



Eat To Heal

**A Recipe Guide to
Anti-Inflammatory Meals**



Introduction:

Welcome to a journey of better health through the power of anti-inflammatory foods!

Chronic inflammation is often linked to many health issues, but one of the most effective ways to manage it is through what we eat.

Food is more than just fuel—it's medicine for the body. This book is designed to make it simple and delicious to incorporate anti-inflammatory ingredients into your daily meals.



With recipes that cover breakfast, lunch, snacks, and dinner, you'll find tasty solutions to help reduce inflammation and support your overall well-being.

Whether you're new to this approach or looking to expand your healthy recipe collection, each dish is crafted to nourish your body and satisfy your taste buds.

In this book, you'll not only discover delicious recipes but also an approach to eating that supports healing and balance from the inside out. Let's cook our way to a healthier, inflammation-free lifestyle—one meal at a time!



Anti-Inflammatory Breakfast Recipes

These anti-inflammatory breakfast recipes are designed to reduce inflammation while providing essential nutrients.

Incorporating ingredients like oats, spinach, and millet, these dishes are both wholesome and delicious, perfect for starting your day on a healthy note.





Nutritious Upma

INF Value +143

Nutritious Upma

A hearty, savoury breakfast dish packed with whole grains and vegetables. This Nutritious Upma is a great way to kickstart your morning with a blend of flavours and textures.

INGREDIENTS

- **Broken wheat (dalia):** 19g
- **Broken jowar (white millet flour):** 19g
- **Rolled oats:** 3/4 tsp
- **Cashew nuts:** 1-2, broken
- **Onion:** 1/4 small onion, finely chopped
- **Tomato:** 1/4 small tomato, finely chopped
- **Carrot:** 1/4 small carrot, chopped
- **Green peas:** 19g
- **Cauliflower florets:** 19g
- **Curry leaves:** 1-2 leaves
- **Green chilies:** 1/2, finely chopped
- **Coriander:** 1/4 tbsp, finely chopped
- **Lemon juice:** 1/4 lemon
- **Mustard seeds:** 1/8 tsp
- **Cumin seeds:** 1/8 tsp
- **Turmeric powder:** A pinch
- **Rock salt:** A pinch
- **Coconut oil:** 3/4 tsp



Nutritious Upma

METHOD

1) Roast & Cook Grains:

Dry roast the broken wheat and jowar in a heavy-bottomed pan for two minutes. Allow to cool, then pressure cook with 75ml water until done. Set aside to cool.

2) Prepare Vegetables:

In a pan, heat the coconut oil and add mustard seeds, cumin seeds, curry leaves, and green chilies. Let them splutter, then add onions, tomatoes, carrots, green peas, and cauliflower. Stir-fry for two minutes.

3) Combine & Cook:

Add the rolled oats and cooked grains to the pan. Mix in turmeric, rock salt, lemon juice, and coriander. Cover and cook on low heat until fluffy and the moisture evaporates. Serve hot, garnished with broken cashew nuts.





Nutritious Chillas

INF Value +123

Nutritious Chillas

A versatile, gluten-free pancake made with a blend of healthy flours and fresh vegetables. These Nutritious Chillas are perfect for a quick, anti-inflammatory breakfast.

INGREDIENTS

- **Jowar flour (whole millet flour):** 10g
- **Whole wheat flour:** 10g
- **Ragi (red millet) flour:** 10g
- **Onion:** 1/3 small onion, chopped
- **Tomato:** 1/3 small tomato, chopped
- **Coriander:** 1/3 tsp, chopped
- **Green chili:** 1/3, finely chopped
- **Coconut oil:** 2/3 tsp
- **Rock salt:** A pinch



Nutritious Chillas

METHOD

1) Prepare the Batter:

In a bowl, combine all the flours, chopped vegetables, and rock salt. Gradually add water to make a thin batter.

2) Cook Chillas:

Heat a non-stick pan and lightly grease it with coconut oil. Pour a portion of the batter onto the pan and spread it into a 4mm thick circle. Cook on both sides until golden brown. Serve hot.





Paneer Frankie

INF Value +16

Paneer Frankie

A flavorful wrap filled with a nutritious paneer and vegetable stuffing. This Paneer Frankie is a delicious and satisfying breakfast option.

For the Wrap:

- **Whole wheat flour:** 30g
- **Soya flour:** 10g
- **Olive oil:** 1/10 tsp

For the Stuffing:

- **Cabbage:** 30g, grated
- **Green chilies:** 3/5, chopped
- **Paneer (cottage cheese):** 30g, grated
- **Coriander:** 1/5 tbsp, chopped
- **Olive oil:** 1/10 tsp
- **Turmeric powder:** 1/10 tsp



Paneer Frankie

METHOD

1) **Prepare the Wrap Dough:**

Mix the flours and olive oil, adding enough warm water to make a smooth dough. Knead well, let it rest for half an hour, then knead again.

2) **Cook the Wraps:**

Divide the dough into portions and roll each into rounds using a little flour. Cook lightly on both sides on a griddle until well cooked.

3) **Prepare the Stuffing:**

Heat the olive oil on a low flame, add green chilies and cabbage, and stir-fry until the cabbage is cooked. Add paneer, coriander, and turmeric, and cook briefly. Divide into portions and set aside.

4) **Assemble the Frankie:**

Place a hot wrap on a plate, add a portion of stuffing, roll, and serve hot.





Soya Palak Roll

INF Value +273

Soya Palak Roll

A nutritious roll filled with a blend of spinach and soy nuggets, steamed to perfection. This Soya Palak Roll is rich in protein and antioxidants, making it a great anti-inflammatory breakfast choice.

INGREDIENTS

- **Spinach:** 1/4 bunch
- **Soy nuggets:** 19g

For Soy Pack:

- **Bengal gram flour (besan):** 2/5 tbsp
- **Onion:** 1/4 small onion, chopped
- **Ginger:** A pinch, grated
- **Cumin:** 1/8 tsp
- **Rock salt and red chili powder:** A pinch each
- **Water:** As needed



Soya Palak Roll

METHOD

- 1) Prepare Spinach and Soy:**
Clean, blanch, and strain the spinach. Soak soy nuggets in hot water for 15 minutes, then squeeze and set aside.
- 2) Prepare Soy Pack:**
Mix all soy pack ingredients, adding water if needed to make a thick batter. Add the soy nuggets and mix well.
- 3) Steam and Roll:**
Steam the packs in a steamer or cooker for 10-15 minutes. Cool, then roll each pack with spinach to make a roll. Before serving, bake in a preheated oven for 3 minutes. Sprinkle with chaat masala while serving



A top-down photograph of a dark grey plate containing several folded, golden-brown mung dal pancakes. The pancakes are garnished with yellow mung bean sprouts. To the left of the plate is a small black bowl containing a dark sauce. A green and white checkered cloth is partially visible under the plate. The background is a light grey surface.

Mung Dal Pancakes

INF Value +360

Mung Dal Pancakes

These Mung Dal Pancakes are packed with protein and fibre, offering a delicious and satisfying start to your day. Perfect for those looking to incorporate more plant-based protein into their diet.

INGREDIENTS

- **Sprouted mung beans:** 38g
- **Sprouted broad beans (vaal):** 38g
- **Brown rice flour:** 19g
- **Onion:** 1/2 small onion, chopped
- **Tomato:** 1/2 small tomato, chopped
- **Finely chopped chilies:** 1/4 tsp
- **Ginger paste:** 1/4 tsp
- **Turmeric:** 1/4 tsp
- **Hing (asafoetida):** 1/4 tsp
- **Fresh coriander:** A small handful, chopped
- **Rock salt:** A pinch



Mung Dal Pancakes

METHOD

1) **Prepare the Batter:**

Coarsely grind the sprouted mung and broad beans. Mix with brown rice flour, onions, tomatoes, chilies, ginger paste, turmeric, hing, coriander, and rock salt. Add water to form a thick batter.

2) **Cook Pancakes:**

Heat a little oil on a non-stick pan. Pour a tablespoon of batter onto the pan and spread evenly to form a round, thick pancake. Cook on both sides until slightly crisp. Serve with yogurt or tamarind chutney.





Spinach Eggs

INF Value +649



INGREDIENTS

Spinach Eggs

A simple yet flavorful dish that combines the goodness of spinach and eggs. These Spinach Eggs are perfect for a quick, nutritious breakfast that's low in inflammation and high in taste.

- **Spinach (palak), roughly chopped:** 125g
- **Medium onion, finely sliced:** 1/2 onion
- **Garlic:** 1 clove
- **Ginger paste:** 1/8 tsp
- **Green chili, chopped finely:** 1/4 to 1/2 (depending on your spice preference)
- **Turmeric powder:** 1/8 tsp
- **Chili powder:** 1/8 tsp
- **Chopped coriander:** 10g
- **Worcestershire sauce:** 1/4 tsp
- **Olive oil:** 1/2 tsp
- **Eggs:** 1



Spinach Eggs

METHOD

1) **Cook Vegetables:**

In a pan, heat the olive oil over medium flame. Sauté the onion until it turns golden. Add the chopped green chili and cook for 3 minutes. Add the turmeric powder, chili powder, and chopped coriander, and cook for another 3 minutes. Add the spinach and mix well, cooking on low heat for 10 minutes until softened.

2) **Add Sauce:**

Add the Worcestershire sauce and continue cooking on low heat until the spinach is fully cooked and most of the liquid has evaporated.



Spinach Eggs

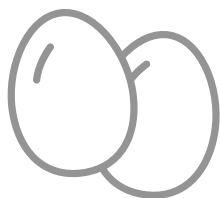
METHOD

3) Prepare Eggs:

Separate the egg, and beat the egg white until soft peaks form. Then add the yolk and beat well to combine.

4) Bake:

Place the cooked spinach mixture in a small baking dish (approximately 10 cm in diameter). Spread the beaten eggs over the surface of the spinach. Bake in a moderately hot oven until the eggs are set and golden. Serve immediately while hot.



Anti-Inflammatory Snacks Recipes

These anti-inflammatory snack recipes are perfect for a quick bite between meals.

They are packed with healthy ingredients that help reduce inflammation while satisfying your taste buds.





Tandoori Chaat

INF Value + 715

Tandoori Chaat

A vibrant and tangy snack, Tandoori Chaat combines the sweetness of fruits with the smoky flavour of spices. It's a perfect balance of taste and health.

- **Olive oil:** 1 tsp
- **Balsamic vinegar:** 45 ml
- **Pomegranate powder:** 5 tsp
- **Roasted cumin powder:** 2 tsp
- **Chat masala:** 2 tsp
- **Kashmiri mirch powder:** 2 tsp
- **Garam masala:** 1 tsp
- **Crushed peppercorns (white or black):** 1 tsp
- **Pineapple, cubed:** 75g
- **Red, yellow, and green peppers:** 1 piece each
- **Green apple:** 1/2, chopped



Tandoori Chaat

METHOD

1) **Prepare Marinade:**

In a bowl, combine olive oil, balsamic vinegar, pomegranate powder, chat masala, garam masala, roasted cumin powder, and Kashmiri mirch powder. Add crushed peppercorns and mix well.

2) **Marinate and Cook:**

Add the chopped green apple, pineapple, and peppers to the marinade and mix well. Skewer the marinated fruits and vegetables and cook in a tandoor or oven until done. Serve hot.





Roasted Veg Cutlet

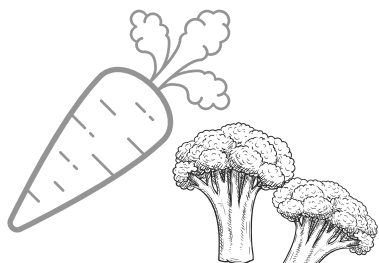
INF Value + 166

Roasted Veg Cutlet

A vibrant and tangy snack, Tandoori Chaat combines the sweetness of fruits with the smoky flavour of spices. It's a perfect balance of taste and health.

INGREDIENTS

- **Pumpkin, boiled and mashed:** 30g
- **Boiled green peas:** 60g
- **Carrots, grated:** 0.6 of a carrot
- **Broccoli, chopped finely:** 50g
- **Cumin powder:** 1/5 tsp
- **Lemon juice:** 1/5 tsp
- **Rock salt and pepper:** A pinch
- **Garam masala:** 1/10 tsp
- **Turmeric powder:** 1/10 tsp



Roasted Veg Cutlet

METHOD

1) **Prepare Mixture:**

In a bowl, mix all ingredients well. Form small tikkis (balls) from the mixture.

2) **Cook Cutlets:**

Heat a non-stick pan and roast the tikkis until lightly browned on both sides. Serve with chutney or sauce. Optionally, bake at 130°C for 10 minutes for a crispier texture.





Methi Muthia

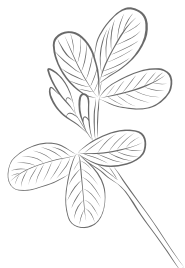
INF Value +195

Methi Muthia

Methi Muthia is a flavorful snack made from fenugreek leaves and whole wheat flour, steamed to perfection. This healthy snack is perfect for those looking for a nutritious, low-calorie option.

INGREDIENTS

- **Fenugreek leaves, chopped:** 25g
- **Jaggery:** 1/6 tsp
- **Whole wheat flour:** 25g
- **Grated white pumpkin:** 6.67g
- **Curd:** 1 tsp
- **Turmeric powder:** 1/6 tsp
- **Red chili powder:** 1/6 tsp
- **Asafoetida:** A pinch
- **Soda-bi-carbonate:** A pinch
- **Chilli ginger paste:** 1/6 tsp
- **Rock salt:** A pinch
- **Olive oil:** 1 tsp



Methi Muthia

METHOD

1) **Prepare Dough:**

In a bowl, combine all ingredients and mix well, adding enough water to make a soft dough. Divide the mixture into portions and form into small balls.

2) **Steam Muthia:**

Place the muthia on a greased plate and steam until done. Serve hot with green chutney.





Spicy Tomato Rings

INF Value +124

Spicy Tomato Rings

A refreshing and spicy snack, Spicy Tomato Rings are made with a juicy slice of tomato topped with a mix of vegetables and spices. Perfect for a light, healthy snack.

INGREDIENTS

- **Firm big tomato:** 1 slice
- **Onion, finely chopped:** 1/3 small onion
- **Carrot, grated:** 1/3 small carrot
- **Cucumber, grated:** 1/3 small cucumber
- **Coriander, finely chopped:** 5g
- **Green chutney:** 4g
- **Freshly powdered cumin seeds:** A pinch



Spicy Tomato Rings

METHOD

1) **Assemble Rings:**

Arrange the tomato slice on a plate. Dot the slice with green chutney, then sprinkle cumin powder, grated carrot, cucumber, and onion over the top.

2) **Garnish and Serve:**

Garnish with chopped coriander and serve immediately.



A top-down photograph of a bowl of Diet Corn Chaat. The bowl is filled with yellow corn kernels, finely chopped green chilies, red tomatoes, and green herbs. A slice of lime is on the left side of the bowl. A silver spoon with an ornate handle is on the right. A whole corn cob with its husk partially removed is in the bottom right corner. A white cloth is draped in the top left corner.

Diet Corn Chaat

INF Value +450

Diet Corn Chaat

Diet Corn Chaat is a light and tangy snack made with American corn and a mix of spices. It's perfect for a quick and healthy snack option.

INGREDIENTS

- **American corn:** 50g
- **Curd (yogurt):** 50g
- **Red chili powder:** 1/4 tsp
- **Cumin seed powder:** 1/4 tsp
- **Ginger-garlic paste:** 1/2 tsp
- **Onion:** 1/4 small onion, finely chopped
- **Tomato:** 1/4 small tomato, finely chopped
- **Tamarind chutney:** 1/2 tsp
- **Coriander leaves:** A few, for garnish



Diet Corn Chaat

METHOD

1) **Prepare Marinade:**

In a bowl, combine olive oil, balsamic vinegar, pomegranate powder, chat masala, garam masala, roasted cumin powder, and Kashmiri mirch powder. Add crushed peppercorns and mix well.

2) **Marinate and Cook:**

Add the chopped green apple, pineapple, and peppers to the marinade and mix well. Skewer the marinated fruits and vegetables and cook in a tandoor or oven until done. Serve hot.



Diet Corn Chaat

METHOD

3) Prepare Curd Mixture:

In a bowl, mix curd with red chili powder, cumin seed powder, and ginger-garlic paste.

4) Mix Ingredients:

In a separate bowl, combine corn, chopped onions, and tomatoes. Mix the curd mixture with the corn, onions, and tomatoes.

5) Season and Serve:

Sprinkle a bit more red chili powder and cumin powder if desired. Add tamarind chutney and mix gently. Garnish with coriander leaves and serve immediately.



A top-down photograph of a dark grey plate containing several folded, golden-brown mung dal pancakes. The pancakes are garnished with yellow mung bean sprouts. To the left of the plate is a green and white checkered cloth. A small portion of a dark bowl is visible on the far left.

Mung Dal Pancakes

INF Value +360

Mung Dal Pancakes

Diet Corn Chaat is a light and tangy snack made with American corn and a mix of spices. It's perfect for a quick and healthy snack option.

INGREDIENTS

- **Sprouted mung beans:** 38g
- **Sprouted broad beans:** 38g
- **Brown rice flour:** 19g
- **Onion:** 1/2 small onion, chopped
- **Tomato:** 1/2 small tomato, chopped
- **Chopped chilies:** 1/4 tsp
- **Ginger paste:** 1/4 tsp
- **Turmeric:** 1/4 tsp
- **Hing (asafoetida):** 1/4 tsp
- **Fresh coriander:** A small handful, finely chopped
- **Rock salt:** A pinch



Mung Dal Pancakes

METHOD

1) **Prepare Batter:**

Coarsely grind the sprouted mung beans and broad beans. Mix with brown rice flour, onions, tomatoes, chilies, ginger paste, turmeric, hing, coriander, and rock salt. Add water gradually to form a thick batter.

2) **Cook Pancakes:**

Heat a little oil on a non-stick pan. Pour a tablespoon of the batter onto the pan and spread evenly to form a round, thick pancake. Cook on both sides until slightly crisp. Serve with yogurt or tamarind chutney.



Anti-Inflammatory Juices & Smoothies

These refreshing juices and smoothies are packed with anti-inflammatory ingredients, making them a perfect addition to your daily diet.

Enjoy these drinks for a burst of energy and a boost to your health.





Pineapple, Melon & Ginger Juice

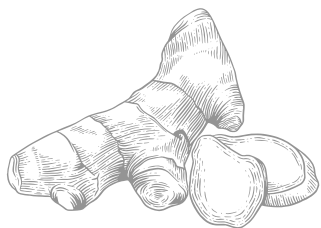
INF Value +360

Pineapple, Melon & Ginger Juice

A tropical blend of pineapple, melon, and ginger, this juice is not only refreshing but also helps reduce inflammation and boost your immune system.

INGREDIENTS

- 1/4 piece of **Pineapple**
- 1/4 piece of **Melon**
- 1-inch piece of **Ginger**
- 30 ml **Water**



Pineapple, Melon & Ginger Juice

METHOD

1) Prepare Ingredients:

Clean and dice the pineapple and melon. Scrape the ginger.

2) Blend and Serve:

Blend all ingredients together with water until smooth. Serve immediately.





Melon, Apple & Ginger Juice

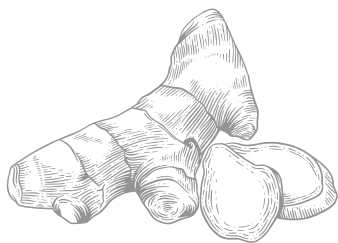
INF Value +50

Melon, Apple & Ginger Juice

A tropical blend of pineapple, melon, and ginger, this juice is not only refreshing but also helps reduce inflammation and boost your immune system.

INGREDIENTS

- 1/4 piece of **Melon**
- 1 **Apple**
- 1-inch **Ginger**
- 30 ml **Water**



Melon, Apple & Ginger Juice

METHOD

1) **Prepare Ingredients:**

Slice and core the apple, peel the ginger.

2) **Blend and Serve:**

Add all ingredients to a blender with water and blend until smooth. Serve immediately.



Melon, Apple & Ginger Juice

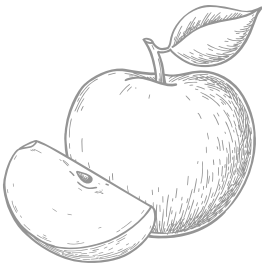
METHOD

3) **Prepare Ingredients:**

Slice and core the apple, peel the ginger.

4) **Blend and Serve:**

Add all ingredients to a blender with water and blend until smooth. Serve immediately.



A close-up photograph of three glasses filled with a vibrant green juice. The juice has a frothy, bubbly texture. Each glass is garnished with a slice of yellow lemon. Fresh green celery stalks are visible in the background and foreground, adding to the fresh, healthy aesthetic of the image.

Carrot, Cucumber, Celery & Lime Juice

INF Value +50

Carrot, Cucumber, Celery & Lime Juice

A nutrient-dense juice that combines the refreshing flavours of carrot, cucumber, celery, and lime. This drink is loaded with vitamins and minerals, perfect for an anti-inflammatory boost.

INGREDIENTS

- 1 **Carrot**
- 1 **Cucumber**
- 1 Stalk **Celery**
- 1/2 **Lime**
- 30 ml **Water**



Carrot, Cucumber, Celery & Lime Juice

METHOD

1) **Prepare Ingredients:**

Wash and peel the carrot and cucumber. Wash the celery.

2) **Blend and Serve:**

Blend all ingredients together, then squeeze the lime juice into the mixture. Serve immediately.





Pineapple, Cucumber- Turmeric Juice

INF Value +50

Pineapple- Cucumber- Turmeric Juice

A vibrant juice with the anti-inflammatory properties of turmeric, combined with the refreshing taste of pineapple and cucumber. This juice is a delicious way to start your day.

INGREDIENTS

- 1/2 cup **Pineapple**
- 1/2 **Cucumber**
- 1/4 tsp **Turmeric powder**
or a small piece of fresh turmeric
- 30 ml **Water**



Pineapple- Cucumber- Turmeric Juice

METHOD

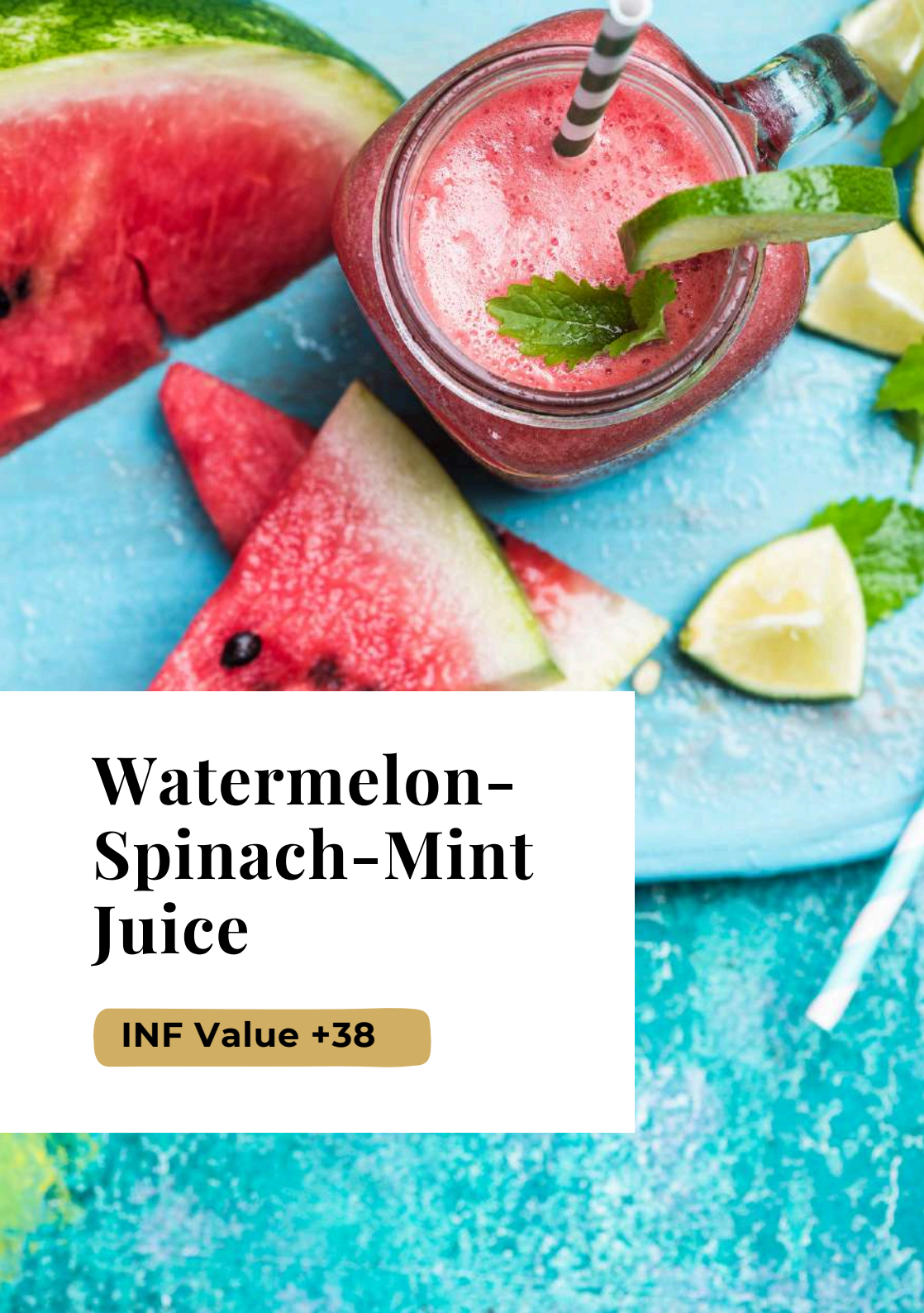
1) **Prepare Ingredients:**

Clean the pineapple and cucumber.

2) **Blend and Serve:**

Blend all ingredients together until smooth. Add a pinch of turmeric and serve immediately.





Watermelon- Spinach-Mint Juice

INF Value +38

Watermelon- Spinach-Mint Juice

A hydrating and nutrient-packed juice, perfect for a hot day. This watermelon, spinach, and mint juice is refreshing and full of anti-inflammatory benefits.

INGREDIENTS

- 1 cup **Watermelon**
- 1/2 cup **Spinach**
- A small handful of **Mint leaves**
- 30 ml **Water**



Watermelon-Spinach-Mint Juice

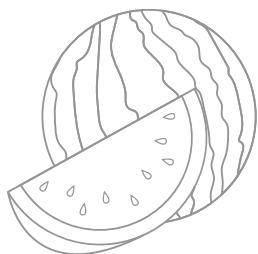
METHOD

1) **Prepare Ingredients:**

Clean the watermelon, spinach, and mint leaves.

2) **Blend and Serve:**

Blend all ingredients together until smooth. Serve immediately.



A tall, clear glass filled with a vibrant green avocado smoothie. The smoothie has a slightly textured appearance with small green flecks. A single, large, fresh basil leaf is perched on the rim of the glass, partially submerged in the smoothie. A generous sprinkling of multi-colored seeds (white, black, and red) is scattered across the top surface of the smoothie. The background is a soft-focus, light-colored marble surface. In the foreground, more of the same seeds and a few basil leaves are scattered on the marble.

Avocado Smoothie

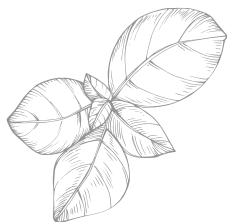
INF Value +75

Avocado Smoothie

A creamy and nutritious smoothie made with avocado, banana, and a mix of fresh herbs. This Avocado Smoothie is a great way to start your day with a boost of healthy fats and antioxidants.

INGREDIENTS

- 1/2 **Avocado**
- 1/2 **Banana**
- 6 fresh **Basil leaves**
- Handful flat **leaf Parsley**
- Handful fresh **Mint leaves**
- 120 ml **Coconut milk**
- 1 tsp **Flaxseeds powder**
- 1 tsp **Sunflower seeds**



Avocado Smoothie

METHOD

1) **Prepare Ingredients:**

Halve the avocado, remove the stone, and scoop out the flesh.

2) **Blend and Serve:**

Place all ingredients in the blender and blend on high until smooth. Serve immediately.





Mango Smoothie

INF Value +43

Mango Smoothie

A sweet and satisfying smoothie made with mango, chia seeds, and nuts. This Mango Smoothie is rich in vitamins and antioxidants, making it a perfect anti-inflammatory drink.

INGREDIENTS

- 1 **Mango**
- 1 tsp **Chia seeds**
- 2 tsp **Nuts (almond, cashew, pistachio)**
- 120 ml **Almond milk**



Mango Smoothie

METHOD

1) **Prepare Ingredients:**

Soak the chia seeds in almond milk and refrigerate overnight. Chop the mango.

2) **Blend and Serve:**

Add the chia seeds, almond milk, and mango to a blender and blend until smooth. Serve topped with nuts.





Avocado & Kiwi Smoothie

INF Value +227

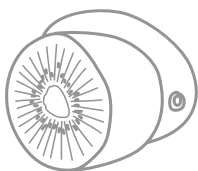


Avocado & Kiwi Smoothie

A refreshing smoothie that combines the creamy texture of avocado with the tartness of kiwi. This drink is packed with nutrients and is perfect for a healthy start to your day.

INGREDIENTS

- 1 **Avocado**
- 1 **Kiwi**
- 2 tsp **Lemon juice**
- A dash of **Honey**
- 1 tsp **Chia seeds**
- 120 ml **Almond milk**
- 1 tbsp chopped **Nuts**



Avocado & Kiwi Smoothie

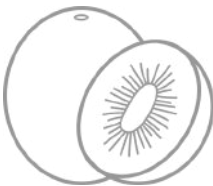
METHOD

1) **Prepare Ingredients:**

Soak the chia seeds in almond milk and refrigerate overnight. Halve the avocado and scoop out the flesh.

2) **Blend and Serve:**

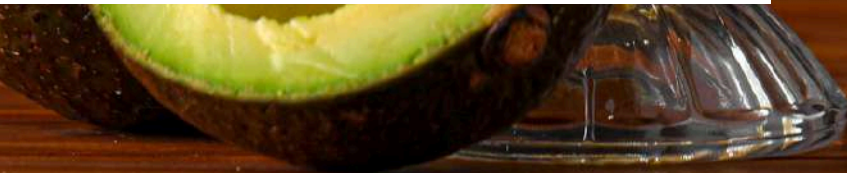
Add all ingredients to a blender and blend until smooth. Serve immediately.





Avocado & Cantaloupe Smoothie

INF Value +101



Avocado & Cantaloupe Smoothie

A unique blend of avocado and cantaloupe makes this smoothie both creamy and refreshing. It's a perfect way to enjoy a healthy, anti-inflammatory drink.

INGREDIENTS

- 1/4 **Ripe Avocado**
- 1/2 cup **Cantaloupe**, diced
- 120 ml **Almond milk**
- 1 tbsp **Flaxseed powder**
- 1 tsp **Maple syrup** (optional)
- A few **Ice cubes** (optional)



Avocado & Cantaloupe Smoothie

METHOD

1) **Prepare Ingredients:**

Scoop out the avocado and dice the cantaloupe.

2) **Blend and Serve:**

Add all ingredients to a blender and blend until smooth and creamy. Add ice cubes for a colder smoothie, if desired. Serve immediately.





Papaya, Flaxseed, & Apple Smoothie

INF Value +101

Papaya, Flaxseed, & Apple Smoothie

A tropical smoothie made with papaya, apple, and flaxseed, perfect for a nutrient-rich start to your day. This smoothie is full of fibre and antioxidants.

INGREDIENTS

- 1/2 cup **Papaya**, diced
- 1/2 **Medium Apple**, cored and chopped
- 1 tbsp **Flaxseed powder**
- 1/2 cup **Cashew milk**
- 1 tbsp **Almond seeds**



Papaya, Flaxseed, & Apple Smoothie

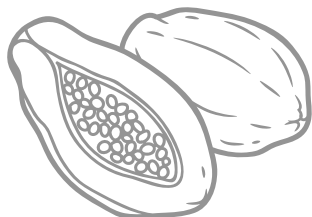
METHOD

1) **Prepare Ingredients:**

Dice the papaya and chop the apple.

2) **Blend and Serve:**

Add all ingredients to a blender and blend until smooth and creamy. Serve immediately.



Anti-Inflammatory Lunch Recipes

These anti-inflammatory lunch recipes are perfect for a nourishing midday meal.

They incorporate a variety of healthy ingredients that help reduce inflammation and keep you feeling full and satisfied.



A close-up photograph of a white bowl filled with fluffy white rice. The rice is garnished with several ingredients: bright red dried chili peppers, sliced green chilies, and fresh green curry leaves. Small black and orange seeds are also scattered throughout the rice. The bowl is placed on a light green surface, and a large green leaf is visible underneath the rice.

Cucumber & Curd Rice

INF Value +101

Cucumber & Curd Rice

A cooling and refreshing dish, Cucumber & Curd Rice is perfect for a light, anti-inflammatory lunch. The combination of rice, curd, and cucumber makes it both tasty and easy to digest.

INGREDIENTS

- **Cooked Rice, cooled and mashed slightly:** 28g
- **Fresh Curd:** 56g
- **Cucumber, chopped:** 38g
- **Carrot, grated:** 38g
- **Coriander, chopped:** 10g
- **Rock Salt:** A pinch

For The Tempering:

- **Olive oil:** 1/4 tsp
- **Cumin seeds:** 1/4 tsp
- **Urad dal (split black lentils):** 3/4 tsp
- **Green chili, slit:** 1/4
- **Asafoetida:** A small pinch
- **Curry leaves:** 1-2 leaves



Cucumber & Curd Rice

METHOD

1) **Prepare Rice Mixture:**

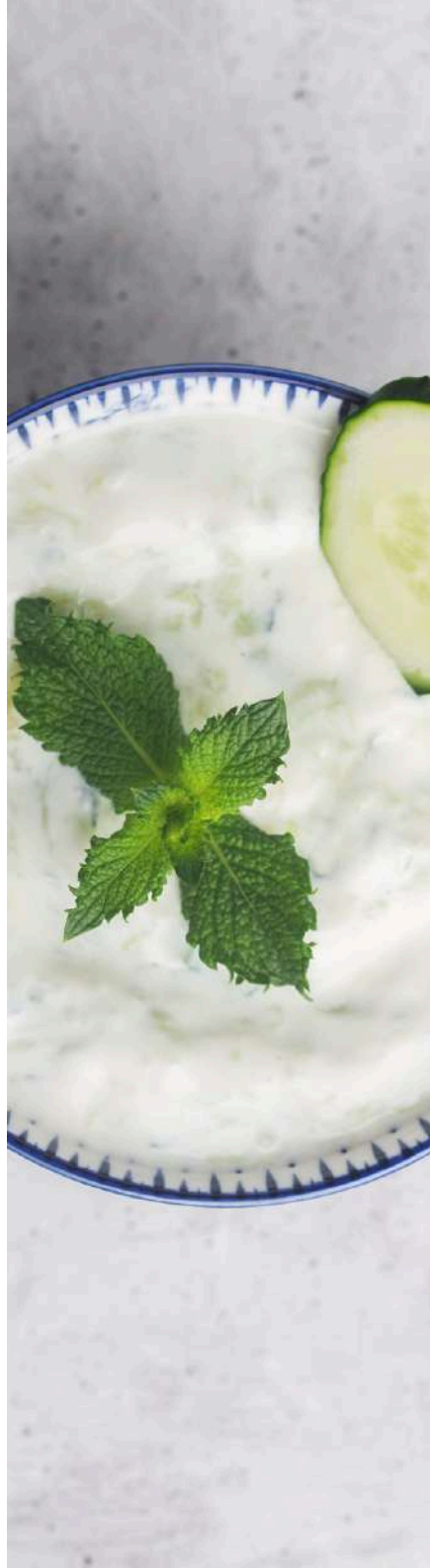
In a bowl, combine the curd, cucumber, carrot, coriander, cooked rice, and a pinch of salt. Mix well.

2) **Prepare Tempering:**

Heat the olive oil in a pan over medium flame. Add cumin seeds, urad dal, green chili, asafoetida, and curry leaves, stirring until the seeds crackle and the urad dal turns golden brown.

3) **Combine and Serve:**

Pour the tempering over the rice mixture and mix well. Refrigerate for a few hours to chill. Serve cold.





Green Peas & Methi Pulao

INF Value +380

Green Peas & Methi Pulao

A fragrant rice dish, Green Peas & Methi Pulao is packed with flavours from fenugreek leaves and green peas. This nutritious pulao is a great way to enjoy a healthy, anti-inflammatory lunch.

INGREDIENTS

- **Olive oil:** 1/2 tsp
- **Brown basmati rice, soaked:** 48g
- **Fenugreek leaves, chopped:** 75g
- **Green peas:** 19g
- **Ginger-green chili paste:** 3/8 tsp
- **Rock salt:** A pinch
- **Chopped coriander:** 1/2 tbsp for garnishing
- **Hot water:** 155 ml



Green Peas & Methi Pulao

METHOD

1) **Blanch Fenugreek Leaves:**

Blanch the fenugreek leaves in hot water for 2 minutes, then drain and set aside.

2) **Prepare Pulao:**

Heat olive oil in a small pressure cooker. Add the drained rice and sauté for a few seconds. Add blanched fenugreek leaves, green peas, ginger-green chili paste, rock salt, and hot water.

3) **Cook:**

Pressure cook the mixture for 2 whistles. Allow the steam to escape naturally before opening the lid.

4) **Serve:**

Fluff the rice with a fork and serve hot, garnished with chopped coriander.





Kadhai Beans

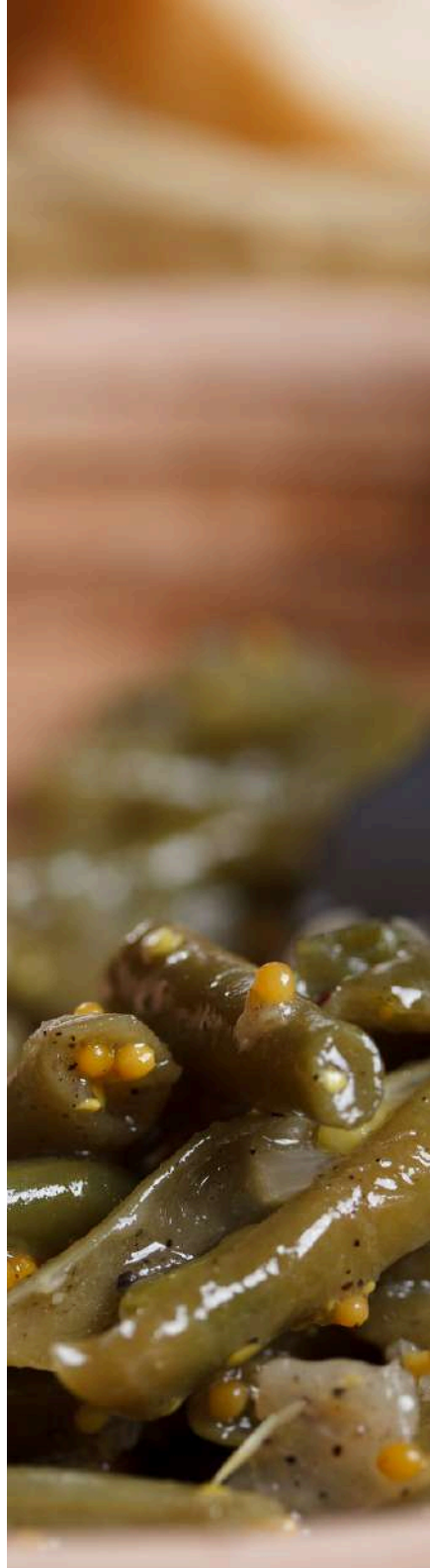
INF Value +130

Kadhai Beans

A simple yet flavourful dish, Kadhai Beans are made with French beans and a blend of spices, creating a delicious and nutritious meal. Perfect for an anti-inflammatory lunch option.

INGREDIENTS

- **French beans, boiled and cut into pieces:** 31g
- **Coconut oil:** 1/8 tsp
- **Garlic, crushed:** 1/2 clove
- **Finely chopped ginger:** 3/4 tsp
- **Kasoori methi:** 3/4 tsp
- **Coriander powder:** 1/4 tsp
- **Red chili powder:** 1/16 tsp
- **Tomato puree:** 3/4 tbsp
- **Green chilies:** 1/2
- **Garam masala:** 1/16 tsp
- **Rock salt:** A pinch
- **Water:** 18 ml



Kadhai Beans

METHOD

1) **Sauté Aromatics:**

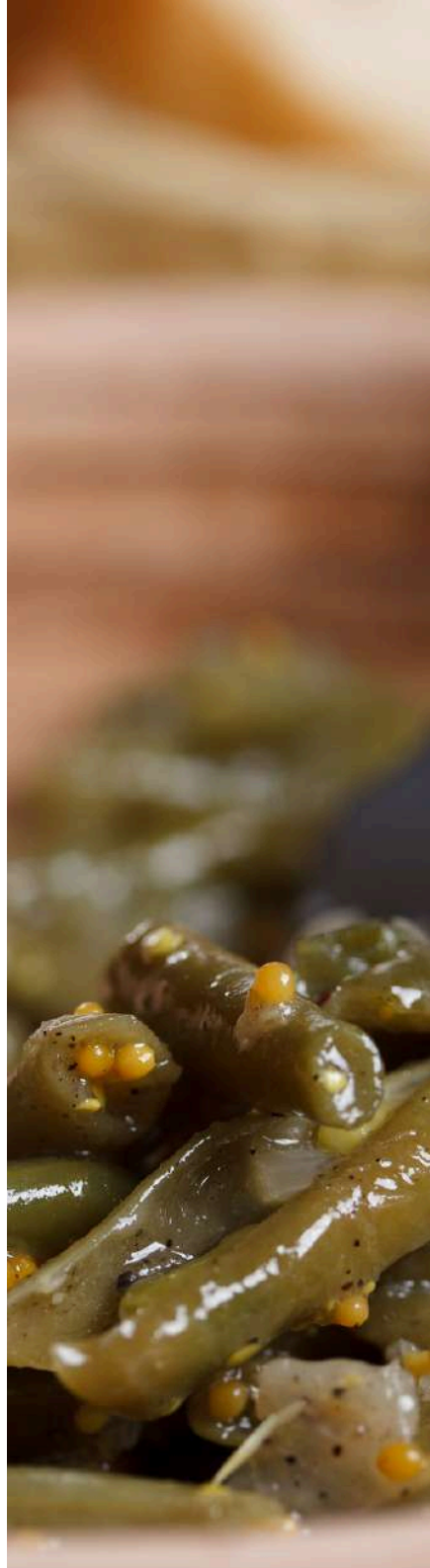
Heat coconut oil in a non-stick pan or kadhai over low heat. Add garlic and ginger, and sauté briefly.

2) **Add Spices and Tomato Puree:**

Remove the pan from the heat, then add coriander powder, red chili powder, and rock salt. Mix in kasoori methi and tomato puree, return to the heat, and sauté for 2 minutes on low flame.

3) **Cook Beans:**

Add water and bring to a boil. Add boiled French beans, toss well, and sauté for 2-3 minutes. Mix in green chilies and garam masala, stirring well to combine. Serve hot.





Mexican Bean Burger

INF Value +216

Mexican Bean Burger

A flavorful and protein-packed burger, this Mexican Bean Burger is made with kidney beans, oats, and a mix of spices. It's a healthy and satisfying option for an anti-inflammatory lunch.

INGREDIENTS

- **Kidney beans:** 1/3 cup
- **Rolled oats:** 17g, ground
- **Mild chili powder:** 1/3 tsp
- **Coriander:** 1/6 small bunch, chopped
- **Egg:** 1/6 egg
- **Tomato salsa:** 1/3 tbsp
- **Low-fat natural yogurt:** 25ml
- **Lime juice:** 1/6 lime
- **Avocado:** 1/4 avocado
- **Sliced red onions:** To taste
- **Mixed leaf salad:** To taste
- **Whole-grain bread buns:** 1
- **Black pepper:** To taste



Mexican Bean Burger

METHOD

1) **Prepare Bean Mixture:**

Heat the grill to high. Drain and mash kidney beans in a bowl using a potato masher. Grind rolled oats in a food processor to form breadcrumbs.

2) **Mix Ingredients:**

Combine mashed beans, ground oats, mild chili powder, a small portion of beaten egg, chopped coriander, and tomato salsa in the bowl. Season with black pepper and mix well with a fork.

3) **Form Burger:**

Wet your hands and shape the mixture into a burger. Place on a non-stick baking tray.



Mexican Bean Burger

METHOD

4) **Cook Burger:**

Grill for 4-5 minutes on each side until golden and crisp. Alternatively, bake from frozen at 200°C/fan 180°C/gas 6 for 20-30 minutes until hot throughout.

5) **Serve:**

Serve the burger in a whole-grain bun with sliced red onions, mixed leaf salad, avocado, and a side of low-fat natural yogurt mixed with lime juice as a sauce.





Tomato Salsa as a Dressing

INF Value +70

Tomato Salsa as a Dressing

This fresh and zesty tomato salsa is perfect as a dressing for salads, wraps, or as a dip. It adds a burst of flavour and a healthy dose of antioxidants to any dish.

INGREDIENTS

- **Red onion:** 1/4 small onion, finely diced
- **Plum tomatoes:** 1 tomato, peeled, deseeded, and chopped
- **Coriander:** 1/2 tbsp, chopped
- **Lime juice:** 1/4 lime
- **Garlic:** 1/2 clove, crushed
- **Red chili pepper:** 1/4, chopped (adjust seeds based on spice preference)
- **Jalapeno pepper:** 1/4, chopped (adjust seeds based on spice preference)
- **Rock salt:** A pinch



Tomato Salsa as a Dressing

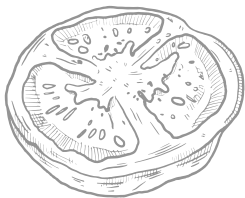
METHOD

1) **Prepare Tomatoes:**

Place the tomato in a bowl of boiling water, prick the skin, and remove once it starts to crack. Peel, halve, and scoop out the seeds, then chop finely.

2) **Combine Ingredients:**

In a bowl, mix the finely diced onion, chopped coriander, crushed garlic, chopped red chili, and jalapeno with the chopped tomato.



Tomato Salsa as a Dressing

METHOD

3) **Finish and Serve:**

Squeeze the lime juice over the mixture and mix well. For a smoother salsa, blend briefly in a food processor with a little canned chopped tomato or passata. Use as a dressing or dip to enhance the flavour of your meals.

This salsa is versatile and can be used to add a fresh, tangy flavour to many dishes, making it a great addition to your anti-inflammatory recipe collection!





Fish with Curried Cucumber & Tomato Herb Salad

INF Value +70

Fish with Curried Cucumber & Tomato Herb Salad

A light and flavorful dish, Fish with Curried Cucumber & Tomato Herb Salad is perfect for an anti-inflammatory lunch. The fish is baked to perfection and served with a fresh herb salad.

INGREDIENTS

For Cucumber Tomato Water:

- **Cucumber, peeled and chopped:** 38g
- **Tomato, chopped:** 21g
- **Curry powder:** A small pinch
- **Rock salt:** A small pinch



Fish with Curried Cucumber & Tomato Herb Salad

For Tomato Herb Salad:

- **Lemon:** 1/6 lemon (use segments and a bit of juice)
- **Tomato, quartered:** 1/2 tomato
- **Fresh parsley leaves:** 6-7g
- **Fresh basil, thinly sliced:** 1 tsp
- **Extra virgin olive oil:** 1/2 tsp
- **Black pepper:** A pinch
- **Rock salt:** A pinch

For Fish:

- **Mild white-fleshed fish fillet (flounder, sea bass, or snapper):** 1 fillet
- **Extra virgin olive oil:** 1/2 tsp
- **Rock salt:** To taste
- **Black pepper:** To taste



Fish with Curried Cucumber & Tomato Herb Salad

METHOD

1) **Prepare Cucumber Tomato Water:**

Puree cucumber, tomato, curry powder, and rock salt in a blender until smooth. Strain through a muslin cloth to extract water. Boil until it reduces to about half, then cool.

2) **Prepare Tomato Herb Salad:**

Mix chopped tomato, fresh parsley, sliced basil, olive oil, black pepper, and rock salt in a bowl. Gently toss in lemon segments and a bit of cooled cucumber tomato water. Mix gently to combine.



Fish with Curried Cucumber & Tomato Herb Salad

METHODS

3) **Bake Fish:**

Preheat oven to 500°F (260°C). Rinse fish fillet and pat dry. Brush with olive oil, season with rock salt and black pepper. Place in a lightly oiled baking pan. Bake for 4-8 minutes, depending on thickness, until just cooked through.

4) **Serve:**

Serve baked fish fillet topped with tomato herb salad.





Soybean & Vegetable Pulao

INF Value +70

Soybean & Vegetable Pulao

A wholesome and nutritious rice dish, Soybean and Vegetable Pulao is made with soy granules, vegetables, and a mix of spices. It's a great anti-inflammatory lunch option.

INGREDIENTS

- **Soy granules:** 19g
- **Olive oil:** 1/4 tsp
- **Cumin seeds:** 1/8 tsp
- **Cinnamon stick:** Small piece
- **Green cardamom:** 1/4 (use a small piece or omit if not available)
- **Asafoetida:** A small pinch
- **Chopped onions:** 19g
- **Carrots, chopped:** 19g
- **Green peas:** 19g
- **Brown basmati rice, soaked:** 56g
- **Chili powder:** 1/16 tsp
- **Turmeric powder:** 1/16 tsp
- **Coriander powder:** 1/8 tsp
- **Cumin powder:** 1/8 tsp
- **Rock salt:** A pinch
- **Coriander, chopped:** 10g



Soybean & Vegetable Pulao

METHOD

- 1) Prepare Soy Granules:**
Soak soy granules in about 60ml of hot water for 15-20 minutes. Drain and set aside.
- 2) Cook Pulao:**
Heat olive oil in a small pressure cooker. Add cumin seeds, cinnamon, and cardamom. When cumin seeds crackle, add asafoetida and onions. Sauté for 2-3 minutes.
- 3) Add Vegetables and Rice:**
Add carrots, green peas, soaked rice, and soy granules to the cooker. Sauté for another 2 minutes. Add chili powder, turmeric powder, coriander powder, cumin powder, and rock salt, mixing well.



Soybean & Vegetable Pulao

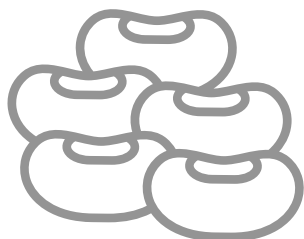
METHOD

4) **Pressure Cook:**

Add 240ml of hot water and pressure cook for 2 whistles. Allow steam to escape naturally before opening lid.

5) **Serve:**

Fluff pulao with a fork and serve hot, garnished with chopped coriander.





Kadhi (Gram Flour Gravy)

INF Value +177

Kadhi (Gram Flour Gravy)

Kadhi is a light and tangy yogurt-based curry made with gram flour and spices. It's perfect for an anti-inflammatory meal, offering a comforting and nutritious option that pairs well with rice or roti.

INGREDIENTS

- **Bengal gram flour (besan):** 1/2 tsp
- **Yogurt:** 25 ml
- **Water:** 100 ml
- **Grated ginger:** 1/4 tsp
- **Green chilies, slit:** 1/2
- **Mustard seeds:** 1/8 tsp
- **Cumin seeds:** 1/8 tsp
- **Turmeric powder:** A small pinch
- **Asafoetida:** A small pinch
- **Red chili, broken into pieces:** 1/4
- **Olive oil:** 1/2 tsp
- **Curry leaves:** 1 leaf
- **Rock salt:** A pinch
- **Coriander leaves, finely chopped:** 1/4 tbsp



Kadhi (Gram Flour Gravy)

METHOD

1) **Prepare Gravy:**

In a small vessel, mix the yogurt, gram flour, and water thoroughly to avoid lumps. Add grated ginger, slit green chilies, curry leaves, and rock salt. Heat the mixture on low flame for about 5 minutes, or until it comes to a boil, then simmer.

2) **Make Tempering:**

In a small pan, heat the olive oil over low flame. Add mustard seeds and cumin seeds. When they crackle, add asafoetida, red chili pieces, and turmeric powder. Stir for a few seconds on low heat.



Kadhi (Gram Flour Gravy)

METHOD

3) **Combine and Simmer:**

Pour the tempering into the gram flour gravy, stirring occasionally. Continue to simmer on very low heat for another 4 minutes to allow the flavours to meld together.

4) **Serve:**

Garnish with finely chopped coriander leaves before serving. Enjoy this tangy and aromatic kadhi with steamed rice or chapati for a soothing meal.

This Kadhi is light yet full of flavour, perfect for those seeking a comforting dish with anti-inflammatory benefits.



Anti-Inflammatory Dinner Recipes

These anti-inflammatory dinner recipes are designed to provide a satisfying end to your day.

They are packed with wholesome ingredients and spices that help reduce inflammation while keeping you full and nourished.





Asian Shrimp Noodles

INF Value +231

Asian Shrimp Noodles

A light and flavorful dish, Asian Shrimp Noodles are made with soba noodles, shrimp, and fresh vegetables. This healthy dinner option is full of anti-inflammatory ingredients and bursting with flavour.

INGREDIENTS

- **Soba noodles:** 55g
- **Frozen shelled edamame (green soybeans):** 12.5g
- **Carrots:** 1/2 carrot
- **Spring onions:** 1
- **Fresh cilantro:** 1/2 tbsp, chopped
- **Red chili:** 1/4 tsp, chopped
- **Shrimp:** 100g
- **Black pepper:** A pinch
- **Cooking spray:** As needed
- **Freshly squeezed orange juice:** 1/2 tbsp
- **Fresh lime juice:** 1 tbsp
- **Low-sodium soy sauce:** 1/4 tbsp
- **Dark sesame oil:** 1/4 tbsp
- **Olive oil:** 1/4 tbsp



Asian Shrimp Noodles

METHOD

1) **Cook Noodles:**

Cook soba noodles in boiling water for about 7 minutes or until almost al dente. Add edamame and cook for an additional minute or until heated through. Drain and place noodle mixture in a large bowl.

2) **Prepare Vegetables:**

Grate carrot, finely slice spring onion, and chop cilantro and red chili. Add vegetables to noodles.



Asian Shrimp Noodles

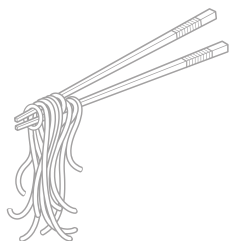
METHOD

1) Cook Shrimp:

Heat a wok over medium heat. Mix olive oil with 1/2 tbsp lime juice and a pinch of black pepper. Coat shrimp with this mixture. Spray wok with cooking spray, add shrimp, and cook for 2-3 minutes while tossing. Add cooked shrimp to noodles.

2) Prepare Dressing and Serve:

Combine orange juice, soy sauce, 1/2 tbsp lime juice, and sesame oil. Whisk well. Drizzle dressing over noodle mixture and toss before serving.





Rosemary Roasted Vegetables with Honey & Chilli Drizzle & Hummus

INF Value +627

Rosemary Roasted Vegetables with Honey & Chilli Drizzle & Hummus

A delicious and colourful dish, Rosemary Roasted Vegetables are chargrilled to perfection and served with a honey chili drizzle and hummus. This dinner option is both healthy and satisfying.

INGREDIENTS

- **Carrot:** 1/4 carrot
- **Zucchini:** 25g
- **Okra:** 1-2 pieces
- **Aubergine (eggplant):** 1/4 small aubergine
- **Red pepper:** 1/4 pepper
- **Yellow pepper:** 1/4 pepper
- **Green pepper:** 1/4 pepper
- **Broccoli florets:** 1
- **Tomato:** 1/4 medium tomato
- **Tomato paste:** 1 1/2 tbsp
- **Rosemary:** A small pinch
- **Garlic:** 2 cloves
- **Olive oil:** 1/4 tbsp
- **Honey Chilli Dressing:** 1 tbsp (as needed for drizzle)



Rosemary Roasted Vegetables with Honey & Chilli Drizzle & Hummus

METHOD

1) **Prepare Rosemary Coating:**

Mix crushed garlic, a pinch of rosemary, and tomato paste to create a coating.

2) **Prepare Vegetables:**

Chop peppers and carrots into strips, cut aubergine into wedges, and leave okra whole. Blanche all vegetables briefly in boiling water.



Rosemary Roasted Vegetables with Honey & Chilli Drizzle & Hummus

METHOD

3) Coat and Grill Vegetables:

Coat blanched vegetables in rosemary mixture. Chargrill for 5-10 minutes, turning occasionally until lightly charred and cooked through.

4) Serve:

Arrange vegetables on a plate, drizzle with honey chili dressing, and serve with a dip of hummus.



A close-up photograph of a wooden honeycomb dripping with golden honey, resting on a wooden surface. A red chili pepper is visible in the background, and a glass bowl of honey is in the foreground. The scene is warmly lit, emphasizing the textures of the wood and honey.

Honey Chilli Dressing

INF Value -70

Honey Chilli Dressing

Honey Chilli Dressing is a sweet and spicy sauce that adds a burst of flavour to any dish.

It's perfect for drizzling over roasted vegetables, salads, or grilled meats to enhance their taste with a touch of heat and sweetness.

INGREDIENTS

- **Honey:** 1 1/4 tbsp
- **Lime juice:** 5 ml
- **Fresh coriander:** 3/4 tsp, chopped
- **Chilli flakes:** 1/4 tsp



Honey Chilli Dressing

METHOD

1) **Mix Ingredients:**

In a bowl, combine honey, lime juice, chopped coriander, and chili flakes.

2) **Blend:**

Use a blender or hand whisk to mix the ingredients thoroughly until well combined and smooth.

3) **Serve:**

Drizzle over your favourite dishes, such as roasted vegetables or salads, for a sweet and spicy kick.



A top-down view of a terracotta bowl filled with creamy hummus. The hummus is drizzled with golden olive oil and sprinkled with red spices. A fresh green parsley leaf sits in the center. A thick-cut carrot stick is placed diagonally across the bowl. Surrounding the bowl on a dark surface are chickpeas, a whole garlic bulb, and more carrot sticks.

Hummus

INF Value +46

Hummus

Hummus is a creamy, nutrient-rich dip made from chickpeas, tahini, and spices.

This versatile dish is perfect as a dip, spread, or side, offering a delicious way to enjoy a plant-based protein boost.

INGREDIENTS

- Chickpeas: 100g (about 1/4 of a 400g can)
- Liquid from can: 1 tbsp
- Lemon juice: 1-1.25 tbsp (adjust to taste)
- Tahini (optional): 1/2 tbsp
- Garlic: 1/2 clove
- Rock salt: A small pinch
- Extra virgin olive oil: 1/2 tbsp
- Cumin: 1/4 tsp
- Paprika: A small pinch for garnish



Hummus

1) **Blend Hummus:**

In a food processor, combine chickpeas, reserved liquid, lemon juice, tahini, garlic, salt, olive oil, and cumin. Blend on high speed until smooth and creamy.

2) **Adjust Seasoning:**

Taste the hummus and adjust the lemon juice, garlic, or cumin to your preference for a balanced flavour.

3) **Serve:**

Place the hummus in a bowl and garnish with a sprinkle of paprika. Serve with fresh vegetables, pita bread, or as a spread on sandwiches.

These two recipes provide a flavorful and healthy addition to any meal, perfect for adding a bit of spice and creaminess to your dishes.





Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

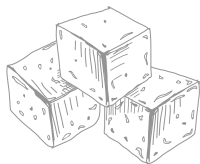
INF Value +239

Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

A hearty and nutritious dish, Baked Aubergines Stuffed with Quinoa & Feta/Smoked

Tofu is a delicious option for an anti-inflammatory dinner.

The aubergines are stuffed with a flavorful mix of quinoa, lentils, and spices.



Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

INGREDIENTS

- **Aubergine (eggplant):** 1/2 aubergine
- **Quinoa:** 25g
- **Vegetable stock:** 100ml
- **Lentils:** 50g
- **Parsley, chopped:** A small handful
- **Feta cheese or smoked tofu:** 25g
- **Onion:** 1/4 onion
- **Plum tomatoes, chopped:** 1 1/2 tomatoes
- **Garlic, crushed:** 1 1/2 cloves
- **Paprika:** 3/4 tsp
- **Cinnamon:** 1/4 tsp
- **Thyme:** 1/4 tsp
- **Tarragon:** 1/4 tsp
- **Olive oil:** 1/4 tbsp + a small drizzle
- **Tahini:** 1/4 tbsp
- **Coriander powder:** 1/4 tsp
- **Lemon juice:** 1/4 lemon



Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

METHOD

1) **Prepare Aubergine:**

Preheat oven to 180°C (350°F). Drizzle aubergine half with a little olive oil and place on a baking tray. Bake, turning occasionally, until soft and browned (about 30 minutes).

2) **Cook Base Sauce:**

Heat olive oil over low heat in a small pan. Add chopped onion and sauté until softened. Add crushed garlic, stirring continuously. Add cinnamon and paprika, cook for another 30 seconds.



Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

METHOD

3) **Add Tomatoes and Lentils:**

Add chopped tomatoes to the pan, cook for 1-2 minutes. Pour in half of vegetable stock (50ml), bring to a boil, then reduce heat and simmer. Add lentils and cook for another 30 minutes, allowing mixture to reduce and thicken.

4) **Cook Quinoa:**

In a separate pot, combine remaining vegetable stock (50ml), thyme, and tarragon with rinsed quinoa. Bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and cover to steam for a few minutes.



Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

METHOD

5) Prepare Babaganoush:

Once aubergine is cooked, scoop out some flesh from centre and place in a mixing bowl. Add lemon juice, a small drizzle of olive oil, crushed garlic, tahini, and coriander powder. Mix to make a simple babaganoush.

6) Stuff Aubergine:

Once tomato and lentil mixture has thickened, mix in cooked quinoa. Stuff mixture into hollowed-out aubergine half.



Baked Aubergines Stuffed with Quinoa & Feta/Smoked Tofu

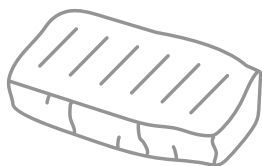
METHOD

7) Top and Grill:

Crumble feta cheese or smoked tofu over top of stuffed aubergine. Place under grill for 2 minutes to melt cheese slightly.

8) Serve:

Serve stuffed aubergine hot, garnished with babaganoush and mixed lettuce leaves if desired.



A close-up photograph of a mung bean casserole. The dish consists of green mung beans in a thick, orange-brown sauce, topped with a generous layer of golden-brown, crispy fried onions. The casserole is served in a white bowl, and a silver spoon is visible in the bottom right corner.

Mung Bean Casserole

INF Value +688

Mung Bean Casserole

A comforting and nutritious dish, Mung Bean Casserole is made with sprouted mung beans, vegetables, and spices. This anti-inflammatory dinner option is both hearty and healthy.

INGREDIENTS

- **Sprouted mung beans:** 62.5g
- **Celery, chopped:** 1/2 stick
- **Vegetable stock:** 75ml
- **Flat leaf parsley:** 1/4 tbsp, chopped
- **Olive oil:** 1/4 tbsp
- **Fennel seeds:** 1/4 tsp
- **Black pepper:** A small pinch
- **Cumin:** 1/4 tsp
- **Turmeric:** 1/4 tsp
- **Green chili (optional):** 1/2
- **Bay leaf:** 1/4 (use a small piece or omit if not available)
- **Garlic, crushed:** 3/4 clove
- **Onion, finely chopped:** 1/4 onion
- **Carrot, chopped into blocks:** 1/2 small carrot



Mung Bean Casserole

METHODS

1) **Sauté Aromatics:**

Heat olive oil in a saucepan over low heat. Add finely chopped onion and sauté until soft and turning transparent. Stir in crushed garlic, cumin, and turmeric, cooking for a few more minutes until fragrant.

2) **Prepare Broth:**

Pour in vegetable stock, add bay leaf, a small pinch of black pepper, and fennel seeds. Bring to a boil, then reduce heat and let simmer.

3) **Cook Mung Beans:**

Add sprouted mung beans to pan and cook for about 10 minutes.



Mung Bean Casserole

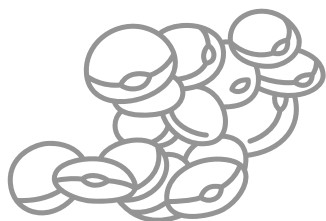
METHOD

3) **Add Vegetables:**

Add chopped green chili (if using), carrots, and celery to pan. Continue to cook for another 15 minutes, or until all vegetables are tender.

4) **Serve:**

Sprinkle with chopped parsley and serve hot, optionally with brown rice or quinoa.





Steamed Spinach Dumplings with Tuna

INF Value +846

Steamed Spinach Dumplings with Tuna

A unique and nutritious dish, Steamed Spinach Dumplings with Tuna combines the goodness of spinach with the protein of tuna. This healthy dinner option is perfect for those looking for an anti-inflammatory meal.

INGREDIENTS

- **Spinach leaves:** 150g
- **Wheat flour:** 1/2 tbsp
- **Bengal gram flour (besan):** 3/8 tbsp
- **Broken wheat:** 1/4 tsp
- **Chopped ginger:** 1/2 tsp
- **Chopped garlic:** 1/2 tsp
- **Green chilies, finely chopped:** 1
- **Cumin seeds:** 1/4 tsp
- **Turmeric powder:** 1/8 tsp
- **Chopped coriander leaves:** 1/2 tsp
- **Lemon juice:** 1/4 tsp
- **Olive oil:** 1/2 tsp
- **Pepper:** To taste
- **Tuna:** 30g (adjust according to preference)



Steamed Spinach Dumplings with Tuna

METHODS

1) **Prepare Ingredients:**

In a mixing bowl, combine spinach leaves, wheat flour, bengal gram flour, broken wheat, chopped ginger, chopped garlic, green chilies, cumin seeds, turmeric powder, chopped coriander leaves, lemon juice, olive oil, pepper, and tuna.

2) **Make Dough:**

Mix ingredients well and knead into a soft dough using a small amount of water. Ensure tuna is evenly distributed throughout mixture.



Steamed Spinach Dumplings with Tuna

METHODS

3) **Form Dumplings:**

Using a soup spoon and your fingers, form small dumplings about size of a golf ball.

4) **Steam Dumplings:**

Place each dumpling gently into a steamer and steam for about 20 minutes or until they are cooked through.





Tomato Salsa as a Dressing

INF Value +70

Tomato Salsa as a Dressing

A fresh and zesty tomato salsa, perfect as a dressing for salads, wraps, or as a dip. This versatile salsa adds a burst of flavour to any dish.

INGREDIENTS

- **Red onion:** 1/4 small onion, finely diced
- **Plum tomatoes:** 1 tomato, peeled, deseeded, and chopped
- **Coriander:** 1/2 tbsp, chopped
- **Lime juice:** 1/4 lime
- **Garlic:** 1/2 clove, crushed
- **Red chili pepper:** 1/4, chopped (adjust seeds based on spice preference)
- **Jalapeno pepper:** 1/4, chopped (adjust seeds based on spice preference)
- **Rock salt:** A pinch



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METHODS

1) **Prepare Tomatoes:**

Place tomato in a bowl of boiling water, prick skin, and remove once it starts to crack. Peel, halve, and scoop out seeds, then chop finely.

2) **Combine Ingredients:**

In a bowl, mix finely diced onion, chopped coriander, crushed garlic, chopped chili, and jalapeno with chopped tomato.

3) **Finish and Serve:**

Squeeze over lime juice and mix well. If a smoother salsa is desired, blend briefly in a food processor with a little canned chopped tomato or passata. Use as a dressing or dip.

Enjoy these delicious anti-inflammatory recipes that are perfect for nourishing your body and reducing inflammation!



