

## Good Mood Food

### **Quick vegan hot choc**

#### Ingredients

30g good quality dark chocolate (approx. 3 squares), broken into small pieces  
160ml unsweetened almond milk

#### Method

Put the chocolate pieces in a mug, add the milk and microwave on full power for 30 seconds. Stir then repeat. Repeat again giving the drink a final stir making sure all the chocolate is melted. Enjoy!

#### Questions/Notes

- You can use any chocolate really, but dark chocolate brings some health benefits – contains iron, fibre, magnesium, copper, may lower blood pressure and is a source of antioxidants.
- A flavoured chocolate works well – chilli and the Co-op orange flavour are good examples.
- You can add some cinnamon or mix with a cinnamon stick. Cinnamon is a good source of antioxidants, is a prebiotic which improves gut health, and reduces blood pressure.

## Kimchi pancakes

### Ingredients

250g kimchi

160g flour (or 80g flour, 80g rice flour)

1tsp salt

200g firm tofu, thinly sliced

5 spring onions, chopped

Around 200g veg – one of or a mixture of beansprouts, carrots, radish, spinach, sweetcorn, courgette

Optional dipping sauce:

3 tbsp soy sauce

1.5 tbsp rice vinegar

2 tsp sesame oil

1 tsp caster sugar

Additional flavours – garlic, chilli (dried or fresh), sesame seeds, gochujang, ginger, spring onions etc

### Method

Squeeze out as much moisture from the kimchi as you can and keep the juice. Top up to 200ml with water.

In a large bowl whisk the flour, salt and kimchi water to a loose batter and mix in all the other ingredients. Leave to stand for 10 minutes.

Mix together the ingredients for the dipping sauce.

Heat a little oil in a non-stick pan and fry scoops of the batter for about 5 minutes or until the bottom is crispy, flip and cook until the other side is golden.

### Notes/Questions

- There is growing evidence that fermented foods such as kimchi may improve intestinal health and as a result support the immune system and anti-inflammatory responses.
- Increasing evidence has associated gut microbiota to both gastrointestinal and extra-gastrointestinal diseases. Dysbiosis and inflammation of the gut have been linked to causing several mental illnesses including anxiety and depression, which are prevalent in society today.

## Roast Salmon tray bake

### Ingredients

800g mixed veg – asparagus, broccoli, peas, beans etc.  
1 tsp sea salt flakes  
1 tbsp sesame oil  
4 salmon fillets  
½ tbsp good soy sauce  
½ tbsp sesame oil  
½ tbsp honey  
6cm fresh ginger, grated  
1 lime, juice only  
1 tbsp sesame oil  
3 spring onions, finely sliced  
1 handful of peanuts  
1 red chilli, finely sliced

### Method

Sprinkle the salt over the salmon fillets and leave for 30 mins. This both seasons the fish and firms up the texture a little.

Toss the veg in the sesame oil and spread out in a large roasting tin.

Mix together the soy sesame oil and honey and add the salmon to coat and place on the veg.

Roast for 20 minutes in a 180c fan/200c oven.

Mix together the rest of the ingredients and mix through the veg before serving. Serve with rice or noodles.

### Questions/Notes

- Omega-3 fatty acids are a group of essential fats that you must obtain through your diet because your body can't produce them on its own.
- Fatty fish like salmon and albacore tuna are rich in two types of omega-3s — docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) — that are linked to lower levels of depression.
- Omega-3s contribute to the fluidity of your brain's cell membrane and appear to play key roles in brain development and cell signalling.
- While research is mixed, one review of clinical trials showed that in some studies, consuming omega-3's in the form of fish oil lower depression scores.