



The Functional Foodie

Breakfast Frittata

500g good quality sausage meat (as meat or from peeled sausages)
1 large sweet potato or 2 medium to small, diced
1 bag (500g approx) fresh baby spinach, chopped
1 onion, diced
10-12 large eggs
sea salt and fresh ground pepper to taste
Add any other veg or meat or cheese you like

Preheat oven to 190 degrees and grease a 9x13 baking dish with coconut oil, butter or rapeseed oil. Dice sweet potatoes, chop spinach, and dice up the onion.

Heat a large frying pan over a medium-high heat. Add sausage meat to the pan and cook until browned and cooked through. Remove sausage from the pan, and drain the fat. Drizzle a little rapeseed oil into the pan and add sweet potatoes, cooking until tender and stirring occasionally, about 10 to 15 minutes.

Remove sweet potatoes and place in bowl. Add the spinach, onion, sausage, and salt and pepper, mixing until well combined. Place the mixture into your prepared dish, spreading evenly across the bottom of the dish.

In another large bowl, whisk eggs, and pour egg mixture evenly over the sausage and veggie mixture in dish. Bake in preheated oven for 25 to 30 minutes or until set. Allow to cool slightly before serving. Cut into squares and serve.

The rest can be refrigerated for further breakfasts, snacks or light lunches. Great with salad, couscous, or anything else you fancy!

Makes about 8 to 10 servings.



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Pea Guacamole

350g peas (fresh, or defrosted frozen)
1 garlic clove, crushed
2 spring onions, trimmed and chopped
Finely grated rind and juice of 1 lime
1/2 tsp ground cumin
1 tbsp extra virgin olive oil/rapeseed oil (or both combined) handful of chopped coriander
sea salt and pepper to taste

Put the peas, garlic, spring onions, lime rind and juice, cumin and oil in a processor and whizz until smooth. Taste, season and briefly remix. Chill for 30 mins, then serve.



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Spiced Sweet Potato Soup

2 large sweet potatoes, cut into half inch cubes
6 inch piece of fresh ginger, grated or minced
1 onion, chopped
2 tbsp coconut oil
stock, preferably organic, to desired consistency - approx 300 mls
1 can coconut milk (this is optional, and could be replaced with more stock if you don't like coconut milk)

Heat the coconut oil in a soup pan, and cook the onion sweet potato and ginger over a medium high heat, stirring occasionally until the vegetables soften.

Once the veg are softened, add the stock and turn the heat to high to bring to a boil. Skim off any foam. Partially cover the soup with a lid and simmer for about 20 minutes, or until the sweet potatoes are tender.

Using blender or soup whizzer attachment, puree the soup to the texture you prefer. Stir through the coconut milk.

Top with herbs like coriander, basil or chives, and a swirl of yogurt, creme fraiche or sour cream, plus a drizzle of organic cold pressed rapeseed or avocado oil.



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Baked Chicken with Chorizo and Olives

For the baked chicken -

3 tbsp olive oil

1 tsp smoked sweet paprika

4 chicken wings and breast joints

4 chicken leg joints

1 garlic clove, peeled and roughly crushed 1 large Spanish onion, sliced

450g plum tomatoes, peeled and chopped 2 red peppers, peeled and sliced

1 sprig thyme

250g chorizo sausage, thickly sliced

100g olives, preserved in olive oil, drained

For the herb rice -

500g organic brown rice

1 tbsp olive oil

10g butter

1 tbsp thyme, chopped

1 tbsp fresh marjoram, chopped

Heat 2 tbsp of the oil in a large heavy based pan. While it is heating, sprinkle the paprika over the chicken. Brown the chicken joints slowly in the oil until golden, then take out and keep warm. Add a little more oil if necessary, then add the garlic and onion. Cook them gently for 15 minutes, to release all the flavour. Add the tomatoes and peppers to the pan, with the browned chicken and thyme sprig. Cover and cook gently for 20/25 minutes or until the chicken is cooked. To make the herb rice, cook the rice, in a large pan, according to the packet instructions. Stir in the olive oil, butter, thyme and marjoram. Season to taste. Add the chorizo and olives to the chicken and heat through. Season to taste and skim off any excess fat. Serve the chicken with the herb rice.