



## **Finding Hope with OMS 10th Anniversary Edition: Easy OMS and family-friendly foods with Sam Josephs**

### Recipes

Asian Fish Parcels

Baba Ghanoush

Best Bean Burgers

Californian Salsa

Cod & Chickpea Tray Bake

Dairy-Free Mackerel Pâté

Easy Cook Salmon or Trout

Lentil Salad

Nutty Crunch

Prawn & Avocado Rice Salad

Salmon, Butterbean & Dill Dip

Tahina

Tofu Siracha Burgers

## Asian Flavoured Fish Parcels

### Ingredients

2 tbsp soy sauce (or tamari/GF soy sauce)

1 tbp water

½ tbsp rice vinegar (balsamic also works)

½ tsp ground pepper

1 tsp honey

4 x 150g white fish eg haddock, cod, sea bream fillets etc

40g ginger, peeled & thinly sliced into matchsticks

2 x spring onions

1 fresh chilli cut into slices / or a small sprinkle of dried chilli flakes (optional)

Few drops of sesame oil (optional)

### Method

Preheat oven to 180C. Prepare 4 sheets of baking paper or aluminium foil, big enough to encase the fish portions with extra to scrunch up as a seal.

Mix together soy sauce, water, vinegar, honey, chillis & pepper in a small bowl and keep to one side.

Cut the spring onions in half lengthways then thinly slice the white part diagonally to be cooked with the fish. Slice the green part of the spring onion thinly to look like threads for a garnish. Drop the GREEN parts in a small bowl of water which will make them curl up.

Place each piece of fish in the centre of each piece of baking paper / foil pieces. Top each piece of fish with a quarter of the ginger, quarter of the white spring onions, quarter of the sauce mix.

Fold the baking paper or aluminum foil around the fish to make an airtight parcel. Then bake in the preheated oven for 20 minutes.

Once done, carefully open the parcels to avoid escaping hot steam and move to a serving plate with the juices and the curled green tops of the spring onions. You can also add a drop or two of sesame oil if you like. Delicious with brown rice or noodles, & oil-free stir fried greens & mushrooms (eg pak choi, broccoli, green beans, sugarsnaps, mangetout etc).

## **BABA GHANOUSH**

### **Ingredients**

1 large or 2 medium aubergine

2-4 garlic cloves, pressed

90-150ml tahini

Juice of 1 lemon

Extra virgin olive oil

Cumin, coriander and seasonings to taste

### **Method**

Place the aubergine directly over the flame of a gas stove or the coals of a barbecue. Or pierce the skin and bake in the oven at 180C until aubergine is softened throughout, about 35-45 mins. Turn the aubergine as it cooks.

Once cooked, allow to cool then peel the blackened skin and discard it. Put the flesh into a sieve to drain for 10mins and discard the drained fluid.

Mash or blend (depending on the consistency desired – smooth or chunky) the aubergine along with the pressed garlic and tahini until well combined.

Add lemon juice, cumin and seasoning to taste. Drizzle with extra virgin olive oil, and sprinkle with the chopped coriander. Serve with gluten-free crackers, with a salad or with crudités as a delicious alternative to houmous.

## BEST BEAN BURGERS EVER

### Ingredients

- 100g rolled oats
- 50g walnut pieces
- 75g chopped red onion
- 35g chopped mushrooms
- 1 can rinsed and drained black beans
- 2 tblsp tahini / almond butter
- 1 tblsp ground flax
- 1 tblsp nutritional yeast flakes
- 1 tblsp chopped parsley
- 2 tsp miso paste
- ½ tsp ground turmeric
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp smoked paprika

### Method

Pulse the oats and walnuts in a food processor until they are finely ground then add the onion, mushrooms, beans, tahini/almond butter and flax. Pulse to mix well. Add the remaining ingredients and mix until well combined.

Test if the mixture is holding together well by pinching it. If it is too wet, add more oats, if it is too dry, add a little water a tablespoon at a time. Transfer the mixture to work surface, divide into 4 equal portions and shape each portion into a burger patty about 1cm thick. Place on a plate and refrigerate for about 30min.

Preheat the oven to 180C.

Line a baking sheet with baking parchment and bake the burgers until hot and lightly browned, turning once – about 30 – 40min. Serve with salad and a side of sweet potato wedges.

## **CALIFORNIA SALSA**

### **Ingredients**

½ red onion

6 tomatoes

Small bunch of coriander

Juice of a lime

1 red chilli / or 1 jalepeno if you like it spicy

Salt & pepper to taste

### **Method**

Place all the ingredients in a blender (hand held is fine) and blitz.

Blend for a short time if you like it chunky, or longer if you like it smoother.

Delicious with crudités as a dip, or as part of a Mexican-inspired meal!

## **COD AND CHICKPEA TRAYBAKE**

### **Ingredients**

2 garlic cloves finely sliced

1 red chilli 1 finely sliced, or ½ tsp dried chilli flakes (optional)

300g baby cherry/plum tomatoes, halved

400g tin of chickpeas, drained and rinsed

3 tbsp extra virgin olive oil

1-2 tsp smoked paprika

4x cod loin fillets (about 125g – 150g each)

Small bunch of flat-leaf parsley, chopped

Lemon wedges to serve

### **Method**

Heat the oven to 180C.

Put the garlic, chilli (if using), tomatoes and chickpeas in a snug fitting baking tray and add the olive oil and paprika.

Toss all together then roast for 10 minutes.

Remove from the oven and sit the cod on top, season, then put back in the oven for another 20mins until the cod is cooked through and flakes easily.

Scatter with parsley and serve with lemon wedges.

Delicious with a bright green salad and some brown basmati rice cooked with saffron.

## **DAIRY-FREE MACKEREL PATÉ**

### **Ingredients**

2x 125g can of tinned mackerel fillets – or 1 packet smoked mackerel

1 and a half tablespoons of soya yoghurt

Squeeze of fresh lemon

Few sprigs of parsley

Pinch of Maldon sea salt

Grind of fresh black pepper

### **Method**

Combine all ingredients in a blender and blitz. Adjust level of yoghurt depending on how loose you want the consistency of the paté. Adjust lemon and seasoning to taste.

You can easily substitute the mackerel for other tinned fish such as red salmon or sardines, and play with other herbs to give a good variety, such as using dill, tarragon or coriander.

Enjoy with crudités, on oatcakes or gluten-free seeded bread as a snack or with a salad for lunch.

## **EASY WAY TO COOK SALMON OR TROUT FILLETS**

### **Ingredients**

1 fillet of salmon or trout per person (180g – 200g)

Half a tomato per person (or 3 cherry tomatoes)

2 spring onions per person

1 slice of lemon per person

A sprig of parsley per person

Black pepper

### **Method**

Heat oven to 180°C. Slice tomatoes into small chunks and slice spring onions. Wash and dry salmon and put onto a piece of baking parchment big enough to wrap it in. Place tomatoes, onion, lemon slice and parsley on top and grind on black pepper. Wrap in airtight parcel of baking paper and bake for 15mins.

Serve with boiled new potatoes drizzled in extra virgin olive oil or flaxseed oil and heavily sprinkled with fresh dill together to make a warm potato salad; with lightly steamed broccoli/cauliflower/kale/Brussels sprouts or a colourful salad on the side.

Also delicious served with a selection of roasted root vegetables mixed with quinoa and drizzled with extra virgin olive oil or flaxseed oil and balsamic vinegar.

You can try variations of this with white fish too – eg haddock fillets topped with sundried tomatoes, black olives, parsley; or cod fillets with capers, red pepper, lemon & tarragon etc.



## LENTIL SALAD

### Ingredients

1 tin or Merchant Gourmet cooked puy lentils (rinsed) or 170g dry puy lentils or lentils vert

1 stick of celery

Half a red pepper

1 large carrot - peeled

4 spring onions or 1 small red onion

Handful of cherry tomatoes

Handful of baby spinach leaves cut finely into strips (shredded)

Small bunch of green herbs – can use coriander, flat leaf parsley, basil etc

Vegan pesto eg Tideford

Extra virgin olive oil

Balsamic vinegar

Feel free to modify ingredients according to personal tastes – you can include other salad ingredients such as different coloured peppers, small raw broccoli/cauliflower florets, chopped sugar snaps, blanched chopped green beans, sweetcorn/baby corn. You could also throw in a cup of cooked brown rice or quinoa.

### Method

If using dried lentils, add to a saucepan and cover with plenty of water. Bring to the boil and then simmer for about 20mins. Then put in a sieve and rinse until cooled. You can leave them warm if you prefer a warmer salad.

Put the lentils into a suitable salad bowl.

Finely chop celery, pepper, carrot, spring onions/red onions and quarter the cherry tomatoes. Finely chop the herbs, if using.

Add vegetables including spinach to the lentils.

Add a heaped tablespoon of pesto and a drizzle of olive oil. Add a few lugs of balsamic vinegar but go easy. Mix altogether and taste. Adjust pesto & balsamic according to taste.

You may like to season with a little sea salt or Herbamare, and some freshly cracked black pepper.

## **NUTTY CRUNCH**

### **Ingredients**

Tailor-make your nutty crunch to suit your own tastes. Use different selection of nuts or nuts and seeds or just seeds for variety.

Variety of seeds – works well with sunflower, sesame, linseeds, pumpkin etc

And/or selection of chopped nuts – walnuts, hazelnuts, pecans etc

30g honey

### **Method**

Heat the raw honey in a saucepan until bubbling gently. Add as many chopped nuts or seeds as the honey will coat.

Stir over a medium heat until the nuts/seeds are golden.

Spread in a layer on baking paper and refrigerate until it has hardened.

Either cut up pieces or break irregularly for a rustic look.

Quantities may be increased to serve more than just the family!

(Taken from *Low Fat Goes Luscious* by Lauren Oostingh)

## **PRAWN & AVOCADO RICE SALAD**

### **Ingredients**

300g wholegrain rice – red camarague, brown basmati, short grain brown etc

2 avocados

2 limes

3 tblsp soy sauce or GF soy sauce/tamari/liquid aminos

250g cooked king Prawns

2 carrots

1 bunch coriander

1 red Chilli (optional)

2 tblsp honey or maple syrup

### **Method**

Serves 4

Cook the rice in a large pan of water until tender (approx 25mins). Rinse and drain in a sieve. You can also use leftover rice from a meal the night before.

Meanwhile, make the dressing: in a small bowl, stir together the soy sauce, honey/maple syrup and zest and juice of 1 lime.

Then prep the veggies: peel and grate the carrot; halve and scoop out the avocados then chop into chunks. Roughly chop the coriander including the stalks; halve the chilli lengthways and deseed (or not, if you like it extra spicy – just be careful to wash hands and don't touch your face/eyes!) and finely chop.

Add the rice to 4 bowls and top with the prawns, avocado, carrot and red chilli.

Then add the dressing, final zest and juice from the second lime and sprinkle on the chopped coriander.

Delicious as a picnic treat – or part of a summer BBQ and you could grill the prawns on the BBQ! Also works as a quick summer dinner with a crunchy green salad on the side.

## **SALMON, BUTTERBEAN & DILL DIP**

### **Ingredients**

1x 200g tin skinless, boneless salmon

225g cooked butter beans / tin / jar of butter beans

1 tblsp extra virgin olive

1tblsp lemon juice

1 tblsp chopped dill

Salt & pepper to season

### **Method**

Drain the salmon (reserving the liquid) and blitz in a food processor or with a hand-held blender with the other remaining ingredients.

Blend until smooth, using some of the juice from the tinned salmon to loosen if the dip is too thick. If you prefer a chunkier dip then mash all the ingredients together with a fork.

You can modify and play around with the idea of making a dip from beans and fish: try haricot beans and tuna with mint; or sardines with chilli flakes & spring onion; or crab & tarragon. Or try a packet of smoked mackerel with haricot beans and a squeeze of orange juice instead of lemon. Other herbs that work with fish are chives, parsley and thyme. Use alone or in combination.

## **TAHINA**

### **Ingredients**

4 large tablespoons of tahini (sesame paste)

Half a lemon

1 small clove of garlic (you can use a little garlic puree if you want something less potent)

1 tablespoon chopped fresh parsley

Water

### **Method**

I always use a hand-held blender for this and it takes moments. Put the tahini, lemon juice and parsley into a container suitable for use with the hand-held blender.

Add a small clove of garlic crushing with a garlic crusher. It is not necessary to peel the garlic, just put it straight into the crusher and add to the tahini mix.

Now add about 6 tablespoons of water and begin blending. How much water you add depends on whether you want your tahina to be a thick consistency like a dip, or thin like a salad dressing. Both are equally delicious.

Keep adding water, tablespoon by tablespoon until you have the consistency required.

Add a little pinch of sea-salt then taste. Add more water, lemon juice or parsley according to taste.

## **TOFU SIRACHA BURGERS**

### **Ingredients**

1 block of firm tofu  
½ small red onion, finely diced  
2 heaped tbsp tomato puree  
3 heaped tbsp sriracha  
1 tsp paprika  
2 tbsp nutritional yeast  
1 ½ tsp sea salt  
5 heaped tbsp plain flour or GF flour eg buckwheat  
Large handful finely chopped coriander

### **Method**

Press the liquid out of the firm tofu with either a tofu press (eg Tofuture) or by wrapping in kitchen roll and 'squashing' under a few heavy recipe books for at least half an hour before you are ready to cook (you can also do this earlier in the day to prep for later on).

Preheat the oven to 180°C.

Once pressed, add the tofu to a large bowl and mash with a fork, or your finger, into small, evenly crumbled pieces.

Add all the other ingredients and mix well to combine, then split the mixture into 4 even-sized portions and use your hands to form 4 burger patties just over an inch thick.

Place on a baking tray lined with baking parchment. Spritz with a fine spray of olive oil on both sides. If you don't have an oil spritzer, put a tablespoon of olive oil into a bowl and lightly brush each burger with the oil using a pastry brush.

Bake in the oven for 10 minutes, then flip and bake the other side up for another 10 minutes or until the burgers are nice and firm.

If you want to BBQ them, then skip the brush of olive oil. Flip carefully on the BBQ, or consider using a grill mat.

Delicious served in a bun/GF bun with kimchi, lettuce & tomato or with sweet potato wedges and a crispy salad. Add some extra sriracha to a few dollops of soy yoghurt as extra sauce / topping.