

GET CREATIVE WITH YOUR MEALS:

Food Inspirations



We all have a habit of sticking to familiar meals week after week and whilst there are often things we enjoy, it can become repetitive leaving you fancying a change. This can often tempt you to eat out resulting in unhealthy intake of food.

It's important to keep things fresh and interesting, especially if you love food and enjoy different tastes. To begin tweaking your meals, you can start by swapping out common ingredients used with more nutritious ones.

Millet flours can be used instead of whole wheat flour or maida for rotis, chillas, pancakes etc.

Cabbage or Lettuce leaves can serve as excellent wraps helping you cut out unnecessary intake of gluten or simple carbohydrates.



Another great way to revamp your meals would be to get more colour in. **For example**, when making Idli or Dosa, stir in some pureed beetroot or spinach for not only a difference in colour but highly increasing the nutrition value of the meal.

Bring in recipes from different cuisines every week if you love exploring or every month if that's easier. This will also help you introduce new ingredients, or you can then swap your local ingredients to make the same dish.

Today there are plenty of options available to you just at the click of a button. The digital world we are living in does have it's perks so go out there and explore. If you don't cook often or have very little time then there are plenty of options for those too. Just put in your search exactly what you are looking for and you will find it.

We've chose some recipes from our collection that you can try.



BREAKFAST IDEAS



BIRCHIR MUESLI

A twist to normal muesli makes this chilled breakfast a real delight in the morning. Soaking the dried fruit with the oats re-hydrates them to plump soft fruits. There's no need to add extra sugar or honey as soaking also allows their sweetness to infuse out into the whole bowl.

Again, like the muesli, you can use seeds instead of nuts (although I would avoid linseeds in this dish as they swell up too much when soaked overnight) and try different dried fruits. Instead of the grated apple, berry compote is a great alternative.



NUTRITION VALUE:

Carbohydrates **44g**

Protein **10.3g**

Fats **8.2g**

Fibre **8g**

Sodium **19.4mg**

INGREDIENTS:

- 80g Raw oats
- 16 Chopped mixed nuts
- 2 Figs chopped
- 1 Dessert spoon raisins
- ½ tsp Cinnamon powder
- 200ml Freshly squeezed apple or orange juice
- ½ Grated apple
- 50g Plain low-fat live yoghurt each to serve

Birchir Muesli

 PREPARATION TIME
10 MINUTES

PREPARATION STEPS:

- 1) Mix the oats, nuts and dried fruit
- 2) Juice the apples/oranges and pour onto the mixture
- 3) Soak the muesli overnight in the fridge in a sealed container
- 4) To serve grate a chunk of juicy green apple and pour on 50g live yoghurt



NUTRITIOUS CHILLAS

Healthy protein-rich and tasty, this variation of the chilla incorporates millet flours.

These are known for their excellent nutritive support to the body for normal growth & development.

You can also pack these nutritious chillas as a snack for kids, and other family members including yourself.



NUTRITION VALUE:

Carbohydrates **15g**

Protein **2.7g**

Fats **3.3g**

Fibre **1.8g**

Sodium **67.6mg**

INGREDIENTS:

- 30g Jowar flour (whole millet flour)
- 30g Whole wheat flour
- 30g Ragi (red millet) flour
- 1 Small onion, chopped
- 1 Small tomato, chopped
- 1 tsp Chopped coriander
- 1 Green-chilli, finely chopped
- 2 tsp Coconut oil
- Pinch of rock salt

Nutritious Chillas

 PREPARATION TIME
30 MINUTES

PREPARATION STEPS:

- 1) Combine all the ingredients in a bowl, add enough water to make a thin batter and divide into equal parts.
- 2) Heat a non-stick pan and grease it lightly with oil. Spread a portion of batter to form a circle of 4 mm thickness. Cook on both the sides till golden brown.
- 3) Repeat with the remaining batter to make more chillas. Serve hot.



RAGI CREPE

Ragi is an extremely nutritious grain, highly beneficial in maintaining good health.

Ragi flour has its fair share of proteins along with iron need for good haemoglobin levels.

This makes ragi an excellent breakfast grain vs the regular wheat atta or maida.



NUTRITION VALUE:

Calories: 142kcal

INGREDIENTS:

- 1/2 cup ground millet Ragi flour
- 1/2 cup semolina
- 1/2 cup curd
- 2.5 - 3 cups water (or as required to get idli batter consistency)
- salt to taste
- 1/2 tsp eno or fruit salt or baking soda
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 6 - 8 curry leaves
- 1 green chili
- 1/2 tsp chopped ginger
- 1/2 tsp chopped garlic
- 1 small onion finely chopped
- 1 cup grated/finely chopped veggies (carrots, green peas, green beans, etc.)
- 1 tsp urad dal + chana dal (lentils) (optional)

Ragi Crepe

 PREPARATION TIME
45 MINUTES

PREPARATION STEPS:

- 1) Prepare Sauteed Veggies
Heat oil in a pan. Add lentils, and let them turn little brown.
- 2) Now add mustard seeds and cumin seeds.
Once it spluttered, add chopped ginger, curry leaves and green chillies.
Then add chopped onions, grated carrots, and green peas.



Ragi Crepe



PREPARATION STEPS:

- 3) Add a pinch of salt & saute for 2 minutes covering with a lid on medium flame.
Remove from heat and transfer to another plate and cool for some time.
- 4) Prepare Batter for Crepes
Take a large mixing bowl.
Add in semolina, ragi flour, salt and mix well.
- 5) Now pour in curd into it. Add water and mix well.
Add sauteed veggies and keep the consistency of idli batter.
Give it a nice whisk for a minute and cover with a lid.
Let it rest for 15 minutes minimum.
- 6) This will help semolina to soak moisture and idli will be fluffier and soft.
After 15 minutes, whisk it well for 2 - 3 minutes.

Ragi Crepe

PREPARATION STEPS:

- 7) Add little water if the batter is turned very thick. Bring it to idli batter consistency.
- 8) Add soda or eno powder and mix it well.
Now heat dosa tawa or any non-stick pan/ skillet.
Grease it with a tsp oil.
- 9) Pour in a ladleful of batter and quickly spread it to a circle.
Keep it on medium-high flame.
When the base layer is golden and cooked flip it to the other end.
Cook for 2 - 3 minutes.
- 10) Remove from pan when both ends are cooked well.
Serve these adai or crepes with any chutney and sambar.



Lunch or Dinner Ideas



STUFFED CABBAGE LEAVES WITH TOMATO COULIS

This is a great high fibre, nutritiously dense, balanced meal. It's really simple to make and looks incredibly impressive on the plate. Brown rice is an all round superfood that not only provides plenty of vitamins and minerals but whose fibre content helps clean out the colon and give those intestinal muscles a good work out. The fibre in brown rice also helps to reduce cholesterol, maintain blood sugar levels and ward against constipation. The nuts, rice and herbs combine perfectly with the light tomato coulis to make this a delightful dish at any time of the year.





NUTRITION VALUE:

Carbohydrates **51g**

Protein **8g**

Fats **22g**

Fibre **9.6g**

Sodium **565mg**



INGREDIENTS:

- 250g Cabbage
- 1 Courgette, grated
- 1 Carrot, grated
- 100g Brown rice, cooked
- 25g Mixed nuts (walnuts, almonds, cashews, hazelnut, pistachio etc)
- 2 tbsp Olive oil
- 1 tbsp Chopped parsley
- 1 tbsp Chopped fresh mint
- 1 tsp Dried dill / chopped fresh dill
- 1 tsp Cumin
- 1 Medium sized onion, finely diced
- 6 Cloves garlic
- 1 Lemon juice
- 1 Carrot

Stuffed Cabbage Leaves with Tomato Coulis




PREPARATION TIME

45 MINUTES

PREPARATION STEPS:

- 1) Pre-heat grill to medium-high. Place the tomatoes on a lightly oiled tray under the grill and roast, turning until the skin is evenly charred. Remove and set aside to cool.
- 2) Remove the skins and de-seed the tomatoes, place them in a food processor or blender and add the rest of the oil and vinegar. Blend then add the basil and process further. Lightly season with salt and pepper.





Stuffed Cabbage Leaves with Tomato Coulis

PREPARATION STEPS:

For Stuffed Cabbage Leaves:

- 1) Remove 6 outer leaves of the cabbage and blanch in hot water. Drain and leave to dry on kitchen paper.
- 2) For the stuffing - Chop the nuts until quite small (you can use a food processor for this). In a large mixing bowl, add the onion, garlic, parsley, mint and dill (if using fresh) and mix with the nuts, cooked rice, cumin, lemon juice, carrot and courgette.
- 3) Place a heaped tablespoon of filling 1 inch from the thick end of the cabbage leaf. Fold the bottom over the filling, fold the sides in, and roll up.
- 4) Before serving lightly steam to warm through and heat the tomato and basil coulis in a saucepan.
- 5) Place on a plate and pour tomato coulis over it.

VEGETABLE STACK

An effortless dish that not only looks attractive but tastes fantastic and provides you with a good helping of nutritiously dense vegetables.

You can also crumble in some goat's cheese between layers or sprinkle with parmesan shavings.



NUTRITION VALUE:

Carbohydrates **33.6g**

Protein **18.6g**

Fats **17.5g**

Fibre **12.5g**

Sodium **106mg**

INGREDIENTS:

- 1 Aubergine
- 1 Courgette
- 1 Red pepper
- 1 Yellow pepper fresh basil/fresh mint
- 2 tbsp Basil pesto or almond pesto with fresh mint*
- 1 tbsp Olive oil
- 1-2 Lemons juice
- 2 Cloves garlic

Vegetable Stack

 PREPARATION TIME
25 MINUTES

PREPARATION STEPS:

- 1) Slice the aubergine into 1cm width disks. Slice the courgette lengthwise, again about 1 cm thick. Cut the peppers into quarters.
- 2) Blend the garlic, lemon juice and olive oil together and then very lightly brush both sides of each vegetable.
- 3) Grill on a griddle pan or under a grill. Turning repeatedly until cooked.



Vegetable Stack

PREPARATION STEPS:

- 4) Chop some fresh mint or fresh basil (depending on which dressing you are using). Place an aubergine disk in the centre of a plate, sprinkle a little chopped mint/basil. Then start to layer the vegetables on top of each other with the fresh herbs in between.
- 5) Drizzle the dressing over the top and around the plate edge and serve. *See Dressings section for recipe



SPINACH & TOFU BURGER WITH CRUNCHY HERB SALAD

High in protein and low in calories, tofu is a great addition to the diet. Regular tofu consumption is associated with reduced risk of heart disease, lower levels of cholesterol, improved bone density and reduced risk of fractures as well as a decrease in the incidence of breast cancer and lung cancer.

The special health benefits of tofu have been attributed to two major components: isoflavones and amino acids. Isoflavones are a special group of bioflavonoids that are potent antioxidants.



SPINACH & TOFU BURGER WITH CRUNCHY HERB SALAD

Antioxidants protect the cells in your body from damage to DNA and cell membranes. Isoflavones also have a structure similar to estrogen and are able to modify the effects of estrogen in your body.

It is believed that this hormone modulating effect accounts for the decreased risk of breast cancer and osteoporosis associated with regular consumption of tofu.





NUTRITION VALUE:

Carbohydrates **30g**

Protein **13g**

Fats **13g**

Fibre **7g**

Sodium **197mg**



INGREDIENTS:

- 150g Spinach
- 200g Tofu
- 1 Clove garlic
- 1 Red onion
- 1 Egg
- 3 Heaped tbsp basil pesto
- 50g Rolled oats Handful coriander, chopped Handful fresh mint, chopped
- 1 Cucumber
- 1 Red pepper
- 1 Green pepper
- 200g Chinese cabbage, finely shredded
- Tomato & onion relish
- 6 Plum tomatoes
- 2 Small red onions
- 3 Cloves garlic
- 200ml Stock (or water)
- 1 tbsp Dried basil
- 1 tbsp Apple cider vinegar
- ¼ tsp Rock salt
- 2 tsp Worcestershire sauce

Spinach & Tofu Burger with crunchy herb salad




PREPARATION TIME

45 MINUTES

PREPARATION STEPS:

- 1) Make the basil pesto if you don't have any already. Pre-heat oven to 200°C.
- 2) In a food processor, blend the spinach up with oats, 2 tbsp pesto and 1 clove garlic.
- 3) Soften the onions in a tsp coconut or olive oil. Mash up the tofu and add to the spinach mixture with the onions and egg.






Spinach & Tofu Burger with crunchy herb salad

PREPARATION STEPS:

- 4) Make into 6 patties. Place on a lightly greased baking tray and cook for 30 minutes turning occasionally. The patties will be quite moist but they do hold together once baked. You can also grill them if you want to brown the outside more.
- 5) Make the Tomato and Onion Relish whilst burgers are cooking. Make the salad with fresh mint leaves and coriander.
- 6) Serve burger with salad and 2-3 tbsp relish per person.



Spinach & Tofu Burger with crunchy herb salad

METHOD:

- 1) Finely chop tomato and pour all the juice, seeds and flesh into saucepan. Finely chop onions and add to pan with 150ml stock/water, basil, vinegar, Worcestershire sauce and salt.
- 2) Place on a medium flame and bring to boil. Then simmer for approximately 1 hour. Add more water if it starts to stick.
- 3) Using a handblender blend a little, making it into a thick sauce consistency, whilst still leaving some chunks of tomato and onion. This is great served with burgers, kebabs, tacos and wraps. It can also be served as a dip with vegetable crudités, corn chips or flat breads.

CASHEW, POMEGRANATE AND MUNG BEAN SPROUT SALAD

The combination of smooth, rich cashews, sweet pomegranate fruit and fresh, juicy sprouts makes this highly nutritious salad a delicious treat.

Pomegranates, infamous for their antioxidant content and cholesterol lowering properties, are not the only heart friendly ingredient - cashews are also rich in antioxidants and thought to be beneficial against cardiovascular disease. Not only this, they're a good source of energy, fibre and protein to boot. Of course, we must not forget those powerful little sprouts and their too-many-to-mention benefits. Enjoy alone or as a mighty addition to any meal.



NUTRITION VALUE:

Carbohydrates 36.3g

Protein 7.1g

Fats 3.3g

Fibre 8.7g

Sodium 20mg

INGREDIENTS:

- 30g Cashew nuts
- 100g Sprouted mung beans
- 1 Tomato diced
- 3 inch Piece of cucumber diced
- 1 small pomegranate fruit
- ½ Bag Baby spinach leaves (or 85g)
- Fresh Coriander leaves finely chopped
- 1 Juice of lemon

Cashew, Pomegranate & Mung Bean Sprout Salad

 PREPARATION TIME
20 MINUTES

PREPARATION STEPS:

- 1) Chop the cashew nuts and dice the tomato and cucumber
- 2) Cut the pomegranate in half and remove the fleshy seeds. Add to the mix.
- 3) Add the sprouts and chopped basil
- 4) Squeeze the fresh lemon juice over the ingredients and mix well. Serve on a bed of baby spinach leaves.



BROWN RICE AND CHICKPEA SALAD

This super filling salad will keep the engine running all day. It's hard to beat organic brown rice when it comes to health benefits.

This grain is full of fibre and essential vitamins and minerals. It's a blood sugar regulator, and helps to reduce blood pressure, cholesterol and constipation.

Combining brown rice with Chickpeas will provide all the amino acids you need to make a complete protein. With all the additional health benefits and intense flavours provided by the herbs and crunchy fresh vegetables, this salad is real crowd pleaser.



NUTRITION VALUE:

Carbohydrates 46.5g
Protein 8g
Fats 16.8g
Fibre 8.3g
Sodium 29mg

INGREDIENTS:

- 200g Cooked short grain brown rice
- ½ Can chickpeas (approx 120g)
- 1 Stick celery
- ½ Red pepper
- ½ Yellow pepper
- 1 tsp Dried dill
- 2 tbsp Chopped fresh mint
- 2 tbsp Chopped fresh coriander
- ½ Juice of lemon
- 2 tbsp Olive oil

Brown Rice & Chickpea Salad

 PREPARATION TIME
1 HOUR

PREPARATION STEPS:

- 1) Cook brown rice and allow to cool.
- 2) Drain the chickpeas and rinse.

Chop the celery, red pepper and yellow pepper into bite sized

- 3) chunks

Put all the ingredients into a

- 4) bowl, mix and serve.



SPICY LENTIL AND TOMATO SALAD

There's a bounty of research reporting the cancer fighting and heart friendly properties of our common tomato. Lentils too are known to be cholesterol-lowering, cardio-vascular disease warriors.

Their protein and fibre content mean they also help to stabilize blood sugar levels. Being high in iron, lentils are great energy foods.

Enjoy this simple recipe with a smile as you not only fuel up, but give your heart and body a real helping hand!



NUTRITION VALUE:

Carbohydrates 35g

Protein 15g

Fats 0.5g

Spicy Lentil & Tomato Salad

 PREPARATION TIME
10 MINUTES

INGREDIENTS:

- 150g Dry brown lentils
- 500ml Vegetable stock
- 1 tsp Cumin
- 1-2 Green chillies
- 2 Tomatoes, diced
- 2 Spring onions, chopped
- Handful of chopped fresh coriander
- 1 Stick celery, chopped

PREPARATION STEPS:

- 1) Cook brown rice and allow to cool.
- 2) Drain the chickpeas and rinse.
- 3) Chop the celery, red pepper and yellow pepper into bite sized chunks
- 4) Put all the ingredients into a bowl, mix and serve.



Snack Ideas



SUPER GREENS

The fresh herbs are rich sources of chlorophyll which contains immune-boosting anti-oxidants as well as giving a superb energy boost.

Avocados are also high energy foods that contain Oleic Acid, a monounsaturated fat that is thought to help lower cholesterol, lower the risk of heart attack and aid in cancer prevention.

This odd-sounding combination of ingredients really is a delicious, skin nourishing, sustainable energy giving, tasty treat.





NUTRITION VALUE:

Calories 323



INGREDIENTS:

- ½ Avocado
- ½ Banana
- 6 Fresh Basil leaves
- 3 Sprigs flat leaf Parsley
- 8 Fresh Mint leaves
- 120ml Sweetened Soy milk
- 1 tbsp Seed mix/1 tbsp flaxseed oil
- 1 tbsp Oats/wheat germ or 2 tbsp cooked brown rice

(Use frozen banana slices if you want a chilled shake.)

Super Greens



PREPARATION TIME
10 MINUTES

PREPARATION STEPS:

- 1) Cut the avocado in half and scoop the flesh into the blender jug.
- 2) Wash all the herbs and shake dry.
- 3) Add all the ingredients and blend on full power for 1-2 minutes.



SWEET POTATO WEDGES

A lower Glycemic lower fat alternative to normal potato wedges.

These are quick and easy and can also make a nice snack with a tomato salsa or guacamole dip.

Leave the skin on for extra fibre and nutrition.





NUTRITION VALUE:

Calories 237



INGREDIENTS:

- 4 medium sweet potato
- 1 1/2 teaspoon oregano
- paprika as required
- 2 tablespoon virgin olive oil
- salt as required

Sweet Potato Wedges



PREPARATION TIME
25 MINUTES

PREPARATION STEPS:

Step 1 - Wash the sweet potatoes

To begin with, wash the sweet potatoes under running water. Then peel the skin and slice them well vertically.

Step 2 - Mix the spices and coat the wedges

Next, take a small bowl and mix together olive oil, salt and paprika. Then, take the sweet potato wedges and coat them well with the mixture in the bowl.



Sweet Potato Wedges

PREPARATION STEPS:

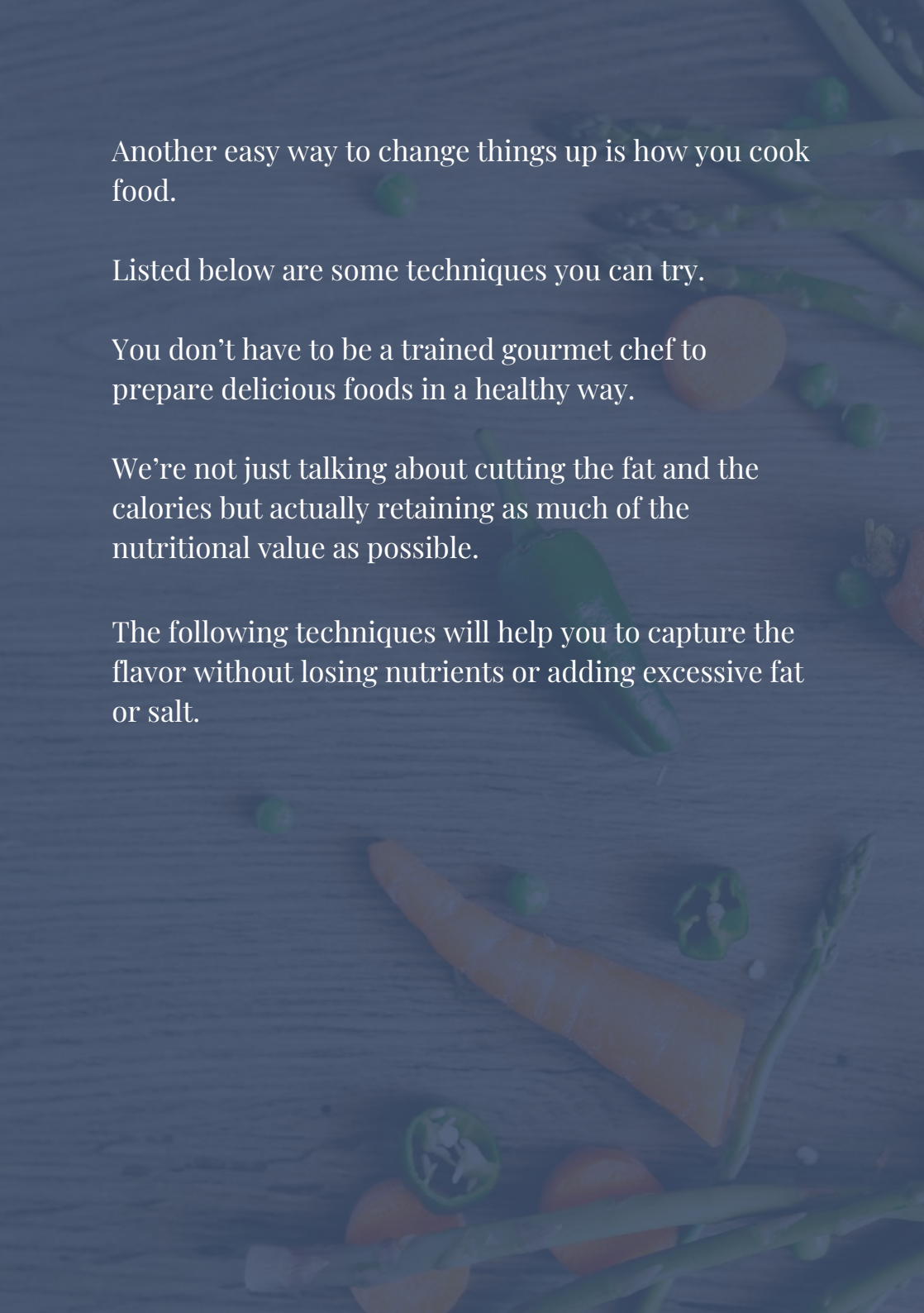
Step 3 - Bake the wedges

Now, grease a baking tray with olive oil and carefully place the potato wedges on it, and place it inside the oven.

Step 4 - Serve with a dip and enjoy

Bake the sweet potato wedges at 200 degrees Celsius for about 15 minutes. Once baked, take the baking tray out and serve these sweet potato wedges with your favourite dip.





Another easy way to change things up is how you cook food.

Listed below are some techniques you can try.

You don't have to be a trained gourmet chef to prepare delicious foods in a healthy way.

We're not just talking about cutting the fat and the calories but actually retaining as much of the nutritional value as possible.

The following techniques will help you to capture the flavor without losing nutrients or adding excessive fat or salt.

Baking

As well as breads and desserts you can bake seafood, poultry, lean meat, vegetables and fruits.

Baking is simply placing food in a pan, dish or foil pocket, surrounded by the hot dry air of the oven. You can bake covered or uncovered but I would generally cover meat and fish to avoid them drying out. You don't need to add fat when baking, if you do it will increase oxidation.

It is especially good for large food items and those vegetables with thick skins like pumpkins, sweet potatoes and marrows for example.

Braising

This involves browning an ingredient first in a pan on top of the stove and then slowly cooking it with small amounts of liquid (i.e. water, broth, stock).

Retain the cooking liquid to use as a nutrient rich sauce.



Grilling

The advantage of grilling is that it allows the fat to drip away and it is a healthier option than frying. However, browning or burning food does create free radicals. The smoke from the dripping fat contains potentially harmful compounds too. Barbecuing food is particularly bad for this.

When grilling meat just attempt to minimize the risks – make sure your grill and the tray underneath are clean before use, watch the food carefully to flip at the right time to avoid burning and move meat away from flare-ups.

The shorter the cooking time, the better, so cutting meats into smaller portions speeds up the cooking time. Marinating meat also helps to reduce carcinogens.



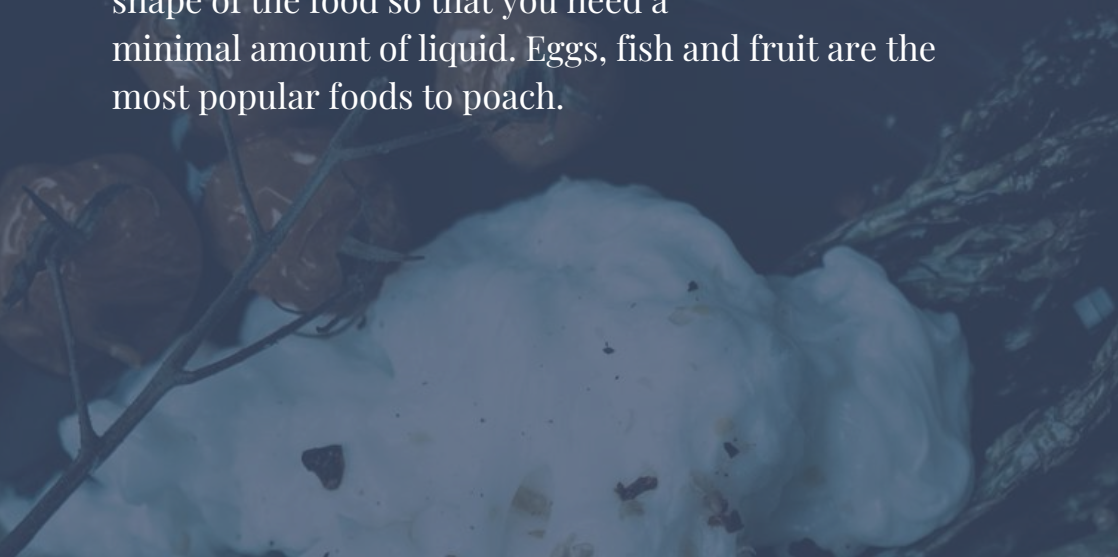
Poaching

To poach foods gently simmer ingredients in water or a flavoured liquid like broth, until cooked through and tender.

The food retains its shape during cooking. Poaching requires no fat to be added and prevents the loss of moisture and flavour.

You can use the poaching liquor as a base for a nutrient rich, tasty sauce or soup. Deep poaching involves submerging the food entirely in liquid and is done on the hob. Shallow poaching only partially covers the food with liquid and is usually done in the oven.

Choose a pan with a lid that best fits the size and shape of the food so that you need a minimal amount of liquid. Eggs, fish and fruit are the most popular foods to poach.



Sauteing

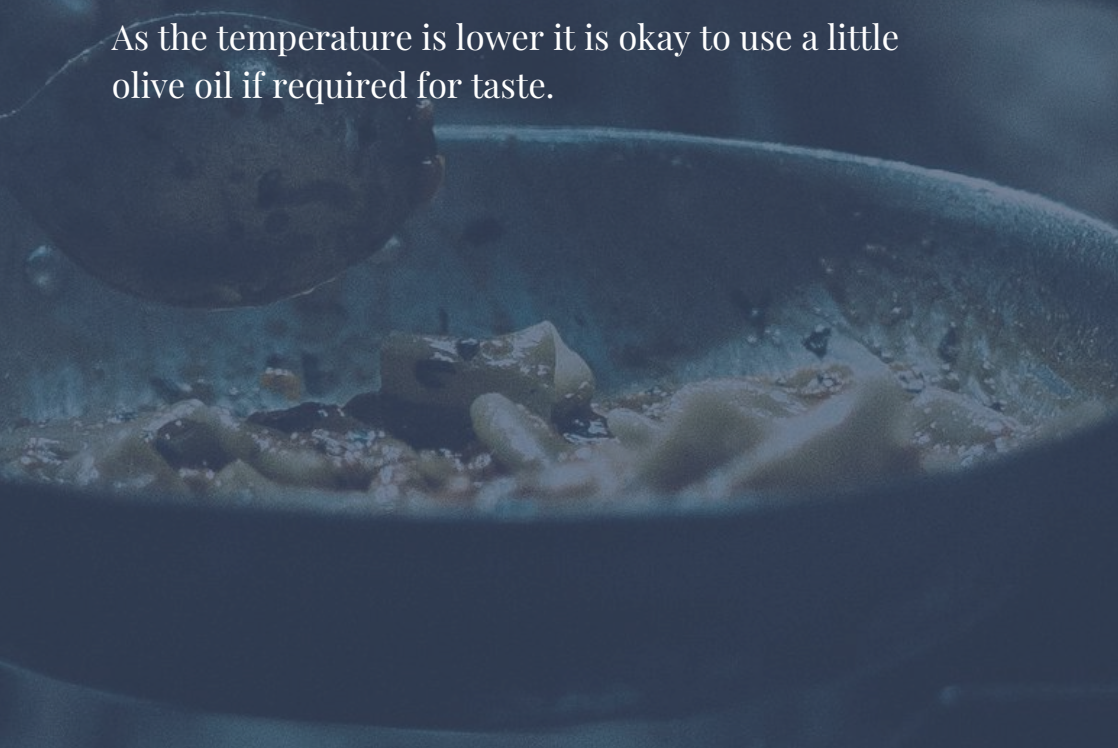
To soften relatively small or thin pieces of food use a good quality non-stick pan so you can cook without using fat.

To sauté onions at the start of many recipes try doing so in water or stock rather than oil.

Steam-frying

Using water, stock, soya sauce or some other water based sauce to 'fry' foods at a lower temperature than stir-frying.

As the temperature is lower it is okay to use a little olive oil if required for taste.



Steaming

One of the simplest and healthiest cooking techniques, steaming involves food being suspended in a perforated basket above a simmering liquid. Various herbs and spices can be added to the liquid to enhance the flavor of the food as it cooks.

Steamed food not only retains its natural smell and taste but most of the microelements and vitamins that foods contain will be preserved. When you steam cook, it cooks the food at a temperature under 100°C and the food never comes into contact with the water so vital nutrients are not lost.

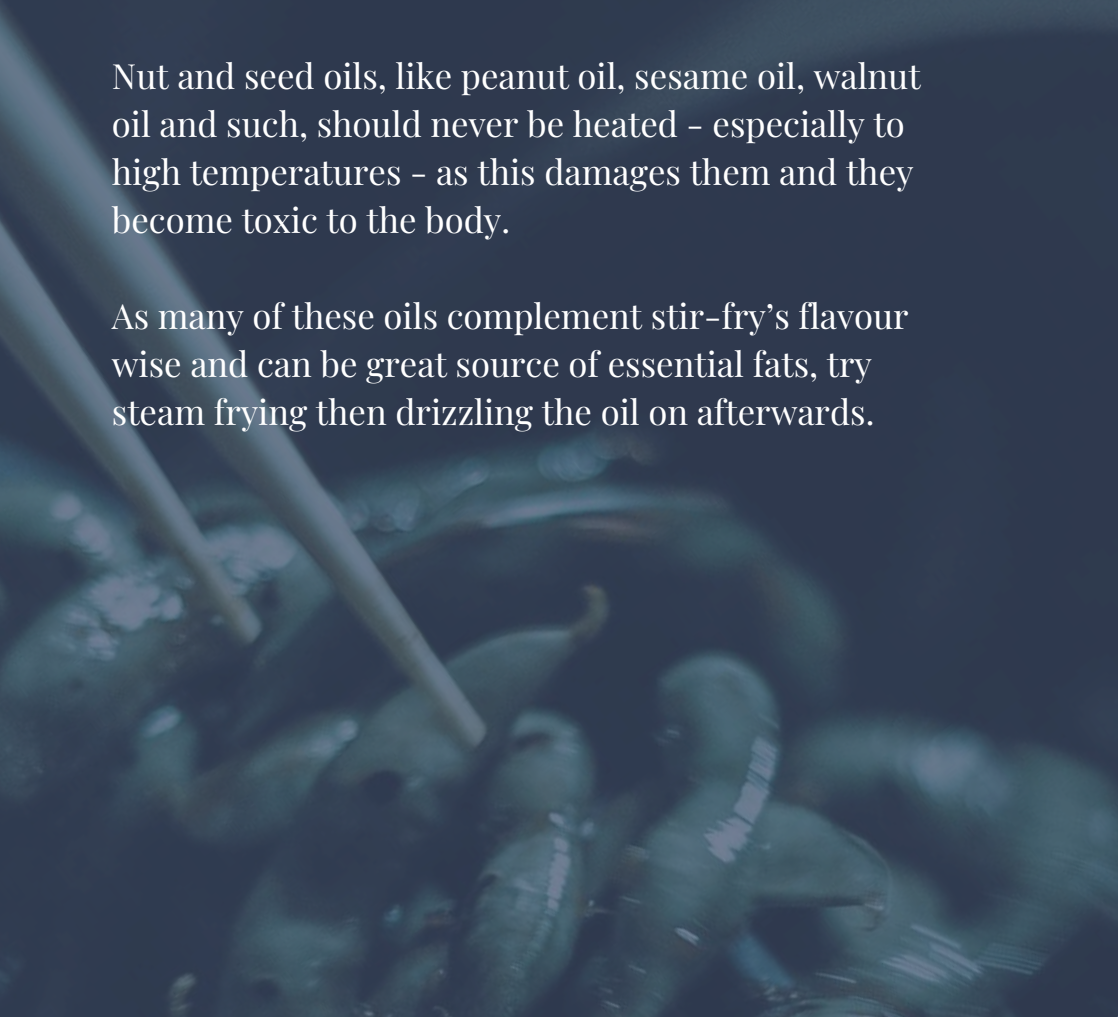
Steamed vegetables will keep most of their flavenoids and vitamin content, so next to eating them raw, steaming is the best way to cook them. Meat becomes particularly tender and tasty when cooked in this way. Fish is also excellent when prepared this way and it doesn't fall apart.

Stir-frying

A very quick and healthy traditional Asian method of cooking using a wok. You only need the smallest amount of oil, foods are cut into small, uniform sized pieces and stirred rapidly for a few minutes only. However, it is worth noting here that for stir-frying at high temperatures you should only use virgin coconut oil.

Nut and seed oils, like peanut oil, sesame oil, walnut oil and such, should never be heated - especially to high temperatures - as this damages them and they become toxic to the body.

As many of these oils complement stir-fry's flavour wise and can be great source of essential fats, try steam frying then drizzling the oil on afterwards.





Remember one thing though,

“You don’t have to cook fancy or complicated masterpieces. Just good food from fresh ingredients.”

- Julia Child





The
BeachHouse
Goa