



the   
**GOOD FOOD  
MOOD**  
with nairn's

Tasty recipes to put  
you in a #GoodFoodMood



***Eat  
Good.  
Feel  
Good.***

***#GoodFoodMood***



### ***What is Good Food Mood?***

When we think about the benefits of healthy eating, we tend to focus on the physical side of things. While eating well can most definitely help you knock a few seconds off that P.B. it's also hugely beneficial for our minds too. When we eat better, we feel better in all areas of life! It's as simple as that.

So if you're looking for a few extra recipes to help get you in a Good Food Mood, this recipe book should help. We've pulled together some of our favourite recipes to put a smile on your face. Bon appetit!



# Recipes

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Gluten Free



Vegetarian



Vegan







# Roasted squash & carrot spread

This recipe always comes out tops. Only 5 minutes to prep, it's a delicious way to tick off a few portions of veg for the day.

**Prep time 5 mins** **Cook time 40 mins** **Feeds 5 people**

## Ingredients

- 1kg butternut squash, sliced into cubes
- 4 carrots, chopped
- 1 large red onion, sliced into quarters
- 3 garlic cloves
- 1 tsp oregano
- Olive oil
- Salt & pepper
- Nairn's Flatbreads

## Method

- Pre-heat your oven to 400°F.
- Prepare the butternut squash by slicing into cubes, keep the skin on but you can peel if you wish.
- Add the squash, chopped carrots, red onion, garlic, oregano into a large baking tray and drizzle over olive oil along with a large pinch of salt and pepper.
- Place in the oven for 35-40 minutes at 400°F until it's starting to colour.
- Simply add all the ingredients to a blender and pulse until desired consistency.
- Top your Nairn's Flatbreads or your favourite oat cracker and enjoy.



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## Caramelised onion hummus with roasted rainbow carrots

Hummus – is there anything it doesn't go with? Well, now we can add rainbow carrots to the long list of this dip's perfect pairings.

 **Prep time 10 mins**  **Cook time 30 mins**  **Feeds 4 people**

### Ingredients

1 can chickpeas – drained and rinsed  
 2 tbsp Olive oil  
 1 red onion  
 2 garlic cloves  
 1 tsp maple syrup  
 Salt & pepper to taste  
 1 heaped tsp light tahini  
 Juice from ½ lemon  
 2-4 tbsp water  
 150g rainbow carrots  
 Sea Salt and pepper  
 Olive oil

### Method

Preheat the oven to 350°F and place the carrots onto a baking tray, with a drizzle of olive oil and pinch of salt and pepper.

Pop this into the oven to roast for around 30 minutes.

Meanwhile, finely slice the onion and add this to a pan with a little olive oil. Bring the heat to medium and cook the onion until softened. Add in the garlic and continue to cook.

Once the onion is starting to crisp and caramelize, pour in the maple syrup and cook for a few more minutes.

In a food processor, combine all of the hummus ingredients and blend until super smooth and creamy.

To serve, start by layering your hummus, then top with the roasted carrots and a garnish of pomegranate seeds and fresh herbs.

Serve with your favourite Nairn's Oat Crackers, or gluten free Flatbreads (we love our organic oat crackers for this) for dipping and enjoy!

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# Tomato, lentil & chorizo soup

Hearty, healthy and with just a little kick this soup is ladled with goodness and flavour.

 **Prep time 5 mins**  **Cook time 40 mins**  **Feeds 3-4 people**

## Ingredients

100g cooking chorizo, diced  
1 red onion, diced  
1 tbsp rapeseed oil  
400g ripe plum tomatoes, chopped (a tin or carton of tomatoes is fine, but try to use the plum variety for added flavour)  
10 cherry tomatoes, halved  
1 tsp tomato purée (sundried, if possible)  
50g red lentils  
1L ham stock

## Method

Gently heat the oil. Add the onion and soften, but don't allow to colour.

Add the diced chorizo and fry gently until cooked through and the oil starts to colour.

Add both types of tomatoes, with the lentils and mix well.

Stir in the tomato purée, then add the stock, stirring until everything is well mixed. Bring to the boil, then reduce the heat and simmer gently for 20 minutes.

Remove from heat and, using a stick blender, blend to a smooth consistency.

To serve, garnish with some torn basil leaves and a drizzle of basil oil.

Enjoy with Nairn's Oat Crackers.

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## Eggplant, tomato & parmesan oat bake

Eggplants are underrated if you ask us. Full of B vitamins and antioxidants, they go wonderfully with that cheesy, oat crust.

 **Prep time 15 mins**  **Cook time 20 mins**  **Feeds 2 people**

### Salad

- 2 garlic cloves, crushed
- 2 tbsp coconut oil
- 1 tin of chopped tomatoes
- 1 tbsp of tomato purée
- Pinch of dried mixed herbs
- 2 eggplants cut into thin slices
- 50g grated parmesan
- 1 egg beaten
- 5 Nairn's Flatbreads, crushed

### Method

Preheat oven to 350°F

Cook garlic and half of the coconut oil in a pan until soft and add in the tomatoes, herbs and purée.

With the remaining coconut oil, griddle the eggplant in a griddle pan, until browned (about 5 mins). If you don't have a griddle pan, lightly fry instead.

Soak any excess moisture on a kitchen towel.

Layer an oven proof dish with the eggplant then spoon on the tomato mixture.

Top with the beaten eggs and then sprinkle the grated parmesan and oat crumb mixture on the top.

Place in the oven for 20 mins or until golden.







## Beetroot & flax hummus topping

It looks too pretty to dip into, but trust us, it's worth it. Incredibly easy to throw together, let your food processor do the hard work.

**Prep time** 5 mins   **Cook time** 0 mins   **Feeds** 4-6 people

### Ingredients

2 small cooked beetroot  
1 x 400g can chickpeas  
2 cloves garlic  
½ lemon, juiced  
3 tbsp flaxseed oil  
1 ½ tsp beetroot powder  
Salt, pepper

### Method

Blend cooked beetroot, drained chickpeas, garlic, lemon juice, flaxseed oil, beetroot powder, salt & pepper together.

Place hummus mix into bowl, add a swirl of natural coconut yogurt on top and crushed pistachios.

### To serve

Nairn's Roughly Milled Oat Crackers  
(or one of our Gluten-Free Flatbread alternatives)

Pistachio nuts, crushed

Natural coconut yogurt

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## Wild salmon pate with lemon dill & natural yogurt topping

There are few better combinations than salmon, lemon and dill. File under 'Delicious Flatbread Toppings'.

 **Prep time 5 mins**

 **Cook time 0 mins**

 **Feeds 4-6 people**

### Pate

150g full fat authentic Greek yogurt

2 limes or 1 lemon, juiced

110g wild smoked salmon, chopped

Black pepper

### Method

Blend yogurt, with lime or lemon juice, smoked salmon and black pepper.

### To serve

Nairn's Roughly Milled Oat Crackers  
(or one of our Gluten-Free Flatbread alternatives)

Fresh dill



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## Whipped pesto feta topping

Smooth, spoonable and moreish. This topping goes well on top of our Organic Super Seeded Oat Crackers. Just grab a spoon, dollop on and enjoy! The kids will love this too.

 **Prep time 5 mins**  **Cook time 0 mins**  **Feeds 4-6 people**

### Ingredients

Makes 20

6 heaped tbsp of 0% Greek yogurt

40g feta, crumbled

1 tbsp pesto

4 cherry tomatoes, thinly sliced

Chives (optional)

20 Nairn's Super Seeded  
Organic Oat Crackers

### Method

In a bowl, add the yogurt, feta and pesto and whip until smooth.

Spoon on to Nairn's Oat Crackers and then top with slices of cherry tomato and strands of chives.



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## Baked hake fillet with oat crackers & hazelnut crumb

One for when you're feeling ambitious or looking to 'wow' the family.

 **Prep time 30 mins**  **Cook time 30 mins**  **Feeds 4 people**

### Chive Velouté

1 shallot, finely diced  
 10g butter  
 150ml white wine  
 150ml good quality fish stock  
 150ml double cream  
 A small bunch of chopped chives

### For the crushed Jersey Royals

For the crushed Jersey Royals  
 2-3 Jersey Royals per person  
 1 sprig of thyme  
 1 tsp thyme leaves  
 30g butter  
 Salt  
 1 leek, cut into rounds

### The crumb

1 shallot, finely diced  
 20g butter  
 1 tbsp chopped dill  
 30g breadcrumbs  
 6 Nairn's Super Seeded Organic Oat Crackers, crushed  
 1 handful of roasted hazelnuts, crushed  
 20g mature cheddar, grated

### Method

For the crumb, sweat the shallot in the butter until softened. Add the dill and the breadcrumbs. Toast for 2-3 minutes.

Remove from the heat and stir in the hazelnuts, oat crackers and cheddar. Allow to cool completely.

For the velouté gently sweat the shallot in the butter until softened but with no colour.

Add the white wine and reduce until it has almost completely evaporated. Add the fish stock and reduce by half. Add the cream and reduce by a third.

Stir in the chopped chives.

For the potatoes, gently boil the potatoes with a sprig of thyme in salted water until tender (about 15 - 18 minutes).

Drain the potatoes and place them back in the pan. Add the butter and thyme leaves.

Crush the potatoes with the back of a fork, season to taste.

For the roasted leeks, heat a non-stick pan, salt the leeks and add to the dry pan until they just start to colour.

Add butter and rapeseed oil, turn the leeks over and remove from the heat. The leeks will finish cooking in the residual heat in the pan.



*Continued...*

For the hake preheat oven to 355°F.

Lightly oil the hake fillets then bake in the oven for 6 minutes.

Top with a generous amount of the crumble mixture and return to the oven for a further 6 minutes.

Plate all of the elements as per the image.

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# Sweet Enough?



## Apple & pear crumble

Is there a more fitting definition of feel good food than a crumble that's just out the oven, topped with a splash of cream? Let us know if so!

 **Prep time 5 mins**  **Cook time 25 mins**  **Feeds 4 people**

### Ingredients

- 4 pears, chopped into cubes
- 4 apples, chopped into cubes
- 8 tbsp maple syrup
- 2 tsp cinnamon
- 1 box of Nairn's Oat Crackers
- 2 tbsp coconut oil, melted

### Method

Pre heat your oven to 355°F.

Simply chop the apples and pears into small cubes, you can peel them if you wish.

To a large pan add the apples, pears, 6 tbsp maple syrup and cinnamon and stir. Cook these down for 10 minutes on a medium heat.

Meanwhile prepare the crumble topping by adding all the oat crackers from the box into a large mixing bowl and bash them into crumbs. Add the melted coconut oil and maple syrup and mix well.

Transfer the fruit to a baking dish and evenly top with the crumble.

Place in the oven at 355°F for 15 minutes.

Serve with your choice of cream, ice-cream or dairy-free alternative.



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### Feeling good?

We hope you're inspired to try a few of these recipes out and would love to know how you get on if you do. You can get in touch with us via the usual social channels to let us know your experience (or even suggest a few Good Food Mood recipes of your own!).

You can find more simple and delicious recipes on our website, and why not sign up for our newsletter while you're there for more exclusive content and news.



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# #GoodFoodMood





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