

JUNE 2021

Mindful Chef

Your ultimate BBQ guide



We'll bring the food.
You bring the sunshine.



Mindful Chef Founders Myles & Giles

Summer's hotting up

Nothing beats getting outside and firing up the BBQ for dinner alfresco, and as summer heats up, so do our recipes. Your third – and final – collection of BBQ meals is a celebration of everything we love about seasonal eating.

This collection has something for everyone. Just when soft stone fruit comes into its own, we're taking it to the grill with a moreish griddled peach salad, and apricot harissa chicken. As well as 100% British – and 100% juicy – lamb steaks, this month we're flipping sustainably sourced fresh salmon burgers and plant-based options. With the 25th annual BBQ week coming up (from July 2-11), let's go out with a BBQ bang!

Don't forget to share your best BBQ snaps with us by tagging [@mindfulchefuk](https://www.instagram.com/mindfulchefuk) [#mindfulchef](https://www.instagram.com/mindfulchef) – we'll choose our favourites and send the winners a free Mindful Chef recipe box.

Happy grilling,

Myles & Giles



Discover your favourite salads, kebabs, burgers and steaks, and save room for fresh fish and tasty vegan recipes too.

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How to BBQ like a pro



01

NICE AND HOT

When it comes to those coals, timing is key – get them white-hot before you start cooking (no flames please!). If you're using an electric or gas BBQ, preheat it for 10-20 minutes.



Chef James shares 5 top tips

04

QUALITY IS KEY

When you're using good-quality meat, it comes through in the flavour. All your Mindful Chef meat is 100% British – free-range chicken and pork, grass-fed beef from native breeds and pasture-grazed lamb.

02

PICTURE PERFECT BURGERS

Press your thumb into the middle of your burger before you put it on the grill to keep it from puffing up.

03

DON'T CROWD YOUR BBQ

Or your food will steam! And, if you've got a coal BBQ, lots of different heat zones can lead to uneven cooking.

05

KEEP AN EYE OUT

Don't walk away from a hot BBQ – and keep children and animals safely away from it, too. Happy grilling!

1-2
Person
Recipe

Lemon & parsley salmon burger with fries & salad

Cals pp 582 | Protein 28g | Carbs 53g | Fat 29g

We deliver

Serves 2

Halve ingredients for 1

- 2 large white potatoes
- 1 tbsp dried Italian herbs
- Handful of fresh chives
- 1 lemon
- 80g **almond yoghurt (nuts)**
- 1 tsp **dijon mustard (mustard)**
- 1 tsp honey
- 120g baby plum tomatoes
- 1 baby cucumber
- 1 avocado
- 40g mixed salad leaves
- 2 **lemon & parsley salmon burger (fish)**
- 2 tsp pumpkin seeds

Allergens in bold

Please wash all fresh
produce before use

You cook

1. Light your BBQ and get it nice and hot.
2. Leaving the skins on, cut the **potatoes** into fries and place on a BBQ-friendly baking tray. Drizzle with 1 tsp oil and season with the **dried herbs**, sea salt and black pepper. Cover with foil and cook on the BBQ for 25-30 mins, until golden, turning halfway through.
3. Finely chop the **chives**. Cut the **lemon** into 6 wedges. Make the **chive yoghurt**; add **three-quarters of the chives** to a bowl with the **yoghurt** and a pinch of salt. Squeeze in the **juice from 1 lemon wedge**; mix and reserve.
4. Make the **dressing**; to another bowl, add the **mustard**, 1 tsp olive oil, just **1 tsp honey** and the **juice from 2 lemon wedges**. Season with a pinch of sea salt and black pepper; mix and reserve.
5. Prepare the **salad**; halve the **tomatoes**. Thinly slice the **cucumber**. Peel and destone the **avocado**, then dice. Place in a bowl with the **mixed leaves** and gently mix.
6. Heat a medium BBQ-friendly frying pan with 1 tsp oil on the BBQ. Remove the dividers from both sides of the **burgers** then, using a spatula, carefully transfer the **burgers** to the pan. Cook for 3 mins on each side or until cooked through.
7. Serve the **salmon burgers** and **fries** with the **salad** and **chive yoghurt**. Drizzle the **salad** with the **dressing** and garnish with the **pumpkin seeds** and **remaining chives**.


Sustainably
sourced
fish



1-2
Person
Recipe

Lemon marinated salmon & puttanesca

Cals pp 673 | Protein 38g | Carbs 59g | Fat 31g

We deliver

Serves 2

Halve ingredients for 1

- 2 **lemon & chive-flavoured salmon fillets** (fish)
- 90g green beans
- 120g brown rice penne
- 3 garlic cloves
- Handful of fresh flat-leaf parsley
- 30g Belazu naturally ripened pitted black olives
- 400g chopped tomatoes
- 20g capers
- 90g baby plum tomatoes
- ½ tsp red chilli flakes

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Place the **salmon** in a piece of foil, wrap and seal. Place on the BBQ for 10 mins, until cooked.
2. Meanwhile, boil a kettle. Cut the **beans** into thirds. Half-fill a medium BBQ-friendly saucepan with lightly salted boiling water. Add the **penne** and boil for 7-8 mins, adding the **beans** to the pan for the final 3 mins. Boil together until cooked, then drain.
3. Finely chop or crush the **garlic**. Roughly chop the **parsley**. Halve the **olives**.
4. Make the **puttanesca sauce**; heat a large BBQ-friendly saucepan on the bbq with 1 tsp oil. Add the **garlic** and **half the parsley**, cook for 1 min, then add the **chopped tomatoes, capers, olives** and a splash of water. Season with sea salt and black pepper. Place a lid on and simmer for 6 mins, until thickening.
5. Halve the **fresh tomatoes** and add to the **puttanesca** with the **penne** and **beans**; gently mix.
6. Serve the **pasta** topped with the **salmon**. Garnish with the **remaining parsley** and **chilli flakes**.


Sustainably
sourced
fish



1-2
Person
Recipe

Barbecue pork, lime & corn salsa with sweet pots

Cals pp 629 | Protein 37g | Carbs 66g | Fat 23g

We deliver

Serves 2

Halve ingredients for 1

- 300g sweet potato
- 150g sweetcorn (drained)
- 2 spring onions
- Handful of fresh coriander
- 1 red chilli
- 120g baby plum tomatoes
- 1 lime
- 1 tbsp tomato puree
- 2 tbsp honey
- 1 tbsp balsamic vinegar (sulphites)
- 1 tsp dijon mustard (mustard)
- 1 tsp smoked paprika
- 2 free-range pork loins

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Dice the **potato** into 1.5cm cubes and place on a lined BBQ-friendly tray. Drizzle over ½ tbsp oil; season with sea salt and black pepper. Cover with foil and cook on the BBQ for 20–25 mins, until golden and cooked through. After 15 mins of cooking, drain the **sweetcorn** and scatter over the **potato**.

2. Make the **salsa**; thinly slice the **spring onions**, chop the **coriander**, finely chop the **chilli** (remove the seeds for less heat) and halve the **tomatoes**. Place all into a bowl. Zest the **lime** and quarter. Reserve **2 lime wedges** for later, then add the **zest and juice from the remaining lime wedges** to the bowl. Season with sea salt and black pepper; mix well.

3. Make the **BBQ sauce**; in a bowl, mix together the **tomato puree, honey, vinegar, mustard, paprika** and 3 tbsp water.

4. Season the **pork** with sea salt. Cook on the BBQ for 4 mins on each side. Brush with the **BBQ sauce** and turn. Repeat, then remove from the heat to rest.

5. Serve the **pork** with the **salsa, roasted potato** and **sweetcorn**. Finish with the **remaining sauce**, drizzled over the top, and garnish with the **lime wedges**.



Free-range
British pork



1-2
Person
Recipe

Middle Eastern steak with dill cucumber salad

Cals pp 645 | Protein 37g | Carbs 54g | Fat 32g

We deliver

Serves 2

Halve ingredients for 1

- 1 carrot
- 1 baby cucumber
- Handful of fresh dill
- 1 lemon
- 2 Middle Eastern-style bavette steaks
- 1 tbsp **tahini (sesame)**
- 2 tbsp honey
- 250g steamed brown basmati rice
- 10g **flaked almonds (nuts)**

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **carrot** and grate. Slice the **cucumber**. Roughly chop the **dill**. Zest and quarter the **lemon**.

2. Make the **salad**; in a bowl, mix together the **carrot**, **cucumber** and **three-quarters of the dill** with $\frac{1}{2}$ tbsp oil and the **juice from 1 lemon wedge**. Season with sea salt and black pepper.

3. Season the **steaks** with sea salt and place on the BBQ. Cook until golden brown (as a guide: 3 mins on each side for medium-rare or 5-6 mins on each side for well-done). When done, transfer the **steaks** to a plate and rest for a few mins before slicing.

4. Make the **dressing**; in a bowl, mix the **tahini**, **honey** and the **juice from 1 lemon wedge**.

5. Heat a BBQ-friendly frying pan with 1 tsp oil on the BBQ. Add the **rice** and break up slightly, then add a splash of hot water and cover the pan with a lid. Steam for 3-5 mins.

6. Serve the **steaks** with the **salad** and **rice**. Drizzle over the **dressing** and garnish with the **flaked almonds**, **remaining dill** and **lemon wedges**.



1-2
Person
Recipe

Flat iron steak with sesame noodles & edamame

Cals pp 623 | Protein 45g | Carbs 59g | Fat 25g

We deliver

Serves 2

Halve ingredients for 1

- 2 flat iron steaks
- 100g brown rice noodles
- 1 tbsp **sesame oil (sesame)**
- 2 tsp **black sesame seeds (sesame)**
- 2 carrots
- 2 spring onions
- 100g **fresh edamame beans (soya)**
- 1 lime
- 1 tbsp **tamari (soya)**

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Season the **steaks** with sea salt and place on the BBQ. Cook until golden brown (as a guide: 2-3 mins on each side for medium-rare or 4-5 mins on each side for well-done). Remove and leave to rest for a few mins.
2. Pour boiling water into a medium, BBQ-friendly saucepan until half-full. Bring to the boil, then plunge the **noodles** into the pan. Boil for 3-5 mins. Drain the **noodles** and rinse under warm water, then return to the saucepan. Add the **sesame oil** and **half the sesame seeds**. Mix to prevent sticking.
3. Peel the **carrots** and grate. Thinly slice the **spring onions**. Add both to the pan with the **noodles**, followed by the **edamame**. Mix.
4. Halve the **lime**. Make the **tamari dressing**; to a bowl, add the **tamari**, 1 tbsp cold water and the **juice from the lime**.
5. Thinly slice the **steaks** and serve on a bed of **noodles**. Pour over the **tamari dressing** and garnish with the **remaining sesame seeds**.



1-2
Person
Recipe

Griddled peaches, broccoli & hazelnuts

Cals pp 521 | Protein 15g | Carbs 73g | Fat 20g

We deliver

Serves 2

Halve ingredients for 1

- Handful of fresh mint
- 1 red chilli
- ½ **vegetable stock cube** (**celery**)
- 120g buckwheat
- 1 red onion
- 180g tenderstem broccoli
- 20g **hazelnuts** (**nuts**)
- 2 peaches
- 1 lime
- 1 tbsp **sesame oil** (**sesame**)
- 2 tsp maple syrup

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Finely slice the **mint leaves**. Finely chop the **chilli** (remove the seeds for reduced heat).
2. Dissolve the **half stock cube** in a BBQ-friendly saucepan with 400ml boiling water. Rinse the **buckwheat** and place in a saucepan with the **stock**. Simmer on the BBQ for 15 mins.
3. Thinly slice the **onion**. Trim the **broccoli**. Place the **onion**, **broccoli** and **hazelnuts** on a BBQ-friendly baking tray, then drizzle with ½ tbsp oil; season with a pinch of sea salt. Cook on the BBQ for 10 mins, until turning golden.
4. Slice each **peach** into 6 segments, removing the stone. Drizzle with ½ tbsp oil.
5. Add the **peaches** to the BBQ. Cook for 3 mins on each side, until softened and lightly chargrilled.
6. Drain the **buckwheat**. Stir the **mint** and **chilli** into the **buckwheat**, along with the **roasted onion** and **broccoli**. Add **half the juice from the lime**, the **sesame oil** and **maple syrup**, then season with black pepper. Mix well.
7. Serve the **buckwheat** topped with the **griddled peaches**. Roughly chop and scatter over the **toasted hazelnuts** and drizzle over the **remaining lime juice**.



Harissa chicken, charred corn & chips

Cals pp 603 | Protein 33g | Carbs 45g | Fat 32g

We deliver

For the chicken

- 500g free-range chicken thighs
- 1 tbsp Belazu apricot harissa paste

For the corn

- 150g sweetcorn (drained)
- 150g red cabbage
- 4 spring onions
- 120g baby plum tomatoes
- 1 lime

For the chips

- 600g baby white potatoes
- 3 garlic cloves
- 2 tsp smoked paprika
- 1 tbsp dried Italian herbs

For the yoghurt dip

- 80g coconut yoghurt
- 1 tbsp Belazu apricot harissa paste

To serve

- 2 avocados

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Cut the **potatoes** into **chips**, then place on a lined BBQ-friendly baking tray. Finely chop or crush the **garlic**, then sprinkle over the **potatoes**, along with the **paprika**, **dried herbs**, 1 tsp oil, sea salt and black pepper. Mix well. Cover with foil and roast for 30–35 mins on the BBQ, until golden, turning halfway.
2. Drain the **sweetcorn**. Heat 1 tsp oil in a large BBQ-friendly frying pan, then add the **sweetcorn**. Cook for 5–7 mins, until it starts to char. Transfer to a bowl and set aside.
3. Place the **chicken** and **half the harissa** in a BBQ-friendly dish. Season with sea salt and black pepper; mix to coat. Cover with foil. Cook on the BBQ for 20 mins, or until cooked through, then char the **chicken** directly on the BBQ for 2 mins on each side to give it some colour. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear.
4. Make the **corn slaw**; thinly slice the **cabbage**. Thinly slice the **spring onions**. Halve the **tomatoes**. Add all to the **charred sweetcorn**. Drizzle with 1 tsp oil, then squeeze in the **juice from the lime**. Season with sea salt and black pepper. Mix.
5. Make the **dip**; add the **yoghurt** and **remaining harissa** to a bowl and stir. Destone the **avocados**, peel, then thinly slice.
6. Serve the **sweetcorn slaw** with the **chips** and **chicken**. Top the **chicken** with **slices of avocado**. Serve the **harissa dip** alongside.



A vibrant red background featuring various food illustrations: a watermelon slice in the top left, a lemon slice, a whole lemon, a red bell pepper with seeds, and a hot dog in a bun with mustard. In the bottom left, there's a large orange slice and another red bell pepper. In the bottom right, there's a lemon slice and a watermelon slice. The text is centered in white.

BBQ Bangers

Fire up the grill.
And the tunes.



Your new **BBQ Bangers** playlist
is now live on Spotify!

Search 'Mindful Chef'

Beef koftas with squash & quinoa salad

Cals pp 570 | Protein 33g | Carbs 43g | Fat 29g

We deliver

For the koftas

- 4 skewers
- Handful of fresh coriander
- 3 garlic cloves
- 2 tbsp Mindful Chef Middle Eastern spice mix
- 500g beef mince

For the salad

- 80g quinoa
- 400g butternut squash
- 2 romano red peppers
- 240g baby plum tomatoes
- 80g baby spinach

For the coconut yoghurt

- Handful of fresh coriander
- 80g coconut yoghurt

For the harissa dressing

- 2 tbsp rose harissa paste
- 1 tbsp honey

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Soak the skewers in cold water. Rinse the **quinoa**, then place in a BBQ-friendly saucepan with 600ml lightly salted boiling water. Simmer for 15 mins, until cooked, then drain.
2. Peel the **squash** and cut into wedges. Dice the **peppers** into 2cm cubes. Roughly chop the **coriander**. Finely chop or crush the **garlic**. Halve the **tomatoes**. Place the **squash** on one side of a large BBQ-friendly baking tray, drizzle over $\frac{1}{2}$ tbsp oil and season with sea salt and black pepper. Cover with foil and roast on the BBQ for 15 mins, then add the **peppers** with $\frac{1}{2}$ tbsp oil to the tray. Roast for a further 10 mins, until golden and cooked through.
3. To a bowl, add **half the coriander**, **yogurt** and 2 tbsp water; mix. In a separate bowl, mix the **harissa** and 1 tbsp **honey**. Set both aside.
4. Make the **koftas**; to a bowl, add the **garlic**, **spice mix**, **mince**, **remaining coriander**, sea salt and black pepper. Mix thoroughly, then split into 4 equal-sized portions and mould onto the **skewers** in a kofta shape. Place the **koftas** on the BBQ for 10-15 mins, turning until cooked through.
5. Make the **salad**; add the **squash** and **peppers** to a bowl with the **quinoa**, **spinach** and **tomatoes**. Season with sea salt and black pepper.
6. Serve the **koftas** with the **salad**, **harissa dressing** and **coriander yogurt**.



Mexican spice-rubbed steak, salsa & brown rice

Cals pp 634 | Protein 37g | Carbs 48g | Fat 33g

We deliver

For the steak

- 4 denver steaks
- 2 tbsp Mindful Chef Mexican spice mix

For the salsa

- 1 red onion
- Handful of fresh coriander
- 240g baby plum tomatoes
- 2 avocados
- 1 lime

For the rice

- 160g brown rice
- 1 red onion
- Handful of fresh coriander
- 80g baby spinach

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **rice**, then place in a BBQ-friendly saucepan with 800ml lightly salted boiling water. Simmer for 25-30 mins, then drain.
2. Dice the **onions**. Roughly chop the **coriander**.
3. Heat a medium BBQ-friendly frying pan with $\frac{1}{2}$ tbsp oil on a medium heat. Add **half the onions** and cook for 5 mins, until softening and slightly coloured. Add the **spinach** and **half the coriander**, cook for 3 mins, then remove from the heat. Keep warm until the **rice** is ready, then mix all together. Season with sea salt and black pepper.
4. Rub the **steaks** with the **spice mix** and a pinch of sea salt. Cook on the BBQ until golden brown (as a guide: 2-3 mins on each side for medium-rare or 4-5 mins on each side for well-done). Cover and rest until ready to serve.
5. Meanwhile, make the **salsa**; quarter the **tomatoes**. Peel the **avocados**, destone, then cut into small cubes. Mix the **tomatoes**, **avocados**, **remaining onions** and **remaining coriander** in a small bowl. Season with sea salt and black pepper; squeeze over the **juice from the lime**.
6. Thinly slice the **steaks**. Serve the **rice** topped with the **sliced steaks**. Serve with the **salsa**.



Grass-fed
British beef



Stuffed peppers with lentils & almond crumb VG

Cals pp 453 | Protein 13g | Carbs 35g | Fat 29g

We deliver

For the peppers

- 2 red peppers
- 2 yellow peppers
- 2 garlic cloves
- Handful of fresh flat-leaf parsley
- 80g sundried tomatoes
- 60g Belazu naturally ripened pitted black olives
- 480g lentils in water (drained)
- 400g passata
- 1 tbsp dried Italian herbs

For the crumb

- Handful of fresh flat-leaf parsley
- 6 tbsp **ground almonds** (nuts)

For the salad

- 240g baby plum tomatoes
- 1 tbsp **balsamic vinegar** (sulphites)
- 80g mixed salad leaves

Allergens in bold

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Slice the **peppers** in half lengthways and remove the seeds. Place on a BBQ-friendly baking tray, drizzle with 1 tbsp oil and cook on the BBQ for 15 mins, until softening.
2. Meanwhile, finely chop the **garlic**. Roughly chop the **parsley**. Roughly chop the **sundried tomatoes**. Quarter the **olives**. Drain the **lentils** and rinse.
3. Heat a medium BBQ-friendly pan with 1 tbsp oil on a medium heat. Cook the **garlic** for 1 min, then add the **lentils**, **passata**, **dried herbs**, **sundried tomatoes**, **olives** and **three-quarters of the parsley**. Season with sea salt and black pepper. Cook for 5 mins, until thickened.
4. In a small bowl, mix the **almonds** with a pinch of sea salt, black pepper and the **remaining parsley**. Spoon the **lentils** into the **roasted peppers** and sprinkle the **almond crumb** on top. Cover with foil and cook on the BBQ for 10 mins, until the **crumb** turns golden.
5. Meanwhile, halve the **fresh tomatoes**. Mix or whisk the **vinegar** with 1½ tbsp olive oil to make a **dressing**.
6. Serve the **stuffed peppers** with the **salad leaves** and **tomatoes**. Drizzle the **salad** with the **dressing**.



1-2
Person
Recipe

Spicy romesco baked chicken with grilled veg

Cals pp 522 | Protein 38g | Carbs 34g | Fat 26g

We deliver

Serves 2

Halve ingredients for 1

- ½ **chicken stock cube** (celery)
- 300g baby white potatoes
- 1 red onion
- 300g free-range chicken thighs
- 2 tbsp Belazu romesco
- 2 tsp peri peri seasoning
- 1 red pepper
- 150g courgette

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Dissolve the **stock cube** in a jug with 150ml boiling water. Halve the **potatoes** lengthways, add to a BBQ-friendly pot and fill with water. Boil on the BBQ for 10 mins, then drain.
2. Slice the **onion** into 12-16 wedges. In a bowl, mix the **potatoes** and **onion** with 1 tbsp oil; season with sea salt and black pepper. Place into a BBQ-proof dish, leaving room in the centre for the **chicken**.
3. In the same bowl, mix the **chicken**, **romesco** and **peri peri** together, then transfer to the centre of the BBQ-proof dish. Pour in the **stock**, cover with foil and cook on the BBQ for 30 mins. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary.
4. Meanwhile, cut the **pepper** into bite-sized chunks and slice the **courgette** on an angle. Drizzle both with 1 tsp oil and lightly season with sea salt and black pepper. Grill on the BBQ until softened and starting to char.
5. Stir the **grilled veg** through the **chicken** and serve.



1-2
Person
Recipe

Roast trout, green beans & lemon vinaigrette

Cals pp 544 | Protein 42g | Carbs 37g | Fat 27g

We deliver

Serves 2

Halve ingredients for 1

- 180g green beans
- 300g baby white potatoes
- 2 garlic cloves
- Handful of fresh thyme
- 1 lemon
- 60g radishes
- 2 trout fillets (skin off) (fish)
- 20g capers
- 1 tsp dijon mustard (mustard)
- 40g mixed salad leaves

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Trim the **beans**. Quarter the **potatoes**.
2. Place the **potatoes** into a BBQ-friendly saucepan and cover with boiling water. Simmer for 15 mins, then add the **beans** and cook for a further 5 mins, until the **vegetables** are tender. Drain.
3. Meanwhile, finely chop or crush the **garlic**. Remove the **thyme leaves** from their stalks. Zest **half the lemon**. Thinly slice the **radishes**.
4. Season the **trout** with black pepper. Place the **trout** in a foil or baking paper parcel. Sprinkle over the **zest, capers, thyme leaves** and **garlic**. Drizzle over 1 tbsp oil and **half the juice from the lemon**. Place on the BBQ for 12-15 mins, until the **trout** is cooked through.
5. Make the **lemon vinaigrette**. Add the **mustard** (to taste), **remaining lemon juice** (to taste) and 1 tbsp olive oil to a small bowl. Season with black pepper; mix or whisk until combined.
6. Serve the **mixed salad leaves**. Scatter the **potatoes, beans** and **sliced radishes** over the **leaves** and top with the **trout**. Drizzle over the **vinaigrette**.



Creole pork loins with citrus summer salad

Cals pp 679 | Protein 41g | Carbs 67g | Fat 28g

We deliver

For the pork loins

- 4 pork loins
- 2 tsp creole seasoning
- 30g brazil nuts (nuts)
- 1 orange
- 150g sweetcorn (drained)
- 240g chickpeas (drained)
- 160g baby spinach

For the citrus salad

- 180g green beans
- 1 red onion
- 2 carrots

For the dressing

- 1 orange
- 1 tbsp dijon mustard (mustard)
- 1 tbsp balsamic vinegar (sulphites)

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Rub the **pork loins** with the **seasoning** and BBQ for 5-7 mins on each side. When the **pork** is cooked through, remove to rest; keep warm.
2. Boil a kettle. Fill a large BBQ-friendly pan with boiling water and add a pinch of salt. Roughly chop the **beans**. Place into the pan and cook on the BBQ for 3-4 mins or until cooked but still retaining a slight bite. Drain then season with sea salt and black pepper.
3. Thinly slice the **onion**. Peel the **carrots**, then julienne peel or grate. Roughly chop the **nuts**. Peel the **oranges** and segment; squeeze out the pulp and reserve the **juice** for later. Drain the **sweetcorn** and **chickpeas**, then add to a large bowl with the **onion**, **carrots**, **beans**, ½ tbsp olive oil, sea salt and black pepper. Mix.
4. Make the **dressing**. In a bowl, mix the **mustard**, **vinegar**, **orange juice** and any **pork pan juices**.
5. Thinly slice the **rested pork**. Dress the **spinach** with ½ tbsp olive oil, sea salt and black pepper.
6. Serve the **spinach** topped with the **chickpea salad** and **pork loins**. Drizzle over the **dressing**; garnish with the **orange segments** and **chopped nuts**.



1-2
Person
Recipe

Honey mustard rump steak & onion rings

Cals pp 645 | Protein 35g | Carbs 46g | Fat 36g

We deliver

Serves 2

Halve ingredients for 1

- 1 large white potato
- 2 carrots
- 80g coconut yoghurt
- 2 tbsp honey
- 1 tbsp **wholegrain mustard (mustard)**
- 1 garlic clove
- 1 brown onion
- 1 tsp cornflour
- 2 rump steaks
- 160g baby spinach

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **potatoes** and **carrots**, then cut into **thin fries**. Place on a BBQ-friendly baking tray and drizzle with 1 tsp oil; season with sea salt and black pepper. Mix together, cover in foil and cook on the BBQ for 35 mins, until golden, turning halfway through.
2. Make the **dip**; add the **yoghurt** to a bowl with **half the honey** and **half the mustard**. Finely chop or crush the **garlic** and add to the bowl. Season with sea salt and black pepper; mix together. Set aside.
3. Slice **half the onion** into thick rings and add to a bowl with the **cornflour**; toss to coat. Finely dice the **remaining onion**.
4. Season the **steaks** on both sides with sea salt. Cook on the BBQ until golden brown (as a guide: 2-3 mins on each side for medium-rare or 4-5 mins on each side for well-done). While the **steaks** are cooking, place the **onion rings** to cook in a BBQ-friendly pan on the grill for 5 mins, until crispy. Remove the **steaks** and **onion rings** from the BBQ and leave to rest on a plate. Brush the **steaks** with the **remaining honey** and **mustard**.
5. To a BBQ-friendly pan, add the **diced onion** and cook for 3 mins. Add the **spinach** and cook for a further 3 mins, until wilted. Season with sea salt and pepper.
6. Slice the **steaks** and serve with the **fries**, **onion rings** and **wilted spinach**. Serve with the **garlic dip**.



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1-2
Person
Recipe

Tofu skewers, pak choi & zingy potato salad **VG**

Cals pp 470 | Protein 27g | Carbs 38g | Fat 24g

We deliver

Serves 2

Halve ingredients for 1

- 300g baby white potatoes
- 4cm fresh ginger
- 1 red chilli
- 2 spring onions
- 1 pak choi
- 2 tbsp **deep roast peanut butter (peanuts)**
- 2 tbsp **tamari (soya)**
- 300g **firm tofu (soya)**
- 4 skewers
- 2 tsp maple syrup
- 1 lime

Allergens in **bold**

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Halve the **potatoes**, place into a BBQ-friendly saucepan and cover with lightly salted boiling water. Simmer for 10–15 mins, until tender, then drain.
2. Peel the **ginger** and finely chop. Finely chop the **chilli** (remove the seeds for less heat). Finely slice the **spring onions**. Cut the **pak choi** in half lengthways and rub with ½ tbsp oil.
3. Make the **satay sauce**; in a small bowl, mix the **peanut butter** with **half the tamari** and 1–2 tbsp cold water until smooth.
4. Drain the **tofu**, pat dry with paper towel, then cut into 2cm cubes. Add ½ tbsp oil, mix and thread the **tofu** onto the **skewers**. Cook the **tofu skewers** on the BBQ for 10 mins, turning occasionally, until becoming golden. Pour over the **maple syrup** and **remaining tamari** and cook for a further 5 mins.
5. Cook the **pak choi** on the BBQ for 2–5 mins on each side, until softened.
6. Halve the **lime**. In a bowl, mix the **potatoes**, **ginger**, **chilli**, **spring onions** and the **juice from half the lime**. Season with sea salt.
7. Serve the **tofu skewers** with the **potatoes**. Drizzle over the **satay sauce** and the **remaining lime juice**.



Jackfruit burger, crushed avocado & beet slaw VG

Cals pp 623 | Protein 13g | Carbs 84g | Fat 27g

We deliver

Serves 2

Halve ingredients for 1

- 300g sweet potato
- 2 portobello mushrooms
- 1 red onion
- 2 garlic cloves
- 1 red chilli
- Handful of coriander
- 4cm fresh ginger
- 225g jackfruit (drained)
- 4 tbsp buckwheat flour
- 1 tbsp **sesame oil (sesame)**
- 200g beetroot
- 1 lime
- 1 avocado
- 2 tsp **white sesame seeds (sesame)**

Allergens in bold

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Leaving the skin on, cut the **potato** into **thin fries** and place on a BBQ-friendly baking tray with 1 tsp oil and a pinch of sea salt. Cover with foil and cook on the BBQ for 25 mins, turning occasionally, until becoming golden. After 15 mins, add the **mushrooms** to the tray and cook for 10 mins, until softened.
2. Dice the **onion**. Finely chop the **garlic**, **chilli** (remove the seeds for reduced heat) and **coriander**. Peel the **ginger** and finely chop.
3. Heat a medium, BBQ-friendly frying pan with 1 tsp oil. Cook the **garlic**, **ginger**, **chilli** and **onion** for 5 mins, until softened. Add the **jackfruit** and cook for 2 mins. Pull apart the **jackfruit** with forks, then place in a bowl for 5 mins, until cooled. Stir in **three-quarters of the flour** and **three-quarters of the coriander**. Form the **jackfruit mix** into 2 **burgers** (2cm thick) and dust with the **remaining flour**.
4. Heat the same pan with the **sesame oil** on a medium heat. Fry for 3-4 mins on each side until cooked through.
5. Trim the **beetroot** and grate. Place in a small bowl with **half the juice from the lime** and the **remaining coriander**. Sprinkle with a pinch of sea salt and black pepper.
6. Peel the **avocado** and destone. In another small bowl, roughly crush the **avocado** with a fork. Squeeze in the **juice from the remaining lime**; add a sprinkle of sea salt.
7. Serve the **fries** with the **mushrooms**, **slaw** and **burgers**. Top the **burgers** with **avocado**; sprinkle over the **sesame seeds**.



Jerk Chicken, rice and green peas

Cals pp 519 | Protein 35g | Carbs 50g | Fat 20g

We deliver

For the jerk chicken

- 1 **chicken stock cube** (celery)
- 500g free-range chicken thighs
- 160g brown rice
- 2 tbsp jerk seasoning
- 1 brown onion
- 150g courgette
- 1 red pepper
- 150g peas

For the lime yoghurt

- ½ lime
- Handful of fresh coriander
- 80g coconut yoghurt

To serve

- ½ lime
- Handful of fresh coriander

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Dissolve the **stock cube** in 50ml boiling water. Rinse the **rice**, then place in a BBQ-friendly saucepan with 800ml salted boiling water. Simmer on the BBQ for 20-25 mins, then drain.
2. Dice the **chicken** into small chunks. Heat a medium, non-stick BBQ-friendly pan with 1 tbsp oil on your grill. Cook the **chicken** for 5-10 mins, until turning golden, then add the **seasoning**.
3. Meanwhile, dice the **onion**, **courgette** and **pepper** into similar-sized pieces. Add these to the pan with the **chicken** and cook for 5 mins, then add the **stock** and simmer for a further 5 mins.
4. Make the **lime yoghurt**. Roughly chop the **coriander**. Halve the **lime**. Add the **yoghurt** to a bowl and mix with the **juice from half the lime**, a pinch of **coriander**, sea salt and black pepper.
5. Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear. Cook for longer if necessary. Add the **peas** to the pan and stir to heat through, then add the **drained rice** and **half the remaining coriander** to the **chicken** and **vegetables**. Mix together; season with sea salt and black pepper.
6. Serve the **jerk chicken rice** drizzled with the **lime yoghurt**. Garnish with the **remaining coriander** and a **squeeze of lime**.



Harissa salmon, potato fries & sundried tomato

Cals pp 567 | Protein 31g | Carbs 44g | Fat 31g

We deliver

For the potato fries

- 4 large white potatoes
- 1 tsp dried Italian herbs

For the harissa salmon

- 80g coconut yoghurt
- ½ lemon
- 1 tsp rose harissa paste
- 1 tbsp honey
- 1 tsp dried Italian herbs
- 4 **salmon fillets (skin on)** (fish)

For the sundried tomato dip

- 80g coconut yoghurt
- 2 tbsp Belazu sundried tomato paste
- 1 tsp rose harissa paste

For the salad

- 180g baby plum tomatoes
- 2 baby cucumbers
- 80g rocket
- ½ lemon

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot.
2. Leaving the skins on, cut the **potatoes** into **fries**. Line a BBQ-friendly baking tray with parchment paper and place the **fries** on the tray. Drizzle with 1 tbsp oil and scatter over **half the herbs**; season with sea salt and black pepper. Cover with foil, then cook on the BBQ for 25 mins, until turning golden.
3. Make the **marinade**; add **half the yoghurt**, the **juice from half the lemon**, **1 tsp harissa**, the **honey** and the **remaining herbs** to a small bowl. Season with sea salt and black pepper; mix together.
4. Place the **salmon** into a foil parcel. Evenly spoon over the **marinade**, wrap tightly and place on the BBQ for the final 10-12 mins of the fries' cooking time.
5. Meanwhile, make the **sundried tomato dip**. Add the **remaining yoghurt** to a small bowl and stir in the **tomato paste** and **remaining harissa**. Season with sea salt and black pepper.
6. Make the **salad**. Halve the **tomatoes**. Thinly slice the **cucumber** into half-moons. Place into a bowl with the **rocket**. Drizzle with 1 tbsp olive oil and a **squeeze of lemon juice**.
7. Serve the **salmon** with the **fries**, **salad** and **dip**.



Sustainably
sourced
fish

Tempeh mushroom burgers with tomato pepper relish VG

Cals pp 482 | Protein 22g | Carbs 66g | Fat 15g

We deliver

For the burgers

- 1 red onion
- 1 garlic clove
- 120g chestnut mushrooms
- 240g black beans (drained)
- 200g **tempeh** (soya)
- 1 tbsp smoked paprika
- 2 tbsp **tamari** (soya)

For the fries

- 600g sweet potatoes

For the relish

- 1 garlic clove
- 120g baby plum tomatoes
- 2 roasted red peppers

For the slaw

- 150g red cabbage
- 2 carrots
- Handful of fresh chives

Allergens in bold

Dietary symbols | Vegan VG

Please wash all fresh
produce before use

You cook

1. Light your BBQ and get it nice and hot. Cut the **potatoes** into **fries**. Finely dice the **onion**, **garlic** and **mushrooms**. Drain the **beans**, rinse, then mash in a bowl.
2. Place the **fries** on a lined, BBQ-friendly baking tray. Mix with ½ tbsp oil; season with sea salt and black pepper. Cover with foil and cook on the BBQ for 25–30 mins, until golden, turning halfway.
3. Heat a large, BBQ-friendly pan with 1 tbsp oil. Soften the **onion** for 3 mins, then add the **mushrooms** and **half the garlic**. Cook for a further 3 mins. Crumble the **tempeh** and add to the pan; cook for 2 mins, then add the **paprika** and **tamari**. Transfer all to the **mashed beans** and mix thoroughly. Shape into **4 burgers**, place on a BBQ-friendly lined tray and cover with foil. Cook on the BBQ for 10–15 mins, turning halfway.
4. Meanwhile, make the **relish**. Quarter the **tomatoes**. Dice the **peppers**. Heat a small BBQ-friendly pan with ½ tbsp oil. Fry the **remaining garlic** for a few seconds, then add the **tomatoes** and cook until softening. Add the **peppers**; season with sea salt and black pepper. Set aside.
5. Make the **slaw**; thinly slice the **cabbage**. Peel the **carrots** and grate. Finely chop the **chives**. Mix all together in a bowl with 1 tbsp olive oil. (Add fresh lemon juice too, if desired.)
6. Serve the **tempeh burgers** topped with the **relish**, and the **fries** and **slaw** on the side.



Lentil burger with avocado, salad & tahini VG

Cals pp 578 | Protein 15g | Carbs 62g | Fat 30g

We deliver

For the lentil burger

- 1 red onion
- 3 garlic cloves
- 120g sundried tomatoes
- 10g sunflower seeds
- 4 tbsp buckwheat flour
- 480g lentils in water (drained)
- 1 tbsp Belazu apricot harissa paste

For the roasted carrots

- 6 carrots

For the dressings

- 2 tbsp tahini (sesame)
- 2 tbsp balsamic vinegar (sulphites)

To serve

- 2 avocados
- 1 green living lettuce
- 1 pomegranate

Allergens in bold

Dietary symbols | Vegan VG

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **carrots**, cut into **thin fries** and place on a BBQ-friendly baking tray. Season, drizzle with $\frac{1}{2}$ tbsp oil and mix. Cover with foil and place on the BBQ for 20-25 mins, until golden and cooked through.
2. Finely dice the **onion** and **garlic**. Roughly chop the **sundried tomatoes**. Heat a dry, BBQ-friendly, medium frying pan on the grill. Add the **sunflower seeds** and cook for 1-2 mins, until toasted, then add $\frac{1}{2}$ tbsp oil, the **onion**, **garlic** and **sundried tomatoes**. Cook for 3 mins, until the **onion** starts to soften, then add the **flour** and cook for a further 2 mins, stirring often. Turn off the heat.
3. Make the **burgers**; drain the **lentils**, rinse and place into a large bowl. Add the **harissa** and **cooked veg**. Season and mash all together, until soft and binding. Shape into **4 equal-sized burgers** (wet your hands to prevent sticking). Place onto a BBQ-friendly lined tray and cook on the BBQ for 20 mins, turning occasionally.
4. Make the **tahini dressing**; add the **tahini** to a bowl and gradually mix in 2-3 tbsp water, until it reaches a drizzling consistency; season with a pinch of salt. Make the **balsamic dressing**: to a separate bowl, add the **vinegar** and 1 tbsp olive oil, then mix well.
5. Peel the **avocados**, destone and thinly slice. Cut the **leaves** from the **lettuce head**. Slice the **pomegranate** in half, discarding the white flesh but reserving the **seeds**.
6. Serve the **lettuce** drizzled with the **balsamic dressing**, along with the **fries**, **avocado** and **lentil burgers**. Drizzle with the **tahini dressing**. Sprinkle with the **pomegranate seeds**.



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