



Wellbeing Recipes

Summer Recipes

With the beautiful weather gracing our skies many of us are starting to feel in the mood for summer, which often means barbecues, light meals and colourful plates (not to mention the odd ice cream every now and then!).

We wanted to share some great recipes below, all selected because they are simple to make, have relatively affordable ingredients and are brilliant for the summer months. So whether you want to go healthy this summer, or have those naughtier treats in your weekly menu, enjoy loosing yourself in cooking and eating some delicious meals.

Summer Seafood Paella

Looking to infuse a little Spain into your life? Why not try this Lidl recipe for a Summer Seafood Paella. Made with prawns, veggies, and chorizo it's a great dinner idea for 4.



Diet-Coke Chicken (or flat mushrooms)

Why not try out this new bbq chicken recipe from Jack Monroe's kitchen! You can swap out the chicken for a flat mushroom if you're veggie - or perhaps even give it a go using meat substitutes. Great for a summer's day served with salads, rice or even just in a bun!



Cumin Spiced Halloumi with Corn and Tomato Slaw

Slightly fancier, but still using a lot of your storecupboard spices, this summer salad is a great light dish, with a burst of refreshments. A lighter meal this would be a great lunch or side for a bbq.



Beetroot Chocolate Brownies

If you've got a sweet tooth and fancy something a little naughtier (and let's face it we all need our treat meals), why not give this healthier alternative to regular brownies a go? From the BBC Good Food website, this is a flavour rich recipe that will definitely satisfy that sweet tooth.

You could even pair it up with the Biscoff ice cream....



Biscoff Vegan Ice Cream

Need a refreshing sweet afternoon treat, or perhaps a post dinner pudding? This easy to make, cheap to buy recipe is great for the whole family, and by using coconut cream, it's vegan!





Summer Seafood Paella

Super quick and easy to put together, this colourful paella recipe packed with prawns and veggies is a great addition to your midweek meal menu. Serve with two portions of your favourite vegetables on the side. (Serves 4)

Ingredients

- 200g frozen raw prawns shelled
- 1 lemon
- 30g Schwartz paella mix sachet
- 100g frozen peas
- 100g cherry tomatoes
- 1 handful of fresh parsley (or a pinch if dried)
- 1 onion
- 125g of chorizo
- 1 pepper (red, yellow or green)
- 300g short grain rice or paella rice
- oil
- salt and pepper to taste
- 1 litre cold water

Time: 5 mins prep, 30 mins cook

Method

1. Defrost raw prawns (if they have the shell on, use double the quantity). In a large lidded frying pan, fry the chopped onion, chopped Iberian chorizo and deseeded and sliced yellow pepper for 4-5 mins.
2. Add the short grain rice for paella. Cook, stirring for 1 minute.
3. Mix the Schwartz paella mix with the cold water and add to the pan. Bring to the boil, then simmer for 15-20 minutes, stirring occasionally, until the liquid has mostly absorbed and the rice is tender.
4. Add the prawns, frozen peas and cherry tomatoes. Cover and cook for 4-5 minutes, until the prawns are cooked through. Serve with lemon wedges and garnish with chopped parsley, if liked.

This is a recipe taken from the [Lidl website](#).



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Diet-Coke Chicken (or flat mushrooms for veggies!)

This recipe from Jack Monroe uses diet Coke to make the bbq-like sauce, but if you don't mind some sugar, full-t at will work instead. This is great served with rice, chips, coleslaw or even in a buttered bread roll. (Serves 2)

Ingredients

- 2tbsp oil
- 4 chicken thighs or drums (or a large flat mushroom)
- 300ml cola
- 400g chopped tomatoes
- 1/4 tsp mustard (English)
- A few sprigs of fresh parsley to serve

Time: 5 mins prep, 45-50 mins cook

Method

1. First put the oil into a saucepan and pop the chicken in, skin side down. Bring to a medium heat to brown for 10 minutes, turning halfway through to seal the other side. Then pour the Diet Coke over the chicken and crank up to a high heat to bring to the boil. Boil vigorously for a few minutes.
2. Pour over the chopped tomatoes, add the mustard, reduce the heat to medium and stir well to mix the sauce. Cook for 30 minutes on a low to medium heat, stirring frequently to prevent the sauce from burning.
3. When the chicken is cooked through, remove from the heat. Serve with lashings of the sweet, sticky sauce and some parsley sprinkled over.

TIP: Replace the cola with a fizzy orange drink or a natural orange juice for a sweet, fruity sauce similar to sweet and sour.

This is a recipe taken from Jack Monroe's [Cookingonabootstrap website](http://Cookingonabootstrap.com).



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Cumin-spiced halloumi with corn & tomato slaw

Tuck into a super-healthy veggie dinner that's packed with flavour and freshness. We've topped a creamy, zesty coleslaw with pan-fried golden halloumi slices. (serves 4)

Ingredients

- 1 lime - zested and juiced
- 1tsp rapeseed oil (a lighter oil)
- 1tsp thyme
- 1/4 tsp turmeric
- 1/4 tsp cumin
- 1tbsp chopped coriander
- 1 garlic clove, finely grated
- 100g halloumi, sliced thinly

For the slaw

- 1 lime - zested and juiced
- 3tbsp bio yoghurt
- 3tbsp finely chopped coriander
- 160g corn
- 1 red pepper chopped
- 1 red chilli chopped (or tsp of chilli flakes)
- 100g green beans
- 200g tomatoes chopped (cherry preferable)
- 1/2 red onion, finely sliced
- 320g white cabbage, finely sliced

Method

1. Mix the lime zest and juice with the oil, thyme, turmeric, cumin, coriander and garlic together in a bowl. Add the halloumi and carefully turn it until coated – take care as it breaks easily.
2. To make the slaw, mix the lime juice and zest, yogurt, coriander and chilli together, then stir in the corn, red pepper, beans, tomatoes, onion and cabbage.
3. Heat a large non-stick frying pan or griddle pan and fry the cheese in batches for 1 min each side. Serve the slaw on plates with the halloumi slices on top. If you're cooking for two people, serve half of the halloumi and slaw and chill the rest for lunch another day.

Time: 10 mins prep, 5 mins cook

This is a recipe taken from the [BBC Good Food website](https://www.bbc.com/food/recipes/cumin-spiced-halloumi-with-corn-and-tomato-slaw)



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Beetroot Chocolate Brownies

Healthier than your average chocolate brownie, this is a delicious treat if you need that little pick-me-up during the week.

Ingredients

- 500g whole raw beetroot (3-4 medium beets)
- 100g unsalted butter, plus extra for the tin
- 200g bar of plain chocolate (70% cocoa)
- 1tsp vanilla extract
- 250g caster sugar
- 3 medium eggs
- 100g plain flour
- 25g cocoa powder

Time: 15 mins prep, 40 mins cook

Method

1. Wear a pair of rubber gloves to stop your hands from staining, then top, tail and peel the beetroot – you'll need about 400g. Roughly chop and put into a large bowl. Add a splash of water, cover with cling film, then microwave on High for 12 mins or until tender.
2. Heat oven to 180C/160C fan/gas
3. Put the sugar and eggs into a large bowl, then beat using an electric hand whisk until thick, pale and foamy, about 2 mins. Spoon the beetroot mix into the bowl (it won't look too pretty at this stage, but bear with me), then use a large metal spoon to fold it into the whisked eggs. Try to conserve as much air in the mixture as you can. Sift in the flour and cocoa powder, then gently fold these in to make a smooth batter.
4. While the beetroot cooks, butter then line a 20 x 30cm traybake or small roasting tin. Roughly chop the chocolate and cut the butter into cubes. Tip the cooked beetroot into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, butter and vanilla. Whizz until the mix is as smooth as you can get it. The chocolate and butter will melt as you do this.
4. Pour into the prepared tin and bake for 25 mins or until risen all over, with just the merest quiver under the centre of the crust when you shake the pan. Cool completely in the tin, then cut into squares.

This is a recipe taken from the [BBC Good Food website](https://www.bbc.com/food/recipes/beetroot-chocolate-brownies)



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Vegan Biscoff Ice Cream

Looking for something refreshing this summer that you can make at home on the cheap? At 42p a portion you can't go wrong with this Jack Monroe recipe. (Serves 6)

Ingredients

- 400ml creamed coconut (or the thick top of two cans of coconut milk)
- 3tbsp/75g golden syrup
- 150g Biscoff biscuits

Time: 5 mins prep, 2 hours 10 mins cook/freeze

Method

1. First grind the biscuits to dust in a food processor or bullet blender. If using a bullet, you will need to do them in batches and for no more than 30 seconds at a time else the motor may overheat. If you don't have a blender, you can use the traditional method of popping the biscuits in a freezer bag and attacking them with a rolling pin, but this yields a slightly more grainy ice cream. Still delicious, but not quite as wonderful as the ice cream that I want you to have.
2. When the biscuits are ground to dust, add the creamed coconut and golden syrup and combine well.

3. Spoon the mixture into an ice cube tray or two, depending on the size of them. Freeze for two hours.
4. Once frozen, turn out and combine with a wooden spoon or by tipping back into the blender for two 30 second pulses. Transfer to a tupperware container. Return it to the freezer for 15 minutes to firm back up. Serve and enjoy.

TIP: This ice cream sets very hard in the freezer, so if you aren't going to eat it immediately, remove it for 10 minutes before serving and mix it well to soften it up.

This is a recipe taken from Jack Monroe's [Cookingonabootstrap website](https://www.cookingonabootstrap.com/).