

# Cornflake Millionaire Shortbread



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# Cornflake Millionaire Shortbread

**MAKES: 12**

**PREP: 1 HR 5MINS**

**444 KCAL PER PORTION**

## Ingredients

200g plain flour  
60g caster sugar  
150g unsalted butter, cold and cubed  
Pinch of salt  
100g unsalted butter  
100g light brown sugar

1 x 397g tin condensed milk  
2 tbsp golden syrup  
Pinch of salt  
200g dark chocolate  
1 tbsp unsalted butter  
75g cornflakes

## Method

1. Preheat the oven to 180°C / 160°C fan. Line a 20cm x 30cm rectangular baking tin with baking parchment.
2. In a mixing bowl, rub the flour, sugar and salt together with the butter until it resembles fine breadcrumbs, then bring together into a dough.
3. Press the dough evenly into the base of the prepared tin and prick all over with a fork.
4. Bake for 20–25 minutes until lightly golden. Leave to cool completely in the tin.
5. In a saucepan, melt the butter, brown sugar, condensed milk and golden syrup over a low heat, stirring constantly.
6. Once melted, increase the heat slightly and bring to a gentle simmer. Cook for 5–7 minutes, stirring often, until the mixture thickens and turns a deeper golden colour.
7. Stir in a pinch of salt, then pour the caramel over the cooled shortbread base. Allow to cool slightly, then transfer to the fridge for 1 hour or until set.
8. Melt the chocolate and butter together in a heatproof bowl set over a pan of simmering water (or in short bursts in the microwave). Stir until smooth.
9. Gently fold the cornflakes into the melted chocolate mixture until fully coated.
10. Spread the chocolate cornflake mix evenly over the set caramel layer, pressing gently to ensure it sticks.
11. Chill for at least 1 hour or until completely set. Once fully set, remove from the tin using the parchment.
12. Slice into 12 squares using a sharp knife (run it under hot water for neater cuts). Store in an airtight container in the fridge for up to 5 days.



# Feta, Tomato, Spinach and Egg Breakfast Baked Croissant



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# Feta, Tomato, Spinach and Egg Breakfast Baked Croissant

**MAKES: 4**

**PREP: 35MINS**

**409 KCAL PER PORTION**

## Ingredients

4 leftover croissants (preferably a day or two old – not too flaky)  
4 medium eggs  
80g baby spinach, roughly chopped  
100g cherry tomatoes, halved or quartered  
½ red pepper fine diced  
½ red onion fine diced  
80g feta cheese, crumbled

2 tbsp milk or cream  
½ tsp dried oregano or thyme  
Salt and freshly ground black pepper  
Olive oil or butter, for brushing

**Optional:** chilli flakes, fresh basil, or a sprinkle of grated cheese on top

## Method

1. Preheat your oven to 180°C / 160°C fan and line a baking tray with parchment paper.
2. Using a small serrated knife, carefully cut a rectangular pocket in the top of each croissant – just deep enough to create space for the filling, but without cutting through the bottom.
3. Gently press down the inside with the back of a spoon to make room, removing some of the interior if needed (save for breadcrumbs or another recipe).
4. In a bowl, whisk together the eggs, milk (or cream), chopped spinach, cherry tomatoes and crumbled feta.
5. Add oregano or thyme and season well with salt and black pepper.
6. Pour or spoon the mixture evenly into each croissant pocket – it's okay if a little overflows.
7. Sprinkle with extra feta or chilli flakes, if using.
8. Place the filled croissants on the lined tray. Bake for 15–20 minutes, or until the egg mixture is set and the tops are golden.
9. If the croissants are browning too quickly, cover loosely with foil during baking.
10. Serve warm, garnished with a few basil leaves or an extra sprinkle of feta if desired. These are great with a side of rocket salad or a fresh fruit bowl.

### Tips & Variations

You can swap feta for goat's cheese, grated cheddar or even cooked sausage for a meatier version.

Add finely chopped spring onions or herbs for extra flavour.

These can be baked ahead and reheated in a low oven for a few minutes.



# Prosciutto, Parmesan Cheese, Basil Pesto and Rocket Baguette



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# Prosciutto, Parmesan Cheese, Basil Pesto and Rocket Baguette

**MAKES: 1**

**PREP: 10MINS**

**679 KCAL PER PORTION**

## Ingredients

1/2 rustic baguette (150g)  
3 slices Parma ham (30g)  
10g Parmesan cheese, shaved or thinly sliced  
10g basil pesto  
10g free range mayonnaise  
20g sun-dried tomatoes (in oil), drained and sliced  
10g fresh rocket leaves

## Method

1. Prepare the baguette and bake if required. Allow to cool.
2. Slice the baguette in half lengthways, leaving it hinged if preferred.
3. Spread the basil pesto evenly across the inside of the baguette.
4. Add the prosciutto slices first, followed by the sun-dried tomatoes, Parmesan shavings, and a handful of rocket.
5. Close the baguette and serve.



# Sultana, Cranberry and Apricot Chia Seed Pot With Toasted Flaked Almonds



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# Sultana, Cranberry and Apricot Chia Seed Pot with Toasted Flaked Almonds

**MAKES: 10**

**PREP: 4 HRS 30MINS**

**389 KCAL PER PORTION**

## Ingredients

250g apple juice  
1000g Greek yoghurt  
50g milk  
200g chia seeds  
20g vanilla essence

### Topping:

80g sultanas  
80g dried cranberries  
80g dried apricots, finely chopped  
60g flaked almonds toasted  
Zest and juice of 1 orange

## Method

1. In a large mixing bowl or container, combine the apple juice, Greek yoghurt, milk, vanilla essence and chia seeds.
2. Whisk well until fully combined and the chia seeds are evenly distributed.
3. Let the mixture rest for 10 minutes, then whisk again to prevent clumping.
4. Cover and refrigerate for at least 4 hours, or preferably overnight, until thickened into a pudding consistency.
5. Toast the flaked almonds in a dry frying pan over medium heat for 2–3 minutes, stirring frequently, until golden. Set aside to cool.
6. In a bowl, mix the sultanas, cranberries, chopped apricots, orange zest and juice and allow to soak.
7. Once the chia mixture is set, divide evenly between 10 grab and go pots (approx. 150ml each).
8. Top each pot with a generous tablespoon of the fruit mix and sprinkle over the toasted almonds.
9. Seal with lids and store in the fridge.



# Crayfish, Avocado, Radish and Cucumber Salad with Bloody Mary Relish



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# Crayfish, Avocado, Radish and Cucumber Salad with Bloody Mary Relish

**MAKES: 1**

**PREP: 20MINS**

**331 KCAL PER PORTION**

## Ingredients

40g cooked crayfish tails  
30g avocado, diced  
5g radishes, thinly sliced  
40g cucumber, halved lengthways and thinly sliced  
5g red onion sliced  
25g rocket leaves  
1 lemon wedge (for squeezing before eating)

### Pearl Barley:

40g pearl barley  
¼ lemon juice  
½ tbsp olive oil  
5g dill finely chopped

### Bloody Mary Tomato Relish

20g Stokes Bloody Mary Ketchup  
10g cherry tomatoes, cut into ¼  
5g finely diced shallot  
½ tsp lemon juice  
Cracked black pepper, to taste  
a few drops of Tabasco

## Method

1. Cook the pearl barley in salted boiling water (if not using pre-cooked)
2. Rinse 40g dry pearl barley and cook in boiling salted water for 25–30 minutes until tender but with bite.
3. Drain well and while allowing to cool squeeze over ¼ lemon juice and 1/2 tbsp olive oil. You should have around 80g cooked barley.
4. In a small bowl, mix the chopped cherry tomatoes, shallot with Stokes Bloody Mary Ketchup, lemon juice, celery salt and pepper.
5. Stir to form a chunky, tangy relish. Add Tabasco for extra heat.
6. Spoon into a small dressing insert container.
7. In your grab-and-go container, layer the rocket leaves and cooked pearl barley as the base.
8. Top with the crayfish tails, avocado, radishes and cucumber.
9. Tuck in a lemon wedge for squeezing before eating.
10. Finish with a pinch of cracked black pepper and the Bloody Mary relish in a dressing pot insert.



# Beetroot, Carrot and Kimchi Slaw with Sultanas and Toasted Cashew Nuts

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# Beetroot, Carrot and Kimchi Slaw with Sultanas and Toasted Cashew Nuts

**MAKES: 4**

**PREP: 20MINS**

**240 KCAL PER PORTION**

## Ingredients

2 medium raw beetroot, peeled and grated or julienned  
2 large carrots, peeled and grated or julienned  
100g kimchi, roughly chopped  
100g savoy cabbage shredded  
2 spring onions, finely sliced  
1 small handful fresh coriander or parsley (optional), chopped  
40g sultanas  
60g toasted cashew nuts, roughly chopped (plus extra for garnish)

### Dressing:

1 tbsp light soy sauce (or tamari for gluten-free)  
1 tbsp sesame oil  
1 tbsp honey or maple syrup  
Juice of ½ lime  
1 tsp grated fresh ginger  
½ clove garlic grated  
Pinch of salt and freshly ground black pepper

## Method

1. In a small bowl or jar, whisk together the cider vinegar, soy sauce, sesame oil, honey (or maple), lime juice, grated ginger, garlic, salt and pepper until well combined. Taste and adjust to your preference.
2. In a large mixing bowl, combine the grated beetroot, grated carrot, chopped kimchi, spring onions, and fresh herbs (if using).
3. Add the sultanas and toasted cashew nuts.
4. Pour the dressing over the slaw and toss everything together until well coated.
5. Let sit for 10–15 minutes to allow the flavours to meld and the sultanas to plump slightly.
6. Divide the slaw between 4 bowls or plates.
7. Garnish with an extra sprinkle of chopped toasted cashews and a few herb leaves.



# **Green Goddess Chopped Salad with Preserved Lemon Butter Beans and Pumpnickel Croutons**



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# Green Goddess Chopped Salad with Preserved Lemon Butter Beans and Pumpernickel Croutons

**MAKES: 4**

**PREP: 25 MINS**

**311 KCAL PER PORTION**

## Ingredients

100g Greek (or plant-based) yoghurt  
1 small ripe avocado  
1 small garlic clove, minced  
1 tbsp olive oil  
Juice of ½ lemon  
1 tsp white wine vinegar  
Handful fresh basil leaves  
Handful fresh parsley  
1 tbsp chopped chives  
Salt and black pepper, to taste

### **Preserved Lemon Butter Beans:**

1 x 400g tin butter beans, drained and rinsed

½ preserved lemon, flesh removed, rind finely chopped  
1 tbsp extra virgin olive oil  
Pinch of sea salt  
Black pepper, to taste  
Optional: pinch of chilli flakes

### **Pumpernickel Croutons:**

3 slices Pumpernickel bread, cut into small cubes  
1½ tbsp olive oil  
Pinch of sea salt  
Optional: ½ tsp garlic powder or dried thyme

### **Chopped Salad:**

1 small romaine lettuce, finely chopped  
½ cucumber, finely diced  
4 spring onions, thinly sliced  
1 green pepper, finely diced  
1 small bunch fresh dill, chopped  
100g sugar snap peas or mange tout, thinly sliced  
Handful of radishes, thinly sliced  
Optional: handful of microgreens or watercress

## Method

1. Preheat the oven 180°C / 160°C fan. Toss the pumpernickel bread cubes with olive oil, salt and optional garlic powder or herbs.
2. Spread on a baking tray and toast for 10–12 minutes, turning once, until crisp and golden. Set aside to cool.
3. In a small bowl, gently mix together all the ingredients for the preserved lemon butter beans. Allow to sit for 10 minutes to absorb the flavours.
4. In a blender or food processor, combine all dressing ingredients. Blitz until smooth and creamy. Add a splash of water to loosen the consistency if needed.
5. Taste and adjust seasoning. Set aside or chill until ready to serve.
6. In a large bowl, toss together all the chopped salad ingredients. Add the preserved lemon butter beans and most of the rye croutons (reserving a few for topping).
7. Drizzle over the Green Goddess dressing and toss gently to coat.
8. Divide the salad between 4 bowls or plates. Scatter with the remaining rye croutons and a few extra herbs or microgreens.
9. Finish with a drizzle of olive oil or squeeze of lemon, if desired.



# Beetroot Conchiglie Pasta with Crumbled Feta, Toasted Seeds, and Pine Nuts, Lemon and Dill Gremolata



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# Beetroot Conchiglie Pasta with Crumbled Feta, Toasted Seeds and Pine Nuts, Lemon and Dill Gremolata

**MAKES: 4**

**PREP: 30 MINS**

**639 KCAL PER PORTION**

## Ingredients

400g cooked beetroot (peeled)  
1 small garlic clove, crushed  
2 tbsp olive oil  
2 tbsp crème fraîche (or Greek yoghurt)  
1 tbsp lemon juice  
Salt and freshly ground black pepper, to taste

### Pasta:

350g conchiglie (pasta shells), or other short pasta  
Salt for pasta water

### Topping:

200g feta cheese, crumbled  
20g pine nuts  
20g mixed seeds  
Extra virgin olive oil, to drizzle (optional)

### Gremolata:

Zest of 1 lemon  
Small handful fresh dill, finely chopped  
Small handful flat-leaf parsley, finely chopped  
1 small garlic clove, very finely grated or minced

## Method

1. Bring a large pot of salted water to the boil. Add the conchiglie and cook according to packet instructions until al dente. Reserve about ½ cup of the pasta water before draining.
2. While the pasta cooks, add the cooked beetroot, garlic, olive oil, crème fraîche (or yoghurt), and lemon juice to a blender or food processor. Blend until smooth and creamy. Season generously with salt and black pepper to taste.
3. If needed, loosen the sauce with a tablespoon or two of reserved pasta water.
4. In a dry frying pan over medium heat, toast the pine nuts for 2–3 minutes, stirring often, until golden and fragrant. Remove from heat and set aside.
5. In a small bowl, mix together the ingredients for the gremolata until well combined.
6. Return the drained pasta to the warm pan. Pour over the beetroot sauce and stir gently to coat evenly. Add a splash of reserved pasta water if needed for a silkier texture.
7. Divide the beetroot-coated pasta between four warm plates or bowls. Sprinkle each portion with crumbled feta and toasted seeds and pine nuts.
8. Finish with a generous spoonful of the lemon-dill gremolata on top and a little drizzle of extra virgin olive oil.



# Gluten Free Spinach Ricotta and Artichoke Pizza with Walnut Pesto

The image shows two round, gluten-free pizzas on a rustic wooden surface. Each pizza is topped with a layer of white ricotta cheese, fresh spinach leaves, sliced artichoke hearts, and a green walnut pesto. The pizzas are surrounded by several fresh, purple artichokes with green stems. The text 'Gluten Free Spinach Ricotta and Artichoke Pizza with Walnut Pesto' is overlaid in large, white, bold letters on the top left of the image.

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# Gluten Free Spinach, Ricotta and Artichoke Pizza with Walnut Pesto

**MAKES: 1**

**PREP: 20 MINS**

**644 KCAL PER PORTION**

## Ingredients

1 gluten-free pizza base (approx. 210g)  
2 tbsp ricotta cheese  
1 small garlic clove, minced  
40g baby spinach flash fried and wilted  
3–4 artichoke hearts in oil, quartered or roughly torn  
2–3 tbsp walnut pesto (see adjacent)  
1 tbsp grated Parmesan or vegetarian hard cheese  
Olive oil, for drizzling  
Salt and freshly ground black pepper

Optional: a pinch of chilli flakes or a few basil leaves to serve

### Walnut Pesto:

90g walnuts, lightly toasted  
30g fresh basil leaves  
2 garlic clove  
90g grated Parmesan (or nutritional yeast for dairy-free)  
4 tbsp olive oil (plus more to adjust)  
Juice of ¼ lemon  
Salt and pepper, to taste

## Method

1. In a food processor or small blender, combine all the ingredients for the walnut pesto.
2. Blitz while slowly adding olive oil until you reach a loose, spoonable consistency. Taste and adjust seasoning.
3. Wilt the spinach briefly in a dry pan over low heat until just softened. Let it cool slightly, then squeeze out excess moisture and roughly chop.
4. Mix the ricotta with the minced garlic and a pinch of salt and pepper.
5. Preheat your oven to the temperature recommended for your pizza base (usually 200°C / 180°C fan).
6. Place the gluten-free pizza base on a baking tray or pizza stone.
7. Spread the ricotta mixture over the base, then dot with the wilted spinach and artichoke pieces.
8. Spoon over the walnut pesto in small dollops, then scatter with grated Parmesan.
9. Finish with a drizzle of olive oil and a little black pepper.
10. Bake according to the instructions for your pizza base – usually around 10–12 minutes, or until the edges are crisp and golden and the toppings are bubbling slightly.
11. Remove from the oven and allow to cool for a minute or two. Garnish with extra pesto, a few basil leaves or chilli flakes.



# Smoked Tofu, Peanut and Coconut Curry With Sticky Rice and Roast Broccoli



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# Smoked Tofu, Peanut and Coconut Curry with Sticky Rice and Roast Broccoli

**MAKES: 4**

**PREP: 35MINS**

**682 KCAL PER PORTION**

## Ingredients

300g smoked tofu, cut into 2cm cubes  
1 medium onion, thinly sliced  
2 garlic cloves, finely chopped  
1 tsp freshly grated ginger  
1 tsp ground turmeric  
1 tbsp premade Thai green curry paste  
2 tbsp smooth peanut butter  
400ml can coconut milk  
100ml water (or vegetable stock

for extra flavour  
1 red bell pepper, julienned (optional for extra colour)  
1 tbsp vegetable or rapeseed oil  
Juice of ½ lime  
1tbsp Soy sauce  
Salt and freshly ground black pepper, to taste

**Sticky Rice:**  
250g sushi rice

300ml water  
1 tsp salt  
Optional: 2 tbsp Sushi rice vinegar

### **Roast Broccoli:**

1 large head of broccoli, cut into florets  
1–2 tbsp olive oil  
Salt and freshly ground black pepper  
½ tsp smoked paprika

## Method

1. Preheat your oven to 200°C / 180°C fan. Place the broccoli florets on a baking tray. Drizzle with olive oil and season with salt, pepper and smoked paprika if using.
2. Toss to coat evenly and roast in the oven for 10–15 minutes, tossing once halfway through, until the broccoli is tender and lightly charred on the edges.
3. Rinse the sushi rice under cold water until the water runs clear and drain well.
4. Combine the rice, water, and salt in a medium saucepan. Bring to a boil over medium-high heat, then cover with a tight-fitting lid, reduce the heat to low and simmer for 15–18 minutes until the water is absorbed.
5. Remove from the heat and let it stand, covered, for 10 minutes. Fluff with a fork; if using, stir in the sushi rice vinegar now for extra tang.
6. In a large, deep frying pan or saucepan, heat the oil over medium heat. Add the sliced onion and sauté for 3–4 minutes until softened.
7. Add the garlic and grated ginger, cooking for another minute until fragrant. Stir in the ground turmeric and Thai green curry paste; cook for an additional 2 minutes to release the spices.
8. Add the peanut butter and mix well, ensuring it is thoroughly combined with the paste and onions. Pour in the coconut milk and water (or stock), stirring to blend everything smoothly.
9. Gently add the smoked tofu cubes (and red pepper if using). Simmer on a low heat for 8–10 minutes, allowing the tofu to absorb the flavours.
10. Season with lime juice soy sauce, salt, and freshly ground black pepper to taste. Adjust the curry paste or peanut butter if you desire a richer flavour.
11. Spoon a generous portion of the sticky sushi rice onto each plate. Ladle over the peanut turmeric, smoked tofu and coconut curry.
12. Arrange a serving of roast broccoli on the side. Garnish with a wedge of lime or a sprinkle of fresh coriander if desired.



# Roasted Sumac Courgettes With Ezme Salad, Harissa Lentils and Tzatziki Sauce



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# Roasted Sumac Courgettes with Ezme Salad, Harissa Lentils and Tzatziki Sauce

**MAKES: 4**

**PREP: 40MINS**

**328 KCAL PER PORTION**

## Ingredients

4 medium courgettes, cut into ¼  
2 tbsp olive oil  
1½ tsp ground sumac  
½ tsp cumin seeds  
Salt and freshly ground black pepper  
Zest of 1 lemon

### Ezme Salad:

4 medium tomatoes, finely diced  
1 red pepper, finely chopped  
½ red onion, finely chopped  
1 small red chilli, deseeded and finely chopped

(optional)  
1 tbsp tomato purée  
Juice of ½ lemon  
1 tbsp pomegranate molasses  
4 tbsp olive oil  
Small handful of flat-leaf parsley, finely chopped

### Harissa Lentils:

3 tbsp olive oil  
2 garlic clove, finely chopped  
1 white onion diced  
2 tbsp rose harissa paste  
400g cooked green or

brown lentils  
2 tbsp water

### Tzatziki Sauce:

400g Greek yoghurt  
½ cucumber, seeds removed grated and water squeezed out  
1 garlic clove, crushed  
1 tsp fresh mint finely chopped  
2 tbsp olive oil  
2 tsp lemon juice  
Small handful fresh mint, finely chopped

## Method

1. Preheat the oven to 200°C / 180°C fan. Toss the courgette with olive oil, sumac, cumin, lemon zest, salt and pepper.
2. Spread on a baking tray and roast for 10–15 minutes, turning once, until golden and tender.
3. In a bowl, combine the finely chopped tomatoes, red pepper, onion, parsley and chilli (if using).
4. In a separate bowl, whisk together the tomato purée, lemon juice, pomegranate molasses and olive oil. Pour over the salad and mix well. Season to taste and allow to sit for 10–15 minutes for the flavours to mingle.
5. Heat olive oil in a pan over medium heat. Add the garlic and onion and cook for 5 minutes until fragrant and soft. Stir in the harissa paste and cook for another minute.
6. Add the lentils and water, stir well and simmer gently for 5–7 minutes until warmed through and flavourful. Season to taste with salt and pepper.
7. Combine the yoghurt, grated cucumber, garlic, lemon juice, olive oil and chopped mint in a bowl. Stir well and season with salt to taste. Chill until ready to serve.
8. On each plate, spoon a portion of the warm harissa lentils, top with the roasted sumac courgettes and add a generous helping of ezme salad on the side. Finish with a dollop of tzatziki sauce and a drizzle of olive oil or sprinkle of extra sumac.



# Walnut and Roasted Red Pepper Muhammara on Toasted Sourdough Bread with Poached Eggs and Fermented Chilli Sauce



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# Walnut and Roasted Red Pepper Muhammara on Toasted Sourdough Bread with Poached Eggs and Fermented Chilli Sauce

**MAKES: 4**

**PREP: 20MINS**

**471 KCAL PER PORTION**

## Ingredients

### Muhammara:

2 large red peppers, roasted and skins removed  
100g walnuts, lightly toasted  
1 garlic clove, roughly chopped  
1½ tbsp pomegranate molasses  
1 slice day-old sourdough or rustic bread, torn  
1 tsp ground cumin  
1 tsp smoked paprika  
2 tbsp olive oil, plus extra to finish  
Juice of ½ lemon  
Small handful fresh coriander, chopped

### Toast and Toppings:

4 large slices of sourdough bread  
1 bunch spring onions, trimmed  
1 tbsp olive oil  
1–2 tbsp fermented chilli sauce (such as fermented sriracha)  
Extra coriander leaves, to garnish  
Sea salt, to finish  
4 eggs poached or fried eggs

## Method

1. If roasting your own peppers, place them under a hot grill or over a gas flame until blackened. Place in a bowl, cover, and let steam for 10 minutes. Peel and deseed.
2. Add all the ingredients for the muhammara into a food processor. Blend until mostly smooth but still with a little texture. Season to taste with salt and pepper.
3. Set aside or refrigerate until needed. It can be made a day ahead and tastes even better once the flavours have developed.
4. Heat a griddle pan or BBQ to high. Toss the spring onions with 1 tbsp olive oil and a pinch of salt. Cook for 3–4 minutes, turning occasionally, until charred and tender. Set aside.
5. Bring a wide saucepan of water to a gentle simmer and add a splash of vinegar (optional – helps egg whites set).
6. Crack each egg into a small cup. Swirl the water and gently slide each egg in, one at a time.
7. Poach for 3 minutes for a soft yolk, or longer to your liking. Remove with a slotted spoon and drain on kitchen paper.
8. Toast the sourdough slices until golden and crisp. If you like, drizzle with a little olive oil while warm.
9. Spread a generous layer of muhammara over each slice of toasted sourdough. Top with a poached egg. Add a few chargrilled spring onions to each plate.
10. Drizzle over fermented chilli sauce, and garnish with extra coriander leaves and a sprinkle of sea salt. Serve warm, with a wedge of lemon on the side if desired.