

**THE**  
**BIG**  
**ANTI-INFLAMMATORY**  
**THERMOMIX®**  
**COOKBOOK**



*100 Simple Recipes for More Energy, Health and Well-Being – with Pictures*

# Table of Contents

<b>FOREWORD</b> .....	4
Why Anti-Inflammatory Eating Is So Valuable in Everyday Life.....	4
How The Thermomix® Supports Healthy Cooking..	5
Who This Cookbook Is For.....	6
How To Use This Book in The Best Way .....	6
<b>Chapter 1: Anti-Inflammatory Basics from the Thermomix®</b> .....	8
What the Thermomix® Actually Is .....	8
Thermomix® Functions Used in This Book.....	9
Thermomix® Safety, Texture and Timing Basics ..	10
Maintenance and Cleaning Habits That Keep Cooking Easier .....	12
What Does Anti-Inflammatory Cooking Mean? .....	13
The Most Important Foods Against Silent Inflammation.....	14
Foods You Should Reduce.....	15
Healthy Fats, Herbs and Spices .....	16
Thermomix® Tips for Quick and Healthy Cooking	17
Pantry Essentials for Anti-Inflammatory Recipes..	18
Meal Prep Made Easy.....	18
Weekly Planning for More Energy.....	19
Understanding Nutrition Facts.....	20
<b>Chapter 2: Breakfast for More Energy</b> .....	22
Swiss Bircher Muesli with Nuts and Berries.....	22
Mediterranean Spinach Feta Egg Bites.....	22
Cinnamon Sweet Potato Pecan Bowl.....	23
Orange Quinoa Pear Breakfast with Orange.....	23
Apricot Vanilla Breakfast Custard Pots.....	24
Cinnamon Apple Cottage Cheese Pancakes .....	24
Greek Yogurt Fig Pistachio Breakfast Parfait .....	25
Red Pepper Feta Salmon Muffin Cups.....	25
Blueberry Almond Breakfast Crêpes .....	26
Banana Walnut Spelt Breakfast Bread.....	26
Mushroom Thyme Breakfast Barley .....	27
Spanish Chickpea Tofu Breakfast Hash .....	27
Raspberry Cacao Overnight Oat Cream .....	28
Creamy Pea Mint Ricotta Toast with Radish .....	28
Carrot-Ginger Cinnamon Breakfast Waffles.....	29
Courgette Herb Breakfast Omelette with Red Pepper .....	29
<b>Chapter 3: Smoothies, Drinks &amp; Small Health Boosters</b> .....	30
Watermelon Strawberry Mint Slush .....	30
Lemon Blueberry Flax Yogurt Shot.....	30
Apricot Vanilla Almond Smoothie .....	31
Pomegranate Berry Seed Smoothie.....	31
Warm Turmeric Honey Oat Drink .....	32
Creamy Green Apple Spinach Milkshake.....	32
Blackberry Avocado Cream Smoothie.....	33
Raspberry Beetroot Yogurt Smoothie .....	33
Cucumber Mint Green Cooler .....	34

Peach Ginger Breakfast Lassi Bowl.....	34
<b>Chapter 4: Warming Soups &amp; Stews</b> .....	35
Classic Vegetable Soup with Herb Dumplings....	35
Mediterranean Fisherman’s Stew .....	35
Broccoli Cheddar Soup with White Beans .....	36
Chicken Rice Soup with Lemon and Parsley .....	36
Red Lentil Tomato Soup with Carrots .....	37
Beef Barley Vegetable Stew .....	37
Salmon Potato Chowder.....	38
Mild Chicken Pumpkin Stew.....	38
Creamy Cauliflower Leek Soup .....	39
Minestrone with Beans and Greens .....	39
<b>Chapter 5: Salads, Bowls &amp; Light Lunches</b> .....	40
Chicken Pesto Potato Lunch Salad.....	40
Turkey Beetroot Feta Grain Bowl .....	40
Avocado Chickpea Lettuce Boats .....	41
Pork Meatball Tomato Orzo Lunch.....	41
Roasted Vegetable Quinoa Lunch Tray.....	42
Moroccan Chicken Carrot Wraps.....	42
Sardine Lemon Herb Pasta Salad .....	43
Shrimp Courgette Noodle Lunch Bowl .....	43
Cod Potato Herb Cakes with Pea Cream.....	44
Lean Beef Kofta Flatbread Lunch .....	44
Pork Tenderloin Apple Slaw Plate .....	45
Mackerel Apple Beetroot Lunch Salad.....	45
Chicken Caesar Wraps with Yogurt Garlic Sauce	46
Prawn Mango Lettuce Cups with Purple and Green Cabbage .....	46
<b>Chapter 6: Vegetarian Main Dishes</b> .....	47
Halloumi Vegetable Couscous Bowl .....	47
Tomato Mozzarella Pesto Pasta Bowl .....	47
Bean Vegetable Cottage Pie with Sweet Potato Topping.....	48
Cauliflower Chickpea Tikka Masala .....	48
Tomato Basil Gnocchi with White Bean Cream..	49
Butternut Squash Sage Macaroni Bake.....	49
Vegetable Egg Fried Rice with Sesame Ginger Sauce.....	50
Mushroom Walnut Bolognese with Whole-Grain Pasta .....	50
Vegetable Lasagne with Lentil Tomato Sauce .....	51
Pea Mint Risotto with Parmesan and Lemon .....	51
Carrot Lentil Kofta with Mint Yogurt Sauce .....	52
Creamy Chickpea Spinach Curry .....	52
<b>Chapter 7: Fish, Poultry &amp; Protein-Rich Dishes</b> .....	53
Cod with Walnut Herb Crust.....	53
Pork Fillet with Apple Sage Compote .....	53
Chicken Chickpea Harissa Crumble.....	54
Turkey Spinach Stuffed Chicken-Style Rolls .....	54
Asian Chicken Sesame Noodle Lettuce Bowl.....	55
Mild Beef Paprika Goulash with Caraway Carrots	
55	
Lamb Apricot Rice Pilaf with Almonds.....	56

Cod Coconut Vegetable Braise .....	56	Butternut Cinnamon Pie Cream.....	65
Haddock Florentine with Spinach Ricotta Cream		Blackcurrant Oat Crumble Bars .....	65
57		Pear Ginger Frozen Yogurt Bark .....	66
Mediterranean Turkey Stuffed Cabbage Rolls ....	57	Spiced Carrot Red Lentil Dip .....	66
Chicken Almond Satay with Rainbow Vegetables		Courgette Lemon Mini Cakes.....	67
58		Cherry Almond Frozen Yogurt Buttons .....	67
Beef Stuffed Mushrooms with Herbed Quinoa ...	58	Apple Nachos with Almond Cocoa Drizzle .....	68
Salmon Fillets with Orange Carrot Herb Salsa ...	59	Spiced Aubergine Sesame Dip .....	68
Pork Tenderloin with Plum Balsamic Chutney ...	59	Raspberry Oat Custard Cups.....	69
<b>Chapter 8: Healthy Side Dishes &amp; Vegetable</b>		Broccoli Cheddar Dip with Toast Sticks.....	69
<b>Recipes .....</b>	<b>60</b>	Blueberry Lemon Ricotta Mousse.....	70
Fennel Pear Steamed Vegetables .....	60	Crunchy Seeded Cheese Crackers .....	70
Green Asparagus with Soft Egg Mimosa.....	60	Sweet Potato Brownie Bites .....	71
Carrot Ribbons with Orange Ginger Glaze.....	61	Mango Lime Chia Pudding.....	71
Garlic Rosemary Baby Potatoes .....	61	<b>FINAL WORDS .....</b>	<b>72</b>
Warm Red Cabbage with Apple and Cinnamon .	62	<b>BONUSES .....</b>	<b>73</b>
Cauliflower Couscous with Apricots and Pistachios		7-Day Plan for an Anti-Inflammatory Start.....	73
62		Shopping List for the First Week .....	74
Honey Mustard Parsnips with Thyme .....	63	Swap List: Healthier Everyday Alternatives.....	75
Beetroot Wedges with Lime-Walnut Sprinkle ....	63	Spice Guide: Turmeric, Ginger, Cinnamon & More	76
Brussels Sprouts with Chestnut Herb Crumble ..	64	Seasonal Calendar for Anti-Inflammatory	
Kohlrabi Apple Slaw with Sunflower Seeds .....	64	Ingredients .....	77
<b>Chapter 9: Healthy Snacks, Dips &amp; Desserts ..</b>	<b>65</b>	<b>MEASUREMENTS AND CONVERSIONS .....</b>	<b>78</b>

# FOREWORD

Food can either make daily life easier or harder. You notice it in small ways first. A heavy lunch that leaves you tired. A rushed dinner that feels like another task. A fridge full of ingredients, but no clear plan.

Anti-inflammatory cooking is not about chasing strict rules. It is about building meals that help you feel steadier, more satisfied, and less drained by food decisions. This cookbook gives you a practical way to do that with your **Thermomix®**: clear recipes, familiar ingredients, and meals that fit into real homes.

This is your kitchen briefing before you begin. You do not need to memorise nutrition theory before cooking. You need to understand how this book works, what it can help you change, and how to use it without making healthy eating feel complicated.

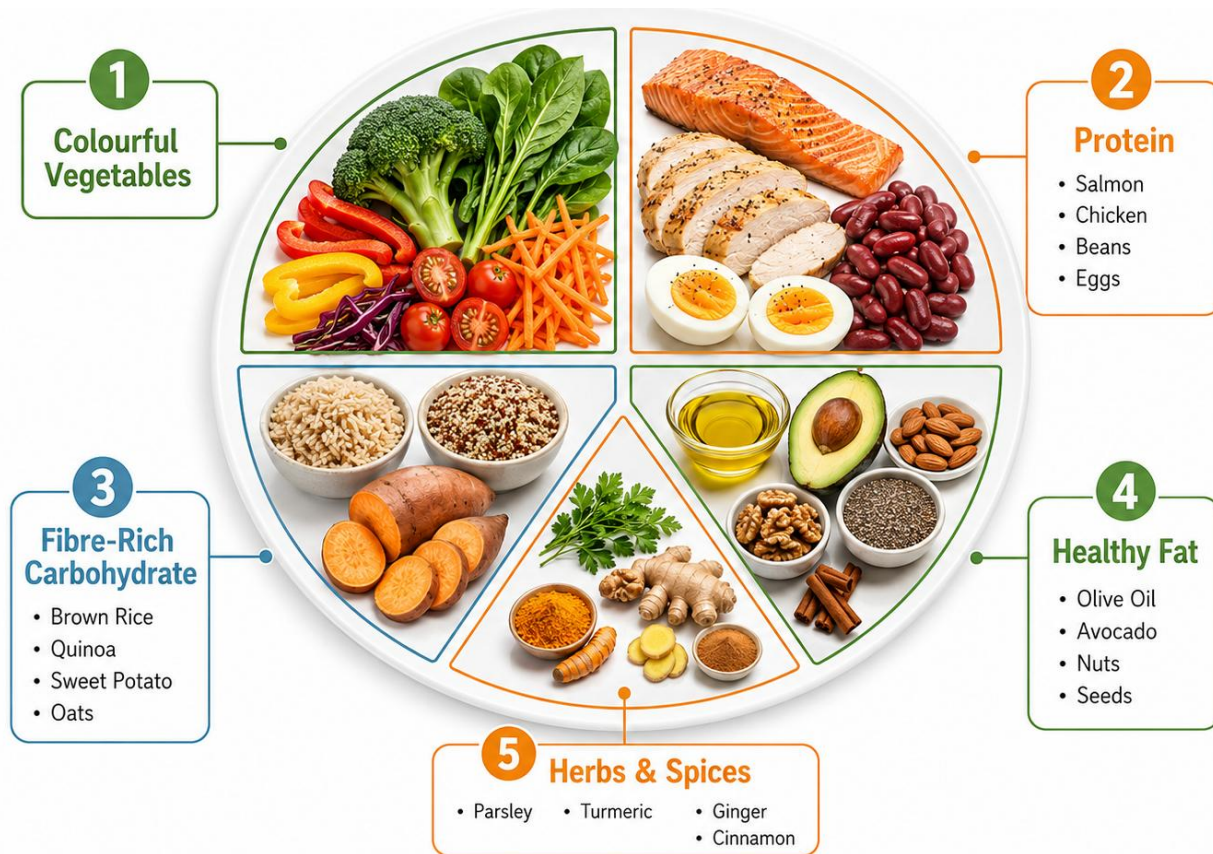
## **Why Anti-Inflammatory Eating Is So Valuable in Everyday Life**

Anti-inflammatory eating works best when it becomes part of ordinary meals. Not special meals. Not perfect meals. Just better everyday choices, repeated often enough to matter.

Many people think healthy cooking means removing comfort, flavour, and family favourites. That is not the approach here. The recipes in this book are built around colour, texture, protein, fibre, healthy fats, herbs, and spices. They are designed to taste like proper food, not like a punishment for wanting to feel better.

You will see vegetables used in generous amounts. You will also see beans, lentils, fish, poultry, whole grains, nuts, seeds, fruit, yoghurt, olive oil, and warming spices. These ingredients help you create meals that feel complete. A good anti-inflammatory meal should not leave you searching the cupboard an hour later.

The value is also practical. When your meals are balanced, you make fewer emergency choices. You rely less on ultra-processed options. You have more dishes that can stretch into lunch, leftovers, or quick dinners.



## How The Thermomix® Supports Healthy Cooking

The Thermomix® is useful because it reduces friction. It chops, cooks, steams, blends, warms, mixes, emulsifies, and grinds with less mess and less guesswork. That matters when you want healthy meals but do not want a sink full of pans.

Instead of treating the Thermomix® like a blender in the corner, this book uses it as the main cooking tool. You will use it to make soups smooth, steam fish and vegetables, prepare dressings, cook grains, chop herbs, mix batters, and create sauces that make simple ingredients taste finished.

Healthy cooking often fails because of time, not intention. You may have good ingredients but no energy to turn them into a meal. The Thermomix® helps with that gap. It takes over the repetitive parts so you can focus on choosing good ingredients and serving food that works for your household.

It also helps with consistency. Once you learn the rhythm of a recipe, you can repeat it with less stress. Same bowl. Same settings. Same reliable result.

## Who This Cookbook Is For

This book is written for busy home cooks who want food that supports health but still belongs at the family table. You may be cooking for yourself, a partner, children, older family members, or a mix of different preferences. The recipes are built to be approachable, not fussy.

You will find gentle flavours and stronger ones. Some meals are light. Some are warm and filling. Some are quick. Others are weekend-friendly. The common thread is balance.

This book will suit you especially well if you want:

1. Thermomix® recipes that use the machine properly.
2. Anti-inflammatory meals that still taste satisfying.
3. Family-friendly servings and realistic ingredients.
4. Clear directions with no vague shortcuts.
5. A collection you can cook from during normal weeks.

The recipes are not written to replace medical advice. If you have a diagnosed condition, allergies, digestive issues, or a prescribed diet, use this book alongside guidance from your healthcare professional.

## How To Use This Book in The Best Way

Start with the recipes that match your real life this week. If mornings are rushed, begin with breakfast or smoothies. If dinners are harder, choose soups, stews, or protein-rich mains. If snacks are the weak spot, go straight to dips, bars, and small sweet options.

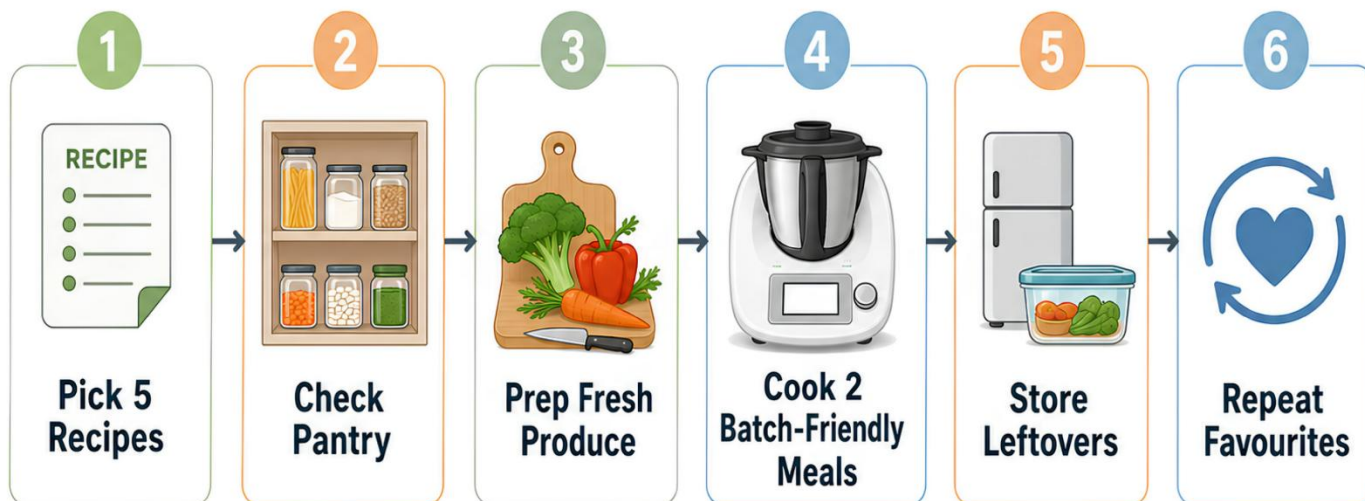
Do not try to cook everything at once. Pick a small rhythm.

A useful first week could look like this:

1. Choose two main meals.
2. Choose one soup or stew.
3. Choose one breakfast.
4. Choose one snack or dip.
5. Repeat leftovers before adding more recipes.

Use the pictures as quick decision tools. Use the preparation times to plan honestly. Read the full recipe once before starting, especially when Varoma steaming, cooking grains, or making sauces in stages.

## First-Week Thermomix® Cooking Flow



Start small. Repeat what works.

Most of all, cook in a way you can repeat. The strongest results come from meals that are enjoyable enough to make again. This book gives you 100 chances to build that rhythm, one practical Thermomix® recipe at a time.

# Chapter 1: Anti-Inflammatory Basics from the Thermomix®

Anti-inflammatory cooking sounds serious, but in your kitchen it comes down to a simple question:

**Will this meal help your body feel supported, steady, and well fed?**

That is the practical starting point.

You are not cooking from a hospital chart. You are cooking in a real home, with real schedules, real hunger, and real people who still want food to taste good. Anti-inflammatory cooking works best when it becomes repeatable. It should help you shop with less confusion, use your Thermomix® with more confidence, and build meals that are colourful, satisfying, and not overloaded with ultra-processed ingredients.

## What the Thermomix® Actually Is

A Thermomix® is a smart all-in-one cooking appliance that combines several kitchen jobs in one machine. It can chop, weigh, grind, blend, cook, steam, stir, knead, emulsify, warm, simmer, and more. The **TM6 model** also includes guided modes and access to Cookidoo® through the screen, which helps you follow structured recipes more easily.

For this cookbook, think of the Thermomix® as your preparation bowl, cooking pot, steamer, blender, scale, sauce maker, and mixing assistant.

That does not mean it replaces every tool in your kitchen. Some recipes still use an oven, baking dish, tray, waffle maker, or serving bowl when that gives a better result. But the Thermomix® does the main work whenever it makes sense.

In anti-inflammatory cooking, this is useful because many healthy meals involve small repeated tasks. Chopping vegetables. Cooking grains. Blending soups. Steaming fish. Grinding seeds. Making dressings. Warming sauces. Mixing batters. Preparing dips.

Those steps can feel tiring when done separately. The Thermomix® reduces the effort and helps you repeat good meals more often.