

## *Coriander*

### *Cucumber Avocado Soup*

#### **Ingredients**

- 2 avocados, pulp removed
- 1 English cucumber, peeled
- ¼ red onion, chopped
- 1 garlic clove, halved
- ¾ cup unsweetened coconut milk
- ¾ cup plain yogurt
- 1 cup water
- 1 lime, juiced
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- 1 ¼ teaspoons kosher salt
- ½ teaspoon cayenne
- Chopped Cilantro
- Lime wedges, for topping
- Chopped cilantro, for topping



Place all ingredients except the lime wedges and the cilantro into a food processor. Purée until smooth. Store in the fridge until chilled. Serve cold topped with chopped cilantro and a squeeze of lime.

### *Mango Salsa*

#### **Ingredients**

- Peel a mango and dice
- Dice a small onion
- Dice a small tomato
- Dice a jalapeño pepper
- Chopped cilantro
- Fresh lime juice
- ½ teaspoon coriander
- Salt and pepper to taste

Mix all together and serve with corn chips or top eggs, salad or avocado

## *Chicken satay noodles*

### **Ingredients**

- 14oz chicken or turkey breast, cut into strips
- 2 tbsp soy sauce
- 1 tsp corn flour
- 13oz dried egg noodles
- 2 tsp grapeseed oil or canola oil
- 6 green onions, thinly sliced
- 3 tbsp peanut butter
- 2 tbsp sweet chili sauce
- 400ml can reduced-fat coconut milk
- 3½oz sugar snap peas
- 5½oz green beans
- 3½oz sweet corn
- 1 lime, juice only
- 1 carrot, shaved into thin slices using a vegetable peeler
- 2¾oz baby spinach leaves
- 2 tbsp roughly chopped cashew nuts
- 2 tbsp freshly chopped coriander

### **Directions**

Put the chicken in a bowl, add the soy sauce and corn flour and mix well. Cover and set aside for a few moments.

Meanwhile, bring a large pan of water to the boil, add the noodles and cook according to the packet instructions. Drain in a colander, rinse with cold water until they are cold, then drain once more and tip them back into the cold pan. Add half the grapeseed oil and toss.

Heat a wok until hot, add the remaining grapeseed oil and the spring onions and stir-fry for 1 minute, or until softened. Add the peanut butter, chili sauce and coconut milk and stir until combined. Bring to a simmer, then add the marinated chicken and poach for 4 minutes, or until cooked through. Add the sugar snap peas and simmer for another 2 minutes, or until nearly tender, then add the frozen peas, beans and sweetcorn. Return to the boil, stir in the lime juice and check the seasoning – you might want to add more lime juice or chili, depending how hot you like it.

Stir in the cooked noodles and heat for 1-2 minutes, or until hot through. Stir in the carrot shavings and spinach and remove from the heat. The heat from the dish will wilt the spinach down. Stir a couple of times. Serve in bowls, garnished with the cashews and coriander.