



# THE N | C KITCHEN

HEALTHY BODY | HEALTHY MIND

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HEALTHY BODY | HEALTHY MIND



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# BREAKFASTS







SERVES 2 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

300g **strawberries**  
2 frozen **bananas**  
2 scoops **vanilla protein powder** (vegan if required)  
500ml **almond milk**

## INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth. Divide between 2 tall glasses.

# STRAWBERRY BANANA SMOOTHIE

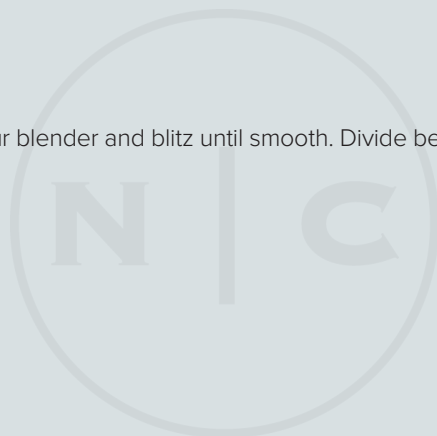
294  
CALORIES

30  
PROTEIN

37  
CARBS

4  
FATS

6  
FIBRE







SERVES 1 | TOTAL TIME: 10 MINUTES

GF V VE DF

## INGREDIENTS

2 stalks **celery**  
1 small **cucumber**  
1 small green **apple**  
1/2 **lime**, juiced  
1 x 2cm piece **ginger**

## INSTRUCTIONS

Add all ingredients to a juicer, transfer to a glass and serve with ice.

If you don't have a juicer, add all ingredients to a blender. Once blended, strain through a mesh cloth to remove the foamy/chunky bits.

# GREEN JUICE

85  
CALORIES

2  
PROTEIN

18  
CARBS

1  
FATS

4  
FIBRE

Porridge is an excellent start to the day because oats are a complex carbohydrate, providing slow-releasing energy throughout the morning.



SERVES 1 | TOTAL TIME: 10 MINUTES

GF V VE DF

## INGREDIENTS

45g **rolled oats** (gluten free if required)

125ml **oat milk** (gluten free if required)

1/2 tsp **cinnamon**

1/2 tsp **nutmeg**

1 pear, grated

20g **pecans**

## INSTRUCTIONS

Place all ingredients in a small saucepan and bring to a boil.

Simmer for 3-4 minutes or until thickened.

Transfer to a serving bowl and top with pecans.

# PEAR PIE PORRIDGE

456  
CALORIES

9  
PROTEIN

61  
CARBS

19  
FATS

11  
FIBRE



SERVES 2 | TOTAL TIME: 45 MINUTES

GF V VE DF

## INGREDIENTS

300g firm **tofu**, cut into cubes  
2 tbsp **olive oil**  
1 tbsp **tamari**  
1 **courgette**, diced  
1 **red bell pepper**, diced  
1/2 **broccoli**, grated

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray.

Prepare the tofu by placing it in between two sheets of paper towel. Gently push on the tofu to drain out the excess water.

Place half the olive oil and tamari in a medium-sized bowl, add the tofu and toss to coat well. Transfer tofu to the baking tray. Place in the oven and cook for 25-30 minutes.

Meanwhile, heat the remaining olive oil in a medium-sized frying pan.

Add the courgette and bell pepper and cook for 5 minutes. Stir through the grated broccoli and cook for another 2 minutes.

Transfer vegetables to 2 serving bowls and top with tofu.

# TOFU BREAKFAST BOWL

378  
CALORIES

24  
PROTEIN

13  
CARBS

26  
FATS

5  
FIBRE

Meat-free sausages are often made with TVP (textured vegetable protein), tofu or Quorn.



SERVES 2 | TOTAL TIME: 25 MINUTES



## INGREDIENTS

4 **vegetarian sausages**

1 bunch **kale**

300g **cherry tomatoes**

For the dressing:

2 tbsp **olive oil**

2 tsp **apple cider vinegar**

1 tsp **honey**

1 tsp **Dijon mustard**

**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line a baking tray with baking paper.

Place the sausages on the tray and cook for 16-18 minutes.

Toss the kale and tomatoes together in a medium-sized bowl.

Add all the dressing ingredients to a small bowl and whisk to combine. Pour the dressing all over the kale and tomatoes.

Divide salad between 2 plates and serve with sausages.

# BREAKFAST SALAD

**368**  
CALORIES

**13**  
PROTEIN

**20**  
CARBS

**25**  
FATS

**8**  
FIBRE

Typical fruit salads of the 1950s were typically made with canned fruit cocktail, sweetened mayonnaise, whipped cream and/or marshmallows.





SERVES 2 | TOTAL TIME: 10 MINUTES

GF V

## INGREDIENTS

1 large **banana**, chopped  
1 red **apple**, chopped  
1 **orange**, chopped  
200g **strawberries**, chopped  
140g **Greek yoghurt**  
1 tbsp **honey**

## INSTRUCTIONS

Mix together the Greek yoghurt and honey.

Add the fruit and toss to combine.

Divide between 2 bowls.

# CREAMY FRUIT SALAD

282  
CALORIES

6  
PROTEIN

54  
CARBS

6  
FATS

8  
FIBRE

# SIDES & SMALL PLATES





24



SERVES 4 | TOTAL TIME: 60 MINUTES

GF V VE DF

## INGREDIENTS

400g **sweet potato**, cut into 1cm thick chips  
2 tbsp **olive oil**  
80g **coconut flour**  
2 tbsp **Nandos seasoning**  
2 tbsp **arrowroot flour**

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Line 1-2 baking trays with baking paper.

Toss the sweet potato chips in the olive oil.

In a separate bowl mix together the coconut flour, Nandos seasoning and arrowroot flour.

Cover the chips in the flour mix and place on the baking tray.

Cook for 18-20 minutes, remove from the oven and flip, return to the oven and cook for another 18-20 minutes.

Season with salt & pepper and serve hot.

# NANDOS SWEET POTATO CHIPS

259  
CALORIES

5  
PROTEIN

33  
CARBS

10  
FATS

12  
FIBRE

It is believed that historically scones were round and flat, usually as large as a medium-sized plate.



SERVES 6 | TOTAL TIME: 50 MINUTES

V

## INGREDIENTS

1 **courgette**, grated  
187g **wholemeal flour**  
3/4 tsp **baking powder**  
240g **sour cream**  
90g **cheddar cheese**  
12g **fresh chives**  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 200°C/390°F/gas 6. Line a square baking dish with baking paper.

Place all ingredients into a large bowl and mix to combine.

Lightly flour a large bench surface and place scone dough on the bench. Knead the dough for about 40 seconds. Transfer to the prepared baking dish and score with a knife into six scones. (don't cut all the way through)

Place in the oven and cook for 25 minutes.

Transfer to a cooling rack and cool for 10 minutes before serving.

# SAVOURY CHEDDAR & CHIVE SCONES

246  
CALORIES

10  
PROTEIN

24  
CARBS

13  
FATS

2  
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES

GF V VE DF

## INGREDIENTS

2 **rice cakes**  
2 tbsp **peanut butter**  
1 **banana**, thinly sliced

## INSTRUCTIONS

Spread each rice cake with peanut butter and top with banana slices.

# SWEET RICE CAKES

346  
CALORIES

12  
PROTEIN

43  
CARBS

15  
FATS

6  
FIBRE



The potato is the most important non-cereal crop in the world, and fourth most important crop overall.



SERVES 8 | TOTAL TIME: 20 MINUTES

# POTATO CAKES

## INGREDIENTS

625g **mashed potato** (chilled)  
100g **cheese**  
85g **flour**  
1 **egg**  
3 tbsp **milk**  
1/2 tsp **onion powder**  
60ml tbsp **olive oil**

## INSTRUCTIONS

Mix all ingredients besides the oil in a large mixing bowl.

Heat the oil in a large frying pan over medium heat. Use a tablespoon to transfer the potato mix to the the frying pan. Spread each one out with the back of your spoon.

Cook for about 4 minutes each side or until golden. (add more olive oil as you need)

Serve with a little chutney or sweet chilli sauce.

217  
CALORIES

7  
PROTEIN

21  
CARBS

12  
FATS

2  
FIBRE

The biggest beet in the world was grown by a Dutchman. It weighed over 156 pounds.



SERVES 4 | TOTAL TIME: 25 MINUTES

GF V

## INGREDIENTS

70g **buckwheat**  
2 tbsp **olive oil**  
12 cooked pickled **beetroots**, quartered  
120g **soft goats cheese**  
15g **fresh parsley**, leaves picked

## INSTRUCTIONS

Start by cooking the buckwheat according to packet instructions. Once cooked, drain, cool and add to a medium-sized bowl. Add olive oil and toss to coat.

Stir through the beetroot, goats cheese and parsley.

Season with salt & cracked pepper.

# BEEET & BUCKWHEAT SALAD

270  
CALORIES

9  
PROTEIN

26  
CARBS

14  
FATS

4  
FIBRE



SERVES 6 | TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

2 **avocados**, cut into 1cm thick slices  
12 slices **bacon**

## INSTRUCTIONS

Preheat oven to 220°C/425°F/gas 7. Line a baking tray with baking paper.

Wrap each slice of avocado in bacon and place them on the tray seam side down.

Place in the oven and cook for 15 minutes or until crispy.

# BACON AVOCADO CHIPS

200  
CALORIES

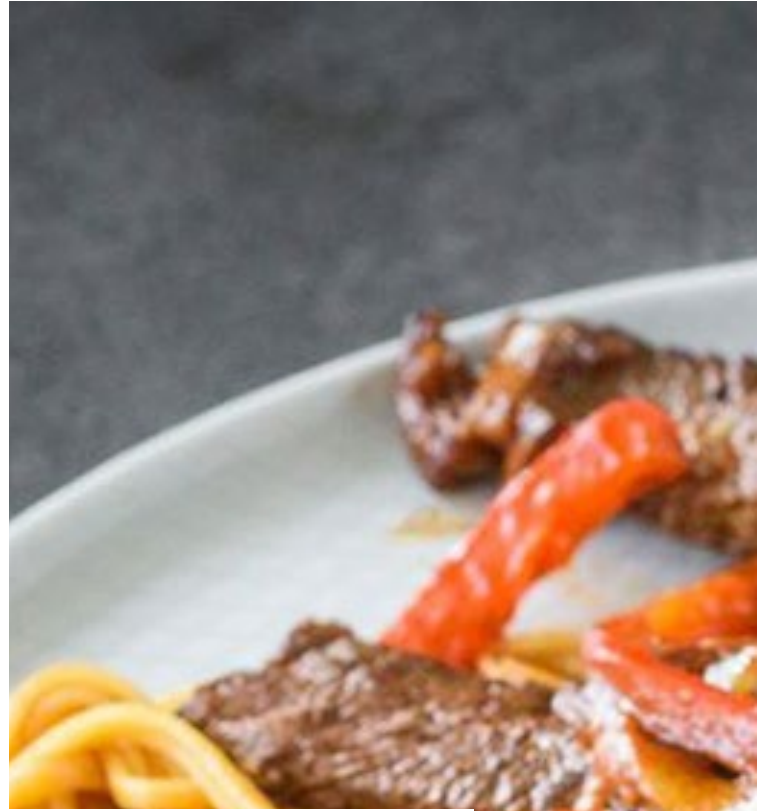
11  
PROTEIN

1  
CARBS

17  
FATS

2  
FIBRE

# MAIN COURSES









SERVES 5 | TOTAL TIME: 140 MINUTES

GF DF

## INGREDIENTS

1 tbsp **olive oil**  
850g **lamb**, cut into cubes  
1 **brown onion**, diced  
1 large **carrot**, diced  
2 stalks **celery**, diced  
2 **cloves garlic**, minced  
2 tsp **ground turmeric**  
1 tsp **paprika**  
1/2 tsp **cinnamon**  
1/2 tsp **ground ginger**  
2 x (400g) tinned **chopped tomatoes**  
1L **chicken stock**  
180g dried **red lentils**

## INSTRUCTIONS

Heat the oil in a large deep pot. Add the lamb and cook for about 3 minutes or until browned.

Reduce the heat to medium, add the onion, carrot and celery and cook for 5 minutes.

Next, add the garlic and spices and cook for 2-3 minutes or until fragrant.

Add the tomatoes, stock and lentils and bring to a boil.

Reduce to a simmer and cook covered on a low heat for 1 1/2 hours.

Remove the lid and cook for another 20-30 minutes to allow the soup to thicken a little more.

Serve with Greek yoghurt, optional.

# MOROCCAN SOUP

436  
CALORIES

52  
PROTEIN

35  
CARBS

11  
FATS

7  
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

450g **Hokkien noodles**  
2 tbsp **peanut oil**  
350g **beef strips**  
2 **cloves garlic**, minced  
1 long **red chilli**, deseeded and sliced  
2 tbsp **red curry paste**  
1 **courgette**, cut into matchsticks  
1 **red bell pepper**, cut into matchsticks  
1 tbsp **fish sauce**  
1 tbsp **lime juice**  
125ml **water**

## INSTRUCTIONS

Cook the noodles according to packet instructions. Drain and set aside.

Heat 1 tbsp oil over high heat in a large frying pan. Cook the beef for 3-4 minutes. Remove from the pan and set aside.

Add the remaining oil, garlic, chilli and curry paste and heat for 1 minute. Add the courgette and bell pepper and cook for 3-4 minutes. Return the beef to the pan, along with the fish sauce, lime juice and water. Cook for another 3 minutes.

Toss the noodles through and heat for a further minute.

Divide between 4 bowls.

# HOKKIEN NOODLES WITH BEEF

382  
CALORIES

28  
PROTEIN

31  
CARBS

17  
FATS

5  
FIBRE

Archaeological evidence shows that the earliest hot pots appeared around the Zhou dynasty.



SERVES 4 | TOTAL TIME: 30 MINUTES

# WHITE FISH HOTPOT

## INGREDIENTS

1 tbsp **olive oil**  
2 **cloves garlic**, minced  
1 long **red chilli**, deseeded and diced  
1 **brown onion**, diced  
1 tsp **paprika**  
1/2 tsp **turmeric**  
500ml **passata**  
250ml **chicken stock**  
85g **rice noodles**  
500g **white fish**  
15g **coriander**, leaves picked

## INSTRUCTIONS

Preheat oven to 220°C/425°F/gas 7.

Heat the oil in a large oven-proof pot. Saute the garlic, chilli and onion for 2-3 minutes.

Next, add the paprika, turmeric, passata and chicken stock and bring to a boil.

Reduce heat to medium and stir in the fish.

Cover with a lid, place in the oven and bake for 15 minutes or until fish is cooked and easily flakes off with a fork.

Serve straight from the pot and garnish with fresh coriander.

366  
CALORIES

37  
PROTEIN

38  
CARBS

7  
FATS

3  
FIBRE





SERVES 2 | TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

100g **brown rice** (uncooked)  
1 tbsp **coconut oil**  
2 tsp **fresh ginger**, minced  
1 **clove garlic**, minced  
1 tsp **chili flakes**  
200g **mangetout**, sliced  
100g **green beans**, sliced  
1 bunch **bok choy**, sliced  
4 tbsp **cashew nuts**, chopped

## INSTRUCTIONS

Start by cooking rice according to packet instructions.

Heat oil in a large wok. Add ginger, garlic and chilli flakes and cook for 1 minute.

Add mangetout and beans and cook for 2-3 minutes. Next, add the bok choy and cook for another 1-2 minutes.

Serve stir fried greens on top of rice and sprinkle with cashew nuts.

# GREEN STIR-FRY

392  
CALORIES

14  
PROTEIN

49  
CARBS

16  
FATS

7  
FIBRE

Rogan means “oil” in Persian, while Josh means “heat, hot, boiling, or passionate”. Therefore, Rogan Josh means cooked in oil at intense heat.



SERVES 4 | TOTAL TIME: 45 MINUTES



## INGREDIENTS

- 2 tbsp **olive oil**
- 1 medium **butternut squash**, cut into small chunks
- 1 **brown onion**, diced
- 1 head **broccoli**, florets chopped
- 1 large **carrot**, sliced
- 2 **cloves garlic**, minced
- 3 tbsp **rogan josh paste**
- 1 x (400g) tin **chickpeas**
- 1/2 **bunch coriander**, leaves picked
- 250g **natural yoghurt**

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper.

Toss the sweet potato in 1 tbsp olive oil and lay on the baking tray. Place in the oven and cook for 30-35 minutes.

Meanwhile, heat the remaining olive oil in a large fry pan. Add the onion and cook for 5 minutes or until translucent. Add the broccoli and carrot and cook for 2-3 minutes.

Next, add the garlic, rogan josh paste, chickpeas (including the liquid) and 175ml water.

Place the lid on and cook for 15 minutes, stirring occasionally. Take the lid off and cook for another 5-10 minutes or until thickened.

Stir through the sweet potato and remove from the heat.

Serve with Greek yoghurt and fresh coriander.

# VEGETARIAN ROGAN JOSH

415  
CALORIES

20  
PROTEIN

44  
CARBS

18  
FATS

13  
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES

GF DF

## INGREDIENTS

300g **fresh rice noodles**  
1 tbsp **olive oil**  
4 **chicken thighs**  
2 tbsp **honey**  
For the curry **sauce**:  
2 tbsp **red curry paste**  
1 **clove garlic**, minced  
3 springs **spring onion**, diced  
125ml **chicken stock**  
200ml **coconut milk**

## INSTRUCTIONS

Start by cooking the noodles according to packet instructions.

Place the chicken thighs in a large frying pan, skin side down. Drizzle with olive oil, salt & cracked pepper. Turn the chicken thighs every minute or so for about 15 minutes or until cooked. Half way through cooking, drizzle both sides of the chicken with honey.

Meanwhile, make the curry sauce by heating all ingredients in a small saucepan. Allow to simmer for about 5 minutes but don't let it boil.

Divide the noodles between 2 bowls, top with chicken and drizzle with curry sauce.

# RED CURRY CHICKEN

413  
CALORIES

20  
PROTEIN

30  
CARBS

24  
FATS

3  
FIBRE

Salmon are anadromous, which means they are born in freshwater, they migrate to saltwater, and then they return to freshwater to spawn.



SERVES 2 | TOTAL TIME: 25 MINUTES

GF DF

## INGREDIENTS

2 large **salmon fillets**  
1 tbsp **fresh parsley**  
1 tbsp **lemon juice** + 4 **lemon** slices  
2 tsp **Dijon mustard**  
1 tsp **olive oil**  
**Salt & cracked pepper**

## INSTRUCTIONS

Preheat oven to 220°C/425°F/gas 7 and line a baking tray with baking paper. Place the salmon fillets skin side down in the pan.

In a small bowl, mix together the parsley, lemon juice, Dijon, olive oil, salt & cracked pepper.

Spread the marinade all over the salmon and top with lemon slices.

Place in the oven and cook for 12-15 minutes or until cooked to your liking.

Serve with an easy green side salad.

# DIJON BAKED SALMON

363  
CALORIES

37  
PROTEIN

1  
CARBS

23  
FATS

1  
FIBRE





SERVES 4 | TOTAL TIME: 40 MINUTES



## INGREDIENTS

1 tbsp **olive oil**  
1 **brown onion**, diced  
2 tbsp **fresh dill**  
300g **risotto rice**  
125ml **white wine**  
1 **vegetable stock cube**  
500g **courgette**, sliced  
2 **cloves garlic**, minced  
100g **green peas**  
40g **vegan cheese**  
1/2 **lemon**, juiced  
1/2 small bunch **parsley**

## INSTRUCTIONS

Add 1/2 a tbsp oil to a large saucepan. Add the onion and cook for 5 minutes or until translucent.

Next, add the dill and risotto rice and cook for 1 minute.

Pour in the wine and stock cube and stir until the wine has absorbed.

Now, you'll need to add boiling water and regularly stir for about 20 minutes. You will need about a 1L in total, but add 1 cup at a time and give the rice a stir every minute or so.

In a separate fry pan and the remaining half tbsp of oil, along with the courgette and garlic. Stir fry for about 5 minutes or until courgette has become tender.

Add courgette to the risotto, along with the green peas, cheese and lemon juice.

Sprinkle half the parsley into the risotto and season with salt & cracked pepper.

Divide between 4 bowls and serve with extra fresh parsley.

# COURGETTE RISOTTO

427  
CALORIES

12  
PROTEIN

70  
CARBS

8  
FATS

7  
FIBRE

Pulled pork contains high levels of protein, iron, zinc, and vitamin B.



SERVES 6 | TOTAL TIME: 6.5 HOURS

GF DF

## INGREDIENTS

2 tsp **olive oil**  
450g **pork shoulder**  
1 **onion**, diced  
250ml **barbeque sauce**  
125ml **apple cider vinegar**  
125ml **chicken stock**  
60ml **honey**  
1 tsp **chilli powder**  
1 tsp **garlic powder**  
1 tsp dried **thyme**  
**Salt & cracked pepper**

## INSTRUCTIONS

Firstly pour the oil in the bottom of the slow cooker and place the pork on top.

Add all ingredients and give it a quick stir.

Cover and cook on high for 6 hours.

Once cooked, break apart the pork using two forks.

# SLOW COOKER PULLED PORK

318  
CALORIES

21  
PROTEIN

29  
CARBS

13  
FATS

1  
FIBRE



SERVES 2 | TOTAL TIME: 25 MINUTES

GF V VE DF

## INGREDIENTS

For the **salad**:

2 large **mangos**, sliced

1 **red bell pepper**, sliced into matchsticks

1 large **cucumber**, sliced into matchsticks

200g **mangetout**, sliced

100g **bean shoots**

1 long **red chili**, sliced

15g **coriander**, leaves picked

For the dressing:

3 tbsp **lime juice**

1 tbsp **tamari**

2 tsp **sesame oil**

1 tsp **maple syrup**

## INSTRUCTIONS

Add all salad ingredients to a large serving bowl and toss to combine.

Make the dressing by adding all ingredients to a jar and shake for 2 minutes or until well combined.

# MANGO SALAD

328  
CALORIES

10  
PROTEIN

61  
CARBS

6  
FATS

13  
FIBRE

# DESSERTS









SERVES 2 | TOTAL TIME: 40 MINUTES

GF V VE DF

## INGREDIENTS

35g buckwheat flour  
2 tbsp chocolate protein powder (vegan if required)  
2 tbsp desiccated coconut  
1/2 tsp baking powder  
Pinch of salt  
60ml almond milk  
3 tbsp rice malt syrup  
1/2 tsp vanilla extract  
100g strawberries, sliced

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5.

In a medium-sized bowl, mix together the flour, protein powder, coconut, baking powder and salt.

Next, pour in the milk, rice malt syrup and vanilla extract.

Gently fold through the strawberries.

Pour the mixture into 2 ramekins, place in the oven and bake for 18-20 minutes.

Allow to cool for 5 minutes before serving.

# CHOCOLATE STRAWBERRY CAKES

293  
CALORIES

14  
PROTEIN

39  
CARBS

9  
FATS

3  
FIBRE

Did you know dates have many healing attributes? They are even said to promote fertility and bring about labor naturally



SERVES 10 | TOTAL TIME: 60 MINUTES

V

## INGREDIENTS

225g **dates**, chopped  
60g **butter**  
255g **maple syrup**  
250ml boiling **water**  
200g **self-raising flour**  
1 tsp **bicarbonate soda**  
50g **walnuts**, chopped

## INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 5. Grease a loaf tin with a little butter.

Place dates, butter and maple syrup in a large mixing bowl.

Pour boiling water into the bowl and stir until butter has melted.

Add the flour and bicarbonate soda and mix until combined.

Finally stir through the walnuts.

Transfer the mixture to the prepared pan, place in the oven and cook for 35-40 minutes.

Allow to cool on a cooling tray for 10 minutes before serving.

# DATE LOAF

275  
CALORIES

3  
PROTEIN

47  
CARBS

9  
FATS

2  
FIBRE



SERVES 16 | TOTAL TIME: 10 MINUTES (PLUS 3 HOURS REFRIGERATION)

GF V

## INGREDIENTS

175g **chocolate chips**

130g **peanut butter**

16 frozen raspberries

1 tsp **sea salt flakes**

## INSTRUCTIONS

Place the chocolate chips and peanut butter in a microwave safe bowl. Heat in the microwave in 20 second increments, stirring each time.

Transfer the fudge mixture to a loaf pan, lined with baking paper.

Gently place the raspberries on top of the mixture and sprinkle with sea salt flakes.

Place in the freezer for 3 hours or until fully set.

Cut into 16 serves and store in an airtight container in the fridge.

# RASPBERRY PEANUT BUTTER FUDGE

108  
CALORIES

3  
PROTEIN

8  
CARBS

7  
FATS

1  
FIBRE



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