



The joy cookbook

Abel & Cole

A photograph of two women in a kitchen. The woman on the left has curly hair and is wearing a dark green t-shirt and a yellow apron, smiling while looking at the other woman. The woman on the right has long straight hair and is wearing a light blue t-shirt and a yellow apron, smiling at the camera while chopping red chili peppers on a wooden cutting board. In the background, there are shelves with books, jars of grains, and a potted plant. On the counter, there are various fresh vegetables including broccoli, lemons, and chili peppers.

Your recipe for a joyful January

It's easy to dread January. Christmas is over for another year, the days are colder and darker, and when it comes to food, there's often talk of cutting back or cutting out. But not in our kitchen.

This January, we're saying enjoy more! More protein, more fibre, more of the fresh veg you love. **January should be full of incredibly delicious things to eat that make you feel good, inside and out.**

A big part of why we both cook is that food brings people together. And that's exactly what we hope our little book helps you to do - create delicious, seasonal meals to savour and share.

Happy cooking,
Jassy and Imogen
Your Recipe Writers

DIETARY GUIDE

V = Vegetarian

Vg = Vegan

Gf = Gluten-free

Find the nutritional values for all of the recipes featured at abelandcole.co.uk/janrecipes



Rise and shine

Start your morning with a **nourishing breakfast that's full of fibre**, giving you the energy you need to take on the day. Whether you have 10 minutes to blitz a vibrant smoothie, or an hour to cook something special to share, rise and energise with our favourite breakfast recipes.

Our **Breakfast Smoothie Recipe Kit** is an easy way to kick off your day with a variety of plants. Add your favourite extras like nuts, seeds, protein powder and nut butter, to give your smoothie an added boost.



Discover more smoothie recipes like this one in our **Breakfast Smoothie Recipe Kit**

Fresh & Fiery Super Smoothie

Blend zingy ginger, sweet apple and earthy beetroot for an energising morning smoothie.

Time: 10 mins · **Serves:** 2 people · **Vg**

Ingredients

100g beetroot
A thumb of ginger
200g apples
500ml Rude Health ultimate almond drink

Energy

Boosts fibre
3 plant points
(all before 9am!)

Trim, peel and coarsely grate the **beetroot**. Scoop into your blender.

Finely grate the **ginger** (no need to peel). Quarter the **apples**. De-core them. Add to the blender.

Pour in 500ml of **almond drink**. Add a handful of ice and blitz till smooth. Pour into 2 glasses.

Easy Lemon, Ginger & Turmeric Tea

A batch of these handy tea cubes will keep in your freezer for up to 3 months. Perfect for when you need a revitalising brew in a flash.

Time: 10 mins + freezing

Makes: 12 cubes · **V, Vg option**

Ingredients

4 lemons
A thumb of ginger
A thumb of turmeric
A drizzle of Littleover Apiary honey or Shady Maple maple syrup (optional)

Vitamin C

3 plant points

Halve the **lemons** and squeeze the juice into a jug. Finely grate in the **ginger** and **turmeric** (no need to peel). Stir well, then pour the golden liquid into ice cube trays. You should make about 12 cubes. Slide into the freezer till frozen solid.

To use your tea cubes, pop a cube out of the tray and drop it into a mug. Pour over freshly boiled hot water from the kettle and stir. Add a drizzle of **honey** or **maple syrup** to sweeten, if you like.



Grab & Go Kefir Chia Pudding

The ultimate prep-ahead breakfast for busy mornings when you still want something delicious and nutritious. Topped with one of our seasonal favourites - juicy blood orange.

Time: 20 mins + chilling overnight · **Serves:** 2 people · **V, Vg option, Gf**

Ingredients

4 tbsp chia seeds
500ml Biotiful Dairy kefir
1 tsp Steenbergs vanilla extract
Blood Orange Compote:
2 blood oranges
2 tsp Equal Exchange honey
1 tsp Steenbergs ground ginger
1 tbsp whole almonds (to top)

Boosts fibre

Source of plant protein

Live cultures

4 plant points

Jassy's expert tip

Swap the kefir for coconut kefir and the honey for maple syrup to make a plant-based chia pudding.

Take 2 x 400ml jars or bowls. Spoon 2 tbsp **chia seeds**, 250ml **kefir** and ½ tsp **vanilla extract** into each one. Stir well to mix, then seal and chill overnight in the fridge.

To make the blood orange compote, finely grate the zest from the **oranges** into a bowl. Cut a slice off the top and bottom of the oranges. Slice the peel and white pith from the sides. Squeeze any juice from the peel into the bowl. Use a small knife to cut the juicy orange segments out of the papery membranes and add them to the bowl. Add the **honey** and **ground ginger**. Stir well to mix. The compote can be eaten straight away, or transferred to a tub and stored in the fridge for up to 2 days.

To serve the chia puddings, take them out of the fridge and gently stir to just loosen them a little. Top with the blood orange compote. Roughly chop the **almonds**, then sprinkle them on top and enjoy.

Creamy Miso Mushrooms on Toast

Meet our mushroomy twist on a classic brunch dish. With whipped tofu and tender mushrooms cooked in a rich miso sauce, it's wonderfully savoury and seriously satisfying.

Time: 20 mins · Serves: 2-4 people · V

Drain the **tofu** and break it into a blender. Finely grate in the **lemon** zest and squeeze in the juice. Season with a generous pinch of pepper. Blend for 1-2 mins till creamy. Set aside.

Trim, peel and finely dice the **shallot**. Trim, peel and crush the **garlic**. Roughly chop the **mushrooms**. Heat 1 tbsp oil in a large frying pan on a medium heat. Add the shallot and gently fry for 3-5 mins till softened. Turn the heat up and add the mushrooms. Fry, stirring often, for 5-7 mins till nutty and deep brown. Add the garlic and fry for a further 2 mins till fragrant.

Add the **butter** and **miso** to a small bowl and mix well. Reduce the heat under the mushrooms to low and add the butter. Swirl the miso butter in the pan till melted and completely coating the mushrooms and shallots.

Put the **bread** in the toaster and finely slice the **mint** leaves. When the toast is golden brown, pop on serving plates and spoon a layer of the whipped tofu on top. Spoon over the mushrooms. Top each slice with a **boiled egg** (if liked) that's been sliced in half and sprinkle with mint to finish.

Ingredients

150g Clearspring silken tofu
1 lemon
1 shallot
2 garlic cloves
400g chestnut mushrooms
50g butter
1 tbsp Miso Tasty white miso paste
4 slices of Seven Seeded sourdough
A handful of mint leaves
Boiled eggs, to top (optional)

Low in sugar
6 plant points



“Mushrooms are one of my favourite vegetables to cook with. There are so many amazing varieties, each with their own totally unique flavour and texture. I get our organic **Mushroom Subscription** to challenge myself to try something new every week! It's always exciting to see what arrives in my box. We've used chestnut mushrooms in this recipe, but it'd be equally delicious with sliced portobellos.”

Imogen





Sweet Potato, Black Bean & Halloumi Frittata

Sunday mornings deserve something special. Serve up our veg-packed frittata topped with avocado, fresh chilli and coriander for a crowd-pleasing brunch.

Time: 70 mins • Serves: 4-6 people • V, Gf

Preheat your oven to 200°C/Fan 180°C/Gas 6. Peel the **sweet potatoes** and chop them into bite-sized chunks. Trim and peel the **red onion**, then slice into thin wedges. Halve the **peppers**, scoop out the seeds and white pith, then chop them into bite-sized pieces.

Spread the veg out on a baking tray. Drizzle over a little oil and season with salt and pepper. Dust over the **cumin**, **coriander**, **smoked paprika** and **dried oregano**. Turn the veg to coat them in the seasoning. Slide into the oven. Roast for 30 mins till the veg are tender and lightly charred.

Meanwhile, beat the **eggs** in a mixing bowl with a pinch of salt and pepper. Drain the **black beans** and rinse them. Drain the **halloumi** and coarsely grate it. Add half the halloumi to the eggs and stir to mix well.

Grease an ovenproof frying pan or shallow casserole dish and set it on a medium heat. Scoop in the tender roasted veg and add the black beans. Stir to mix. Pour in the beaten eggs. Scatter the remaining halloumi over the top. Fry for 3-4 mins, till just set underneath. Transfer the frying pan to the oven and bake for 20-25 mins till set underneath.

While the frittata bakes, halve the **avocado** and scoop out the stone. Scoop the flesh out of the skins and finely slice it. Finely slice 1-2 **chillies**, removing the seeds and white pith if you prefer less heat. Pick the leaves off a handful of **coriander** sprigs.

Serve the frittata in wedges, warm from the oven, garnished with the sliced avocado, chillies and coriander.

Ingredients

500g sweet potatoes
1 red onion
1 red pepper
1 green pepper
1 tsp Steenbergs ground cumin
1 tsp Steenbergs ground coriander
1 tsp Steenbergs smoked paprika
1 tsp Steenbergs dried oregano
6 eggs
400g tin Mr Organic black beans
150g Cypressa halloumi
1 ripe avocado
1-2 red chillies
A handful of coriander

Protein

Beta carotene
11 plant points

Jassy's expert tip

Prep ahead by roasting the veg and storing in an airtight tub in the fridge up to 3 days before you want to make this. When you're ready to cook, fry the veg with 2 tbsp water for 2-3 mins. Scoop to one side, add oil to coat the base of the pan, add the black beans, and then follow the rest of the recipe.

Lemon & Coconut Energy Balls

Your new healthy snack obsession. Our zingy energy balls with creamy cashews, naturally sweet dates and zesty lemon are easy to make and perfect with a mid-morning cuppa.

Time: 15 mins + soaking overnight · Makes: 22 balls · V, Gf

Tip the **cashews** into a bowl, cover with cold water and set aside to soak overnight.

The next day, drain the cashews and tip them into a food processor. Press the **dates** on a chopping board to split them so you can pull out the stones. Finely chop and add them to the processor with the **protein powder**. Finely grate in the **lemon** zest and squeeze in the juice from 1 lemon. Blitz together to make a thick, sticky paste. If it seems too dry, squeeze in a little more lemon juice.

Tip the **dessicated coconut** onto a plate. Line a baking tray with baking paper. Scoop out a chunk of the paste and roll it into a ball about the size of a walnut. Roll the ball in the coconut to coat. Pop on the lined tray. Repeat till you have used up the cashew paste and coconut – you should have around 22 balls.

Put the tray in the fridge and leave for 2-3 hrs to set. Transfer to an airtight container. They'll keep in the fridge for about 2 weeks.

Ingredients

150g cashews
150g Medjool dates
50g The Organic Protein Company whey protein powder
1-2 lemons
100g dessicated coconut

Energy

Gluten-free
4 plant points



Blueberry & Banana Oat Crumbles

Our jammy crumble squares are packed with oats, omega seeds and fruit. Making them a brilliant on-the-go breakfast or snack to keep you satisfied until lunch.

Time: 45 mins · Makes: 12 squares · Vg

Preheat your oven to 180°C/Fan 160°C/Gas 4.
Line a 24cm x 24cm baking tin with baking paper.

Peel the **bananas** and break them into a large mixing bowl. Add the **coconut oil** and **milled linseeds** and mash together. Stir in the **oats** and **mixed seeds**. Mix well to combine. Set aside.

Tumble the **blueberries** into a separate large bowl. Add the **maple syrup** and roughly crush with a fork to just burst the blueberries open.

Tip two-thirds of the banana and oat mix into the lined baking tin. Press it down firmly with the back of a spoon. Spread the blueberry mix over the top. Crumble over the remaining oat mix.

Slide the tin into the oven and bake for 20-30 mins till the top is golden, the base is set and the blueberries are bubbling. Leave to cool in the tin, then cut into 12 squares. They'll keep in the fridge in an airtight container for 1 week. Or freeze them for up to 3 months. Defrost overnight before enjoying.

Ingredients

300g banana (peeled weight)
4 tbsp Biona coconut oil, melted
45g Alara milled linseeds
320g Pimhill jumbo porridge oats
70g omega seed mix
500g blueberries
2 tbsp Shady Maple maple syrup

Energy

Vegan
4 plant points





Reset and refuel

Lunchtime calls for something **fresh, nutritious and filling** to help balance your energy levels and avoid the dreaded 3pm slump. From warming noodle soups to wholesome buckwheat bowls, our **January lunch favourites** are all full of flavour, pack in **plenty of plants**, and might just make lunch the best hour of your day.

Try our **Seasonal Soup Recipe Kit** for an easy, healthy lunch that's full of organic veg. For even more plant points, garnish yours with chopped herbs, seeds or a drizzle of extra virgin olive oil (yes, that counts too!).



Spiced Sweet Potato & Udon Noodle Soup

Brighten your day with this revitalising soup. Chewy udon noodles, sweet potatoes and shredded cavolo nero are simmered in a vibrant coconut, turmeric and ginger broth.

Time: 35 mins • Serves: 4 people • Vg

Ingredients

400g leeks
2 garlic cloves
A thumb of ginger
1-2 chillies
A thumb of turmeric
1 tbsp Steenbergs curry powder
1 Kallo vegetable stock cube
400ml Biona coconut milk
500g sweet potatoes
200g Clearspring udon noodles
200g cavolo nero
1 lime

Beta Carotene
8 plant points

Trim the roots and woody greens from the **leeks**. Rinse out any grit. Slice into thin rounds. Peel and grate or crush 2 **garlic cloves**. Peel and grate the **ginger**. Finely chop 1 **chilli**, scooping out the seeds and pith if you prefer less heat.

Place a large pan on a medium heat and add 1 tbsp oil. Add the leeks. Season with salt and pepper and fry, stirring often, for 6 mins till softened. Add the **turmeric**, garlic, chilli and **curry powder** and fry, stirring, for 2 mins.

Crumble in the **vegetable stock cube**. Pour in the **coconut milk** and 1 ltr water. Pop on a lid and bring to the boil, then turn the heat down to a gentle simmer.

Meanwhile, peel and chop the **sweet potatoes** into small chunks. Add the sweet potatoes and **noodles** to the pan. Simmer, lid on, for 8 mins till the potatoes and noodles are just tender.

Trim the dry ends from the **cavolo nero**, then slice out the woody cores. Finely slice the leaves. Add to the pan and simmer, lid off, for 4-5 mins till the veg and noodles are cooked through.

Squeeze in the juice from the **lime**. Taste and add more salt and pepper, if needed. Ladle into warm bowls and serve garnished with extra slices of chilli, if liked.



“ This is an example of a wintery recipe from our **Seasonal Soup Recipe Kit**. I love seeing just how many plants I can pack into each one for you. Eating a variety of different plants is so important for our bodies as it supports a healthy gut microbiome. And this recipe really delivers on that! ”

Jassy

Discover more soup recipes like this one in our **Seasonal Soup Recipe Kit**

Salmon & Kimchi Buckwheat Bowl

Fresh, delicious and ready in 20 minutes. Dish up our flaky salmon fillet bowl, loaded with seasonal veg and nutritious grains, for lunch this week.

Time: 20 mins • Serves: 2 people • Gf

Preheat your oven to 200°C/Fan 180°C/Gas 6. Fill and boil the kettle. Tip the **buckwheat** into a small pan and place on a medium heat. Toast, stirring, for 2 mins till the buckwheat is browned and smells nutty. Pour in 300ml boiling water from the kettle (the water will sputter and spit as it hits the pan, so add a little to start with and mind your hands). Season with a pinch of salt. Pop a lid on the pan and simmer for 10-12 mins till the buckwheat is tender but still has a bit of chew. Drain off any excess water and set aside.

Strip the **kale** off its woody stalk. Scatter the leaves into the base of a large roasting tin. Drizzle over 1 tbsp olive oil. Season with salt and pepper. Toss to coat. Add the **salmon fillets** on top. Slide the tray into the oven and bake for 10-12 mins till the kale is crispy and the salmon is cooked through - the fish will flake easily when pressed with a fork.

Meanwhile, peel and grate the **garlic**. Zest the **lime** and slice in half. Scoop the garlic and lime zest into a small bowl. Add the **tahini** and squeeze in the juice from half the lime. Add 2 tbsp cold water and a pinch of salt. Whisk together to make a smooth dressing.

Slice the **mini cucumbers**. Slice the **avocado** in half and carefully remove the stone. Use a spoon to scoop out the flesh and slice. Squeeze the juice from the remaining half lime over the avocado. Set aside. Slice the **blue meat radish** into half moons, roughly 2mm thick.

Spoon the buckwheat into 2 bowls. Top with the salmon fillets. Arrange the crispy kale, diced cucumber, sliced avocado and blue meat radish around the salmon. Add a spoonful of **kimchi** to the bowl. Drizzle over the tahini dressing. Scatter over the **coriander leaves** and serve.

Ingredients

150g buckwheat
200g kale
2 Silverscale land-based salmon fillets with orange & basil
1 garlic clove
1 lime
2 tbsp Biona tahini
250g mini cucumbers
1 avocado
200g blue meat radish
2 tbsp Loving Foods turmeric & black pepper kimchi
A handful of coriander

Protein
Omega-3
Live cultures
7 plant points





Warm Purple Sprouting Broccoli & Chickpea Salad

Salads aren't just for summer. In the colder months, a warm salad really hits the spot at lunchtime. This one's packed full of the best winter veg, topped with crumbs of tangy feta.

Time: 20 mins • Serves: 4 people • Vg, Gf

Trim any woody ends from the **purple sprouting broccoli**. Roughly shred the florets on the angle into thin pieces. Slide into a bowl. Finely slice the **chilli** (use the whole chilli if you like things spicy, otherwise use less). Peel the **black garlic** and thinly slice. Drain the **chickpeas** and rinse with cold water.

Pour 2 tbsp oil into a large pan and warm to a medium-high heat. Scatter in the broccoli and chilli. Sprinkle in 1 tsp **smoked paprika** and a generous pinch of salt and pepper. Fry for 2-3 mins.

Tip in the chickpeas and black garlic. Stir well to combine and coat the chickpeas in the oil. Warm through for a further 2-3 mins, stirring occasionally.

Pick the **mint leaves** and finely shred them. Finely grate the **lemon** zest. Stir the mint, lemon zest and juice into the pan and give everything one final toss together. Taste and season.

Divide between 2 plates. Crumble over the **feta** and serve.

Ingredients

300g purple sprouting broccoli
1 chilli
2 cloves black garlic
400g tin Mr Organic chickpeas
1 tsp Steenbergs
smoked paprika
A handful of mint
1 lemon
120g Odysea feta

Vitamin C
7 plant points



“ This is an example dish from our **Seasonal Salad Recipe Kit**. Each one's a real celebration of seasonal veg. In organic farming, crops follow the natural cycle of the seasons, so we're eating in tune with the land. And that means we need to make the most of all the amazing, fresh veg January has to offer, while it's still here! ”

Imogen

Discover more salad recipes like this one in our **Seasonal Salad Recipe Kit**



Ground and nourish

What's for dinner? It's the moment we look forward to all day - **coming together at the kitchen table** over a hearty meal that's been carefully prepared and lovingly served. From **speedy, fresh curries** to one pot traybakes full of seasonal veg, our **dinnertime favourites** are the perfect way to finish your day.

Our weekly changing **One Pot Recipe Kit** is your direct line to a delicious dinner. Wholesome and nourishing, our plant-powered recipes serve up to 4 people, ideal for a family meal or batch cooking ready for busy weeknights.

One Pot Smoky Aubergine & Butter Bean Bake

The ultimate winter one pot - packed with punchy flavour and a great source of fibre and plant-based protein. Guaranteed to get everyone rushing to the table.

Time: 20 mins • Serves: 4 people • Vg, Gf

Trim the green tops off the **aubergines**, then chop them into 2cm-thick chunks. Trim, peel and finely slice the **onion**. Peel and crush or finely grate the **garlic**. Finely slice the **parsley** stalks. Set the leaves aside.

Warm 2 tbsp olive oil in a large casserole dish or heavy-based pan on a medium heat. Add half the aubergine cubes and season with a pinch of salt and pepper. Fry for 8-10 mins, turning often, till tender and browned. Scoop out into a bowl. Add another 2 tbsp olive oil to the pan. Repeat with the remaining aubergine. Scoop into the bowl and set aside.

Reduce the heat to low. Add 2 tbsp olive oil and the onion. Season with a pinch of salt. Fry for 5-8 mins, stirring, till glossy and lightly golden. Add the garlic, parsley stalks, **cayenne pepper** and **smoked paprika**. Fry, stirring constantly, for 1 min till aromatic.

Return the aubergine to the pan. Drain and rinse the **butter beans**. Tumble them into the pan. Add the **cherry tomatoes**. Drizzle in the **balsamic vinegar**. Season with a pinch of salt, pepper and sugar, if needed. Cover with a lid and bring to a boil. Reduce the heat and simmer gently for 5-10 mins. Remove the lid and simmer for a further 5 mins to allow the sauce to thicken slightly.

Taste and adjust the seasoning to your liking. Divide between 4 warm bowls. Garnish with the parsley leaves.

Ingredients

2 aubergines
1 red onion
3 garlic cloves
A handful of flat leaf parsley
A pinch of Steenbergs cayenne pepper
2 tsp Steenbergs smoked paprika
400g tin Mr Organic butter beans
2 x 400g tins Mr Organic cherry tomatoes
2 tbsp balsamic vinegar

Source of plant protein

Fibre

8 plant points



“ This is a recent recipe from our **One Pot Recipe Kit**. Flavour, fibre and plenty of veg are always on my checklist when I'm designing these recipes for you. But most importantly, everything needs to cook in one pot or pan so there's more time spent eating together and less time washing up! ”

Imogen



Discover more delicious recipes like this one in our **One Pot Recipe Kit**



Honey Roast Squash, Chickpea & Quinoa Traybake

Cosy and nourishing, this one pan dish is perfect for winter evenings. Sweet butternut squash is spiced with warming smoked paprika and roasted with nutty chickpeas and tender quinoa.

Time: 50 mins • Serves: 4 people • V

Preheat your oven to 190°C/Fan 170°C/Gas 5. Trim and halve the **butternut squash**. Scoop out the seeds and discard. Dice into 1cm-thick cubes (no need to peel). Trim and peel the **onion**. Slice into 6 wedges. Drain and rinse the **chickpeas**. Scoop the squash and onion into a large roasting tin. Tumble in the chickpeas.

Peel and grate the **garlic** into a small bowl. Add the **honey** and **smoked paprika**. Finely grate in the zest from the **lemon**. Add 2 tbsp olive oil and season with salt and pepper. Whisk together to combine.

Pour the honey mix all over the veg and toss well to combine. Slide the roasting tin into the oven and roast for 30 mins, stirring halfway, till the veg are tender and sticky.

When the veg are tender, remove from the oven. Tip the **Spiced Mexican Quinoa** into the roasting tin. Mix well. Return to the oven for 5 mins to warm the grains through.

Meanwhile, add the **peanut butter** to a small bowl. Squeeze in the juice from the zested lemon. Add 2 tbsp cold water and a pinch of salt. Whisk to combine.

Take the traybake out of the oven. Scatter over the **rocket** and lightly fork through the veg and quinoa. Drizzle over the peanut butter and lemon dressing. Divide between 4 plates and enjoy.

Ingredients

1 butternut squash
1 onion
400g tin Mr Organic chickpeas
2 garlic cloves
40g Equal Exchange honey
2 tsp Steenbergs
smoked paprika
1 lemon
250g Quinola Spiced
Mexican Quinoa
40g Pip & Nut smooth
peanut butter
100g rocket

Fibre

Beta Carotene
8 plant points

Speedy Thai Green Chicken Curry

A delicious weeknight dinner to add to your menu. Quick and creamy, you'll be making this comforting Thai Green Curry on repeat.

Time: 30 mins · **Serves:** 2 people · **Gf**

Fill and boil your kettle. Rinse the **rice** with cold water, then tip it into a small pan. Pour in 300ml hot water. Add a pinch of salt. Pop on a lid and bring to the boil, then turn the heat down to low. Gently simmer for 20-25 mins, or till the rice has absorbed the water and become tender. Take the pan off the heat. Let it sit, lid on, for 5 mins to finish cooking the rice. It will stay warm while you finish the curry.

While the rice cooks, peel and roughly chop the **red onion**. Roughly chop the **tomatoes**. Trim and roughly chop the **courgette**.

Put a wok or deep frying pan on a medium-high heat. Add 1 tbsp oil and the **chicken breast mini fillets**. Fry for 5-6 mins, turning once or twice, till browned all over.

Stir the veg into the pan. Add a pinch of salt and fry, stirring often, for 5 mins till the veg are glossy.

Add 1 tbsp **Thai green curry paste** to the pan and stir to mix. Pour in the **coconut milk** and top up the pan with 200ml hot water from the kettle. Simmer for 5-6 mins, stirring occasionally, to mingle the flavours and reduce the sauce a little (but not too much).

Fluff the rice with a fork and divide it between 2 plates or bowls. Add a squeeze of **lime** juice to the curry and add a little more salt, if needed. Ladle the curry over the rice and garnish with chopped **coriander**. Serve with lime wedges for squeezing.

Ingredients

150g brown rice
1 red onion
2 vine tomatoes
1 courgette
250g chicken breast mini fillets
1 tbsp Westcountry Spice Thai green curry paste
200ml Biona coconut milk
1 lime
A handful of coriander

Protein

5 plant points



Calming Chamomile & Magnesium Iced Tea

Wind down for the evening with a glass of our iced tea, infused with organic honey, soothing chamomile and magnesium for relaxation.

Time: 10 mins + steeping • **Serves:** 2 people • **V, Gf**

Pop the **chamomile tea bags** in a small pan and add 250ml water. Peel the zest from the **lemon** using a vegetable peeler and drop it into the pan. Squeeze in the juice from half the lemon (keep the other half for later). Drop 3-4 **thyme** sprigs into the pan.

Place on a medium-high heat and bring to a gentle simmer. When it starts to bubble, turn the heat down and simmer for 5 mins. Take off the heat and leave to steep for 15-20 mins. Scoop out the lemon zest and thyme sprigs. Stir in 2 tbsp **honey**.

Pack 2 heatproof glasses with ice and pour the warm chamomile mix into the glasses (pop a metal teaspoon in the glass as you add the chamomile tea if you're not sure if it's heatproof). Top each glass up with the **chilled Raspberry & Lemon Balm Magnesium Water**. Slice rounds from the reserved lemon half and tuck them into the glasses. Serve straight away, garnished with fresh thyme sprigs.

Ingredients

2 Pukka chamomile tea bags
1 lemon
A few thyme sprigs
2 tbsp Wildflower honey
330ml OHMG Raspberry & Lemon Balm Magnesium Water

Magnesium
Supports digestion
2 plant points

Jassy's expert tip

Double or triple the chamomile mix to make a big batch, then keep it in the fridge ready to pour. It'll keep in a sealed jar or bottle for up to a week.



Sleep Tight Turmeric Latte

Finish off your day with a warming drink before bed. Our golden latte, spiced with aromatic turmeric, cardamom and ginger, is comforting and nourishing.

Time: 10 mins • **Serves:** 1 person • **Vg, Gf**

Peel and grate the **ginger** and **turmeric** into a pan. Crush the **cardamom pods** to open them. Shake the black seeds out of the green papery husks into the pan. Add a pinch of **black pepper**.

Add the **coconut oil**, **agave syrup** and **almond milk** to the pan. Set over a low heat and warm for 3-5 mins, whisking constantly, till the milk heats through and is foamy.

Taste the latte and add a dash more agave syrup, if needed. Pour it into a large cup through a sieve. Sprinkle with a pinch of **cinnamon** to serve.

Ingredients

1cm piece of ginger
2cm piece of turmeric
3 Steenbergs cardamom pods
A pinch of crushed black pepper
2 tsp Nutriseed coconut oil
1 tsp Biona agave syrup
300ml ReRooted almond drink
A pinch of Steenbergs ground cinnamon

Caffeine-free
5 plant points





Balanced. Rooted. Nourished.

Want to fuel your day with real food that
tastes incredible and truly nourishes?
You've come to the right place.

Join our amazing chefs, Jassy and Imogen, as they
share their **favourite recipes for a joyful January.**

Rise with energising, balanced breakfasts.
Reset with fresh, flavour-packed lunches.
And come together at the kitchen table over
hearty, vibrant dinners that ground your day.

Our little cookbook is **packed full of delicious,
seasonal dishes** you'll come back to again and
again. Just one catch - with food this good,
there's not much chance of leftovers.



Abel & Cole



Officially certified by the UK's leading organic accreditation body, The Soil Association. Abel & Cole is a certified B Corp, dedicated to making business a force for good. Rated 4.6 by our customers on Trustpilot. Our zero air miles policy means we never air freight a thing. Everything in this book was correct at time of going to print.

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