

MINI MEDITERRANEAN WINTER MEAL PREP GUIDE

You will need...

Fresh items:

- A small head of cauliflower
- 2 sweet potatoes
- 100g of kale
- Full-fat Greek yoghurt
- 1/2 a small head of red cabbage
- 1 lemon
- 1 garlic clove
- 1 whole pomegranate

Staples:

- Olive oil
- Salt
- Sugar
- Black pepper
- Vinegar

You will need... (cont.)

Pantry items:

- Rose harissa paste
- Aleppo pepper
- Turmeric
- Cumin
- Za'atar spice blend
- Ras el Hanout spice blend
- Jarred red peppers
- Tahini
- 570g jar / carton / tin of chickpeas (total weight)
- 380g jar / carton / tin of butter beans (total weight)
- Wild rice
- Tricolour quinoa
- Pumpkin seeds
- Whole black peppercorns (optional)

How to prep

All components are
designed to be cooked in a
single oven preheated to
180C in under 1 hour

Spiced Sweet Potato:

1. Remove the ends from the sweet potatoes and peel if you wish
2. Cut into small even chunks
3. Toss together with salt and pepper to taste, a drizzle of olive oil and 1 tsp of Ras el Hanout
4. Add the sweet potato to a sheet pan
5. Roast for 30-40 minutes

Turmeric Cauliflower:

1. Remove the leaves, break off the florets and cut into bite-sized pieces if needed
2. Toss together with salt and pepper, a drizzle of olive oil and turmeric
3. Add the cauliflower to a sheet pan
4. Roast for 30-40 minutes

How to prep (cont.)

Crispy Wild Rice:

1. Rinse 1/2 a cup of rice and toast for a few seconds in oil (in a rice cooker or lidded pan) before adding salt, pepper and 2 cups of water
2. Cook for 20 minutes until the water is absorbed
3. Spread the rice onto a sheet pan with more seasoning and oil and spread onto a lined sheet pan to bake for 10-15 minutes

Toasted Quinoa:

- Rinse 1 cup of quinoa and toast for a few seconds in oil in a pan over a medium heat before adding salt, pepper and 1 and 1/2 cups of water
- Cook for 20-25 minutes until the water is absorbed
- Spread the quinoa onto a sheet pan with more seasoning and oil and spread onto a lined sheet pan to bake for 15-20 minutes

How to prep (cont.)

Roasted Spiced Chickpeas:

1. Rinse the chickpeas thoroughly, set half aside and pat half of them dry
2. Toss the dried chickpeas with salt, pepper, a drizzle of olive oil and 1 tsp of Za'atar
3. Spread the chickpeas onto a pan and roast for 20 minutes

Crispy Rose Harissa Butter Beans:

1. Drain and rinse the butter beans, pat dry
2. Toss together with 1 tbsp of rose harissa paste and a little salt and pepper
3. Spread the beans onto a pan and roast for 20 minutes

How to prep (cont.)

Hummus:

1. Remove the skins from the remaining of the chickpeas and add these chickpeas to a blender with 2 tbsp of very cold water, 2-3 tbsp of tahini, 1 garlic clove, 1 tsp of cumin and the juice of 1 lemon
2. Season with salt and pepper and blend until smooth, adjust with more tahini or cold water if needed
3. Remove half into a container

Roasted Red Pepper Hummus:

1. Blend the remaining hummus with two roasted red peppers and an extra pinch of salt

How to prep (cont.)

Pickled Cabbage:

1. Finely slice the 1/2 a red cabbage and add half to a jar
2. Add 1 tsp of salt, 1 tsp of sugar and optional 8 whole black peppercorns
3. Add the rest of the cabbage
4. Fill the jar with vinegar, shake and refrigerate for 8 hours minimum

Pomegranate seeds:

1. De-seed the pomegranate

Tahini Yoghurt:

1. Add 2 tbsp of Greek yoghurt to 2 tbsp of tahini, 1 tbsp of cold water and salt and pepper
2. Whip together with a fork and add additional water if needed

How to prep (cont.)

Massaged Kale:

1. Remove the stems (or just trim the ends) and roughly chop the kale
2. Add to a bowl, drizzle with olive oil and season with salt and pepper
3. Massage the kale using the oil for 1-2 minutes until tender

Spiced Pumpkin Seeds:

1. Add 3 tbsp of pumpkin seeds to a frying pan over a low-medium heat
2. Add 1-2 tsp of Aleppo pepper (depending on preference) and toast for 3-4 minutes
3. Add a drizzle of olive oil and toast for a further 2-3 minutes

Notes

- This meal prep is designed to be used alongside cooking during the week rather than completely replacing it to allow for flexibility and variety, though you can absolutely rely on just these elements
- You will need: an oven, a frying pan, a blender and several sheet pans / baking trays (I like to use greaseproof paper for easy cleanup)
- You do not need to purchase special spices to do this meal prep - rose harissa could be substituted with pesto, Za'atar with oregano, Ras el Hanout with cumin and so on, I just find these blends to be a quick way of adding depth of flavour

Meal Ideas

Cauliflower Quinoa Nourish Bowl:

Salad leaves* + Toasted Quinoa + Turmeric Cauliflower +
Roasted Spiced Chickpeas + Hummus + Pickled Cabbage + Spiced
Pumpkin Seeds + Olive Oil + Feta*

Kale & Butterbean Salad:

Massaged Kale + Spiced Sweet Potato + Crispy Rose Harissa
Butter Beans + Crispy Wild Rice + Pomegranate Seeds + Tahini
Yoghurt

Other ideas:

- Add the quinoa instead of rice to one pot weeknight curries and stews to boost your fibre intake
- Enjoy the pomegranate seeds with honey and Greek yoghurt for an easy snack
- Top your avocado toast with the spiced pumpkin seeds
- Use the massaged kale as a side of greens if your meal looks a little beige

* = additional items that require no prep