

## SPEEDY WEEKDAY LUNCHES

These are my favourite go-to speedy weekday lunches. The dishes I eat day-in, day-out that don't really require a recipe as they're far more about assembling something nourishing and energising quickly, than specifically 'cooking'. If you'd like more guidance, take a look at my website - you'll find plenty of soups, frittatas, dressings, hummus and salad recipes freely available there.



### Green Frittata

In a shallow, ovenproof pan, saute an onion in some olive oil along with any chopped greens you have to hand (spinach, chard, grated courgette, peas, fresh herbs, kale etc.). Add 2 beaten eggs per serving, season, and then bake in the oven at 160 until set (usually about 20-25 mins).



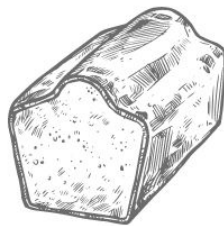
### 'Instant' Soup

Blend a tin of tomatoes with 10cm cucumber (or courgette), a handful of basil (or other fresh herbs you have), 1 spring onion and 1/2 tin of drained and rinsed white beans. Season well and add a generous drizzle of olive oil. Add a little water if needs be. Serve cold like gazpacho, or warm through on the hob.



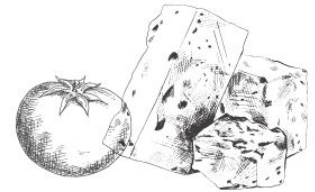
### Tahini Broccoli Toast

Steam a generous portion of tenderstem broccoli. Toast some good bread. Drape the broccoli over the toast, and dollop with tahini dressing (whisk tahini with lemon juice, salt and a little water). Add some seeds or flaked almonds for crunch or lots of lemon zest and chilli.



### Hummus Open Sandwich

Dollop a generous portion of hummus onto good toast. Add sliced cucumber, beetroot, dill if you have some (or chilli flakes if you like) and lots of salad leaves. I love added chopped almonds for crunch. Use lettuce cups instead of toast if you'd prefer.



### Greek Salad

Chop some ripe tomatoes, cucumber and red peppers. Add feta (or chickpeas), black olives if you have them, and some parsley or basil. Drizzle with lemon juice and good olive oil. Serve with salad leaves.



### Leftovers Salad

Tear up any leftover cooked chicken or fish you might have (or use half a tin of drained white beans). Mix with salad leaves, chopped peppers / cucumber / tomatoes / spring onion / avocado / leftover cooked vegetables. Add some pumpkin seeds and a dressing of your choice (I like a vinaigrette with olive oil, apple cyder vinegar, mustard).