

# Eat Good, Feel Good,



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Charley's Health



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Hungry, Healthy, Happy

#### What is Good Food Mood?

When we think about the benefits of healthy eating, we tend to focus on the physical side of things. While eating well can most definitely help you knock a few seconds off that P.B. it's also hugely beneficial for our minds too. When we eat better, we feel better in all areas of life! It's as simple as that.

So if you're looking for a few extra recipes to help get you in a Good Food Mood, this recipe book should help. We've teamed up with some knowledgeable friends old and new to bring you the dishes that'll put a smile on your face. Bon appetit!



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# Roasted squash & carrot spread

This recipe always comes out tops. Only 5 minutes to prep, it's a delicious way to tick off a few portions of veg for the day.



**Prep time 5 mins** 



Cook time 40 mins



Feeds 5 people

#### Ingredients

1kg butternut squash, sliced into cubes

4 carrots, chopped

1 large red onion, sliced into quarters

3 garlic cloves

1 tsp oregano

Olive oil

Salt & pepper

Nairn's Flatbreads

#### Method

Pre-heat your oven to 200°C.

Prepare the butternut squash by slicing into cubes, keep the skin on but you can peel if you wish.

Add the squash, chopped carrots, red onion, garlic, oregano into a large baking tray and drizzle over olive oil along with a large pinch of salt and pepper.

Place in the oven for 35-40 minutes at 200°C until it's starting to colour.

Simply add all the ingredients to a blender and pulse until desired consistency.

Top your Nairn's Flatbreads or your favourite oatcake and enjoy.





James Wythe







## Caramelised onion hummus with roasted rainbow carrots

Hummus - is there anything it doesn't go with? Well, now we can add rainbow carrots to the long list of this dip's perfect pairings.



**Prep time 10 mins** 



Cook time 30 mins (



Feeds 4 people

#### Ingredients

1 can chickpeas - drained and rinsed

2 tbsp Olive oil

1 red onion

2 garlic cloves

1 tsp maple syrup

Salt & pepper to taste

1 heaped tsp light tahini

Juice from ½ lemon

2-4 tbsp water

150g rainbow carrots

Sea Salt and pepper

Olive oil

#### Method

Preheat the oven to 180°c and place the carrots onto a baking tray, with a drizzle of olive oil and pinch of salt and pepper.

Pop this into the oven to roast for around 30 minutes.

Meanwhile, finely slice the onion and add this to a pan with a little olive oil. Bring the heat to medium and cook the onion until softened. Add in the garlic and continue to cook.

Once the onion is starting to crisp and caramelise, pour in the maple syrup and cook for a few more minutes.

In a food processor, combine all of the hummus ingredients and blend until super smooth and creamy.

To serve, start by layering your hummus, then top with the roasted carrots and a garnish of pomegranate seeds and fresh herbs.

Serve with your favourite Nairn's oatcakes (we love our organic oatcakes for this) for dipping and enjoy!

Charley's Health

www.charleyshealth.co.uk



# Tomato, lentil & chorizo soup

Hearty, healthy and with just a little kick this soup is ladled with goodness and flavour.



**Prep time 5 mins** 



Cook time 40 mins



Feeds 3-4 people

#### **Ingredients**

100g cooking chorizo, diced

1 red onion, diced

1 tbsp rapeseed oil

400g ripe plum tomatoes, chopped (a tin or carton of tomatoes is fine, but try to use the plum variety for added flavour)

10 cherry tomatoes, halved

1 tsp tomato purée (sundried, if possible)

50g red lentils

1L ham stock

#### Method

Gently heat the oil. Add the onion and soften, but don't allow to colour.

Add the diced chorizo and fry gently until cooked through and the oil starts to colour.

Add both types of tomatoes, with the lentils and mix well.

Stir in the tomato purée, then add the stock, stirring until everything is well mixed. Bring to the boil, then reduce the heat and simmer gently for 20 minutes.

Remove from heat and, using a stick blender, blend to a smooth consistency.

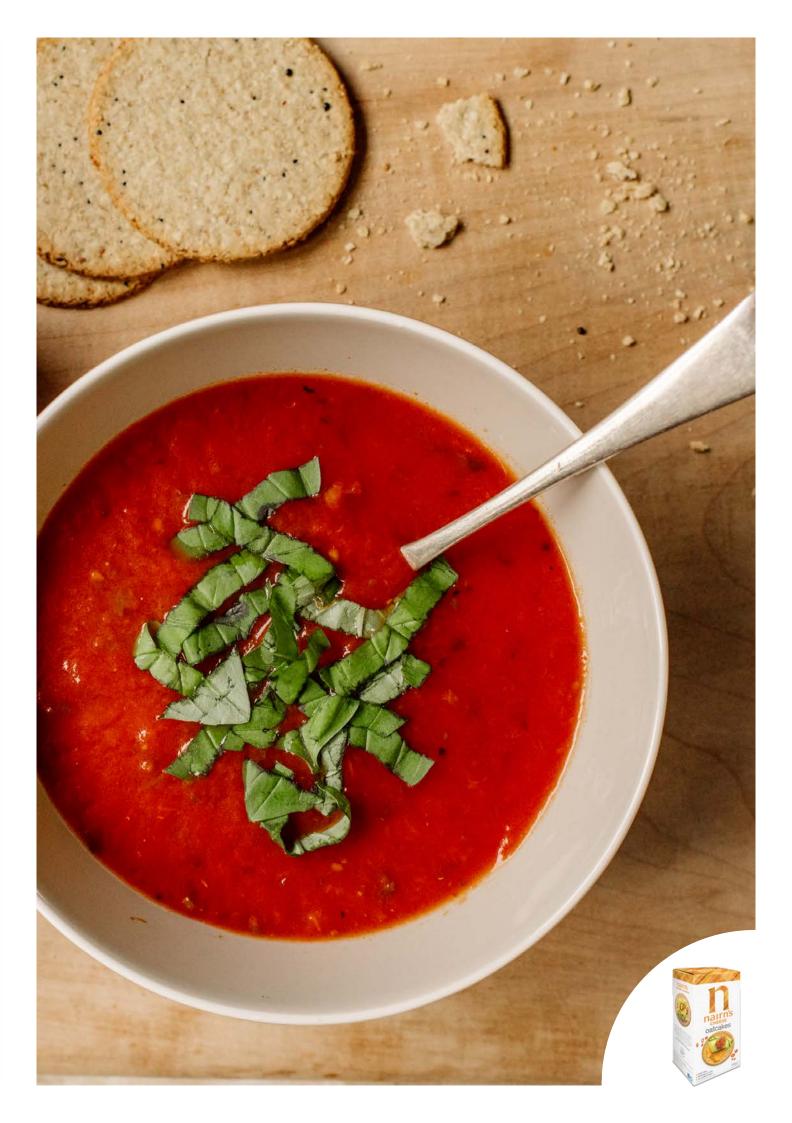
To serve, garnish with some torn basil leaves and a drizzle of basil oil.

Enjoy with Nairn's Cheese Oatcakes.



www.nairns-oatcakes.com/recipes









# Aubergine, tomato & parmesan oat bake

Aubergines are underrated if you ask us. Full of B vitamins and antioxidants, they go wonderfully with that cheesy, oat crust.



**Prep time 15 mins** 



Cook time 20 mins



Feeds 2 people

#### Salad

2 garlic cloves, crushed

2 tbsp coconut oil

1 tin of chopped tomatoes

1 tbsp of tomato purée

Pinch of dried mixed herbs

2 aubergines cut into thin slices

50g grated parmesan

1 egg beaten

5 Nairn's Rough or Gluten Free Oatcakes, crushed

#### Method

Preheat oven to 180°c

Cook garlic and half of the coconut oil in a pan until soft and add in the tomatoes, herbs and purée.

With the remaining coconut oil, griddle aubergines in a griddle pan, until browned (about 5 mins). If you don't have a griddle pan, lightly fry instead.

Soak any excess moisture on a kitchen towel.

Layer an oven proof dish with the aubergine then spoon on the tomato mixture.

Top with the beaten eggs and then sprinkle the grated parmesan and oat crumb mixture on the top.

Place in the oven for 20 mins or until golden.









# Beetroot & flax hummus topping

It looks too pretty to dip into, but trust us, it's worth it. Incredibly easy to throw together, let your food processor do the hard work.



Prep time 5 mins



Cook time 0 mins



Feeds 4-6 people

#### **Ingredients**

2 small cooked beetroot

1 x 400g can chickpeas

2 cloves garlic

½ lemon, juiced

3 tbsp flaxseed oil

1 ½ tsp beetroot powder

Salt, pepper

#### Method

Blend cooked beetroot, drained chickpeas, garlic, lemon juice, flaxseed oil, beetroot powder, salt & pepper together.

Place hummus mix into bowl, add a swirl of natural coconut yoghurt on top and crushed pistachios.

Serve with Nairn's Ancient Grain Oatcakes.

#### To serve

Nairn's Ancient Grain Oatcakes (or one of our gluten free alternatives)

Pistachio nuts, crushed

Natural coconut yoghurt

**Lily Soutter** 

www.lilysoutternutrition.com









# Wild salmon pate with lemon dill & natural yoghurt topping

There are few better combinations than salmon, lemon and dill. File under 'Delicious Oatcake Toppings'.



**Prep time 5 mins** 



Cook time 0 mins



Feeds 4-6 people

#### Pate

150g full fat authentic Greek yoghurt

2 limes or 1 lemon, juiced

110g wild smoked salmon, chopped

Black pepper

#### Method

Blend yoghurt, with lime or lemon juice, smoked salmon and black pepper.

Dollop onto a Nairn's Ancient Grain oatcake and top with fresh dill.

#### To serve

Nairn's Ancient Grain Oatcakes (or one of our gluten free alternatives)

Fresh dill



www.lilysoutternutrition.com







# Whipped pesto feta topping

Smooth, spoonable and moreish. This topping goes well on top of our Organic Super Seeded Oatcakes. Just grab a spoon, dollop on and enjoy! The kids will love this too.



**Prep time 5 mins** 



(a) Cook time 0 mins



(\frac{1}{2}) Feeds 4-6 people

#### **Ingredients**

Makes 20

6 heaped tbsp of 0% Greek yoghurt

40g feta, crumbled

1 tbsp pesto

4 cherry tomatoes, thinly sliced

Chives

20 Nairn's Super Seeded Organic Oatcakes (or one of our gluten free alternatives)

#### Method

In a bowl, add the yoghurt, feta and pesto and whip until smooth.

Spoon on to Nairn's Oatcakes and then top with slices of cherry tomato and strands of chives.



www.hungryhealthyhappy.com







## Baked hake fillet with oatcake & hazelnut crumb

Fish that's dressed to impress. One for when you're feeling ambitious or have friends round for dinner.



Prep time 30 mins



Cook time 30 mins (=)



Feeds 4 people

#### Chive Velouté

1 shallot, finely diced

10g butter

150ml white wine

150ml good quality fish stock

150ml double cream

A small bunch of chopped chives

#### For the crushed Jersey Royals

For the crushed Jersey Royals

2-3 Jersey Royals per person

1 sprig of thyme

1 tsp thyme leaves

30g butter

Salt

1 leek, cut into rounds

#### The crumb

1 shallot, finely diced

20g butter

1 tbsp chopped dill

30g breadcrumbs

6 Nairn's Super Seeded Organic Oatcakes, crushed

1 handful of roasted hazelnuts, crushed

20g mature cheddar, grated

#### Method

For the crumb, sweat the shallot in the butter until softened. Add the dill and the breadcrumbs. Toast for 2-3 minutes.

Remove from the heat and stir in the hazelnuts, oatcakes and cheddar. Allow to cool completely.

For the velouté gently sweat the shallot in the butter until softened but with no colour.

Add the white wine and reduce until it has almost completely evaporated. Add the fish stock and reduce by half. Add the cream and reduce by a third.

Stir in the chopped chives.

For the potatoes, gently boil the potatoes with a sprig of thyme in salted water until tender (about 15 - 18 minutes).

Drain the potatoes and place them back in the pan. Add the butter and thyme leaves.

Crush the potatoes with the back of a fork, season to taste.

For the roasted leeks, heat a non-stick pan, salt the leeks and add to the dry pan until they just start to colour.

Add butter and rapeseed oil, turn the leeks over and remove from the heat. The leeks will finish cooking in the residual heat in the pan.



#### Continued...

For the hake preheat oven to 185°C.

Lightly oil the hake fillets then bake in the oven for 6 minutes.

Top with a generous amount of the crumble mixture and return to the oven for a further 6 minutes.

Plate all of the elements as per the image.

**Mark Greenaway** 

www.markgreenaway.com



# Sweet Enough?





### Apple & pear crumble

Is there a more fitting definition of feel good food than a crumble that's just out the oven, topped with a splash of cream? Let us know if so!



**Prep time 5** mins



(a) Cook time 25 mins (P) Feeds 4 people



#### Ingredients

4 pears, chopped into cubes

4 apples, chopped into cubes

8 tbsp maple syrup

2 tsp cinnamon

1 box of Nairn's Gluten Free Oatcakes

2 tbsp coconut oil, melted

#### Method

Pre heat your oven to 180°C.

Simply chop the apples and pears into small cubes, you can peel them if you wish.

To a large pan add the apples, pears, 6 tbsp maple syrup and cinnamon and stir. Cook these down for 10 minutes on a medium heat.

Meanwhile prepare the crumble topping by adding all the oatcakes from the box into a large mixing bowl and bash them into crumbs. Add the melted coconut oil and maple syrup and mix well.

Transfer the fruit to a baking dish and evenly top with the crumble.

Place in the oven at 180°C for 15 minutes.

Serve with your choice of cream, ice-cream or dairy-free alternative.

James Wythe

www.healthylivingjames.co.uk







## Mood-boosting granola

Homemade granola is such a fantastic way to start the day. Why not whip up a batch? It'll last for up to four weeks.



Prep time 15 mins



Cook time 40 mins



(\(\epsilon\)) Feeds 10-12 people

#### Ingredients

60g flaked almonds

60g chopped pecan nuts

60g walnuts, chopped

120g Nairn's Gluten Free Porridge Oats

125g mixed seeds e.g. pumpkin seeds and sunflower seeds

2 tbsp chia seeds

1 banana chopped

60g coconut oil melted

1 tbsp vanilla extract

1 tbsp maca powder (optional)

2 tbsp xylitol, to sweeten if needed (optional)

75g dried cranberries or blueberries

#### Method

Preheat the oven to 160°C, and line two baking sheets with parchment paper.

In a large bowl combine the oats, chopped nuts and seeds, including the chia seeds and stir well.

In a blender, combine the remaining ingredients except the dried berries until smooth to form a thick paste.

Add the paste to the dry ingredients and stir until everything is thoroughly coated. It is easier to massage the mixture in using your hands.

Spread the granola in a thin layer on the baking sheets.

Cook for 30-40 minutes stirring occasionally to prevent burning.

Remove from the oven and allow to cool completely. Stir in the berries to serve.

This will keep in an airtight container for 3-4 weeks.

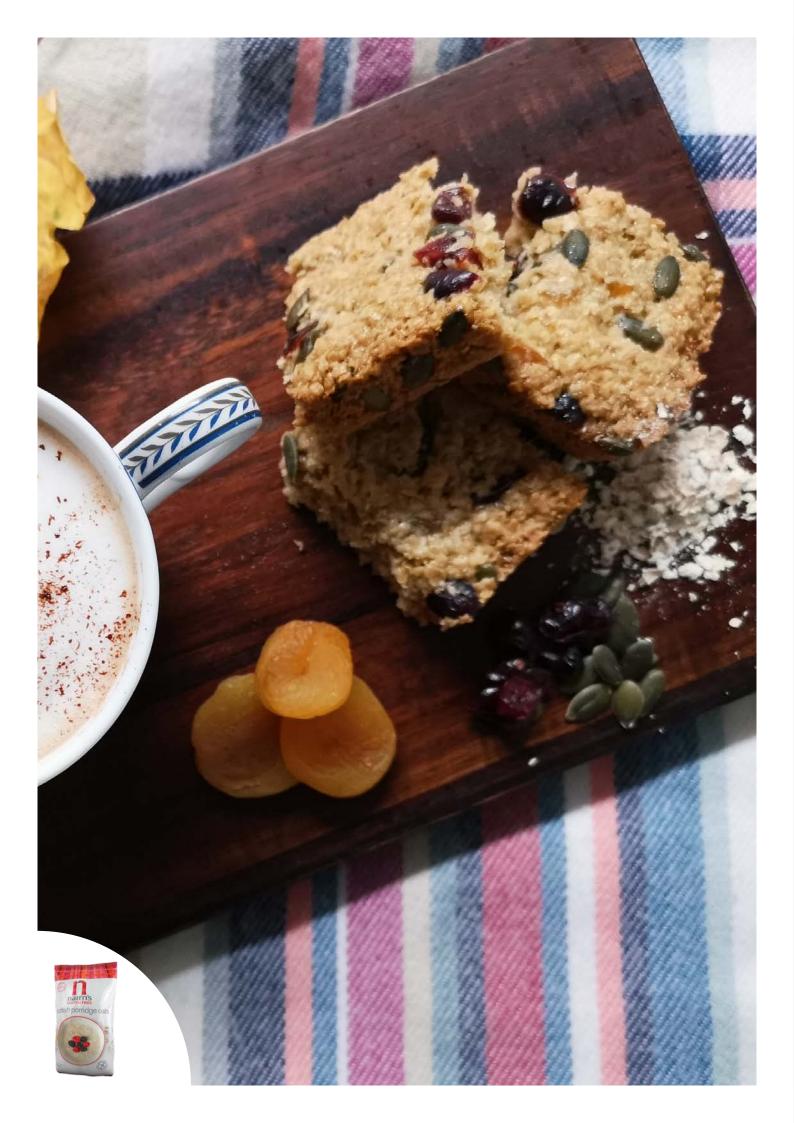
Perfect for breakfast or a snack with your choice of milk, yoghurt or dairy-free alternative.

**Christine Bailey** 

www.christinebailey.co.uk









# Apricot, cranberry & pumpkin seeded flapjacks

Packed full of natural flavour, these flapjacks are a fantastic snack that could help keep you energised through whatever the day has in store for you. They're perfect for lunchboxes too.



Prep time 10-15 mins (♠) Cook time 18 mins (♠) Feeds 10-12 people





#### Ingredients

115g margarine or butter

85g soft brown sugar

85g golden syrup

20g honey

225g Nairn's Gluten Free Porridge Oats

60g chopped ready to eat dried apricots

50g dried cranberries

20g pumpkin seeds

#### Method

Turn on the oven to heat at 180°C (160°C fan). Line a tin approx 20cm square with greaseproof paper.

Melt the margarine, sugar, syrup and honey together in a pan. Use gentle heat and take care not to let it bubble.

Then, put the oats, fruit and pumpkin seeds into a large bowl. Pour in the melted mixture and mix carefully until thoroughly combined.

Press into the prepared tin and bake for 15-18 minutes till golden and set. Take care not to over bake - they should still feel soft to the touch when you take them out of the oven, as they harden as they cool.

Leave to cool in the tin, and mark into 12 squares while still warm.

These can be stored for a few days in an airtight container.

Cook's tip - ring the changes by switching the fruit and seeds you use. Try the same recipe but add sunflower seeds instead of pumpkin seeds, chopped dried mango instead of dried apricots, and dried cherries or sultanas instead of dried cranberries.

Liz Ashworth

www.orkneyfoodanddrink.com/liz-ashworth-food-writer





## Mulled oaty hot chocolate

This gourmet version of the classic pre-bedtime drink might just end up as your go-to for winter (and possibly the rest of the year too).



**Prep time 5** mins



Cook time 10 mins



Feeds 1 person

#### **Ingredients**

1 tsp Organic cocoa powder

250ml "Barista Style" Oat Milk

A few drops of vanilla extract

1 tsp Xylitol (or more for extra sweetness)

5g grated organic dark chocolate (70% cacao solids or more)

1 tsp mixed peel

1 Sachet of Mulled Wine Spice (available at Sainsbury's)

#### Method

Put 200ml Oat milk into a small saucepan and add a sachet of mulled spice. Simmer gently for 10min, mixing often and gently squeezing the spice bag to make sure most of the flavour comes out.

Add cocoa powder to the cup, pour a little cold oat milk and mix to make a paste. This will help the cocoa to dissolve better.

Add vanilla and xylitol to the milk and stir.

Grate the chocolate and put mixed peel through a garlic crusher to make sprinkles.

In a separate small saucepan, heat the remaining oat milk a little and using a milk frother, froth the milk.

To serve pour the milk into the cup with cocoa paste, mix well to dissolve it. Add the froth on top and sprinkle with grated chocolate and mixed peel.

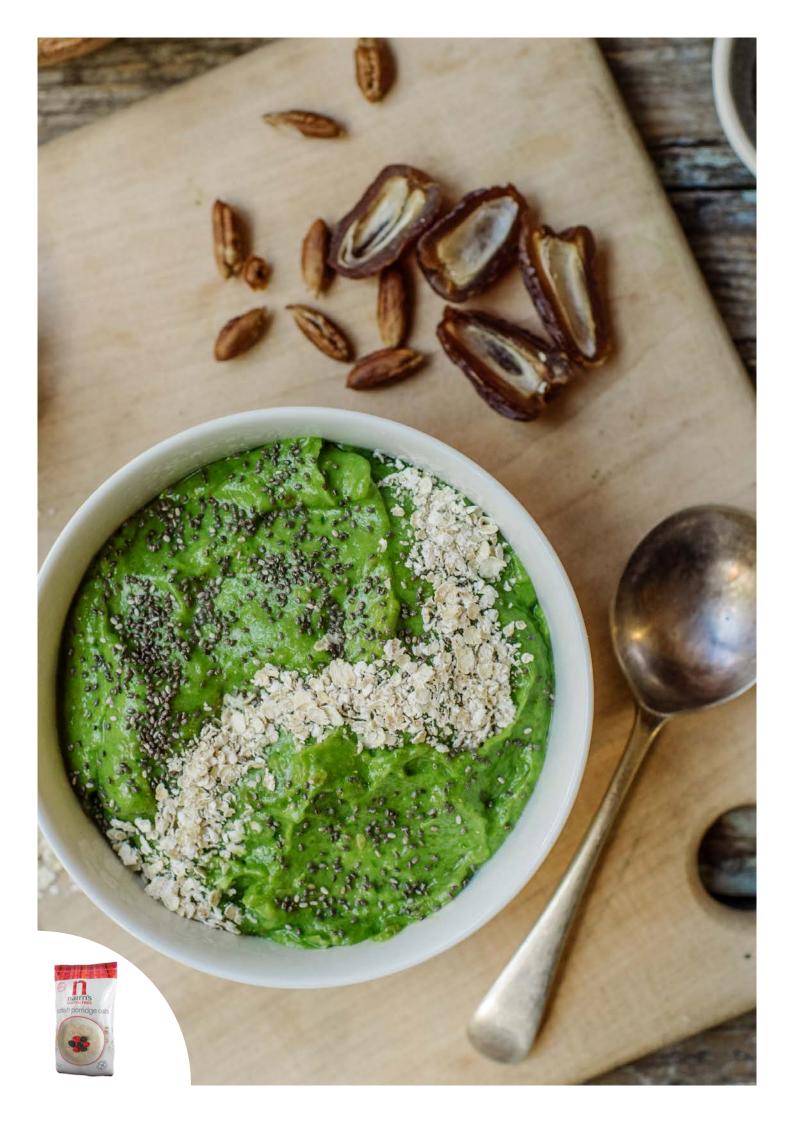
Enjoy Nairn's Gluten Free Oats & Chocolate Chip Biscuit Breaks on the side.



www.nairns-oatcakes.com/recipes









## Avocado, spinach & date smoothie bowl

Packed full of goodness, this smoothie bowl makes for a perfect healthy breakfast to set you up for the day.



**Prep time 10 mins** 



Cook time 0 mins



Feeds 1 person

#### **Ingredients**

1 ripe avocado

1 medium banana

5-6 dates

1-2 handfuls of spinach

40g Nairn's Gluten Free Porridge Oats

A splash of coconut milk

Chia seeds

#### Method

Add avocado, banana, dates (stones removed), spinach, half of the oats and a little coconut milk and blend all together.

Add more coconut milk if the mixture is too thick but be careful not to make it too thin as the toppings will sink.

Transfer the mixture into a bowl and decorate with the remaining oats and sprinkle with chia seeds.



www.nairns-oatcakes.com/recipes





# Dark cherry & oat smoothie bowl

Give your breakfast a boost and try this delicious smoothie bowl, so easy to make, healthy and you get to have a little bit of chocolate for breakfast, win-win!



Prep time 10 mins



Cook time 0 mins



Feeds 1 person

#### **Ingredients**

40g Nairn's Gluten Free Porridge Oats

80g coconut milk

2 handfuls of frozen dark sweet cherries

1 medium banana

1 tsp grated dark chocolate

1 tsp desiccated coconut

#### Method

Soak oats in coconut milk overnight or at least an hour before preparing the smoothie.

Add soaked oats to a blender along with frozen cherries and banana.

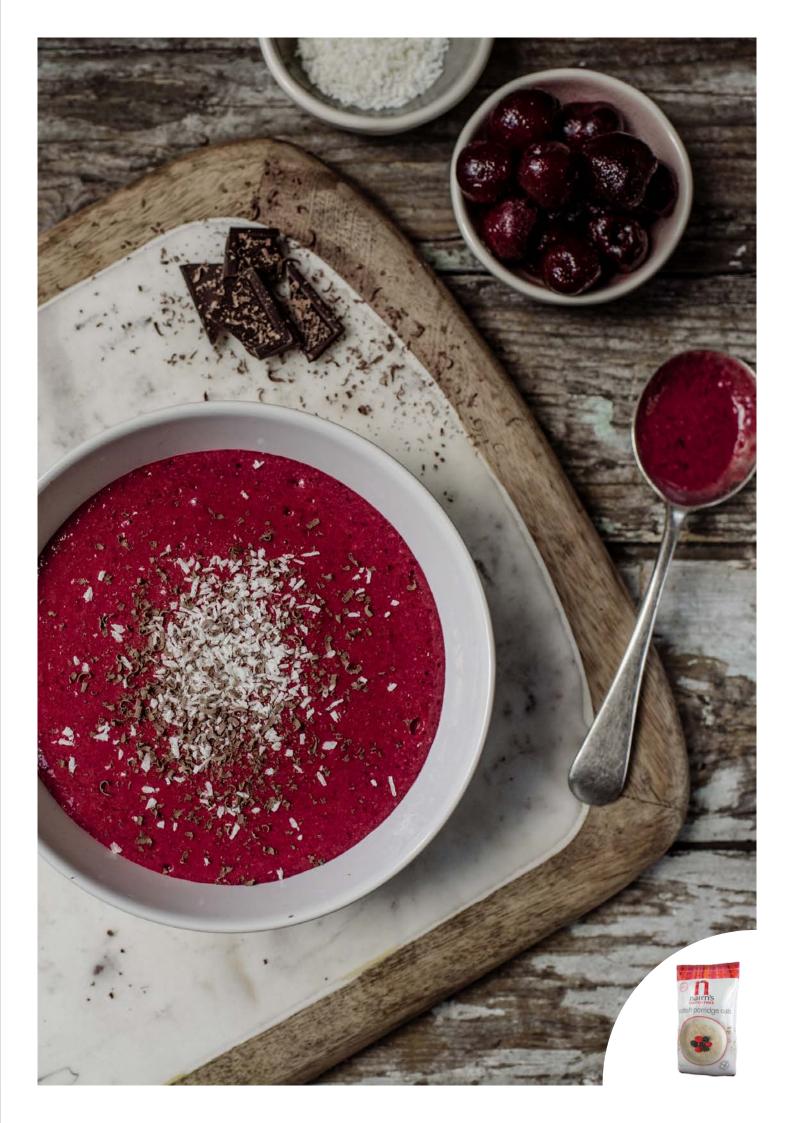
Blend everything together. You can adjust consistency by adding more coconut milk (to make it more "runny") or adding more frozen cherries (to make it thicker). Your smoothie will hold topping better if it is thicker rather than thinner.

Get creative styling the toppings - we suggest dark chocolate and desiccated coconut for a well rounded taste but feel free to create your own topping.











#### Feeling good?

We hope you're inspired to try a few of these recipes out and would love to know how you get on if you do. You can get in touch with us via the usual social channels to let us know your experience (or even suggest a few Good Food Mood recipes of your own!).

Thanks to all our fantastic chefs and nutritionists helping us spread the good vibes and for all their know-how that went into creating this book.

You can find more simple and delicious recipes on our website, and why not sign up for our newsletter while you're there for more exclusive content and news.

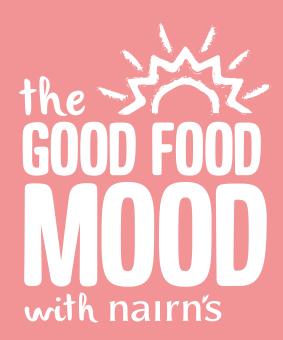






# #GoodFoodMood











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