand blender until smooth. Stir through 1/2 tbsp. truffle oil at a time and taste for seasoning – the strength of the oil will vary, so it's better to start with less oil and add a little at a time.

Reheat the soup until hot if necessary. Serve in bowls topped with the hazelnuts, freshly ground black pepper and an extra drizzle of truffle oil.

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WINTER KALE SALAD WITH
CRANBERRIES & FETA

WINTER KALE SALAD WITH CRANBERRIES & FETA

Serves: 6
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
180 kcal
10g Fats
16g Carbs
7g Protein

GF DF V Q N

myfitnesspal

WHAT YOU NEED

Salad:

- 14 oz. (400g) kale washed
- 3.5 oz. (100g) feta, crumbled
- 1/3 cup (40g) dried cranberries
- ¼ cup (30g) almonds, sliced

Dressing:

- 2 tbsp. olive oil
- 2 tbsp. white wine vinegar
- 1 tbsp. honey
- 1/4 tsp. Dijon
- 1 tsp. lemon juice

WHAT YOU NEED TO DO

Chop kale into bite-sized pieces. Remove all the thick parts of the stem.

In a large bowl, massage the kale with clean hands for about 2 minutes, until it becomes soft and turns bright green. Then add in the crumbled feta, cranberries and almonds.

Mix the dressing ingredients, then add to salad and mix well. Serve immediately.

You can prepare the salad up to 1 day in advance and store in the fridge. In this case, it's recommended to add the almonds before serving to prevent softening.

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ROCKET, ORANGE AND POMEGRANATE SALAD

ROCKET, ORANGE AND POMEGRANATE SALAD

Serves: 6
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
225 kcal
18g Fats
16g Carbs
3g Protein

GF DF LC V Q N

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WHAT YOU NEED

Salad:

- 7 oz. (200g) rocket
- 2 oz. (60g) pecans, roasted
- 3.5 oz. (100g) pomegranate seeds
- 3 medium oranges

Dressing:

- 4 tbsp. honey
- 4 tbsp. olive oil
- 4 tsp. Dijon mustard
- 3 tbsp. lemon juice

WHAT YOU NEED TO DO

Wash and dry the rocket and divide between plates. Roast the pecans.

With a sharp knife, cut off the top and the bottom of the oranges and cut away the remaining peel and white pith. Next, cut along either side of each segment to release it.

Place the orange segments on the rocket, sprinkle with pomegranate seeds and roasted pecans.

Mix the dressing ingredients and drizzle over the salad before serving.

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ROASTED CRISPY
BRUSSELS SPROUTS

ROASTED CRISPY BRUSSELS SPROUTS

Serves: 6
Prep: 10 mins
Cook: 35 mins

Nutrition per serving:
158 kcal
10g Fats
16g Carbs
5g Protein

DF LC V N

myfitnesspal

WHAT YOU NEED

- 1.3 lbs. (600g) Brussels sprouts
- 3 tbsp. breadcrumbs
- 2 tbsp. parsley, finely chopped
- 2 garlic cloves, finely chopped
- 3 tbsp. olive oil
- 1 tsp. lemon zest
- ¼ cup (30g) sliced almonds, roasted
- juice of ½ lemon

WHAT YOU NEED TO DO

Cut off the ends of the Brussels sprouts and remove outer leaves if necessary.

Bring water to boil in a large saucepan, season with salt and add in the Brussels sprouts. Simmer for 20-25 mins until softened. Once cooked, drain and transfer into a baking dish.

Heat the oven to 430F (220C). Prepare the crispy topping by mixing the breadcrumbs, parsley, garlic, 2 tbsp. olive oil and lemon zest.

Top brussels sprouts with the mixture and bake in the oven for 10 min, until the topping is crispy and browned.

To serve, drizzle the Brussels sprouts with lemon juice and the remaining 1 tbsp of olive oil.

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BEAN PATE

BEAN PATE

Serves: 12
Prep: 20 mins
Cook: 75-85 mins

Nutrition per serving:
235 kcal
5g Fats
11g Carbs
6g Protein

GF DF LC MP V N

myfitnesspal

WHAT YOU NEED

- 1 lbs (500g) butter beans in water, drained
- 1 large onion, chopped
- 2 parsnips, peeled & chopped
- ½ celeriac (1.1 lbs./500g), peeled & chopped
- rosemary sprig
- 2 tbsp. olive oil
- 1 tbsp. natural peanut butter, smooth
- ½ tsp. nutmeg
- 4 eggs

WHAT YOU NEED TO DO

Heat the oven to 360F (180C).

Place the chopped onion, parsnips and celeriac on a baking tray. Add in the rosemary and drizzle with olive oil. Roast for 30 mins, then cool down and remove the rosemary sprig.

Drain and rinse the beans, then place in a large bowl with the roasted vegetables, peanut butter, and nutmeg. Blend with a hand blender until smooth, then season to taste with salt and pepper. If the mixture is too stiff, add 1-2 tbsp. of water. Lastly, add in the eggs and mix well.

Place the mixture in a bread tin lined with baking paper. Bake in the oven at 360F (180C) for 45-55 min. Check with a toothpick for firmness in the middle. Once cooked, cool and chill in the fridge overnight.

Serve with fresh crispy bread and pickles, or with cranberry sauce/jam.

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STUFFED
TURKEY BREAST

STUFFED TURKEY BREAST

Serves: 8
Prep: 25 mins
Cook: 15 mins

Nutrition per serving:
300 kcal
17g Fats
2g Carbs
35g Protein

GF LC HP

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WHAT YOU NEED

- 4.5 o. (125g) basil pesto
- 4 turkey breasts
- 8 slices smoked bacon
- 1 tbsp. butter

WHAT YOU NEED TO DO

Heat the oven to 360F (180C). Place turkey fillet between 2 pieces of cling film. Beat the fillets with a rolling pin into thin slices of about ½ inch thick.

Remove the foil and brush each fillet with 1 tbsp. of the pesto. Roll them up and wrap each roll in 2 slices of bacon. If necessary, secure with a skewer. Heat the butter in a frying pan and fry the rolls for 2 min on high heat until browned.

Place the rolls in a baking dish and bake for about 15 minutes in the oven. Cut into slanted slices and serve the rest of the pesto on the side.

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BAKED SALMON WITH ORANGES & CRANBERRY SAUCE

BAKED SALMON WITH ORANGES & CRANBERRY SAUCE

Serves: 4
Prep: 10+30 mins
Cook: 17 mins

Nutrition per serving:
349 kcal
18g Fats
23g Carbs
24g Protein

GF DF HP

myfitnesspal

WHAT YOU NEED

- 4 salmon fillets (1.2 lbs/550g)
- 1 orange, sliced
- 4 tbsp. cranberry sauce
- 2 tsp. sweet paprika
- ½ tsp. hot paprika
- juice of 1 orange
- 2 tbsp. honey
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Place the salmon on a chopping board skin down, and with a sharp knife remove the skin. Season the fillets with salt and pepper.

Next, rub the salmon with the sweet and hot paprika and place in a baking dish.

Mix the orange juice, honey, and olive oil, then drizzle over the fillets. Cover and rub the salmon in the marinade and leave to rest for 30 mins.

Heat the oven to 410F (210C). Place slices of orange on top of the salmon fillets. Bake in the oven for 17 min.

Serve topped with the cranberry jam. This dish goes well with white rice and fresh dill.

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CARAMELIZED ONION &
MUSHROOM PASTRY

CARAMELIZED ONION & MUSHROOM PASTRY

Makes: 24
Prep: 15 mins
Cook: 55 mins

Nutrition per serving:
143 kcal
11g Fats
5g Carbs
7g Protein

GF LC V

myfitnesspal

WHAT YOU NEED

- 1 tbsp. olive oil
- 1 large onion, thinly sliced
- 1 tbsp. unsalted butter
- 16 oz. (450g) white mushrooms, thinly sliced
- 2 clove garlic, chopped
- 1 tsp. dried thyme
- ¼ cup (60ml) white wine
- 2 sheets gluten free puff pastry
- 1 cup (340g) grated cheese
- 1 egg + 1 tablespoon water, for the egg wash
- a handful of parsley, chopped

WHAT YOU NEED TO DO

Preheat oven to 400F (200C) and line two baking trays with parchment paper.

Heat the olive oil in a large pan over medium-low heat and add the onions. Cook, stirring until they begin to caramelize, this can take about 20 minutes.

Add the butter to the pan. Next, add the mushrooms and sauté, stirring occasionally, until soft and the liquid evaporates, for around 15 minutes.

Add the garlic and thyme, cook until fragrant for 1 minute. Season to taste with salt and pepper. Add the wine, and cook until all of the liquid has evaporated, then remove from the heat.

Unfold the thawed sheets of puff pastry and cut out circles from the dough, placing them on the baking sheets. Using a very sharp knife, make four small scores around the perimeter of the dough, about ¼ to ½-inch from the edge.

Top pastry with a teaspoon of the onion and mushroom mix, keeping the filling within the marks. Lastly, top with grated cheese.

Make the egg wash by whisking the egg and water together. Brush the edges of the dough with the egg wash. Bake until the pastry is golden brown, about 15 to 20 minutes. Garnish with chopped parsley.

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GLUTEN FREE
GINGER BREAD COOKIES

GLUTEN FREE GINGER BREAD COOKIES

Makes: appx. 30
Prep: 15 mins
Cook: 10 mins

Nutrition per serving:
61 kcal
3g Fats
8g Carbs
1g Protein

GF DF LC V Q N

myfitnesspal

WHAT YOU NEED

- 7 oz. (200g) almond meal
- 1.8 oz. (50g) rice flour
- 1.8 oz. (50g) corn flour
- 1 oz. (30g) potato starch
- 1 oz. (30g) coconut flour
- 1 tbsp. gingerbread spice
- 2 tbsp. coconut sugar
- 3.5 oz. (100g) honey
- 2.8 oz. (80g) coconut oil
- 2 egg yolks
- 2 tbsp. coconut yogurt
- 1 egg white, beaten
- 1 tsp gluten free baking powder

WHAT YOU NEED TO DO

Heat the oven to 360F (180C). Place the almond meal in a large bowl, add all gluten-free flours, gingerbread spice, baking powder, and sugar. Mix thoroughly.

In a saucepan heat the honey with coconut oil (do not overheat it), and cool it down slightly. In the meantime, whisk egg yolks.

Add in the honey and coconut oil mixture to the flours and mix well. Next add in yogurt, egg yolks and again mix with a spoon, until a dough has formed.

Top the kitchen counter with a layer of coconut flour and place the dough on top, flattening it with a rolling pin to about 1/3 inch flat.

Cut out gingerbread figures from the dough and place on a baking tray lined with baking paper. Brush with beaten egg white and bake for 10 minutes.

Smaller and thinner gingerbread should be baked a little shorter. After cooling, store in a container or can.

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CRANBERRY, HAZELNUT AND QUINO CRUMBLE

CRANBERRY, HAZELNUT AND QUINOA CRUMBLE

Serves: 4
Prep: 5 mins
Cook: 30 mins

Nutrition per serving:
261 kcal
12g Fats
39g Carbs
4g Protein

GF DF V N

myfitnesspal

WHAT YOU NEED

- 1 lbs. (500g) fresh cranberries
- 2 apples, peeled & chopped
- 4 tbsp. honey
- scant ½ cup (100ml) water
- ½ cup (75g) hazelnuts
- 1.4 oz. (40g) puffed quinoa
- ¼ cup (15g) coconut chips

WHAT YOU NEED TO DO

Heat the oven to 360F (180C).

Place the cranberries, chopped apples, 1 tbsp. honey and 50 ml water in a saucepan. Gently bring to the boil. Cook for 10 minutes until the cranberries start falling apart.

Scoop the mixture into 4 oven-proof dishes of 3-4 inches (8-10cm) diameter.

Chop the hazelnuts coarsely, mix with the puffed quinoa and mix with 1 tbsp. honey. Then spread the mixture over the fruit in the dishes.

Bake in the oven for 20 mins.

Serve hot, garnished with coconut chips.

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