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Celebrate the season with nutritious dishes that make hosting feel generous, vibrant and wonderfully simple.

Welcome to your digital recipe book

Inside, you'll find a hand-picked collection of simple, nourishing recipes to help you bring more flavour, colour and goodness to your Christmas dishes. Each one is designed to inspire you and make healthier eating feel indulgent.

How to use

Each recipe includes total time, servings, ingredients and clear, step-by-step directions. Before you start, take a quick read through so you know what's ahead and check the ingredients list for any prep work like chopping or soaking.

Recipe tips

Cooking isn't always about perfection, but curiosity. Taste as you go, season gently and adjust to your liking. These recipes are flexible, so feel free to swap ingredients based on what you already have at home or your preferred ingredient.

Leftovers

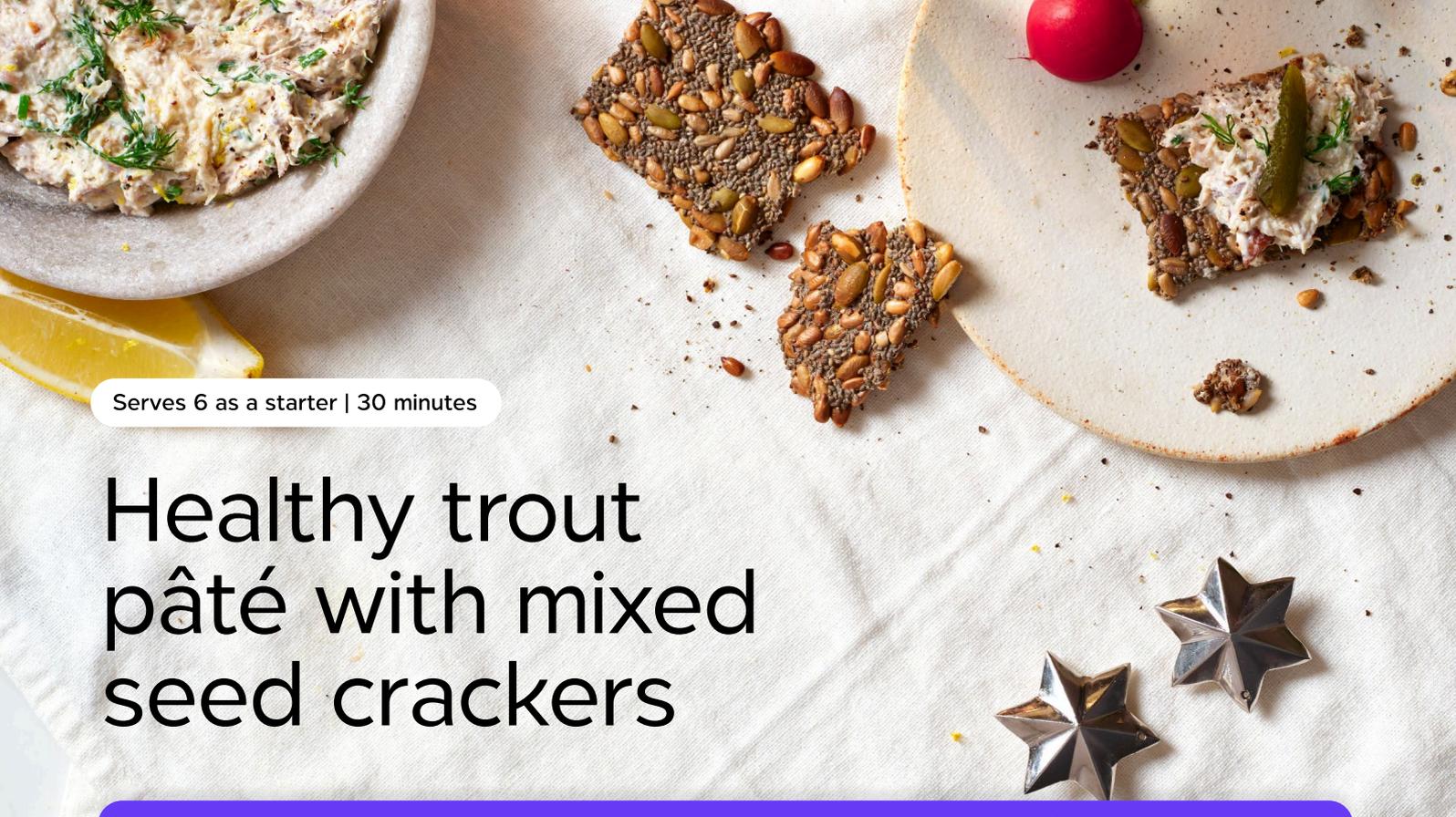
Cook once, eat twice. Most dishes will keep happily in the fridge for up to three days and often, the flavours taste even better the next day.

Small plates

Light bites to get
your festivities started

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Serves 6 as a starter | 30 minutes

Healthy trout pâté with mixed seed crackers

Per serving: Calories 385 kcal | Fat 29.3g | Saturated fat 6.6g | Carbohydrates 11.7g | Fibre 6.8g | Sugar 1.5g | Protein 22.8g

Method

1. Put all the seeds into a bowl, pour over the water, stir well and leave to soak for about 10 minutes while you heat the oven to 180°C. The mixture will thicken as the chia seeds start to gel.
2. In a medium bowl, mix the cream cheese, yoghurt, horseradish (if using) and a little black pepper. Finely zest the lemon over the top and squeeze in some juice. Flake in the trout and gently fold everything together, keeping some texture. Taste and adjust with more lemon or seasoning if needed before setting aside.
3. Line a baking tray with greaseproof paper and spoon the seed mixture on top. Spread it into a thin, even layer with the back of a spoon, making sure there are no gaps. Bake for 12 minutes, until the edges start to crisp.
4. Remove the tray and cut the sheet into cracker-sized pieces, then return them to the oven for a further 18 minutes, turning any that need it halfway through, until golden and crisp.
5. Let the crackers cool completely. Spoon the pâté into a serving bowl, top with chopped chives and picked dill fronds and serve with lemon wedges and your crisp homemade crackers.

Ingredients

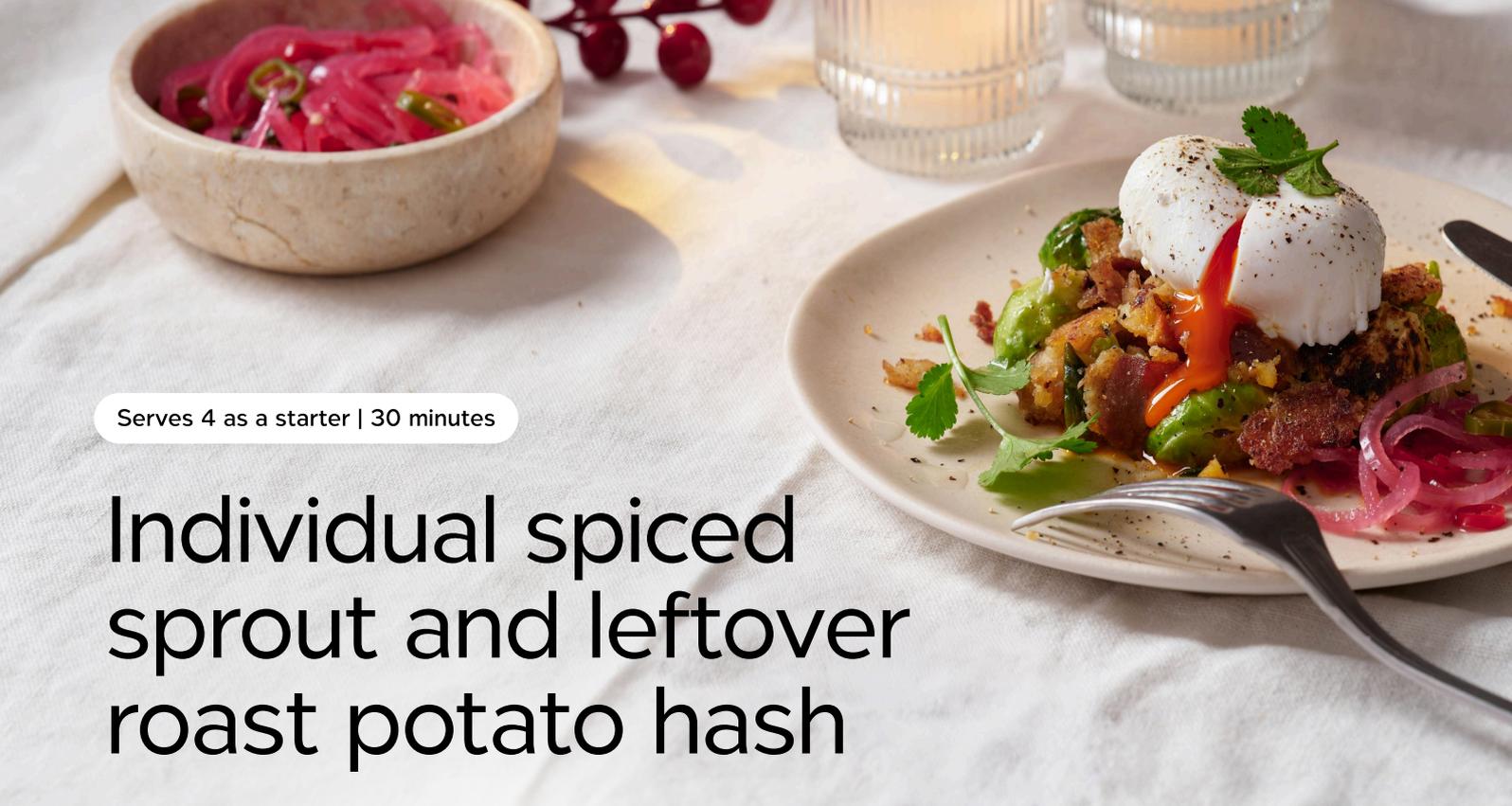
For the pâté:

300g smoked trout
10g chives, finely chopped
10g dill, finely chopped
1 lemon
75g cream cheese
2 tbsp natural yoghurt
1 tbsp freshly grated horseradish (optional)
Black pepper
Salt

For the crackers:

75g chia seeds
90g pumpkin seeds
90g sunflower seeds
250ml water
½ tsp sea salt





Serves 4 as a starter | 30 minutes

Individual spiced sprout and leftover roast potato hash

Per serving: Calories 304 kcal | Fat 15.7g | Saturated fat 3.1g | Carbohydrates 29.6g | Fibre 6.5g | Sugar 5.5g | Protein 12.6g

Method

1. Combine the vinegar and sugar in a small pan. Bring to the boil, then remove from the heat and leave to cool slightly.
2. Peel and finely slice the onion, then fry gently in a drizzle of olive oil over medium heat for 5 minutes until soft and lightly golden.
3. Chop the coriander stalks, saving the leaves for later. Add the stalks and spices to the pan and fry for 3 minutes, stirring until fragrant.
4. Bring a large pan of water to a simmer and add a tablespoon of vinegar for poaching later.
5. Add the potatoes and sprouts to the spice pan. Use a wooden spoon to press and break them up slightly, letting them catch and crisp before turning. Repeat until golden with plenty of crispy bits.
6. To make the quick pickle, finely slice the red onion and chillies, then pour over the warm vinegar and sugar mixture. Leave to infuse while you finish the hash.
7. Crack the eggs into the simmering water and poach for about 2½ minutes for runny yolks.
8. Divide the hash between four plates, top with a poached egg and scatter over the coriander leaves. Spoon over some pickle and add a drizzle of hot sauce if you like more heat.

Ingredients

For the hash:

- 1 medium onion
- ½ small bunch coriander
- 1 tsp ground cumin
- 1 tsp chilli powder
- 1 tsp ground coriander
- 1 tsp garam masala
- 400g cooked leftover Brussels sprouts
- 350g leftover roast potatoes
- 4 free-range eggs

For the pickle:

- 1 small red onion
- 100ml white wine vinegar
- ½ tbsp caster sugar
- 2 chillies, one red and one green



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Serves 6 as a starter | 25 minutes

Vegan Christmas leftover laksa

Per serving: Calories 315 kcal | Fat 11.9g | Saturated fat 9.0g | Carbohydrates 49.0g | Fibre 7.0g | Sugar 8.8g | Protein 6.3g

Method

1. Trim the lemongrass and roughly chop it with the ginger, garlic and shallots. Pick the coriander leaves and finely chop the stalks.
2. Place everything into a food processor with the chillies, lime leaves, sesame oil and coriander stalks, then blitz to a smooth paste.
3. Warm a little oil in a deep pan, add the paste and stir fry for a few minutes until fragrant.
4. Stir in the stock, coconut milk, soy sauce and peanut butter. Bring to the boil, then lower the heat and simmer gently for a few minutes.
5. Cook the noodles following the packet instructions, then drain and rinse under cold water. Blanch the beansprouts for 2 minutes, then add them to the broth along with your leftover vegetables.
6. Squeeze in the juice of one lime and taste for seasoning. Serve the hot laksa over noodles, topped with coriander and mint, extra chilli and lime wedges.

Ingredients

- 2 sticks lemongrass
- 5 cm piece ginger
- 4 cloves garlic
- 2 large shallots
- Handful lime leaves
- ½ bunch fresh coriander
- ½ bunch mint
- 1–2 bird's eye chillies
- 1 tbsp sesame oil
- 1 tbsp peanut butter
- 1 tbsp low-salt soy sauce
- 1 litre vegetable stock
- 400ml light coconut milk
- 160g rice noodles
- 200g beansprouts
- 600g leftover vegetables
- 2 limes

Main event

Heartwarming dishes
to gather around



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Serves 8 as main | 1½ hours

Roasted beetroot, feta and walnut tart

Per serving: Calories 345 kcal | Fat 22.8g | Saturated fat 3.5g | Carbohydrates 29.8g | Fibre 7.2g | Sugar 9.7g | Protein 11.1g

Method

1. Heat the oven to 200°C. Halve the beetroots and place on a large piece of foil with the vinegars, olive oil, salt and pepper. Wrap tightly and roast for 50 minutes or until tender before cooling slightly.
2. Toast the nuts and seeds (except chestnuts) for 5 minutes, then tip into a food processor with the remaining ingredients and blitz to a coarse crumb. Add a little water if it feels too dry. Roll out to a 28 cm circle on greaseproof paper and prick with a fork.
3. Once the beetroot are cool enough to handle, rub away the skins and slice into thin rounds.
4. Arrange the beetroot slices over the pastry, overlapping slightly. Scatter with feta, walnuts and thyme, then fold the pastry edges in to seal.
5. Bake for 20 to 25 minutes until golden and crisp. Serve warm with a winter salad.

Ingredients

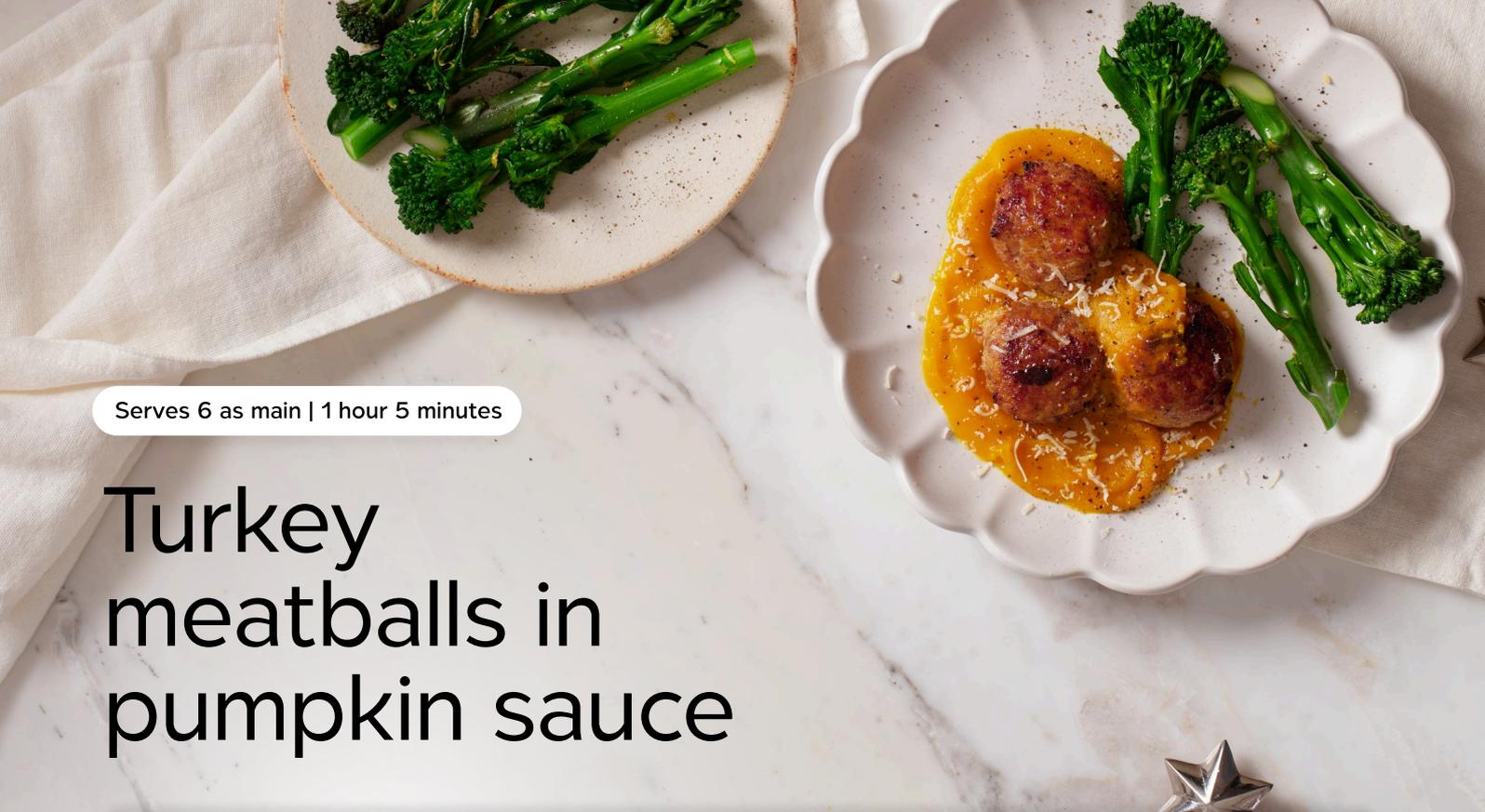
For the filling:

- 700g mixed heirloom beetroots
- 1 large onion
- 2 tbsp balsamic vinegar
- 1 tbsp cider vinegar
- Sea salt and cracked black pepper
- 50g feta, crumbled
- 50g walnuts, roughly chopped
- 1 bunch thyme

For the pastry:

- 100g pumpkin seeds
- 50g hazelnuts
- 50g walnuts
- 90g vacuum-packed chestnuts
- 100g buckwheat flour
- 2 tbsp olive oil
- Zest of 1 unwaxed lemon
- Small bunch lemon thyme, leaves picked
- Salt and pepper





Serves 6 as main | 1 hour 5 minutes

Turkey meatballs in pumpkin sauce

Per serving: Calories 272kcal | Fat 12.1g | Saturated fat 3.4g | Carbohydrates 21.7g | Fibre 2.2g | Sugar 6.3g | Protein 22.5g

Method

1. Peel and deseed the pumpkin, then cut into chunks before boiling in salted water for about 15 minutes until tender.
2. Tear the bread into a bowl, pour over the milk and leave to soak. Fry the onion and sage in olive oil until soft, then add to the bread with the turkey mince, salt and pepper. Mix well and roll into 18 meatballs. Chill while you make the sauce.
3. Reserve 500ml of the pumpkin cooking water and dissolve the stock cube in it. Add to the pan with the cooked pumpkin. Fry the remaining onion, garlic and chilli flakes until soft, then add to the pumpkin and blend until smooth.
4. Brown the meatballs in a pan, then pour over the pumpkin sauce. Simmer gently for 25 minutes until cooked through.
5. Sprinkle with parmesan and fried sage leaves. Serve with tenderstem broccoli or green beans.

Ingredients

For the meatballs:

100g bread
3 tbsp milk
1 onion, finely chopped
½ bunch sage, finely chopped
500g turkey mince
Salt and pepper
Olive oil

For the sauce:

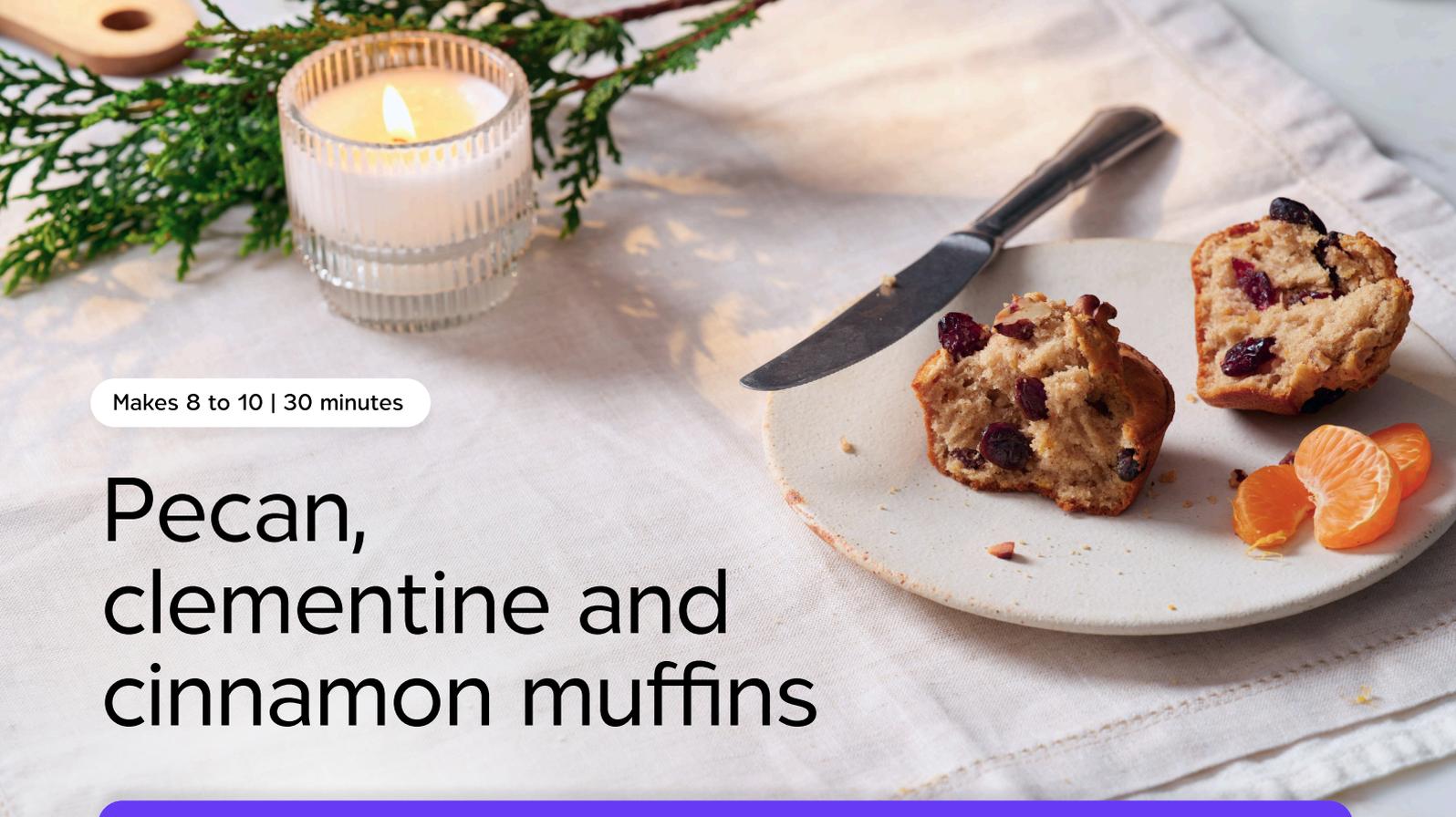
1 tbsp olive oil
1 onion, chopped
3 cloves garlic, chopped
Pinch chilli flakes
1 delica pumpkin, about 900g
1 chicken stock cube
Salt and pepper
20g parmesan, grated, to serve
Fried sage leaves, optional

Sweet treats

Joy in every bite

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Makes 8 to 10 | 30 minutes

Pecan, clementine and cinnamon muffins

Per serving: Calories 200 kcal | Fat 6.9g | Saturated fat 2.1g | Carbohydrates 32.3g | Fibre 2.2g | Sugar 12.0g | Protein 4.1g

Method

1. Heat the oven to 200°C and lightly grease a muffin tin.
2. Combine the flour, baking powder, cinnamon and mixed spice, before adding the clementine zest.
3. Squeeze the clementine juice into a jug, top up with milk to 125ml, then add the oil, maple syrup and egg. Lightly whisk.
4. Pour the wet ingredients into the dry and stir until just combined. Fold in the pecans and dried fruit, then spoon into the tin. Bake for 20 minutes until golden.

Ingredients

- 190g plain flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp mixed spice
- 2 clementines, zest and juice
- 50-100ml full-fat milk
- 2 tbsp coconut oil, melted
- 1 egg
- 1 tbsp maple syrup
- 50g pecans, chopped
- 120g dried fruit (cranberries, cherries or sultanas)





Serves 10 | 40 minutes

Vegan apple, pear and orange crumble

Per serving: Calories 180 kcal | Fat 8.8g | Saturated fat 1.9g | Carbohydrates 23.2g | Fibre 5.0g | Sugar 11.9g | Protein 4.1g

Method

1. Heat the oven to 180°C. Grease a baking dish with coconut oil. Peel, core and chop the apples and pears, then mix with the spices, orange zest, vanilla and maple syrup. Spoon into the dish.
2. For the topping, mix the oats, nuts and cinnamon in a bowl. Add the coconut oil and maple syrup, stirring until combined and crumbly.
3. Scatter the topping evenly over the fruit and bake for about 30 minutes until golden and bubbling. Serve warm with your choice of plant based cream.

Ingredients

For the filling

- 4 large eating apples
- 1 cooking apple
- 2 winter pears
- 1 orange
- 2 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp ground cloves
- 1 tbsp maple syrup
- 1 tsp vanilla extract

For the topping:

- 90g porridge oats
- 70g ground almonds
- 50g hazelnuts, chopped
- 50g almonds, chopped
- 1 tsp cinnamon
- 2 tbsp maple syrup
- 2 tbsp coconut oil, plus extra for greasing

Drinks

A toast to the season



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Makes 2 cocktails | 15 minutes

Spiced clementine sparkling cocktail

Per serving: Calories 156 kcal | Fat 0.3g | Saturated fat 0.0g | Carbohydrates 21.1g | Fibre 2.7g | Sugar 16.2g | Protein 0.9g

Method

1. Peel the clementine and add to a small pan with the spices, honey and 75ml water. Bring to the boil, then simmer for 5 minutes, breaking down the fruit slightly. Cool, then strain.
2. Pour the syrup into champagne coupes, top with sparkling wine and a splash of clementine juice. Add a twist of peel to garnish and a little port if using.

Ingredients

For the syrup:

- 1 cinnamon stick
- Freshly grated nutmeg
- 2 cloves
- 1 vanilla pod, split
- 1 tsp mace (optional)
- 1 clementine
- 1 tbsp honey

To serve:

- Prosecco or Nozeco
- Fresh clementine juice
- 25ml port (optional)
- Clementine peel curl, to garnish