

FAMILY RECIPES

BY NICOLA MOREK
THE KLEEN KITCHEN





Introduction

Firstly a big thank you for downloading my first ebook, I wanted to share a few recipes we have been making in the last few weeks while we have all had to stay at home.

These recipe's have been enjoyed by my whole family which can sometimes be the main challenge. Feeding a family of five takes time, effort and imagination to keep everyone excited about meal times.

Whether you love to cook or simply do it to survive, I hope my recipes help you come up with some new favourites that all your family can enjoy.

Having three children who all have different tastes and preferences, I have to keep food fun and encourage them all to try everything I offer them. For this reason I do try and keep it simple, a plate of spinach would not be well received but hidden in pesto pasta it becomes one of their favourite meals.

My recipes tend to be a twist on the classic's, as well as being comforting and healthy. I always try to get the children to help with preparation, where it is safe, as it certainly helps when it comes to a serving up a new dish that I know may be received with some grumbles.

I really hope you enjoy these and I can not wait to see what you make, please do tag me @thekleenkitchen and stay safe.

Nicola

Measurements - I use a set of standard measuring cups for all recipes, mine are Joseph and Joseph and from John Lewis (£9).

Look out for
extra tips on
each page



Easy fruit smoothie

'SMOOTHIE'S ARE AN
EASY QUICK
BREAKFAST AND A
GREAT WAY TO
START THE DAY '

SERVES 2 (small glasses)

INGREDIENTS

1 cup of frozen fruit
1/4 cup oats
2 tbs plant / dairy yoghurt
5cm chunk of frozen broccoli
2 large dates (more if you like it sweeter)
1 cup coconut water (or plain water)

METHOD

Place fruit, yoghurt, frozen broccoli, dates
and water in a blender.

Blitz until mixture is completely smooth
and all ingredients are well combined.

Serve in small glasses.

If you prefer a sweeter flavour you can
add a few extra dates.

For a thicker drink go easy on the water
or if you like it more like a juice
consistency add a bit more.

pimp it up

ADD A HANDFUL OF
SPINACH OR SMALL
BEETROOT FOR
ADDED GOODNESS



reduce waste

I FREEZE CHUNKS OF BROCCOLI STALKS AND FRUIT THAT DOESN'T GET EATEN TO ADD TO MY MIXTURE

My favourite Acai bowl

'LOAD YOUR ACAI BOWL UP WITH ALL YOUR FAVOURITE TOPPINGS, MY PERSONAL FAVOURITES ARE GRANOLA, PEANUT BUTTER AND STRAWBERRIES'
SERVES 2

INGREDIENTS

2 x acai puree sachets - my favourite is Sambazon unsweetened
1 cup of frozen fruit
3/4 cup of milk of choice
2 medjoul dates
1 1/2 frozen banana or 1 frozen avocado
Handful of spinach

METHOD

To help with the blending I run the two acai sachets under a warm tap first for a minute to melt slightly.

Then add all the ingredients into a blender and pulse until mixture is smooth but thick. You are aiming for an ice cream consistency. You may have to stop a few times and stir the mixture depending on which type of blender you are using. If you like it thinner to drink as a smoothie then add a little more milk, water or a handful of ice.

Once the mixture is smooth tip into two bowls and add your favourite toppings.



Fruity chia cupcakes

'BAKING IS A GREAT
WAY TO GET THE KIDS
IN THE KITCHEN.
ASKING THEM TO HELP
WITH THE WEIGHING
CAN ADD SOME MATHS
INTO OUR DAY'

MAKES 8 Cakes

INGREDIENTS

Dry

- 1 1/4 cups self raising flour
- 1/2 coconut sugar (or sugar of your choice)
- 1/2 tsp bicarbonate of soda
- 1 tsp baking powder
- 2 tsp chia seeds

Wet

- 1/2 cup plant milk (used oat)
- 1 tbs apple cider vinegar
- 2 tbs sunflower oil
- 2 tbs plant yoghurt (or yoghurt of your choice)

1/2 cup frozen raspberries

METHOD

Preheat the oven to 180 C / gas mark 4.

Combine the plant milk and apple cider vinegar in a bowl giving a gentle stir then leave to stand for a few minutes. Then add the sunflower oil and yoghurt then whisk to combine.

Mix the flour, sugar, bicarbonate of soda, baking powder and chia in a separate bowl and stir well to combine. Then add wet and dry ingredients together in a large bowl until well combined, don't over mix or it will dry the mixture out. Stir through frozen fruit.

Divide between eight muffin cases and bake for 14 minutes checking after 12 by inserting a clean knife or toothpick, These are best eaten fresh, but will keep for a few days in an airtight container.

mix it up

You can use any
frozen fruit or even
chocolate chips for a
different flavour



multi use

This batter can be used for waffles also, add an extra 2tbs of flour to thicken it slightly.

Quick three ingredient pancakes

'THESE ARE
EVERYTHING

AMERICAN STYLE
PANKCAKES SHOULD
BE. THICK, LIGHT AND
EXTREMELY TASTY'

MAKES 6 LARGE PANKCAKES

INGREDIENTS

1 cup self raising flour
1 cup plant milk (I used coconut)
1/2 cup apple puree or 2 mashed bananas

METHOD

Place the flour, milk and apple puree or mashed banana in a large bowl. Using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.

Heat a non-stick frying pan over a medium heat and add a knob of coconut oil. When it's melted, add a ladle of batter. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out the pan.

Kobe's Breakfast Cookies

'I LOVE ALL THE WONDERFUL INGREDIENTS THESE COOKIES ARE PACKED WITH, MAKING THEM FILLING AND NUTRITIOUS'

MAKES 16 COOKIES

INGREDIENTS

1 heaped cup gf oats
1/3 cup sunflower seeds
1/3 cup pumpkin seeds
1/4 cup chia seeds
1/2 cup ground almonds
1/3 cup desiccated coconut
1/4 cup sesame seeds
1/4 cup hemp seeds
1/2 cup raisins
1/4 cup chocolate chips
1/2 cup nut butter (could be swapped for tahini)
1/4 cup maple syrup
3tbs plant milk (I used oat)
1 flax egg (1tbs ground flax + 3tbs water)
1/4 cup melted butter
1tsp vanilla essence

METHOD

Preheat the oven to 180 C / gas mark 4 and line a baking tray.

Mix oats, seeds, ground almonds, coconut, raisins and chocolate chips in a bowl. In a separate bowl mix nut butter, maple syrup, plant milk, flax egg, melted butter and vanilla essence and whisk well to combine.

Add both wet and dry mixtures together and stir until the mixture is sticky.

Using a tablespoon or ice cream scoop make 16 small balls and place onto a baking sheet, push down to flatten with a wet fork into a cookie shape. Place in the oven and bake for 14 minutes.

Leave to cool before eating. They are best eaten fresh or store in an airtight container.



prep is key
Freeze half the mixture ready rolled in balls and then cook from frozen for an instant breakfast

Puy lentil bolognaise

'THIS IS A SIMPLE
TWIST ON AN OLD
CLASSIC PACKED WITH
VEGETABLES AND
LENTILS'

SERVES 5 PEOPLE

INGREDIENTS

1 carrot washed and peeled
1 onion skin removed
2 sticks of celery washed
3 garlic cloves peeled
150g mushrooms
8 sundried tomatoes
250g pack of cooked puy lentils
2tbs dried oregano / mixed herbs
1/2 cup red wine
1 tin of chopped tomatoes
2tbs tomato puree
2tbs balsamic vinegar
1tbs maple syrup
pinch of salt
300g dried spaghetti

METHOD

Prepare all your ingredients first. Blitz the mushrooms in a food processor or finely chop. Separately blitz the carrot, onion, celery and garlic in a food processor or chop finely. Chop sundried tomatoes. Place a large saucepan on the hob filled with salted water and bring to the boil.

Heat 1 tbsp coconut oil in a large heavy bottom pan or large frying pan and add mushrooms. Reduce down any liquid, stirring regularly and cook until they slightly catch slightly on the edges, this should take a few minutes. Remove from the pan and place into a separate bowl.

Place the saucepan back onto the heat and add 1 tbsp coconut oil. Add carrot, onion, celery and garlic, cook until soft. Add dried oregano, chopped sundried tomatoes and red wine until wine is almost evaporated and smelling delicious. Add tin of tomatoes, puy lentils, mushrooms, tomato puree, balsamic vinegar, maple syrup and a pinch of salt, stir well and simmer low for 15 minutes.

The separate pan of salted water should be ready for the pasta now, add and stir carefully using tongs if you have them. After 5 minutes of cooking add 1 cup of the pasta water to the tomato sauce mixture. stir well. Check sauce seasoning and adjust if necessary.

Once the pasta is ready 9-11 minutes (or follow packet instructions) drain, steam dry for a minute and add to the pasta sauce, mix well. Serve and top with parmesan of choice.



no bits please
I use a food processor to
chop all the vegetables
so the children don't
know what is hidden
inside, sneaky!



easy wins

Frozen vegetables
work so well in this
dish. peas, broccoli,
beans, anything
you have hidden
away

Paella with tofu 'chorizo'

'THIS TOFU CHORIZO
REALLY TAKES THIS
FRAGRANT DISH TO
THE NEXT LEVEL'

SERVES 5 WITH LEFTOVERS

INGREDIENTS

1 carrot washed and peeled
1 white onion skin removed
1 red pepper washed
3 garlic cloves peeled
2 tbs smoked paprika (I love La Chinata)
1 tsp saffron
3 pints of vegetable stock (I use Marigold Swiss Vegetable Bouillon)
1/2 cup frozen peas
5 sprigs of fresh parsley

Tofu 'Chorizo' marinade

280g tofu block (I like The Tofoo Co Naked Tofu)
1 tsp cornflour
1 tsp smoked paprika
2 tbs olive oil
1 tbs liquid smoke (if you don't have use extra paprika)
1 tbs tamari (or soy sauce preferably light)

METHOD

Preheat the oven to 170 C / gas mark 4. Prepare all your ingredients first. Chop the carrot, onion and red pepper into small cubes, crush the garlic cloves. Boil the kettle and prepare the vegetable stock. Chop the parsley separating the stalks and leaves.

Remove the tofu from the packaging and cut into four 1 inch strips. Place in kitchen roll or a towel and press gently to remove any excess water. Cut into small 1 cm cubes and place in a bowl, add cornflour and stir well. In a separate bowl add chorizo marinade ingredients, paprika, olive oil, liquid smoke and tamari. Mix well to combine, add to tofu and stir until all the tofu is covered. Place on a lined baking tray, laying the tofu flat with some space and place in the oven.

Meanwhile, heat a little oil in a large heavy bottom pan. Add the onion, carrot and peppers with a sprinkling of salt and cook over medium heat for 5 minutes, until beginning to soften. Add garlic, parsley stalks, paprika and saffron. Stir and cook for another few minutes to release the flavours. Add paella rice and stir to coat in the lovely mixture in the pan. Add vegetable stock 1 litre at a time, stir well every few minutes and once the rice has absorbed most – but not all – of the liquid in the saucepan add another litre. Simmer do not boil.

Give your tofu shake to turn after 8 minutes and return to the oven. Add the frozen peas to the paella mix. The paella should take around 25-30 minutes to cook, if you have used all your stock and the rice is still tender add a little more hot water. Remove the tofu after 15 minutes and leave to cool, it will go crispy. Once the rice is cooked remove from the heat, check seasoning and adjust if necessary, stir through tofu 'chorizo,' fresh parsley and serve.





swop

No cacao? Swop the
with a good quality
chocolate bar,
simply melt in bain
marie and pour

Raw Millionaire Shortbread

'CHEWY, CHOCOLATELY AND DELICIOUS. THESE RAW BITES ARE PERFECT FOR WHEN YOU FANCY A SWEET TREAT'

MAKES 20 SQUARES

INGREDIENTS

Biscuit Base

1 cup cashew nuts
1/2 cup coconut flour
1/4 cup melted coconut oil
1/3 cup soft dates (if your dates are hard soak in water first)
1/4 maple syrup
1tsp vanilla essence
Pinch salt

Date Caramel Layer

1 cup soft dates (if your dates are hard soak in water first)
1/3 cup tahini
1/4 cup peanut butter
3 tbs melted cacao butter or coconut oil

Chocolate Layer

1/2 cup cacao butter
1/2 coconut oil
1/4 + 1tbs maple syrup
2 tbs cacao powder
Pinch salt

METHOD

Line a medium size tin (I used 7inch x 8inch) with baking paper. Add the cashews and coconut flour to a food processor and blitz until mixture is a fine powder, Add coconut oil, dates, maple syrup, vanilla and salt. Blend until mixture sticks together, Place in a the lined tin and flatten with a wet spoon until an even layer. Place in the freezer,

Add dates, tahini, peanut butter and melted cacao butter or coconut oil to a clean food processor and blend until smooth. Remove tin from freezer and add as your next even layer, return to the freezer once done.

Using a bain marie, place cacao butter in a glass bowl and melt making sure the bowl does not touch the water. Once melted turn off heat and add the coconut oil. Once softened remove the bowl from the top of the pan and leave to sit for 10 minutes before adding the maple syrup. Whisk to combine then add the cacao powder and salt. Remove the tin from the freezer and add the chocolate layer on top of the date caramel. Place back in the freezer until fully set. Once the layers are set remove from the tin by lifting the baking paper and cut using a hot sharp knife. You can keep these in the freezer for up to two months or the fridge for a week. Enjoy.



Thank you and hope
you enjoy

WWW.THEKLEENKITCHEN.COM

