

# CAJUN STYLE PORK

## CAJUN STYLE PORK, BAKED SWEET POTATO WEDGES AND KALE SLAW. SERVES 4.

Pre-heat the oven to 160°C, Gas 3, 325°F.

### FOR THE WEDGES:

Wash and quarter all the sweet potatoes lengthways into wedges. Toss the wedges in the vegetable oil and season with salt and pepper. Place on a baking sheet and put in the oven for 25 minutes.

### FOR THE PORK:

Rub the pork chops all over with the cajun seasoning. Heat a frying pan then add the pork chops and brown them on both sides over a medium heat, a little tip is to do them two at a time to keep the pan nice and hot. Place them on a baking tray in the oven for 20 minutes. It's important to leave them to rest for 5 minutes before serving, pour over any juices that run out of them, tasty!

### FOR THE SLAW:

Put the \*blanched kale into a large mixing bowl, add the sliced onion, the apple and the grated carrot. Mix the yoghurt, mustard and chives, then coat all the ingredients and season to taste with the lemon juice, salt and pepper.

**To serve:** Wedges on the bottom, pork and slaw on top

\*Blanching; boil a large pot of salted water, add the kale and cook for 5 to 6 minutes, then run the kale under cold water until cold, this stops the cooking and helps retain colour and more importantly, the nutrients.



### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Restores energy, helps brain function, increases concentration levels.

#### **The best time to eat this dish:**

Evening meal before completing some revision.

**Reason:** This recipe contains a combination of protein, complex carbohydrates and a powerhouse of nutrients. Sweet potatoes are anti-inflammatory and contain high levels of potassium, vitamin C and A. Kale contains Omega 3s and lemon juice will cleanse your stomach and strengthen your immune system.



This dish has been specially created by celebrity chef, Mark Lloyd.

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# PEANUT CHICKEN AND NOODLES

**PEANUT CHICKEN, PAK CHOY, COCONUT RICE NOODLES. YOU COULD ALSO USE TURKEY, PORK, BEEF OR TIGER PRAWNS FOR THIS RECIPE. SERVES 4.**

Chicken breast thin slices about 1cm thick

2 cloves garlic peeled chopped  
1 teaspoon curry powder  
1 teaspoon honey  
1 tablespoon soy sauce  
1 teaspoon oil (peanut or sunflower)  
4 bamboo skewers (soaking in warm water before use)  
3 pak or bok choy, sliced thinly  
300g rice noodles, soaked in boiling water as per packet instructions  
50ml coconut milk  
50g desiccated coconut  
1 red chilli, sliced into thin rings  
A few leaves coriander

## **PEANUT SAUCE:**

100ml coconut milk or fresh milk  
3 tablespoons smooth peanut butter  
2 tablespoons honey  
1 tablespoon soy sauce  
½ teaspoon curry powder  
1 teaspoon oil (peanut or sunflower)  
1 teaspoon corn flour

**MARINATE:** Put the chicken with the garlic, curry powder, honey, soy sauce and oil in a bowl and mix well. Leave for about 30 minutes or longer.

You can soak the bamboo skewers for the same amount of time as the chicken marinates. Then skewer the chicken onto the bamboo skewers. Grill the chicken under a grill, fry in a pan or even on the BBQ on high heat. Cook each side for about 2 minutes or until the chicken is cooked and then serve with the warm peanut sauce.

## **MAKING PEANUT SAUCE:**

Put all the ingredients for the peanut sauce into a small saucepan. Bring to a simmer on a low heat for about 2 to 3 minutes. Remove from the heat and serve.

## **MAKING COCONUT NOODLES:**

Pour the coconut milk into a saucepan and warm over a medium heat, adding the dessicated coconut.

Soak the noodles in boiling water and once softened, add to the coconut milk with the bok choy and coat the noodles.

Spoon into warm bowls and top with the skewers.

If you have any dry roasted peanuts, crush and serve them with sliced chilli and fresh coriander as a garnish, and maybe even a lime wedge for tanginess!



## **EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Helps regulate immune system, gives instant mental energy, helps improve focus, memory and mood, helps to fight illness and combat stress.

### **The best time to eat this dish:**

Evening meal or if you are feeling tired, stressed and not 100%.

**Reason:** The combination of lean protein, pak choy, garlic and coconut all have a positive effect on memory retention due to all the phytonutrients. Packed with anti-oxidants such as vitamin K and B vitamins to support your immune system and iron will help provide oxygen to the brain for alertness.

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# CHICKPEA AND VEGETABLE CURRY

**CHICKPEA AND ROASTED VEGETABLE CURRY. THIS MAKES ABOUT 10-12 PORTIONS, BUT FREEZES EXTREMELY WELL.**

## METHOD:

Part cook the celeriac and squash in boiling, salted water. Just cook until the tip of a knife will go into the veggies.

In a large enough pan to take all the rest of the ingredients, heat the coconut oil and add the garlic, ginger and the dry spices, frying them for 30 to 45 seconds, before adding the tomato puree.

Add the chickpeas, stock and tinned tomatoes once the puree has slightly browned, stirring to remove the sticky bits of puree from the bottom of the pan.

Cook for 35 minutes or until the chickpeas are soft, then add the celeriac and squash.

Add the desiccated coconut and continue to cook for a further 20 minutes or until the consistency of the sauce is nice and thickened, if you need to add more liquid, please add some more water. Adjust the seasoning with salt and pepper before serving. Now get a wholemeal naan and get dipping!

- 1 celeriac, peeled and diced
- 1 butternut squash, peeled and diced
- 2 white onions peeled and diced
- 1 thumb of ginger, peeled and finely grated
- 1 teaspoon turmeric
- 1 can of chickpeas, drained
- 2 cloves garlic, crushed
- ¼ teaspoon dried chilli flakes
- ¼ teaspoon ground black pepper
- 250g chopped tomatoes, tinned will do
- 50g desiccated coconut
- 150ml coconut cream
- 150ml good vegetable stock
- ½ stick cinnamon
- 2 black cardamom
- 1 teaspoon black onion seeds
- 1 teaspoon mustard seeds
- ½ teaspoon nigella seeds
- 2 teaspoons garam masala
- 2 tablespoons tomato puree
- 1 tablespoon coconut oil



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## EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Stimulates brain cells and improves memory, helps to relax and de-stress, gives immunity a boost.

### The best time to eat this dish:

Evening mid-week meal when you have a lot of work to focus on.

**Reason:** Chickpeas are one of the best sources of magnesium which makes them a top brain boosting food. Butternut squash contains a huge amount of vitamin A and potassium which help lower your blood pressure. All the herbs and spices contain powerful antioxidants which will keep your brain sharp and your immunity in check.

# CHILLI CON CARNE WITH JEWELLED RICE

## FOR THE RICE:

175g mixed wild rice, rinsed well  
2 tablespoons of vegetable oil  
1 carrot, peeled and finely grated  
1 raw beetroot, peeled and finely grated (wear gloves!)  
2 spring onions, washed and finely sliced into rings, for garnish  
1 bay leaf  
½ teaspoon cumin seeds  
1 teaspoon thyme leaves, picked  
350ml chicken or vegetable stock, if using a cube taste for saltiness!  
A good pinch of sea salt and pepper

## METHOD:

In a large saucepan, heat the oil over a medium heat, gently fry the cumin, onion, bay leaf and thyme for about 5 to 6 minutes, then add the rice.  
Cover with the stock and cook for 10 to 12 minutes over a high heat, removing from the heat and stirring in the carrot, beetroot and spring onions.

**PLUS 125ML OF GREEK YOGHURT**

## CHILLI CON CARNE, JEWELLED WHOLE GRAIN RICE, WHIPPED YOGURT. FEEDS 4 HUNGRY PEOPLE AND FREEZES WELL!

### FOR THE CHILLI:

3 teaspoons of vegetable oil  
1kg diced stewing beef, chuck steak etc..  
2 white onions, thinly sliced  
3 cloves of garlic, peeled and chopped  
1 teaspoon cumin seeds, toasted  
1 tablespoon of dried oregano  
1 tablespoon soft brown sugar  
2 red medium chillies, deseeded and roughly chopped  
1 teaspoon chilli powder, or to taste  
2 green chillies, sliced for garnish  
400g tinned kidney beans, drained and rinsed  
300g tin chopped tomatoes  
300ml of good beef stock

### METHOD:

Heat a casserole dish big enough for all the ingredients over a medium heat. Add the vegetable oil, garlic, cumin, chilli powder, onions and chillis. Cook until the onions are golden, be careful not to burn them. Add the diced beef and brown on all sides \*TIP (add the beef in small batches, it stops the meat steaming and going grey). Once the beef is nicely browned, add the stock, tomatoes, sugar and dried oregano, reduce the heat to a simmer (little bubbles) and cook for 1 hour with the lid on. After 1 hour remove the lid, add the kidney beans and cook for a further 30 minutes until the beef is tender and the sauce has thickened.

**TO SERVE:** Top the jewelled rice with the chilli and a dollop of whipped yoghurt. Lovely!

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### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Maintains energy levels, helps to relax, builds immunity and promotes a healthy brain.

**The best time to eat this dish:** Friday evening or a weekend where you may spend longer amounts of time on revision or want to be able to relax.

**Reason:** The high amounts of iron and zinc will transport oxygen around your body quickly. The protein from lean beef and yoghurt combined with kidney beans and rice will give you slow release energy to last throughout the day. Chillies are rich in various vitamins and minerals which will help regulate blood sugar levels and can also help you to relax.

# GINGER AND CORIANDER CHICKEN

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## FOR THE DHAL:

150g cup dried red lentils, rinsed under running water  
235ml water or chicken stock, or just enough to cover the lentils in your pan  
1/2 tin chopped tomatoes  
1 teaspoon turmeric  
1 teaspoon cumin seeds  
1 teaspoon salt  
1 teaspoon sugar  
1/2 teaspoon chilli powder  
Juice 1/2 lemon

## METHOD:

Combine all the ingredients and cook over a medium heat (little bubbles) until the lentils are soft.

## GINGER AND CORIANDER CHICKEN, LENTIL DHAL, FLATBREADS. FEEDS 4 AS AN ALTERNATIVE TO THE TAKE AWAY.

### FLATBREADS:

150g plain flour  
15g yeast  
75ml warm water  
1 teaspoon toasted fennel seeds  
2 tablespoons olive oil

### METHOD:

In a food processor, add the flour, oil, yeast and water, and then pulse until it forms dough. Put the dough in a bowl and add the cooled fennel seeds, quickly knead them in, cover the bowl with cling film and leave somewhere warm until the dough doubles in size. When it has doubled in size, place a frying pan over a medium heat, tip out the dough and pinch off golf ball sized pieces; roll them in your hands then roll flat with a rolling pin. Place them in the pan over a medium heat, a griddle pan is best, and gently cook, the thinner you roll them, the faster they cook. Once browned on one side, flip them over and finish cooking.

### FOR THE CHICKEN:

4 skinless chicken breasts or thighs  
25g fresh grated ginger  
1 bunch of coriander, leaves picked and stalks chopped, keep the leaves for decoration, use the stalks for this bit!  
30 ml of vegetable oil  
A good pinch of sea salt and pepper to season

### METHOD:

Mix all the ingredients, including the chicken, in a bowl and leave to soak for 20 minutes. To cook the chicken, heat a frying or griddle pan and brown the chicken on all sides, before reducing to a medium heat and continuing to cook for 15 to 18 minutes, make sure chicken is thoroughly cooked.

**TO SERVE:** Place the sliced chicken onto a warmed plate, dhal on the side, garnish with the coriander leaves, maybe a flatbread or two.



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## FOR THE SEED AND SPINACH PESTO:

1 small (100g) bag mixed seeds (sunflower, melon, millet etc)  
200g spinach  
1 lemon, zested and juiced  
½ clove garlic  
50ml olive oil  
100g grated Parmesan

## METHOD:

Put all the ingredients except the lemon juice and olive oil in a food blender. While whizzing slowly add the oil until a chunky paste is formed. Taste before adding any lemon juice, then add salt and pepper to taste. (This keeps well in a sealed container or jar in the fridge for up to a week).

## HERBY CHICKEN THIGHS WITH SMASHED SEED AND SPINACH PESTO, ROASTED COURGETTES AND PEPPERS. SERVES 4.

4 skin on chicken thighs or breasts  
2 teaspoons dried oregano  
1 white onion, peeled and roughly diced  
2 cloves garlic, peeled and crushed  
300ml good chicken stock, fresh is best, if using a cube, watch the salt!  
200g chopped tomatoes  
2 tablespoons tomato puree  
Juice 1 lemon  
1 bay leaf  
1 red pepper, roughly chopped  
1 yellow pepper, roughly chopped  
2 courgettes, sliced lengthways, about 3mm thick  
½ bunch parsley, roughly chopped  
3 tablespoons of olive oil

## METHOD:

Mix the olive oil, dried herbs and tomato puree together and then rub all over the chicken and place in the fridge for 4 to 6 hours. Brown the chicken in a frying pan, or pan large enough to take all the ingredients, with a little olive oil, once well browned remove and keep warm. Add the onion and cook over a medium heat for 4 to 5 minutes until golden, then add the garlic, bay leaf and peppers. Cook the peppers for 5 to 6 minutes until coloured, pour in the tomatoes and stock,



replace the chicken, cover and cook over a medium heat for 18 to 20 minutes for breasts and 35 to 40 minutes for thighs. For a thicker sauce remove the lid half way through the cooking time. Before serving, remove the bay leaf, squeeze in half the lemon juice and stir in the chopped parsley. Using a ridged griddle pan, pass the courgette through some olive oil and griddle the courgette over a high heat until those signature bar marks are achieved, toss in a bowl with sea salt, parsley, lemon juice and cracked black pepper to make the best warm salad to go with this dish.

## EAT THIS DISH AND GAIN THESE BENEFITS:

Helps regulate mood, enhances mental wellbeing and motivation.

**The best time to eat this dish:** Midweek during exams.

**Reason:** Oregano and courgettes help to lower your blood pressure and improve your moods. Spinach and lemon will both strengthen your immune system.



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## FOR THE 'CRASH':

1 red onion, peeled and finely diced  
1 cucumber or 2-3 pickled gherkins,  
sliced lengthways, seeds removed and  
finely chopped  
4 ripe tomatoes, roughly chopped  
2 tablespoons olive oil  
Sea salt and pepper to taste

## METHOD:

Mix all the ingredients in a bowl and  
leave them for an hour or two to get to  
know each other.

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## INSIDE OUT CHEESE AND BACON BURGER, TOMATO, RED ONION AND CUCUMBER CRASH, TOASTED BUN. MAKES 6 BURGERS.

### FOR THE BURGERS:

6 of your favourite burger buns, I like the seeded ones  
500g good beef mince  
1 ½ teaspoon dried garlic powder  
1 teaspoon fresh or dried thyme  
2 teaspoons sea salt  
1 teaspoon ground white pepper  
6-8 drops of Tabasco sauce  
1 tablespoons Worcestershire sauce  
2 ½ tablespoons tomato ketchup  
150g of your favourite cheese, grated  
1 packet smoked, streaky bacon, grilled until crispy

### METHOD:

Place the cheese into a mixing bowl, add the Tabasco, ketchup and Worcestershire sauce. Mix until all the cheese is coated and then lightly roll into golf ball sized balls. Take another mixing bowl, put the garlic powder, thyme, salt and pepper in the bowl and mix well with the beef mince. Shape into 75g to 80g burgers and place in the fridge to chill for 45 minutes. Once chilled, take 2 burgers, place cheese on top of one, leaving a rim around the edge, place another burger on top, pinching all the way around to seal the cheese inside, place back in the fridge until needed. Repeat this with all the remaining burgers until you have 6 'inside out' cheeseburgers.

**TO COOK:** Heat a frying pan or BBQ and cook the burger until the cheese starts to ooze from the burger, top the toasted bun with lettuce, the burger, a slice of bacon and some crash, maybe a little mayo, then the lid, enjoy!



### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Provides slow release energy, helps  
with feeling calm and improves  
memory.

**The best time to eat this dish:** As  
a treat meal after an exam or on a  
weekend.

**Reason:** The combination of protein  
and carbohydrates from the beef,  
bacon, cheese and a wholemeal bun  
will all replace your used up energy  
stores. The kick of thyme increases  
Omega 3s in the brain and garlic  
powder will support your immunity.  
Cucumber will re-hydrate you,  
tomatoes have awesome amounts of  
anti-oxidants and onions will improve  
your memory and focus.

# STICKY SALMON AND GINGER STIR FRY

## STICKY SALMON AND GINGER STIR FRY WITH PAK CHOY, RICE NOODLES. SERVES 4.

4 skin on salmon fillets, about 140g each  
100ml hoisin sauce  
1 tablespoon dark soy sauce  
1 teaspoon sesame oil

### METHOD:

Mix all the wet ingredients in a mixing bowl, to make a marinade. Place the salmon fillets in the marinade, turning them until completely coated. Set aside for at least 4 hours, ideally overnight.  
Heat a large frying pan, skillet or even BBQ and sear the outside of the fillets, while you make the stir fry.

### FOR THE NOODLES:

250g glass noodles, pre-soaked as per the packet  
1 tablespoon vegetable oil  
1 red chilli, deseeded and sliced  
1 clove of garlic, peeled and crushed

Your own selection of peppers, carrots, onions, scallions, beansprouts, broccoli, green beans, bok choy, pak choy, baby corn, whatever veggies you love, just make sure they are all cut the same size so that they cook evenly.

### METHOD:

Stir fry all the vegetables to your own taste, I usually go 6 to 7 minutes, starting with the harder vegetables first, adding a little splash of water, to get some steam going, before adding the softer ones, finally adding the soaked noodles and tossing over.

**TO SERVE:** Place the stir-fry in the bottom of a bowl with the salmon on top, simple!



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This dish has been specially created by celebrity chef, Mark Lloyd.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Gives a healthy energy boost, reduces stress levels and promotes brain function.

**The best time to eat this dish:** For lunch before an exam or a period of revision.

**Reason:** Salmon is an excellent source of protein which is rich in Omega 3s and B vitamins which work together to develop your brain function and lower your blood pressure. Pack your stir-fry full of vegetables which are high in vitamins and minerals as they will remove toxins in your blood stream, enhance your brain activity and are great stress busters.

# SUPERFOOD SALAD

## SUPERFOOD SALAD WITH THYME GRILLED LEMON CHICKEN. FEEDS 4.

### FOR THE CHICKEN:

4 skinless chicken breasts  
1 small bunch fresh thyme, leaves  
picked from the stalks  
2 lemons, 1 zested and juiced, the  
other cut into quarters  
25ml vegetable oil  
A good pinch of sea salt and pepper

### METHOD:

Mix together the oil, lemon juice, zest  
and thyme in a bowl with the salt and  
pepper. Rub all the chicken breasts  
around in the zesty oil, leaving them to  
marinate for 20 minutes (this would be  
a good time to make the salad).  
Heat a heavy bottomed frying pan (or  
the BBQ) and cook the chicken over  
a medium high heat, turning over  
once golden brown. Cook for 15 to  
20 minutes, please make sure your  
chicken is thoroughly cooked! Leave  
the chicken for 5 to 6 minutes before  
slicing.

### FOR THE SALAD:

1kg kale, leaves picked from the stalks and \*blanched  
1 pomegranate, or 1 tub with the seeds already picked  
2 oranges, peeled and segmented, \*\*squeeze the leftover orange  
into the olive oil  
350g quinoa  
100g melon or sunflower seeds  
1 red onion, peeled and finely shredded.  
1 small bunch parsley  
50ml olive oil  
2 tablespoons white wine vinegar  
1 teaspoon Dijon or wholegrain mustard  
1 small packet cooked beetroot

### METHOD:

Cook the quinoa as per the instructions on the packet, then set  
aside to cool. Peel and segment the oranges, place in the large  
salad bowl. Place the finely shredded onions in cold water for 10  
minutes, drain and put in the salad bowl. Pick the leaves from the  
stalks of the parsley and roughly chop, throw them in the bowl.  
Take the beetroot and roughly dice to about the size of your little  
finger nail, then chuck 'em in the salad. Stir together the \*\*orange  
olive oil, mustard and vinegar to make a dressing.

**TO SERVE:** Toss all the ingredients together with the dressing,  
making sure each portion has some of all the ingredients mixed in,  
top with sliced, juicy chicken.

### This is \*blanching.....

Cook the leaves in boiling salted water for 5 minutes and then run  
the leaves under cold water to stop them cooking.



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### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Fantastic brain booster, helps keep a  
healthy mind and increases mental  
alertness.

**The best time to eat this dish:** For  
lunch before an exam or revision.

**Reason:** Chicken, thyme and lemons  
will keep you full, stabilise your mood  
and support your immune system.  
Kale, quinoa, beetroot, onion and  
oranges are rich in vitamins and  
minerals making them nutrition  
powerhouses. They will help restore  
your energy, boost your focus and  
the iron in quinoa will increase brain  
function. Seeds are a superb source  
of fatty acids.

# TURKEY PUTTANESCA

## TURKEY PUTTANESCA. SERVES 4.

### METHOD:

Bring a large pan of salted water to the boil (big bubbles) and turn down to a simmer (little bubbles). Peel and finely chop the onion, as small as possible. Peel and chop the garlic in the same way. In a large enough saucepan to take all the ingredients (including the pasta) add the vegetable oil and warm over a medium heat. Add the onions and cook for 5 to 6 minutes until just turning golden, then add the garlic and cook for 3 to 4 minutes more. Add the turkey and cook until browned. Add the tomato puree and cook until the puree darkens, but is not black. Add the chopped tomatoes, chicken stock and dried herbs. Stir well and turn the heat down to a simmer (little bubbles) and cook for 20 to 25 minutes. (The longer you cook, the thicker your sauce.)

Once the sauce is thick enough, remove from the heat. It's time to cook the pasta; turn up the heat under the simmering pan of boiling water, once boiling (big bubbles) add the pasta and cook for the length of time on the packet, usually 7 to 9 minutes. Drain the pasta in a colander (bowl with big holes) or sieve (meshy one) then toss the pasta in the sauce, so it all gets mixed together.

**TO SERVE:** In one big bowl, so everybody can help themselves, maybe a nice green salad on the side.

400g turkey breast strips or turkey mince  
2 tablespoons tomato puree  
1 can chopped tomatoes  
250ml chicken stock  
500g Pappardelle pasta  
1 large white onion  
2 cloves garlic  
20 black olives, try to get the pitted ones, better for your teeth!  
½ teaspoon dried oregano  
½ teaspoon dried basil  
3 tablespoons vegetable oil

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### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Supplies slow release energy, elevates mood and helps sleep.

**The best time to eat this dish:** The evening before or after an exam.

**Reason:** Complex carbohydrates from the pasta mixed with the tryptophan from turkey affect your brain chemicals to regulate your mood, sleep patterns and appetite. The food combination impacts the neurotransmitter levels in the brain, increasing serotonin levels which can help reduce anxiety and make you feel calm. Garlic and olives offer a variety of health protecting benefits to boost your immunity.

HERE IS A LIST OF EVERYTHING YOU NEED... HAPPY COOKING!

## FRUIT AND VEGETABLES

1 celeriac  
 1 butternut squash  
 6 white onions  
 75g ginger  
 1 teaspoon turmeric  
 2 bulbs garlic  
 1 small pack cooked beetroot  
 1 cucumber or pickled gherkins  
 4 ripe tomatoes, roughly chopped  
 1 red chilli  
 2 carrots  
 1 bunch scallions,  
 200g beansprouts  
 150g broccoli  
 75g green beans  
 2 bok choy or pak choy  
 1 baby corn  
 1 white onion  
 1 bay leaf  
 3 red peppers  
 1 yellow pepper  
 2 courgettes  
 ½ bunch parsley  
 200g spinach  
 1 bunch coriander  
 450g cauliflower florets

## MEAT AND FISH

500g good beef mince  
 1 packet smoked, streaky bacon  
 4 skin on salmon fillets (about 140g each)  
 4 skin on chicken thighs  
 4 pork chops  
 400g turkey breast strips or turkey mince  
 12 chicken breasts

## DRY AND TINNED PRODUCE

6 of your favourite burger buns  
 150g plain flour  
 15g yeast  
 150g dried red lentils  
 125g of gram (chickpea) flour or plain flour  
 Cornflour  
 Sugar  
 Baking powder  
 Chilli powder  
 Turmeric  
 Dried garlic powder  
 Dried chilli flakes  
 Dried oregano  
 Sea salt  
 White pepper

Black pepper  
 Bottle of olive oil  
 Bottle of sesame oil  
 Tabasco sauce  
 Worcestershire sauce  
 Tomato ketchup  
 100ml hoisin sauce,  
 100ml dark soy sauce  
 50ml sweet chilli sauce  
 250g glass noodles  
 100g bag of mixed seeds (sunflower, melon, millet etc.)  
 350g chopped tomatoes  
 1 can of chickpeas  
 300ml good chicken stock  
 1 tube tomato puree

## DAIRY, BREAD AND CHEESE

125ml of Greek yoghurt  
 2 large eggs  
 12 slices of white bread  
 150g of your favourite cheese  
 100g grated Parmesan



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