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.

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.

properties and studies have shown that it may reduce viral upper respiratory infection severity.

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

SPINACH & COURGETTE SOUP

BECIDE BOOK COOKING **DELICIOUS HOME**



This is one of my favourite springtime

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

info@oakparkclinic.co.uk

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Oak Park Clinic

intake, please contact the clinic to do

get on top of your diet and nutritional

It you would like an appointment to

Jacqui is taking video calls at this time.

our resident nutritional therapist here

This book is written by Jacqui Mayes,

'0S

at Oak Park Clinic.

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.

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.



seeds and breadcrumbs together.

Line a baking tray with parchment paper.

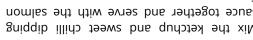
Beat the egg with Itsp of soy sauce. Mix the

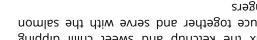
before placing on the baking tray. by the egg, then roll in the seeds and crumbs Dip the salmon pieces in the flour, tollowed

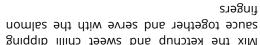
(180C) for 15 minutes. Cook the salmon in the preheated oven

your taste While the salmon cooks, steam the broccoli to

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









carbohydrates. 3 fats, protein and slow releasing lovely sticky tingers! It's tull of healthy Omega around the hot oven and cleaning of some made by the kids with a bit of supervision

the ingredients.

vinegar.

4 salmon fillets, skinned and cut into chunks

favourite. It's really easy and most of it can be

Viimei a lovely healthy version of a family

MITH CHINESE BROCCOLI

CRUNCHY SEEDED SALMON

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

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

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.

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2 tbsp soy sauce

sbaas amesas g02f

2 tbsp tomato ketchup

25g fresh brown breadcrumbs