

recipes

Roasted Oriental Trout

Trout is a great source of omega 3 essential fats, vital for brain growth, development and function and can help maintain a healthy heart, immune system and great skin. Combining the rich agave nectar with soy sauce and spices creates a wonderful tangy oriental marinade. This is such a delicious marinade you'll want to use it again and again. Try marinating a whole salmon for a special dinner or buffet. Alternatively use it to make crispy chicken wings and drumsticks - a great party option for kids or tea time treat.

Serves 6-8

2 large whole trout, cleaned and scaled, about 450g each
Marinade

110ml (4floz) tamari (wheat free soy sauce)

110ml (4floz) rice wine vinegar

4 garlic cloves, crushed

3 spring onions chopped finely

3cm piece of fresh root ginger, grated

4 tbsp Groovy Food Rich Agave Nectar

2 star anise

Fresh coriander leaves to garnish

Lime wedges to accompany

Banana leaves for presentation (optional)

Clean the trout under cold running water. Make several diagonal slashes on either side of the fish then place in a large dish. Make up the marinade by mixing all the ingredients together. Coat the trout with the marinade. Cover and chill for 2 hours.

Place the 2 trout each on a large piece of foil (large enough to enclose the fish) and spoon over some of the marinade. Loosely cover the fish with the foil to make a parcel. Allow space in the parcel for air to circulate around the fish. Place on a baking tray and cook in a preheated oven at 200°C, gas mark 6 for 20 minutes or until the trout is cooked through.

Open the foil parcel and grill for 2-3 minutes to crisp up the skin. Any remaining marinade you can place in a small pan and simmer until syrupy. Strain through a sieve and use to drizzle over the cooked trout.

Garnish with lime wedges and chopped fresh coriander and serve on banana leaves. Delicious served hot or cold.

recipes

Date and Lemon Slices

The ingredients in many commercial flapjacks and cereal bars are bound together with a butterscotch mixture high in sugar and saturated fat. These delicious bars are sweetened naturally with dates and agave nectar. Instead of butter we use rapeseed oil - rich in monounsaturated and polyunsaturated fats. A mild olive oil works equally well. The oats and wholemeal flour are a great sources of fibre and complex carbohydrate. These slow down the rate of release of sugars into the bloodstream helping to maintain high energy levels throughout the day. These tasty date slices make a nourishing breakfast on the go, treat for lunch boxes or healthy afternoon snack.

Makes 16 bars

Grated zest and juice of 4 lemons

90ml (6 tbsp) apple juice

225g (8oz) dried dates, chopped

5tbsp Groovy Food Mild Agave Nectar

150ml (¼ pint) rapeseed oil

150g (5oz) rolled oats

175g (6oz) self raising wholemeal flour

30ml (2tbsp) sesame seeds

30ml (2tbsp) sunflower seeds

½tsp bicarbonate of soda

100g (4oz) chopped dried dates

50g (2oz) desiccated coconut

80g (3oz) ground almonds

Preheat the oven to 180°C, gas mark 4.

Place the lemon juice, zest and 225g chopped dried dates in a pan and bring to the boil. Simmer for 1-2 minutes then take off the heat and cool for 10 minutes. Add the agave nectar and oil and blend using a hand blender or food processor to form a thick puree.

Place the oats, flour, seeds, soda, dates, coconut and ground almonds in a bowl and mix well. Add the date puree and combine thoroughly. Press the mixture into a greased shallow rectangular cake tin approximately 25cm by 30cm. Bake in the oven for 25-30 minutes until golden brown. Leave to cool in the tin then cut into bars. Store in an airtight container. As it contains a high proportion of fruit it is best kept in the fridge. It is also suitable for freezing.

recipes

Avocado and Banana Smoothie

A creamy delicious drink rich in B vitamins, mood boosting tryptophan and magnesium to calm and soothe frazzled nerves. Avocados are also a great source of vitamin E and monounsaturated fats - great for a healthy heart and silky soft skin. By adding a little Cool Oil to the smoothie you can also boost your intake of healthy essential fatty acids - a great way to get kids to eat them without even knowing! The raspberry syrup (see separate recipe) is delicious drizzled over the top of the smoothie and also makes a great sauce for puddings, pancakes, ice-creams or stirred into natural yogurt for a quick tasty dessert.

1 small banana, sliced

1 small avocado , peeled and stone removed

2 tbsp Groovy Food Rich Agave Nectar

2tsp Groovy Food Cool Oil

300ml (10floz) chilled milk or milk alternative e.g. soy, oat or rice milk

recipes

Mincemeat Cake Bars

QUICK RECIPE IDEA -

If you love the fruity mincemeat recipe and fancy a change from mince pies then try these quick, healthy mincemeat cake bars.

In a large bowl combine 250g wholemeal self raising flour with 2tsp baking powder.

Stir in 450g mincemeat, 4 beaten eggs and 2tbsp Groovy Food mild agave nectar.

Stir to combine then spoon in to a rectangular shallow tray bake tin.

Bake in the oven at 180°C, gas mark 4 for 25-30minutes until golden brown.

Cool in the tin then cut into bars.

recipes

Asian Noodles with Chargrilled Beef and Sweet Soy Lime Dressing

A perfect salad for picnics, lunches or a light meal. Noodles are always popular especially when bathed in this sweet soy and lime dressing made with Groovy Food's High Five oil. Colourful and glistening with a whole array of fresh tasting vegetables this is incredibly healthy too. Instead of beef you could add large prawns, salmon or chunks of roasted tofu for a vegetarian option.

Serves 4

500g / 1 lb 2oz sirloin steaks, trimmed of fat
1tbsp Thai fish sauce
1tbsp Groovy Food High Five Oil
Freshly ground black pepper
150g / 5 ½ oz sprouting broccoli,
(cut into small pieces)
250g / 9oz egg noodles
1 carrot, cut into julienned
4 spring onions, thinly sliced on the diagonal
Handful of mangetout sliced lengthways
1 red pepper cut into long strips
Handful of coriander leaves, chopped
Handful of mint leaves chopped
Handful of chopped roasted peanuts to serve

Dressing

4tbsp tamari soy sauce
2tbsp Groovy Food Dark Rich Agave Nectar
3tbsp Groovy Food High Five Oil
1 red chilli, deseeded and diced
2 garlic cloves, crushed
1tsp freshly grated ginger
Juice and zest of 2 limes
1tbsp rice vinegar



- Mix together the fish sauce and oil. Rub the steaks with the mixture and season on both sides. Allow the steaks to stand at room temperature for 5-10 minutes before cooking.
- Heat a non-stick frying pan until hot. Sear both sides of the steak for 3 minutes on each side. Take off the heat and leave to stand for 5-10 minutes. Slice thinly and set aside.
- Cook the noodles in boiling water until al dente. Drain well.
- Blanch the broccoli for a couple of minutes in boiling water until al dente. Drain well.
- To make up the dressing simply whisk all the ingredients together and set aside
- Place the noodles in a large bowl. Add the rest of the ingredients and pour over some of the dressing. Toss well and season to taste. Sprinkle over a few chopped roasted peanuts to serve

Per serving using 2tbsp dressing per serving

Calories 584kcal

Protein 40.7g

Carbohydrates 51.2g of which sugars 9.3g

Total Fat 22.9g of which saturates 5.7g

Fibre 5.7g

Dressing per tablespoon (17g)

Calories 44kcal

Protein 0.2g

Carbohydrates 2.4g of which sugars 2g

Total Fat 3.5g of which saturates 0.5g

Fibre 0g

recipes

Harissa Roasted Vegetables with cashew nut couscous

Light fragrant nutty couscous topped with tangy, sweet roasted vegetables is a perfect warming Middle Eastern Style dish for those winter months. For a gluten free alternative use quinoa instead of couscous. You could add some crumbled feta cheese, chickpeas or roasted chicken to this dish to make it even more substantial. The Harissa spiked dressing uses Groovy Food's delicious tasting organic virgin coconut oil - a perfect oil for cooking being highly heat stable and with a beautiful fragrant, fresh taste. Serves 4

Couscous

125g/4½ oz couscous
150ml/5fl oz hot chicken stock or vegetable stock
Pinch of saffron strands
75g/3oz cashew nuts, roughly chopped
75g/3oz apricots, roughly chopped
1 lemon, juice only
2 tbsp fresh mint, roughly chopped
2 tbsp fresh flat leaf parsley, roughly chopped

Roasted Vegetables

1 sweet potato, peeled and cut into chunks
2 red onions, cut into wedges
2 red peppers, cut into large chunks
2 yellow peppers, cut into large chunks
2 courgettes, cut into thick slices diagonally

Harissa Oil

60g / 2 oz Groovy Food Organic Virgin Coconut Oil
1-2tsp harissa paste to taste
1 garlic clove, crushed
½ tsp ground cumin
Zest and juice of ½ lemon
2tsp Groovy Food Light Mild Agave Nectar
Salt and freshly ground black pepper
Additional chopped mint and coriander to serve
Greek yogurt to serve



- Place the couscous into a bowl and pour over the hot stock and saffron. Set aside and leave for 15-20 minutes until all the water is absorbed.
- Stir the couscous with a fork. Add the remaining couscous ingredients and stir well to combine.
- Heat the coconut oil in a pan and stir in the remaining ingredients to make the harissa oil
- Heat the oven to 200°C, gas mark 6.
- Place the vegetables in a roasting dish and drizzle over the harissa oil. Season with salt and black pepper
- Bake in the oven for 30-40 minutes until tender and lightly charred
- Spoon the couscous into a bowl and top with the roasted vegetables. Sprinkle over fresh mint and coriander leaves and accompany with some Greek yogurt

Nutritional Information per serving

Calories 448kcal
Protein 9.1g
Carbohydrates 45.1g of which sugars 20.6g
Total fat 25.5g of which saturates 14.9g
Fibre 7.2g

Nutritional Information per 100g

Calories 128kcal
Protein 2.6g
Carbohydrates 12.9g of which sugars 5.9g
Total Fat 7.3g of which saturates 4.3g
Fibre 2.1g