

## Dinners & Main Meals

These alkaline meals have been designed to be warming, satisfying and to feel like a treat - no matter how healthy they really are!

These are my core main meals, my armoury of dinners that I know I can always cook quickly and easily and with pretty much the same stock ingredients.

The more you get used to the recipes, the more you can adapt them and you get faster and faster at preparing them!

These are all alkaline tasty and easy. Enjoy!

# Chilli-Lime Steam Fry

Vibrant, fruity, healthy and quick main meal. What more could you ask for?



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Serves: 2

Preparation Time 25 Minutes

Ingredients:

1 small red chilli

(or as hot as you can handle!)

Large handful of coriander

Juice of 1 lime

Small block ginger

1 garlic clove

Bok-choi or other Asian greens

Beansprouts

1 carrot

5 spring onions

1 pepper

1/2 courgette

4 broccoli florets

Handful sugar-snap peas

1 teaspoon vegetable bouillon  
or half a stock cub

(yeast and salt-free)

Soba noodles or brown rice.

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Instructions:

- 1 First, finely chop the chilli and pick the coriander leaves. Now with a pestle and mortar mash together and add the lime juice. Leave to one side to infuse.
- 2 Finely slice the carrots into matchsticks, slice the bok choi, finely slice the spring onion, and dice the pepper and courgette.
- 3 Cut the broccoli florets so they are quite small too. We are aiming to make the food sliced to cook quickly (i.e. quite small).
- 4 Prepare the stock with 50ml of water and heat in a frying pan until boiling. Next steam fry the garlic and ginger for a couple of minutes before adding the remaining vegetables.
- 5 After five minutes of steam frying. Remove and place on a bed of brown rice or soba noodles. Coat with chilli-lime dressing and serve

# Alkaline Chilli-non-Carne

Another excellent alkaline meal that is filling, easy and tasty!



Serves: 2

Preparation Time: 40 Minutes

## Ingredients:

1 tbsp olive oil  
1 onion, chopped  
1 garlic clove, crushed  
1x400g cans chopped tomatoes  
2 tbsp tomato puree  
1 red chillies, thinly sliced,  
(or 3-4 tsp dried chilli flakes)  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
Braggs liquid amino's  
1/2 yeast free veg stock cube  
Himalayan Salt and freshly  
ground black pepper  
200g can red kidney beans,  
drained  
1 small bunch coriander leaves,  
roughly chopped  
Wedges of lime, to serve

## Instructions:

- 1 Heat water in a large, heavy-based saucepan and steam fry the onion and garlic until softened.
- 2 Stir in the chopped tomatoes, tomato puree, fresh chilli or chilli flakes, cumin, ground coriander, and Braggs sauce and crumble in the stock cube.
- 3 Season well with salt and pepper. Bring to a simmer, cover with a lid and cook over a gentle heat for about 20 minutes stirring occasionally until the mixture is rich and thickened.
- 4 Add the kidney beans and fresh coriander. Cook for a further 10 minutes, uncovered, before removing from the heat, adding any extra seasoning if necessary.
- 5 Leave to cool slightly and add in raw broccoli and spinach; and add some avocado or olive oil.

This is ideal served with lime wedges and also rice, guacamole and a big green salad.



# Alkaline Veggie Fajitas

One of the world's easiest and most popular dishes made alkaline!



Serves: 2

Preparation Time: 40 Minutes

Ingredients:

Wheat-free tortillas

1 avocado

Handful of spinach

Broccoli florets

1 grated carrot

Lettuce leaves

Olive oil

Pine nuts

Tomato

Red onion

Paprika

Coriander

Instructions:

- 1 To make a salsa, finely chop the tomato and red onion and mix in a bowl with a little olive oil.
- 2 Finely chop and lightly steam the broccoli and then mash and spread the avocado and salsa into the wrap.  
If using the kidney beans, gently warm in a pan and mash a little.
- 3 Add broccoli, grated carrot, pine nuts, leaves, herbs and spices and optional kidney beans to the wrap and roll over.

# Aubergine & Black Bean Alkaline Chilli

A variation on the original chilli recipe - this one is a twist on the Central American style!



Serves: 2

Preparation Time 35 minutes

Ingredients:

Coconut or olive oil

200g aubergine cut into cubes

1 red onion, finely chopped

2 garlic cloves, crushed

5 small red chillies, chopped

400g can of tomatoes (organic)

1/2 tsp ground coriander

pinch of ground cumin

pinch of ground cinnamon

250g cooked black beans

Sea salt

Freshly ground black pepper

## Instructions:

- 1 Firstly, if you are preparing the black beans yourself, follow the packet guides to get these cooked. If you are using tinned then drain and rinse these before cooking!
- 2 Chop all of the ingredients as suggested above. The aubergine cubes should be about 1.5cm on each side. You can deseed the chilli if you don't like it too hot!
- 3 Next, heat the coconut oil in a pan. Please try to use coconut oil - all other oils become toxic when heated. If you don't have coconut oil, use olive this time - but then invest in coconut!
- 4 Now fry the aubergines for about four minutes, to colour and soften. Remove and drain on some kitchen paper towel.
- 5 Now soften the onions and garlic in the same pan and add the chillies and cook for just a couple of minutes. After this, throw in the tomatoes, coriander, and spices and the dried aubergine and let this simmer away for about five or six minutes.
- 6 Finally add the black beans (prepared yourself according to the packet instructions or tinned) and leave to simmer for another ten minutes.

Serve on brown rice, cous cous or quinoa!

# Alkaline Lunchtime Wraps

Another lifesaver, these are quick, filling, flexible and easy as well as being alkaline!



Serves: 2

Preparation Time: 10 Minutes

Ingredients:

1/3 cucumber

1 tomato

Lettuce leaves

Small handful spinach leaves

Sunflower seeds

Hummous

Wheat free tortillas

1/4 lemon

Instructions:

- 1 Wash salad items thoroughly and dice to enable easy wrapping!
- 2 Spread hummous along the wrap, just left of centre.
- 3 Place ingredients alongside the wrap and sprinkle on seeds, lemon juice and oil.
- 4 Wrap up by folding over the bottom length first ( to prevent spillage) and then wrapping over.



# Hearty Lentil & Butternut Squash Stew

This is warming, filling and hearty. It is a great winter meal when you need that warmth inside you.



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Serves: 4

Preparation Time 45 Minutes

Ingredients:

225g brown lentils

2 brown onions

750ml wheat-free vegetable stock

4 carrots

1/2 butternut squash

1 sweet potato

2 small white potatoes

1 stick of celery

Handful fresh garden peas

Handful watercress

2 tbsp fresh dill

1 tsp Bragg or tamari sauce

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## Instructions:

- 1 Start by soaking the lentils for 20 in cold water. While they are soaking, prepare the vegetables by chopping the onion finely, chopping the carrot into rings, peeling and deseeding the squash, peeling and dicing the potatoes and chopping the celery.
- 2 Now you're ready to start cooking! Put the onions in a large pan with the stock and get this boiling.
- 3 Next add the lentils, potatoes, squash and carrot and once this is boiling turn it down to simmer for about eight minutes. Then add the lovely celery and simmer it for another couple of minutes.
- 4 Finally, you can add the sauce (Bragg or Tamari) the fresh peas, leaves and dill.

# Cous Cous with Tomato, Basil & Lentils



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Serves: 4

Preparation Time 30 Minutes

## Ingredients:

350ml of fresh vegetable juice (tomato, cucumber, spinach etc - OR you can use V8 or a shop bought veggie juice in this instance)

350ml of alkaline/filtered water

3 cloves of garlic finely chopped

1 tablespoon of olive/avocado oil or Udo's Choice

220g of lentils (tinned or prepared yourself from dried)

3 large tomatoes

A big handful of basil leaves, torn or chopped

200g of uncooked cous cous

A pinch of Himalayan salt

(or sea salt)

A pinch of freshly ground black pepper

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## Instructions:

- 1 This is really easy. Firstly steam fry the garlic in a little water until it is softened, just a minute will do.
- 2 Then stir in the veggie juice, lentils, water, salt and pepper. Bring this to a simmer to cook the lentils through. Remove from the heat.
- 3 Now you can simply chuck in the lentils, tomatoes and basil - cover it up and let it stand for five mins until the cous cous is cooked through.
- 4 Lastly, remove the cover and fluff up the cous cous with a fork and you're ready to go!

Works awesomely as a side or as a main with a large salad.



# Alkaline Ratatouille



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Serves: 4

Preparation Time 30 Minutes

Ingredients:

3 decent sized aubergines

3 medium courgettes

2 red peppers

5 tomatoes, diced

3 tsp thyme leaves

2 cloves of garlic

2 massive handfuls of baby spinach

A handful of basil leaves

10 coriander seeds

A big handful of pitted black olives

Organic extra virgin olive oil

Himalayan salt & black pepper

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## Instructions:

- 1 Firstly cut the tops and bottoms off the aubergines and courgettes. Now slice the aubergines and courgettes by standing them on their end and slicing the skin and a little bit (about 2-4mm) of flesh.
- 2 This is all you'll use of the vegetable in this meal, so use the flesh for my Baba Ganoush from last week and the Courgette Hummous from a couple of weeks before! How convenient! Firstly, get the garlic chopped up nice and fine.
- 3 Now slice the aubergines and courgettes again (keeping separate) so that they're in little cubes about 3mm x 3mm. Nice little shapes. Now put these to one side.
- 4 At this stage you want to get your grill on and preheating. Now cut the tops and bottoms off the peppers and get rid of the seeds and white bits. Give them a good wash and cut them into thick slices so that you can place them skin side up under the grill.

## Alkaline Ratatouille (continued)



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Serves: 4

Preparation Time 30 Minutes

### Ingredients:

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3 medium courgettes

2 red peppers

5 tomatoes, diced

3 tsp thyme leaves

2 cloves of garlic

2 massive handfuls of baby spinach

A handful of basil leaves

10 coriander seeds

A big handful of pitted black olives

Organic extra virgin olive oil

Himalayan salt & black pepper

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### Instructions:

- 5 Once they're blackened, pop them in a bowl and cover with cling film for five mins. After that time you should be able to get the skins off nice and easy. Now dice them up to match the courgettes and aubergines.
- 6 Now you need to get these the aubergine cooking. So heat a little olive or coconut oil in a pan (preferably coconut as this is less effected when heated) and gently cook along with one clove of garlic.
- 7 After cooking the aubergine all at once, put into a sieve and press with kitchen paper towels to get out any excess oil. Now add a little more oil to the pan and do the same with the courgette and the other clove of garlic.
- 8 Now mix in a large pan with the other ingredients and warm very gently. I like to keep the tomatoes raw and throw the spinach in right at the last minute so it just wilts a little.

Serve with a big salad and voila!