



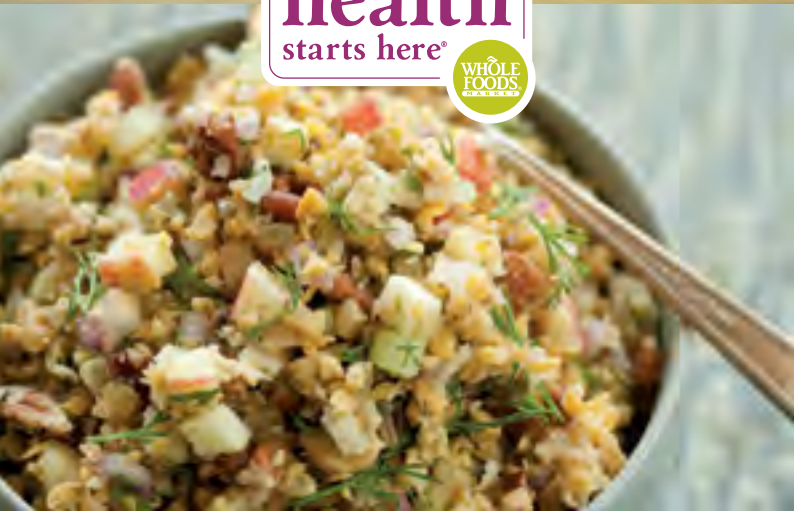
WHOLE FOODS MARKET®

# HEALTHY MEALS FOR 2 PEOPLE



health

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# SOUTH-WEST VEGGIE BURGERS

FAIRLY EASY - 40-45 MINS

**INGREDIENTS**

- 1 cup cooked brown rice
- 1 cup cooked no-salt-added black beans
- ¼ cup tomato, diced
- ¼ cup roasted red peppers, diced
- ¼ cup carrots, grated
- 1 cup sweet potato, cooked & mashed
- ¼ cup coriander, chopped

- 1 tbsp chilli powder
- 1 tsp ground cumin
- 3 spring onions, finely chopped
- 3 tbsp nutritional yeast flakes
- 2 cloves garlic, minced
- 1 tsp Tabasco or other hot sauce

**METHOD**

Preheat your oven to 200°C, and line a baking sheet with parchment paper. Combine all the ingredients in a large bowl and mix into a mince like consistency. Form the mixture into 4 burgers.

Place the burgers on the baking sheet and bake in the centre of your oven, turning once halfway through cooking, until browned and slightly crisp on the outside, 25 to 30 minutes.



# ROASTED FISH & VEGGIES WITH QUINOA

MORE CHALLENGING - 40-45 MINS

**INGREDIENTS**

- 1 carrot, cut into sticks
- ½ large yellow pepper, cut into strips
- 1 cup cherry tomatoes
- ½ red onion, halved and thinly sliced
- 1 garlic clove, finely chopped
- ¼ teaspoon fine sea salt
- Zest and juice of 1 lemon

- 2 pieces mild white fish fillet such as tilapia or sole.
- ½ cup quinoa, cooked according to package directions
- 1 tbsp coriander, chopped
- ½ tbsp pine nuts, toasted & chopped

**METHOD**

Preheat your oven to 200°C and line a 20x30cm baking pan with baking paper. Place carrots, red pepper, tomatoes, onion, garlic and half of the salt in the pan and toss to evenly coat. Bake in the top third of the oven until vegetables are tender, about 25 minutes. Stir vegetables, arrange fish on top and sprinkle with remaining teaspoon salt,

lemon zest and juice and bake until fish is just cooked through, 15 to 20 more mins. Meanwhile, cook your quinoa according to packet instructions, and toast your pine nuts in a pan over a medium heat, keeping them moving to avoid burning them. Transfer fish and vegetables to plates or a platter along with the quinoa and sprinkle with coriander and pine nuts.



**HEALTH TIP - BEGIN TO RECONFIGURE YOUR PLATE SO THAT THE MAJORITY OF YOUR MEAL IS MADE FROM PLANT-BASED FOODS.**

# QUICK & EASY RECIPES

EASY TO MAKE - 10-15 MINS



## NOT-TUNA TUNA SALAD

INGREDIENTS

- 1 tin no-salt added chickpeas, rinsed and drained
- ½ apple, cored and chopped
- ¼ cup celery, finely chopped
- ¼ cup pecans, chopped
- 2 tbsp capers
- 2 tbsp red onion, finely chopped
- 2 tbsp fresh dill, chopped
- 2 tbsp fresh lemon juice
- 1 tsp nori flakes
- Ground black pepper to taste

METHOD

- Pulse the chickpeas in bowl of a food processor until coarsely chopped. Transfer to a medium bowl and add apple, celery, pecans, capers, red onion, dill, lemon juice and nori flakes. Stir until well combined. Season with pepper and chill until ready to serve.

## GET YOUR GREENS SMOOTHIE

INGREDIENTS

- 1 ½ cups unsweetened almond milk, soy milk, rice milk or oat milk
- 1 ½ cups packed baby spinach
- 1 ½ cups frozen cherries or berries

METHOD

- Combine all ingredients in a blender and puree until smooth. Pour into glasses and serve.

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