

The Lemon Detox

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A selection of carefully
balanced recipes to
complement your detox
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"We offer the Lemon Detox within our clinic and see the benefits it brings for both body and mind. The detox can be followed in a variety of ways, from a full fast to a more relaxed variation which includes eating one healthy meal a day. For those who wish to follow the relaxed Lemon Detox programme, I have designed a sumptuous range of carefully balanced recipes to help complement your cleansing programme."

Amanda Griggs, leading nutritionist and co-founder of the Balance Clinic, London



Grilled fish

with mango and avocado salsa served with grilled vegetables

Serves 1

- * Fish portion (fresh tuna works well)
- * A tbsp of tamari soy sauce
- * ½ inch piece of fresh ginger, grated
- * 1 courgette thinly sliced lengthwise
- * Red pepper deseeded and sliced
- * 1 tbsp olive oil or sesame oil to coat fish and vegetables
- * ½ to 1 inch piece of fresh ginger, grated
- * ½ fresh mango
- * ½ small red onion, chopped
- * Fresh chopped herbs to serve (dill is nice)
- * Squeeze of fresh lemon

For the fish: Mix together the tamari soy sauce, ginger and half teaspoon of oil and coat the fish, leave to marinade for about 15 minutes.

For the vegetables: Coat in a little oil and season with sea salt and pepper.

To make the salsa, cut mango and avocado into cubes; chop the onion and herbs. Mix together, add squeeze of lemon and a sprinkling of sea salt to taste.

Heat a grill pan, preferably non stick. Add the peppers first as they take longer to cook and grill. Halfway through add the courgettes and cook vegetables until nicely seared.

Set aside on a heated plate.

Now add the tuna and sear on both sides quickly so still pink inside and tender.

Serve together with the mango and avocado salsa.

Cook's note: Depending on season you can substitute mango for papaya or peach and lemon for lime.



Quick and simple prawns & avocado

with orange and coriander dressing

Serves 2

- * 3 tbsp olive oil
- * Juice of an orange
- * A handful of chopped coriander leaves
- * 1 ripe peach or crispy apple
- * 1 ripe avocado
- * Red or green pepper
- * 300 grams cooked and peeled prawns
- * Green leaves such as rocket
- * Salt and pepper

In a food processor mix the olive oil, orange juice, coriander, salt and pepper to make a dressing.

Peel, slice and stone the avocado.

Peel and slice the peach or apple really thinly.

Deseed and slice the pepper.

Place green leaves of your choice onto plates.

Divide prawns, mango and avocado between two plates, drizzle over the dressing.

Scatter with a few more coriander leaves.



Sea bass or sea bream

in foil parcel

Serves 2

- * 2 fillets of sea bass or sea bream
- * A small fennel bulb
- * 1 lemon
- * 1 clove of garlic crushed
- * 2 tbsp olive oil
- * Salt and pepper
- * Foil



Heat the oven to 200 degrees celcius.

Make two squares of foil large enough to take the fillets of sea bass or sea bream folded over.

Brush the two squares of foil with a pasty brush with ½ tablespoon of olive oil.

In the middle of the foil parcels place a sea bass or sea bream fillet.

Cut out the hard middle part of the fennel bulb and discard.

Slice the fennel as thinly as you can. Divide into two and place around the fish with the zest of the lemon and the fronds of fennel herbs.

Season with salt and pepper, divide the juice of the lemon, the garlic and rest of the olive oil between the parcels.

Fold over neatly to make two parcels, not too tightly, to give the parcels a chance to puff up.

Cook in the middle of the oven for 10 minutes.

Serve with a portion of brown rice.



Spicy minced beef skillet

served on grilled mushrooms

Serves 1

- * 1 portion of lean minced beef (about 250 grams)
- * 1 tbsp olive oil
- * 1 piece of fresh ginger
- * 1 chilli pepper to taste
- * 1 garlic clove
- * 1 portion of pineapple (fresh or canned without sugar)
- * 1 tbsp chopped onions
- * 3 green pitted olives
- * 1 cup vegetable or chicken stock (made with yeast free stock cube)
- * Fresh parsley to serve
- * Seasoning
- * Mushroom for serving. A large Porcini in season or portion of other flat mushrooms

Dice and peel ginger and garlic, chop finely. Cut chilli pepper, open lengthways removing seeds and chop. Trim and dice pineapple.

Lightly fry/braise beef in non-stick pan for approximately 10 minutes stirring constantly. Add onions, garlic, ginger and chilli if using, season with salt, black pepper and remaining spices.

Slice olives and add to beef and vegetable stock.

Simmer for another 10 minutes.

Garnish with chopped parsley.

Grill the mushrooms and serve the beef on top of mushrooms garnished with chopped parsley.



Herb-crusted chicken breasts

with roasted tomatoes and pumpkin or butternut squash

Serves 2

- * 2 boneless skinless chicken breast halves
- * 2 tbsp fresh lemon juice
- * 1 tbsp olive oil
- * 2 tbsp pine nuts
- * 2 tbsp finely chopped fresh basil
- * 2 tbsp finely chopped fresh parsley
- * 1 tbsp chopped fresh rosemary
- * Salt and pepper to taste
- * Lemon wedge
- * 2 bunches of cherry tomatoes, preferably on the vine
- * A small butternut squash or piece of pumpkin peeled and sliced into wedges

Preheat oven to 220 degrees celcius. Using meat mallet, pound chicken breasts between sheets of plastic wrap to 1/2 - 3/4 inch thickness.

Pour lemon juice over chicken. Cover and refrigerate 1 hour.

Peel and cut pumpkin/butternut squash into wedges and place on roasting tray with the cherry tomatoes tossed in a little olive oil.

Cook in oven until pumpkin/butternut squash is tender and slightly caramelised and the tomatoes are a little wilted.

While the tomatoes and squash are cooking, remove chicken from dish and pat dry with paper towels. Mix pine nuts, basil, parsley, rosemary, salt and pepper with a little olive oil in a food processor to make a paste. Coat chicken on both sides with the mixture.

About 10 minutes before the tomatoes and squash is cooked, place the chicken uncovered on a pre-oiled baking sheet until chicken is cooked through and tender, about 10 to 12 minutes depending on your oven.

Transfer to plates and serve with lemon wedges for the chicken.



Minced chicken stuffed in leeks

served with chicory and pear salad

Serves 1

- * 1 chicken breast portion
- * 1 leek
- * ½ red onion finely chopped
- * ½ tsp of fresh ginger chopped
- * ½ chilli pepper or to taste
- * 1 garlic clove
- * Zest of one lemon
- * A pinch of cinnamon (optional)
- * Sea salt to taste
- * A little olive oil for cooking
- * Small handful of fresh herb in season
- * 1 head of chicory
- * 1 pear

Trim leeks and cut them lengthways. Rinse. Cut into approximately 7 inch pieces. Blanch in boiling water for approximately 4 minutes; remove and pat dry.

Place chicken breast in food processor with the chopped garlic, ginger, chilli, herb in season, chopped red onion. Peel and finely chop garlic. Pulse together until ground. Add lemon zest, cinnamon if using and seasoning. Mix together.

Lie leeks out flat on a piece of foil and stuff meat mixture into leeks – pressing evenly. Use foil to roll up before discarding. Cut roll into one inch slices and thread onto a skewer (from outside in). Roast/fry until evenly brown.

Serve with a chicory and pear salad dressed with lemon and olive oil.



Greek omelette

Serves 2

- * ½ pound fresh spinach
- * 4 large eggs
- * ½ cup crumbled feta cheese
- * ½ red onion chopped
- * 2 tbsp fresh dill
- * 1 tbsp olive oil
- * Salt and pepper to taste

Preheat a grill to medium.

Wash, rinse and drain spinach. If stalks are tough cut them out and chop finely. Place in a pot with a grind of salt, and wilt down.

Squeeze excess water.

In a non-stick frying pan add a tablespoon of olive oil and cook the onion until just soft and translucent.

In a bowl, mix the eggs, dill, salt and pepper, spinach and crumbled feta. Remove the onions from the frying pan with a slotted spoon and add to the egg mixture, mix together.

With the oil still in the frying pan, heat again to medium heat.

Add the egg mixture and move around the pan agitating the mixture so you get all the egg mixture to the heat.

Take the pan to a medium hot grill and cook until puffed up and bubbling.

Serve with a fresh seasonal salad.



Gourgette ribbon pasta

with tomato and basil

Serves 1

- * 2 courgettes
- * ½ cup shredded basil
- * 1 minced garlic
- * 2 teaspoons apple cider vinegar or lemon to taste
- * 1 chilli (optional)
- * Salt and black pepper
- * 3 medium tomatoes
- * 1 tbsp of olive oil
- * 1 tbsp of vegetable stock or water if needed
(made with organic yeast free stock cube)
- * Grated vegan cheese to serve



Place the basil in a food processor with the tomato, olive oil, garlic, vinegar, hot pepper, salt and black pepper. Add a little water or stock if needs more liquid to make a sauce.

Heat the sauce gently in a saucepan.

Trim the ends of the courgette. Using a potato peeler cut the courgette lengthwise into thin slices. Don't worry if some slices break.

Stack the slices into piles and cut lengthwise down the middle.

Bring 2 to 3 inches of water to boil in a pot with a steamer (the water should not touch the bottom of the steamer).

Spread the courgette in the steamer basket and cover the pan.

Steam for about 3 minutes until the courgette is just tender.

Place the courgette ribbons into a bowl, add the heated sauce and sprinkle over the cheese. Eat as it is or place under a hot grill for a few minutes.

Serve with half avocado and rocket salad dressed with olive oil and lemon.



Baked falafel

chopped salad with tahini sauce served on endive or lettuce leaves

Serves 2

- * 1 can chickpeas, drained and rinsed
- * ½ small red onion, minced or grated
- * 1 large clove garlic, minced
- * ¼ cup parsley, chopped
- * ¼ cup fresh coriander, chopped
- * 1 tsp coriander powder
- * 1 tsp cumin powder
- * 1 to 2 tbsp spelt or chickpea flour
- * ½ tsp baking powder
- * Salt and pepper and chilli to taste

Combine ingredients together with 1 tablespoon of the flour and mash together.

Roll into balls (you might need a little more flour to roll and stick together).

Place on an oiled roasting pan. Sprinkle with olive oil and bake in the oven for about 20 minutes turning halfway through until brown.



Tahini Sauce

drizzled over baked falafel and endive or lettuce leaves

- * ¼ cup tahini
- * 2 tbsp fresh herbs
- * A few drops fresh lemon juice
- * ½ clove garlic, crushed (optional)

Place tahini and other ingredients in a bowl and keep adding a little water slowly until creamy milky consistency.

Chopped salad

served with baked falafel and tahini sauce

- * 1 medium tomato
- * ½ cucumber
- * ½ red onion
- * Choice or combination of 1 medium carrot and 3 radishes, grated
- * Chopped fresh coriander and parsley
- * Squeeze of lemon
- * Salt and pepper
- * Lettuce leaves or endive to serve

Dice tomatoes, cucumber, chop fresh herbs, ½ red onion, grate the carrot and/or radishes. Mix together, add a squeeze of lemon and drizzle of olive oil.

To serve, place the falafel and salad onto a leaf of lettuce or endive and drizzle with the tahini sauce.



Wild mushroom brown rice risotto

served with steamed kale

Serves 2

- * 3 tbsp olive oil
- * 1 medium onion, finely chopped
- * 1 leek, sliced (optional)
- * 2 cloves garlic, finely chopped
- * 1 generous cup organic short grain brown rice washed and drained (note it is better if you can soak the rice for a few hours beforehand)
- * 1½ to 2 cups vegetable stock (made with a yeast free stock cube)
- * ½ cup dried Porcini mushrooms
- * Packet of fresh Shitake mushrooms
- * 1 cup reserved mushroom soaking water
- * ¼ tsp sea salt to taste
- * ¼ tsp freshly ground black pepper to taste
- * 1 tbsp fresh parsley, finely chopped
- * Grated vegan cheese to serve

Soak the dried porcini mushrooms in warm water and cover for 10 minutes. Remove the stalks, squeeze out water and chop coarsely. Reserve about 1 cup mushroom soaking water.

Slice the fresh shitake mushrooms. Heat a tablespoon of olive oil in a non-stick pan, add the shitake mushrooms, sauté for about 3 minutes. Set aside.

Heat 3 tablespoons of olive oil in a medium saucepan and sauté the garlic, onions and leeks if you are using for 1 to 2 minutes or until translucent. Add the chopped porcini mushrooms, salt and pepper. Sauté for another 4 to 5 minutes. Stir in the drained rice and toss for a minute to coat with oil. Add the mushroom water and 1½ cups of stock. Cover and bring to a boil. Reduce the flame to low and simmer for about an hour, check grains and if you prefer less bite add the other half cup stock and return for a further 5 – 10 minutes. Best if slightly creamy. Remove from the flame and mix in the parsley and the reserved shitake mushrooms. Let it stand for a few minutes.

Sprinkle with vegan cheese and serve with steamed kale.



Steamed kale

Served with wild mushroom brown rice risotto

- * 2 bunches fresh kale washed, ribs and stalks removed
- * 1 clove garlic, minced
- * Sea salt
- * Fresh cracked black pepper

A salad spinner is handy for washing the kale.

Shred kale finely and place in a steamer basket fitted in a pot with water.

Add in the garlic.

Bring water to the boil. Cover pan, reduce heat to low and steam kale for approximately 10 minutes or until tender.

Remove from heat to serving dish. Toss with a little bit of oil of choice.

Season with salt and cracked black pepper to taste.



Quinoa

with pine nuts and olives, lemon and avocado, served with a crispy green salad

Serves 2

- * 1 cup uncooked quinoa (yields 3 cups of cooked)
- * 2 tbsp olive oil
- * 1 cup pine nuts
- * 1 cup pitted olives
- * ½ cup finely chopped shallots or red onion
- * 2 garlic cloves, minced
- * 2 cups vegetable broth
(made with a yeast free stock cube)
- * ½ cup fresh chopped flat leaf parsley
- * ½ cup fresh chopped coriander
- * 1 large avocado diced
- * 1 whole lemon washed
- * Sea salt & ground black pepper
- * 1 chopped chilli (optional)

Rinse quinoa thoroughly in a strainer under running water.

Bring vegetable broth to a boil and add quinoa. Cover with a tight lid and let it simmer for 15-20 minutes, or until it fluffs nicely with a fork.

Remove from heat and let it stand covered until ready to use.

Heat the olive oil in a pan over medium-low heat. Add the onion and garlic, sauté until golden brown - about 8 minutes.

Add the pine nuts and sauté for about 2 minutes to coat.

Add the zest of the lemon, chopped coriander, chopped parsley, chopped avocado to the pan.

Toss in the hot quinoa.

Add the juice of the lemon for dressing. Add sea salt, pepper or chilli to taste. Remember the broth and olives are salty so check first.

Serve with a crispy green seasonal salad.



Stir/Steam fried vegetables

with soba (buckwheat) noodles and chilli lime sauce

Serves 2

- * Small pack of seasonal greens, chopped
- * Handful of organic mung bean sprouts
- * 1 carrot, thinly sliced diagonally
- * 1 red onion finely sliced
- * 1 pepper sliced into batons
- * ½ courgette sliced diagonally
- * 5 broccoli florets
- * 1 chilli
- * Juice of 1 lime or lemon, depending on season
- * 1 large garlic clove
- * 1 inch piece of ginger
- * ½ yeast free vegetable stock cube
- * 2 portions Soba noodles (about 2oz per person)
- * 1 tsp toasted sesame seeds (optional)
- * 2 tbsp olive oil
- * Generous cup of coriander

Chop chilli and clean coriander. In food processor or pestle and mortar mash together and add the lime or lemon juice.

Cook the soba noodles according to instructions. Drain in colander, rinse under cold water and set aside.

Slice the carrot, courgette, onion and pepper. Slice the seasonal greens and cut broccoli florets quite small.

Prepare the stock with about ½ cup hot water. In a wok or non stick pan, add the olive oil and stir fry garlic and ginger for 1 minute. Add remaining vegetables except the bean sprouts.

Add half the stock and steam fry for 3 minutes, covered.

Now stir in soba noodles and bean sprouts and heat through.

Toss in the coriander, lime/lemon sauce and serve with extra chopped coriander.

Cook's note: As an alternative you can omit the coriander sauce and dress with tamari soy sauce with a little toasted sesame oil at the end.



Vegetable nut loaf

- * 1 red onion, chopped
- * 1 garlic clove, chopped
- * 1/3 cup olive oil
- * 2 cups carrot, chopped
- * 1/3 cup ground almonds
- * 1 cup celery, finely chopped
- * 2 cups courgette, grated
- * 1/3 cup raw almonds, roughly chopped
or kept whole according to preference
- * 2 tbsp fresh thyme leaves
- * 2 tbsp fresh rosemary, removed from stalks
and finely chopped
- * 2 tbsp chopped parsley
- * Sea salt and pepper to taste

Preheat oven to 180 degrees celcius.

Oil a loaf tin.

Combine all the ingredients. If you want a tighter mixture add all ingredients except the almonds to a food processor and process roughly.

Add almonds and place in the oiled loaf tin, pressing down.

Bake for 45-60 minutes.

Slice into portion size and serve with a seasonal salad of your choice dressed with lemon and olive oil or a portion of fresh steamed spinach.