



L I C P R E S E N T S

#COOKANDCREATE CHALLENGE

A COLLECTION OF RECIPES FROM OUR COMMUNITY

#BEONLINE WITH



ACKNOWLEDGEMENTS

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ALL RECIPES WERE INSPIRED BY VARIOUS WEBSITES AS PART OF THE RESEARCH COMPLETED DURING THE COOKING CHALLENGE, THEN ADJUSTED TO AVAILABLE INGREDIENTS, WITH CONSIDERATION TO THE DIETARY NEEDS OF OUR PARTICIPANTS. WE ENCOURAGE YOU TO ADAPT ACCORDING TO YOUR TASTES AND REQUIREMENTS. ORIGINAL RECIPE LINKS ARE ON RESPECTIVE PAGES (CLICK ON THE TITLE FOR LINK).

THANK YOU TO OUR
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FOR ANYONE KEEN TO TRY SOMETHING NEW!

PLEASE SPREAD THE LOVE AND SHARE IT WITH ANYONE
YOU THINK MAY BENEFIT FROM A COLLECTION OF DELICIOUS,
HEALTHY, SIMPLE RECIPES THAT CAN BE MADE IN MINUTES.
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CONTENTS

INTRODUCTION	5
THE STORY SO FAR	6
#COOKANDCREATE CHALLENGE	7
WEEK 1	8
WEEK 2	11
WEEK 3	14
WEEK 4	17
WEEK 5	22
WEEK 6	25
WEEK 7	29
WEEK 8	33
WEEK 9	35
WEEK 10	38
WHAT OUR CONTRIBUTORS SAY	41
ABOUT LIC	44
WHAT NEXT?	45

INTRODUCTION

THIS COOKBOOK CONTAINS A COLLECTION OF RECIPES THAT CAME TOGETHER DURING THE MARCH 2020 COVID-19 LOCKDOWN IN LONDON. A GROUP OF WOMEN CAME TOGETHER VIRTUALLY FOR TEN CONSECUTIVE WEEKS.

EVERY MONDAY A MYSTERY BAG WITH FIVE INGREDIENTS WITH A WELLNESS QUOTE WAS HAND-DELIVERED TO THEIR DOOR. EACH PARTICIPANT TOGETHER WITH MEMBERS OF THEIR FAMILY, FRIENDS AND FLATMATES, THEN COOK UP AN ORIGINAL DISH, TAKE A PHOTO AND SHARE ON LIC'S SOCIAL MEDIA. EVERY FRIDAY WE WOULD ALL COME TOGETHER TO SHARE OUR STORIES, WHAT INSPIRED, INFLUENCED AND INFORMED OUR CULINARY CHOICES, FLAVOURS AND DISHES.

THE RECIPES INCLUDED HERE REQUIRE ONLY FIVE INGREDIENTS. EACH DISH CAN BE PREPARED IN 5 TO 40 MINUTES. SINCE THEY REQUIRE JUST A FEW SIMPLE INGREDIENTS, THE RECIPES ARE BUDGET FRIENDLY TOO! WE HOPE THESE RECIPES INSPIRE YOU TO SAY YES! I CAN GET A HEALTHFUL MEAL ON THE TABLE, NO SWEAT!

THESE FIVE INGREDIENT RECIPES DO NOT COUNT THE FOLLOWING INGREDIENTS IN THE LISTS BECAUSE MOST HOUSEHOLDS HAVE THESE INGREDIENTS ALREADY ON HAND: SALT, PEPPER, GARLIC, GINGER, ONION, SPICES, HERBS, OIL, WATER, FLOUR, FLAVOURINGS SUCH AS LEMON, SOYA SAUCE, VINEGAR, CHILLI OIL.

YOU ARE WELCOME TO JOIN THE CHALLENGE WHEREVER YOU ARE. ENJOY!

— SUNARA BEGUM, PROJECT LEAD





THE STORY SO FAR

PRESENTED BY
LEADERS IN COMMUNITY (LIC)

THIS RECIPE BOOK IS DEDICATED TO ALL MEMBERS OF OUR COMMUNITY, YOUNG AND OLD.

LEADERS IN COMMUNITY BROUGHT TOGETHER A SMALL GROUP OF PEOPLE OVER 10 WEEKS DURING THE COVID-19 LOCKDOWN TO SHARE THEIR COLLECTIVE INTEREST AND EXPERIENCE IN COOKING.

THE LAUNCH OF **COOK AND CREATE** SET A WEEKLY CHALLENGE WHERE ALL PARTICIPANTS RECEIVE A MYSTERY FOOD PACKAGE DELIVERED TO THEIR DOOR. THIS BOOK IS A TESTAMENT TO THEIR CREATIONS AND SERVES AS A REMINDER OF THE TIME WHEN BEING A PART OF A COMMUNITY WAS MORE IMPORTANT THAN EVER BEFORE.

COOK AND CREATE'S MISSION IS TO USE COOKING AS AN ARTFUL EVERYDAY EXPERIENCE TO EMPOWER PEOPLE LIVING IN URBAN ENVIRONMENTS, AND TO ENGAGE WITH THE PHYSICAL AND MENTAL HEALTH OF COMMUNITIES. THROUGH ONLINE SOCIAL INTERACTION AND WORKING AS A GROUP, PARTICIPANTS ARE BROUGHT OUT OF ISOLATED ROUTINES AND CHALLENGED TO INTERACT IN NEW WAYS TO KEEP THEIR MINDS AND BODIES ACTIVE.

THE CHALLENGE NOT ONLY MOTIVATED PARTICIPANTS TO COOK FOR THEMSELVES AND OTHERS, BUT ALSO BOOST THEIR CONFIDENCE AND ABILITY TO TRUST IN THE COOPERATION OF THE GROUP.

— MOMTAZ AJID, HEAD OF LIC

#COOKANDCREATE CHALLENGE

WHAT IS THE COOK AND CREATE CHALLENGE?

IT'S AN OPPORTUNITY TO:

- ♥ GET CREATIVE AND LEARN A NEW SKILL
- ♥ SHARE TIME WITH FAMILY, FRIENDS AND FLATMATES. DO WHAT EXCITES YOU
- ♥ DEVELOP A DEEPER UNDERSTANDING OF FOOD, HEALTH, NUTRITION

FIND OUT MORE ABOUT:

- ♥ FOOD, DIET, HEALTH, NUTRITION, BALANCED MEALS, CARBS, PROTEINS, STARCHES

COOK AND CREATE IS:

- ♥ A PLATFORM TO ASK QUESTIONS
- ♥ CELEBRATE YOUR SKILL
- ♥ SHARE YOUR DELICIOUS DISH / DISHES WITH US ALL

COOKING A NEW DISH EACH WEEK USING JUST 5 INGREDIENTS, THE COOK AND CREATE CHALLENGE IS ABOUT UNLEASHING YOUR CREATIVITY, STARTING WITH FOOD!

YOU ARE WELCOME TO BE AS CREATIVE AS YOU LIKE.

- ♥ SHARE VIDEOS AND COMMENTS ON EACH WEEK'S QUOTE, WHAT IT MEANS TO YOU, YOUR REFLECTIONS
- ♥ PHOTOS AND VIDEOS OF THE MYSTERY BAG BEING DELIVERED TO YOUR DOOR AND YOUR INITIAL THOUGHTS AND IDEAS
- ♥ DOCUMENTING YOUR PROCESS OF MAKING
- ♥ CONSIDERING THE PRESENTATION FOR YOUR FINAL DISH AND CHOICES FOR CROCKERY, COLOUR, TABLE CLOTH, CUTLERY ETC.





WEEK 1 CHALLENGE

"LET FOOD BE THY MEDICINE
AND MEDICINE BE THY FOOD"

USE ONLY THESE 5 INGREDIENTS:

200G BROWN BASMATI RICE
350G MUSHROOMS
145G TIN TUNA
700G GREEN PEAS
3 FREE RANGE EGGS

MARISA'S SPICY TUNA PATTIES WITH MUSHROOM AND PEA FRIED RICE

♥ IN A BOWL, MIX TUNA, EGG, 1 TSP CHILLI FLAKES, 1 TSP SALT, HALF ONION AND ONE SPRING ONION

♥ MAKE INTO ROUND PATTIES AND FRY IN OLIVE OIL UNTIL GOLDEN AND SET ASIDE

♥ FRY MUSHROOMS IN OLIVE OIL. ADD RICE AND FRY FOR A FEW MINUTES. ADD 1 TSP SOY SAUCE, 2 CUPS BOILING WATER WITH A DISSOLVED VEG STOCK CUBE, 1 TSP GARLIC POWDER

♥ BRING TO A BOIL FOR 15 MINS. SIMMER FOR 30 MINS UNTIL RICE IS COOKED.

CURRIED RICE AND PEAS

SPICES: 3 TSP YELLOW CURRY POWDER, 1 TSP CUMIN,
1 TSP CORIANDER, 1/2 TSP PAPRIKA,
1/2 TSP CHILLI POWDER.

3 TBSP BUTTER, GHEE OR OIL

1 ONION, FINELY CHOPPED

3 GARLIC CLOVES, MINCED

2 TSP GINGER, FINELY CHOPPED OR GRATED

1 1/2 CUPS (275G) UNCOOKED BASMATI RICE

2 1/4 CUPS (560ML) CHICKEN OR VEGETABLE BROTH

2 CUPS (300G) FROZEN PEAS

1 1/4 TSP SALT, 1/2 TSP BLACK PEPPER

FOR SERVING: 1 CUP (150G) CASHEWS, 1/2 CUP FINELY
CHOPPED CORIANDER LEAVES AND YOGURT

♥ RINSE RICE UNTIL WATER RUNS PRETTY CLEAR, THEN DRAIN WELL.
MELT BUTTER IN A MEDIUM POT OVER MEDIUM HEAT. ADD GARLIC
AND GINGER AND ONIONS AND COOK FOR 2 MINUTES

♥ ADD RICE AND STIR. THEN ADD MIXED SPICES TO COAT THE RICE.
ADD BROTH, PEAS, SALT AND PEPPER, AND STIR

♥ WHEN THE ENTIRE SURFACE OF THE LIQUID IS SIMMERING,
STIR ONCE, PLACE LID ON AND IMMEDIATELY TURN HEAT DOWN
TO LOW. COOK FOR 15 MINUTES

♥ LIFT LID SLIGHTLY AND QUICKLY TILT POT TO CHECK LIQUID HAS
ABSORBED. CLAMP LID BACK ON AND REMOVE FROM HEAT

♥ ADD MOST OF THE CASHEWS AND CORIANDER, STIR THROUGH.
TRANSFER TO SERVING BOWL, SPRINKLE WITH REMAINING CASHEWS
AND CORIANDER.



NADIA'S PEA AND MUSHROOM RISOTTO

1 ONION
2 GARLIC CLOVES
1/2 TSP SALT
1 TSP CURRY POWDER
1/2 TSP TURMERIC
2 TBSP TOMATO PASTE
100G BASMATI RICE
100G MUSHROOMS
50G GREEN PEAS

♥ FRY ONIONS AND GARLIC FOR A FEW MINUTES,
THEN ADD CURRY POWDER AND A PINCH OF SALT

♥ ADD TURMERIC, SOME TOMATO PASTE AND MIX

♥ ADD THE SLICED MUSHROOMS AND KEEP STIRRING

♥ ADD THE GREEN PEAS AND 2 CUPS WATER AND
LEAVE TO BOIL

♥ THEN ADD RICE TO COOK.



WEEK 2 CHALLENGE

"DON'T LIVE TO EAT, EAT TO LIVE"

USE ONLY THESE 5 INGREDIENTS:

2 KG RED SPLIT LENTILS
400G COCONUT MILK
5 WHITE POTATOES
125G MOZZARELLA CHEESE
80G CELERY

ADELLE'S CELERY AND PEANUT SALAD

6 CELERY STALKS, THINLY SLICED
1/4 CUP ROASTED PEANUTS, CHOPPED
3 TBSP OLIVE OIL
2 TBSP LIME JUICE
2 TSP FISH SAUCE
GARNISH: CORIANDER

♥ MIX TOGETHER OLIVE OIL, LIME JUICE AND FISH SAUCE

♥ TOSS ROASTED PEANUTS IN OLIVE OIL

♥ ADD FISH SAUCE AND ROASTED PEANUTS TO FRESH CELERY AND CORIANDER.



RED CURRY LENTILS

COCONUT OIL
1 LARGE ONION, DICED
2–3 TBSP DICED GARLIC
1 TBSP POWDERED GINGER
2 LARGE CELERY STALKS, DICED
1 TSP SALT
2 TSP CURRY POWDER
1 TSP TURMERIC
2 TBSP RED CURRY PASTE
2 OZ. CAN DICED TOMATOES AND JUICE
1 CAN FULL-FAT COCONUT MILK (RESERVE SOME
TO DRIZZLE WHEN SERVING)
4 CUPS VEGETABLE BROTH
1 CUP RED LENTILS, RINSED AND DRAINED
2 BAY LEAVES
SALT & WHITE PEPPER TO TASTE
2–4 TBSP FRESH LIME JUICE
MINCED PARSLEY, CORIANDER OR BASIL, FOR GARNISH

♥ SAUTE THE DICED MIREPOIX IN COCONUT OIL UNTIL SOFT, ADD GARLIC AND COOK FOR ANOTHER 2 MINUTES UNTIL FRAGRANT

♥ ADD THE SPICES AND CURRY PASTE AND COOK IN OIL FOR 2 MINUTES TO RELEASE THE FLAVOUR

♥ ADD CAN OF DICED TOMATOES AND THE CAN OF COCONUT MILK. THEN ADD VEGGIE BROTH, LENTILS, AND BAY LEAVES, STIR AND COOK UNCOVERED FOR 20 MINUTES

♥ TURN OFF HEAT AND ADD FRESH LIME JUICE. SPRINKLE WITH CHOPPED BASIL TO GARNISH.



CREAMY COCONUT AND RED LENTIL CURRY

1 SMALL YELLOW ONION, DICED
3 CLOVES GARLIC, MINCED
1 TBSP GINGER, FINELY MINCED
1 BUNCH CORIANDER, CHOPPED
1 TBSP CURRY POWDER
1 TSP CAYENNE PEPPER
1 1/2 CUPS DRY RED LENTILS
1 CAN COCONUT MILK
2 CUPS VEGETABLE BROTH + 2 CUPS WATER
COOKED BASMATI RICE, TO SERVE (OPTIONAL)

- ♥ BRING A LARGE SAUCEPAN TO MEDIUM HEAT AND ADD A SPLASH OF VEGETABLE BROTH OR NEUTRAL COOKING OIL. ADD THE ONION TO THE PAN AND SAUTE UNTIL TRANSLUCENT FOR 3 TO 5 MINUTES
- ♥ ADD THE GARLIC, GINGER, AND CHOPPED CORIANDER STEMS TO THE PAN AND SAUTE FOR AN ADDITIONAL 2 MINUTES, THEN STIR IN THE CURRY POWDER AND COOK FOR AN ADDITIONAL MINUTE
- ♥ RINSE THE LENTILS BRIEFLY, THEN ADD THEM TO THE SAUCEPAN WITH THE COCONUT MILK AND VEGETABLE BROTH AND STIR TO COMBINE
- ♥ BRING TO A BOIL OVER HIGH HEAT, THEN REDUCE TO MEDIUM AND SIMMER FOR 20 MINUTES, OR UNTIL LENTILS ARE TENDER
- ♥ STIR OCCASIONALLY TO ENSURE EVEN COOKING AND FLAVOUR DISTRIBUTION
- ♥ SERVE WARM WITH RICE, OR AS DESIRED.





WEEK 3 CHALLENGE

"A HEALTHY OUTSIDE STARTS FROM THE INSIDE"

USE ONLY THESE 5 INGREDIENTS:

500G COUSCOUS
400G CHICKPEAS
300G GLUTEN-FREE OATS
200G SULTANAS
WHITE CABBAGE

WARMING SPICED PORRIDGE WITH FRESH FRUIT

BUTTER
2 CUPS OATS
1 TSP CINNAMON
1 TSP HONEY
1 APPLE
HANDFUL OF BLUEBERRIES

- ♥ PLACE BUTTER IN A SAUCEPAN
- ♥ ADD OATS AND MIX UNTIL SLIGHTLY TOASTED
- ♥ ADD WATER AND CINNAMON AND MIX
- ♥ TAKE OFF HEAT AND ADD HONEY
- ♥ TOP WITH FRUIT OF CHOICE.

MOROCCAN COUSCOUS WITH CHICKPEAS

1 TBSP OLIVE OIL
1 SHALLOT, MINCED
1 TSP RAS EL HANOUT SEASONING
2 GARLIC CLOVES, MINCED
1 CUP VEG STOCK
1 CUP COUSCOUS
1/2 CUP GOLDEN RAISINS
1 CAN CHICKPEAS, DRAINED AND RINSED
FETA CHEESE (OPTIONAL)
2 TBSP MINCED FRESH MINT
2 TBSP MINCED FRESH CORIANDER

♥ IN A MEDIUM SKILLET, ADD OLIVE OIL AND SET OVER MEDIUM HEAT

♥ WHEN THE OIL IS HOT ADD THE SHALLOT AND RAS EL HANOUT. SAUTE UNTIL THE SHALLOT STARTS TO SOFTEN BUT NOT BROWN

♥ ADD IN THE GARLIC AND SAUTE FOR ANOTHER 30 SECONDS

♥ POUR IN THE VEG STOCK, TURN THE HEAT TO HIGH AND BRING TO A BOIL

♥ WHEN THE VEG STOCK IS BOILING, TAKE THE SKILLET OFF THE HEAT. ADD IN THE COUSCOUS, RAISINS AND STIR TO COMBINE

♥ ADD A LID TO THE SKILLET AND LET SIT FOR AT ABOUT 10 MINUTES

♥ REMOVE THE LID TO FLUFF THE COUSCOUS. STIR IN THE CHICKPEAS, FRESH MINT, CORIANDER AND SPRINKLE ON TOP WITH FETA CHEESE.





ADELLE'S MOROCCAN COUSCOUS

1 CUP DRY COUSCOUS
1 1/2 CUPS VEGETABLE BROTH OR WATER
1 CAN CHICKPEAS, DRAINED AND RINSED
1 TBSP GROUND CORIANDER
1 TSP GARLIC POWDER
1/2 CUP FRESH BASIL
2 TBSP SULTANAS
1 TBSP EXTRA VIRGIN OLIVE OIL
1 TBSP LEMON JUICE
CORIANDER TO GARNISH

♥ ADD COUSCOUS AND VEGETABLE BROTH TO A 4-QUART SAUCEPAN, COVER, AND BRING TO A BOIL OVER HIGH HEAT. ONCE BOILING, UNCOVER, REDUCE THE HEAT TO LOW, AND SIMMER FOR 10 MINUTES, OR UNTIL THE COUSCOUS IS TENDER AND THE LIQUID IS ABSORBED

♥ ONCE FULLY COOKED, DRAIN ANY EXCESS LIQUID FROM THE SAUCE PAN IF NEEDED. IF THE COUSCOUS ISN'T FULLY COOKED BY THE TIME THE LIQUID IS ABSORBED, ADD 1/2 CUP OF WATER AND CONTINUE COOKING

♥ AFTER THE COUSCOUS IS COOKED, REMOVE THE SAUCEPAN FROM HEAT AND STIR IN CHICKPEAS, CORIANDER, GARLIC POWDER, BASIL, SULTANAS, EXTRA VIRGIN OLIVE OIL, AND LEMON JUICE

♥ TRANSFER COUSCOUS TO A SERVING DISH AND GARNISH WITH CORIANDER.

WEEK 4 CHALLENGE

"HAPPINESS IS THE HIGHEST FORM OF HEALTH"

USE ONLY THESE 5 INGREDIENTS:

375G POLENTA (CORNMEAL)
BUTTERNUT SQUASH
2 SWEET POTATOES
250G PITTED DATES
2 ORANGES

BUTTERNUT SQUASH POLENTA

1 SMALL BUTTERNUT SQUASH, HALVED LENGTHWISE, SEEDS REMOVED
1 TBSP OLIVE OIL, PLUS EXTRA FOR SERVING
SALT AND PEPPER
1 SMALL ONION, CHOPPED FINE
1 1/2 TSP MINCED FRESH SAGE
1/2 TSP GROUND NUTMEG
5 CUPS WATER
1 BAY LEAF
PINCH OF BAKING SODA
1 CUP WHOLE GRAIN COARSE-GROUND CORNMEAL
1 OZ. PARMESAN CHEESE, GRATED, PLUS EXTRA FOR SERVING
2 TBSP PEPITAS AND 2 TBSP BALSAMIC VINEGAR FOR SERVING

♥ HEAT OVEN TO 200C. LINE BAKING SHEET WITH FOIL.
BRUSH SIDES OF SQUASH WITH OIL, SEASON WITH SALT AND PEPPER
AND BAKE UNTIL DEEP GOLDEN BROWN FOR 45 MINUTES





♥ REMOVE SQUASH FROM OVEN AND LET COOL FOR 45 MINUTES. SCOOP FLESH OF SQUASH INTO BOWL AND SET ASIDE

♥ HEAT REMAINING 1 TBSP OIL IN LARGE SAUCEPAN OVER MEDIUM HEAT UNTIL SHIMMERING. ADD ONION AND 1/2 TSP SALT AND COOK UNTIL SOFTENED AND LIGHTLY BROWNED, 5 TO 7 MINUTES

♥ ADD SAGE AND NUTMEG AND COOK FOR 1 MINUTE

♥ STIR IN WATER, BAY LEAF, 1/2 TSP PEPPER, AND BAKING SODA AND BRING TO BOIL. SLOWLY POUR CORNMEAL INTO WATER IN STEADY STREAM WHILE STIRRING BACK AND FORTH WITH WOODEN SPOON OR RUBBER SPATULA. BRING MIXTURE TO BOIL, STIRRING CONSTANTLY, ABOUT 1 MINUTE. REDUCE HEAT TO LOWEST SETTING AND COVER

♥ AFTER 5 MINUTES, WHISK POLENTA TO SMOOTH OUT ANY LUMPS THAT MAY HAVE FORMED, ABOUT 15 SECONDS (MAKE SURE TO SCRAPE DOWN SIDES AND BOTTOM OF SAUCEPAN)

♥ COVER AND CONTINUE TO COOK, WHISKING OCCASIONALLY, UNTIL POLENTA GRAINS ARE TENDER BUT SLIGHTLY AL DENTE, ABOUT 25 MINUTES LONGER

♥ STIR IN COOKED SQUASH, INCREASE HEAT TO MEDIUM-LOW, AND COOK, STIRRING OCCASIONALLY, UNTIL SQUASH IS WELL INCORPORATED, ABOUT 5 MINUTES

♥ OFF HEAT, STIR IN PARMESAN AND SEASON WITH SALT AND PEPPER TO TASTE. COVER AND LET SIT FOR 5 MINUTES

♥ SERVE, TOPPING INDIVIDUAL PORTIONS WITH EXTRA PARMESAN, PEPITAS, AND A DRIZZLE OF BALSAMIC VINEGAR.

AMILAH'S RAVA LADHUS

1 CUP CORNMEAL
1 CUP SUGAR
1 TBSP CARDAMON POWDER
1/4 CUP HOT MILK
100G PITTED DATES
ORANGE ZEST
3/4 CUPS GHEE

♥ FRY DATES AND KEEP ASIDE

♥ ON A PAN OVER MEDIUM HEAT COMBINE CORNMEAL,
SUGAR, CARDAMON POWDER, HOT MILK, PITTED DATES,
ORANGE ZEST, GHEE

♥ MIX WELL TO FORM DOUGH. SET TO COOL

♥ MAKE INTO SMALL BALLS.





ADELLE'S SWEET POTATO CHIPS

2 SWEET POTATOES
1/2 TSP SALT
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
GROUND BLACK PEPPER (OPTIONAL)
CORIANDER TO GARNISH (OPTIONAL)

- ♥ PREHEAT THE OVEN TO 200C
- ♥ LINE TWO LARGE, RIMMED BAKING SHEETS WITH PARCHMENT PAPER
- ♥ PEEL THE SWEET POTATOES AND CUT THEM INTO CHIP-SHAPED PIECES
- ♥ SPRINKLE THE SWEET POTATO FRIES WITH SALT, DRIZZLE THE OLIVE OIL OVER THE CHIPS
- ♥ ARRANGE YOUR CHIPS IN A SINGLE LAYER AND BAKE FOR 20 MINUTES, THEN FLIP THE CHIPS SO THEY CAN COOK ON ALL SIDES
- ♥ BAKE FOR ANOTHER 10 TO 20 MINUTES, OR UNTIL THE CHIPS ARE CRISPY
- ♥ SPINKLE ON SOME BLACK PEPPER AND GARNISH WITH CORIANDER (OPTIONAL) AND SERVE.

ORANGE BLOSSOM AND ALMOND POLENTA

1 SEEDLESS SWEET ORANGE WITH SKIN
ORANGE BLOSSOM WATER
3 EGGS
70ML VEGETABLE OIL
100G CUP BROWN SUGAR
250G SELF RAISING FLOUR (ALTERNATIVELY USE
125G POLENTA AND 125G ALMOND FLOUR)

- ♥ PREHEAT OVEN TO 170C
- ♥ BLEND TOGETHER THE ORANGE, EGGS, OIL, SUGAR AND ORANGE BLOSSOM WATER
- ♥ PUT THE BLENDED MIXTURE IN A BOWL AND SLOWLY INCORPORATE THE FLOUR WITHOUT OVERMIXING
- ♥ POUR THE BATTER INTO A 9 X 5-INCH PAN, PREVIOUSLY GREASED AND FLOURED
- ♥ BAKE FOR 40 MINUTES OR UNTIL FULLY COOKED.





WEEK 5 CHALLENGE

"FOOD IS THE INGREDIENT
THAT BINDS US TOGETHER"

USE ONLY THESE 5 INGREDIENTS:

500G SPAGHETTI / PASTA
500G TOMATO PASSATA
400G TIN RED KIDNEY BEANS
125G TIN MACKEREL
180G CAPERS

LEMON MACKEREL SPAGHETTI

1 TBSP LIGHT OLIVE OIL
150G DRIED SPAGHETTI
2 FRESH MACKEREL FILLETS
3 GARLIC CLOVES, SLICED OR CHOPPED
1 RED CHILLI, FINELY CHOPPED
2 TBSP MINIATURE CAPERS, RINSED AND DRAINED
30G FLAT LEAF PARSLEY, LEAVES CHOPPED
ZEST AND JUICE OF 1 LEMON

♥ HEAT OIL IN A FRYING PAN, ADD GARLIC, SALT AND COOK FOR 2 MINUTES, ADD CHILLI, CAPERS AND BLACK PEPPER. COOK THE SPAGHETTI. HEAT THE GRILL AND COOK THE MACKEREL SKIN-SIDE UP UNTIL GOLDEN, FLIP AND COOK FOR 1 MINUTE AND SET ASIDE

♥ DRAIN THE SPAGHETTI AND ADD TO THE FRYING PAN, THEN ADD THE FISH, BREAKING IT UP INTO LARGE FLAKES. ADD THE PARSLEY, LEMON ZEST AND LEMON JUICE.

MARISA'S TOMATO PASTA WITH TAPANADE TOPPING

TAPANADE TOPPING

1/2 CUP OLIVES

1 TSP FINELY MINCED FRESH GARLIC

2 TSP FRESH LEMON JUICE

1/2 TSP COARSE BLACK PEPPER

2 TBSP CAPERS

1/2 CUP FRESH FLAT LEAF PARSLEY, DRAINED

2–4 TBSP OLIVE OIL

- ♥ MAKE PASSATA WITH HERBS AND SPICES OF YOUR CHOICE
- ♥ MIX ALL TAPANADE TOPPING INGREDIENTS IN FOOD PROCESSOR
- ♥ TOP OVER WARM PASTA WITH OLIVE OIL.





ROASTED CHICKPEAS SALAD WITH MACKEREL AND CAPERS

1 RED ONION DICED
5 FRESH MINT LEAVES
2 TBSP LEMON JUICE
2 TSP EXTRA VIRGIN OLIVE OIL
PINCH SEA SALT

FOR THE ROASTED CHICKPEAS:

1 CUP CHICKPEAS (YOU CAN USE CANNED)
1 TSP TURMERIC POWDER
1/2 TSP CUMIN
1/4 TSP CAYENNE
2 TSP COCONUT OIL

♥ PREHEAT THE OVEN TO 175C AND ADD THE CHICKPEAS ONTO A BAKING SHEET WITH PARCHMENT PAPER

♥ ADD THE SPICES AND DRIZZLE WITH COCONUT OIL, TOSS TO COMBINE AND ROAST FOR 20 MINUTES, UNTIL THEY TURN CRUNCHY ON THE OUTSIDE

♥ REMOVE FROM THE OVEN AND SET ASIDE TO COOL

♥ IN A LARGE BOWL ADD THE ONION, MACKEREL, KIDNEY BEANS, CAPERS, MINT, CHICKPEAS AND MIX TO COMBINE

♥ DRIZZLE WITH LEMON JUICE AND OLIVE OIL, AND SEASON WITH SALT

♥ SET ASIDE FOR 10 MINUTES FOR FLAVOURS TO COMBINE, THEN SERVE.

WEEK 6 CHALLENGE

"TAKE CARE OF YOUR BODY.
IT'S THE ONLY PLACE YOU HAVE TO LIVE"

USE ONLY THESE 5 INGREDIENTS:

200G GRAM FLOUR
350G BROCCOLI
400G TIN CHICKPEA/BUTTER BEANS
500G NATURAL YOGURT
100G SPRING ONIONS

CURRIED BROCCOLI CHICKPEA SALAD

1 HEAD OF BROCCOLI, VERY FINELY CHOPPED
1 CAN CHICKPEAS, RINSED AND DRAINED
2 TBSP CRANBERRIES
2 CARROTS
1 BUNCH SPRING ONIONS, CHOPPED
1/2 CUP CHOPPED FRESH CORIANDER

FOR THE DRESSING:

1/4 CUP TAHINI
1/2 LARGE LEMON, JUICED
3–5 TBSP WARM WATER, TO THIN DRESSING
1 CLOVE GARLIC, FINELY MINCED
1–2 TSP PURE MAPLE SYRUP, TO SWEETEN
1 TSP CURRY POWDER
1/2 TBSP FRESHLY GRATED GINGER
1/2 BSP GROUND TURMERIC
1/2 TSP SALT
FRESHLY GROUND BLACK PEPPER





♥ IN A LARGE BOWL, ADD FINELY CHOPPED BROCCOLI, CHICKPEAS, CARROT, CRANBERRIES, GREEN ONION, AND CILANTRO. SET ASIDE

♥ MAKE THE DRESSING BY WHISKING TOGETHER THE FOLLOWING INGREDIENTS IN A SMALL BOWL: TAHINI, LEMON JUICE, WATER, GARLIC, MAPLE SYRUP, CURRY POWDER, GINGER, TURMERIC, SALT AND PEPPER

♥ IMMEDIATELY DRIZZLE OVER SALAD AND TOSS TO COMBINE. SPRINKLE ALMONDS ON TOP AND TOSS A FEW MORE TIMES

♥ SERVE IMMEDIATELY WITH FRESH SQUEEZE OF LEMON OR PLACE IN THE FRIDGE FOR LATER. SALAD WILL KEEP WELL UP TO 5 DAYS.

MARISA'S SPANISH BUTTER BEANS WITH FLATBREAD

FOR SPANISH BUTTER BEANS: 400G BUTTER BEANS, SPRING ONIONS, 1 TBSP OLIVE OIL, PAPRIKA, CHILLI POWER, SALT, TO TASTE, 1 CUP PASSATA, 1/2 TSP SUGAR.

FOR FLATBREADS: 1 CUP CHICKPEA FLOUR, 1/2 CUP NATURAL YOGURT, 2 TSP BAKING POWDER, 1 TSP SALT, GHEE.

♥ FOR SPANISH BUTTER BEANS: FRY THE SPRING ONION WITH GARLIC IN OLIVE OIL AND ADD PAPRIKA, CHILLI POWDER AND SALT TO TASTE

♥ ADD 1 CUP PASSATA AND 1/2 TSP SUGAR AND COOK DOWN UNTIL THICK

♥ ADD THE BUTTER BEANS AND SIMMER FOR A FEW MINUTES

♥ FOR FLATBREADS: MIX TOGETHER 1 CUP CHICKPEA FLOUR, 1/2 CUP NATURAL YOGURT 2 TSP BAKING POWDER AND 1 TSP SALT

♥ FORM A BALL AND, DIVIDE AND FLATTEN WITH ROLLER

♥ LIGHTLY COVER IN GHEE AND FRY IN A FRYING PAN FOR 2 MINUTES ON EACH SIDE. AND THEN SERVE TOGETHER.





MOMOTA'S BESAN PAKORAS, FRIED BROCCOLI WITH SALAD, MINT SAUCE AND YOGURT DIP

1 CUP CHICKPEA FLOUR
SPRING ONION AND CORIANDER
SALT, GREEN CHILLI, MIXED CURRY POWDER, TO TASTE
350G BROCCOLI
400G TIN BUTTER BEANS
1 CUCUMBER
GREEN CHILLI TO TASTE
1 TBSP LEMON JUICE
450G NATURAL YOGURT
1 TBSP COLEMAN'S MINT SAUCE
1 TSP RASPBERRY
1 TSP HONEY

♥ FOR BESAN PAKORA: MIX CHICKPEA FLOUR, SPRING ONION, CORIANDER, SALT, GREEN CHILLI, MIX CURRY POWDER AND FRY IN SHALLOW OIL

♥ FOR FRIED BROCCOLI: MIX BROCCOLI, CHICKPEA FLOUR, CHILLI POWDER AND SALT AND FRY

♥ FOR SALAD: MIX BUTTER BEANS, CUCUMBER, GREEN CHILLI, SALT, LEMON JUICE, SPRING ONION

♥ FOR MINT SAUCE: MIX YOGURT, COLEMAN'S MINT SAUCE, GREEN CHILLI AND SALT

♥ FOR NATURAL YOGURT DIP: MIX NATURAL YOGURT, RASPBERRY AND HONEY.

WEEK 7 CHALLENGE

"WHEN DIET IS WRONG, MEDICINE IS OF NO USE.
WHEN DIET IS CORRECT, MEDICINE IS OF NO NEED"

USE ONLY THESE 5 INGREDIENTS:

2 GREEN APPLES
200G RICE VERMICELLI
1 CUCUMBER
200G SALTED ROASTED PEANUTS
360G BEANSPOUTS

VIETNAMESE SOYA MEAT & RICE NOODLE SALAD

200G RICE VERMICELLI
2 HANDFULS BEAN SPROUTS
1 SMALL CUCUMBER, THINLY SLICED
1/4 CUP CHOPPED ROASTED PEANUTS, PLUS MORE FOR GARNISH
1 CUP OF LETTUCE, FINELY CUT
3 TBSP FISH SAUCE AND RICE VINEGAR
1/2 CUP WATER
2 TBSP GRANULATED SUGAR
2 CLOVES GARLIC
1 RED CHILLI PEPPER
2 TBSP FRESH LIME JUICE
1 LB. SOYA MEAT
3 SLENDER LEMONGRASS STEMS, FINELY CHOPPED
2 TBSP FISH SAUCE
2 CLOVES GARLIC, PEELED AND CRUSHED
2 TBSP VEGETABLE OIL
1 SMALL WHITE OR RED ONION, THINLY SLICED
2 TSP SUGAR
PINCH OF SALT AND GROUND WHITE PEPPER





♥ BRING A POT OF WATER TO A BOIL. TOSS IN THE RICE NOODLES AND BOIL FOR 5 MINUTES. TURN OFF THE HEAT AND DUMP INTO A COLANDER AND RINSE UNDER COLD WATER, SET ASIDE AT ROOM TEMPERATURE

♥ IN A DRY WOK OR LARGE SKILLET OVER MEDIUM HEAT, STIR-FRY OR SHAKE THE PEANUTS JUST UNTIL AROMATIC AND CRUSH THE PEANUTS IN A MORTAR. IN A LARGE BOWL, TOSS THE BEAN SPROUTS, CUCUMBER AND LETTUCE

♥ DIPPING SAUCE: IN A SMALL SAUCEPAN OVER MEDIUM HEAT, STIR TOGETHER THE FISH SAUCE, RICE VINEGAR, WATER, AND SUGAR AND HEAT UNTIL BUBBLES JUST BEGIN TO FORM. REMOVE FROM HEAT AND LET COOL. ADD THE GARLIC, CHILLI, AND LIME JUICE TO THE MIXTURE

♥ SOYA MEAT: ADD PRE-SOAKED SOYA MEAT IN A BOWL WITH 2 TBSP CHOPPED LEMONGRASS, FISH SAUCE AND HALF THE GARLIC. MARINATE FOR 10 MINUTES

♥ IN A WOK STIR FRY THE ONION, REMAINING LEMONGRASS, AND REMAINING GARLIC JUST UNTIL FRAGRANT, 2 MINUTES. INCREASE THE HEAT TO HIGH, ADD THE SOYA MEAT, AND STIR-FRY FOR 2 MINUTES. TRANSFER TO A PLATE. REPEAT WITH THE REMAINING SOYA MEAT BUT LEAVE IT IN THE WOK

♥ RETURN THE FIRST BATCH OF BEEF AND VEGETABLES TO THE WOK, SEASON WITH THE SUGAR, SALT, AND PEPPER, AND STIR-FRY UNTIL WARMED THROUGH. REMOVE FROM THE HEAT

♥ SALAD: DIVIDE THE RICE NOODLES AMONG 4 BOWLS, TOP WITH VEGETABLE MIXTURE, AND SPRINKLE WITH THE CRUSHED PEANUTS. PILE SOYA MEAT ON TOP AND SPRINKLE WITH REMAINING PEANUTS. PLACE DIPPING SAUCE ON THE SIDE FOR DRIZZLING.

OLIVIA'S SIMPLE STIR FRY

200G RICE VERMICELLI NOODLES
1 ONION
CHILLI POWDER, TO TASTE
1 TBSP SOY SAUCE
2 GARLIC CLOVES
1 CUCUMBER
HANDFUL OF SALTED ROASTED PEANUTS

- ♥ STIR FRY ONION AND CUCUMBER
- ♥ ADD SOYA SAUCE, GARLIC AND CHILLI
- ♥ BOIL NOODLES AND MIX WITH THE STIR FRY
- ♥ GARNISH WITH A HANDFUL OF CRUSHED PEANUTS.





COLLEEN'S PAD THAI

200G RICE VERMICELLI NOODLES
1 ONION
2 GARLIC CLOVES
1 TSP GINGER PASTE
100G BEANSPROUTS
HANDFUL OF SALTED ROASTED PEANUTS
FOR THE SAUCE:
3 TBSP FISH SAUCE
3 TBSP BROWN SUGAR
3 TBSP VINEGAR
1 TBSP SOYA SAUCE

- ♥ COOK RICE NOODLES FOLLOWING PACKAGE INSTRUCTIONS
- ♥ FRY ONION, GARLIC AND GINGER IN PAN
- ♥ ADD COOKED NOODLES AND SAUCE
- ♥ ADD BEANSPROUTS AND PEANUTS.

WEEK 8 CHALLENGE

"IN THIS PLATE OF FOOD, I SEE THE ENTIRE UNIVERSE SUPPORTING MY EXISTENCE"

USE ONLY THESE 5 INGREDIENTS:

250G MASCARPONE CREAM
2 NECTARINES
1 MANGO
100G DARK CHOCOLATE
375G PUFF PASTRY

NECTARINE PUFF PASTRY TART

1 SHEET STORE-BOUGHT PUFF PASTRY
3 FRESH NECTARINES, SLICED
2 TBSP UNSALTED BUTTER, MELTED
1 TBSP GRANULATED SUGAR
1/2 TSP GROUND CINNAMON

♥ PREHEAT OVEN TO 200C. LINE A SHEET PAN WITH PARCHMENT PAPER. ROLL PUFF PASTRY INTO DISH AND FOLD OVER 1/2-INCH BORDER OF DOUGH ON ALL SIDES

♥ LAY NECTARINE SLICES ON TOP OF THE PUFF PASTRY AND BRUSH WITH BUTTER. SPRINKLE WITH SUGAR AND CINNAMON

♥ BAKE UNTIL EDGES OF THE TART ARE GOLDEN, ABOUT 25 MINUTES

♥ LET COOL FOR A FEW MINUTES, THEN SLICE AND SERVE WITH WHIPPED CREAM OR ICE CREAM, IF DESIRED.





MARISA'S NECTARINE ROSES

1 PACKET PUFF PASTRY
2 NECTARINES
1 EGG, BEATEN, FOR BRUSHING
1 EGG
GRANULATED SUGAR, TO TASTE
CINNAMON, TO TASTE

- ♥ PREHEAT OVEN TO 200C
- ♥ CUT THE NECTARINES IN VERY THIN SLICES AND SET ASIDE. GREASE A MUFFIC TRAY WITH BUTTER AND DUST WITH FLOUR TO MAKE SURE THE ROSES WON'T STICK
- ♥ ON A FLOURED SURFACE ROLL THE PASTRY AND BRUSH WITH EGG AND SPRINKLE SUGAR AND CINNAMON TO TASTE
- ♥ CUT THE DOUGH INTO 8 EQUAL STRIPS AND ARRANGE ONE LAYER OF NECTARINE SLICES (ABOUT 5 OR 6 SLICES) OVER EACH PIECE OF DOUGH
- ♥ FOLD UP THE BOTTOM PART OF THE DOUGH AND BRUSH WITH EGG. ADD MORE SUGAR AND CINNAMON IF DESIRED
- ♥ ROLL AND PLACE ON THE PREPARED MUFFIN TRAY AND BAKE FOR 45 MINUTES UNTIL PUFFED AND GOLDEN
- ♥ REMOVE FROM THE OVEN AND LET REST ON THE TRAY FOR 10 MINUTES BEFORE REMOVING. TRANSFER TO COOLING RACK
- ♥ SERVE WARM AND ENJOY.

WEEK 9 CHALLENGE

"IF YOU LOOK FOR POSITIVE THINGS IN LIFE,
YOU WILL FIND THEM"

USE ONLY THESE 5 INGREDIENTS:

1 PLANTAIN
1 ROMAINE LETTUCE
410G EVAPORATED MILK
2 PEARS
200G STONEGROUND WHOLE
WHEAT ATTA FLOUR

SWEET PLANTAIN CAKE

3 LARGE RIPE YELLOW PLANTAINS
6 EGGS
1 TSP BAKING SODA

♥ PREHEAT OVEN TO 190C

♥ PEEL PLANTAINS. COMBINE ALL INGREDIENTS IN A BLENDER
OR LARGE FOOD PROCESSOR AND BLEND UNTIL SMOOTH

♥ POUR INTO WELL-SEASONED AND OILED 12-INCH CAST IRON PAN
(OR 9-INCH ROUND CAKE PAN) AND BAKE FOR 30 MINUTES.





WEST AFRICAN CINNAMON PLANTAIN CAKE

WET INGREDIENTS: 2 OVERRIPE PLANTAINS, MASHED, 2 EGGS, 125ML VEGETABLE OIL, 100ML MILK, 2 EGG WHITES.

DRY INGREDIENTS: 250G SELF-RAISING FLOUR, 225G CASTER SUGAR, 2 TSP GROUND CINNAMON, 1 TSP BAKING POWDER.

- ♥ PREHEAT THE OVEN TO 160C. GREASE AND LINE TWO 8-INCH CAKE TINS
- ♥ MIX THE MASHED PLANTAINS WITH THE 2 EGGS, OIL AND MILK UNTIL WELL COMBINED
- ♥ IN A SEPARATE BOWL, MIX TOGETHER THE FLOUR, SUGAR, CINNAMON AND BAKING POWDER
- ♥ ADD THE WET INGREDIENTS TO THE DRY INGREDIENTS AND MIX UNTIL WELL COMBINED AND LUMP FREE. WHISK THE EGG WHITES UNTIL JUST STIFF AND USE A SPATULA TO GENTLY FOLD IN THE EGG WHITES
- ♥ SPLIT THE CAKE MIXTURE EVENLY BETWEEN THE TWO CAKE TINS. BAKE IN THE OVEN FOR ABOUT 30 MINUTES, OR UNTIL A SKEWER INSERTED INTO THE CAKES COMES OUT CLEAN
- ♥ REMOVE THE CAKES FROM THE OVEN, LET COOL IN THE TINS FOR 5 MINUTES BEFORE COOLING COMPLETELY ON A WIRE RACK
- ♥ SERVE PLAIN/WITH SOME ICE CREAM, WHIPPED CREAM AND FRUITS.

MAHIDA'S POACHED PEARS IN SUGARED SYRUP WITH FRIED PLANTAIN

FOR THE POACHED PEARS: 250ML WATER

75G CASTER SUGAR

1 CINNAMON STICK

1/2 TSP VANILLA

1/2 LEMON JUICE

2 PEARS

FOR THE FRIED PLANTAIN: 2 RIPE PLANTAINS

2 TBSP OF OIL

SALT (OPTIONAL)

♥ POACHED PEARS: PLACE ALL THE INGREDIENTS (EXCEPT THE PEARS) IN A STAINLESS STEEL SAUCEPAN, BUT DO NOT TURN ON THE HEAT. NOW PEEL THE PEARS, ADD THEM TO THE PAN ONCE THEY ARE PEELED

♥ PLACE PAN ONTO THE STOVE AND BRING TO THE BOIL, THEN REDUCE TO A SIMMER AND COOK THE PEARS CAREFULLY

♥ ONCE COOKED, REMOVE THE PAN FROM THE HEAT AND ALLOW THE PEARS TO COOL IN THE SUGAR SYRUP. THEY CAN BE SERVED HOT OR COLD

♥ FOR FRIED PLANTAIN: PEEL PLANTAINS AND CUT INTO 2 LONG SLICES

♥ HEAT THE OIL ON A MEDIUM HEAT AND ADD THE PLANTAINS AND FRY FOR 1 MINUTE ON EACH SIDE

♥ REMOVE FROM PAN WHEN DONE AND PLACE ON TOP OF A PAPER TOWEL, THEN SERVE. ADD SALT, IF YOU WISH.





WEEK 10 CHALLENGE

"THE BEST 6 DOCTORS ARE;
SUNSHINE, WATER, REST, AIR, EXERCISE, DIET"

USE ONLY THESE 5 INGREDIENTS:

2 RAW BEETROOTS
400G TIN ROSECOCO BEANS
280G JAR SUNDRIED TOMATOES
120G TIN SARDINE IN OIL
500G GNOCCHI

ROSECOCO BEAN GNOCCHI

3 TBSP BUTTER ROOM TEMPERATURE
1 1/2 TSP GARLIC MINCED
2 OZ. PACKAGE GNOCCHI
1 TSP OLIVE OIL
1 CUP SUNDRIED TOMATOES HALVED
ROSECOCO BEANS
SARDINE
SALT AND BLACK PEPPER, TO TASTE

- ♥ COMBINE THE BUTTER, GARLIC, SALT AND PEPPER IN A SMALL BOWL
- ♥ COOK GNOCCHI ACCORDING TO DIRECTIONS, DRAIN AND SET ASIDE
- ♥ HEAT A LARGE PAN OVER MEDIUM HEAT AND LIGHTLY COAT WITH OLIVE OIL. ADD IN THE SUNDRIED TOMATOES, ROSECOCO BEANS, SARDINE AND STIR FOR 5 MINUTES
- ♥ ADD IN THE GNOCCHI AND BUTTER, AND TOSS TO COMBINE.

ADELLE'S BEETROOT FALAFEL

2 RAW BEETROOT
400G TIN ROSECOCO BEANS
1 ONION
1 TSP CUMIN
CORIANDER
SALT AND PEPPER, TO TASTE
FENNEL SEEDS

- ♥ MIX BEETROOT, BEANS AND ONION IN FOOD PROCESSOR
- ♥ ADD CUMIN, CORIANDER, SALT, PEPPER AND FENNEL SEEDS
- ♥ ROLL THEM INTO SMALL BALLS
- ♥ YOU CAN PLACE IN THE OVEN, OR SHALLOW FRY IT
- ♥ LET IT COOL SLIGHTLY AND THEN SERVE WITH A DIP.





GNOCCHI WITH FRESH TOMATO SAUCE

2 TBSP OLIVE OIL
1 MEDIUM SHALLOT, MINCED (ABOUT 1 OZ.)
2 TBSP MINCED GARLIC
6 CUPS HALVED ASSORTED CHERRY TOMATOES, DIVIDED
1/4 CUP CHOPPED FRESH BASIL
2 3/4 TSP KOSHER SALT
2 TSP HONEY
1/2 TSP GROUND BLACK PEPPER
1/2 TSP CRUSHED RED PEPPER
2 PACKAGES POTATO GNOCCHI
GARNISH: FRESH BASIL

♥ IN A 12-INCH CAST-IRON SKILLET, HEAT OIL OVER MEDIUM-HIGH HEAT. ADD SHALLOT AND GARLIC; COOK UNTIL SOFTENED, 3 TO 4 MINUTES. (REDUCE HEAT AS NECESSARY TO PREVENT OVERBROWNING)

♥ ADD 4 1/2 CUPS TOMATOES; COOK, STIRRING FREQUENTLY, UNTIL TOMATOES HAVE RELEASED THEIR JUICES AND MIXTURE HAS THICKENED, 15 TO 20 MINUTES

♥ STIR IN BASIL, SALT, HONEY, BLACK PEPPER, RED PEPPER, AND REMAINING 1 1/2 CUPS TOMATOES. ADD COOKED GNOCCHI, COOK UNTIL HEATED THROUGH. GARNISH WITH BASIL, IF DESIRED. SERVE IMMEDIATELY.

WHAT OUR CONTRIBUTORS SAY

"I AM A 33-YEAR-OLD MOTHER OF FOUR, AND AM PASSIONATE ABOUT FOOD. BEING PORTUGUESE I HAVE ALWAYS BEEN SURROUNDED BY DIFFERENT TYPES OF FOOD AND FLAVOURS. BEING MARRIED TO SOMEONE FROM BANGLADESH HAS OPENED UP MY PALATE TO A VARIETY OF SPICES. DOING THIS COOKING CHALLENGE HAS NOT ONLY BEEN A FUN WAY TO EAT HEALTHIER, BUT ALSO A WAY TO WORK WITHIN A BUDGET OR A HANDFUL OF INGREDIENTS."

♥ MARISA BOKSH



MORE FROM OUR CONTRIBUTORS

"I AM FROM THE PHILIPPINES, AND A MOTHER OF TWO (AALIYAH AND ZAKARIYYAH). I LOVE COOKING AND BAKING, AND CONSIDER MYSELF A FOODIE. MY LOVE FOR FOOD STARTED FROM MY ROOTS: I GREW UP HELPING MY MUM BAKE AND COOK FOR HER SMALL CATERING BUSINESS, LIKE MY PATERNAL GRANDMA. I LOVE TRYING DIFFERENT TYPES OF FOOD FROM DIFFERENT COUNTRIES.

I WAS SO DELIGHTED TO BE PART OF LEADERS IN COMMUNITY DURING LOCKDOWN. THIS CHALLENGE HELPED ME TO COPE WITH THE PANDEMIC. ESPECIALLY GIVING US OPPORTUNITY TO MEET OTHER PEOPLE FROM DIVERSE BACKGROUNDS. BEING PART OF COOK AND CREATE GAVE ME AND MY DAUGHTER SO MUCH EXCITEMENT EVERY WEEK.

I LEARNED HOW TO FREELY MIX UP SOME INGREDIENTS THAT I DON'T NORMALLY USE IN MY COOKING. THROUGH THIS PROGRAMME I STARTED TO THINK OF THE HEALTH BENEFITS OF INGREDIENTS THAT I USING, AND CONSIDER MY FAMILY'S HEALTH FIRST."

♥ ADELLE PERPETUA



MORE FROM OUR CONTRIBUTORS

“THE COOK AND CREATE CHALLENGE HAS HELPED ME TO BOND WITH MY 18 AND 16 YEAR OLD CHILDREN, IN A WAY THAT I DON’T THINK I WOULD HAVE.”

♥ MOMOTA BEGUM

“COOKING AND CREATING IS A GREAT ADDITION TO THE ACTIVITIES WITH MY BOYS.”

♥ JAHURA BEGUM

“I FOUND COOKING FUN AND I REALLY ENJOYED THE EXPERIENCE. IT WAS A GOOD WAY FOR US TO LEARN TO USE WHAT WE HAVE.”

♥ SARA KAMARAN



“THE COOK AND CREATE CHALLENGE HAS ENCOURAGED ME TO GROW MY OWN FRUIT AND VEGETABLES. GARDENING HAS BECOME A GREAT HOBBY FOR ME.”

♥ COLLEN BURDELL



“I HAVE BEEN VERY CRAFTY DURING THIS PERIOD; MAKING FRAMES AND JEWELLERY, AS WELL AS PRACTISING PILATES, AND ESPECIALLY COOKING! AND MONDAY HAS BECOME OUR HEALTHY EATING DAY!”

♥ MARISA BOKSH

“AT COOK AND CREATE I LEARNT SO MUCH, IT WAS REALLY FUN TO COOK WITH MY FRIENDS, AND MAKE NEW FRIENDS.”

♥ TALIA HILL

“I FOUND COOK AND CREATE FUN. I GOT TO MAKE NEW FRIENDS AND LEARN NEW SKILLS.”

♥ NADIA BOKSH

ABOUT LIC

LIC IS A GRASSROOTS ORGANISATION SET UP BY LOCAL YOUNG PEOPLE. UNLIKE MORE FORMALLY STRUCTURED INSTITUTIONS, WE HAVE THE UNIQUE ABILITY TO BE AGILE.

WITH 10+ YEARS EXPERTISE IN DELIVERING SOCIAL ACTION AND JOB READINESS PROGRAMMES, WE HAVE A DEDICATED TEAM READY TO SUPPORT BENEFICIARIES AND ADAPT AS AND WHEN THEIR NEEDS BECOME APPARENT.

2020 TOOK US IN THE DIRECTION OF WORKING TO ADDRESS THE CONSEQUENCES OF THE **COVID-19** PANDEMIC: LOSS OF STUDY TIME AND EXAM WORRIES, FOOD INSECURITY, JOB LOSSES, FINANCIAL HARDSHIP, ANXIETY AND STRESS CAUSED BY LIVING IN TIGHT QUARTERS WITH FAMILY, WITH OFTEN, LITTLE OR NO ACCESS TO GREEN SPACES.

TOWER HAMLETS IS ALREADY AN INCREDIBLY DEPRIVED AREA. IN COMPARISON TO THE REST OF THE COUNTRY, IT FEATURES THE HIGHEST RATE OF CHILD POVERTY OF ANY LOCAL AUTHORITY IN ENGLAND WITH AN ESTIMATED 57% OF CHILDREN LIVING IN POVERTY (LOUGHBOROUGH UNIVERSITY, 2019).

COOK AND CREATE IS A FOOD DISTRIBUTION PROGRAMME TO ENCOURAGE FAMILIES AND YOUNG PEOPLE TO COOK WELL-BALANCED, CREATIVE RECIPES FROM A WEEKLY MYSTERY BAG OF 5 INGREDIENTS.





WHAT NEXT?

FROM THE OUTSET WE FELT IT WAS IMPORTANT TO REMAIN A CONSTANT IN THE LIVES OF OUR YOUNG PEOPLE WITHIN THE WIDER COMMUNITY. THE EVER-CHANGING COVID-19 SITUATION HAS AFFECTED MANY VULNERABLE PEOPLE IN DIFFERENT WAYS. WITH THE NEW NORMS IT WAS CRUCIAL THAT YOUNG PEOPLE COULD CONTINUE TO ACCESS THEIR YOUTH WORKERS, MENTORS AND INTERACT WITH THEIR PEERS.

OUR EXPERIENCE FOUND THAT THE INTERACTIONS BETWEEN THE BENEFICIARY AND THEIR YOUTH WORKER HELP TO CONSTRUCT INFORMAL ENVIRONMENTS ENABLING YOUNG PEOPLE TO EXPRESS THEMSELVES. AS AN UNASSUMING AUTHORITY FIGURE, YOUTH AND COMMUNITY WORKERS ARE THE ADULTS THAT YOUNG PEOPLE FORM A CONNECTION WITH. THEY ARE ABLE TO ADVISE AND GUIDE THEM FROM AN ADULT POINT OF VIEW, PROVIDING A REMARKABLE WAY TO GET THROUGH TO MORE MEMBERS OF OUR COMMUNITY, AND THE MORE IN-NEED YOUNG PEOPLE.

OUR WORK WILL CONTINUE TO FOCUS ON NEW WAYS TO ENGAGE OUR COMMUNITY, WHETHER SOCIAL-DISTANCED OR VIA DIGITAL CHANNELS. WE HOPE THIS BOOK WILL SHARE OUR WORK, AND BRING OTHERS TOGETHER IN THE WONDERFUL WAY IT HAS FOR EVERYONE INVOLVED AT **COOK AND CREATE**, AND **LIC**.

GET IN TOUCH

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