

HEALTHY HEROES

Meet some of the experts behind this issue



Claire Basely is a registered nutritionist. She tells us why the current trend for high protein diets might not be a good thing on page 82.



Trine Hahnemann is a Danish chef and author of *Scandinavian Comfort Food* (£25, Quadrille). Try her lighter take on Christmas lunch on page 34.



Nicole Herft is author of *The Healthy Hedonist* (£9.99, Kyle Books). She has transformed cocktail hour with her nutrient-packed tipples on page 48.



Natasha MacAller is a ballerina turned chef, and author of *Spice Health Heroes* (£25, Jacqui Small). Serve up her gorgeous party nibbles on page 56.



Drew Price is a registered nutritionist and author of *The DODO Diet* (£10.99, Vermilion). He explains the benefits of high protein diets in our debate on page 82.



Joy Skipper is a food and nutrition consultant with more than 20 years' experience. She shares clever diet tips to help you tackle stress on page 60.

WE ASKED 'What's your favourite healthy Christmas treat?'

Eat Healthy



WITH THANKS TO **Louise Brigenshaw, Jade Bright, Clare O'Dwyer, Hannah Yeadon**

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Look out for these symbols on our recipes and for more about our nutritional breakdowns, see page 95.



Spice up your nibbles!

Spices aren't just there to add flavour to your cooking. They have health benefits too, whether that's getting your circulation going with a blast of chilli or calming your mind with a soothing tea. They can help strengthen immunity, detoxify the body and restore balance to frazzled nerves – so pack them into these gorgeous party bites

Cumin and goat's cheese sticks

Nutty, toasty cumin paired with earthy, calcium-rich goat's cheese make these not only delicious but also good for your bones: cumin is rich in phytoestrogens that may help stave off bone loss.

PREP TIME 15 MINS + CHILLING
COOK TIME 15 MINS | **MAKES** 12

NUTRITION PER SERVING

VEGGIE FRIENDLY LOW IN SUGAR

▶ CAL 107 ▶ SUGAR 0.2G
▶ FAT 7G ▶ PROTEIN 4G
▶ SAT FAT 4.5G ▶ FIBRE 0.5G
▶ CARBS 7G ▶ SALT 0.3G

YOU WILL NEED

- 100g plain flour
- 55g unsalted butter, softened
- 140g cold goat's cheese
- ½ tsp ground cumin
- 1 tbsp fresh thyme leaves, plus extra to garnish
- ½ tsp dried thyme leaves
- Pinch of sea salt
- 1 egg white, beaten, to glaze
- 1 tsp cumin seeds
- Sea salt and freshly ground black pepper, for sprinkling

MAKE IT

1 Preheat the oven to 190°C/fan 170°C/gas 5. Pulse the flour, butter, cheese, ground

cumin, fresh and dried thyme and salt in a food processor until the mixture is crumbly. **2** Turn out onto a lightly floured board or marble and press into a dough. Roll out a square or rectangle about 5mm thick on cling film. Slice into thin strips about 1.5cm wide and cover with cling film. Chill in the fridge until firm.

3 Place the sticks on ungreased baking paper or a silicone-lined baking tray and brush lightly with egg white. Scatter with the cumin seeds, salt and pepper, and bake for about 15 minutes or until golden brown.

- 2 tbsp capers
- 15g preserved lemon or peel of ¼ lemon, shredded into thin strips
- Extra virgin olive oil, to drizzle
- 12 small thyme sprigs
- Black peppercorns, freshly ground

MAKE IT

1 Roast the pepper over a gas flame or place under a hot grill until blackened. Put in a small bowl, cover tightly with cling film and leave for about 20 minutes, then peel away the skin. Slice in half, discard the core and seeds and cut into 12 wide strips. Set aside.

2 Thinly slice the courgettes lengthways into 5mm-thick strips (you'll need 24 in total). Brush with a little thyme oil, then griddle in a pan for 1–2 minutes on each side or until soft and supple. Set aside on a plate. Slice the mozzarella into 12 equal portions.

3 Place 2 courgette slices lengthways on a plate, just overlapping one another. Lay a slice of mozzarella a third of the way up then place a pepper strip on top. Roll the remaining short end of the courgette over both, then fold the longer end over the top and tuck underneath.

4 Place 3 parcels on each plate and sprinkle with capers and preserved lemon peel. Drizzle with olive oil, scatter the thyme sprigs over and season with black pepper.

Courgette and red pepper parcels

A light starter or hors d'oeuvre, seasoned with thyme, peppercorns and citrus.

PREP TIME 15 MINS + COOLING
COOK TIME 20 MINS | **SERVES** 4

NUTRITION PER SERVING

VEGGIE FRIENDLY GLUTEN FREE LOW IN SUGAR HIGH IN PROTEIN LOW IN SALT

▶ CAL 278 ▶ SUGAR 4G
▶ FAT 22G ▶ PROTEIN 15G
▶ SAT FAT 10G ▶ FIBRE 3G
▶ CARBS 4.5G ▶ SALT 0.8G

YOU WILL NEED

- 1 red pepper
- 4 courgettes
- 2 tsp thyme oil, for brushing (see recipe, right)
- 250g buffalo mozzarella



MEET THE EXPERT

Inspired by her travels, ballerina turned chef Natasha MacAller incorporates a wide variety of flavours into her dishes. These recipes are from her latest book, *Spice Health Heroes* (£25, Jacqui Small).

Got a question for our experts? Email it to us at experts@eathealthymagazine.co.uk and it may be answered in the next issue.

2
OF YOUR
FIVE
A DAY

THYME OIL

MAKES 350ML

Insert **about 15 fresh thyme sprigs** into a sterilised bottle that will hold them upright. Using a funnel, pour **350ml extra virgin olive oil** into the bottle until it is completely covering the thyme. Press the sprigs deeper into the bottle so they remain submerged. Seal and store in a dark cool place. The oil will be ready to use in a week and will keep, tightly sealed, for a month in a cool pantry or for 2 months in the fridge.

Kuli kuli peanut cakes

Inspired by an age-old Nigerian snack. This version has an added chilli kick, layered with the subtle sweetness of cinnamon – both good for the circulation.

PREP TIME 20 MINS | **COOK TIME** 20 MINS
MAKES 24

NUTRITION PER SERVING



▶ **CAL 60**
▶ **FAT 5G**
▶ **SAT FAT 0.9G**
▶ **CARBS 2G**

▶ **SUGAR 1.2G**
▶ **PROTEIN 2G**
▶ **FIBRE 0.2G**
▶ **TRACE OF SALT**

YOU WILL NEED

- 200g blanched peanuts, lightly toasted
 - 4 tsp freshly grated root ginger
 - 12 drops hot chilli sauce (Tabasco), or to taste
 - 1 tsp ground cinnamon
 - 2 tsp soft brown sugar
 - ¼ tsp flaked salt, or to taste
 - Peanut oil, for frying
 - ½ cinnamon stick (optional)
 - Chervil or parsley leaves, to garnish
- FOR THE CHILLI-PICKLED ONIONS
- 1 small red onion, halved and thinly sliced
 - ½ hot red chilli, eg jalapeño, sliced into thin rings
 - Zest of 1 lime and juice of ½
 - 60ml rice wine vinegar
 - 1 tsp finely chopped parsley
 - 1 tbsp black cumin seeds or black mustard seeds, plus extra for garnishing

MAKE IT

- 1** First make the chilli-pickled onions. Mix all the ingredients together in a small bowl, cover and chill until ready to use.
- 2** Using a food processor, or by hand with a pestle and mortar, grind the peanuts and ginger together until sesame-seed size. Add a little peanut oil if the nuts are too dry, but don't let it turn into peanut butter.
- 3** Blitz in the chilli sauce, cinnamon, sugar and salt. Squeeze a bit in your hand to make sure the mixture isn't too oily or it won't be crispy when you cook it. Use up to 4 tsp water to help it hold together. Shape into 4cm-sized cakes and place on a tray.
- 4** Pour peanut oil into a frying pan to a depth of 4cm, add the cinnamon stick (if using) and heat to 165°C using a food thermometer. Fry the cakes in batches until golden brown (about 2 minutes each side). Drain on kitchen paper. If they turn out soft rather than crispy, pop them into a low oven (110°C/ fan 90°C/gas ¼) to dry out and harden.
- 5** To serve, mound a large pinch of chilli-pickled onions on top of the kuli kuli and garnish with a chervil or parsley leaf and a sprinkle of black cumin or mustard seeds.



Go gluten free
Use gluten free stock.

Jerusalem artichoke dip

This creamy appetiser can be made well ahead. It's beautiful on its own, but for a bit more rich nuttiness, add freshly grated Parmesan.

PREP TIME 10 MINS | **COOK TIME** 25 MINS
SERVES 6

NUTRITION PER SERVING



- ▶ CAL 133
- ▶ FAT 6G
- ▶ SAT FAT 4G
- ▶ CARBS 9G
- ▶ SUGAR 2G
- ▶ PROTEIN 9G
- ▶ FIBRE 4G
- ▶ SALT 0.8G

YOU WILL NEED

- 475ml vegetable stock
- 450g Jerusalem artichokes, peeled and sliced
- 2 garlic cloves
- 2 tbsp lemon juice
- 1-2 whole chipotle peppers in adobo or 1 tbsp chipotle paste, or to taste (both available from supermarkets)
- 1 tbsp chopped fresh or 1 tsp dried oregano
- 120g grated Parmesan or vegetarian hard cheese (optional)

MAKE IT

1 Heat the stock in a pan until simmering. Add the artichoke and garlic, and cook until tender (about 20 minutes). Drain, reserving the cooking liquid.

2 Put the artichoke, garlic, lemon juice, chipotle peppers and oregano in a food processor and whizz until smooth, adding reserved stock as needed (it should have a houmous-like consistency).

3 Spoon into a bowl and fold in the Parmesan, if using. Serve warm or at room temperature with breadsticks or crudites.



Herb and spice olives

A flavour-packed nibble, with citrus, herbs and a chilli kick.

PREP TIME 10 MINS | **MAKES** 3 CUPS

NUTRITION PER OLIVE



- ▶ CAL 20
- ▶ FAT 2G
- ▶ SAT FAT 0.3G
- ▶ CARBS 0G
- ▶ SUGAR 0G
- ▶ PROTEIN 0G
- ▶ FIBRE 0G
- ▶ SALT 0.1G

YOU WILL NEED

- 4 whole anchovy fillets, drained
- 2 garlic cloves, thinly sliced
- 1 tsp orange zest, plus 4 strips of peel
- 2 tsp lemon zest, plus 2 strips of peel
- 300ml extra virgin olive oil
- 2 tsp fresh lemon juice
- 2 bay leaves

- 2 oregano sprigs
- 2 rosemary sprigs
- 2 thyme sprigs
- 350g mixed green and black olives
- 12-16 piquante or sweet cherry peppers
- ½ tsp chilli flakes, or to taste

MAKE IT

1 Using a pestle and mortar, grind the anchovies, garlic and orange and lemon zest. Stir in 60ml olive oil, the lemon juice, bay leaves, oregano, rosemary and thyme, then add the olives, peppers and citrus peel. Season to taste with chilli flakes.

2 Spoon into a decorative container with a tight-fitting lid, top up with the remaining olive oil, cover and refrigerate. The olives will keep, chilled, for up to a month.

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