

# A DIFFERENT FISH FINGER SANDWICH

## A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

8 slices bread or 4 of your favourite buns  
2 whole haddock fillets, weighing about 300g in total, skinned  
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs  
50g plain flour  
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.

### METHOD:

Blitz or crush the nachos and pour into a bowl.

Pour the beaten egg into a separate bowl.

Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.

Cut fish fillets into finger sized pieces, resembling fish fingers.

Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.

Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown.

Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.



This dish has been specially created by celebrity chef, Mark Lloyd.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

#### The best time to eat this dish:

At lunchtime before an exam or afternoon of revision.

**Reason:** Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.

# COD FISHCAKE AND CHIPS

**COD FISHCAKE, MINTY PEAS, YOGURT TARTARE SAUCE, 'OVEN' CHIPS. THIS IS A BAKED FISHCAKE, WITH BAKED OVEN CHIPS, JUST A HEALTHIER VERSION OF A CHIPPY DINNER! MAKES ENOUGH FOR 4.**



## **FOR THE CHIPS:**

4 large potatoes, Maris Pipers work well, washed, skin on and cut into 8 lengthways  
3 tablespoon of vegetable oil

## **METHOD:**

Boil a large pan of salted water, cook the potatoes for 8-10 minutes, drain well, toss in the vegetable oil. Place on a baking tray and cook at 200°C for 20-25 minutes, turning occasionally to get them all crispy and golden.

## **FOR THE YOGHURT 'TARTARE':**

125ml of plain Greek yoghurt  
3 tablespoons of chopped gherkins  
Juice of ½ lemon

## **METHOD:**

Just mix everything together.

## **TO MAKE THE FISHCAKES:**

275g potatoes, preferably Maris Pipers, peeled and cut into rough 3cm chunks  
400g cod, unskinned, fresh or frozen  
1 bay leaf  
½ lemons, finely zested  
4 spring onions, trimmed and finely sliced  
Vegetable oil, for spraying  
1 large egg  
50g fresh wholemeal breadcrumbs  
Lemon wedges, to serve

## **METHOD:**

Put the potatoes in a pan of cold water and bring to the boil. Reduce the heat slightly and simmer for 15 minutes or until the potatoes are soft but not falling apart. While the potatoes are cooking, put the fish fillets in a large saucepan, placing the thicker fillets on the bottom of the pan. Cover with cold water and add the bay leaf. Put a tight-fitting lid on the pan and gently bring to a simmer, then immediately take the pan off the heat. Leave the fish to stand for 5 minutes.

Drain the potatoes well in a colander, tip them back into the pan and mash them until smooth or pass them through a potato ricer. Put the mash in a large bowl and season with salt and black pepper.

Drain the fish well in a colander and break it into large chunks, discarding the skin and any bones as you go. Put the fish in the same bowl as the mashed potato and stir in the lemon zest and spring onions with a large wooden spoon trying not to break up the fish too much.

Divide the mixture into 4 balls and flatten each ball to about 3cm thick. If the mixture is too soft to shape into balls, cover and leave it to cool for a while. The potato will stiffen up as it cools. Lightly oil a baking tray.

Beat the egg in a shallow bowl. Mix the breadcrumbs in a large bowl. Dip a fishcake into the egg, coating it on all sides. Gently shake any excess egg off and then place it in the breadcrumbs, turning and pressing to get an even coating of crumbs. Place the fishcake on the greased tray and prepare the rest in the same way. Leave them to chill in the fridge until you're ready to cook.

To cook the fishcakes, place in the oven to 200°C for 20 minutes. Mist the fishcakes with the oil and bake them for 15-20 minutes until crisp and golden brown. Serve with chips, tartare and some lemon wedges for squeezing.

Cook the peas in boiling water for 5 to 6 minutes before adding a knob of butter and some freshly torn mint leaves.

# FLORENTINE PIZZA

**FLORENTINE PIZZA; SPINACH, TOMATO, MOZZARELLA, BAKED EGG. THIS IS MY VERSION OF THE CLASSIC PIZZA, I AM SAYING THIS NOW SO THE 'PIZZA PURISTS' DON'T TELL ME OFF!**

## **YOU WILL NEED:**

6 eggs  
1 bag baby spinach, washed and dried as well as possible  
Mozzarella balls, for tearing

## **THIS RECIPE MAKES ABOUT 3 GOOD SIZED PIZZA BASES:**

500g flour (plain works but bread flour is better)  
300ml water at blood temperature (shouldn't be hotter or colder than your finger)  
10g fresh yeast or 5g dried yeast  
10g salt  
2 tablespoons of olive oil  
For the tomato sauce; this keeps well in the fridge for at least a week!  
500ml sieved tomatoes or passata  
A good pinch of dried oregano  
A bunch of fresh basil, leaves removed and stalks chopped  
1 clove garlic, peeled and sliced as thinly as you can  
Salt and pepper  
A splash of vegetable oil

## **METHOD:**

Warm the oil in a saucepan, so that it gently sizzles, for 3 to 4 minutes. Pour in the sieved tomatoes, oregano and chopped basil stalks. Increase the heat and reduce the tomato sauce by half, it should be nice and thick. Taste, then add salt and pepper. Remove from the heat and chill until needed for your pizza base. Find the right bowl to make your dough in, or use an electric mixer bowl. It needs to be big enough to incorporate all the ingredients. Combine the yeast with the warm water in the bowl, let the yeast dissolve. To this add 50g of plain flour. Set the bowl aside in a warm place. After 20 to 30 minutes the yeast should have formed a sponge. Add flour, salt and olive oil to the bowl.

You can now place the mixture in the bowl of a food processor fitted with a dough hook. Alternatively roll up your sleeves and knead it by hand for 10 to 15 minutes on a lightly oiled work surface. Lightly grease the bowl with olive oil and return the dough to it. Cover with a damp tea towel and allow the dough to rise for 2 hours. Knock the dough back and allow to rise for a further half hour. Divide the dough into 2, 3 or 4 individual balls depending on how many pizzas you wish to make. Roll the pizza out, or if you're feeling brave, give hand stretching a go on a floured work surface to a thickness of 3 or 4 mm. Transfer to a baking tray and top with tomato sauce, spinach, mozzarella. Then, just as you push the shelf into oven, crack a couple of eggs on top. Bake for 12 minutes or until your eggs are cooked the way you like, I like mine runny to dip my pizza crusts in.



## **EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.

**The best time to eat this dish:** A treat meal after an exam when you still have revision to complete.

**Reason:** Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy and provide you with omega 3s to support your brain function.

# MEDITERRANEAN VEGETABLE PASTA BAKE

## MEDITERRANEAN VEGETABLE PASTA BAKE, RIPPED UP MOZZARELLA. SERVES 4.

1 large aubergine, washed and cut into 2cm cubes  
3 medium courgettes, washed and cut into 2cm cubes  
3 red onions, peeled and roughly diced  
2 cloves garlic, peeled and crushed  
1 red pepper, core removed and diced  
6 tomatoes, quartered, but seeds left in  
4 tablespoons olive oil  
Sea salt and freshly ground black pepper  
1 teaspoon dried oregano  
100g Penne pasta (the little tubes)  
3 mozzarella ball, or a tub of the mini ones (Boccancini)

### METHOD:

Preheat the oven to 180°C.

Combine all the prepared veg and place in a large baking dish. If the baking dish is overcrowded with veg, split the veg between two dishes. Drizzle veg with olive oil and sprinkle with salt, pepper and oregano. Mix well to coat the veg. Bake in the oven until the vegetables are very soft, about 45 to 55 minutes.

Meanwhile, during the last 10 minutes of cooking the veg, cook the Penne (pasta) in boiling salted water according to the timing on the packet, usually about 8 to 10 minutes, then drain in a sieve or colander.

Remove the veg from the oven. In the baking dish, toss the veg with the hot pasta. Now tear up that Mozzarella cheese and fold into the pasta so it becomes all stringy and soft. Season to taste with salt and pepper, then serve straightaway with a big green salad.



This dish has been specially created by celebrity chef, Mark Lloyd.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps elevate mood, prevents energy highs and crashes. **The best time to eat this dish:** At lunchtime before an afternoon exam or before a revision session.

**Reason:** Courgettes and aubergines will help beat stress by reducing your blood pressure. Pasta will help to maintain your blood sugars and keep your energy levels constant. Onions, tomatoes and peppers all contain high amounts of anti-oxidants, improve your blood flow and therefore brain functions like memory and focus. Complex carbohydrates along with oregano will improve your mental wellbeing.

# MEXICAN CHICKEN ENCHILADAS

**MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.**

## METHOD:

Preheat oven to 180°C/Gas 4.

In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

- 4 skinless, boneless chicken breast fillets
- 1 onion, chopped
- 225ml yoghurt
- 1 bunch of chives, cut into thin rings
- 125g grated Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)
- 400g tomatoes, roughly chopped
- 125ml water
- 1 tablespoon chilli powder
- 5 tablespoons chopped green pepper
- 1 clove garlic, minced
- 8 flour tortillas
- 85g grated Cheddar cheese
- 2 avocados
- Juice from 1/2 lemon



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## FOR THE AVOCADO SMASH:

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

## EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

**The best time to eat this dish:** For lunch or an evening meal during peak exam period.

**Reason:** High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.

# PORK CHOP, SAGE ROASTED APPLES

## PORK CHOP, SAGE AND OREGANO ROASTED APPLES, BUTTERNUT MASH, SPINACH. SERVES 4.

4 pork chops, 1 big one or two smaller ones, you decide  
2 butternut squash, peeled and chopped into chunks, no seeds  
50g butter  
2 tablespoons of vegetable oil  
3 good eating apples, maybe Pink Lady, Braeburn or Granny Smiths  
1 bag baby spinach or other greens, washed and drained  
1 teaspoon dried oregano  
1 tablespoon chopped sage leaves, you can use dried

### METHOD:

Preheat the oven to 190°C.

Heat a frying pan, toss the apples in the vegetable oil and fry the apples until golden, transfer them to a roasting dish.

Now brown the pork in the same pan 3 to 4 minutes on each side, before placing them on top of the apples in the baking dish. Sprinkle over the sage and oregano.

Put the pork and apples in the oven for 20 minutes, then remove from the oven and leave to rest for 5 to 6 minutes, while you cook the spinach in boiling water for 2 to 3 minutes.

Place all the chopped squash into a pan of salted water and boil until tender. Drain into a sieve or colander and leave for a few minutes to allow the squash to steam away any extra water. Mash the squash with the butter, adding salt and pepper to taste.

To serve: big dollop of mash, pork and apples on top and a little of the juices from the roasting dish, BAM!



This dish has been specially created by celebrity chef, Mark Lloyd.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Boosts memory recall, increases concentration levels, enhances immunity.

**The best time to eat this dish:** During revision for lunch or an evening meal.

**Reason:** Pork contains iron and potassium which can help with cognitive development. Butternut squash has potassium and high levels of Vitamin A to boost your immune function and help lower blood pressure. The Omega 3s in spinach will help brain function and increase your concentration levels. Apples, sage and oregano are an excellent combination for your mental wellbeing.

# SAGE ROASTED PORK LOIN

**SAGE ROASTED PORK LOIN, SWEET POTATO ROASTIES, RED CABBAGE SLAW.  
SERVES 4 AS A HEARTY DINNER TO ENABLE A GOOD NIGHT'S SLEEP.**

## METHOD:

Pre-heat the oven to 180°C.

Place the pork into a roasting tray and rub all over with 2 tablespoons of the oil. Season with salt and pepper.

Place into the middle of the oven at 180°C for 20 minutes, then turn down to 160°C for another 30 minutes, this should make some good crackling!

Take another roasting pan and pour the remaining vegetable oil in, place this tray in the oven to heat up, you want it nice and hot for the roasted sweet potatoes.

Bring a pan of salted water to the boil and place the sweet potatoes in, cooking them for 10 minutes or until the tip of a knife just about reaches the centre when gently pushed in to one. Drain the potatoes into a colander or sieve and allow the steam to make the potatoes nice and dry. Now be careful; add the sweet potatoes to the hot oil, gently shaking the tray, so that the potatoes slide around in the tray.

Place in the oven for 20 to 25 minutes, checking and turning now and again to make sure they cook evenly.

## TO MAKE THE SLAW:

Shred the cabbage with either a sharp knife or use a food processor with the slicing attachment.

Grate the apples or thinly slice into matchsticks.

Place all the cabbage, apple and parsley into a mixing bowl and cover with the oil, sugar and vinegar, mix really, really well then cover until needed.



## EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Improves energy levels, moods and resistance to stress, boosts immune system.

### The best time to eat this dish:

Evening meal during the exam period and possibly feeling tired or run down.

**Reason:** Sweet potatoes, red cabbage and parsley are high in vitamin C, D, iron and are powerful anti-oxidants for your immune system. They contain magnesium which is the relaxation and anti-stress mineral. Apples help to enhance your memory function and pork will promote brain health. The overall combination of proteins and complex carbohydrates will provide you with a source of energy.



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# SPICED CHICKEN WRAP

## FOR THE CACHUMBER SALAD:

1 small cucumber, split lengthways and seeds removed with a teaspoon (watch the tips video if you are unsure).

3 tomatoes, cut into 2cm dice, leave the seeds in for extra flavour

1 medium white onion, peeled and diced the same as the tomatoes

1 green chilli, cut lengthways and seeds removed, then finely sliced

1 bunch fresh coriander, leaves removed and chopped roughly

½ bunch mint, leaves removed and roughly chopped or torn

1 lemon, juice only

Salt and pepper, add this once everything is mixed, to taste

## METHOD:

Mix all the ingredients and a large bowl, tasting and adjusting the flavour by using the lemon, salt and pepper. Pop into the fridge until needed.

## SPICED CHICKEN WRAP, MINT CACHUMBER SALAD AND YOGHURT DRESSING.

### FOR THE CHICKEN WRAPS:

8 tortilla wraps

2 tablespoons vegetable oil

4 skinless, chicken breasts, sliced into fingers

1 large onion, peeled and thinly sliced

1 clove garlic, peeled and crushed

1 green pepper, de-seeded and sliced

1 red pepper, de-seeded and sliced

2 teaspoon cumin

1-2 teaspoon dried chilli flakes

1/2 teaspoon paprika

1 tin chopped, peeled tomatoes

1 tin red kidney beans, rinsed and drained

2 tablespoons sweet chilli sauce

Juice ½ lemon

75g sweetcorn, rinsed and drained

100ml of Greek yoghurt

100g grated Cheddar cheese

### METHOD:

Take the sliced chicken and place into a large bowl with the vegetable oil, lemon juice, onions, garlic, peppers and spices and mix well so that all the ingredients are well coated, cover and put in the fridge for at least an hour. Heat a large saucepan over a high heat, then add the spiced chicken mix and cook until the chicken is well cooked, turning the mix over so the bits on the bottom don't burn, once the chicken is cooked, add the kidney beans, sweetcorn and chopped tomatoes. Cook for another 10 minutes over a medium high heat, this will thicken the sauce.

**Now to build your wraps:** Spoon the chicken mix into the centre of a tortilla, top with the Cachumber and a spoon of yoghurt, then roll it up and get yourself a big bite!



### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Keeps you hydrated, cleanses the stomach, gives steady energy release.

**The best time to eat this dish:** Lunch time before an exam or revision session.

**Reason:** Cucumber will re-hydrate you and flush out bodily toxins. Tomatoes, onion and chilli will help your brain to function optimally and enhance your memory and focus. Coriander, mint and lemon will all cleanse and soothe your stomach.



# TUNA NICOISE

**TUNA NICOISE, IT'S AN OLDIE BUT A GOODIE. SERVES 4.**

2 large eggs  
100g fine green beans, fresh or frozen  
4 large, ripe tomatoes  
100g pitted black olives, try to get the ones in oil  
225g can tuna  
1 Iceberg lettuce, ripped into chunks, washed and drained  
8 teaspoons olive oil  
Juice ½ lemon  
40g croutons, you could use toast, cooled and cut into cubes  
6 anchovy fillets, they add a lovely saltiness, but aren't for everybody

## **METHOD:**

Bring a pan of salted water to the boil, add in the eggs and cook for 5 minutes, remove the eggs and add the green beans and cook for 4 minutes. Run both under cold water until fully cold.

Tip the tomatoes, olives and half of the olive oil into a bowl and mix gently.

Arrange the lettuce on plates and then top with the tomato-olive mixture, saving their flavoursome juices in the bowl. Drain the tuna and build up the salad with roughly broken chunks.

Using the reserved juices left in the tomato mixture's bowl, make the dressing: whisk in the olive oil, lemon juice and pour over the salad.

Peel and quarter the almost but not quite hard-boiled eggs and add to the salad along with the croutons, anchovy fillets (if using).



This dish has been specially created by celebrity chef, Mark Lloyd.

## **EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Maintains blood sugar levels, improves mood, mental alertness and promotes brain functioning.

### **The best time to eat this dish:**

Lunchtime before an exam or revision session.

**Reason:** Eggs and tuna are both high quality protein sources and contain B vitamins, minerals, iron and zinc for improved mental functioning and immunity. Tuna and anchovies are high in omega 3s which are essential nutrients for your brain. Green beans are rich sources of vitamins A, C, and K as well as omega 3s again making them an awesome vegetable.

# TUNA, BEETROOT AND FETA SALAD

**TUNA, BEETROOT, FETA AND SPINACH SALAD, ORANGE DRESSING. THIS IS PROBABLY THE TASTIEST SALAD AROUND; TUNA WITH CITRUS AND SALTY CHEESE, SWEET BEETROOT AND SPINACH, PLUS IT'S A BRAIN BOOSTER! SERVES 4.**



This dish has been specially created by celebrity chef, Mark Lloyd.

Tinned tuna or 4 x 100g tuna steaks  
1 pack precooked beetroot, drained and the chopped into mouthfuls  
200g Feta cheese, drained and roughly broken into cubes  
1 bag baby spinach, washed and drained  
2 oranges, zested then the segments removed from inside, (watch the tips video), then finally squeeze out the remaining juice for the dressing  
50ml olive oil  
1 teaspoon Dijon mustard

## **TO MAKE THE DRESSING:**

Pour the mustard and orange juice into a bowl, then whisk as quickly as possible while adding the Olive oil to the mix, a little at a time.

## **TO MAKE THE SALAD:**

If you are using the fresh tuna steaks, cook them like you would a steak, if you like them pink 2 to 3 minutes each side, or for cooked through 4 to 5 minutes each side. Cut the steaks into mouth sized dice. For the tinned tuna, drain the tuna in a sieve.

Take a large mixing or salad bowl, add the Feta, beetroot, orange segments and tuna. Coat with half of the dressing, top with the leaves and gently turn everything over in the bowl to mix. Do this gently to not break everything up too much, before adding more dressing if needed.

**TO SERVE:** Divide into bowls and get stuck in!

## **EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Boosts brain power, combats stress and enhances immunity.

**The best time to eat this dish:** For lunch or an evening meal in the middle of your exam period.

**Reason:** Tuna is an amazing source of protein which can lower your blood pressure, improve your immune system and boost your circulation all of which support optimal functioning. Beetroot contains heaps of vitamins, minerals and iron which will enhance your focus and reduce blood pressure. Feta cheese is nutrient rich and contains B vitamins to help keeps your brain functioning.