**H-Pylori Home Recovery and Digestive Reset Plan**

**Side Dishes**

Here are some simple side dish ideas for you to prepare as accompaniments to your main dishes.

You can use preparation parties to pull together most of these dishes in bulk, which means you won’t need to keep making them over and over again.

One note of caution: When using starchy foods such as root vegetables (potatoes, sweet potatoes, squash and so on) don’t eat too much because the high carbohydrate content may not be ideal while your digestion is still a little compromised.

**Coleslaw**

**Ingredients**

* ½ red cabbage, thinly sliced
* ½ green cabbage, thinly sliced
* 2 medium carrots, peeled and grated
* 2 apples, peeled and grated
* Zest of ½ lemon
* ¼ cup olive oil
* ¼ cup lemon juice
* 2 TBSP balsamic vinegar
* Salt and pepper

**Method**

* Add all ingredients into a large bowl and mix well.
* I recommend you eat coleslaw in relatively small quantities as raw vegetables can sometimes be tough to digest.

**Bamboo Rice**

**Ingredients**

* 70g bamboo shoots, chopped small (you usually find these in cans)
* 4 brown mushrooms, chopped small
* 160g white rice
* Salt to taste

**Method**

* Place your rice, mushrooms and bamboo shoots in a pan.
* Add 350 ml filtered water.
* Bring to the boil, pop the lid on your pan and leave on low heat to simmer for around 20 minutes.
* Keep an eye on your rice - you may need to add a little more water if it looks dry. Add salt to taste.
* Goes great with fish bakes or curries.

**Roasted Vegetables**

**Ingredients**

* 2 red peppers, cored, de-seeded and chopped
* 6 tomatoes, quartered
* 2 courgettes, chopped
* 1 red onion, chopped

**Method**

* Preheat oven to 200°C.
* Pop a little coconut oil into a roasting dish and heat it until it melts.
* Spread the oil around the bottom of the dish.
* Take the dish out of the oven, add all your veggies and give them a good mix around.
* Season with a little salt and pepper.
* Cook in the oven for 40 minutes or until cooked to your liking.
* Serve hot or save for later.

**Roasted Root Veg**

**Ingredients**

* 2 parsnips, peeled and chopped into large chunks
* 4 beetroots, peeled and quartered
* ½ large butternut squash, peeled and chopped into large chunks
* ½ swede, peeled and chopped into large chunks

**Method**

* Preheat your oven to 200°C.
* Place a roasting dish in the oven with a little coconut oil inside and heat until oil melts.
* Take the dish out the oven and add all ingredients and give it a good mix around. Season with a little salt and pepper.
* Cook in the oven for around 40 minutes or until cooked to your liking.
* Serve hot.

**Mashed Veg**

**Ingredients**

* Any root vegetables of your choice: parsnips, potatoes, sweet potatoes, carrots, swede and so on, including combinations!

**Method**

* Peel and chop your veggies.
* Place in a pan and cover with boiled water.
* Boil the veg for a good 20 minutes or until a knife goes straight through with ease.
* Once cooked, remove from the heat and drain away the liquid.
* Mash using a veggie masher.
* Season with salt and pepper.
* You can add a little organic butter or coconut milk if you like the mash a little smoother, but I recommend you add ½-1 TBSP at a time.

**Sweet Potato Wedges**

**Ingredients**

* 5 medium sized sweet potatoes, washed.
* Herbs and spices to taste (cayenne pepper, black pepper, etc.)

**Method**

* Chopped your sweet potatoes lengthways then cut into wedge pieces.
* Preheat your oven to 200°C.
* Place a roasting dish in the oven with a little coconut oil inside and heat until the oil melts.
* Remove the dish from the oven, add the wedges and mix around so they are covered in coconut oil.
* Season with a little salt and pepper, or spices of your choice.
* Place in your oven for around 45 minutes or until the veggies are cooked to your liking.
* Serve hot.

**Butternut Squash & Sage Mash**

**Ingredients:**

* 3 TSBP butter
* 10 fresh sage leaves, chopped
* 1 butternut squash, peeled, de-seeded and cut into small chunks
* Pinch of chilli flakes
* 6 TBSP coconut milk (from the recipe in this book)
* Salt and pepper to taste

**Method**

* Melt the butter in a deep frying pan.
* Add sage and cook for 2 minutes.
* Add your butternut squash and chilli flakes
* Cook with the lid on for 15-20 minutes, or until the squash is tender.
* Stir occasionally to prevent sticking.
* Remove from the heat and mash everything together using a fork or masher.
* Stir in the coconut milk and mix well.
* Season to taste with salt and pepper.
* Serve hot.

**Cauliflower Rice**

**Ingredients**

* 1 whole cauliflower, grated (leaves and core removed)
* 2 tsp mustard seeds
* Coconut oil

**Method**

* Heat a little coconut oil in a deep frying pan and the mustard seeds and fry for 2 minutes.
* Add the cauliflower and cook for 10 minutes or until soft, stirring occasionally.
* Great served with curries.

**Easy Tomatoes and Mozzarella**

**Ingredients**

* Cherry tomatoes
* A fresh ball of buffalo Mozzarella
* Fresh basil leaves
* You’ll also need some wooden cocktail sticks

**Method**

* Chop your Mozzarella into small cubes and cut your cherry tomatoes in half (be sure to use a sharp knife).
* Place a basil leaf on a cocktail stick, then add a cube of Mozzarella
* Finally, add half a cherry tomato so the flat side is at the bottom, enabling it to stand up on its end.
* Serve chilled and keep in the fridge.
* Be careful not to stab your finger on the end of the cocktail sticks.
* This little recipe is great to have with cooked meats, or as a snack.

**Sag Aloo (Spinach Potatoes)**

**Ingredients**

* 1 onion, finely chopped
* 3 garlic cloves, minced
* 1 TBSP chopped fresh ginger
* 500g potato, cut into 2cm chunks
* 1 red chilli, de-seeded and finely chopped
* ½ tsp mustard seed
* ½ tsp cumin Seeds
* ½ tsp turmeric
* ½ tsp ground coriander
* Salt and pepper
* 250g fresh spinach leaves

**Method**

* Put a little coconut oil in a large pan and heat.
* Add your onion, garlic and ginger and gently fry for 3 minutes.
* Stir in the potatoes, chilli, spices and seasoning.
* Continue stirring for 5 minutes.
* Add a splash of water to the pan and leave covered on low-medium heat for 15 minutes, or until the potatoes are cooked (check by seeing how easily a knife cuts through - it should just slide through).
* Add your spinach and cook until it wilts (around 5 minutes).
* Remove from heat and serve.
* This dish goes really well with chicken tikka masala.