

## DELICIOUS HOME COOKING

RECIPE BOOK



Oak Park Clinic

## SPINACH & COURGETTE SOUP

This is one of my favourite springtime soups, it is so easy to make and is absolutely delicious, but this year it is definitely going to feature on my family menu for several reasons;

Garlic is thought to have anti-viral properties and studies have shown that it may reduce viral upper respiratory infection severity.

Chicken stock contains the amino acid Cysteine which can thin mucus in the lungs to help expel it more easily. It is also thought to inhibit infection.

Spinach is rich in beta-carotene that is converted to Vitamin A which is needed to maintain the integrity of the lungs and cell membranes.

Simply sauté 2 leeks & 2 large courgettes in 1tbsp olive oil.

Once almost soft add 2 big handfuls of baby spinach, 3 big handfuls of frozen peas and 2 handfuls of wild garlic.

Cover with hot chicken stock and bring to the boil.

Cook for 4-5 minutes but don't cook for too long or you'll lose all the lovely colour.

Once cooked, blend and serve with feta cheese, lemon zest and black pepper. If you haven't got wild garlic, add 3-4 cloves of real garlic to the leeks and courgettes instead.

It's so delicious and so good for you!  
Enjoy.



This book is written by Jacqui Mayes, our resident nutritional therapist here at Oak Park Clinic.

Jacqui is taking video calls at this time. If you would like an appointment to get on top of your diet and nutritional intake, please contact the clinic to do so.



Oak Park Clinic

The Old Parsonage, Crondall, GU10 5QQ  
01252 850800  
info@oakparkclinic.co.uk

## HEALTHY STORE CUPBOARD SALAD

When we're following guidelines and social distancing at home, it's important for both our immune system and mental health to eat healthy nutrient rich meals.



Line a baking tray with parchment paper. Beat the egg with 1tsp of soy sauce. Mix the seeds and breadcrumbs together.

Dip the salmon pieces in the flour, followed by the egg, then roll in the seeds and crumbs before placing on the baking tray.

Cook the salmon in the preheated oven (180C) for 15 minutes.

While the salmon cooks, steam the broccoli to your taste

Mix the ketchup and sweet chilli dipping sauce together and serve with the salmon fingers



## CRUNCHY SEEDED SALMON

WITH CHINESE BROCCOLI

Not being able to get to the shops on an ad hock basis, I've looked in my store cupboard and fridge and put this delicious salad together. It is a bit of a mix and match so throw in what you have if you don't have all of the ingredients.

I used sweet potatoes, which I roasted in a little rapeseed oil until tender but not too soft, then I added a pouch of puy lentils, some giant couscous (but any couscous will do), crumbled feta cheese, sugar snap peas and spring onions. I then added some mixed leaves and drizzled with oil and balsamic vinegar.

I was lucky enough to get a pomegranate in my fruit and veg box, so I threw in some of the jewel like seeds, but the salad really won't miss it if you haven't got one.

This is a lovely healthy version of a family favourite. It's really easy and most of it can be made by the kids with a bit of supervision around the hot oven and cleaning of some lovely sticky fingers! It's full of healthy Omega 3 fats, protein and slow releasing carbohydrates.

4 salmon fillets, skinned and cut into chunks

40g plain flour

1 egg

2 tbsp soy sauce

150g sesame seeds

25g fresh brown breadcrumbs

2 tbsp tomato ketchup