

Eating Mindfully

Laya Healthcare Wellbeing Live Autumn Series

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9th September 2020 5.30pm

Autumn recipes you will fall in love with.

Autumn, a time for curling up on those chilly days, and reaching for those warming foods that nourish your body, mind and soul.

Join Aisling Larkin in the comfort of your own kitchen for her wonderful autumnal inspired recipes. These delicious dishes that are ideal for mid week suppers, work time lunches and batch cooking.

Cheesy Chicken & Jalapeño Tart

Ingredients

Pastry

250g Flour (125g wholemeal flour, 125g plain flour)

125g cold butter

120mls ice cold water

20g parmesan/ 50g mature cheddar

1 heaped tsp paprika

Pinch salt

Filling

200g ricotta

5 eggs

1 large chicken fillet (cooked) (optional)

4/5 pieces jalapeño

50g spinach/ sweetcorn

75g mozzarella

75g red cheddar (grated)

Salt & pepper

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Broccoli Salad with a Creamy Lemon Dressing

Ingredients

200g broccoli

2 beef tomatoes (deseeded & diced)

1/2 red onion (sliced)

Handful chopped fresh herbs (roughly chopped)

50g macadamia nuts

Dressing

75g mayonnaise

25 mls milk

1 tsp sugar

1 tbsp apple cider vinegar

Zest 1/4 lemon

1 tsp fresh lemon juice

1/2 tsp dijon mustard

1/4 tsp black pepper

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Carrot Cake Muffins with Cream Cheese Icing

Makes 12 Muffins or 1 Loaf Tin

Muffin Ingredients

200g self raising flour (100g self raising or 100g wholemeal flour)

200g sugar (brown, castor or granulated)

200mls sunflower oil

200g carrots grated (2 small carrots)

2 eggs

1/2 tsp cinnamon / mixed spice

Zest 1/2 orange

1/2 tsp salt

Optional : 1 tsp vanilla essence

White Chocolate & Orange Cream Cheese Icing

Plain

150g cream cheese (full fat only)

50g butter

350g icing sugar

For white chocolate and orange version

75g white chocolate

Juice 1/2 orange