



# Back to Basics at

# Christmas



# Meal Planner for W/C:

	Breakfast	Lunch	Dinner	Snacks
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# Maple and Mustard Glazed Carrots

SERVINGS: 8

TIME: 30 MIN

## Ingredients

1kg carrots  
50ml olive oil  
1tbsp maple syrup  
1tbsp wholegrain mustard

## Directions

1. Cut the carrots into batons.
2. Boil or steam the carrots for up to 5 minutes, until tender to bite. Drain and set aside.
3. In a glass bowl, mix the olive oil, maple syrup and wholegrain mustard until combined.
4. Add the cooked carrots to the bowl, and evenly coat with the glaze.

# Crispy Parmesan Brussel Sprouts

SERVINGS: 4

TIME: 20 MIN

## Ingredients

300g  
25ml olive oil  
15g grated parmesan  
3tbsp panko breadcrumbs  
Fresh thyme  
Salt and pepper

## Directions

1. Preheat the oven to 180°C fan.
2. Prep the sprouts and cut them in half.
3. In a glass bowl, add the halved sprouts and coat with the olive oil.
4. Add the parmesan, panko breadcrumbs and thyme to the bowl. Mix everything together to coat the sprouts. Season with salt and pepper.
5. Bake the sprouts on a non-stick oven tray for 15 minutes, until golden brown and tender.

# Braised Christmas Red Cabbage

SERVINGS: 8

TIME: 55 MIN

## Ingredients

1 red cabbage  
2 bay leaves  
5 star anise  
1/2 tsp ground cinnamon  
200ml water  
40g caster sugar  
75ml cider vinegar  
2 apples

## Directions

1. Prep the cabbage by finely shredding it. At the same time, core the apples and cut into wedges.
2. Place all the ingredients, except the apples, into a saucepan, over a medium heat.
3. Bring the pan to the boil, and then simmer for 30 minutes.
4. After 30 minutes, add the apples and cook for another 10-15 minutes, until the apples are tender.
5. Taste the braised cabbage and season as required.

# Christmas Poached Pears

SERVINGS: 6

TIME: 50 MIN

## Ingredients

6 pears  
1 vanilla pod  
1 bottle red wine  
200g caster sugar  
1 cinnamon stick  
Fresh thyme

## Directions

1. Peel the pears. Don't cut the pears - leave them whole.
2. Scrape the vanilla seeds out of the pod, by halving the pod and scraping with a knife. Add these to a large saucepan.
3. Add the red wine, sugar, cinnamon, thyme and the outer part of the vanilla pod to the pan.
4. Place the pears into the pan.
5. Simmer the pears for 20-30 minutes in the saucepan, with the lid on. Check on the pears at around 20 minutes, as cooking times will vary.
6. Once the pears are tender, remove from the saucepan and set aside.
7. Reduce the liquid in the saucepan to a syrup, by bringing the pan to the boil. The liquid should thicken and reduce in volume by roughly half.
8. To serve, place a pear in a bowl and cover with the syrup.

# Single Serve Chocolate Mousse

SERVINGS: 4

TIME: 10 MIN

## Ingredients

150g 70% dark chocolate  
6 egg whites  
30g golden caster sugar  
4tbsp creme fraiche

## Directions

1. Melt the chocolate in a glass bowl, over a saucepan of simmering water.
2. Meanwhile, whisk the egg whites to form soft peaks. Add the sugar slowly and whisk until stiff peaks form - similar to making a meringue.
3. Once the chocolate is melted, add one tablespoon of the egg mix into the melted chocolate and quickly mix this in.
4. Gently fold in the rest of the egg mix, using a large metal spoon. Being too vigorous/rough here will knock out lots of air, meaning your chocolate mousse won't have an airy texture.
5. Spoon the mixture into serving dishes and set for 2-3 hours in the fridge.

# Filo Mince Pies

SERVINGS: 12

TIME: 35 MIN

## Ingredients

1 packet filo pastry  
50ml olive oil  
1 jar mincemeat

## Directions

1. Preheat the oven to 180°C fan.
2. Thoroughly grease a muffin tin with olive oil.
3. Cut the sheets of filo pastry into four squares.
4. Place one sheet of pastry into the greased tin, being careful not to break it.
5. Brush the pastry with olive oil, and then at a right angle, place another sheet of pastry on top. Again, be careful not to break the pastry.
6. Add a tablespoon of mincemeat to each case.
7. Bake for 15-20 minutes, until golden brown.
8. When removing from the tin, be gentle to avoid breakages.





# Harley Street at Home

Menopause



Make walking fun this December with our walking bingo card.  
Be sure to take pics and share on social!



Spot a robin!



Go on a woodland walk



Spot an Advent window

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Make a Christmas playlist and share it



Spot the best dressed Christmas house on your route

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Spot a Christmas inflatable



Spot some Holly and Mistletoe



Spot a star



Spot a nativity scene



Spot a rein(deer)

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Listen to a festive podcast

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Spot some carol singers



Give your Christmas jumper an outing!

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Call an old friend




Go on a family walk



Meet a friend and take a flask

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Find three number 25s

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Spot Santa!

Do a Grateful Mile walk - who or what are you grateful for today? Tell us!



Count how many 'Santa Stop Here' signs you see