

RAYMONDPRO

SOUPS & STARTERS

10 FRESH & NOURISHING RECIPES

Chef-inspired soups, salads and lighter starters built around vegetables, quality ingredients and fresh flavour.

FREE RECIPE COLLECTION

10 recipes - clear ingredients - simple methods - chef tips - nutrition focus

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Fresh ingredients. Simple technique. Strong flavour.

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01 Sweetcorn Veloute

A smooth, naturally sweet soup finished with herbs and a light touch of yoghurt.

Serves 2-4

INGREDIENTS

- 500 g sweetcorn, fresh or frozen
- 1 small onion, finely sliced
- 1 small potato, diced
- 700 ml low-salt vegetable or chicken stock
- 1 tsp olive oil
- 2 tbsp Greek yoghurt
- Fresh chives
- Black pepper

METHOD

1. Soften the onion in olive oil without colouring.
2. Add potato, sweetcorn and stock; simmer for 18-20 minutes until tender.
3. Blend until completely smooth, then pass through a fine sieve for a restaurant-style finish if desired.
4. Serve with yoghurt, chives and black pepper.

Chef's tip: Reserve a spoonful of corn before blending and use it as garnish for texture.

NUTRITION FOCUS

Sweetcorn contributes fibre and carotenoids; using yoghurt instead of cream keeps the soup lighter.

02 Roasted Tomato & Red Pepper Soup

A vibrant roasted soup with tomatoes, peppers, garlic and basil.

Serves 2-4

INGREDIENTS

- 600 g ripe tomatoes, halved
- 2 red peppers, chopped
- 1 red onion, quartered
- 2 garlic cloves
- 600 ml low-salt vegetable stock
- 1 tbsp extra virgin olive oil
- Fresh basil
- Black pepper

METHOD

1. Roast tomatoes, peppers, onion and garlic at 200 C / 180 C fan for 30 minutes.
2. Transfer to a saucepan with stock and simmer for 10 minutes.
3. Blend until smooth.
4. Finish with basil and black pepper.

Chef's tip: Roasting first concentrates the natural sweetness and gives the soup more depth without adding sugar.

NUTRITION FOCUS

Tomatoes and peppers are rich in vitamin C and colourful plant compounds.

03 Broccoli, Pea & Herb Soup

A fresh green soup made with broccoli, peas and herbs.

Serves 2-4

INGREDIENTS

- 300 g broccoli
- 250 g frozen peas
- 1 small leek, sliced
- 700 ml low-salt vegetable stock
- 1 tsp olive oil
- Fresh parsley and mint
- Juice of 1/2 lemon
- Black pepper

METHOD

1. Soften the leek gently in olive oil.
2. Add broccoli and stock and simmer for 8 minutes.
3. Add peas for the final 3 minutes.
4. Blend with herbs and lemon juice until smooth.

Chef's tip: Do not overcook the green vegetables; shorter cooking preserves their bright colour and fresh flavour.

NUTRITION FOCUS

Broccoli and peas provide fibre, folate and vitamin C, with peas also contributing plant protein.

04 Carrot, Ginger & Lentil Soup

A warming starter combining carrots, red lentils, ginger and gentle spice.

Serves 2-4

INGREDIENTS

- 500 g carrots, sliced
- 100 g red lentils, rinsed
- 1 onion, diced
- 15 g fresh ginger, grated
- 1 tsp ground cumin
- 800 ml low-salt vegetable stock
- 1 tsp olive oil
- Fresh coriander
- Black pepper

METHOD

1. Soften onion and ginger in olive oil.
2. Add cumin, carrots, lentils and stock.
3. Simmer for 25 minutes until tender.
4. Blend smooth and finish with coriander.

Chef's tip: Toast the cumin in the pan for 20 seconds before adding liquid to release more aroma.

NUTRITION FOCUS

Lentils add fibre and plant protein, while carrots provide beta-carotene.

05 Mediterranean Chickpea Salad Cups

Crisp lettuce cups filled with chickpeas, tomato, cucumber, herbs and lemon.

Serves 2-4

INGREDIENTS

- 1 x 400 g tin chickpeas, drained and rinsed
- 150 g cherry tomatoes, diced
- 1/2 cucumber, diced
- 1/4 red onion, finely diced
- 1 tbsp extra virgin olive oil
- Juice of 1 lemon
- Fresh parsley and mint
- 8 baby gem lettuce leaves
- Black pepper

METHOD

1. Mix chickpeas, tomato, cucumber, onion and herbs.
2. Dress with olive oil, lemon and black pepper.
3. Spoon into crisp lettuce leaves.
4. Serve immediately.

Chef's tip: Keep the filling chilled and spoon it into the lettuce just before serving so the cups stay crisp.

NUTRITION FOCUS

Chickpeas provide fibre and plant protein, while the fresh vegetables add colour and micronutrients.

06 Baked Courgette & Herb Fritters

Light oven-baked fritters with courgette, egg, herbs and a yoghurt dip.

Serves 2-4

INGREDIENTS

- 2 medium courgettes, grated
- 2 eggs
- 60 g wholemeal flour
- 2 spring onions, sliced
- 2 tbsp chopped parsley
- 1 tbsp chopped mint
- 1 tsp olive oil
- 150 g Greek yoghurt
- Juice of 1/2 lemon
- Black pepper

METHOD

1. Squeeze excess moisture from the grated courgette.
2. Mix with eggs, flour, spring onions, herbs and black pepper.
3. Shape small fritters on a lined tray, brush lightly with oil and bake at 200 C / 180 C fan for 18-20 minutes, turning once.
4. Mix yoghurt with lemon and serve alongside.

Chef's tip: Removing as much water as possible from the courgette is the key to fritters that hold together.

NUTRITION FOCUS

Courgette keeps the fritters vegetable-rich, while eggs and yoghurt contribute protein.

07 Herb Chicken Skewers with Yoghurt Dip

Lean chicken skewers marinated with lemon and herbs, served with a fresh yoghurt dip.

Serves 2-4

INGREDIENTS

- 300 g skinless chicken breast, cubed
- 1 tbsp extra virgin olive oil
- Juice of 1 lemon
- 1 tsp dried oregano
- 1 garlic clove, grated
- 150 g Greek yoghurt
- Fresh parsley
- 1/2 cucumber, grated and squeezed dry
- Black pepper

METHOD

1. Marinate chicken with olive oil, half the lemon, oregano, garlic and black pepper.
2. Thread onto skewers and grill until golden and cooked through.
3. Mix yoghurt, cucumber, parsley and remaining lemon.
4. Serve the hot skewers with the cool dip.

Chef's tip: Cut the chicken into even pieces so every piece cooks at the same rate.

NUTRITION FOCUS

Chicken and Greek yoghurt provide protein; the yoghurt dip offers a lighter alternative to richer sauces.

08 Roasted Beetroot, Orange & Walnut Salad

An elegant starter with earthy beetroot, fresh orange, leaves and walnuts.

Serves 2-4

INGREDIENTS

- 400 g cooked beetroot, cut into wedges
- 2 oranges
- 80 g rocket or mixed leaves
- 40 g walnuts
- 1 tbsp extra virgin olive oil
- 1 tsp balsamic vinegar
- Fresh parsley
- Black pepper

METHOD

1. Segment the oranges over a bowl, reserving any juice.
2. Arrange leaves, beetroot and orange on plates.
3. Whisk olive oil, balsamic and reserved orange juice.
4. Dress lightly and finish with walnuts, parsley and black pepper.

Chef's tip: Toast the walnuts briefly to intensify their flavour before adding them to the salad.

NUTRITION FOCUS

Beetroot and oranges provide fibre and micronutrients, while walnuts contribute unsaturated fats.

09 White Bean, Tomato & Basil Bruschetta

A fresh whole-food topping of beans, tomato and basil served on toasted wholegrain bread.

Serves 2-4

INGREDIENTS

- 1 x 400 g tin cannellini beans, drained and rinsed
- 200 g cherry tomatoes, diced
- 1 garlic clove
- 1 tbsp extra virgin olive oil
- Juice of 1/2 lemon
- Fresh basil
- 4 slices wholegrain sourdough
- Black pepper

METHOD

1. Toast the sourdough until crisp.
2. Rub each slice lightly with the cut garlic clove.
3. Mix beans, tomatoes, olive oil, lemon, basil and black pepper.
4. Spoon over the toast just before serving.

Chef's tip: Add the topping at the last moment so the toast stays crisp underneath.

NUTRITION FOCUS

Beans add fibre and plant protein; tomatoes and wholegrain bread make this a satisfying starter.

10 Avocado, Prawn & Cucumber Starter

A fresh chilled starter with prawns, avocado, cucumber, lime and herbs.

Serves 2-4

INGREDIENTS

- 200 g cooked peeled prawns
- 1 ripe avocado, diced
- 1/2 cucumber, diced
- 150 g cherry tomatoes, quartered
- Juice of 1 lime
- 1 tsp extra virgin olive oil
- Fresh coriander or parsley
- Black pepper

METHOD

1. Combine prawns, cucumber and tomatoes in a bowl.
2. Add avocado gently so it keeps its shape.
3. Dress with lime, olive oil, herbs and black pepper.
4. Chill briefly and serve in small bowls or glasses.

Chef's tip: Fold the avocado through last to keep clean pieces and a more polished presentation.

NUTRITION FOCUS

Prawns provide lean protein, avocado adds unsaturated fats, and the vegetables add freshness and fibre.

START WITH FLAVOUR

A good starter should wake up the appetite, not overwhelm it. Keep ingredients fresh, seasoning balanced and presentation simple.

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General nutrition information only; individual dietary needs vary.