



Hangover Smoothie

Geared to sort your head out, this speedy smoothie's packed with magnesium, potassium and useful vitamins to tone the pain down.

1. Peel, slice or break bananas up.
2. Tip into a tall plastic beaker/jug.
3. Add honey, yogurt, milk.
4. Blitz till smooth and frothy with a handblender (under a fiver from most supermarkets – also useful for soups etc).



2 large bananas
Drizzle of honey
or maple syrup
1 tablespoon natural or
vanilla yogurt
250ml milk or soy milk

Spicy Griddled Chicken

Heading out to see what's about? You need something fast, easy, filling, tasty, cheap – enjoy with rice or spuds and salad or slap in warm pitta with salad and hummus/natural yogurt.

1. Put the fillet on a board. Bash to flatten it a bit with palm of your hand or a rolling pin.
2. Mix the oil, spices, garlic, lemon, herb on a plate. Turn the chicken in the mix to coat. Leave it to pick up the flavours for a bit or use now. Don't use the chicken board for any other cooking – wash it well.
3. Heat a griddle pan (or a frying pan for second best) till well hot.
4. Slap the chicken down to cook for a few minutes before turning to cook the second side. Chicken has to be cooked right through (white, not pink) so poke it with a sharp knife to check it's done. Don't overcook though or it gets tough. Sprinkle with a little salt. Enjoy.

Note: If you're not into spices, use oil, lemon, herbs, garlic, seasoning.



1 chicken fillet
1 tablespoon olive or other oil
A big pinch of ground cumin
A big pinch of ground turmeric
1 clove garlic, crushed
A little sea salt
A squeeze of lemon (fresh or
good bottled)
A few leaves windowsill
coriander or other herb
(use a little dried if you like,
but it's stronger)



Firecracker Vegetable Sticky Rice

Get some of your 5-a-day in. Cook and chill rice ahead so it's all ready to go when you are...

1. Cook rice as packet directs. Drain. Cool on a plate. Chill immediately.
2. Prepare vegetables. Sit them on a plate, ready to go. Mix sauce ingredients.
3. Fry the first garlic slices gently in a few drops of oil in a small pan till just colouring. Set aside.
4. Heat a wok. Add oil. When smoky, add the second garlic, onion or shallots and chilli. Toss and stir-fry with a long handled spoon for 1–2 minutes.
5. Add the mushrooms, beans, pepper and cabbage. Stir-fry for 2–3 mins or till the beans soften.
6. Add optional nuts and rice. Heat and mix through till it's blistering hot. Add the sauce and coriander. Taste.
7. Tip into bowls. Top with garlic slices/basil.



110g Thai sticky Jasmine rice
2 cloves garlic, thinly sliced
2 tablespoons of oil
(groundnut, sunflower
or vegetable)

Stir-fry

1 small onion or 2 fat shallots,
finely chopped
1 clove garlic, thinly sliced
1 small red chilli, de-seeded
and finely chopped
110g button or chestnut
mushrooms, quartered
110g fine green beans trimmed,
chopped
1 red pepper, de-seeded and
cut in long thin slices
2–3 cabbage or other green
leaves, finely shredded
A few cashew or peanuts
(optional)

Finely chopped fresh coriander

Sauce

1 tablespoon soy sauce
1 teaspoon runny honey/sugar

Windowsill basil (optional)

