



## Baby Leeks with Lemon Polenta

Serves 4

### Ingredients:

- 1lb of baby leeks, washed and trimmed
- 1 tablespoon olive oil
- 4 slices Prosciutto
- 1 lemon, zest and juice of
- 4 tablespoons Parmesan cheese, grated
- 2 tablespoons butter
- 1 cup polenta
- 2 cups vegetable stock
- 1 cup almond milk or cow's milk

### How to Make:

1. Pre-heat oven to 380°F
2. Place the prosciutto on a baking sheet and bake in the oven for 10 minutes, turning once. When crisp, remove from the oven and set aside.
3. Pour the stock and milk into a medium size saucepan, and bring to a boil on the stove.
4. Add the polenta in a steady stream while whisking. Keep whisking for one minute, and reduce the heat to low. Cook for 5 to 10 minutes, stirring frequently.
5. Stir in the butter, Parmesan, lemon zest, and juice. Season to taste.
6. Heat the oil in a skillet or frying pan over medium-high heat. Add the leeks and cook for two to three minutes. Then turn over and cook for a further two to three minutes.
7. To serve, top the polenta with fried leeks, pieces of prosciutto, and some extra shaved Parmesan cheese.

## Spicy Chicken & Green Bean Stir-Fry

Serves 4

- 2 tablespoons sesame oil
- 12oz lean ground chicken meat
- 4 cloves of garlic, peeled and minced
- 1 inch fresh ginger, peeled and grated
- 4 tablespoons reduced sodium tamari
- 2 tablespoons rice wine
- 1 teaspoon Chinese five spice
- ½ teaspoon cornstarch
- ½ teaspoon sugar
- 2 tablespoons sesame oil
- 2 cups green beans, trimmed and cut in half
- 4 small dried red chilies
- 2 cups bean sprouts

### Optional:

- Chopped green onions
- Crushed roasted peanuts

Continued On Back



### How to Make:

1. Place a wok or large nonstick frying pan over a medium to high heat and add the oil.
2. Once hot, carefully add the ground chicken, garlic and ginger. Cook for 6 to 7 minutes stirring often until the chicken + resembles brown bread crumbs. Remove from the pan and transfer to a bowl.
3. Drain off any excess oil from the wok and discard.
4. Whisk the tamari, rice wine, five spice, cornstarch and sugar in a small bowl.
5. Add the remaining oil to the wok or pan. Once hot, add the green beans and chilies.
6. Cook stirring occasionally until the beans are tender, about 4 minutes.
7. Return the chicken to the pan along with the bean sprouts and sauce mixture. Cook for 3 minutes to warm through the chicken and bean sprouts and to thicken the sauce.
8. Sprinkle over the green onions and peanuts, if desired.
9. Serve and Enjoy!

## Mango, Jicama, Lime, Mint Salad

Serves 4

### Ingredients:

- 2 large ripe mangoes, peeled, pitted and cut in thin matchsticks
- 1 medium jicama, peeled and cut into ¼ inch thick rounds, then into matchsticks
- ½ small red onion, peeled and thinly sliced
- 1 Thai red chili, deseeded and minced
- 1 lime, juice of
- 1/3 teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon honey
- 1 pear, cored and cut into matchsticks
- 1 tablespoon freshly chopped mint
- 1 tablespoon freshly chopped cilantro

### How to Make:

1. Take a large bowl and add the first 7 ingredients, lightly toss together, cover with plastic and place the fridge to infuse the flavor for 1 hour.
2. Remove the bowl from the fridge, take off the plastic and add the remaining ingredients, lightly toss to coat and serve.
3. Served as a salad or appetizer or with grilled fish or chicken.