

DOWNSIZE ME!

TV's hit weight
loss show

recipes for
success

damiankristof

ABH
PRODUCTIONS





If you've watched Downsize Me and been inspired to make some lifestyle changes of your own then this book could be your recipe for success.

One of the biggest reasons that people find it difficult to eat well and prepare meals at home is lack of time and ideas for healthy meals.

The recipes that you find in this book are some of my favourites and many featured on the show. They are quick, easy and so tasty that the whole family will love them.

Of course there are a few key rules that you need to be sure to follow to ensure you get the best results from this book.

7 GOLDEN TIPS TO DOWNSIZING SUCCESS:

- Eat 3 balanced meals a day with limited healthy snacks in between
- Control the portion size of meals
- Avoid high fat cooking methods and restrict processed foods
- Be prepared by planning meals and ingredients
- Drink plenty of water
- Keep active and exercise regularly
- Most of all enjoy your food, take time to eat and digest!

Happy Downsizing

Damian Kristof

recipes



Hi Fibre Cereal Mix

Ingredients:

60g sunflower seeds
60g pumpkin seeds
60g flaked almonds
60g sesame seeds
60g chopped hazel nuts
100g ground linseeds
40g puffed millet
40g puffed rice
40g puffed amaranth

Method:

- Mix all the ingredients together and place into an airtight container.

Chef's Tip:

These are the raitios for you to use, you can make heaps more if you like.



Breakfast Smoothie

Ingredients:

250ml rice milk/soy milk
1-2 dtsp natural yoghurt
1 tbsp LSA (ground linseed, sunflower and almond)
1 tbsp flaxseed oil
½ cup berries and seasonal fruit of choice
1 tsp slippery elm powder
Protein powder WPI, P or rice
1tsp spirulina
(Ingredient amounts vary depending on desired consistency)

Method:

- Blend all ingredients together, serve chilled or store for an afternoon snack.

Should serve 1 person

Poached Eggs on Greens

Ingredients:

2 eggs poached
Handful of spinach or rocket
Handful of bean sprouts
¼ avocado
Chopped spring onion to taste

Method:

- Simply poach 2 eggs per person.
- Lay on a bed of either cooked or raw baby spinach leaves, alternatively use fresh rocket leaves.
- Sprinkle the bean sprouts on top.
- Slice ¼ avocado and lay on top.

Should serve 1 person

Poached Eggs on Spinach and Asparagus

Ingredients:

- 1 big handful of baby spinach
- 3 asparagus
- 2 eggs
- ¼ avocado
- Seasoning

Method:

- Wash the baby spinach in a sieve and leave it there.
- Bring two saucepans of water to the boil and trim the ends off the asparagus. Blanch the asparagus in the boiling water of one saucepan for about 1-2 minutes depending on the thickness of stem until tender.
- In the other saucepan, make sure the water is simmering and poach the eggs in the water for 3-4 minutes or until the whites are firm and the yolks soft. Remove the eggs with a slotted spoon. ... Alternatively cook the eggs in the non stick fry pan, keep yolks runny.
- Drain the asparagus over the spinach in the sieve just to blanch it, then place the spinach on a pile in the middle of the plate, fan the asparagus out on top of the spinach.
- Place avocado pieces between the asparagus and then place the cooked eggs on the top.
- Season to taste with a pinch of Himalayan rock or sea salt and pepper.

Chef's Tip:

You can add a teaspoon of vinegar to the water to poach the eggs – it stabilizes the eggs in the water.

Crunchy bean sprouts can also be added for texture.

Should serve 1 person

Fruit and Natural Yoghurt with LSA

Ingredients:

- Linseed, sunflower and almond meal (LSA) available from health shops
- Fruit, as indicated on your food list
- Cyclops yoghurt

Method:

- Dice up 1 cup of fruit.
- Scoop over the top 2 dessertspoons of natural yoghurt.
- Sprinkle 1 dessertspoon of LSA over the top.

Should serve 1 person

Green Start

Ingredients

- 1-2 apples sliced into chunks
- 2 kiwifruit cut into chunks
- 1 cup of green grapes
- 3 tbsp of plain yoghurt or ricotta cheese
- 1 tbsp of apple juice
- Sprinkle of LSA

Method:

- Mix the fruit together.
- Add the apple juice.
- Put the yoghurt or ricotta cheese on top and sprinkle with LSA.

Should serve 2 people

Poached Pear Brekkie

Ingredients:

250g punnet of blackberries/boysenberries
2 green apples, peeled and thinly sliced or grated
2 pears, peeled and sliced
1 peach

Method:

- Put all the ingredients in a saucepan and simmer on low heat for about 10 - 15 minutes or until the apple is soft.
- Serve fruit to suit your palm size for the carbohydrate portion.
- Add to each serving 2 dessertspoons of natural yoghurt and 1 dessertspoon of LSA.

Could serve 1-3 people

Avocado and Apple Waldorf Salad

Ingredients:

2 small red apples, sliced
2 sticks of celery, sliced into thin pieces
3 diced avocados
½ cup of pecan nuts
½ cup of mozzarella cheese
½ cup of whole egg mayonnaise
Juice of 1 small lemon
Seasoning

Method:

- Mix everything together.
- Add your protein to this.

Should serve 2 people at least

Roasted Beetroot Salad

Ingredients:

4 whole fresh beetroot – peeled and cubed
1 tsp of olive oil
1 pinch of Celtic sea salt or Himalayan rock salt
1 handful of oregano
1 large handful of baby spinach
1 large handful of mixed lettuce
1 tbsp of chopped pecan nuts or LSA
Squeeze of lemon juice

Method:

- Roast the beetroots in a small casserole dish with the olive oil, pinch of salt and oregano in the oven at 180°C for about 45 minutes (this can be done the day before).
- On a platter, place the spinach and mixed leaves.
- When the beetroot has cooled, place on top of the leaves.
- Sprinkle with chopped pecan nuts or LSA and a squeeze of lemon juice.

Chef's Tip:

You could add a sprinkle of goat's cheese over the top.

You can peel and boil the beetroots instead of roasting them but the roasting brings out more flavour.

Try cooking without oil & then pour oil on after they have cooked.

Fish is beautiful served with this!

Should serve 2-3 people

Chicken, Vegetable and Nut Stir Fry

Ingredients:

No oil!

250g of chicken thigh, chopped (better flavour than breast meat)

1 clove of crushed garlic

1 small piece of ginger, chopped

120g of broccoli, chopped into quite small pieces

½ small leek

¼ red pepper – thinly sliced

2 cups of water

¼ cup of nuts (e.g. almonds and pinenuts)

Method:

- Heat the wok and add ½ cup of water.
- Add the chicken in small batches to wok and stir fry until tender, remove.
- Add another ½ cup of water to wok, add the garlic, ginger, leek, broccoli and red pepper.
- Stir fry on high until the leek has become transparent.
- Add the chicken back to the wok with about ¼ cup of water, add the nuts and stir until the mixture begins to boil. A dash of rice/corn flour may be added to thicken it if needed.
- Sprinkle some coriander and lime juice over it.

Chef's Tip:

Pre mix rice/corn flour in warm water and add slowly to the stir fry for saucing/thickening.

Should serve 2-3 people

Thai Fish Cakes

Ingredients:

500g firm white fish (flake is a good option)

4 kaffir lime leaves, shredded

1 tbsp chopped Asian basil or coriander

2 tbsp red curry paste

100g green beans, finely sliced

2 spring onions, finely chopped

Method:

- Place the fish in a food processor and process until smooth, approx 20 seconds.
- Add the kaffir lime leaves, herbs and curry paste and process for 10 seconds.
- Transfer the fish mixture to a bowl and add the beans and spring onions.
- Mix well.
- Using wet hands form 2 tablespoons of the mixture into patties.
- Shallow fry in coconut oil until golden brown on both sides or bake in the oven on 180°C on grease proof or baking paper for 15min.
- Serve with the cucumber dipping sauce (recipe can be found on the Sauces and Salsa page).

Should feed 2 people



Salmon Salad

Ingredients

- 2 salmon fillets – skin on
- ¼ cup of light soy sauce, salt reduced
- 1 clove of crushed garlic
- 1 pinch of brown sugar / palm sugar / Rapidura sugar
- 1 small piece of chopped fresh ginger
- 1 pinch of chinese five spice
- 1 tsp of sweet chili sauce
- ½ red pepper finely sliced
- 2 handfuls of mixed lettuce including rocket
- 2 spring onions, washed and cut on an angle into small pieces
- 1 small handful of fresh coriander
- 1 tbsp of sesame seeds
- 6 - 10 button mushrooms

Method:

- Mix together the soy sauce, ginger, garlic, sweet chilli sauce, pinch of chinese five spice and sugar.
- Pour ½ the mixture over the salmon to marinade for 1 hour and the other half over the mushrooms.
- Mix together the red pepper, lettuce and spring onion.
- Drain the marinade off the salmon.
- Preheat a bbq plate or non stick frying pan over high heat. Cook the salmon to your liking for 2-3 minutes on either side. Transfer to a plate and cover with foil to keep the salmon warm.
- In another saucepan pour the marinade and mushrooms into the bowl and bring to the boil on a high heat for 1 minute.
- Flake the salmon and add to the salad.
- Toss gently to combine.
- Sprinkle with a handful of fresh coriander and a sprinkle of sesame seeds.

Should feed 2 people

Zucchini Slice

Ingredients:

- 375g zucchini
- 1 large onion
- 100g smoked salmon or chicken
- 1 cup feta cheese (ricotta, cottage or mozzarella are other options)
- ½ cup Frantoio olive oil
- 6 eggs, lightly beaten

Method:

- Line a 19cm x 29cm tin with baking paper or use coconut oil.
- Grate unpeeled zucchini.
- Finely chop the onion.
- Combine the eggs, onion, salmon.
- Mix well.
- Pour into tin and bake at a moderate 175°C for 30 min until well browned and set in the centre.
- Serve portions of the slice with a side salad of rocket leaves, pinenuts and yellow capsicum.
- Poor Frantoio olive oil on your salad and slice.

Chef's Tip:

Try cutting into smaller pieces as a party snack.

Serves up to 6 people

Chicken and Pumpkin Curry

Ingredients:

500g chicken breast fillet, skinned and diced

500g pumpkin, peeled and diced

3 tsp black mustard seeds

6 curry leaves

1 tbsp curry powder

2 tsp fresh crushed chilli

2 tsp fresh crushed garlic

2 tsp dried ground cumin

2 tsp dried ground coriander

1 large onion, diced

1 cup chicken stock (Masala)

100g natural yoghurt

Method:

- Place a small amount of olive oil in a large pot and cook chicken until no pink can be seen. Remove from the pan.
- Add onion and fry until transparent, then add mustard seeds, curry leaves, curry powder, chilli, garlic, cumin and coriander. Fry for a further 2 minutes to sweat off the spices.
- Return the chicken to the pan and cook a further 2 minutes.
- Add the pumpkin and the stock, cover and cook for 20 minutes stirring every five minutes.
- Lastly add the yoghurt just before serving and heat through.

Feed up to 4 people easily

Vegetable Frittata

Ingredients:

500g of butternut, peeled and coarsely chopped

1 zucchini, chopped coarsely

1 tbsp of olive oil

200g feta cheese

8 eggs

½ cup of cream

Method:

- Preheat oven to about 180°C.
- Oil or line a deep dish or round cake tin with baking paper.
- Combine the butternut and zucchini and sprinkle with a drop of olive oil. Roast in the oven for about 25 minutes or until cooked.
- Place all of the vegetables and feta in the prepared tin or dish.
- Whisk together the eggs and cream, add the seasoning and pour slowly over the vegetables.
- Bake uncovered in the oven at about 180°C for 20 - 30 minutes or until the frittata is cooked through and set.
- Serve with side salad.

Serves at least 4 people



Chicken & Avocado Salad

Ingredients:

- 250g boneless, skinless, cooked chicken
- 1 small red onion – finely sliced
- 1 small red apple – finely sliced
- 25g walnuts – roughly chopped
- 1 tbsp sultanas
- 1 avocado – peeled, stoned and sliced
- 1 bag mixed salad leaves
- 1 tbsp dill – finely chopped

Dressing:

- 1 tbsp French mustard
- 3 tbsp extra virgin olive oil
- 1 tbsp white wine vinegar
- 1 clove garlic – crushed
- 1 tsp thyme – finely chopped

Method

- Combine the chicken with the onion, apple, walnuts and sultanas.
- Add the avocado slices.
- Combine all the dressing ingredients and pour over the chicken salad.
- Divide the salad leaves and top with the chicken salad.
- Sprinkle with the dill.
- Serve portion sizes to suit the palm measures for each individual.

Should serve 2 people

Vegetable Quiche Cups

Ingredients:

- 250g of chopped spinach
- 4 eggs
- 100g mozzarella cheese or feta cheese
- 1 grated zucchini
- 1 med chopped onion
- 3 drops of tabasco sauce

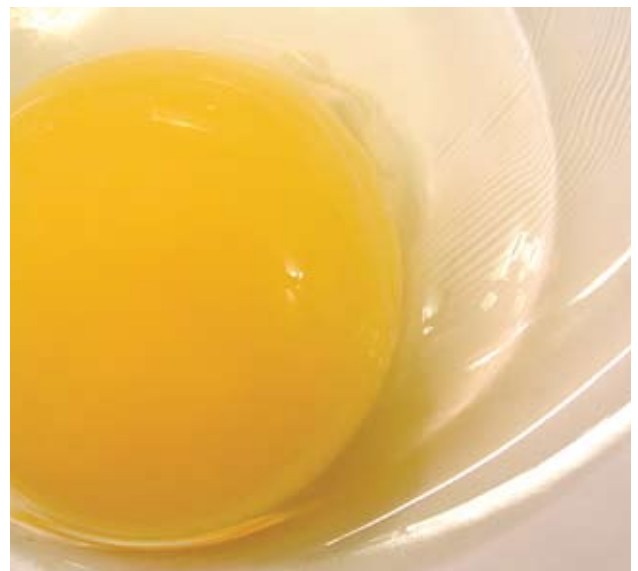
Method:

- Blanch the spinach for 1 minute.
- Line a 12 cup muffin tin with baking cases.
- Combine the spinach, eggs, grated cheese, zucchini/squash, onions and tabasco sauce in a bowl.
- Divide into the muffin cases.
- Bake at 180°C for 20 minutes or until a knife inserted at the centre comes out clean.

Chef's Tip:

This is a great lunch meal for the kids.
Try adding other veges such as carrot and mung bean sprouts.

There are 12 serves



Beef and Pumpkin Lasagne

Ingredients:

500g prime mince beef or minced steak
400g pumpkin, thinly sliced
2 dsp tomato paste with 1½ cups water
1½ cups of grated mozzarella cheese
200g zucchini, thinly sliced
100g onion, diced
100g red capsicum, diced
1/8 cup oregano
1/8 cup parsley
1 clove garlic, peeled and crushed
Olive oil

Method:

- Fry mince in ½ cup of water until browned; add herbs, onion and capsicum.
- Fry until tender, add tomato paste and water, and simmer till thick.
- In a greased lasagne dish, place a layer of pumpkin slices and cover with half of the mince mixture.
- Place over a layer of zucchini and add ½ cup cheese.
- Cover with remaining mince mixture.
- Cover with pumpkin slices and remaining cheese.
- Bake in oven for 40 minutes at 180°C.

Chef's Tip:

A great meal for tomorrow's lunch.

Could serve up to 6 people

Lamb and Vegetable Stirfry

Ingredients:

No oil!

6 lamb cutlets
½ bunch of medium size bok choy, chopped
1 tin bamboo
¼ sliced red pepper
2 tbsp of fresh coriander
1 lime

Method:

- Heat the wok and add ½ cup water.
- Cook the cutlets a few at a time until tender and remove.
- Make sure the wok is really hot. Add ½ cup water.
- Add the bok choy, bamboo, and red pepper and stir fry for about 1 minute before adding 3 tablespoons of water for the vegetables to steam for about 3 minutes or until the vegetables are done to your liking.
- Add the lamb cutlets and mix together.
- Add the coriander and a squeeze of lime juice.

Chef's Tip:

You could marinade the cutlets for 1 hour in a marinade of your choice e.g. I like Tandoori or Thai flavours to garlic, tamari, ginger and honey.

Serves 2-3 people

Salmon Hash Cakes

Ingredients:

- 1 green pepper
- 1 red pepper
- 1 onion
- 1 grated zucchini
- ½ cup of water
- 1 large can of red or pink salmon
- 3 heaped tsp horseradish sauce
- 3 eggs beaten
- grated rind of 1 lemon – the more the better
- ¼ cup chopped fresh parsley
- ½ cup grated cheese – or crumbled feta/cottage cheese

Method:

- Tip salmon into a bowl and flake salmon.
- Lightly stir fry the vegetable ingredients for a few minutes using water to avoid sticking.
- In a separate bowl, combine eggs, horseradish, lemon rind and parsley, season with salt & pepper. Add to this the warmed vegetables and flaked salmon, gently mixing together.
- Line 12 muffin tins with squares of baking paper. Divide salmon hash mixture evenly among the tins and press down firmly with the back of a spoon.
- Sprinkle each muffin section with a little grated cheese or feta.
- Cook at 180°C for 12-15 minutes, or until hot, set & golden.
- Serve with a fresh green salad or on baby spinach.
- Pour fresh olive oil over the top of the cakes and salad according to your index and middle finger portion.

12 serves here

Lamb and Salad Wraps

Ingredients:

- Mountain bread
- Lamb eye fillet or backstraps
- Rocket
- Feta
- Hummus
- Crunchy bean sprouts / mung bean sprouts

Method:

- Cook the lamb until it is tender.
- Spread hummus dip on the mountain bread.
- Place rocket on top.
- Add the sliced lamb, feta and crunchy beans.
- Wrap up and serve.

1-2 wraps per person is all you'll need



Hot Chicken Salad

Ingredients:

Marinade

- 1 tbsp of olive oil
- 1 tbsp of sesame oil
- 1 tbsp of honey
- 1 tbsp of soy sauce
- 1 tbsp of lemon juice

- 100ml of plain yoghurt
- ½ cup of sesame seeds
- 1 chicken breast, sliced into slices
- 1 handful of salad mix
- 1 handful of green beans, precooked and sliced
- 1 tbsp of sunflower seeds

Method:

- Marinade chicken in mixture of the first 5 ingredients, then dip in plain yoghurt and sesame seeds and pan fry.
- Make the salad mix by putting the lettuce on a serving plate, then mix the beans, and sunflower seeds together and place on top of the lettuce.
- Place the chicken on top of the salad.
- You may squeeze over some fresh lemon or lime juice.

1-2 serves depending on your hand size

Nut Crusted Fish and Salad Greens

Ingredients:

- 2-3 beaten eggs
- 1/3 cup finely chopped nuts (can be bought or ground in a coffee grinder)
- 1 tsp Celtic sea salt or Himalayan rock salt
- Black pepper to taste
- 2 large pieces (195g) of boneless fish, any type will do
- 2 tsp fresh chopped parsley (optional)
- 2 cups salad greens
- 1 lemon

Method:

- Preheat oven to 220°C.
- Grease a baking sheet.
- Remove from heat and let cool.
- Mix the chopped nuts together with the seasoning and put on a plate.
- Dip the fish in eggs and then nut mixture, press firmly so the nuts hold.
- Place fish on the baking sheet and bake until cooked through.
- Garnish with fresh parsley.
- Serve with salad greens (dress with olive oil) and a wedge of lemon.

Easily 2 serves here... maybe 3!

Home Style Chicken Soup

Ingredients

200g chicken breast or thigh, cubed

3 cups chicken stock / masala

2 stalks celery

1 onion

1 clove garlic

1 chilli (optional)

Chopped parsley to garnish

Macadamia nut oil

Method:

- Lightly fry onion in a little water.
- Add chicken, celery garlic and chilli, sautéing for another minute.
- Add extra water if desired to affect consistency.
- Add stock and simmer for 15 minutes.
- Pour about 2 tsp of macadamia nut oil in your bowl of soup to deliver you fat requirement.

Tacos

Ingredients:

500g lean beef/lamb/turkey mince

1 tbsp oil

1 onion finely chopped

2 cloves garlic, peeled and crushed

¼ tsp chili powder

1 tsp ground paprika

1 tsp ground cumin

1 tsp ground coriander

Small ½ tsp dried oregano

2 tbsp tomato paste

3-4 tbsp water

Method:

- Heat your pan. Pan has to be very hot.
- Add ½ cup of water.
- Add the onion and cook until soft not browned.
- Add garlic and water, fry a further minute or so.
- Add remaining spices and herbs, cook over low heat for 3 - 4 minutes.
- Increase heat, add mince and cook until meat is browned.
- Add water and tomato paste and cook for 5 - 10 minutes stirring continuously.
- If mixture starts to stick add a little more water.
- The mixture should be quite dry when finished.

To Serve:

Take whole lettuce leaves and place spoonfuls of meat into leaves, top with grated cheese, avocado slices, sour cream and salsa (recipe can be found on the Sauces and Salsa page).

Kids love this one!

Thai Red Curry Fish with Lime & Asian Vegetables

Ingredients

2 medium size white fish fillets (135g each)

Red curry paste (no added sugar)

2 tbsp olive oil for cooking

2 cups of bean sprouts, broccoli, onion rings or cabbage strips

1 tbsp of sesame oil

Squeeze of fresh lime juice

Method:

- Heat oil in a fry pan (low heat).
- Cut the fish into small portions, about the size of half the palm of your hand.
- Rub the fish with red curry paste so it is lightly coated.
- Shallow fry the fish lightly on both sides.
- While fish is cooking, lightly steam vegetables until tender.
- Put mixed vegetables on a plate, top with sesame oil and lime juice.
- Serve fish to side of vegetables.

Chef's Tip:

If you want to cook on a higher heat use some coconut oil.

This is a nice sized meal for 2 people

Open Omelette

Ingredients:

3 whole organic free range eggs

Olive oil spray

Sliced leek

1 spring onion sliced

Handful of spinach leaves

40g grated mozzarella / feta

1 small sprig of chopped parsley

Seasoning – salt, pepper

Method:

- Beat 3 eggs and whip until fluffy and add seasoning.
- Add a splash a water to a very hot pan.
- Cook the mushrooms and spring onion and put aside.
- Cook the egg mixture over a medium heat until almost set.
- Layer the tomato slices, spinach, spring onion and mushrooms over the egg mixture.
- Add the chopped parsley.
- Put the cheese on top and place under the grill until the cheese starts to melt and colour slightly.
- Turn out onto a warm plate.

Chef's Tip:

You could double this receipe or triple it and feed the masses. Kids love it.

Smokey Chicken Casserole

Ingredients:

- 1 large cooked BBQ chicken cut into bite size pieces
- 2 leeks sliced
- 200g bacon diced (trimmed off fat)
- 1 tsp dried chives
- Black pepper
- ½ cup sour cream
- 2 eggs, beaten
- 100g goats cheese
- 100g mozzarella

Method

- Place sliced leeks in a hot pan with a little water and fry until soft.
- Add the bacon, chives and pepper to taste.
- Mix together in a large bowl, the chicken, leek mixture, sour cream, eggs and goats cheese.
- Place in a large lasagne dish and cover with the mozzarella cheese. Bake for 30 minutes at 180°C or until golden brown.

Chef's Tip:

This is always a favourite! Be sure to pour olive or macadamia oil over your meal once cooked.

Feeds a big family

Lentil and Pumpkin Soup

Ingredients:

- 1 chopped onion
- 1 clove of garlic
- 400-500g of cleaned diced pumpkin
- ½ cup of dry red lentils
- 1 litre of vegetable stock or water
- Pinch of salt and pepper
- 1 tsp olive oil

Method:

- Fry the chopped onion and garlic in the olive oil until the onion is glassy.
- Add the diced pumpkin and ½ cup of lentils.
- Add 1 litre of vegetable stock and simmer for about 20 – 25 minutes until the pumpkin is soft and the lentils cooked.
- Season and process the soup. You might need to adjust the liquid, adding more water if the consistency is too thick.

Chef's Tip:

You can adjust the flavour slightly by adding a small piece of ginger with the onion and garlic.

Serves about 7-8 people



Grilled Fish on a Warm Salad

Ingredients:

- 2 pieces of fish about 150g each
- 1 small diced red onion
- ½ red capsicum - chopped
- ½ avocado pear – diced
- 1 cup chopped broccoli
- Small piece of fresh coriander – picked off the stem
- Handful of mixed lettuce
- 1 tbsp of lemon juice
- 1 tbsp of red wine vinegar
- ½ tbsp of olive oil

Method:

- Heat a non stick pan or a griller pan and cook the fish for 2 minutes each side.
- Remove from the pan and keep warm by covering with foil and placing in a warmer.
- Add ½ tablespoon of olive oil and cook the red onion for 1-2 minutes, then add the red pepper, drained beans and corn. Stir and cook for 1-2 minutes until it is all starting to soften on a medium to low heat.
- Add the diced avocado, coriander and mix through. Remove off the heat.
- Place the lettuce on a plate then add the mixed salad onto the lettuce and top off with the fish.
- Add the lemon and vinegar to the pan and put it back on the heat and whisk into the pan juices to make the dressing.
- Pour over the fish and serve immediately.

Fish with Parmesan and Nuts

Ingredients:

- 1kg of fish
- Seasoning
- ¼ cup of garlic butter
- ½ cup of chopped pecan nuts
- ½ cup of grated parmesan

Method:

- Butter a dish with the garlic butter, lay the fish on top, place a few blobs of butter on top of the fish and then sprinkle with chopped pecan nuts and parmesan cheese.
- Bake at 250°C for 20 minutes.
- Or you could grill the fish until it is opaque and cooked.
- Serve with appropriate serving size of steamed veggies suited to your body type.

Will serve 4-6 people

Autumn Beef and Vegetable Casserole

Ingredients:

750g of lean cubed beef

1 onion chopped

Rice flour to dust the meat

1 - 2 dsp tomato paste with 3 cups of water

½ butternut cleaned and sliced into big chunks

4 carrots, peeled and sliced into big chunks

2 parsnips (optional) peeled and sliced into chunks

Handful of pumpkin chunks

1 cup of frozen peas

2 cloves of garlic (optional)

1 lemon

Handful of herbs (can be fresh parsley, sage, oregano)

Seasoning – salt and pepper to taste



Method:

- Dust the beef in a little bit of flour by putting it into a plastic bag with the flour and giving it all a good shake.
- In a large pan, add a ½ cup of water and pan fry the beef on a medium heat a few pieces at a time until they are slightly brown and remove to one side.
- When all the beef is cooked, reduce the heat and cook the onion in the same pan until it is browned.
- Add the meat back with all the rest of the ingredients (not the peas, garlic and lemon).
- Place on very low heat on the stove top or in the oven at 180°C for 50 minutes to one hour. Check after 20 minutes to make sure the liquid does not need topping up.
- Add a few tablespoons of water if required.
- Once the casserole is cooked add the frozen peas and stir them through to make sure they cook in the heat of the liquid.
- Just before serving the casserole chop up the herbs, grate some lemon rind or use a zester to add some rind to the casserole. Chop up the garlic into very small pieces and stir this through the casserole. Taste the casserole to make sure the seasoning is right before you serve it.
- Leave for 5-10 minutes

Serves 4-6 people

Chicken and Pumpkin Lasagne

Ingredients:

- 500g chicken, finely sliced
- 400g pumpkin, thinly sliced
- 2 dsp tomato paste with 1½ cups water
- 1½ cups of grated mozzarella cheese
- 200g zucchini, thinly sliced
- 100g onion, diced
- 100g red capsicum, diced
- 1/8 cup oregano
- 1/8 cup parsley
- 1 clove garlic, peeled and crushed

Method:

- Fry chicken in a little water until browned, add herbs, onion and capsicum.
- Fry until tender, add tomato paste and more water and simmer until thick.
- In a greased lasagne dish, place a layer of pumpkin slices and cover with half of the chicken mixture.
- Place over a layer of zucchini and add ½ cup cheese.
- Cover with remaining chicken mixture.
- Cover with pumpkin slices and remaining cheese.
- Bake in oven for 40 minutes at 180°C.

The kids favorite. Serves 4-6, maybe 8.

Spanish Omelette

Ingredients:

- 2 spring onions sliced
- ½ capsicum diced
- 1 handful of spinach leaves
- 4 eggs
- Seasoning - salt, pepper
- Handful of parsley

Method:

- Heat a non-stick pan, add ½ cup of water and cook capsicum.
- Beat eggs in a bowl, add seasoning.
- Heat the remaining oil in the non-stick pan.
- Pour the eggs and spring onion into the pan and allow to set for about 12 seconds before spreading the capsicum and spinach over the top and press in a little.
- Sprinkle with parsley and continue to cook until set.

Chef's Tip:

Try to use a very large pan and cook so that the omelette is thin. You can then roll it up! Kids love it!

Will serve 2 people

Lime Sweet and Sour Fish

Ingredients:

8 fish fillets

Sweet and Sour

Zest of 2 limes

½ cup of lime juice

1 cup of orange juice

3 tsp of honey

1 tsp of chopped fresh ginger

½ bunch of coriander

Method:

Sweet and Sour

- Mix all the ingredients together.
- Pour the sweet and sour mixture over the fish and leave to marinade for one hour.
- Bake at 180°C for about 20 minutes.
- Serve with a fresh salad or steamed vegetables.

Could feed an army!



Roast Fillet of Beef

Ingredients:

4 beef fillets, palm sized

2 cloves of garlic, peeled and finely sliced

2 tbsp of black peppercorns, coarsely crushed

½ tsp thyme leaves (either dried or fresh)

½ tsp sea salt

Method:

- Preheat oven to 220°C.
- Using a sharp knife, cut slits in the beef fillets and insert the sliced garlic.
- Pat the pepper all over the beef fillet so that it is well coated.
- Sprinkle with the thyme and salt.
- Place the beef fillet in a shallow roasting pan and cook for 15 minutes.
- Lower the heat to 160°C and cook for 20 minutes for rare. If you prefer your meat well done then cook for a further 5 – 10 minutes.
- Let the beef fillet rest for 10 minutes before serving.
- Serve with green salad or asian greens.

Serves 4 people

Lamb and Vegetable Casserole

Ingredients:

750g diced lamb

Rice flour

2 tbsp olive oil

2 brown onions, diced

4 carrots, peeled

1 leek, washed and sliced

1 large kumara

½ cup pumpkin, peeled and cut into large chunks

5 tbsp of quinoa

Hot water

Himalayan rock salt and pepper

Parsley

Method:

- Coat the lamb in rice flour.
- Heat a saucepan to be very hot.
- Add 1/3 cup of water
- Fry a few pieces of the meat at a time (so as not to drop the temperature of the saucepan which causes the meat to boil).
- When you have finished browning the meat, lower the temperature of the saucepan and pan-fry the onions, celery and carrots for 2 minutes (again use water to pan fry).
- Add the meat back to the pan, and add the kumara.
- Sprinkle the quinoa on top and add enough warm water to almost cover the casserole.
- Bring to the boil and then remove any scum that comes to the surface.
- Cover the pan with a well fitting lid and leave to simmer for 1 hour.
- Test the meat and vegetables to see if they are soft, if the meat needs more cooking return to heat and cook for a further 20-30 minutes.
- Check the seasoning and sprinkle on the chopped parsley.

Easy Lamb Moussaka

Ingredients:

- 500g lean lamb mince
- 1 large eggplant, diced (may be salted and washed to get rid of bitterness)
- 1 large onion diced
- 1 large zucchini, diced
- Black pepper
- 2 tsp cinnamon
- 2 cloves garlic
- 200ml pure cream
- 4 eggs
- 200g cheese, grated
- 1-2 dsp of tomato paste with 1½ cups water

Method:

- In a large pan fry the lamb mince in a little water until browned.
- Add onion, eggplant, zucchini, pepper, garlic, and cinnamon.
- Cook until all veggies are tender, then add the tomato paste.
- Beat the cream and the eggs together with a fork.
- Place the beef mixture in a large greased lasagne dish and top with the cream mixture. You could use coconut oil to grease the pan.
- Sprinkle with the cheese.
- Bake in oven 180°C for 30 minutes or until top is golden brown.

Rack of Lamb with a Pea Puree

Ingredients:

- 2 X 3 cutlet rack of lamb
- 1 small sprig of rosemary
- 1 small sprig of mint
- 1 clove of garlic
- 1-2 cloves of roasted garlic
- Few drops of olive oil
- 400g of frozen peas / fresh if you can get them
- Water

Method:

- Preheat the oven to 200°C. Remove any excess fat off the racks of lamb.
- Cut small splits into the lamb and put slices of garlic and rosemary into each hole.
- Rub a few drops of olive oil into the lamb.
- Roast the racks of lamb for 35 - 40 minutes and remove from the oven and allow to rest for 5 minutes before cutting into the cutlets.
- To make the puree, bring some water to the boil and add the frozen peas.
- When soft, remove from the heat and puree, with the roasted garlic in a food processor until smooth.
- Serve the cutlets on a mound of the pea puree, a pile of raw baby spinach topped with a couple of torn basil leaves, 1 sliced Roma tomato.



Clay Pot Lamb

Ingredients:

4 cloves of garlic, peeled crushed
1 tbsp fish sauce
1 tbsp soy sauce
1 tbsp hoisin sauce
2 tbsp lime juice
10cm stick (20g) fresh lemon grass, chopped finely
800g lamb
1 large brown onion, quartered
1 fresh long red chilli, sliced thinly
½ cup (125 ml) vegetable stock
100g fresh shiitake mushrooms halved
4 spring onions, cut into 4 cm pieces
½ small cabbage (600g), cut into 6 cm squares

Method:

- Combine garlic, sauces, juice and lemon grass in large bowl, add lamb; toss lamb to coat in marinade. Cover; refrigerate for 3 hours or overnight.
- Pre-heat oven to moderate.
- Place lamb mixture in clay pot or 2.5 litre (10 cup) proof dish with brown onion, chilli and stock; mix gently to combine.
- Cook covered, in moderate oven for 45 minutes.
- Add mushrooms, spring onion and cabbage to dish; stirring occasionally, about 15 minutes or until lamb is cooked through.

Salmon and Silver Beet

Ingredients:

1 can of salmon
200g silver beet
100g zucchini
Handful chopped parsley
Frantoio olive oil by The Village Press

Method:

- Wash, shred and remove excess water from the silver beet.
- Steam the silver beet and zucchini.
- Mix the salmon, parsley and the steamed vegetables together.
- Serve with the olive oil drizzled on top.

Lamb and Kumara Curry

Ingredients:

500g lamb, diced
500g kumara, peeled and diced
3tsp black mustard seeds
6 curry leaves
1 tbsp curry powder
2 tsp fresh crushed chilli
2 tsp fresh crushed garlic
2 tsp dried ground cumin
2 tsp dried ground coriander
1 large onion, diced
1 cup vegetable stock
100g natural yoghurt

Method:

- Place a small amount of water in a large, very hot pot and cook lamb until tender. Remove from the pan.
- Add onion and fry until transparent, then add mustard seeds, curry leaves, curry powder, chilli, garlic, cumin and coriander. Fry for a further 2 minutes to sweat off the spices. Continue to add small amounts of water so the food doesn't stick.
- Return the chicken to the pan and cook a further 2 minutes.
- Add the kumara and the stock, cover and cook for 20 minutes stirring every five minutes.
- Lastly add the yoghurt just before serving and heat through.

Smoked Fish Casserole

Ingredients:

1kg smoked fish, cut into bite size pieces
2 leeks sliced
½ cup mushrooms
1 tsp dried chives
Black pepper
½ cup sour cream
2 eggs, beaten
250g mozzarella cheese, grated

Method

- Place sliced leeks in a pan with a little olive oil and fry until soft.
- Add the mushrooms, chives and pepper to taste.
- Mix together in a large bowl, the smoked fish, leek mixture, sour cream, eggs and 2/3 of the grated cheese.
- Place in a large lasagne dish and cover with the remaining cheese. Bake for 30 minutes at 180°C or until golden brown.

Could serve 6-8 people

Really Tasty Stir-fry

Ingredients:

120g beef eye fillet
1 tsp soy sauce
¼ tsp chinese five spice
1 tsp oyster sauce
¼ tsp fresh chilli (optional)
1 tsp coconut oil
30g onion
50g carrot
25g broccoli
35g mushrooms
45g zucchini

Method:

- Combine soy sauce and beef in a bowl.
- Chop the vegetables into small cubes.
- Heat oil in a wok or pan and add five spice, then chilli.
- Add beef and soy sauce and stir-fry until beef is medium rare.
- Add vegetables and stir-fry until soft.
- Add oyster sauce and stir-fry for one minute.

Obviously this serves one so multiply it all out to feed more.

Roasted Capsicum Frittata with Salsa

Ingredients:

500g capsicum, seeded
2 cloves of garlic, peeled and crushed
2 tbsp parsley, chopped
Sea salt
Black pepper freshly ground
4 eggs, lightly beaten

Method:

- Preheat oven to 200°C.
- Grill capsicum skin side up, until skin blisters and blackens, place in plastic freezer bag and allow to cool. Peel away skin, cut into thin strips.
- Place capsicum, garlic, parsley, salt and pepper in a small bowl and combine.
- Divide mixture into 4 slightly oiled muffin tins. Pour over egg. Bake for 25 minutes until cooked.
- Serve with the Salsa (recipe can be found on the Sauces and Salsa page).

Lamb and Vegetable Stir-fry

Ingredients:

6 lamb cutlets

½ bunch of medium size bok choy, chopped

1 can bamboo or bamboo shoots

¼ sliced red pepper

2 tsp of fresh coriander

1 lime

Method:

- Heat the wok and add 1/3 cup of water.
- Cook the cutlets a few at a time until tender and remove.
- Make sure the wok is really hot.
- Add the bok choy, bamboo and red pepper and stir fry for about 1 minute before adding 3 tablespoons of water for the vegetables to steam for about 3 minutes or until the vegetables are done to your liking.
- Add the lamb cutlets and mix altogether.
- Add the coriander and squeeze of lime juice.

Chef's Tip:

You may marinate the cutlets for 1 hour in a marinade of lemon juice and coriander.

Snapper with Cucumber and Tomato Salsa

Ingredients:

4 snapper fillets (approx 750g)

Picual olive oil by The Village Press

Method:

- Grill the fish on a heated grill plate or barbecue (alternatively cook in a non-stick fry pan) until the snapper is brown on both sides and cooked through.
- Serve the fish with the cucumber and tomato salsa (recipe can be found on the Sauces and Salsa page).
- Drizzle the fish and salsa with the Picual olive oil.



Asian Greens

Ingredients:

- ½ tsp coconut oil
- 2 tsp grated fresh root ginger
- 300g green vegetables, sliced e.g. courgette, celery
- 300g sliced asian greens e.g bok choy, snow peas, spring onion
- 2 tbsp fish sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp water
- 1 tsp vegetable stock

Method:

- Heat a wok or a non-stick fry pan.
- Add the coconut oil.
- Add ginger and green vegetables. Stir fry for two minutes.
- Add combined sauces, water and stock.
- Add asian greens and stir-fry for a further minute.
- Serve immediately - up to 4 serves depending on palm size.

Baked Fish Mozzarella

Ingredients:

- 1kg of white fish fillets
- 2 cups of shredded mozzarella cheese
- Few slices of feta cheese
- ½ cup of sliced artichoke
- ¼ cup of chopped fresh herbs (eg. parsley, oregano)
- 2 cloves of garlic, peeled and crushed
- Salt and pepper to taste

Method:

- Preheat the oven to 200°C.
- Grease a large baking dish in coconut oil.
- Pat the fish dry and arrange in a single layer in the dish.
- Layer with the sliced artichoke and sprinkle over the cheese.
- Sprinkle over the chopped herbs and crushed garlic.
- Add seasoning.
- Bake until the fish is opaque, about 10 minutes.
- Serve immediately with a side green salad.

Could serve 4-6 people.

Lamb and Pumpkin Curry

Ingredients:

- 500g lamb, diced
- 500g pumpkin, peeled and diced
- 3 tsp black mustard seeds
- 6 curry leaves
- 1 tbsp curry powder
- 2 tsp fresh crushed chilli
- 2 tsp fresh crushed garlic
- 2 tsp dried ground cumin
- 2 tsp dried ground coriander
- 1 large onion, diced
- 1 cup chicken stock
- 100g natural yoghurt

Method:

- Place a small amount of water in a very hot large pot and cook lamb until tender. Remove from the pan.
- Add onion and fry until transparent, then add mustard seeds, curry leaves, curry powder, chilli, garlic, cumin and coriander. Fry for a further 2 minutes to sweat off the spices. Continue to add water to avoid food sticking to pan.
- Return the lamb to the pan and cook a further 2 minutes.
- Add the pumpkin and the stock, cover and cook for 20 minutes stirring every 5 minutes.
- Lastly add the yoghurt just before serving and heat through.

Layered Fruit Salad

Ingredients:

- 1 kiwifruit, peeled and sliced
- ¼ small mango – peeled and sliced into ½ cm slices
- 1 - 2 peaches or plums
- 2 slices of pineapple
- Small handful of raspberries and blueberries
- 3 tbsp of plain yoghurt
- Sprinkle of LSA

Method:

- Layer the first 4 fruits alternately onto a serving plate in layers of yellow and green. Sprinkle the raspberries and blueberries around the plate. Top with the yoghurt and LSA and serve immediately.
- Could also use some other type of nuts instead of the LSA.



Lime Sweet and Sour Chicken

Ingredients:

- 8 chicken portions
- Grated peel of 2 limes
- ½ cup of fresh lime juice
- 1 cup of fresh orange juice
- 3 tsp of honey
- 1 tsp of chopped fresh ginger
- ½ bunch of coriander

Method:

- Mix all the ingredients together, except the chicken.
- Pour the mixture over the chicken and leave to marinade for one hour.
- Bake at 180°C for about 40 minutes.
- Serve with a fresh salad or steamed vegetables.

Macadamia Crumbed Scallops

Ingredients:

- Scallops
- Macadamia Lemon Crush or Chilli Kelp Crumb (Cathedral Cove)
- Macadamia oil
- 100ml favourite beer or wine

Method:

- Drain excess liquid from the scallops.
- Lightly sprinkle the scallops with the Macadamia Lemon Crush or Chilli Kelp Crumb.
- Heat a thin layer of macadamia oil in a pan.
- Place scallops in the oil and sear for a minute or so on either side.
- Remove scallops and place on a serving plate or dish.
- Deglaze pan by adding 100ml of your favourite beer or wine, heat until sauce begins to bubble on the surface.
- Pour the sauce over the scallops and garnish with a side salad. Serve immediately.

Hot Turkey Salad

Ingredients:

- 1 tbsp of olive oil
- 1 tbsp of sesame oil
- 1 tbsp of honey
- 1 tbsp of tamari
- 1 tbsp of lemon juice
- 100ml of plain yoghurt
- ½ cup of chopped pinenuts
- 1 turkey breast, sliced into slices
- 1 handful of salad mix
- 1 handful of broccolini florets, precooked and sliced
- 1 tbsp of peanuts

Method:

- Marinade turkey in mixture of the first 5 ingredients, then dip in plain yoghurt and pinenuts and pan fry.
- Make the salad mix by putting the lettuce on a serving plate, then mix the broccolini and peanuts up and place on top of the lettuce.
- Place the turkey on top of the salad.
- Squeeze over some fresh lemon or lime juice.

Chef's Tip:

If you can't get turkey use the best chicken you can get.

Zucchini Slice

Ingredients:

- 375g zucchini
- 1 large onion
- 100g salmon
- 1 cup feta cheese (ricotta, cottage or mozzarella are other options)
- ½ cup Frantoio olive oil by The Village Press
- 6 eggs, lightly beaten

Method:

- Grease a 19cm x 29cm tin.
- Grate unpeeled zucchini.
- Finely chop the onion.
- Combine the eggs, onion, salmon and olive oil.
- Mix well.
- Pour into tin and bake at a moderate (175°C) for 30 minutes until well browned and set in the centre.
- Serve with a green side salad or steamed veggies.

Silver Beet Slice

Ingredients:

300g silver beet
4 eggs
100g sour cream
200g cottage cheese
50g chopped onion
¼ feta cheese
¼ cup mozzarella cheese

Method:

- Wash, shred and remove water from the silver beet.
- Cook in a pan with the onion until wilted.
- Beat the eggs, add cream and cottage cheese.
- Place the silver beet and onion in a greased dish, pour over egg mix, sprinkle with mozzarella cheese.
- Bake in a moderate oven until set and cheese is brown.

Cherry Tomato Salad

Ingredients:

2 handfuls of mixed leaves
1 punnet cherry tomatoes
100g bocconcini cheese, sliced
2 tbsp shredded fresh basil
2 tbsp olive oil
2 tbsp sunflower seeds

Method:

- Put the mixed leaves in a bowl.
- Wash and chop the tomatoes into thick slices, add to the salad.
- Add the sliced bocconcini cheese and shredded basil.
- Top with olive oil and sunflower seeds.

Sauces and Salsa



Salsa

50g tomatoes

50g cucumber

50g green capsicum

50g red onion

Fresh coriander

1 lime

Fresh chillies

Manzanillo Extra Virgin Olive Oil

Method:

- Deseed tomatoes, cucumber, chilli and capsicum. Dice finely.
- Finely chop onion and coriander.
- Mix the tomatoes, cucumber, chilli, capsicum, onion and coriander in bowl and add the juice of the lime.
- Add a drizzle of olive oil and pepper to taste.
- Refrigerate for half an hour to let the flavours combine (optional).

Cucumber Dipping Sauce

Ingredients:

1 lebanese cucumber, finely chopped

3 tbsp sweet chilli sauce

2 tbsp rice wine vinegar

1 tbsp unsalted peanuts, finely chopped

1 tbsp coriander, finely chopped

Method:

- Combine all the ingredients in a bowl and mix well.

Red Wine Basil Vinaigrette

Ingredients:

2 cloves of garlic, peeled and crushed

2 tbsp dijon mustard

½ cup red wine vinegar

1 tsp freshly ground black pepper

1 cup Manzanillo Olive Oil by The Village Press

½ cup finely chopped basil

½ cup chopped parsley

Method:

- Combine the garlic, mustard, vinegar and pepper in a small bowl
- Whisk together well.
- Add the oil in a slow stream, whisking constantly until the vinaigrette has thickened.
- Fold in the basil and parsley.

Chef's Tip:

For the most robust greens, this vinaigrette is the way to go.

Cucumber and Tomato Salsa

Ingredients:

- 1 lebanese cucumber
- 2 small tomatoes
- 1 small red onion
- 2 tbsp sweet chilli sauce
- 1 tbsp coriander

Method:

- Cut the cucumber in half lengthways and using a teaspoon to remove the seeds.
- Cut in half again and then finely dice.
- Deseed the tomatoes and finely dice.
- Finely dice the onion.
- Chop the coriander.
- Combine all the ingredients in a bowl and mix well.

Yoghurt and Dill Sauce

Ingredients:

- 1½ cups plain yoghurt
- 1 tbsp fresh lemon juice
- 1 garlic clove, minced
- ¼ cup minced red onion
- ¼ cupped snipped fresh dill
- ½ tsp ground cumin
- Herbs to taste

Method:

- Combine ingredients in a mixing bowl and stir well.
- Chill for at least 1 hour and serve cold.

Hummus

Ingredients:

- 2-4 garlic cloves, according to taste
- 450g can black beans/white beans/chick peas, drained and rinsed
- 3 tbsp fresh lemon juice
- 3 tbsp tahini
- ½ tsp sea salt
- ¼ tsp cayenne, or to taste
- Paprika for dusting

Method:

- Using cutting blade in food processor, drop garlic through chute and process until finely minced.
- Remove lid and add everything but the paprika. Process until smooth.
- Scrape into a serving bowl, smooth with a rubber spatula, and dust with paprika.

Extra Recipes



Cannellini Beans with Leeks and Rocket

Ingredients:

125g dried cannellini beans, soaked overnight, drained and rinsed

1.2 litres water

2 tbsp coconut oil

2 leeks, trimmed, cleaned and sliced

1 tbsp mustard seeds

1 garlic clove, peeled and crushed

125g green beans, trimmed and halved

75ml double cream

125g rocket

2 tbsp chives, finely sliced

Salt and pepper to taste

Method:

- Put the beans and water into a saucepan. Bring to a hard boil for 10 minutes.
- Reduce the heat and simmer for 45-50 minutes until tender.
- Strain the fluid from the beans into a pan and boil rapidly until reduced to 300 ml (1/2 pint). Set aside.
- Heat the oil and fry the leeks, mustard seeds and garlic for 5 minutes.
- Add the drained beans, green beans and reduced stock and simmer for 5 minutes until the green beans are tender.
- Remove from the heat.
- Strain the liquid into a small pan, add the cream and boil for 2-3 minutes until slightly reduced.
- Stir the rocket and chives into the beans and drizzle with the sauce. Season and serve.

Poached Fish

Ingredients:

2 tbsp butter

¼ cup chopped onion

¼ cup chopped green capsicum

¼ cup chopped celery

1 litre water

¼ cup white wine vinegar

Sea salt

White peppercorns, to taste

Approx. 1kg fish steak

Method:

- In a large skillet melt the butter.
- Add the onion, capsicum and celery.
- Sauté the vegetables for 5 – 8 minutes.
- Add the water, white wine vinegar, salt and white peppercorns. Simmer for 5 minutes.
- Bring the liquid to a boil.
- Wrap the fish in coarse cheesecloth.
- Place the fish in the boiling liquid.
- Lower the heat and allow the fish to poach for 25 – 30 minutes.
- Remove the fish, carefully unwrap and serve hot.

Spicy Fish

Ingredients:

- 4 fresh fish fillets (any white fish)
- ¾ cup chickpea flour
- ¼ tsp sea salt
- 1 tsp garam masala
- ½ tsp chilli powder (more if you like really spicy)
- ¼ tsp turmeric
- ¼ tsp black pepper
- 2 tbsp freshly chopped coriander (or coriander pesto)
- 2 eggs, lightly whisked
- Oil spray

Method:

- In a bowl put chickpea flour, sea salt, garam masala, chilli powder, turmeric, black pepper and coriander, mix, then spread on to a plate.
- Dip fish in whisked egg then coat in spice mixture, making sure well coated.
- Spray oil in non-stick pan or a griller pan and cook until golden.
- Serve with steamed spinach and beans or a green salad.

Kumara and Cinnamon Soup

Ingredients:

- ½kg of peeled and cubed kumara
- 1 stick of cinnamon
- 1 chopped onion
- 10ml olive oil
- ½ litre of stock or water
- 1 piece of orange peel
- A pinch of salt

Method:

- Fry the onion in the oil until it is soft, add the cubed kumara, stock, cinnamon stick and the orange peel.
- Cook until the kumara is soft, remove the cinnamon and orange peel.
- Process in a blender until smooth, add more liquid if needed.

Fennel Puree

Ingredients:

- 1 onion, chopped
- 2 bulbs fennel, chopped
- 2 cloves of garlic, peeled and crushed
- 1 tbsp coconut oil
- Salt and pepper to taste

Method:

- Saute the onions in the oil for two minutes.
- Add the fennel and garlic, lower the heat.
- Cook for 30 minutes.
- Puree in a food processor or blender.
- Season to taste.
- Serve warm with salmon or swordfish.

Vegetarian Options



Kumara and Coriander Soup

Ingredients:

- 1 tbsp oil
- 1 large onion finely chopped
- 2 cloves of garlic – crushed or diced
- 2 kumaras peeled and chopped
- 750ml water
- 1 cup of chicken stock
- ½ bunch of coriander and roots

Method:

- Wash the coriander with the roots attached and then remove the roots.
- Finely chop the coriander root.
- Heat the oil, cook the coriander root, onion and garlic until the onion softens.
- Add the kumara and liquid, bring to the boil and reduce heat. Cook for about 15 minutes or until the kumara is soft.
- Blend the soup, add some coriander leaves before blending and keep some for garnishing.

Vegetable and Cheese Tower

Ingredients:

- 1 zucchini thinly sliced
- ½ small aubergine – washed and cut into same size pieces as zucchini
- 2 large vine ripe tomatoes sliced into thick slices
- 50g raw baby spinach
- 2 large pieces of bocconcini cut into thick slices
- Few drops of olive oil
- Pinenuts
- A couple of fresh basil leaves

Method:

- Grill the zucchini and aubergine on a hot grill plate until soft in a few drops of olive oil.
- Make a couple of towers with the above ingredients starting with aubergine, zucchini then spinach, tomato and cheese. Sprinkle over a few basil leaves and pinenuts.
- Serve for a light lunch or salad.

Asparagus Stuffed Mushrooms

Ingredients:

8 large black mushrooms
16 fresh asparagus, steamed
Seasoning (salt and pepper)
Juice of one lemon
1½ cups of grated mozzarella
Paprika

Method:

- Wash and steam the asparagus.
- Wipe the mushrooms and chop the asparagus and place on top of the mushrooms.
- Season and squeeze over the lemon juice.
- Top each mushroom with mozzarella cheese.
- Sprinkle with paprika and grill for 10 minutes.

Chef's Tip:

You may also use avocado pear mixed with the asparagus.

Dahl Recipe

Ingredients:

200g red lentils
¼ tsp turmeric powder
1 tsp cumin
2 pumpkins, peeled and diced
4 tomatoes, skinned and chopped
900ml water (4 cups)
1 tsp coriander
4 cloves garlic, crushed
1 onion, diced
25g butter
1 tsp garam masala

Method:

- Cook lentils, turmeric, cumin, pumpkin and tomatoes in the water for 15 minutes - until pumpkin is cooked.
- Add coriander.
- Sauté chopped onion and garlic in butter until golden.
- Add garam masala and sauté a further 2 minutes.
- Add to lentils and mix well.
- Serve with quinoa.

Greek Lentil Stew

Ingredients:

2 cups green lentils
8 - 10 cups vegetable stock
2 tsp ground coriander
1 tsp ground cumin
1 tbsp minced fresh oregano, or 1 tsp dried
1 tsp fresh thyme, or ¼ tsp dried
2 bay leaves
280g frozen chopped spinach, defrost
4 cups peeled and diced pumpkin
1 white onion, diced
1 tbsp olive oil
2 celery ribs, diced
2 tbsp minced garlic
1/3 cup fresh lemon juice
Sea salt to taste

Method:

- In a large stockpot, combine the lentils, stock, coriander, cumin, and herbs. Bring to a boil, then reduce heat and simmer, partially covered for 30 minutes.
- Add the spinach and pumpkin. Cover and simmer another 10 minutes.
- In a medium skillet, sauté the onion in olive oil until tender. Add the celery and garlic, and sauté until celery is tender. Add mixture to the soup. Season with lemon juice and sea salt and serve in warm bowls.

This dish is great with a classic greek salad.

Nut & Tofu Stir-fry

A simple stir-fry recipe that's ideal for a quick, healthy weeknight meal.

Ingredients

2 tsp coconut oil
1 medium onion, sliced
2 cloves garlic, crushed
1 tsp fresh grated ginger
1 red capsicum, sliced
125g snow peas
100g fresh or canned baby corn, halved lengthwise
1 cup bean sprouts
1 bunch baby bok choy, chopped
1 tbsp soy sauce
1 tbsp sweet chilli sauce
¾ cup raw cashews/almonds/pinenuts
Tofu block sliced into cubes

Method:

- Heat oil in a wok or frypan.
- Stir-fry onion and garlic for 1 minute.
- Add ginger and sauté for another minute.
- Stir through capsicum, snow peas and corn. Stir-fry for another 2 minutes.
- Add the remaining ingredients and stir-fry for another 2 minutes, or until heated through.

Quinoa with Tempeh

Ingredients:

250g tempeh
2 tbsp soya sauce
250g mushrooms or shiitake
1 onion
Pumpkin
1 medium carrot
1 cup spinach
2 cups quinoa

Method:

- Heat the oil and bake the chopped onions until tender.
- Add the sliced mushrooms and cook for 6 minutes.
- Cut the tempeh, carrot and pumpkin in cubes and add them together with the quinoa, soya sauce and 4 cups of water to the mushrooms.
- Cook for about 20 minutes until the quinoa is soft.

Vietnamese Tofu Wrap

Ingredients:

Rice paper wraps
450g diced tofu
2 tbsp tamari/soy/teriyaki sauce
1 bunch of broccoli
1 tbsp olive oil
4 garlic cloves, minced
1 medium onion, diced
1 tomato, seeded and diced
3 tbsp chopped fresh basil

Method:

- Put the tofu in a bowl and pour soy sauce over, tossing to mix. Allow tofu to sit in soy sauce for 30 minutes.
- Chop the broccoli into 1cm pieces and drop into a large pot of boiling water for 1 minute. Drain and set aside.
- Heat the oil in a pan, and when it's hot, sauté garlic and onion until translucent.
- Add the tofu and sauté until lightly browned. Remove from heat and immediately add remaining ingredients. Mix well and season to taste.
- Immerse rice paper wraps in hot water for 30 seconds, remove.
- Place the ingredients inside the wraps and wrap up into a small roll.
- Sweet chilli sauce can be used as a dip, or tzaziki.

Thai Tempeh Salad

Ingredients:

2 tbsp vegetable oil
4 tbsp soy sauce
2 tbsp vinegar
1/3 cup rice wine
1 clove garlic, minced
250g tempeh, cut in small cubes
1 cup peanut butter
2 tbsp honey
2 tbsp soy sauce
2 tbsp vinegar
1 tsp fresh ginger root, minced
2 cloves garlic, crushed
Salt and pepper to taste
Mesclun Salad Mix
1/2 cup hot water
Capsicum
Cucumber
Broccoli
Carrot

Method:

- To make the marinade mix the first 5 ingredients.
- Put the tempeh in a wide sauté pan. Pour the marinade over the tempeh. Bring to a boil and simmer over low heat for 15 minutes. Turn tempeh a few times. Uncover and cook until the tempeh is nearly dry.
- To make the peanut sauce, mix in a blender the peanut butter, honey, soy sauce, vinegar, ginger, garlic, water, salt and pepper.
- Cut the broccoli into small pieces and put in a pot of boiling water for 1 minute.
- Mix together the salad ingredients, add broccoli, tempeh and pour the peanut sauce over the dish.