

LILLY HIGGINS LIGHT SUMMER MEALS RECIPES

I've got 3 recipes below. One is the curried couscous, takes minutes to make a big batch and can be kept in the fridge for 4-5 days. The powerballs are perfect for snacking and picnics. Then the bbq chicken dish - make one marinade and use half for the chicken and the rest to dress the salad. So delicious and time efficient.

Curried Couscous

Serves 4

160g couscous
160g boiling water
2 tbsp olive oil
2 spring onions, finely sliced
2 tsp spices (I used @greensaffronspice Bombay Potatoes mix, I love it. Lots of gorgeous turmeric)
Juice of 1 lime
1 medjool date, finely diced
2 carrots, grated
1 handful coriander or parsley, chopped
100g toasted mixed seeds

Pour the boiling water over the couscous in a small bowl and cover with a plate. Set aside for five minutes then fluff with a fork.

Heat the olive oil in a pan then add the spring onion, after a minute add the spices and turn off the heat. Leave to sizzle and warm through. Add the dates and lime juice and mix well.

Pour the dressing over the couscous and mix well. Add the carrot, seeds and herbs. Stir to mix and serve right away. If prepping this ahead then store the salad in the fridge and add the seeds just before serving.

Powerballs

Makes 10

160g smooth peanut butter (or use sunflower seed butter or tahini)
20g (2 tbsp) honey
80g fine porridge oats
15g ground hemp or vanilla pea protein
40g (2 tbsp) chocolate chips

Mix the peanut butter and honey until smooth in a large bowl. Add the porridge and oats. Mix well till combined then fold through the chocolate chips. Use a tablespoon to scoop the mix up and roll each spoonful into a ball. Store in a lidded container in the fridge with a layer of baking paper between the layers.

Tip: Place a toasted hazelnut into the centre of each powerball and dust it in cocoa powder for a really decadent powerball to go with your afternoon coffee

BBQ Chicken with Thai Salad

Serves 6

Juice of 2 limes
2 tbsp fish sauce
2 tbsp olive oil
2 tbsp water
2 cloves garlic
1 tsp brown sugar
25g or 1 large handful mint leaves
25g or 1 large handful basil leaves
25g or 1 large handful coriander leaves
4-6 chicken breasts
300g salad leaves
1 ripe mango, peeled and cubed
1 small red onion, finely sliced
1 tsp nigella seeds (or black onions seeds)

Place the lime juice, fish sauce, oil, sugar, garlic and water along with half of the mint, basil and coriander into a blender or food processor. Blitz till it forms a smooth paste.

Butterfly each chicken breast open then flatten with the palm of your hand so they are all the same thickness and will cook evenly. Place the chicken in a container with a lid or a ziploc bag. Set 3 tbsp of the marinade aside and add the remainder to the chicken, ensure each piece is coated evenly. Leave to marinade for at least half an hour. Preheat the BBQ.

Next assemble the salad. Tear the salad leaves into bite size pieces and roughly chop the remainder of the herbs. Place in a large bowl or platter. Dress the leaves and herbs with the 3tbsp marinade and scatter over the cubed mango and finely sliced red onion.

Cook the chicken on the barbecue or under the grill till cooked through, turning halfway. Serve right away with the salad.