

Healthy
mealtimes
made easy

Feelgood Family Food

Over 80
quick and
delicious
everyday
recipes

Dean Edwards

ABOUT THE BOOK

Dean Edwards' fail-safe recipes and down-to-earth style have made him a firm favourite with the millions of viewers who watch him cooking up a storm every week on ITV's *Lorraine*.

As a busy working dad, he's all too familiar with the never-ending challenge of getting wholesome, tasty, fuss-free meals on the table. The hectic demands of family life don't leave much time for inspiration! But now you can get mealtimes back on track with Dean's new collection of delicious everyday recipes that the whole family will enjoy.

Feelgood Family Food is all about appetizing ingredients, healthy meals and happy, well-fed families, so tuck in!

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ACKNOWLEDGEMENTS
ABOUT THE AUTHOR
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Vegetable-packed Pearl Barley Broth

Very Berry French Toast

Vietnamese Beef Pho

Wasabi and Ginger Popcorn



FEEL-GOOD FAMILY FOOD

HEALTHY MEALTIMES MADE EASY

DEAN EDWARDS

Dedication

At the time of writing this book I lost three very special people in my life, people who were also very proud of me. This book is dedicated to my Gramps David 'The Bone' Phillips, Scott 'Shreds' Morrison and my Uncle Lionel. You are massively missed by everyone. xxx

Family food

Eating, and food in general, has always played a huge part in my life. I've bordered on the obsessive at times, and I apologize to all the people I've bored to tears over the years, as I chatted about what I was planning for dinner. Some say I could send a glass eyeball to sleep when sharing stories about food!

The nostalgia that comes from sharing food in a family environment gives me a warm feeling, and I still cherish memories from my childhood when I was lucky enough to have amazing, healthy food, lovingly prepared by my parents and grandparents. If I'm honest, I took this for granted as a child, and when faced with a plate of greens or my mum's special mung beans my mind often wandered to potato shapes and turkey drumsticks. Much later I realized how fortunate we were to be fed so well and I promised myself that I would pass this on to my children if I was ever lucky enough to have them. Fast-forward to the present day and I am the adoring father to Indie-Roux, my beautiful little girl. Healthy family food is now top of my agenda and I've come up with a collection of family-inspired recipes which even the novice home cook can make with ease.

Whether or not my mindset on food changed because I became a father or because of the increasing bad press on convenient ready meals, I don't know. Perhaps I realized I had one last try at holding on to my youth! Whatever the reason, I can put a precise date on my eureka moment: 13th February 2012. This was when I decided that I needed to take a good look at the food I was putting into my body and cooking for my family. On that day I saw that all those years of eating whatever I wanted, whenever I wanted, had finally caught up with me. I was bang out of shape, in my mid-thirties and had to decide whether to continue down that route or do something about it. I didn't want to be the only dad in the park not able to chase my

little one around, so I decided to clean up my diet and to start exercising again.

Like so many people, my health and well-being had become secondary to work and in any downtime I had I would indulge in my favourite pastime of lazing about on the sofa watching TV and eating junk. Sound familiar? I am so thankful for the choices I made and I now feel so much healthier. I have much more energy and am in the best shape of my life – and so are my family. I truly believe I've not only changed my own life but also my family's. And that includes the lives of future generations, as I'm hoping Indie takes this message on board. It's never too early to introduce your family to healthy home cooking.

I'm not a nutritionist, but I know what I should be putting into my body. My quandary was this: food has always been and will always be my great love, and so many of my pleasures have revolved around cooking and eating food – and still do. When I decided that I wanted to start eating more healthily I wasn't willing to compromise on flavour. I didn't want to be deprived of the joy of planning delicious meals to eat and enjoy with family and friends. I felt that a simple well-balanced diet, full of fresh ingredients, was the way forward. I used to think that foods laden with sugar and fats were the tastiest. In some respects that's true, but you can't tell me that a Thai salad with a zingy dressing isn't just as satisfying and good to eat as a fatty pie. In fact I've found myself eating much more food than ever. Breakfast has become my most important meal of the day. Previously I'd either skipped breakfast or tucked into biscuits, chocolate and fizzy drinks. Horrendous, I know, but those extra ten minutes in bed seemed more attractive than getting up and making a quick and nutritious bowl of porridge or a smoothie. Now we all have a breakfast packed with goodness before we race out of the door in the morning, so why don't you try this too? For later in the day, try making your own healthier versions of your favourite takeaways. And have an amazing one-pot supper that takes minutes to cook and saves on the washing up.

I wanted my recipes to be fuss-free; meals that families could easily get on the table in as short a time as possible. With the meals in this book you and your family will eat well and you won't miss those high-sugar, fatty foods. All this doesn't mean you can't cheat here and there – everything in moderation, right? But with this approach – a balanced diet packed with vegetables, lean meat, fish and fresh fruit, as well as other simple ingredients that are in your cupboard already or available from your supermarket – we can all make changes that affect our bodies both inside and out, and start feeling great! I know I do.

USEFUL TIPS

- Onions, garlic, shallots, potatoes and other root vegetables should generally be peeled before using, unless otherwise specified.
- I use medium eggs in my recipes, unless otherwise specified, and I prefer to cook with free-range eggs if possible, but that's up to you. I have suggested free-range in recipes where eggs are a main ingredient.
- Chillies vary in heat and not everyone loves them as much as I do! Feel free to use more or less chilli according to your taste. In some recipes I've suggested deseeding the chillies but again that's up to you.
- I love olive oil for some dishes and for salad dressings, but for cooking I'm using coconut oil more and more. Some diet experts are now saying that some refined oils aren't good for us, particularly when they're heated. Coconut oil is not expensive, it's easy to use and store and, just in case you were wondering, it doesn't taste of coconut. I've suggested using coconut oil in many of the recipes in this book so give it a try and see what you think.



CHAPTER 1

BREAKFAST

Recipes List

Fruity Cinnamon Nut Granola

Fruit and Nut Breakfast Bars

Super-start Porridge

Very Berry French Toast

Mexican Eggs

Slow-roasted Tomato Bagels

Big Breakfast Frittata

Baked Eggs with Salmon

Masala Scrambled Eggs

Sunday Brekkie

Green Goodness Juice

Beetroot and Ginger Juice

Superfood Protein Smoothie

Avocado and Banana Smoothie

First off, let me tell you a secret. I NEVER used to eat breakfast. It wasn't unheard of for no food to pass my lips before lunchtime, as long as I had plenty of tea and coffee to see me through. An extra ten minutes in bed was preferable to starting the day right. If, on the odd occasion, I did eat something, I might pack away half a pack of chocolate digestives – and that's not an exaggeration. I will NEVER go back to those days. I wouldn't dream of sending my daughter Indie to school on a breakfast of biscuits so it's down to me to set a good example. Yes, we all tend just to grab a bowl of cereal or a slice of toast on occasion, but please be mindful of the amount of hidden sugars in most packaged cereals, and that's not even starting on all the frosted types.

You're probably sick of hearing that breakfast is the most important meal of the day, but here we go, breakfast really, really is the most important meal! We often get our portion sizes wrong: small breakfast, if any, larger lunch, then have our biggest meal of the day at night. Try turning that on its head. What we eat in the morning sets us up for the rest of the day and gives us the energy to attack whatever life throws at us. If you skip breakfast you're going to be running on empty. No way are a couple of biscuits and a cup of tea, however nice, going to carry you through, and this leads to snacking.

Breakfast doesn't have to be hard work. A quick superfood smoothie or a big bowl of porridge takes no more than five to ten minutes to make and gives you a great start. And on lazier days at the weekend, nothing beats sitting down with the family and enjoying a cooked breakfast, such as my big breakfast frittata or very berry French toast.

Fruity Cinnamon Nut Granola

If we're in a massive rush in the morning, as often happens when trying to get our daughter Indie to school before work, we love to grab some of this delicious granola with yoghurt and berries. Use this as a basic recipe, then add your favourite nuts, seeds and fruits. Look out for offers on nuts and dried fruits in your local supermarket.

MAKES 16-20 PORTIONS

2 tbsp coconut oil, plus extra for greasing
200g rolled oats
150g unsweetened coconut flakes
100g mixed seeds and berries, such as pumpkin seeds, sunflower seeds, dried cranberries and goji berries
50g almonds, crushed
50g pistachio nuts, shelled and crushed
2 tbsp chia seeds (optional)
40g dried apricots, finely chopped
100g raisins
1 tsp ground cinnamon
40g honey

1 Grease a baking tray and preheat the oven to 180°C/160°C Fan/Gas 4.

2 Put the coconut oil in a small saucepan and warm it over a gentle heat until melted. Meanwhile, mix all the dry ingredients in a bowl. Add the melted coconut oil and the honey and stir until everything is well combined.

3 Spread the mixture over the baking tray and bake in the preheated oven for 10-15 minutes. Remove the baking tray from the oven and leave the granola to cool. Crumble it into an airtight container to store.

4 Serve with fresh berries, Greek yoghurt and another drizzle of honey if you like.





Fruity Cinnamon Nut Granola

Fruit and Nut Breakfast Bars

These bars are ideal for a quick breakfast on the move while on the school run or on your way to work and they're also great enjoyed in the comfort of your own home with a cup of coffee. Be sure to cut the cooked mixture into bars before it cools or it will break up. If you do have any crumbly bits they're good sprinkled over fruit and Greek yoghurt!

MAKES 12 BARS

50g coconut oil, plus extra for greasing

150g rolled oats

50g mixed nuts and seeds, such as pine nuts, pumpkin seeds, sunflower seeds

50g dried fruit, such as cranberries and blueberries

40g dried apricots, finely chopped

2 tbsp unsweetened peanut butter

50g honey

1 Grease a 20cm, square baking tray with a little coconut oil, then line it with baking parchment. Preheat the oven to 180°C/160°C Fan/Gas 4.

2 Mix the oats, nuts, seeds, berries and apricots in a bowl.

3 Put the coconut oil, peanut butter and honey in a small saucepan over a gentle heat and stir until everything has melted together. Add this to the oat mixture, stirring as you go, then tip it all into the prepared baking tray. Spread the mixture evenly over the tray.

4 Cook the mixture in the preheated oven for 15–20 minutes. Remove the hardened mixture from the tin, then cut it into bars. Leave the bars to cool for a couple of hours before transferring them to an airtight container.