



Many people ask how Sun Temple came about. Simple. I experienced a renaissance. I wanted to finally invoke the desire I'd had for years to truly find a way to create food using the rich resources available in the Caribbean and to trust my own instincts and knowledge rather than someone else's to feed my body and soul. The result is the harnessing and documenting of a growth process, which I feel honoured to share. www.suntemplefood.com



COURGETTI (VEGETABLE SPAGHETTI) WITH CHICKEN

Serves 3/4

2-3 chicken breasts
454g roughly chopped fresh tomatoes
2 tbsp olive oil
1 large onion chopped
2 crushed garlic cloves
2 tbsp chopped thyme
3 tbsp chopped parsley
2 tsp fresh oregano
2 sprigs local celery
1 bay leaf

2 Tsp anchovy paste
(eliminate for vegan option)
4/5 Sun dried tomatoes chopped (optional)
Salt and pepper
Basil for garnish

Cook sauce first by sautéing the onions in olive oil until soft, then adding all the other ingredients and cooking through. Blend until smooth.

Cut the chicken breasts into bite size pieces and cook in sauce for 10 minutes. Skip this step for veggie or vegan alternative.

Spiralise your choice of vegetables and add to sauce for 5 minutes just before serving.

I don't eat pasta much anymore, because it is a whole lot of calories with a high glycemic index and is usually made from really processed products. I don't mind the calories, and in fact I don't count them. It's just a way of speaking about food, isn't it? If they're coming into my temple from a wholesome source that's fine. These are certainly not empty calories, but are jammed full of the goodness of barely-cooked fresh vegetables.



ROASTED BUTTERNUT SQUASH & SOUR ORANGE HUMMUS

Hummus is a very well-known and loved Middle Eastern dip, often scooped up with torn bits of pita bread. This recipe is so easy to make and adaptable to whatever squash or pumpkin is available. I love using sour orange here as well, instead of the more traditional lemon or lime. I've served it on crispbread, but you could use crackers, crudité's or any manner of scoops, limited only by your imagination.

Makes 1 bowl

300g (10 oz) roasted butternut squash (or other squash/pumpkin)
 100g (4 oz) tahini (sesame paste)
 1 clove garlic pressed
 juice of 1 sour orange (or lemon/lime)
 salt and pepper

Method

Cut the squash and remove the seeds and roast with its skin on until soft. When cool, scoop out the flesh and mix with the other ingredients, blending until completely smooth.

RAW CHOCOLATE COCONUT BARS

Let's be honest. Coconut is the bomb! Cocoa is the Bomb! When you put the two together its positively explosively good, and more to the point . . . good for your temple!

Makes 12 to 16
depending on thickness

Coconut filling

175g (6oz) grated fresh coconut
 (approx 1 whole coconut with
 brown skin removed)
 60ml (2oz) virgin coconut oil
 4 tbsp coconut nectar
 (substitute honey or maple syrup)
 1/4 tsp salt
 1 tsp vanilla extract

Chocolate covering

Heat all the following
 ingredients together
 until melted
 60 ml (2oz) coconut oil
 30ml (2 tbsp) cocoa butter
 30g (1 oz) grated cocoa stick
 (raw cacao)
 60 ml (2oz) honey
 pinch of salt

Method

Mix all the filling ingredients together and press into a suitable casserole dish with a cling film lining. Place in the fridge until firm and then tip the whole thing out using the plastic to help. Cut into bar shapes and dip each bar into the chocolate mixture, placing on a grill to allow the excess drip off. Place the whole grill if you can into the freezer. Repeat this process a second time. I didn't achieve perfect coverage but I think my Raw Chocolate Coconut Bars looked respectable enough and they sure tasted yummy. These bars can be stored in an airtight container in the fridge.