

Almond and Coffee Biscotti



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Almond And Coffee Biscotti

MAKES: 30

PREP: 1HR 30MINS

91 KCAL PER PORTION

Ingredients

200g granulated sugar

100g eggs

40g egg yolks

5g vanilla extract

3g almond extract

20g instant coffee granules (dissolved in

3 tbsp hot water and cooled)

300g all-purpose flour

5g baking powder

3g baking soda

1 pinch salt

110g flaked almonds

Method

1. Preheat your oven to 160°C fan / 180°C. Line a baking sheet with parchment paper or a silicone mat.
2. In a large mixing bowl, whisk together the sugar, eggs, egg yolks, vanilla extract, almond extract, and the cooled coffee mixture until smooth.
3. In a separate bowl, sift together the flour, baking powder, baking soda, and salt. Stir to evenly distribute the leavening agents.
4. Gradually add the dry ingredients to the wet mixture, stirring until just combined. Fold in the whole almonds to evenly distribute them throughout the dough. The dough will be slightly sticky.
5. Lightly flour your hands and work surface. Divide the dough into two equal portions. Shape each portion into a log approximately 25–30 cm (10–12 inches) long and 5 cm (2 inches) wide. Place the logs on the prepared baking sheet, spacing them apart.
6. Bake in the preheated oven for 25–30 minutes, or until the logs are firm to the touch and lightly golden. Remove from the oven and let them cool on the baking sheet for 10–15 minutes, just until they are cool enough to handle.
7. Using a sharp serrated knife, slice the logs diagonally into 1–1.5 cm (½-inch) thick pieces. Arrange the slices cut-side down on the baking sheet.
8. Second Bake: Return the biscotti to the oven and bake for an additional 10–12 minutes per side, flipping them halfway through, until they are dry and crisp. Keep an eye on them to avoid overbaking.
9. Cool and Serve: Transfer the biscotti to a wire rack to cool completely. Once cooled, store them in an airtight container at room temperature for up to two weeks.

Cherry and Acai Protein Balls



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Cherry and Acai Protein Balls

MAKES: 10 - 15 PREP: 50MINS

110 KCAL PER PORTION

Ingredients

20g coconut oil
80g acai powder
30g cocoa powder
30g coconut sugar
20g dried sour cranberries

8 large dates
50g almond butter
1 pinch sea salt
30g cocoa nibs
50g maple syrup

Method

1. Soak the dried sour cherries and dates in warm water for about 10 minutes to soften. Drain and pat dry with a paper towel.
2. In a food processor, combine the softened dates, sour cherries, almond butter, and coconut oil. Blend until smooth and sticky.
3. Add the acai powder, cacao powder, coconut sugar, and sea salt. Blend until the mixture forms a thick dough-like consistency.
4. Add the cacao nibs to the mixture and pulse a few times to incorporate them evenly without breaking them up too much.
5. Scoop out tablespoon-sized portions of the mixture and roll them into balls using your hands.
6. If the mixture is too sticky to handle, chill it in the refrigerator for 10-15 minutes to firm up.
7. Roll the balls in additional acai powder, cacao powder, or shredded coconut for a decorative touch (optional).
8. Place the protein balls on a lined tray and refrigerate for at least 30 minutes to firm up.

Coronation Chickpea Wrap with Pickled Carrot Rocket and Mango Chutney



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Coronation Chickpea Wrap with Pickled Carrot Rocket and Mango Chutney

MAKES: 4

PREP: 55MINS

669 KCAL PER PORTION

Ingredients

240g chickpeas tinned
5g mild curry powder
2g salt
240g vegan mayonnaise
10g mild curry powder
2g ground turmeric
50g mango chutney
40g sultanas
10g fresh coriander roughly chopped

200g grated carrot
2g toasted cumin seeds
100g white wine vinegar
50g caster sugar
4 tortilla spinach wraps
20g mayonnaise to spread across the wrap
80g baby spinach washed and spun dry
40g red radish finely sliced

Method

1. Preheat oven to 200°C/180°C fan. Drain and rinse chickpeas, pat dry, then toss with curry powder and salt. Spread on a lined baking tray and roast for 20-25 minutes, shaking halfway through, until golden and crispy. Let cool.
2. In a mixing bowl, combine the vegan mayonnaise, mild curry powder, ground turmeric, mango chutney, sultanas and chopped fresh coriander. Gently fold in the roasted chickpea.
3. Place the 200g grated carrot into a clean, heatproof bowl or sterilised jar.
4. In a dry pan over medium heat, toast the cumin seeds for 1-2 minutes until fragrant. Remove from heat.
5. In a small saucepan, combine white wine vinegar and caster sugar. Heat gently, stirring occasionally, until the sugar has fully dissolved.
6. Pour the hot pickling liquid over the grated carrots. Add the toasted cumin seeds and stir well.
7. Allow the mixture to cool to room temperature before sealing the jar. Let it sit for at least 30 minutes before using. Drain well before adding to wrap.
8. Lay the tortilla wraps flat on a clean surface. Spread 5g of mayonnaise evenly over each wrap.
9. Place an even layer of baby spinach leaves over the mayonnaise. Add a portion of the coronation chickpea mixture on top, spreading it slightly but leaving a border for rolling.
10. Sprinkle the finely sliced red radish over the chickpeas and lay the well-drained pickled carrot alongside.
11. Carefully roll each tortilla tightly, tucking in the sides as you go to keep the filling secure. Slice each wrap in half.

Raspberry Smoothie Pot with Blueberries Toasted Coconut and Granola



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Raspberry Smoothie Pot with Blueberries Toasted Coconut and Granola

MAKES: 4

PREP: 10MINS

318 KCAL PER PORTION

Ingredients

100g frozen raspberries
180g unripe banana (sliced and frozen)
200g coconut yoghurt
20g whey protein powder
120g granola mix
4g coconut chips toasted
60g fresh blueberries

Method

1. Add the frozen raspberries, frozen banana slices, coconut yoghurt and whey protein powder to a high-speed blender.
2. Blend until smooth and creamy. If needed, add a splash of water or coconut milk to help blend.
3. Pour the smoothie into a serving bowl or pot at 150g per portion.
4. Use the back of a spoon to smooth the top for an even surface.
5. Mix together the granola and coconut chips and sprinkle over the smoothie mix evenly, followed by the blueberries.

Prosciutto Ham Black Fig and Bocconcini Salad with Aged Balsamic Dressing

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Prosciutto Ham Black Fig and Bocconcini Salad with Aged Balsamic Dressing

MAKES: 4

PREP: 10MINS

341 KCAL PER PORTION

Ingredients

60g Prosciutto ham
100g black fig
80g sundried tomatoes
80g black olives
100g bocconcini drained and halved
60g rocket
120g roasted red peppers

Dressing:

10g Dijon mustard
30g balsamic vinegar
60g olive oil
1g mixed dried herbs
Salt and pepper to taste

Method

1. Tear the prosciutto ham into bite-sized pieces or strips for easy eating.
2. Wash and pat dry the figs, then cut them into quarters.
3. Drain the sundried tomatoes and chop them into smaller pieces if necessary.
4. Drain the black olives and leave them whole or slice them in half if preferred.
5. Drain the bocconcini and cut each piece in half for easier eating.
6. Wash the rocket leaves thoroughly and spin them dry.
7. In a bowl or grab-and-go container, layer the rocket leaves at the bottom as the base.
8. Arrange the prosciutto, fig quarters, sundried tomatoes, black olives, roasted red peppers and halved bocconcini evenly over the rocket.
9. In a small mixing bowl, whisk together the Dijon mustard, aged balsamic vinegar, olive oil, and mixed dried herbs until emulsified. Season the dressing with salt and pepper to taste.
10. Transfer the dressing to a small, dressing container or small serving dish if serving at the table.

Chilli and Lemon Marinated Courgette Ribbons with Pickled Shallot and Mint Tahini Yoghurt Dressing



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Chilli and Lemon Marinated Courgette Ribbons with Pickled Shallot and Mint Tahini Yoghurt Dressing

MAKES: 4

PREP: 20MINS

242 KCAL PER PORTION

Ingredients

800g courgettes
30g olive oil
10g fresh red chilli finely diced
1 lemon (zest and juice)
5g clove garlic, finely grated
Pinch of sea salt
Freshly ground black pepper

Pickled Shallots:

200g shallots, finely sliced
15g white wine vinegar
5g sugar
2g salt

Dressing:

150g Greek yoghurt (or plant-based)
15g tahini
15g lemon juice
15g olive oil
5g finely chopped fresh mint leaves
Pinch of salt and pepper to taste

Garnish:

5g picked mint leaves
10g Toasted sunflower seeds

Method

1. Wash the courgettes and use a vegetable peeler or mandolin to create thin ribbons.
2. In a large bowl, mix the olive oil, chilli flakes, lemon zest, lemon juice, garlic, sea salt, and black pepper. Toss the courgette ribbons in the marinade, ensuring they are well coated. Cover and set aside for at least 20 minutes to allow the flavours to infuse.
3. In a small bowl, combine the white wine vinegar, sugar, and salt. Stir until dissolved. Add the finely sliced shallots and toss to coat. Leave to pickle for 15–20 minutes, stirring occasionally.
4. In a medium bowl, whisk together the yoghurt, tahini, lemon juice, olive oil and finely chopped mint. Season with a pinch of salt and pepper. Adjust the consistency with a splash of water if needed to make it pourable.
5. Arrange the marinated courgette ribbons on a serving platter or divide between four plates.
6. Scatter the pickled shallots over the courgettes. Drizzle generously with the mint tahini yoghurt dressing. Sprinkle with toasted sunflower seeds and garnish with fresh mint leaves.
7. Serve immediately as a light starter or side dish.

Lemon and Herb Jersey Royal Potato Niçoise Salad



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Lemon and Herb Jersey Royal Potato Niçoise Salad

MAKES: 4

PREP: 35 MINS

351 KCAL PER PORTION

Ingredients

600g Jersey Royal potatoes, scrubbed and halved if large
200g green beans, trimmed
4 large eggs
125g cherry tomatoes, halved
60g Kalamata olives, pitted
60g red onion finely sliced
60g watercress
10g fresh parsley, finely chopped
10g fresh dill, finely chopped

Dressing:

30g capers, rinsed and roughly chopped
5g garlic clove, finely minced
15g Juice and zest of lemon
60g extra virgin olive oil
5g Dijon mustard
Freshly ground black pepper, to taste

Method

1. In a small bowl, whisk together the chopped capers, garlic, lemon juice, lemon zest, olive oil, Dijon mustard, and a good grind of black pepper. Adjust seasoning to taste.
2. Place the Jersey Royal potatoes in a saucepan of salted water. Bring to a boil, then simmer for 12–15 minutes until tender. Drain and set aside to cool slightly.
3. Half the potatoes and whilst still warm toss them in half the dressing and half the chopped parsley and dill.
4. Cook the Green Beans: In another saucepan, blanch the green beans in boiling water for 2–3 minutes until bright green and tender-crisp. Drain and rinse under cold water to stop the cooking process.
5. Bring a saucepan of water to a gentle boil. Carefully lower the eggs into the water and cook for 7 minutes for jammy soft-boiled yolks.
6. Transfer the eggs to a bowl of ice water to cool. Peel and cut in half just before assembling the salad.
7. On a large serving platter, arrange the watercress as a base.
8. Scatter the cooled Jersey Royals, green beans, cherry tomatoes red onion, and Kalamata olives over the leaves.
9. Nestle the halved eggs on top. Sprinkle with the chopped parsley and dill.
10. Drizzle the caper dressing generously over the salad just before serving.



Caramelised Hispi Cabbage with Miso Caesar Dressing, Toasted Buckwheat, Pickled Red Onions and Vegan Parmesan

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Caramelised Hispi Cabbage with Miso Caesar Dressing, Toasted Buckwheat, Pickled Red Onions and Vegan Parmesan

MAKES: 4

PREP: 1 HR 10MINS

564 KCAL PER PORTION

Ingredients

1 large Hispi (pointed) cabbage, quartered lengthways
2 tbsp olive oil
1 tbsp vegan butter
1 tbsp soy sauce
½ tsp black pepper

Pickled Red Onions

1 small red onion, thinly sliced
100ml apple cider vinegar
½ tsp salt

Topping

75g Kasha – toasted buckwheat
60g vegan parmesan cheese fine grated
10g toasted pumpkin seed

Dressing

1 tbsp white miso paste
1 tbsp tahini
300g vegan mayonnaise
½ tbsp lemon juice
½ tbsp Dijon mustard
1 clove garlic, minced
1 tsp capers, finely chopped
1 tbsp olive oil
2 tbsp water (or as needed for consistency)
½ tsp black pepper

Method

1. In a small bowl, whisk together the apple cider vinegar and salt. Add the sliced red onions and stir well. Let sit for at least 30 minutes, stirring occasionally.
2. Heat 2 tbsp olive oil in a large frying pan over medium-high heat. Add the cabbage quarters, cut side down and cook for 4–5 minutes until deeply caramelised. Flip and cook for another 3–4 minutes on the other side. Add the vegan butter, soy sauce and black pepper, then cook for 1–2 more minutes, basting the cabbage with the pan juices. Remove from heat and set aside.
3. In a bowl, whisk together the miso paste, tahini, vegan mayo, lemon juice, Dijon mustard, garlic, capers, olive oil, water and black pepper until smooth. Add more water if needed for a pourable consistency.
4. Drizzle the miso Caesar dressing over the caramelised Hispi cabbage. Finely grate over the vegan parmesan cheese. Scatter over the toasted buckwheat, pumpkin seed and pickled red onions.

Serving suggestions: This would go great with Cajun baked sweet potato wedges and grilled corn on the cob.

Cottage Cheese Gnocchi with Asparagus and Peas Seed Pesto and Rye Bread Pangrattato



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Butternut Squash, Spelt, and Barley Risotto with Toasted Seeds and Truffle Oil

MAKES: 4

PREP: 30 MINS

640 KCAL PER PORTION

Ingredients

450g cottage cheese
2 large eggs
100g grated Parmesan (or vegetarian alternative)
2 tsp salt
¼ tsp black pepper
250g plain flour (plus extra for dusting)

Asparagus and Peas:

200g asparagus, cut into 3cm pieces
150g fresh or frozen peas
1 tbsp olive oil
½ tsp salt
¼ tsp black pepper

Pesto:

40g mixed seeds
30g fresh basil
1 small clove garlic, minced
2 tbsp grated Parmesan (or vegetarian alternative)
2 tbsp olive oil
1 tbsp lemon juice
½ tsp salt
2–3 tbsp water (as needed)

Pangrattato:

2 slices rye bread, torn into small pieces
1 tbsp olive oil
1 small clove garlic, minced
½ tsp dried oregano
¼ tsp salt

Method

1. Blend cottage cheese until smooth, then mix in egg, Parmesan, salt, and pepper. Gradually add flour until a soft, slightly sticky dough forms.
2. Dust a surface with flour, divide dough into 4, roll into 2cm-thick ropes and cut into 2cm pieces. Place on a floured tray.
3. Pulse rye bread into breadcrumbs. In a pan over a medium heat, toast in olive oil with garlic, oregano, and salt for 3–5 minutes until crispy. Set aside.
4. Toast seeds in a dry pan for 2 minutes, then blend with basil, garlic, Parmesan, olive oil, lemon juice and salt. Adding water as needed to be pourable.
5. Heat olive oil, cook asparagus for 3 minutes, then add peas, salt and pepper, cooking 2 more minutes.
6. Boil salted water, cook gnocchi until they float (2–3 minutes), then transfer to the pan with vegetables.
7. Toss gnocchi and vegetables with pesto, serve with rye pangrattato, Parmesan and fresh basil.

Homemade Beans on Toast with Confit Cherry Tomatoes and Tofu Ricotta



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Homemade Beans on Toast with Confit Cherry Tomatoes and Tofu Ricotta

MAKES: 4

PREP: 1HR

687 KCAL PER PORTION

Ingredients

3 tbsp olive oil
1 small onion, finely chopped
2 cloves garlic, minced
2 tsp smoked paprika
2 tsp dried oregano
1 tsp ground cumin
2 tbsp tomato purée
600g chopped tomatoes
400g cannellini beans, drained and rinsed
400g haricot beans, drained and rinsed
2 tbsp maple syrup
2 tsp Marmite
¼ tsp black pepper
Salt to taste if required

Toast:

4 thick slices sourdough or wholemeal bread
1 tbsp olive oil or dairy-free butter

Confit Cherry Tomatoes

250g cherry tomatoes
3 tbsp olive oil
2 cloves garlic, smashed
½ tsp salt
¼ tsp black pepper
½ tsp dried thyme (or fresh sprigs)

Tofu Ricotta

400g firm tofu, drained and crumbled
2 tbsp lemon juice
2 tbsp olive oil
4 tbsp nutritional yeast
1 tsp garlic powder
1 tsp salt
¼ tsp black pepper
2–3 tbsp water (as needed for consistency)
1 tsp chopped chives

Method

1. Preheat the oven to 160°C / fan 140°C. Place the cherry tomatoes in a small baking dish. Drizzle with olive oil and scatter over the garlic, salt, black pepper, and thyme.
2. Bake for 30–35 minutes, until soft and slightly caramelised.
3. Heat the olive oil in a saucepan over medium heat. Add the chopped onion and cook for 5 minutes, until soft.
4. Stir in the garlic, smoked paprika, oregano, and cumin, and cook for 1 minute until fragrant. Add the tomato purée and cook for another 1 minute. Pour in the chopped tomatoes and stir well. Simmer for 10 minutes.
5. Add the drained beans, maple syrup, Marmite, black pepper and salt to taste if required. Simmer for 10–15 minutes, stirring occasionally, until thickened.
6. In a food processor, blend the crumbled tofu, lemon juice, olive oil, nutritional yeast, garlic powder, salt, and black pepper.
7. Add water, one tablespoon at a time, until it reaches a ricotta-like texture. Taste and adjust seasoning if needed and fold through the chives.
8. Heat a frying pan over medium heat and drizzle with olive oil or spread with butter. Toast the bread for 2–3 minutes per side, until golden and crisp.
9. Spread the tofu ricotta over the toasted bread. Spoon the homemade beans generously. Top with the confit cherry tomatoes. Garnish with fresh herbs or black pepper if desired.

Baked Oyster Mushroom Bran Flake Katsu Donburi Bowl with Tyriaki Sauce



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Baked Oyster Mushroom Bran Flake Katsu Donburi Bowl with Tyriaki Sauce

MAKES: 4

PREP: 50MINS

783 KCAL PER PORTION

Ingredients

400g oyster mushrooms
100g plain flour
2 tsp garlic powder
2 tsp smoked paprika
1 tsp salt
½ tsp black pepper
200ml unsweetened plant-based milk
2 tsp soy sauce
100g bran flakes, crushed
200g panko breadcrumbs (optional)
2 tbsp olive oil or spray oil

Teriyaki Sauce:

6 tbsp soy sauce
4 tbsp mirin
2 tbsp sake (or substitute with more mirin)

2 tbsp brown sugar
2 tsp sesame oil
1 tsp grated ginger
2 cloves garlic, minced
2 tsp cornflour mixed with 2 tbsp water (slurry)

Donburi Bowl:

400g cooked brown rice
2 spring onions, finely sliced
1 sheet nori, cut into thin strips
2 tsp toasted sesame seeds
60g pickled ginger
10g red chilli fine sliced
120g carrot grated

Method

1. Preheat oven to 200°C / 180°C fan. Line a baking tray with parchment, lightly greasing it.
2. Set up three bowls: one with flour, garlic powder, paprika, salt, and pepper; one with plant-based milk and soy sauce; one with crushed cornflakes and panko breadcrumbs (if using).
3. Dredge each mushroom in the flour mixture, shaking off any excess. Dip into the milk mixture, then coat in the cornflake and breadcrumb mix, pressing gently so it sticks well. Place onto the prepared baking tray.
4. For crispiness, lightly spray the mushrooms with olive oil spray or drizzle over a small amount of oil. Bake for 25–30 minutes, flipping halfway, until golden brown and crispy.
5. In a small saucepan over medium heat, combine soy sauce, mirin, sake, brown sugar, sesame oil, ginger, and garlic. Simmer for 2 minutes, stirring occasionally. Add the cornflour slurry and stir until the sauce thickens slightly. Remove from heat.
6. Divide the cooked sushi rice between four bowls. Arrange the baked oyster mushroom katsu on top. Drizzle generously with teriyaki sauce. Garnish with spring onions, nori strips, sesame seeds, pickled ginger, sliced red chilli and grated carrot.

Smoked Paprika Cauliflower Romesco Hummus Chimichurri Sauce and Dill Baby Carrots



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Smoked Paprika Cauliflower Romesco Hummus Chimichurri Sauce and Dill Baby Carrots

MAKES: 4

PREP: 55MINS

513 KCAL PER PORTION

Ingredients

1 large cauliflower, cut into 4 thick steaks
4 tbsp olive oil
2 tsp smoked paprika
1 tsp garlic powder
1 tsp ground cumin
1 tsp salt
¼ tsp black pepper

Romesco Hummus:

1 roasted red pepper
400g chickpeas, drained and rinsed
2 tbsp tahini
100g olive oil
1 clove garlic, minced
1 tsp smoked paprika
1 tbsp lemon juice
2 tbsp ground almonds
½ tsp salt
2–3 tbsp water (as needed for consistency)

Chimichurri Sauce:

15g fresh parsley, finely chopped
15g fresh coriander, finely chopped
2 cloves garlic, minced
1 tbsp red wine vinegar
3 tbsp olive oil
½ tsp dried oregano
¼ tsp chilli flakes (optional)
½ tsp salt
¼ tsp black pepper

Dill Baby Carrots:

300g baby carrots, trimmed
1 tbsp olive oil
1 tbsp fresh dill, finely chopped
½ tsp salt
¼ tsp black pepper

Method

1. Preheat your oven to 200°C (fan 180°C). Line a baking tray with parchment paper. In a small bowl, mix the olive oil, smoked paprika, garlic powder, cumin, salt, and black pepper. Brush the spice mixture onto both sides of the cauliflower steaks. Place on the baking tray and roast for 25–30 minutes, flipping halfway through, until golden brown and tender.
2. In a food processor, blend the roasted red pepper, chickpeas, tahini, olive oil, garlic, smoked paprika, lemon juice, ground almonds, and salt. Add water, one tablespoon at a time, until a smooth, creamy consistency is achieved. Taste and adjust seasoning if necessary.
3. In a small bowl, mix the chopped parsley, coriander, garlic, red wine vinegar, olive oil, oregano, chilli flakes (if using), salt and black pepper. Stir well and let it sit for 10 minutes to allow the flavours to meld.
4. Heat a large pan over medium heat and add the olive oil. Add the baby carrots and sauté for 5–7 minutes until slightly tender but still with a bit of bite. Stir in the chopped dill, salt and black pepper.
5. Spread a generous dollop of Romesco hummus on each plate. Place a cauliflower steak on top. Spoon over some chimichurri sauce. Serve with a side of dill baby carrots.