

Healthy New Year!

Spiced basmati lentil mango salad

Did you know?

50% of people try to eat healthily most of the time.
(*Mintel- Attitudes towards healthy eating, 2017*)

INGREDIENTS

Everyday Favourites basmati rice: 500g
S&B black rice: 300g
Red lentils: 100g
Pure olive oil glass: 200ml
Tate & Lyle caster sugar drum: 60g
Everyday Favourites ground cumin: 10g
Greek style yoghurt: 300ml
Fresh mint - chopped: 12g
Burnt aubergine pulp: 500g
Green chilli: 12g
Chopped garlic in oil: 8g
Street Food Mughlai butter paste: 120g
Pure olive oil glass: 30g
Fresh lime juice: 20g
Red peppers - diced: 100g
Fresh mango - diced: 80g
Spring onions - sliced: 50g

SERVES 10



METHOD

A wonderful eclectic mix of soft fluffy grains including white basmati rice, lentils and black rice. Finished with succulent mango, red peppers and spring onions. It is served with a rich and creamy burnt aubergine dressing enhanced with mint, aromatic cumin and cooling green chilli, great for grilled meats or a piece of spiced roasted fish.

1. Cook all the grains and chill.
2. Place the olive oil, sugar, cumin, yoghurt, mint, aubergine, green chilli and garlic into a food blender and blitz until smooth and glossy to make an aubergine dressing.
3. In a bowl add the Streetfood sauce, olive oil, lime juice, red peppers, spring onions, diced mango and the chilled grains.
4. In your chosen bowl place a serving of the rice mix and drizzle with a small amount of the aubergine dressing to serve.

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White chia pot

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INGREDIENTS

White chia seeds: 150g
Coconut milk: 150ml
Almond milk: 150ml
Everyday Favourites vanilla pods: 2
Limes: 2
Blueberries: 100g
Pomegranate seeds: 60g
Micro basil: 30g
Everyday Favourites honey: 40ml

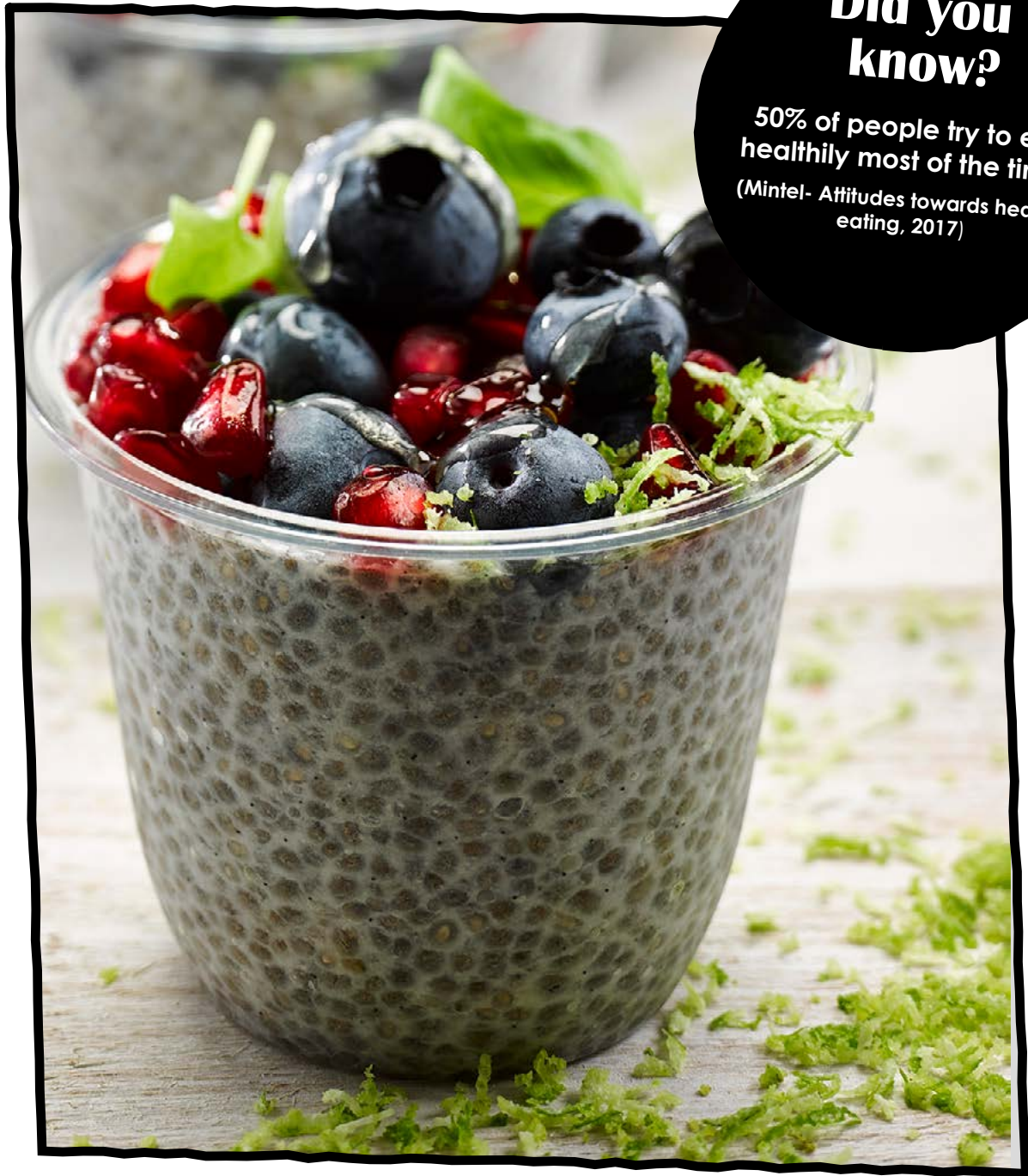
SERVES 1



METHOD

1. Soak the chia seeds in the coconut and almond milk, making sure you stir to avoid any lumps.
2. Remove the seeds from the vanilla pod and add to the chia seeds with the zest and juice of the limes.
3. Leave to infuse and soak overnight.
4. To serve, spoon the chia seed mix into glass pots (or take-out pots as pictured) and top with the blueberries, pomegranate seeds, drizzle of honey and micro basil.
5. Finish with a grate of lime zest.

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