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World Liver Day is a joint awareness campaign by:



The World Liver Day activities are carried out under the umbrella of Healthy Livers, Healthy Lives.



About World Liver Day

Observed annually on 19 April, World Liver Day raises awareness of liver health and the prevention of liver diseases through education, early detection, and healthy living. A balanced diet, regular physical activity, and mindful lifestyle choices play a vital role in maintaining a healthy liver.

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Contributors: European Association for the Study of the Liver (EASL); American Association for the Study of Liver Diseases (AASLD); Asociación Latinoamericana para el Estudio del Hígado (ALEH); Asian Pacific Association for the Study of the Liver (APASL); and Society of Liver Disease in Africa. Special contribution from Dr Saliha Mahmood Ahmed.

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For more information, visit: worldliverday.org



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Healthy Livers, Healthy Lives.

Foreword



World Liver Day is a moment to **pause, reflect, and most importantly, to act**. Around the world, liver disease continues to rise, driven largely by metabolic dysfunction and unhealthy food environments. **Conditions such as metabolic dysfunction-associated steatotic liver disease (MASLD), now affect millions of people**, often silently, and frequently alongside diabetes, obesity, and cardiovascular disease. Yet despite the scale of the challenge, there is also real reason for hope.

One message is now undeniable. **What we eat, how we move, and the daily choices we make play a central role in protecting liver health**. A strong and growing body of evidence shows that solid lifestyle habits are not an optional add on to care, but the foundation. **Even modest, achievable changes in diet and physical activity can reduce liver fat, improve inflammation, slow disease progression, and lower the risk of liver cancer**. Progress matters more than perfection.

This recipe book brings that evidence to life through food. Created for World Liver Day, it is a truly **global collaboration, with recipes contributed by partners from every region of the world**. Together, these contributions reflect the diversity of cultures, traditions, and flavours that shape how people eat across the globe, while sharing a common commitment to liver health.

The recipes in this book show that **eating well for your liver does not mean giving up enjoyment or cultural identity**. They are built around real, wholesome foods, vegetables, fruits, legumes, whole grains, fish, and healthy fats, prepared in ways that are both nourishing and satisfying.

For people living with MASLD or other liver conditions, or for those who wish to take preventative steps towards their liver health, this book offers **practical support and reassurance that meaningful change is possible**. For families and carers, it provides a way to turn shared meals into shared health. For health professionals, it reinforces the importance of translating lifestyle advice into tools that are realistic, respectful, and relevant to everyday life.

Improving liver health is a shared responsibility, involving individuals, communities, healthcare professionals, and health systems working together. Every recipe prepared and every small step taken contributes to a broader global effort to prevent liver disease and improve long term health.

We hope this collection inspires confidence in the kitchen, curiosity about food from around the world, and a sense of empowerment to take positive steps towards healthier livers and healthier lives!



Preface by Dr Saliha Mahmood Ahmed



Dr Saliha Mahmood Ahmed

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Living with liver disease inexplicably changes the way one thinks about food. Meals that were once chosen for convenience or comfort may now carry deeper meaning—**each ingredient a small but important step toward supporting liver health.**

This shift can feel overwhelming at first, even discouraging. Navigating calories, protein and sodium content is an uphill battle and learning curve at the start. But, this challenge can also open the door to **a more mindful, nourishing relationship with what we eat**. Perhaps one rooted not in restriction alone, but in **care, intention, and possibility?**

This cookbook was created with that spirit in mind. It recognises that dietary changes are not simply clinical instructions; they are **lived experiences, shaped by culture, taste, routine, and emotion.**

Here, you'll find recipes designed to align with liver-friendly principles; **balanced, gentle, and thoughtfully composed and without losing sight of the joy that food can bring.**

Flavour is not the enemy of health; in fact, it is one of its greatest allies. Whether you are newly diagnosed or have been managing your liver disease for years, this book aims to **meet you where you are**. Some days, cooking your meals may feel like an act of resilience; other days, it may feel like a small victory just to prepare something simple. Both are enough.

Through approachable recipes, practical guidance, and a tone of encouragement rather than perfection, **this collection invites you to rediscover food not as a source of anxiety, but as a steady companion on your path to hepatic and total body wellness.**

The three following recipes in this book are by Dr Saliha Mahmood Ahmed, from her new cookbook *The 20-Minute Gut Health Fix*, published by Yellow Kite.

The 20-Minute Gut Health Fix by Dr Saliha Mahmood Ahmed is published by Yellow Kite and is out now

Eggs + Garlicky Yoghurt with Zingy Green Sauce

SERVES 4

Fibre: 5.2g

This recipe is similar to Turkish eggs, but substitutes the chilli butter with a zippy, lipsmacking salsa verde-style sauce. Crisp toasted chunks of bread are great for dipping into the runny yolk and zingy sauce. Green tea would be a perfect side.

Ingredients:

- 2 tbsp vegetable oil
- 4 large free-range eggs
- 400g (14oz) full-fat live Greek yoghurt
- 4 tsp garlic paste from a jar
- 4 slices of sourdough or bread of your choice
- 25g (1oz) dill
- 25g (1oz) parsley
- 4 tbsp extra-virgin oil
- Juice of ½ lemon
- ½ tsp red chilli flakes
- Salt, to taste

Instructions:

1. Place a small pan over a medium heat and add the vegetable oil. When the oil is hot but not smoking, carefully crack in the eggs and fry them until the whites are cooked but the yolks remain runny. Set aside.
2. Mix the yoghurt and half the garlic together and season with salt to taste. Spread this yoghurt mixture out on to a shallow platter, then carefully place the eggs over the yoghurt, taking care not to break the yolks. Season the eggs with salt and place the bread into the toaster.
3. To make the herby sauce, add the herbs and remaining garlic to a food processor and blitz until the herbs are finely chopped. Add the olive oil, lemon juice and chilli flakes to the blitzed herbs and season with salt to taste. Mix well and spoon the herby sauce over the eggs.
4. Serve the dish with toast, cut into chunky soldiers for dipping.



+ Bonus Diversity Points

Boost plant diversity by adding spring onions and spinach leaves to your herby sauce. You can also spoon tinned green lentils over the yoghurt before topping with your eggs.

Time Saving Hack

Make double the quantity of the herby sauce and store the leftover sauce in the fridge. Use it to dress roasted peppers or to spoon over burrata, or to make a pasta salad tossed through with extra nuts and seeds.

Crispy Seedy Fried Chicken with Gochujang Honey Sauce + Slaw

The 20-Minute Gut Health Fix by Dr Saliha Mahmood Ahmed is published by Yellow Kite and is out now

SERVES 4

This is my version of a gut-healthy chicken schnitzel, crunchy, seedy and satisfying. It is drizzled with a sweet, sticky, spicy sauce of dreams made from a Korean spice paste called Gochujang. Well worth investing in a good Gochujang paste as its completely addictive and you will find yourself turning to it time and time again!

Ingredients:

- 4 x 150g (5oz) chicken breasts, no thicker than 1cm (½in)
- 2 eggs
- 2 heaped tbsp cornflour
- 200g (7oz/1½ cups) dried breadcrumbs
- 2 heaped tbsp sesame seeds (black, white or a combination)
- 2 tbsp chia seeds
- 2 tbsp flaxseeds
- 6 tbsp veg oil
- 275g (9¾oz) shop-bought crunchy coleslaw mix (discard any dressing)
- Juice of 1 large lime
- 2 tsp sesame oil
- 4 tbsp gochujang paste
- 2 tsp honey
- Salt, to taste

Instructions:

1. Start by putting the chicken into a bowl and seasoning generously with salt. Crack the eggs into the bowl and then add the cornflour. Give the mixture a really good stir so that the chicken is coated with a sticky egggy, cornflour paste.
2. Combine the breadcrumbs, sesame seeds, chia seeds and flaxseeds on a separate tray and stir well to combine.
3. Place a large non-stick frying pan over a medium heat and add the oil to the pan. Carefully drop the chicken into the breadcrumb/ seed mixture and turn to ensure that all of the chicken is coated in the crumbs. Transfer the breadcrumb coated chicken to the frying pan and fry for about 4 minutes on each side, or until they are a deep golden colour and completely cooked through.
4. While the chicken is cooking, prepare the coleslaw by placing the mixed coleslaw vegetables in a bowl with the lime juice, sesame oil and salt to taste. Give the vegetables a good crunch with your hands to help get the flavours all the way through the veg.
5. Put the gochujang paste, honey and 175ml (6fl oz/¾ cup) water into a small saucepan and bring it to the boil, then simmer until it is sticky and thick – this only takes a minute or two.
6. Serve the chicken with the coleslaw and gochujang honey sauce. Consume greedily and immediately.



THE 20 MINUTE GUT HEALTH FIX by Dr Saliha Mahmood Ahmed. Hodder & Stoughton 2025. Photography copyright © Steven Joyce 2025.

Time Saving Hack

Instead of doing a classic 'pane' where you have to coat chicken in flour, then egg, then breadcrumbs, I just make a sticky paste with the eggs and cornflour and dunk the coated chicken straight into the crumbs. This creates less washing up and is much quicker too.

Bonus Diversity Points

You can serve with an array of steamed vegetables of your choice. Broccoli, green beans and pak choi would make a good side too.

Earl Grey + Dark Chocolate Mousse

SERVES 6

Fibre: 41g

Considering this contains so few ingredients, it's deeply satisfying. Using 70% dark chocolate with a high cocoa content is a must, as are good quality Earl Grey teabags. Both dark chocolate and tea are rich sources of polyphenols, plant compounds that can be beneficial for our gut bugs. The mousse is quite rich, so you really don't need much. If you are handy with a metal spoon, serving the mousse in quenelles looks impressive.

Ingredients:

- 200g (7oz) dark chocolate (at least 70% cocoa solids)
- 200ml (7fl oz/generous $\frac{3}{4}$ cup) kettle-hot water
- 3–4 Earl Grey teabags
- Good-quality extra-virgin olive oil, for drizzling
- Maldon sea salt flakes
- Drizzle of tahini and a few toasted pine nuts (optional)

Instructions:

1. Put the kettle on to boil. Pour some boiling water into a saucepan and place over a low heat, then sit a heatproof bowl over the pan, making sure the base of the bowl doesn't touch the water. Break the chocolate into small pieces and add them to the bowl, stirring gently until they melt.
2. While the chocolate is melting, put the teabags into a measuring jug and pour in the kettle-hot water. Stir gently to brew the tea.
3. When the chocolate has melted, remove it from the heat. Remove the teabags from the brewed tea. Slowly pour the tea into the melted chocolate, stirring really well - the mixture might seem to seize up initially, but continuous stirring will bring it back to a smooth consistency like a chocolate sauce or soup. Pour the mixture into a bowl or individual ramekins and transfer to the fridge. Chill for at least 4–6 hours, but ideally overnight to allow the mousse to set.
4. Use a metal spoon soaked in hot water to make quenelles of the mousse but don't worry about making them perfect. Serve the mousse topped with a drizzle of olive oil and some sea salt. If you like you can also drizzle over a tiny amount of tahini and some toasted pine nuts.

+ Bonus Diversity Points

Add a selection of toasted and finely chopped nuts to the mousse. Flavour the tea with fennel and cardamom or even cinnamon and cloves.

Time Saving Hack

I'm afraid I have no method of making chocolate set rapidly, but the beauty of this dish is that it takes just 10–12 minutes to prepare, so it can easily be made in advance.



THE 20 MINUTE GUT HEALTH FIX by Dr Saliha Mahmood Ahmed.
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Muhammara

Ingredients:

- 3 roasted red bell peppers
- ½ cup bread crumbs, fresh or store-bought
- ½ cup walnuts
- 2 tablespoons extra-virgin olive oil
- 1½ tablespoons pomegranate molasses*
- garlic clove
- 1 teaspoon fresh lemon juice
- 1 teaspoon Aleppo pepper or ½ teaspoon red pepper flakes
- ½ teaspoon ground cumin
- Freshly ground black pepper
- Pepper
- Fresh mint, for garnish



Instructions:

1. Preheat the oven at 200° C
 2. Roast the halved bell peppers in for 25 to 40 minutes until the skin is charred, wrinkled, and the flesh is tender.
 3. In a food processor, place the red peppers, breadcrumbs, walnuts, olive oil, pomegranate molasses*, garlic, lemon juice, Aleppo pepper, cumin, and several grinds of pepper. Pulse until creamy and season to taste.
 4. Garnish with fresh mint.
- *If you don't have pomegranate molasses, replace it with 2 teaspoons maple syrup and add an additional 2 teaspoons lemon juice.



Tzatziki



Ingredients:

- 1 cup natural yoghurt 3% fat
- ½ cup finely grated cucumber
- 1 tablespoon fresh lemon juice
- ½ tablespoon extra-virgin olive oil
- 1 garlic clove, grated
- ¼ teaspoon sea salt
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh mint, optional



Instructions:

1. Grate the cucumber to give the sauce texture and plenty of green flecks.
2. Squeeze the water out of the grated cucumber directly over the sink, or press it lightly between paper towels. This step is essential for making a creamy tzatziki.
3. Stir everything together! Chill until you're ready to use.



Hummus



Ingredients:

- Two 15.5 oz cans of unsalted chickpeas
- 3 garlic cloves, peeled
- Juice from 1 lemon
- 4 tablespoon tahini
- 6 tablespoons extra virgin olive oil
- 1 teaspoon coriander
- 2 teaspoons cumin
- 1 teaspoon salt

Instructions:

In a blender or food processor, add all ingredients and mix until the consistency you want. If you want a smoother consistency, slowly add water until it reaches the desired texture.

Baba Ghanoush



Ingredients:

- 3 medium eggplants, sliced in half lengthwise
- 2-3 garlic cloves, peeled and minced or run through a garlic press
- 3 tablespoons tahini
- ½ cup fresh lemon juice, from about 4 lemons
- 1 to 2 tablespoons fresh pomegranate seeds
- 1 teaspoon salt
- 1 tablespoon of Extra virgin olive

Instructions:

1. Preheat oven to 180° C and line a baking sheet with parchment paper; slice eggplants and place them, cut side down, on the baking sheet. Roast in oven until soft, about 20 minutes, then let sit on the counter until cool enough to handle, about 10 minutes.
2. Peel off the skin of eggplants and puree the flesh, either in a food processor or using a potato masher in a medium sized mixing bowl.
3. Add garlic, tahini, lemon juice, and salt, and mix well.
4. Drizzle olive oil on top and serve with a few fresh pomegranate seeds.



Vietnamese Summer Rolls



Ingredients:

- Rice paper (circle shape)
- Rice vermicelli
- 1 tbsp Fish sauce + salt
- Chives
- Korean chili powder
- Fried shallots (optional)
- 2 chicken breasts
- Cooked shrimps
- Lettuce
- 1 Julienned carrot
- 1 cucumber cut in batons
- Coriander + mint leaves

Instructions:

1. Boil chicken breasts for 20 minutes in unsalted water, shred, put in a bowl and add 1 tbsp fish sauce, 1 tsp korean chili powder and a pinch of salt
2. Cut shrimps in half lengthwise
3. Boil rice vermicelli as indicated on packet, rinse with cold water, add a generous amount of fried shallots + chopped chives.
4. Plunge 1 rice paper in a bowl with cold water for 5 seconds on each side, and lay it flat on a chopping board.
5. Add two lettuce leaves (cut the hard white parts at the ends) in the middle of the rice paper
6. On the lettuce leaves, add a small amount of rice noodles, generous amount of shredded chicken, some julienned carrot, 1-2 springs of coriander and 4 mint leaves
7. In the next row on the rice paper add a cucumber baton
8. In the next row on the rice paper add 4 halves of shrimps, lined up tightly, cut side up.
9. Roll from bottom upwards, pushing the filling down and towards you so the wrap is airtight
10. Fold side corners in once you reach the shrimp. Keep rolling tightly.



Light & Flavourful Bagel



Ingredients:

- 1 cup unbleached all-purpose flour, whole wheat, or gluten-free mix
- 2 teaspoons baking powder
- $\frac{3}{4}$ teaspoon kosher salt, use less if using table salt
- 1 cup non-fat Greek yogurt
- 1 egg white
- Optional toppings: sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes

Instructions: Oven

1. Preheat oven to 375F. Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray with oil to avoid sticking.
2. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
3. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away).
4. Divide into 4 equal balls. Roll each ball into 3/4-inch-thick ropes and join the ends to form bagels. (or you can make a ball and poke a hole in the center then stretch it slightly)
5. Top with egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.

Instructions: Air fryer

1. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
2. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
3. Divide into 4 equal balls. Roll each ball into 3/4-inch-thick ropes and join the ends to form bagels.
4. Top with egg wash and sprinkle both sides with seasoning of your choice.
5. Preheat the air fryer 280F degrees. Transfer in batches without overcrowding and bake 15 to 16 minutes, or until golden. No need to turn. Let cool at least 15 minutes before cutting.



Greek Salad



Ingredients:

- 1 medium red onion, thinly sliced into half moons
- 4 medium juicy tomatoes, sliced into bite-sized pieces or wedges
- 1 English cucumber, partially peeled to make a striped pattern and sliced into half moons
- 1 green bell pepper, cored and sliced into rings
- 1 handful pitted Kalamata olives
- 1 1/2 teaspoons dried oregano
- Kosher salt
- 1/4 cup extra virgin olive oil
- 1-2 tablespoons red wine vinegar
- 1 (7 ounce) block Greek feta cheese in brine, torn into slabs

Instructions:

1. Combine the veggies. Place the tomato, cucumber, bell pepper, and olives in a large serving dish. Remove the onions from the water and add to the dish with the rest of the vegetables.
2. Season. Sprinkle the vegetables with 3/4 teaspoon of oregano and a pinch of kosher salt. Add the oil and vinegar (to your liking) then give everything a gentle toss.
3. Finish and serve. Top the salad with slabs of feta and sprinkle with the remaining 3/4 teaspoon of oregano.

Tabbouleh



Ingredients:

- 2 bunches fresh parsley, coarsely chopped, about 4 cups
- 1/2 bunch fresh mint, coarsely chopped, about three-quarter cup
- 1 bunch green onions, finely chopped, white and light green parts only
- 1 tablespoon bulgur wheat, soaked in a small bowl of water until soft 10 to 15-minute
- 1/4 - 1/2 cup extra virgin olive oil
- 1/4 - 1/2 cup fresh lemon juice, from 3-4 lemons
- 1 teaspoon salt
- 1 medium tomato, coarsely chopped



Instructions:

Mix of all ingredients in a bowl and enjoy

Kale slaw Spring Salad



Ingredients:

- 5 cups chopped fresh kale
- 3 cups torn romaine
- 1 package (14 ounces) coleslaw mix
- 1 medium fennel bulb, thinly sliced
- 1 cup chopped fresh broccoli
- 1/2 cup shredded red cabbage
- 1 cup crumbled feta cheese
- 1/4 cup sesame seeds, toasted
- 1/3 cup extra virgin olive oil
- 3 tablespoons sesame oil
- 2 tablespoons honey
- 2 tablespoons cider vinegar
- 2 tablespoons lemon juice
- 1/3 cup pureed strawberries
- Sliced fresh strawberries and walnuts

Instructions:

1. Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage; sprinkle with feta cheese and sesame seeds. Toss to combine.
2. Stir together olive oil and sesame oil. Whisk in honey, vinegar and lemon juice. Add pureed strawberries. Whisk until combined. Dress salad just before serving; top with sliced strawberries and walnuts

Gomae- Japanese style spinach



Ingredients:

- 2 1/2 tablespoons tahini
- 1 1/2 tablespoons rice vinegar
- 1 1/2 tablespoons reduced-sodium soy sauce
- 1 tablespoon water
- 2 teaspoons mirin
- 1 pound spinach, trimmed if necessary
- 1 teaspoon sesame oil
- Toasted sesame seeds for garnish

Instructions:

1. Put a large pot of water on to boil.
2. Meanwhile, whisk tahini, vinegar, soy sauce, water and mirin in a large bowl for the dressing, and put aside.
3. Cook spinach in the boiling water until it just turns bright green, 15 to 30 seconds for baby spinach, 45 seconds to 1 minute for mature spinach.
4. Drain in a colander and rinse with cold water. Press or squeeze to remove excess water.
5. Add the spinach to the dressing and toss to coat. Drizzle with sesame oil and sprinkle with sesame seeds, if desired.

Brazilian Mediterranean Salad



Ingredients:

- 1 cup cooked chickpeas
- 1 cup cherry tomatoes, halved
- ½ Japanese cucumber, diced
- ½ red onion, thinly sliced
- ½ cup queijo minas padrão or meia cura cheese, diced
- ¼ cup green or black olives
- ½ cup mixed greens (arugula + lettuce or watercress)
- ½ avocado, diced
- 2 tablespoons toasted cashews or chopped Brazil nuts
- 1 tablespoon chopped fresh cilantro or parsley
- 1 tablespoon chopped mint
- Lemon zest

Tropical Mediterranean Dressing

Mix:

- 3 tablespoons extra-virgin olive oil
- Juice of ½ Tahiti lime
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- A pinch of salt
- Black pepper to taste
- A pinch of sweet or smoked paprika

Instructions:

1. Place the greens at the base.
2. Mix chickpeas, tomatoes, cucumber, onion, and olives.
3. Add cheese, avocado, and nuts.
4. Drizzle with the dressing and finish with fresh herbs.



Sweet Potato, Pea & Mint Salad With Lemon-Olive Dressing



Ingredients:

- 1 medium sweet potato, cubed
- ¾ cup peas (frozen is fine)
- 1 handful fresh mint
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Black pepper



Instructions:

1. Roast or steam sweet potato cubes until tender.
2. Briefly blanch peas (1 minute).
3. Combine mint, sweet potato, peas.
4. Whisk dressing: olive oil + lemon + mustard.
5. Mix and serve warm or chilled.

Why It's Liver-Friendly

- Sweet potatoes have slow-digesting carbohydrates that stabilise glucose and reduce liver fat formation.
- Peas supply plant protein + fibre supporting gut-liver axis health.
- Mint and lemon are refreshing, anti-inflammatory, and low-calorie.



Roasted Aubergine & Tomato Bake With Feta (Light)



Ingredients:

- 1 large aubergine, sliced
- 2 tbsp olive oil
- 2 cups cherry tomatoes or diced tomatoes
- 1 garlic clove
- 1 tsp dried oregano
- 2 tbsp crumbled feta (light or reduced-salt preferred)
- Pepper
- Handful fresh basil (optional)

Instructions:

1. Brush aubergine slices lightly with olive oil; roast at 200°C for 20 min.
2. In a pan, simmer tomatoes + garlic + oregano for 10 minutes.
3. Layer aubergine in a small dish, cover with tomato sauce.
4. Top with feta and bake 10 minutes until warm.
5. Add basil before serving.

Why It's Liver-Friendly

- Aubergine contains anthocyanins beneficial for liver cell protection.
- Mostly vegetables; minimal cheese reduces salty load.
- No refined carbohydrates; high in antioxidants.



Black radish salad



Ingredients:

- 1 black radish
- Juice of 1/2 a lemon
- 4 tbsp olive oil
- Sea salt
- Pink pepper
- Parsley

Instructions:

1. Chop the black radish in thin circular strips
2. Add olive oil, lemon juice, pinch of pink pepper and salt to taste,
3. Marinate in the fridge for 1 hour
4. Sprinkle chopped parsley when ready to serve.

Olive Oil Artichoke (Zeytinyağlı Enginar)

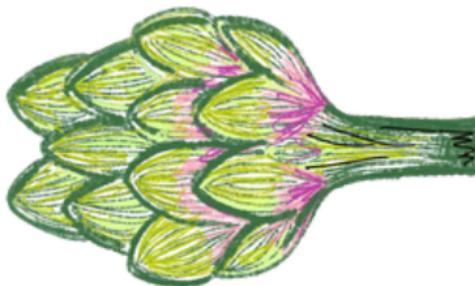
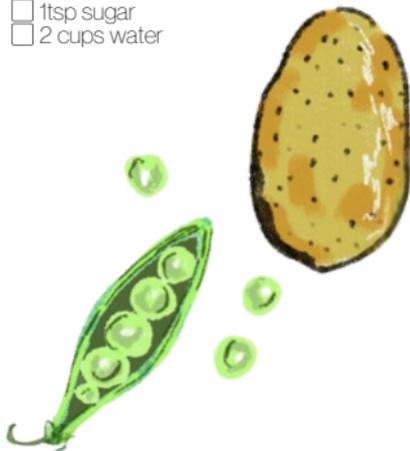


Ingredients:

- 4 artichokes
- 1 carrot (chopped)
- 1 potato (chopped)
- 1 onion (chopped)
- 1 cup of peas
- 1/2 cup olive oil
- Juice of 1 lemon
- 1 tsp salt
- 1tsp sugar
- 2 cups water

Instructions:

1. Sauté the onion in olive oil until softened.
2. Add the carrot and potato, and sauté for a few more minutes.
3. Place the artichokes in the pot and fill the centers with the vegetable mixture.
4. Add lemon juice, salt, sugar, and water.
5. Cover the pot and cook on low heat for 35 minutes. Serve cold.



Bajra Roti (Pearl Millet Flatbread) with Garlic Chutney (paste)



Ingredients:

For Flatbread

- 1 cup bajra (pearl millet) flour
- Warm water (as needed)
- Salt to taste

For Garlic Chutney

- 4-5 garlic cloves
- 2 dried red chillies
- 1 tsp sesame seeds
- ½ tsp cumin seeds
- 1 tsp lemon juice
- Salt to taste

Instructions:

1. Kneading the Dough

1. Take 1 cup of bajra flour in a mixing bowl.
2. Add a pinch of salt (optional).
3. Slowly add warm water and mix well. Knead into a soft dough.
4. Since bajra lacks gluten, the dough will be crumbly and harder to roll.
5. Let the dough rest for 10 minutes to absorb moisture.

2. Rolling & Cooking

1. Take a small ball of dough and flatten it using your hands.
2. If rolling is difficult, place it between two sheets of parchment paper and roll gently.
3. Heat a tawa (griddle) on medium flame.
4. Place the rolled-out roti on the tawa. Cook for 1-2 minutes until small bubbles appear.
5. Flip the roti and cook on the other side.
6. Use a cloth or spatula to press the roti for even cooking.
7. Remove from heat and apply a thin layer of ghee for extra flavor and nutrition.

3. Roasting the Ingredients for Garlic Chutney

1. Heat 1 tbsp oil in a pan.
2. Add cumin seeds and let them splutter.
3. Add garlic cloves and roast until light golden brown.
4. Add red chillies and sauté for another minute.

4. Grinding the Chutney

1. Transfer the roasted garlic and chillies into a blender.
2. Add salt, red chili powder, and lemon juice/tamarind paste.
3. Blend into a smooth paste (add a little water if needed).

5. Storing & Serving

1. Store in an airtight container in the refrigerator for up to 1 week.
2. Serve fresh with bajra roti for maximum health benefits.



Korean Lentil Patties



Ingredients:

For Korean Lentil Patties:

- ¾ cup brown lentils, rinsed and drained
- 2 cups vegetable broth
- 1 yellow onion, peeled and chopped
- 1 teaspoon minced garlic
- 2 tablespoons Korean hot pepper paste or red chili paste
- ¼ cup dried cranberries
- ¼ cup chopped walnuts
- Juice from ½ fresh lemon
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 cup rolled oats
- 1 egg
- ½ cup panko breadcrumbs
- Olive oil

For Greek Dill Yogurt:

- 1 cup low-fat Greek yogurt
- 1 tablespoon dill



Instructions:

To make the Korean Lentil Patties:

1. In a large stockpot, combine lentils with the broth and bring to a boil over medium-high heat.
2. Cover, reduce heat to low, and simmer until tender, about 30 minutes. Once tender, drain the lentils to remove any extra liquid and let cool for 10 minutes.
3. In a large mixing bowl, combine the lentils with the remaining ingredients except the breadcrumbs.
4. Form into 6 balls with your hands. Place breadcrumbs on a plate and roll the balls in the breadcrumbs, flatten into patties, and refrigerate for at least 30 minutes.
5. Meanwhile, preheat the oven to 400°F. Place the patties on a large baking sheet and drizzle olive oil over the top of the patties. Bake for 25 minutes or until golden brown. Serve with Greek Dill Yogurt.
6. To make Greek Dill Yogurt – whisk together the yogurt and dill, and serve with the patties.

The recipe was created to offer a healthy source of protein that is also low in fat. The recipe was created to incorporate more vegetables and protein in a flavorful way and without increasing fat content. Makes 6 servings • 276 calories • 7g fat • 39g carbohydrates • 15g protein

Acknowledgement: Steve Choi



Gluten-free Zucchini Pudding

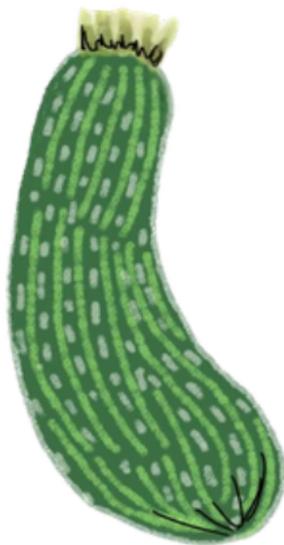


Ingredients:

- 3 large zucchini
- 1 medium onion
- 3 eggs
- 2 cloves of garlic (minced)
- 20 grams of grated parmesan cheese
- 3 tablespoons olive oil
- 3 tablespoons of chickpea flour or rice flour
- 1 tablespoon dried oregano
- 1 cup low-fat milk
- Pinch of baking powder
- Pinch of salt

Instructions:

1. Prepare the zucchini: Peel the zucchini and cut it into small pieces. Cook in a pot with a small amount of water until tender, draining well.
2. Sauté the onion: Peel and dice the onion. Sauté in olive oil until translucent.
3. Combine ingredients: Mash the cooked zucchini with a fork. Add the sautéed onion, eggs, flour, parsley, garlic, salt, baking powder, milk, and grated cheese. Mix until well combined.
4. Bake: Grease a baking dish and pour in the zucchini mixture. Sprinkle with oregano and grated cheese. Bake in a preheated oven at 180°C (350°F) for approximately 30 minutes, or until golden brown.
5. Serve: Enjoy warm or cold.



Roasted Aubergine



Ingredients:

- 700g/ 12 lb eggplants (2 medium) aubergines
- 3 tbsp olive oil
- 1/2 tsp salt (kosher / cooking salt, or 1/4 tsp table salt)
- 1/2 tsp black pepper

For serving:

- Ricotta / cottage cheese
- Parsley, mint chopped
- Olive oil / balsamic glaze/ honey

Instructions:

1. Preheat oven to 220°C (fan).
2. Line a tray with parchment paper.
3. Cut eggplant into 3 cm cubes, toss with oil, salt, and pepper in a bowl.
4. Roast for 20 minutes, turn, and roast for another 10 minutes until caramelized and soft inside.
5. Serve plain or with cottage cheese / ricotta. Top with Parsley, mint, and drizzle with olive oil, balsamic, or honey.

Roasted asparagus



Ingredients:

- 500g/1 lb asparagus
- 1 1/2 tbsp extra virgin olive oil
- 1/4 tsp each salt and pepper
- 1 garlic clove , finely minced (knife or garlic press)

Optional finishes:

- 2 tbsp lemon juice
- 2 tbsp parmesan , freshly grated

Instructions:

1. Preheat oven to 220°C
2. Snap the woody ends off the asparagus
3. Pile onto tray. Drizzle with oil, sprinkle with salt, pepper and garlic. Toss, then spread out on tray.
4. Roast 7 minutes.
5. Remove from oven.
6. Toss with lemon juice, if using. Pile onto serving platter, grate over optional parmesan. Serve!



Beetroot chips



Ingredients:

- 2 large beetroots
- 2 tbsp oil
- Salt, pepper
- Fresh rosemary

Instructions:

1. Heat the oven at 200°C and line a baking tray with some baking paper
2. Cut two big beetroots into round slices (1/2 cm thick)
3. Arrange them on a baking tray, drizzle with olive oil, salt, pepper, and rosemary.
4. Bake for 20 minutes.

Beetroot smoothie



Ingredients:

- 2/3 cup beet roasted, chopped and frozen
- 2 cups strawberries frozen
- 1 tsp fresh or powder turmeric peeled and grated
- 1 tsp fresh ginger peeled and grated
- 1 cup unsweetened almond milk or non-dairy milk of choice
- 1/2 cup orange juice

Instructions:

1. Cut the beetroot into chunks, cover with aluminium foil, and bake in a pre-heated oven at 200°C for 15-20 minutes until soft
2. Allow it to cool, and then freeze for 2 hours
3. Add the remaining ingredients to a blender and blend until completely smooth.



Roasted Artichokes



Ingredients:

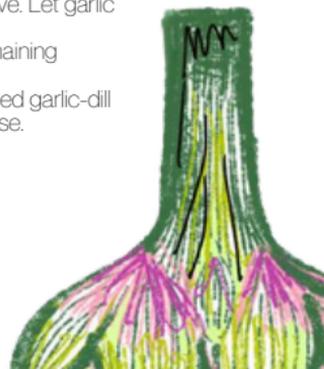
- 3 large globe artichokes
- 3 tsp lemon juice
- Salt and black pepper
- Extra virgin olive oil
- 6 garlic cloves, peeled
- 1 small shallot, thinly sliced
- 1 tbsp capers
- Crumbled feta cheese to taste

For the Vinaigrette

- Same 6 garlic cloves roasted earlier with the artichoke
- 1/2 cup chopped fresh dill
- 1/4 cup fresh lemon juice
- 1 tsp honey
- Salt and Black Pepper

Instructions:

1. Preheat oven to 200°C
2. Clean artichokes. Cut off the stem/stalk. Peel off the tough outer layers. When you reach the softer layers, use a serrated knife to cut off about 3/4 inches from the top. Now, cut artichoke in half length-wise. Using a spoon, remove the fuzzy choke on the inside.
3. Add 1/2 tsp lemon juice to cover the surface to prevent the artichoke from discoloring.
4. On a baking sheet, place each artichoke half in a piece of lightly-oiled foil paper that is large enough to fold around.
5. Season artichokes with salt and pepper, and nestle 1 garlic clove in the center of each artichoke half. Drizzle generously with olive oil. Close the foil around artichokes.
6. Roast in oven for 40 minutes.
7. Open the foil pouches using tongs. Remove the roasted garlic from the center of artichoke, and close the foils back until ready to serve. Let garlic cool.
8. In a small food processor, add the roasted garlic with the remaining vinaigrette ingredients. Pulse until smooth.
9. Remove the artichokes from foil. Generously drizzle the roasted garlic-dill vinaigrette. Top with shallots, capers and crumbled feta cheese.

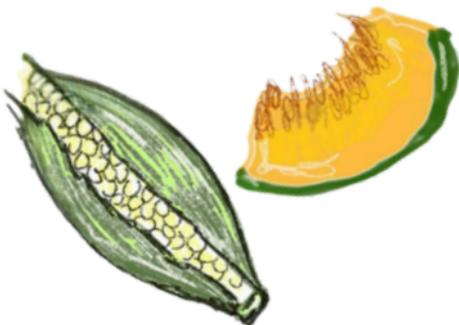


Umxhaxha



Ingredients:

- 400 g pumpkin, peeled and diced
- 200 g white mielies (corn), cut off the cob
- Salt to taste
- 1 tablespoon brown sugar



Instructions:

1. Place all ingredients in a medium saucepan and add enough water to cover.
2. Cook over medium heat for 10–15 minutes until the pumpkin is soft and the mielies are tender. Drain excess water.
3. Mash the pumpkin to form a rough purée. Serve warm or cold.

Gonré



Ingredients:

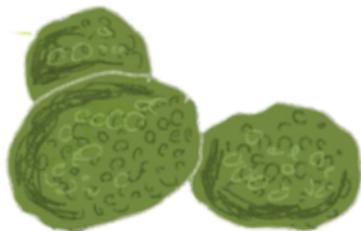
- 1 kg beans (soaked and peeled)
- Onion, garlic, ginger, salt
- Parsley, celery, and carrot
- Egg



Instructions:

1. Blend beans with seasonings to form a paste.
2. Cook the paste in a saucepan with water, oil, and salt until smooth.
3. Add the paste to small pots, top with half an egg, and steam for 45 minutes.
4. Serve with oil, chili, or onion sauce.

A Xhosa dish from the Eastern Cape, South Africa. This dish is a balanced blend of carbohydrates, protein, and vitamins, served hot or cold.



Gazpacho



Ingredients:

- 100 ml of extra virgin olive oil
- 30 ml of sherry vinegar, or whichever vinegar you prefer
- 1 kg of very ripe red tomatoes
- 1 clove of garlic
- 150 g of white bread (a piece), Andalusian molletes, or if you cannot find those, white wheat bread (preferably bread that is one or two days old)
- 1 large green pepper
- 1 cucumber
- A pinch of salt (to taste) and water as an optional ingredient

For the garnish:

- 1 small onion, 1 tomato, 50 g of green pepper and 50 g of cucumber (all cut into small cubes).



Instructions:

1. Cut the tomatoes into quarters and add them to a large bowl.
2. Peel the cucumbers and cut off the ends. Cut them into small pieces. Cut the peeled onion and the green pepper in the same way. Set aside.
3. Cut the bread into small pieces and add a little water, then let it rest for about 10 minutes. This helps soften the bread if it is very hard and makes it much easier to blend.
4. Peel the clove of garlic and, since it will be used raw, remove the centre so it is not too strong tasting. Add it to the bowl with the tomato and the other vegetables.
5. Put everything into a blender jug or a large bowl and add the extra virgin olive oil, sherry vinegar and salt. Blend with the blender until you obtain a smooth, liquid sauce.
6. Pass this sauce through a sieve or a chinois, this removes any pieces of skin and small seeds that may remain so the soup becomes as smooth as possible. Taste it to check the salt and adjust with a little more if needed.
7. All that is left is to place it in the fridge and let it chill, in a couple of hours it will be nicely cold and perfect for enjoying the best gazpacho.

Foxtail Millet Khichdi



Ingredients:

- 1 cup foxtail millet (soaked for 2 hours)
- ½ cup moong dal (yellow lentils)
- ½ tsp turmeric powder
- ½ tsp cumin seeds
- 1-inch ginger, chopped
- 1 small carrot, chopped
- 1 tomato, chopped
- 1 tsp ghee/oil
- Salt to taste
- Water as needed
- Fresh coriander leaves for garnish

Millet khichdi is a nutritious one-pot meal made with millets and lentils, cooked with mild Indian spices and vegetables. It is a healthy alternative to traditional rice, offering higher fiber.

Instructions:

1. Heat ghee/oil, add cumin seeds and ginger.
2. Add chopped vegetables and sauté for a minute.
3. Add moong dal, foxtail millet, turmeric, and salt.
4. Pour 3 cups of water, close the lid, and cook for 10-15 mins.
5. Garnish with coriander and serve warm.

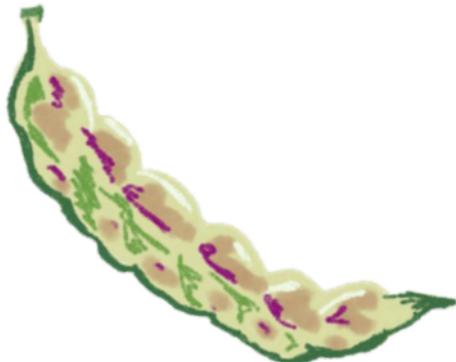


Fresh bean soup



Ingredients:

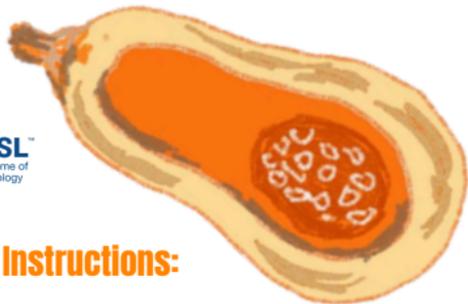
- 1/2 kg fresh beans
- 1 / 2 white onion
- 1 tomato skinned, cut in half
- Salt and Pepper
- Olive oil



Instructions:

1. Wash and open the fresh beans, put them inside a large pot, adding the half onion (cut in quarters) and tomato (cut in quarters). Cover all with water.
2. Bring to a boil and simmer for 30 - 40 minutes
3. Take a part of the beans and put to the side
4. Run the rest through a sieve, and put the pulp back into the water.
5. Add to the full beans that had put aside.
6. Add a spoonful of olive oil to garnish, and a pinch of salt.
7. If you want, add pasta into the soup and boil for the required time (maltagliati, anellini, gramigna, ditalini)

Butternut squash soup



Ingredients:

- 1 medium butternut squash (peeled, seeded, and cubed)
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 (32 fluid ounce) chicken or vegetable broth

Instructions:

1. Place all ingredients in the slow cooker.
2. Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
3. Blend with immersion blender, 1/4c heavy cream (optional), 1-2 tbsp sugar, salt, and white pepper to taste.

Turmeric Lentil Soup



Ingredients:

- 1 cup of red lentils
- 1 carrot (chopped)
- 1 onion (chopped)
- 1 teaspoon of turmeric
- 1 teaspoon of cumin
- 2 tablespoons of olive oil
- 5 cups of water
- Salt and black pepper



Instructions:

Sauté the onion in olive oil, then add the carrot and lentils. Add water and let it come to a boil. Add the spices and blend until smooth. Serve with lemon juice for added flavor.



Garlic Rasam



Ingredients:

- 1 tablespoon tamarind pulp
- 1 cup water
- 1 tablespoon ghee (clarified butter) or oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 2 dried red chillies
- 10 cloves garlic, crushed
- 1 medium tomato, chopped
- 1/2 teaspoon turmeric powder
- 1 teaspoon black pepper powder
- Salt to taste
- 2 cups water
- Fresh coriander leaves, chopped (for garnish)
- Salt and black pepper



Instructions:

1. Prepare tamarind water:
 - In a bowl, mix tamarind pulp with 1 cup of water. Let it sit for 10 minutes, then strain to extract tamarind water.
2. Sauté aromatics:
 - Heat ghee or oil in a pan over medium heat. Add mustard seeds; when they splutter, add cumin seeds and dried red chillies.
 - Add crushed garlic and sauté until golden brown.
3. Cook tomatoes and spices:
 - Add chopped tomatoes to the pan and cook until soft.
 - Stir in turmeric powder, black pepper powder, and salt.
4. Combine with Tamarind Water:
 - Pour the tamarind water into the pan. Bring the mixture to a boil.
5. Add additional water:
 - Add 2 cups of water and let it simmer for 5-10 minutes.
6. Garnish and serve:
 - Garnish with chopped coriander leaves. Serve hot.

Garlic Rasam, known as "Poondu Rasam" in Tamil, is a traditional South Indian soup celebrated for its tangy flavor.



Pumpkin, Ginger, and Carrot Soup



Ingredients:

- 2 cups diced pumpkin
- 2 carrots, sliced
- 1 teaspoon minced fresh ginger
- 1 garlic clove
- 1 small onion
- 3 cups homemade vegetable broth
- 1 tablespoon olive oil

Instructions:

1. Sauté the onion, garlic, and ginger.
2. Add the pumpkin and carrots.
3. Pour in the broth and cook for 20 minutes.
4. Blend until creamy.

Why is it liver-friendly?

- Low in fat, rich in antioxidant carotenoids, and easy to digest.



Greek Lemon Chicken Soup



Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 medium carrot, diced
- 2-3 celery stalks, diced
- 2-3 garlic cloves, finely chopped
- 2 bay leaves
- 2 chicken breasts (about 12 oz / 350 g total)
- 6 cups (1.5 liter) chicken stock
- $\frac{3}{4}$ cup (175 g) orzo
- Juice of 1 lemon
- 1 egg yolk
- A handful fresh dill
- Salt and freshly ground black pepper to taste



Instructions:

1. Heat the olive oil in a large stock pot or Dutch oven and cook the onion, carrot and celery for 8-10 minutes over medium heat until softened.
2. Add the garlic and cook for another minute, then add the bay leaves, chicken and chicken stock.
3. Bring to a boil, then lower the heat to medium-low, cover with a lid and simmer for 15 minutes.
4. Take out the chicken breasts and bay leaves. Add the orzo to the pot and continue to cook for 10 minutes.
5. Shred the chicken with two forks and add it back to the pot.
6. While the orzo is cooking, whisk the egg yolks and lemon juice in a bowl. Take out 1-2 ladles of soup and pour it over the egg-lemon mixture to temper it. Add this mix to the pot and continue to cook for 5 minutes.
7. Stir in the fresh dill, adjust the seasoning and serve immediately, with some extra fresh dill on top if you like.



Miso soup with Tofu and Seaweed



Ingredients:

- 1 tablespoon white or red miso paste (choose organic, low-sodium for a healthier option)
- 2 cups dashi (Japanese soup stock) or water (for a lighter option)
- 100g tofu (silken or firm, cut into cubes)
- 1/4 cup dried seaweed (wakame or kombu)
- 1 small green onion, thinly sliced
- 1/2 teaspoon grated ginger (optional for added health benefits)
- 1 teaspoon sesame oil (optional, adds richness)
- A pinch of sea salt (if needed)
- A splash of soy sauce (optional)



Instructions:

1. Prepare the Seaweed:
 - If using dried wakame or kombu, rehydrate it by soaking it in a bowl of warm water for about 5 minutes. Once it softens, drain and set it aside.
2. Prepare the Dashi:
 - If you're using dashi powder, follow the package instructions to make the broth. Alternatively, you can use water for a lighter base. Bring it to a simmer over medium heat in a pot.
3. Add Miso Paste:
 - In a small bowl, mix the miso paste with a little bit of hot dashi or water to make a smooth slurry. This prevents clumping when adding it to the soup. Stir the miso slurry into the simmering dashi until it's fully dissolved.
4. Add Tofu:
 - Gently add the cubed tofu to the soup. Let it heat through for about 3–4 minutes.
5. Add Seaweed and Green Onions:
 - Add the rehydrated seaweed to the soup, followed by the sliced green onions. If you like, add a splash of soy sauce for extra umami or a drizzle of sesame oil for richness.
6. Finish with Grated Ginger:
 - Optionally, grate a little fresh ginger into the soup for its anti-inflammatory properties.
7. Taste and Adjust:
 - Taste the soup and add salt or soy sauce if needed. Serve the miso soup hot.

Soymilk Miso Soup



Ingredients:

- Unsweetened soy milk (70g) or substitute with unsweetened almond or oat milk
- Miso (6g)
- Cabbage (20g)
- Carrot (20g)
- Onion (20g)
- Dashi (80g) or substitute with chicken stock

Instructions:

1. Thinly slice the cabbage, carrot, and onion.
2. In a pot, add dashi stock and the vegetables. Simmer until the vegetables are tender.
3. Dissolve the miso into the soup.
4. Add the soy milk and warm gently without letting it boil.
5. Serve hot.



This light, plant-forward soup supports liver health by featuring vegetables and unsweetened soy milk in a simple, lower-saturated-fat meal pattern. Diets that emphasise vegetables, fiber, and balanced, minimally processed foods are commonly recommended to support overall liver and metabolic health.

Acknowledgement: KURUME University School of Medicine

Minestrone



Ingredients:

- | | |
|--|--|
| <input type="checkbox"/> 80 g Carrots | <input type="checkbox"/> 50 g Extra virgin olive oil |
| <input type="checkbox"/> 80 g Red onions | <input type="checkbox"/> 150 g Leeks |
| <input type="checkbox"/> 150 g White zucchini | <input type="checkbox"/> 300 g Cleaned cauliflower |
| <input type="checkbox"/> 330 g Potatoes | <input type="checkbox"/> 200 g Peas |
| <input type="checkbox"/> Salt to taste | <input type="checkbox"/> 1 sprig of rosemary |
| <input type="checkbox"/> Black pepper to taste | <input type="checkbox"/> 2 bay leaves |
| <input type="checkbox"/> 60 g Celery | <input type="checkbox"/> Water as needed |
| <input type="checkbox"/> 350 g Ripe tomatoes | <input type="checkbox"/> Extra virgin olive oil for dressing |
| <input type="checkbox"/> 200 g Borlotti beans | |
| <input type="checkbox"/> 250 g Cleaned pumpkin | |



Instructions:

1. Begin by washing and drying all the vegetables.
2. Peel the pumpkin using a large knife, remove the seeds and fibers inside with a spoon. Cut the pumpkin into even slices and then into cubes of about 1 cm.
3. Wash and trim the zucchini, then slice and cut them into cubes.
4. Cut the cauliflower in half, remove the central stem, and separate it into florets.
5. Remove the green outer layers of the leek, and slice it thinly.
6. Peel the potatoes, cut them into slices (not too thin), then cube them.
7. For the tomatoes, remove the stem and cut them into slices, then cube them.
8. For the sauté, finely chop the onion.
9. Peel and trim the carrots, then cut them into strips and chop them finely.
10. Also, finely chop the celery.
11. Tie the rosemary sprig and bay leaves together to form an aromatic bundle.
12. In a large pot with a lid, pour in the olive oil, then add the carrots, celery, onion, and leek. Sauté gently for about 10 minutes, stirring frequently.
13. Once the sautéed vegetables are tender, add the aromatic bundle.
14. Add the pumpkin, potatoes, cauliflower, and beans to the pot.
15. Cover the vegetables with water, put the lid on, and cook for 25-30 minutes after boiling.
16. After the time has passed, add the zucchini.
17. Also, add the peas, tomatoes, adjust the consistency by adding more water, and season with salt and pepper.
18. Continue cooking for another 5-10 minutes, depending on the desired consistency.
19. Remove the aromatic bundle.
20. The minestrone is ready! Serve it with a drizzle of olive oil and a sprinkle of black pepper to taste. Enjoy your healthy vegetable minestrone!



Sprouted fava bean soup



Ingredients

- 1 cup sprouted fava beans
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 potato, diced
- 4 cups vegetable broth
- Spices (salt, pepper, cumin)
- Lemon juice (optional), parsley for garnish



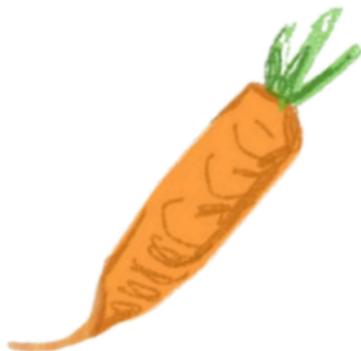
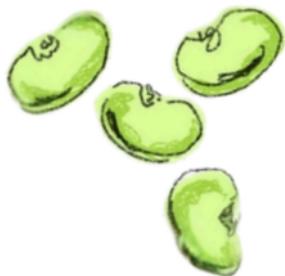
Instructions

1. Sauté onion, garlic, and vegetables in olive oil.
2. Add beans and broth, simmer until tender.
3. Season, blend (optional), and garnish with parsley. Serve hot with a squeeze of lemon.

Tips

- You can add other spices like coriander or paprika according to your preference
- The soup can be served with toasted bread or a side salad

Sprouted Fava Bean Soup is a healthy and nutritious dish, an excellent choice for vegetarians and those looking for a protein-rich meal.



Buckwheat risotto with pumpkin



Ingredients:

- 1 small pumpkin / butternut, cubed
- Olive oil
- 1 onion
- 1 garlic clove
- 250 gr buckwheat
- 500 ml vegetable stock
- Grated parmesan
- Spinach leaves / rocket salad
- Nutmeg (optional)
- Salt & pepper

Instructions:

1. Dice a butternut / small pumpkin in cubes, drizzle it with olive oil, and season with salt and pepper. Place in a baking dish and into a pre-heated oven at 220°C for 20-30 mins until soft.
2. In a pot, heat 2 tbsp of olive oil, and stir fry 1 onion and 1 garlic clove for 2 minutes on medium heat.
3. Add the buckwheat to the pot on high heat, stirring to make sure it is well coated with the oil.
4. Add 500 ml vegetable stock and simmer for 20 minutes
5. Add salt, pepper and grated nutmeg to taste
6. Once it is softened and the liquid reduced add the roasted pumpkin cubes, 2 spoons of parmesan, and top with fresh spinach / rocket salad leaves



Roasted broccoli, chickpea and quinoa bowl



Ingredients:

- 1 large head broccoli, cut into bite-size florets
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cup uncooked quinoa
- ½ teaspoon smoked paprika
- 1 tablespoon olive oil

Peanut butter sauce

- ⅓ cup peanut butter
- 2 tablespoon tamari (for gluten-free) or soy sauce
- 2 tablespoon maple syrup
- 3 tablespoon fresh lime juice, about 1 lime
- 2 teaspoon rice vinegar
- 1 tablespoon water, for consistency
- 1 clove garlic, minced
- Pinch of red pepper flakes, optional

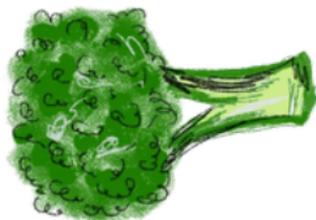
Garnishes (optional)

- 3 cups salad greens, optional
- 4 green onions, whites, and greens, chopped
- 3 tablespoon sesame seeds
- Fresh cilantro
- Lime wedges



Instructions:

1. Preheat oven to 425 degrees and line two baking sheets with parchment.
2. Pat broccoli and chickpeas dry. Place broccoli on one pan in a single layer and chickpeas on the other. If broccoli is too crowded on one pan, transfer some to the other pan. Use your hands to gently toss the broccoli and chickpeas in oil. Sprinkle with salt. Bake for 18 to 20 minutes, flipping the broccoli and stirring chickpeas at the halfway point.
3. While the broccoli and chickpeas are roasting, cook the quinoa according to package directions.
4. Combine the sauce ingredients in a small bowl. Whisk with a fork until smooth. Set aside.
5. When broccoli is slightly charred and barely fork tender, remove from oven. Remove chickpeas from oven and sprinkle with smoked paprika. Stir to coat. For crispier chickpeas, bake for another 5 to 7 minutes.
6. Spoon quinoa, broccoli, and chickpeas into individual serving bowls. May add optional garnishes and drizzle with sauce. Serve immediately.



Warm Quinoa, Spinach, and Chickpea Salad with Turmeric Vinaigrette



Ingredients:

- 1 cup cooked quinoa
- 1 cup cooked and rinsed chickpeas
- 2 cups fresh spinach
- ½ cup diced cucumber
- ¼ cup red bell pepper
- 1 tablespoon sunflower or pumpkin seeds

Vinaigrette

- 1 tablespoon olive oil
- 1 tablespoon natural lemon juice
- ½ teaspoon turmeric powder
- 1 teaspoon honey
- Pepper



Instructions:

1. Combine warm quinoa, chickpeas, and spinach.
2. Add cucumber and bell pepper.
3. Whisk all vinaigrette ingredients and mix with the salad.
4. Finish with seeds.

Why is it liver-friendly?

- *This dish provides fiber, plant-based proteins, healthy fats such as omega-3 and omega-9, and antioxidants.*



Beet Greens Turmeric Dal



Ingredients:

- ½ cup yellow moong dal (split skinless mung beans), rinsed
- 4-5 cups chopped beet greens (leaves and tender stems from 3-4 beets, washed thoroughly)
- ½ teaspoon turmeric powder
- 1 medium onion, finely chopped (optional for lighter version)
- 1 medium tomato, chopped
- 1-2 green chilies, slit (adjust for spice)
- 1-inch piece ginger, grated
- 4-5 garlic cloves, minced
- 1 teaspoon cumin seeds
- ½ teaspoon mustard seeds (optional)
- 4-5 curry leaves (optional)
- Salt to taste
- 1-2 tablespoons avocado oil
- 3-4 cups water (adjust for desired consistency)
- Fresh cilantro for garnish
- Squeeze of lemon juice (optional, at the end)

Beet Greens Turmeric Dal is a cozy South Indian one-pot lentil dish made with beet greens, turmeric, moong dal, and spices, combining anti-inflammatory and detox-supporting ingredients that help promote liver health.

Instructions:

Prep:

1. Rinse ½ cup yellow split moong dal in a strainer under cold water until it runs clear
2. Grab beet greens from 3-4 bunches (yes, the leafy part most people throw away—save the beets for later use). Wash them super well, chop leaves and tender stems into small pieces (you'll get 4-5 cups)
3. Quick-chop: mince 1-inch fresh ginger, 4-5 garlic cloves, 1 medium tomato, chop 1 small onion, and slit 1-2 green chilies (or swap for jalapeño if you're keeping it chill)

Cook dal & greens:

1. Dump everything into your pressure cooker (Instant Pot gang, unite!) or a heavy pot: rinsed dal, chopped beet greens, ½ tsp turmeric (the golden glow-up ingredient), 1 tsp salt (taste later and add more—you're the boss), and 3 cups water.
2. Pressure cooker: High pressure 8-10 min, then let it naturally release for 10 min
3. Stovetop: Bring to a boil, then simmer covered 30-40 min. Stir well and add a splash of hot water if it thickens up too much
4. Once soft and mushy, give it a light mash with a spoon or potato masher

Make the tadka (the flavor party starts now):

1. Heat 1-2 Tbsp avocado oil in a small pan over medium
2. Toss in 1 tsp cumin seeds (and ½ tsp mustard seeds if you have them)—watch them sizzle and pop like tiny fireworks. (Warning: they may try to jump out Respect the pop!)
3. Add 4-5 curry leaves (optional but they smell like heaven), your chilies, ginger, garlic, and onion (if using)
4. Sauté 2-3 min until golden and your kitchen smells like a 5-star restaurant
5. Stir in the chopped tomato; cook 3-4 min until it softens and the oil starts to separate
6. Taste—add more salt if needed, squeeze in fresh lemon for a bright zing
7. Garnish with chopped cilantro. Serve over hot over brown rice, wheat roti/flatbread, or quinoa

Algerian couscous with vegetables



Ingredients

Couscous

- 2 cups medium-grained couscous
- Water, salt, vegetable oil
- 6 tablespoons unsalted butter

Sauce

- 3 tablespoons oil
- 1 medium onion, chopped
- 1 plum tomato, halved
- Salt, pepper, cinnamon, cayenne, paprika
- 1 tablespoon butter
- 1/4 cup lentils, dried fava beans (soaked), and dried chickpeas (soaked)

Various vegetables

carrots, cabbage, potatoes, celery, cardoon, turnip, zucchini

Instructions

Couscous

1. Wash, drain, and rest couscous in a strainer for 10 minutes.
2. Spread couscous in a shallow pan, coat with oil, and steam in a couscoussier for 15 minutes.
3. Rehydrate with salted water, rest, and steam again. Add butter before serving.

Sauce

1. Sauté onion, tomato, and spices. Add water, lentils, fava beans, chickpeas, and vegetables (except zucchini).
2. Cook for an hour, then add zucchini and cook for 30 minutes more. Serve over couscous.

Rainbow fajitas



Ingredients

- 400 gr can beans
- 1 avocado
- 1 red and 1 yellow pepper
- 1 red onion
- 1 tbsp olive oil
- 1 garlic clove
- 1 lime
- chili powder, paprika, cumin
- 4 large or 8 small flour tortillas
- 2 tbsp sour cream



Instructions

1. Cut all of the vegetables into long strips.
 2. Heat oil in a pan, fry peppers and onion until tender crisp. Add garlic and spices, cook about 5 minutes, then stir in half the lime juice and season.
 3. Add black beans and remaining lime juice, heat through, then mix in coriander.
 4. Put the mixture in warm tortillas with mashed avocado and sour cream.
- Tip: Substitute with any vegetables you love. Your creativity is the limit.

Sauce

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 plum tomato, halved
- Salt, pepper, cinnamon, cayenne, paprika
- 1 tablespoon butter
- 1/4 cup lentils, dried fava beans (soaked), and dried chickpeas (soaked)

Mediterranean-Style Feijão Tropeiro



Ingredients:

- 2 cups cooked feijão carioca or feijão fradinho (firm, not mushy)
- 1 cup cooked quinoa (replaces part of the flour—more protein + fiber)
- $\frac{1}{3}$ cup coarse cassava flour or flaked cornmeal (for texture only)
- 150 g shredded chicken breast (vegetarian option: roasted chickpeas or grilled tofu)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped Brazil nuts or sliced almonds
- 1 chopped red onion
- 2 garlic cloves
- 1 cup finely sliced collard greens
- 1 Italian tomato, diced
- $\frac{1}{2}$ red bell pepper, diced
- $\frac{1}{2}$ zucchini, diced
- Handful of fresh parsley
- Handful of scallions
- 6 chopped black olives
- 1 teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon turmeric
- Black pepper to taste
- Moderate salt
- Lemon zest



Instructions:

1. Heat the olive oil and slowly sauté the onion and garlic.
2. Add paprika, turmeric, and pepper (this releases bioactive compounds).
3. Add bell pepper, zucchini, and tomato.
4. Cook until tender but still colorful.
5. Add chicken/turkey (or tofu/chickpeas) and lightly brown.
6. Mix in the beans and quinoa.
7. Add the flour gradually—just enough for texture (should not be dry).
8. Add collard greens last, allowing them to wilt slightly.
9. Finish with nuts, fresh herbs, olives, and lemon zest.

Serve with:

- Green salad with bitter leaves (arugula, watercress), or
- Natural yogurt with lemon and mint (light tzatziki-style).

Chicken & Pumpkin Couscous Bowl



Ingredients:

- 1 small chicken breast, diced
- 1 tbsp olive oil
- 1 cup pumpkin cubes
- ½ cup peas
- ½ cup couscous
- ½ cup low-sodium chicken broth
- Pinch cinnamon (optional, kid-friendly)

Instructions:

1. Sauté chicken in olive oil.
2. Add pumpkin + broth; cook 10 minutes.
3. Stir in peas.
4. Add couscous, cover 5 minutes.
5. Fluff and serve warm.

Why It's Liver-Friendly

- Pumpkin offers beta-carotene, which protects liver cells.
- Couscous is light, easy to digest.
- No cream, butter, or heavy salt.

Creamy Chicken & Veggie Rice (Dairy-Free, Mild Flavour)



Ingredients:

- 1 small chicken breast, diced (skinless)
- 1 tbsp olive oil
- ½ cup carrots, finely chopped
- ½ cup baby spinach (finely shredded)
- ½ cup peas
- ½ small onion, finely chopped
- 1 cup cooked rice (white or brown—white is gentler for younger children)
- ½ cup low-sodium chicken broth
- ¼ cup unsweetened plain yoghurt (or lactose-free yoghurt)
- Pinch of turmeric (optional, mild and anti-inflammatory)
- Small pinch salt (optional)
- Pepper (optional, tiny amount)

Instructions:

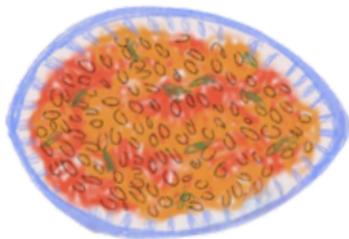
1. Warm olive oil in a pan; sauté onion until soft.
2. Add diced chicken; cook until no longer pink.
3. Add carrots and broth; simmer for 6–8 minutes.
4. Add peas and spinach; cook 2 minutes.
5. Stir in cooked rice and yoghurt.
6. Mix gently until creamy and warmed through.

Why It's Liver-Friendly

- Uses lean chicken breast, low in saturated fat.
- Yoghurt adds creaminess without heavy cream or butter.
- Turmeric + vegetables provide antioxidants that protect liver cells.
- Very low sodium and no frying → reduces liver burden.
- Balanced protein + gentle carbohydrates for stable energy



Tswana Jolof Rice - Mosulthane



Ingredients:

- 2 cups mosuthane for 5 cups water
- Pinch of salt
- ½ teaspoon of turmeric powder
- 1 tablespoon olive oil

Sautee

- 3 cloves of garlic cut into small pieces
- 1 fresh chili cut into small pieces
- 1 medium sized spring onion
- tablespoons of olive oil

Vegetable Mix

- 2 peeled medium size carrots and cut into circles
- ½ head of broccoli chop heads and stems
- ½ head of cauliflower chop heads and stems
- 1 large red pepper cut into slices
- ½ cup of chopped button mushrooms
- 3 leaves of kale/chimolia remove stems and slice very thin into strips (five bean mix-optional)
- ½ minestrone soup/chicken broth

Meat mix

- 1 teaspoon mustard paste
- 2 tablespoons of honey
- 1 large lemon squeezed to remove seeds and extract juice
- 1 teaspoon barbeque spice
- ½ teaspoon sea salt/aromat
- 1 chicken breast with skin, ligaments removed, washed to remove fat, blood and diced
- 1 palm sized piece of lean beef ligaments, fat removed and washed to remove blood
- 3 small lamb sausages cut into small pieces

Instructions:

1. Take 2 cups mosuthane (dehulled sorghum or millet); wash with cold water 3 times to remove dirt and debris.
2. For each of cup of mosuthane add 2 ½ cups of water, a pinch of salt and boil for 20 minutes
3. Remove starch and wash with cold water until no more starch. Drain all the water and add tablespoon of extra virgin olive oil mixed in with ½ teaspoon of turmeric powder. Mix in thoroughly with rice and cook at low heat until soft.
4. Fry in a large deep cast iron pan; garlic, fresh pepper, spring onion in 2 tablespoons of olive oil till soft.
5. Add all the meats seasoned with mustard, barbeque spice, honey and lemon juice. (for vegans/vegetarians use a 410g can of 5 beans in brine or make your own 5 bean mix with cow peas, red kidney beans, stripped sugar beans, black beans and butter beans)
6. Sautee together until well mixed and juicy. Lower heat and add all the vegetables and cover tightly.
7. Allow vegetables to steam and soften in the meat juices and low heat. Stir occasionally to mix in flavours.
8. Once vegetables are soft and tender, add the mosuthane and mix in with the meat and vegetables (you may mix off the heat and serve cold as a salad OR add ½ cup of minestrone soup/chicken broth and allow to cook for another 10 minutes to mix in the flavours).

Ethiopian Shiro Wat



Ingredients:

- ½ cup oil
- ½ cup chickpea flour
- 2 medium onions pureed
- 1 tomato pureed
- 4 cloves of garlic chopped
- 2 tablespoons niter kibbeh (Ethiopian spiced clarified butter, optional)
- 2 to 2 ½ cups of water
- 3 tablespoons berbere spice
- 1 teaspoon garlic powder
- Salt to taste
- 1 jalapeno chopped (optional)



Instructions:

1. Heat a heavy-bottom stockpot over medium heat. Add pureed onions to the dry pan and sauté until they become dry and start to color, about 4–5 minutes.
2. Add oil and berbere spice. Sauté for 1–2 minutes until fragrant.
3. Add pureed tomato and chopped garlic. Sauté for 2–3 minutes more.
4. Whisk in half of the chickpea flour and gradually add about 1 cup of water. Whisk in the remaining chickpea flour and another 1 cup of water until smooth. Add an additional ½ cup of water if a thinner consistency is desired.
5. Heat until the mixture begins to simmer. Add niter kibbeh, garlic powder, sugar, and salt to taste, stirring until combined.
6. Simmer for 5–10 minutes over low heat until flavours combine, and oil slightly separates from the Shiro.
7. Garnish with chopped jalapeno if desired. Serve with fresh injera.



Butternut, Spinach & Chickpea Curry (Mild, No Cream)



Ingredients:

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves
- 1 tsp grated ginger
- 1 tsp turmeric
- 1 tsp cumin
- 2 cups cubed butternut
- 1 tin chickpeas, rinsed
- 1 cup low-sodium veg stock
- 2 cups baby spinach
- Pinch of black pepper
- Optional: chopped coriander



Instructions:

1. Sauté onion in olive oil.
2. Add garlic, ginger, turmeric, cumin; cook 30 seconds.
3. Add butternut + stock; simmer 15 min.
4. Add chickpeas; simmer 5–7 min.
5. Stir in spinach until wilted.

Why It's Liver-Friendly

- Turmeric + ginger = potent hepato-protective anti-inflammatory compounds.
- Chickpeas and spinach add fibre, improving liver fat processing.
- No cream or coconut cream → keeps saturated fat low.



Soft Lentil & Sweet Potato Shepherd's Pie (Kid-Friendly, Comforting)



Ingredients:

Lentil Filling:

- 1 tbsp olive oil
- ½ cup brown or red lentils (rinsed)
- 1 small carrot, finely grated
- ½ small onion, finely chopped
- 1 small courgette, grated
- 1 cup low-sodium vegetable broth or water
- ½ tsp mild paprika (optional)
- Tiny pinch salt (optional)

Sweet Potato Topping:

- 1 medium sweet potato, peeled & cubed
- 1 tsp olive oil
- Splash of milk (or oat milk)



Instructions:

1. Prepare topping:
 - Boil sweet potato until soft (10–12 min).
 - Mash with olive oil + a splash of milk. Set aside.
2. Prepare filling:
 - Sauté onion in olive oil until soft.
 - Add carrot, courgette, lentils, broth, and paprika.
 - Simmer 15–20 minutes until lentils are soft.
3. Assemble & bake:
 - Spoon lentil mixture into a small oven dish.
 - Spread sweet potato mash on top.
 - Bake at 180°C for 10 minutes to set the top.



Why It's Liver-Friendly

- Lentils offer plant protein + soluble fibre that reduces liver fat accumulation.
- Sweet potatoes contain slow carbohydrates that stabilise blood sugar, easing liver load.
- No cheese, butter, or cream → keeps saturated fat very low.
- Full of child-friendly vegetables in soft, blended form.

Lentil, Spinach & Turmeric Stew



Ingredients:

- 1 cup dried red or brown lentils, rinsed
- 1 tbsp extra-virgin olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 4 cups low-sodium vegetable broth (or water)
- 2 handfuls baby spinach
- ½ tsp black pepper
- Optional: squeeze of lemon

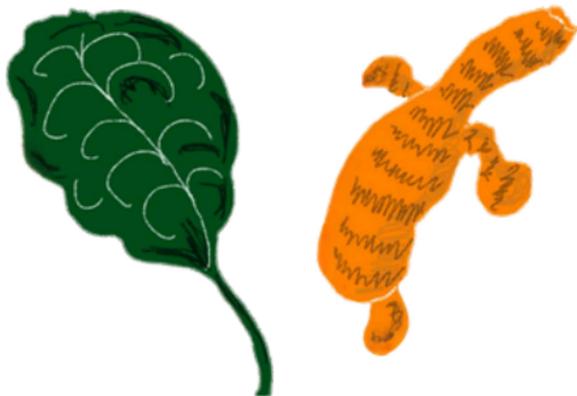


Instructions:

1. Heat olive oil in a pot; sauté onion and carrot 3–4 minutes.
2. Add garlic, turmeric, and cumin—cook 30 seconds (activates the spices).
3. Add lentils + broth, bring to a boil.
4. Simmer 20–25 minutes until lentils soften.
5. Stir in spinach until wilted.
6. Add pepper and lemon just before serving.

Why It's Liver-Friendly

- Lentils are rich in soluble fibre, which reduces hepatic fat accumulation and helps lower cholesterol.
- Turmeric (curcumin) has anti-inflammatory and antioxidant effects on hepatocytes.
- No saturated fats, no added sugar, no refined carbohydrates.
- High fibre supports microbiome health, which is strongly linked to improved liver inflammation.



Spicy Tuna Poké Bowl



Ingredients:

For the tuna

- 1/2 pound sushi grade tuna, cut into 1/2-inch cubes
- 1/4 cup sliced scallions
- 2 tablespoons reduced sodium soy sauce or gluten-free tamari
- 1 teaspoon sesame oil
- 1/2 teaspoon sriracha

For the spicy mayo

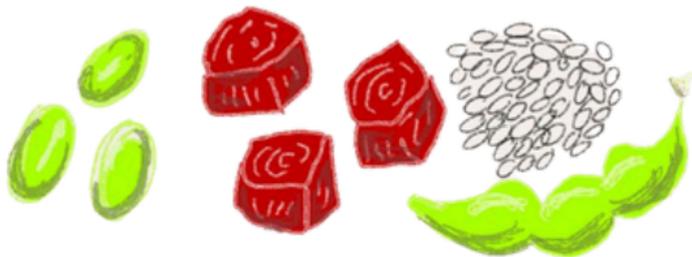
- 2 tablespoons light mayonnaise
- 2 teaspoons sriracha sauce

For the bowl

- 1 cup cooked short grain brown rice or sushi white rice
- 1 cup cucumbers, peeled and diced 1/2-inch cubes
- 1/2 medium avocado sliced
- 2 scallions, sliced for garnish
- 1 teaspoon black sesame seeds
- Reduced sodium soy or gluten-free tamari, for serving (optional)
- Sriracha, for serving (optional)

Instructions:

1. In a small bowl combine the mayonnaise and sriracha, thin with a little water to drizzle.
2. In a medium bowl, combine tuna with scallions, soy sauce, sesame oil and sriracha. Gently toss to combine and set aside while you prepare the bowls.
3. In 2 bowls, layer 1/2 the rice, 1/2 the tuna, avocado, cucumber and scallions.
4. Drizzle with spicy mayo and sesame seeds and serve with extra soy sauce on the side, if desired.



Oven-baked Salmon & potatoes



Ingredients:

- 4 salmon fillets (150g)
- 2 tbsp lemon juice
- 2-3 garlic cloves, finely chopped
- 700 gr baby potatoes
- 1 tbsp olive oil (15g)
- 600gr cherry tomatoes
- 100gr kalamata olives + 100gr green olives
- 2 spring onions (120 gr)
- Pepper, italian herb mix, salt
- Juice and zest of a lemon
- 1 tbsp freshly chopped parsley

Instructions

1. Season the salmon with lemon juice, salt and pepper and let it marinate (covered and in the fridge) for 30 min.
2. Chop the garlic in thin slices
3. Wash the potatoes and cut them in halves or 1/4 and pre-cook them in a pan with the garlic + 1 tbsp of olive oil for 10-15 minutes, mixing regularly. Lightly salt them and put them in a baking dish.
4. Pre-heat the oven at 180 C.
5. Chop the cherry tomatoes in half, cut the spring onions. Add these and the olives to the potatoes. Add salt and pepper and mix of herbs.
6. Place the salmon fillet on top, add zest and juice of a lemon, and drizzle with 2 tbsp of oil.
7. Cover the baking dish with aluminium foil & put in the oven for 15 min.
8. Remove the aluminium and continue cooking for 5-10 min longer.
9. Garnish with parsley.

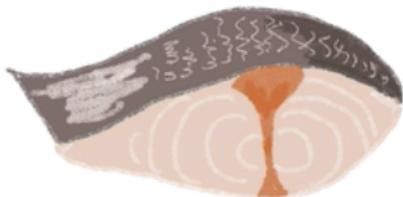


N'Domba



Ingredients:

- 1 kg fish (catfish or silurid fish)
- 3 spicy slices
- 3 pebè nuts
- Djansan
- A small piece of éssèssè (four sides)
- 1 branch of Odzom (ginger leaf)
- 3–4 Osim leaves (small-leaf basil)
- 3 Mesep leaves (wild basil)
- 1 onion, 1 garlic clove
- 3 tomatoes
- Hot pepper, salt, pepper, and Maggi cube (optional)
- Banana leaves or aluminium foil



Instructions:

1. Clean the fish and season with salt and pepper.
2. Toast the spices (spicy slice, djansan, pebè) in a pan and let cool.
3. Crush all the spices with tomatoes, onion, and garlic, then mix with the fish.

N'domba, a dish of fish or meat stewed with spices in banana leaves, is a specialty from the forest region of central and southern Cameroon. This dish is cooked in its own juices, making it a healthier option with minimal oil and fat.



Sweetcorn & Tuna Potato Cakes



Ingredients:

- 1 tin tuna in water, drained
- 1 medium potato, mashed
- ¼ cup sweetcorn
- 1 tbsp yoghurt
- 1 tsp olive oil
- Pinch parsley or paprika



Instructions:

1. Mix tuna, mashed potato, sweetcorn, yoghurt, and spices.
2. Shape into small patties.
3. Brush with a tiny amount of olive oil.
4. Bake 190°C for 10–12 minutes until lightly golden.

Why It's Liver-Friendly

- Tuna in water is low in saturated fat.
- Potato gives soft texture and steady energy without added fats.
- Baking keeps the meal light and easy on the liver.

Creamy Baked Hake & Potato Squares



Ingredients:

- 2 hake fillets
- 1 medium potato, cubed
- 1 tbsp olive oil
- ¼ cup unsweetened yoghurt
- 1 tsp lemon juice
- Pinch paprika (optional)



Instructions:

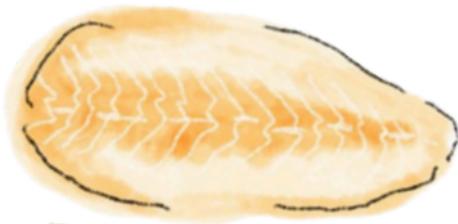
1. Steam potato cubes until nearly soft.
2. Place hake + potatoes in a small oven dish.
3. Mix yoghurt, olive oil, lemon, paprika; pour over.
4. Bake 180°C for 12–15 min.

Why It's Liver-Friendly

- Hake is a lean fish—very low fat.
- Yoghurt gives creaminess without butter.
- Gentle flavours suitable for kids.



Steamed Cod with Ginger and Scallions



Ingredients:

- 1 fresh cod fillet (about 200g)
- 1-inch piece of ginger, julienned
- 2 scallions, julienned
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon olive oil
- 1 teaspoon Shaoxing wine (optional)
- ½ teaspoon honey (optional)
- A pinch of white pepper

Instructions:

1. Prepare the Fish:
 - Rinse the cod fillet and pat it dry with a paper towel.
 - Place it on a heatproof plate suitable for steaming.
2. Seasoning:
 - Drizzle Shaoxing wine (if using) over the fish.
 - Sprinkle white pepper and half of the julienned ginger on top.
3. Steaming:
 - Set up a steamer with boiling water.
 - Place the plate inside, cover, and steam for about 8–10 minutes (depending on the thickness of the fish).
4. Final Touch:
 - Remove the fish from the steamer and discard excess liquid from the plate.
 - Heat olive oil and sesame oil in a small pan.
 - Add the remaining ginger and scallions, stir-fry for a few seconds, then pour over the fish.
 - Drizzle low-sodium soy sauce and a tiny bit of honey (if using) for balance.
5. Serve:
 - Enjoy with steamed rice and sautéed leafy greens.



Baked Salmon with Herbs, Lemon, and Roasted Vegetables



Ingredients:

- 2 salmon fillets (120–150 g each) (may be substituted with other fish options)
- 1 lemon, sliced
- 1 tablespoon olive oil
- 1 tablespoon chopped parsley
- 1 tablespoon dill or cilantro
- 1 garlic clove, minced
- Pepper (optional)
- 1 cup zucchini, half-moon slices
- 1 cup carrot, cut into sticks or rounds



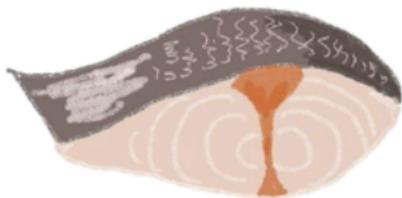
Instructions:

1. Preheat the oven to 190°C (375°F).
2. Line a baking tray with parchment paper and place the salmon fillets skin-side down.
3. Arrange the lemon slices on top of the salmon.
4. Place the zucchini and carrots around the fish.
5. Bake for 15–18 minutes, or until the salmon is tender and the vegetables begin to brown.
6. Meanwhile, mix the olive oil with the garlic, parsley, and dill or cilantro.
7. Remove the tray from the oven and brush the salmon with the herb mixture to enhance aroma and flavor. Serve immediately.

Why is it liver-friendly?

It provides healthy fats (omega-3 and omega-9 fatty acids), beneficial for cardiovascular health, as well as beta-carotenes with antioxidant properties.

Lemon-Herb Baked Hake (Cape Whiting) With Olive Oil & Capers



Ingredients:

- 2 hake fillets (Cape Whiting) (120–150 g each)
- 2 tbsp extra-virgin olive oil
- 1 lemon (zest + juice)
- 1 tbsp capers (rinsed) -optional
- 1 small garlic clove, minced
- 1 tsp dried oregano (or fresh, chopped)
- 1 tsp dried parsley
- Salt-free spice blend or tiny pinch of salt
- Fresh black pepper
- Optional: cherry tomatoes for roasting on the side



Instructions:

1. Preheat oven to 190°C.
2. Place hake fillets on a baking tray lined with baking paper.
3. Mix: olive oil + lemon zest + lemon juice + garlic + oregano + pepper + capers.
4. Spoon the mixture over the fish. Add tomatoes around if using.
5. Bake 12–15 minutes until fish flakes easily.
6. Serve with steamed green beans or a small portion of quinoa/brown rice (optional).

Why It's Liver-Friendly

- *White fish is lean, easy to digest, and low in saturated fat—reducing liver fat accumulation.*
- *Olive oil provides monounsaturated fats, which improve lipid metabolism and reduce hepatic inflammation.*
- *Capers, lemon, and herbs supply antioxidants that help reduce oxidative stress in liver cells.*
- *Very low sodium, no frying, no heavy sauces.*



Mediterranean Baked Fish with Brazilian Vegetables



Ingredients:

Fish (600–800 g firm fillet):

- Sea bass, namorado, badejo, tilapia, yellow hake, or snapper.

Anti-inflammatory Marinade

- Juice of 1 Sicilian lemon (or Tahiti lemon)
- 3 tablespoons extra-virgin olive oil
- 2 crushed garlic cloves
- 1 teaspoon sweet or smoked paprika
- ½ teaspoon turmeric
- Black pepper
- Moderate salt
- 1 tablespoon fresh herbs (thyme, rosemary, or oregano)
- Lemon zest

Marinate for 20 minutes

Vegetables

- 1 zucchini, sliced
- 1 carrot, thinly sliced
- ½ red bell pepper
- ½ red onion, cut into petals
- 10 cherry tomatoes
- ½ eggplant, cubed
- 8 black olives
- 1 tablespoon olive oil
- Pinch of salt and oregano



Instructions:

Assembly

1. Preheat oven to 200°C (392°F).
2. Spread the seasoned vegetables in a baking dish.
3. Place the fish on top and drizzle with remaining marinade.
4. Cover with parchment paper or foil.

Baking

- 20–25 minutes covered, then
- 10 minutes uncovered to brown.

Finish

- Fresh parsley
- Basil
- A drizzle of raw olive oil

Serve with

- Quinoa
- Chickpeas
- Green salad with bitter leaves



Pan-Seared Cape Whiting With Tomato & Basil



Ingredients:

- 2–3 Cape whiting fillets
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 cup chopped tomatoes (fresh or canned, low-salt)
- 1 garlic clove
- 1 handful fresh basil (or 1 tsp dried)
- Pepper
- Optional: baby spinach or steamed broccoli on the side

Instructions:

1. Sauté onion in olive oil until soft.
2. Add garlic + tomatoes; simmer 8–10 min.
3. Add basil, pepper.
4. Lay fish fillets on top of the sauce; cover and simmer 5–7 minutes.
5. Serve with vegetables.

Why It's Liver-Friendly

- Whiting is very low in saturated fat.
- Tomato/basil sauce provides lycopene and polyphenols that combat liver oxidative stress.
- No frying; no dairy; very low sodium.



Grilled miso tuna



Ingredients:

- 1 tuna filets
- 2 tsp miso paste
- 1 tsp mayonnaise
- 1/4 tsp dashi stock
- 1 tbsp water
- 1/2 tsp sugar

Instructions:

1. Remove any bones from the tuna filets, season with salt and pepper, and mix miso paste, dashi stock, water, and sugar for the marinade.
2. Grill the tuna on a hot, oiled grill plate for a few minutes on each side.
3. Pour the miso marinade over the cooked fish, let it infuse, then finish with a dollop of mayonnaise before serving.



Grilled Chicken Breast with Yogurt-Cucumber Sauce



Ingredients:

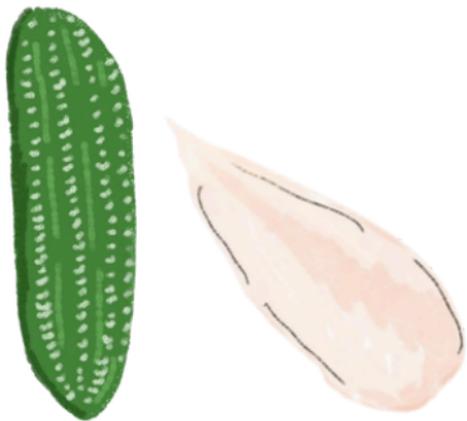
- 2 skinless chicken breasts
- 1 teaspoon olive oil
- Juice of $\frac{1}{2}$ lemon
- Oregano or rosemary
- Pepper

Light Sauce:

- $\frac{1}{2}$ cup low-fat natural yogurt
- $\frac{1}{4}$ cup grated cucumber
- 1 teaspoon dill or mint
- 1 tablespoon natural lemon juice

Sweet-and-Sour Side Salad:

- 1 cup cooked and cooled broccoli
- 1 medium apple, very thinly sliced
- 6 walnuts, chopped



Instructions:

1. Season the chicken breasts with lemon juice, olive oil, and spices.
2. Cook on a hot griddle for about 7 minutes on each side.
3. Mix the yogurt, grated cucumber, dill or mint, and lemon juice until smooth.
4. Prepare the sweet-and-sour garnish by mixing the cooled broccoli, thinly sliced apple, and chopped walnuts.
5. Serve the chicken with the yogurt sauce and accompany with the side salad.

Why is it liver-friendly?

- It provides lean animal proteins (from poultry and dairy) and contains a lower amount of fat.

Mediterranean Chicken With Tomatoes, Garlic & Olives



Ingredients:

- 2 chicken breasts (skinless) or 4 thighs (skin removed)
- 1 tbsp extra-virgin olive oil
- 1 small onion, sliced
- 2 garlic cloves, minced
- 1 cup cherry tomatoes, halved
- ¼ cup pitted olives (preferably low-salt)- Optional
- 1 tsp smoked paprika
- 1 tsp dried thyme or rosemary
- ¼ cup water or low-sodium broth
- Fresh parsley to garnish

Instructions:

1. Heat olive oil in a pan; brown the chicken lightly on both sides.
2. Add onions and garlic; sauté 2 minutes.
3. Add tomatoes, paprika, thyme, olives, and a splash of water/broth.
4. Cover and simmer 15–20 minutes until chicken is cooked through.
5. Garnish with parsley and olives and serve with roasted vegetables or a small grain portion.

Why It's Liver-Friendly

- Skinless chicken reduces saturated fat load, preventing worsening of hepatic steatosis.
- Tomatoes, onions, garlic, olives supply antioxidants (lycopene, quercetin, allicin) that reduce liver oxidative stress.
- Cooked in olive oil, not butter.
- Low-sodium if using reduced-salt olives and broth



Savoy cabbage rolls

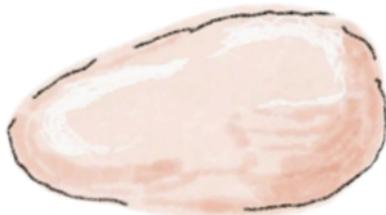


Ingredients:

- 1/2 a Savoy cabbage (larger leaves only)
- 2 chicken breast fillets
- 1 egg
- 3 slices mortadella (optional)
- 1/2 onion
- Olive oil
- Salt and pepper
- Grated parmesan
- 4 tbsp tomato sauce (passata)

Instructions

1. In a pot, boil some water with 2 tsp sea salt
2. Carefully cut the Savoy cabbage leaves one by one leaving them whole. *The bigger leaves will be used to wrap the filling in.
3. Boil one leaf at a time in the pot (ca 2 minutes for each), then extract and pat dry with paper towel
4. In a blender, blend chicken breast, 1 egg, 3 slices of mortadella (optional), 1 tsp salt, and 3 spoons of grated parmesan cheese. Blend until smooth.
5. Take 1-2 tbsp of the chicken filling and wrap it tightly in 1 boiled cabbage leaf (it doesn't need to be perfect!) Repeat until all the filling is stuffed in the cabbage leaves.
6. In a large pan with 2 tbsp olive oil, stir fry diced onion until soft.
7. Add the cabbage rolls to the pan, and top with 4 tbsp of tomato sauce.
8. Put a pan on the lid and cook covered at medium to low heat for 20 minutes.



Rice-cooker Hainanese Chicken Rice



Ingredients:

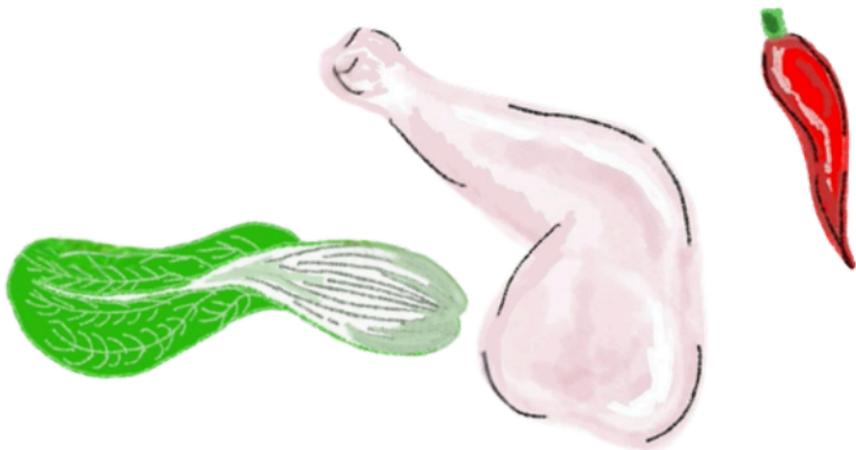
- 2 cups jasmine rice
- 2 spring onions (scallions), trimmed, cut in half
- 3 slices ginger, skin-on
- 2 garlic cloves, finely chopped
- 2½ cups chicken stock
- 4 chicken drumsticks
- 4 small skin-on boneless chicken thigh fillets
- sambal oelek, to serve
- sliced cucumber, to serve

Spring onion oil

- 1 cup finely sliced spring onions (scallions)
- 1 tsp sea salt
- 4 tbsp vegetable oil
- 2 tsp sesame oil

Instructions:

1. Place the rice, spring onion, ginger, garlic and chicken stock in the bowl of a rice cooker. Nestle the chicken pieces into the rice. Close the lid and select the Automatic setting on the rice cooker, then press Start. Leave until the rice cooker automatic function finishes and the rice and chicken are cooked through.
2. For the spring onion sauce, use a mortar and pestle to bruise the spring onion and salt until it forms a rough paste. Place the vegetable oil and sesame oil in a small saucepan over high heat. Heat until a chopstick or wooden spoon placed in to the oil sizzles. Then carefully pour the hot oil over the spring onion paste. Stir until combined. Spoon out into a small serving bowl or dish.
3. To serve, transfer the chicken to a chopping board. Slice the thigh pieces. Serve with the rice, spring onion sauce, sambal oelek and cucumber.

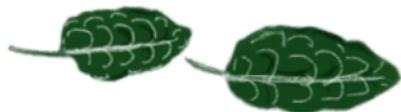


Olive Oil Chicken With Spinach & White Beans



Ingredients:

- 1 chicken breast, sliced
- 1 tbsp olive oil
- 2 cups spinach
- 1 cup white beans (or cannellini beans, rinsed)
- 1 garlic clove
- ½ cup cherry tomatoes
- ½ cup low-sodium broth
- Black pepper



Instructions:

1. Sauté garlic in olive oil.
2. Add chicken; cook until nearly done.
3. Add tomatoes, beans, and broth; simmer 5 minutes.
4. Add spinach until wilted.

Why It's Liver-Friendly

- Beans provide soluble fibre, which reduces liver fat and improves insulin sensitivity.
- Olive oil improves liver lipid metabolism.
- Nutrient-dense and filling without heavy fats.



Şevketi Bostan



Ingredients:

- 500 g şevketi bostan (Centaurea benedicta)
- 250 g lamb meat (optional)
- 1 onion (chopped)
- 1 tablespoon of flour
- 1 tea glass of olive oil
- Juice of 1 lemon
- 2 cups of water
- Salt and black pepper



Instructions:

1. Clean and chop the şevketi bostan.
2. Sauté the onion in olive oil, then add the meat and continue sautéing.
3. Add the flour and stir well, then add water and the chopped şevketi bostan.
4. Cook on low heat until tender.
5. Add lemon juice before serving.

Functional Creamy Tapioca and Coconut Dessert



Ingredients:

- ½ cup tapioca granules
- 400 ml natural coconut milk (unsweetened)
- 200 ml milk or plant-based beverage (almond or oat)
- 2 tablespoons chia seeds
- 2 tablespoons unsweetened shredded coconut
- 1 teaspoon cinnamon
- ½ teaspoon turmeric
- 1 teaspoon vanilla extract
- 2 tablespoons honey
- Pinch of salt
- 1 tablespoon chopped nuts
- Lemon zest



Instructions:

Hydration

1. Warm coconut milk + milk/plant beverage (do not boil).
2. Add tapioca and mix well.
3. Let rest for 10 minutes.

Functional Texture

1. Add chia, shredded coconut, and coconut oil.
2. Mix until naturally thickened (chia helps stabilize blood glucose).

Flavor & Bioactives

1. Add cinnamon, turmeric, vanilla, salt, and sweetener.
2. Mix until smooth.

Gel Setting

1. Portion into small containers.
2. Refrigerate for 2 hours.

Finish

Top with nuts + lemon zest + cocoa powder or berries.

Breakfast Acai bowl



Ingredients:

- 200 gr Frozen acai puree
- 1 Frozen banana
- 1 cup frozen red berries or 1/2 strawberries + 1/2 cup blueberries
- 1/2 cup plain yoghurt 0% fat

Toppings:

- Oats
- Strawberries, blueberries, goji (any red berries of your choice)
- Chia and flax seeds
- Walnuts

Instructions:

1. Freeze the fruit overnight. Slice your banana and transfer it to a small baking sheet or plate lined with parchment paper. To the same plate, add the blueberries and strawberries (store-bought frozen fruit will work just as well). Transfer tray or plate to the freezer and allow fruit to freeze completely.
2. Once the fruit are frozen, add the yoghurt to the bowl of a large, high-speed blender with a tamper. Add the frozen blueberries, strawberries, banana, and broken up acai purée. With the blender on low, use the tamper to push the frozen fruit down, mixing around as much as possible. Continue to blend on low until smooth, only adding additional liquid when needed.
3. Assemble. Divide the smoothie into two bowls and top with all your favorite toppings.



Overnight Oats



Ingredients:

- 1 cup quick cooking oats, rolled oats work too
- 1 tablespoon chia seeds
- 1/2 cup plain Greek yogurt
- 1 cup milk, any kind, we used unsweetened almond milk
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup, or honey

Instructions:

1. Place all of the ingredients for the base recipe into a large container and mix until combined.
2. Cover and refrigerate for at least 2 hours, or overnight (preferred)
3. When you're ready to eat, stir your overnight oats. Add more milk, as desired. Some people like it super thick, and others do not.
4. Top your overnight oats with more flavor toppings and enjoy cold.



Omega-3 Power Cookie



Ingredients:

- 3 Tablespoons flaxseeds
- 3 Tablespoons water
- 2 Tablespoons brown sugar
- 3 Tablespoons extra virgin olive oil
- 3 Tablespoons almond flour
- 3 Tablespoons whole oats (uncooked)
- A pinch of salt
- A handful of chopped walnuts
- A handful of 80% dark chocolate bar chunks

Instructions:

1. Mix all the ingredients except the walnuts and chocolate together until it forms a mixture that will hold together in a loose ball (add more almond flour if needed to keep it together).
2. Then add walnuts and chocolate.
3. Spoon on baking sheet in ~1 T size balls.
4. Bake at 325 degrees for 10 minutes.
5. Cool. Enjoy!

Full of omega-3 fatty acids and fiber that support liver and metabolic health

Acknowledgement: Jennifer Lai



Fudgy Black Bean Brownie



Ingredients:

- 1 can (15 oz) black beans, rinsed and drained
- 2 large eggs
- ¼ cup cocoa powder (Dutch-process gives deeper flavor)
- ¼ cup melted butter or olive oil
- ¼ cup almond butter (adds creaminess + fudginess)
- 4 tbsp maple syrup
- 1 tsp vanilla extract
- ¼ tsp salt
- ½ tsp espresso powder (optional, boosts chocolate flavor)
- ⅓ cup chopped 85–90% dark chocolate (folded in at the end)

Instructions:

1. Preheat oven to 350°F (175°C). Line an 8×8 pan with parchment.
2. Add beans, eggs, cocoa, almond butter, melted butter/olive oil, sweetener, vanilla, salt, and espresso powder to a blender or food processor.
3. Blend until silky smooth this step is crucial for fudginess.
4. Stir in the chopped dark chocolate.
5. Pour into the pan and smooth the top.
6. Bake 18–22 minutes. Remove when the center is just set slightly soft is perfect.
7. Cool completely before slicing. They firm up into a dense, truffle-like texture
8. Serve with fresh strawberries

Being diagnosed with liver disease doesn't mean giving up dessert. These rich, chocolatey brownies satisfy a sweet tooth while offering protein, fiber, and wholesome ingredients that support your health goals. Made without seed oils or refined sugars, they help keep inflammation in check and are liver friendly. They're simple to prepare, deeply fudgy, and so delicious that no one will guess they're made with black beans.

Acknowledgement: Susan Horava



Liver Lover Oatmeal



Ingredients:

- ½ cup oats
- 1 cup milk
- 1 tbsp. chia
- Dash of salt
- Cinnamon
- 2 tbsp. Extra virgin olive oil
- ½ cup blueberries



Instructions:

1. Bring milk to boil in a covered pot
2. Add in oats and stir. Lower heat and cook about 5 minutes or until soft
3. Remove from heat
4. Stir into oats: chia seeds, a dash of salt, cinnamon to taste, and extra virgin olive oil. Mix well.
5. Add oatmeal to serving bowl and top with fresh blueberries

The addition of extra virgin olive oil helps improve liver enzyme levels, while chia seeds provide essential fiber. Beta-glucans from oats and anthocyanins from blueberries help to reduce fat accumulation and protect against oxidative damage.

Acknowledgement: Tiffany Mensah



Functional Fruit Salad for Insulin Resistance



Ingredients:

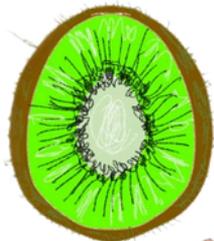
- ½ cup strawberries
- ½ cup blueberries or red grapes
- ½ kiwi, diced
- ¼ apple with skin, finely diced
- 2 tablespoons diced avocado
- 2 tablespoons fresh coconut
- 1 tablespoon chia seeds
- 1 tablespoon ground golden flaxseed
- 1 tablespoon chopped Brazil nuts
- 1 tablespoon pumpkin seeds

Dressing

- 2 tablespoons whole natural yogurt or kefir
- Juice of ½ lemon
- 1 teaspoon cinnamon
- A pinch of ginger
- A pinch of turmeric
- A drizzle of olive oil
- Optional: vanilla extract (adds sweetness without sugar)

Instructions:

1. Gently mix the fruits. Add avocado and coconut.
2. Prepare the dressing separately.
3. Add dressing to the fruit mixture.
4. Add seeds only at the time of serving.



Yoghurt Panna Cotta



Ingredients:

- nonstick cooking spray
- 3 tablespoons 1% fat milk
- 1 1/4 cups 1% fat milk
- 1/2 tablespoon unflavored gelatin
- 6 tbsps sugar, divided
- 1 cup plain 0% Greek yogurt
- 1 teaspoon vanilla extract
- 4 cups mixed berries, blackberries, raspberries and sliced strawberries
- 8 small mint leaves, for garnish



Instructions:

1. Spray 8 (4-ounce) ramekins with nonstick cooking spray.
2. Pour 3 tablespoons of milk into small bowl and sprinkle the gelatin over top; let it stand 10 minutes.
3. Meanwhile, heat remaining 1 1/4 cup milk and 5 tablespoons sugar in small saucepan over medium heat. Add the gelatin mixture and stir until sugar and gelatin are completely dissolved (do not boil).
4. Remove from heat and let cool slightly. Whisk in yogurt and vanilla until smooth.
5. Divide mixture, about 1/3 cup each equally among prepared ramekins, cover with plastic wrap, and chill until firm, at least 6 hours or overnight.
6. About 30 minutes before serving, combine berries with the remaining 1 tablespoon of sugar in a medium bowl; stir occasionally with rubber spatula until juicy, at least 10 minutes.
7. Unmold each panna cotta onto small plate; top each with 1/2 cup berries.
8. Garnish with fresh mint leaves if desired.

Buttermilk (Chaach) with mint & ginger



Ingredients:

- 1/2 cup fresh curd
- 1 cup water
- 1/2 tsp roasted cumin powder
- 1/2 inch grated ginger
- 3-4 mint leaves
- Salt to taste



Instructions:

1. Whisk the curd with water until smooth.
2. Add roasted cumin powder, ginger, mint, and black salt.
3. Blend well and serve chilled or at room temperature.



Cucumber-Pineapple Refresher

Ingredients:

- ½ cup cucumber
- ½ cup pineapple
- 6 mint leaves
- 1 cup sparkling water
- Juice of ½ lemon

Instructions:

Blend cucumber and pineapple, strain, mix with lemon and mint, and top with sparkling water.



Berry Water with Ginger

Ingredients:

- ½ cup raspberries
- ½ cup blueberries
- 3 slices of ginger
- Cold water

Instructions:

Lightly mash the berries, add ginger, and cover with water.



Passion Fruit and Spearmint Refresher

Ingredients:

- Pulp of 1 passion fruit
- Spearmint or mint leaves
- Sparkling water
- Ice

Instructions:

Blend together



Tropical mocktail

Ingredients:

- ½ cup mango
- 1 cup coconut water (or almond beverage)
- 1 teaspoon turmeric powder
- Ice

Instructions:

Blend gently and serve chilled.





The World Liver Day activities are carried out under the umbrella of
Healthy Livers, Healthy Lives.