

NHS

Professionals



WORLD MENTAL HEALTH DAY



@lucy_and_lentils



@thefoodmedic

Win a HelloFresh gift voucher!

#FoodForThought

Who doesn't love good food?

We want to make sure that our bank members are caring for themselves, as much as they are caring for their patients. We have contacted two fantastic foodies, [Lucy and Lentils](#) and Dr Hazel Wallace ([The Food Medic](#)) to suggest some recipes for our hard-working NHS family.

Feeling inspired?

Whether you've made a speedy dinner before a night shift, or made an energy filled packed lunch we would love you to share what you've been creating. It doesn't have to be any of the recipes featured in this book!

Follow us and share your food using the hashtag #FoodforThought and tagging us on either Facebook, Twitter and Instagram and we will enter you into a prize draw to win one of 10 HelloFresh gift vouchers worth just under £50*

[*Terms and Conditions](#)



Contents

Page 4 - Chickpea Curry

Page 5 - Cauliflower stew

Page 6 - Muesli Breakfast Bars

Page 7 - Roasted Veg and
Hummus Wraps

Page 8 - Pesto Sausage Traybake

Page 9 - Nutty Butterbean Couscous
Salad with Halloumi

EASY CHICKPEA CURRY

INGREDIENTS

1 finely chopped brown onion
3 cloves minced garlic
1 red chilli
1 tin tomatoes + refill the tin with water
1 tin full fat coconut milk (can sub for reduced fat if need to)
1 tin chickpeas
250g quorn or cubed firm tofu
100g spinach (can be frozen)
1tbsp cumin
1 tsp turmeric
1 tsp ground coriander
salt & pepper to taste
1 tbsp coconut oil

METHOD

- Add the coconut oil to a medium pot, then add the finely chopped onion, then the chopped chilli and fry for 7 minutes
- Add the cloves, minced garlic and cook for a further 1 minute
- Add the cumin, turmeric and ground coriander followed by the quorn or cubed firm tofu and cook for a few minutes
- Pour in the tinned tomatoes, then fill the empty tin with water and pour into the pot, add the tinned chickpeas and bubble for around 5 minutes
- Add the coconut milk followed by the spinach and heat for a further 5 minutes then serve up

more like this [@lucy and lentils](#)

CAULIFLOWER & LENTIL STEW

INGREDIENTS

- 1 tbsp olive oil
- 1 large white onion
- 3 cloves minced garlic
- 1 red chilli
- 1 large cauliflower head
- 400g tin chopped tomatoes
- 100g passata
- 1 cup soaked red lentils (prep them in the morning before work or the night before)
- 100g roasted red peppers (I use an antipasti jar)
- 1/2 tsp sea salt
- 500ml boiled water + stock cube
- 100g spinach

HERBS AND SPICES

- 2 tbsp smoked paprika
- 1 tsp chilli flakes
- 1 tbsp sage

SMOKED PAPRIKA YOGURT

- 1/4 cup dairy free plain yogurt
- 1 tsp smoked paprika
- 1 tsp garlic infused olive oil

METHOD

- Drizzle the olive oil into a large pot and slowly fry the diced white onion and cook until see through
- Add the finely chopped red chilli and cook for a further 2-3 minutes then add the minced garlic cloves
- As soon as the garlic is cooked, add the cauliflower florettes and add the smoked paprika, sage and chilli flakes, then after 5-6 minutes add all of the other ingredients
- Stir in the stock cube and allow to simmer for around 15-20 minutes until the lentils are cooked
- 5 minutes before stirring, add the spinach and allow to wilt in the heat of the stew
- Season to perfection with salt, maybe add a dash more chilli if needs be
- Serve up in a bowl and top with the yogurt

TO MAKE THE YOGURT

Simply spoon the yogurt into a bowl, and swirl in a drizzle of olive oil, sprinkle with the smoked paprika and top over your stew

more like this [@lucy_and_lentils](#)

MUESLI BREAKFAST BARS

INGREDIENTS

3 cups your favourite Muesli (sub for 2 cups fast oats + 1 cup jumbo oats)
3/4 cup coconut blossom (or honey if you're not vegan)
1/2 cup peanut butter
1/2 tsp sea salt

OPTIONAL

1/4 cup pistachios
1/4 cup dried cranberries

METHOD

- Simply mix all of the ingredients together in a large mixing bowl until a sticky texture has formed
- Pop the bowl in the fridge for 15 minutes to help you shape the bars
- Spoon the ingredients into a baking tin (lined with grease proof paper) and flatten down with a spatula to make it compact
- Pop the bars into the fridge to firm slightly, then take out to cut into bite size pieces
- You can store these bites in the fridge, if you're freezing them remember to take them out around 40 minutes before wanting to eat.

more like this [@lucy and lentils](#)



ROASTED VEG

AND HUMMUS WRAPS

INGREDIENTS

3 large wholemeal wraps
1 red pepper, sliced
1 yellow pepper, sliced
1 courgette, sliced
1 aubergine, sliced
1 red onion, sliced
Iceberg lettuce
Olive oil
1 tsp of smoked paprika

HUMMUS

1 can of chickpeas, drained and rinsed
3 garlic cloves, crushed
1 tsp of smoked paprika
2 tbsp of tahini
Juice from 1/2 lemon
70ml olive oil
Pinch of salt

METHOD

- Preheat oven to 180°C/350°F, and line two baking trays.
- Scatter sliced peppers, courgette and aubergine onto the tray. Season with paprika and oil, and roast in oven for 10 minutes.
- Add sliced red onion to the trays, and place everything back in the oven for a further 10 minutes.
- Meanwhile, if making hummus, add chickpeas, garlic cloves, smoked paprika, tahini, lemon juice, 70ml of olive oil, and salt to a food processor, and blend until thick and creamy. Add more olive oil should you want it extra creamy.
- Assemble each wrap the night before you are eating it, by adding hummus first, then lettuce, followed by roasted veggies.
- Serve with fruit/veg of choice.



more like this @[thefoodmedic](https://www.thefoodmedic.com)

PESTO SAUSAGE

TRAY BAKE

INGREDIENTS

(Makes 3 lunchboxes)

6 dollops of green pesto
180g baby potatoes
3 peppers
1 courgette
6 sausages (veggie or other)
2 red onion
6 handfuls of Spinach
Olive oil

METHOD

- Preheat oven to 180C/350F.
- Chop veg and scatter on a baking tray. Drizzle with olive oil
- Add the sausages between the veg and add 6 spoonfuls of pesto. Give it a stir and place in oven for 40 minutes.
- Add two handfuls of washed spinach into each lunchbox and separate the tray bake between the lunchboxes. Keep in the fridge until ready to eat (lasts 3-4days).

more like this

@thefoodmedic



NUTTY BUTTERBEAN

COUSCOUS SALAD

WITH HALLOUMI

INGREDIENTS

180g cooked
couscous
1 can of
butterbeans
1 teaspoon of
paprika
1 pack of
halloumi
cheese
1 cucumber
60g sundried
tomatoes
1 bag of rocket
3 tablespoons of
olive oil
1 tablespoon of
apple cider or
white wine
vinegar
30g almond
flakes (toasted)
Salt + Pepper

METHOD

- Preheat oven to 180°C/350°F.
- Drain and rinse your butterbeans before tossing in paprika, + scattering on baking tray. Place in oven for 15 minutes.
- Chop cucumber and sundried tomatoes into small chunks, and add to cooked couscous + roasted butterbeans.
- Cut halloumi into about 9 slices, + fry or grill for 2-3 minutes on both sides until golden.
- Line lunchboxes with rocket, + then add couscous butterbean mixture, followed by the halloumi slices.
- Combine olive oil, vinegar, a pinch of salt and pepper and drizzle over each lunch box. Finish by garnishing with toasted almond flakes.



more like this [@thefoodmedic](https://www.instagram.com/thefoodmedic)

WORLD
**MENTAL
HEALTH**
DAY



10th October 2019



Share this:

