



Cookfulness Recipe VRS June 2026 - Spiced Popcorn

Give Yourself Time – when you need to take extra time, take a step back, breathe and re-Cookfulness yourself

Key steps marked for when something really important is needed

Hints & Tips to help you throughout and after

Cookfulness Playlists get your best tracks going!

Difficult rating 1 2 3 4 5

Makes – for 4-6

Cooking time: 0 mins

Preparation time: 10 mins

Give Yourself Time: 30 mins

You Will Need

Large bowl
Tablespoon
Teaspoon
Mixing spoon

Ingredients

1 large bag salted popcorn
2 tsp turmeric
1 tsp ground cumin
1 tsp ground cinnamon
½ tsp ground coriander
½ tsp chilli flakes
2tbspns honey

Method

Add the popcorn to the bowl

Add all of the spices and herbs (not the honey) to the popcorn and gently mix so as evenly coated as possible

When ready to serve, drizzle over the honey and enjoy!

Hints & Tips

Make sure your bowl is a big one!

Pea Pesto

Difficult rating 1 2 3 4 5

Makes – more than enough!

Cooking time: 0 mins

Preparation time: 15 mins

Give Yourself Time: 25 mins

You Will Need

Food processor

Knife

Weighing scales / Cup

Bowl/jar for storage

Chopping board

Zester

Spatula

Ingredients

220g / 1½ cups frozen peas (thawed)

30ml olive oil

½ quantity of Mint leaves to Basil

Salt & pepper

70g / ½ cup pine nuts

1 large handful fresh Basil (stalks and all)

Zest & juice 1 lemon

Method

Add all the ingredients to the processor and whizz to combine well

Carefully remove the blade and set aside

Using the spatula remove all of the pesto into a bowl/jar

Serve & Eat!

Hints & Tips

This freezes very well, just add a little olive oil on top before freezing

You can use fresh peas if you want to

If you think it needs more liquid, add a little more olive oil

Ways To Change

Add a little ginger paste and/or chilli paste

Play with the ratio of Basil to Mint

Try using lime instead of lemon

Congratulate yourself and be proud!

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The Cookfulness Cookbook is available in hard copy & e-book on Amazon / BookshopUK / Waterstones



Jewelled Rice

Difficult rating 1 2 3 4 5

Cooking time: 2 mins

You Will Need

Knife
Juicer or fork
Large mixing bowl
Platter or large bowl to serve rice

Makes – 1 large serving bowl full

Preparation time: 15 mins

Give Yourself Time: 25 mins

Chopping board
Zester
Mixing spoon

Ingredients

Microwave packet of wholegrain rice
Handful pomegranate seeds
Handful mixed nuts & seeds
Handful fresh mint leaves (ripped)
Handful fresh coriander (ripped)
Splash olive oil

1 sprig fresh chives
Handful almond flakes
1 fresh mango chopped
Handful sweetcorn (frozen or tin)
Juice & zest of 1 lemon

Method

Cook the rice as per the packet instructions
Combine the cooked rice with all other ingredients and mix carefully to combine well
Serve & enjoy!

Hints & Tips

Always taste as you go so you can get a good balance of the flavours you like
It is best to use all of this in one day as storing/reheating cooked rice is potentially damaging for health

Ways To Change

Always use the flavours you like! Use orange or lime juice and zest instead of lemon
Watermelon cubes go beautifully in a hot/cold salad

WATERMELON PIZZA

Difficult rating 1 2 **3** 4 5

Makes – enough for many pizzas & hungry family!

Cooking time: 0 mins

Preparation time: 15 (pizza) 10 mins (dressings)

Give Yourself Time: 45 mins

You Will Need

Knife	Chopping Board
Zester	Hand juicer
Jam jars or small bowls x 2	Tablespoon
Serving plate	Teaspoon

Ingredients

Watermelon slices (pre-cut)	Mixed tropical fruits (pre chopped)
Fresh Basil leaves – 5	Fresh Mint leaves – 5
4 tablespoons desiccated coconut	Small packet chocolate drops (of your choice!)

Dressing 1	Dressing 2
Zest and juice 1 lemon	Zest and juice 1 lime
1 tablespoon maple syrup	1 tablespoon honey
3 tablespoons cold water	

Method

Place the watermelon slices out in a pizza round shape
Scatter on the tropical fruits & desiccated coconut
Roughly tear the basil and mint and scatter over the top of the pizza
Scatter over the chocolate drops

For the dressings – add the ingredients to individual jam jars or bowls, carefully screw the lid on, and shake to mix or stir well

Pour the dressings over the pizza – half and half

Hints & Tips

Buy ready chopped fruit to help if you need to

The dressings will keep in the jam jars in the fridge for a week so can be made well ahead

Ways To Change

Use different fruits for your pizza topping

Try adding some stem ginger, glace cherries etc.

Congratulate yourself and be proud

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