

HOT TO TROT

EQUESTRIAN COOKBOOK



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HINTS FOR HEALTHY EATING

Use either coconut oil or rice bran oil for cooking. Both have a high smoking point which means they are more stable at high temperatures and more suited to cooking.

Season meals freely with sea salt and pepper.

Soak, cook, portion and freeze dry beans and legumes for easy use.

Start your day with a squeeze of fresh lemon in warm water to improve your digestion and stimulate your liver to get all those toxins out.

Eat slowly and chew your food for improved digestion.

Eat with intention – turn off the television, put the newspaper away and focus on eating for improved digestion.

BREAKFAST

LSA is commonly used in many recipes. LSA stands for linseed, sunflower and almonds and is available from good health food shops or you may grind them up yourself and always store in the freezer.

EGGS AND OMELETTES

Spinach and tomato omelette

Serves 1

Preparation time: 5 minutes

Cooking time: 10 minutes

- 2 eggs, organic and free range
- 1 small onion, chopped into small pieces
- 1 clove garlic
- 1 small tomato, chopped roughly
- Small handful spinach or silver beet
- Milk – oat or rice

Crack eggs into a bowl with a small amount of milk then whisk.

Cook onion until translucent. Add other vegetables and cook until spinach is lightly wilted – approximately 5 minutes. Place to the side in a bowl.

Cook the egg mixture until done well on one side.

Place the vegetables on top of the egg – keeping it on one side.
Fold the omelette in half and continue cooking until cooked through.

Poached Eggs and Greens

Serves 2

Preparation time: 5 minutes

Cooking time: 15 minutes

- 4 eggs, organic and free range
- 1 teaspoon light vinegar (rice, apple cider, or white wine)
- 4 cups water
- 1 large leek, white part thinly sliced
- 4 – 6 cloves garlic, chopped
- 4 cups kale, chopped
- 2 tablespoons fresh lemon juice

Slice leeks and garlic.

Bring water and vinegar to a fast simmer in a pan large enough to fit eggs. Make sure there is enough water to cover eggs.

Sauté sliced leeks in a little water over medium heat for about 3 minutes. Add garlic slices and continue to sauté, stirring constantly for another minute.

Add kale and lemon juice, and simmer covered on medium low heat for about 10 minutes, stirring occasionally.

Season with salt and pepper.

Poach eggs in boiling water with vinegar added—approximately 5 minutes.

Remove from vinegar water with a slotted spoon and place on top of greens.

Scrambled eggs with salmon, spinach and tomato

Serves 1

Preparation time: 5 minutes

Cooking time: 15 minutes

- 1 salmon steak
- 2 eggs, free range and organic, beaten
- water
- ½ cup spinach, chopped finely
- ½ cup cherry tomatoes, cut in half

Place the salmon under the grill at moderate temperature. Cook, turning to ensure that it is cooked through.

Combine eggs and water in a bowl. Heat oil in a pan and cook eggs for 3 – 4 minutes or until cooked as desired.

When eggs are nearly done, move them to the side of the pan and add spinach and tomatoes. Cook until spinach is slightly wilted.

Serve immediately.

Poached Eggs with Spinach and Mushrooms

Serves 4

Preparation time: 5 minutes

Cooking time: 15 minutes

- 4 large eggs, free range and organic
- 1 teaspoon apple cider vinegar
- 1 tablespoon chicken or vegetable broth – see evening meals
- ½ medium onion, chopped
- 1 cup mushrooms of your choice
- 1 medium tomato
- 3 cloves garlic, chopped
- 1 cup spinach, chopped

Bring water to a near boil with 1 teaspoon of vinegar in a pan.

In a separate pan heat 1 tablespoon of broth. Sauté onion and mushrooms in broth for 3 minutes over medium heat stirring frequently.

Add tomato, garlic, spinach, salt and pepper and sauté for another 2-3 minutes.

When water is nearly boiling, poach eggs for about 5 minutes, or until whites are firm.

Remove from water with a slotted spoon.

Serve over spinach.

Salmon Omelette

Serves 1

Preparation time: 5 minutes

Cooking time: 15 minutes

- 3 large eggs, free range and organic
- 5 strips salmon
- 1 tablespoons organic butter
- 2 tablespoons mixed herbs

Place egg in bowl and beat well. Add mixed herbs and mix thoroughly.

Heat 1 tablespoon of butter in a pan at a moderate temperature. Add the salmon and cook for 5 - 6 minutes or until cooked. Remove from pan.

Add eggs to pan. Cook until golden brown on one side.

Add salmon on top of egg, placing to one side. Fold other side over top of salmon and cook until golden brown.

Mushroom omelette

Serves 1

Preparation time: 5 minutes

Cooking time: 10 minutes

- ½ cup button mushrooms, chopped in half
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 eggs, free range and organic, beaten
- water

Combine water and eggs in a bowl and whisk. Season with salt and pepper.

Cook onion and garlic until onion is soft and translucent. Add mushrooms add cook for further 4 – 5 minutes until mushrooms have softened.

Remove from pan. Place egg mixture in pan and cook until golden brown on one side.

Return mushrooms to pan placing on top of egg but to one side. Fold other half of omelette on top of mushrooms, Cook for another 1 - 2 minutes then flip and repeat on other side.

Breakfast Frittata

Serves 2

Preparation time: 5 – 10 minutes

Cooking time: 15 – 20 minutes

- ½ medium onion, chopped
- 4 medium cloves garlic, chopped
- 125 grams lamb or turkey, chopped
- 3 tablespoons chicken both – see evening meal
- 3 cups kale finely, rinsed and chopped
- 5 large eggs, organic and free range

Pre- heat oven to a moderate temperature.

Heat 1 tablespoon chicken broth in a pan. Sauté the onion over medium heat for about 3 minutes, stirring often.

Add garlic and lamb or turkey. Cook for another 3 minutes on medium heat, breaking up clumps.

Add kale and 2 tablespoons of chicken broth. Reduce heat to low and continue to cook with lid on for about 5 more minutes. Season with salt and pepper, and mix.

Beat eggs, season with a pinch of salt and pepper.

Place turkey / lamb mixture in flan dish and pour egg over the top.

Place in oven and cook for 15 – 20 minutes until egg mixture is cooked through.

PORRIDGE

(QUINOA, BROWN RICE AND OATS)

All of these porridge recipes can be put in a flask to keep warm and taken to work with you if necessary.

Oats with spices, banana, yoghurt and LSA

Serves 1

Preparation time: 5 minutes

Cooking time: 10 minutes

- 1 cup steel cut oats
- 2 ½ cups water
- 1 banana, chopped
- Chinese Five spice (optional)
- 1 tablespoon low fat, organic yoghurt
- LSA
- Rice or oat milk

Place oats and water in a pot. Bring to the boil, stirring constantly. When thickened, remove from heat.

Add 1 chopped banana, yoghurt, Chinese five spice (optional), LSA and oat or rice milk.

Quinoa porridge with LSA and prunes

Serves 1

Preparation time: 5 minutes

Cooking time: 20 - 30 minutes

- ½ cup quinoa
- 1 cup water
- ¼ cup prunes
- 1 tablespoon LSA
- Oat or rice milk
- Cinnamon (optional)

Soak Quinoa in water over night.

In the morning, rinse quinoa. Combine water and quinoa in pot and bring to boil. Reduce heat and simmer. Cook until water has absorbed and quinoa is transparent.

Place in bowl and top with other ingredients.

Brown rice porridge

Serves 2

Preparation time: 5 – 10 minutes

Cooking time: 10 minutes

- 1 cup cooked brown rice (use leftover rice from last nights dinner)
- $\frac{3}{4}$ cup milk (rice or oat)
- zest of small lemon, grated
- $\frac{1}{4}$ cup dried apricots or fresh apricots, chopped
- $\frac{1}{4}$ cup sultanas or raisins
- $\frac{1}{4}$ cup almonds, chopped
- low fat, organic yoghurt

Place all the ingredients in a pot with $\frac{1}{2}$ cup water. Bring slowly to a simmer. Cook over a low heat, without a lid until thick and creamy - approximately 10 minutes.

It can burn very easily so stir frequently and keep your eye on it. If the mixture seems to be too thick just add more liquid.



Pictured above: Brown rice porridge

Quinoa porridge with fruit

Serves 2

Preparation time: 5 – 10 minutes

Cooking Time: 20 minutes

- ½ cup quinoa
- 1 cups water
- ½ cup rolled oats
- ½ cup blueberries
- 2 tablespoons pumpkin seeds
- 2 tablespoons sliced almonds
- ½ cup rice or oat milk
- 1 teaspoon honey

Place quinoa and water in a pot. Bring to the boil. Reduce heat and cook until water is absorbed and quinoa is transparent.

Divide quinoa between two bowls, adding one-half of the rolled oats on top.

Top each bowl with half of the blueberries, pumpkin seeds and almonds.

Serve with milk and honey.

Stewed oats with fruit and nuts

Serves 1

Preparation time: 5 minutes

Cooking time: 10 minutes

- 1 cups rolled oats
- ¼ tsp cinnamon
- 2 tablespoons raisins
- 2 tablespoons sliced almonds
- 2 tablespoons dried unsulfured apricots, chopped
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 1 tablespoon dried cranberries

Mix all ingredients together.

Bring 2 cups water to the boil.

Add mixed ingredients. Turn heat to low and cook uncovered, stirring occasionally until water is absorbed – approximately 7 minutes.

Cover, and set for aside for 2 minutes before serving.

Serve with oat or rice milk and a drizzle of honey.

PANCAKES AND WAFFLES

Pancakes with yoghurt, honey and LSA

Serves 2

Preparation time: 10 minutes

Cooking time: 20 minutes

- 1 cup rice flour
- 1 cup chickpea (besan) flour
- 2 eggs, free range and organic, beaten
- oat or rice milk
- low fat, organic yoghurt
- LSA
- 1 teaspoon honey
- organic butter
- 1 teaspoon cornstarch free baking powder

Combine flours and baking powder thoroughly. Add eggs, milk and honey and mix well.

Heat pan with a little butter and place small amount of mixture in pan. Cook on one side until bubbles begin to pop then flip. Cook until golden.

Serve with yoghurt and LSA.

Other options are to eat with blueberries, bananas, strawberries or other fruit of your choice.

Savoury pancakes

Serves 2

Preparation time: 10 minutes

Cooking time: 15 – 20 minutes

Use one or a mixture of the following vegetables equal to 200g – 400g combined

- courgette, grated
- carrot, grated
- red pepper, finely diced
- fresh herbs
- 1 cup rice flour
- 1 cup chickpea (besan) flour
- 2 eggs, beaten
- milk – oat or rice
- 1 teaspoon cornstarch free baking powder

Combine flours and baking powder well. Add eggs and milk and grated vegetables and mix well.

Leave to sit for 5 minutes.

Heat pan with a little butter and place small amount of mixture in pan. Cook on one side until bubbles begin to pop then flip. Cook until golden.

Cashew and almond waffles

Serves 2

Preparation time: 5 minutes

Cooking time: 10 – 15 minutes

- 2 cups rolled oats
- ¼ cup cashews
- ¼ cup almonds
- sea salt
- 1 cup water
- 1 tablespoon olive oil
- LSA

Add the oats, cashews and almonds together in a blender and blend thoroughly. Add the sea salt, oil and water and mix well.

Pour the mixture into a waffle iron and leave for a few minutes until cooked through.

Serve with low fat, organic yoghurt, honey and LSA.

Three seed waffles

Serves 2

Preparation time: 10 minutes

Cooking time: 10 – 15 minutes

- 2 cups oats groats, ground
- 1/3 cup sunflower seeds, ground
- 1 tablespoon sesame seeds, ground
- 1 tablespoon pumpkin seeds, ground
- ½ cup soaked dates, chopped finely
- 1 cup oat or rice milk

Combine all the ingredients.

Pour into dry pan or waffle iron and cook.

To create desired consistency, add more milk or water.

Blueberry and yoghurt pancakes

Serves 2

Preparation time: 10 minutes

Cooking time: 15 – 20 minutes

- ½ cup rice flour
- ½ cup chickpea (besan) flour
- 2/3 cup oat or rice milk
- 1 ½ tablespoons low fat, organic yoghurt
- 1 ½ teaspoons corn starch free baking powder
- 1 egg lightly beaten
- 1 1/3 cups blueberries

Combine flour, milk and yoghurt in a bowl. Cover and leave in the fridge overnight.

The next morning, sift in the baking powder, add the beaten egg and mix through. Add the fruit gently and combine.

Heat butter on a low heat. Add a small amount of the mixture and cook until golden brown on both sides.

BAKED BEANS

Homemade baked beans

Make these and store in small portions in the freezer for convenience.

Serves 6

Preparation time: 15 minutes

Cooking time: 1 hour 45 minutes

- 400g dry navy beans, soaked overnight
- 100ml olive oil
- 2 medium brown onions, finely chopped
- 6 garlic cloves, finely chopped
- 800g tomatoes, chopped
- 2 bay leaves
- 3 tablespoons honey

Preheat oven to 180C.

Drain beans and place in a large saucepan. Cover well with cold water and bring to the boil. Simmer until cooked, about 30 minutes. Drain and reserve.

Heat olive oil in a heavy-based saucepan. Add onion, garlic and cook gently until soft, about 15 minutes.

Add tomatoes, bay leaves, honey and beans. Season with salt and pepper.

Bring to the boil, cover with a lid and bake for one hour, stirring occasionally.

If drying out add a little water.

Serve immediately or portion out and freeze for future use.

Homemade baked beans with spinach and tomato

Serves 1

Preparation time: 5 minutes

Cooking time: 10 minutes

- 1 portion of homemade baked beans
- 1 cup English spinach, chopped
- 1 tomato, chopped
- 1 onion, chopped
- 2 cloves garlic

Place frozen beans in a pot with a little water to defrost.

Heat a little oil in a pan and cook onion and garlic until translucent. Add tomato and cook for further 2 – 3 minutes. Add spinach and cook for further 3 -4 minutes or until spinach is lightly wilted.

Serve with homemade baked beans.

Potato cake with scrambled egg and wilted or fresh spinach

Serves 1

Preparation time: 10 minutes

Cooking Time: 15 minutes

Potato cake:

- 1 large potato, finely grated
- 1 cup rice flour
- 1 tablespoon parsley
- 2 shallots, chopped finely
- 1 teaspoon mixed herbs

- 1 egg
- 1 cup English spinach, chopped

Mix all the ingredients for the potato cake together and pour into dry pan. Cook until golden brown.

Mix egg with a little water and beat. Cook over a medium temperature.

When egg is nearly ready move egg to one side of the pan and add spinach to other side. Cook until wilted – 3 - 4 minutes. Spinach may also be served fresh.

IN A BOWL OR CUP

Wheat - free Muesli

Serves 1

Preparation time: 10 minutes

- 2 tablespoons rolled oats – soaked overnight in a little water
- handful of soaked raisins
- 1 pear, grated
- 2 teaspoons yoghurt
- chopped nuts
- ½ teaspoon cinnamon or Chinese Five spice
- LSA
- ½ cup shredded coconut

Mix together the oats, raisins and nuts. Soak in apple juice overnight. In the morning, top with other ingredients and add oat or rice milk.

Alternative muesli ideas:

Add berries, or substitute the pear for finely diced peach or nectarine (if in season)

Mixed fruit with LSA and yoghurt

Serves 1

Preparation time: 10 minutes

- ½ cup papaya
- 1 kiwi fruit
- ½ cup pineapple
- 4 tablespoons low fat, organic yoghurt
- 1 tablespoon LSA
- ¼ cup almonds, crushed

Put nuts in blender and blend thoroughly.

Cut fresh fruit into easily eaten pieces. Serve with yoghurt, sprinkle with LSA and crushed almonds.

BREAKFAST SMOOTHIES

Morning smoothie

Serves 2

Preparation time: 5 minutes

- 1 medium banana
- ½ cup whole strawberries
- 1½ cups milk – rice or oat
- 2½ tablespoons almond butter
- 1 tablespoon flaxseed oil
- 1 tablespoon LSA
- 1 egg, free range and organic

Blend all ingredients until smooth.

Green smoothie

Serves 2

Preparation time: 5 minutes

- 1 banana
- 1 large handful Asian greens or spinach
- 1 kiwi fruit
- 1 tablespoon honey
- 1 tablespoon flaxseed oil
- 1 tablespoon LSA
- 1 cup water

Put all ingredients in a blender and blend until smooth.

Tropical breakfast smoothie

Serves 1

Preparation time: 10 minutes

- 2 tablespoons tahini
- 1 medium ripe banana
- 1 cup low-fat, organic yoghurt
- 1½ cups pineapple juice
- 1 medium papaya
- 1 kiwi fruit
- 1 tablespoon LSA

Scoop out flesh from papaya with spoon. Add to blender with rest of ingredients. Blend until smooth.

SALMON

Grilled Salmon with wilted spinach and avocado

Serves 2

Preparation time: 5 minutes

Cooking time: 15 minutes

- 2 salmon steaks
- ½ large avocado
- Squeeze of fresh lemon juice
- 1 cup spinach, shredded

Pre-heat grill 5-10 minutes prior to cooking salmon.

Make 2 or 3 slashes in salmon. Coat the salmon in olive oil and season with pepper (not salt, as this will draw the juices from it).

Place under grill and cook for 4- 5 minutes on one side before turning to cook on other side, until opaque.

When salmon is nearly done place spinach in a pan and cook until lightly wilted.

Serve salmon on bed of spinach with sliced avocado and a squeeze of fresh lemon.

This may be taken to work in a container and eaten at room temperature if desired.

Smoked salmon rissoles

Makes 15 rissoles

Preparation time: 1 hour (including refrigeration)

Cooking time: 20 minutes

- 225 grams poached salmon, flaked
- 2 large eggs, free range and organic, beaten
- 2 cups mashed potatoes
- 1 small onion, diced
- 5 cloves garlic, chopped
- 6 tablespoons rice flour

Mix the salmon, eggs, mashed potatoes, onion and garlic in a large bowl. Season with sea salt and pepper. Stir in the flour to hold the mixture together.

Form the mixture into golf-ball sized rissoles. Refrigerate for 1 hour or overnight.

Cook in a small amount of oil until crisp on either side – approximately 2 minutes on either side.

These can be made and frozen and used, as you want them.

Serve with a side of baked beans or spinach or avocado.

LUNCH

Tamari is often used in the recipes that follow. Tamari is a wheat free soy sauce available from health food shops.

SALAD DRESSINGS:

Honey and lemon/lime dressing

- 1 cup olive oil
- 1 tablespoon honey
- squeeze of fresh lemon
- squeeze of fresh lime

Combine all ingredients in a jar with a lid and shake well. Store in fridge.

Ginger and tamari dressing

- 1 cup olive oil
- splash of tamari
- freshly grated ginger to your taste.
- 1 clove raw, minced garlic (optional)
- 1 teaspoon honey

Combine all ingredients in a jar with a lid and shake well. Store in fridge.

Italian dressing

- ½ cup white vinegar
- 1 tablespoon lemon juice
- 1 teaspoon honey
- ½ cup olive oil
- ½ small white onion, chopped finely
- ½ small capsicum, chopped finely
- ¼ cup chopped flat leaf parsley

Combine all ingredients in a jar with a lid and shake well. Store in fridge.

SALADS FOR THOSE WARM SUMMER DAYS

Turkey and Avocado salad

Serves: 2

Preparation time: 10 minutes

- ¼ turkey breast, cooked
- 2 avocados, diced
- 1 red onions, diced
- 1 cucumbers, Lebanese, cut into cubes
- 1 chili deseeded and chopped
- 1 lime, zest and juice
- ½ tablespoon mint, chopped
- 150 ml extra virgin olive oil

Mix all ingredients, except turkey, in a bowl and toss.

Place onto a serving plate or on individual plates and top with turkey.

Duck and mandarin salad

Serves 2

Preparation time: 15 minutes

- ½ duck breast, skinless, cooked
- 2 mandarins
- 75g baby spinach leaves / greens of your choice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon white wine vinegar
- ¼ cup fresh mint leaves, shredded
- ¼ cup fresh coriander leaves, picked off stems

Peel the rind and chop finely. Place the mandarin segments in a large bowl. Add the washed leaves and herbs to the bowl.

To make the dressing, juice the remaining mandarin and add the oil and vinegar to the juice. Whisk to combine.

Slice the duck. Toss the dressing through the salad and place a pile on each plate. Place the duck strips on top of the leaves and serve.

Beetroot and brown lentil salad

Serves 2

Preparation time: 15 minutes

- 3 small raw beetroot, grated
- 2 handfuls of spinach or rocket
- 1 cup brown lentils – defrosted from freezer
- ½ cup seed mix – see snacks
- ½ cup snow peas, chopped
- 1 avocado, sliced
- 10 olives, whole
- ½ cup alfalfa sprouts

Toss the ingredients in a bowl.

Finish with dressing of your choice.

Carrot, coriander and nut salad

Serves 4

Preparation time: 10 minutes

- 6 carrots, grated
- 1 bunch coriander, chopped
- 70g pine nuts, toasted
- 1/3 cup white – wine vinegar
- 1 lime juice / finely grated zest

Grate the carrots and place in a bowl. Add the coriander leaves and pine nuts and toss to combine. Put the vinegar, tarragon, lime juice and zest in a small jug and whisk together with a fork.

Pour the dressing over the salad just before serving. Toss gently to combine.

Broccoli and mixed bean salad

Serves 2

Preparation time: 20 minutes

- ½ small head of broccoli florets, cut into small pieces
- 1 cup mixed beans – defrost in morning
- 1 carrot – grated
- ½ cucumber –chopped finely
- handful of spinach or rocket
- ¼ cup seed mix (see snacks)
- 1 small grated raw beetroot
- red cabbage- chopped finely (optional)

Combine all ingredients in a bowl and toss together.

Finish with a dressing of your choice.

Quinoa and cashew salad

Serves 2

Preparation time: 10 minutes

Cooking time: 20 – 30 minute

- 1 cup raw quinoa
- 2 cups water
- ½ cup raw, unsalted cashews, whole
- 1 cup baby spinach or rocket
- ½ cucumber – chopped finely
- sprouts of your choice
- 10 olives
- 1 small beetroot, grated

Rinse quinoa well.

Bring water to the boil. Add quinoa and cook until water has absorbed and quinoa is transparent. Leave to cool.

Combine all ingredients in a bowl and toss together.

Finish with the dressing of your choice.

Brown rice, chicken and olive salad

Serves 2

Preparation time: 10 minutes

Cooking time: 45 minutes – 1 hour

- 1 cup cooked chicken, cut into bite sized pieces.
- 1 cup alfalfa sprouts
- 1 cup brown rice
- 2 ½ cups water
- 1 carrot, grated
- 1 small raw beetroot, grated
- ½ cup mushrooms, chopped
- ¼ cup olives
- 1/3 cup seed mix (see snacks)

Place rice and water in a pot and bring to the boil. Reduce heat and simmer with lid on for 30 -35 minutes.

Pre-heat oven to 180 degrees. Bake chicken until cooked through. Remove from oven and leave to cool. Cut into bite size pieces.

Toss all other ingredients in a bowl.

Finish with dressing of your choice.

Baby spinach and sprout salad

Serves 2

Preparation time: 15 minutes

Cooking time: 20 minutes

- 1 cup baby spinach, chopped finely
- ½ cup sprouts of your choice
- ¼ cup red cabbage, finely chopped
- 1 cup quinoa
- 2 cups water
- ¼ cup almonds, chopped finely
- ¼ seed mix (see snacks)
- 10 olives
- warm chicken breast (optional)

Boil water to the boil. Add quinoa and cook until water is absorbed or is transparent.

Combine all ingredients in a bowl and drizzle with dressing of your choice.

Avocado and seed salad

Serves 2

Preparation time: 10 minutes

- 1 large avocado, sliced into strips
- 10 cashews
- 2 cups of rocket
- 1 red pepper, chopped into small pieces
- 1 red onion, sliced
- handful of alfalfa sprouts
- ½ cup seed mix (see snacks)

Toss all ingredients in a bowl.

Finish with dressing of your choice.

Mix dressing together in a jar and drizzle on salad.

Serve with protein of your choice – fish, turkey or chicken.

HOT DISHES FOR COLD WINTER DAYS

Portion and freeze these for convenience.

Chicken and quinoa stew

Serves 4-7

Preparation time: 10 minutes

Cooking time: 20 – 25 minutes

- 1 litre water
- 2 - 3 cloves garlic
- 1 large onion, chopped
- 3 celery stalks, chopped
- 3 large carrots, peeled and sliced
- 1 cup peppers of any colour, chopped
- 1 medium courgette, halved down the middle, then sliced
- 3 large tomatoes, chopped (remove skin if desired)
- 1½ cups raw quinoa
- 4 medium, boneless, skinless chicken breasts, cut in to bite size pieces

Heat oil in a large pot. Sauté onion, garlic, celery, carrots, peppers and courgettes until soft.

Add water, stock, tomatoes, and potatoes and bring to the boil.

Add quinoa and chicken pieces and simmer until chicken is cooked – approximately 20 minutes. The longer you leave it to simmer the more depth the stew will have.

Season with pepper and sea salt.

Serve hot or take in flask for work.

Tomato, courgette and aubergine bake

Serves 4

Preparation time: 10 minutes

Cooking time: 30 minutes

- 2 courgettes
- 3 small aubergines
- 500g cherry tomatoes
- 2 cloves garlic, finely chopped
- ¼ white wine vinegar
- ¼ cup olive oil
- tarragon

Pre-heat the oven to 200C. Put the courgette, aubergine, tomatoes and garlic in an ovenproof dish.

Pour the vinegar and olive oil over the vegetables and stir to coat well. Sprinkle with salt and pepper.

Bake for 25-30 minutes or until the vegetables are tender and the courgette turns golden.

Serve immediately with salad of your choice.

Vegetable and lamb stew

Serves 2

Preparation time: 10 minutes

Cooking time: 30 minutes

- 2 lamb fillets, fat trimmed and cut into bite size pieces
- 1 medium potato, chopped
- 1 medium courgette, chopped
- 2 small carrots, chopped
- 1 medium onion, chopped
- 2 celery sticks, chopped
- 1 small red pepper
- 2-3 cloves garlic
- 2 chillies, deseeded and chopped
- 500ml water

Heat oil in a large pot. Sauté onion, garlic, celery and carrot until soft.

Add water, lamb and other vegetables. Reduce heat, cover and cook until lamb is cooked through. Keep an eye on the water level, adding more if necessary to stop stew from burning, keeping in mind that it should have a thick consistency.

Season with pepper and sea salt prior to serving.

Asian Greens with sunflower seeds

Serves 2

Preparation time: 5 – 10 minutes

Cooking time: 15 minutes

- 500 grams Asian greens eg: bok choy, tat choy
- 1 teaspoon lemon juice
- 1 clove garlic
- 1 tablespoon extra virgin olive oil
- sea salt
- 4 tablespoons pumpkin and sunflower seeds
- ½ chicken breast, cut into small pieces (optional)

If using chicken, heat oil in pan and cook chicken breast until cooked through – approximately 5–7 minutes.

Chop greens roughly and steam lightly for approximately 5 minutes

Toss with oil, lemon juice and sea salt while hot.

Top with seeds and serve on bed of quinoa.

Root vegetable and ginger soup

Serves 2

Preparation time: 10 minutes

Cooking time: 40 – 60 minutes

- Large knob of ginger grated or chopped into chunks.
- 1 large celeriac, chopped
- 1 large parsnip, chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 cup stock
- 1 large carrot, chopped
- ½ small pumpkin, chopped and skin removed
- red chilli, deseeded and chopped

Heat oil in a large pot. Sauté onion and garlic until soft.

Add other ingredients and cover with water. Cook on low heat for 30 - 40 minutes or until vegetables are soft.

Remove soup from heat and blend until smooth.

Spicy chickpeas and tomato

Serves: 4

Preparation time: 10 minutes

Cooking time: 1 hour and 15 minutes

- 1 onion, peeled and chopped finely
- 2 cloves garlic
- 1 tablespoon Indian spice mix
- 1 teaspoon fresh ginger root, grated
- 500g fresh tomatoes, skin removed if you wish
- 180 g cooked chickpeas
- 450ml vegetable stock

Heat oil in a pan and cook the onion and garlic on a low heat until onion is translucent.

Mix the spice mix with a little warm water to make a paste and add to the onion and garlic. Continue to cook for another 2 minutes.

Stir in the tomatoes, chickpeas and stock.

Cook on a low heat for 1 hour. Leave lid on for first 45 minutes to 1 hour.

Serve hot.

Warming chicken soup

Serves 2

Preparation time: 10 minutes

Cooking time: 1 hour

- 4 chicken breasts cut into small pieces.
- ½ cup chicken broth (see evening meals)
- 1 large onion, chopped
- 2 – 3 cloves garlic, chopped
- 1 Large carrot, chopped
- water

Add all of the ingredients to a pot. Cover the mixture with water. Cover and bring to the boil.

Season with sea salt and pepper.

Reduce the heat and let simmer for at least 1 hour. Leave it longer if possible so to let the flavour develop!!



Pictured above: Warming chicken soup

Pumpkin and quinoa soup

Serves 4 - 6

Preparation time: 10 minutes

Cooking time: 30 minutes

- 500g pumpkin, peeled and chopped into small pieces
- 1 onion
- 2 – 3 cloves garlic
- 2 teaspoons fresh ginger, grated
- 1 cup raw quinoa
- ½ cup vegetable stock

Heat oil in a pot. Add onion, garlic and ginger and cook until onion is soft and translucent.

Add pumpkin, stock and water to cover pumpkin. Bring to the boil then reduce heat. Simmer for 30 minutes with lid on then blend until smooth.

Meanwhile in another pot combine quinoa with 2 cups water and cook until water is absorbed and quinoa is transparent.

When quinoa is ready, combine with pumpkin. Season with tamari if desired.

Serve hot.

Courgette with tomatoes and rice

Serves: 2 - 3

Preparation time: 10 minutes

Cooking time: 30 minutes

- 1 onion
- 2 – 3 cloves garlic
- 500g courgette, chopped
- 6 tomatoes, skinned removed and chopped
- 1 cup brown rice
- 2 cups water
- ½ cup vegetable broth

Heat oil in a pan and fry onion and garlic until onion is soft and translucent.

Add the courgette, tomatoes, rice, stock and water and cook, simmering until rice is cooked, water is absorbed and vegetables are tender – approximately 30 minutes.

Season with tamari to taste.

Slow cooked beef and leek stew

Serves 2 -4

Preparation time: 10 minutes

Cooking time: 4 – 6 hours

- 1 medium onion, chopped
- 2- 3 cloves garlic
- 2 medium carrots, chopped
- 2 medium potatoes
- herb mix to taste
- 700 grams lean beef, cut into small pieces
- water
- vegetable broth (see evening meals)

Add all ingredients to your slow cooker (alternatively put in a large pot on a low heat) as listed above.

Add enough water to cover the stew. Add one teaspoon of stock for the tomatoes and 1 for every cup of water.

Cook on low heat for 4 – 6 hours.

Serve hot with brown rice if so desired.

Turkey rissoles

Makes 20 rissoles

Preparation time: 5- 10 minutes

Cooking time: 30 – 35 minutes

- 1 onion, finely chopped
- 100g desiccated coconut
- 500gm turkey, chopped finely
- 2 large eggs
- 2 tablespoons hot curry powder
- 1 teaspoon cardamom powder

Preheat oven to 190°C. Coat a baking tray with oil.

Place onion in a large bowl and add desiccated coconut, turkey, whole eggs, curry powder, cardamom and salt and pepper. Mix very well.

Make into rissoles and brush lightly with oil.

Bake for 30-35 minutes or until golden brown

Serve with salad of your choice.

Mixed bean soup

4 – 6 servings:

Preparation time: 10 minutes

Cooking time: 40 - 50 minutes

- 500g mixed beans
- 1 medium onion, diced
- 2-3 cloves garlic, chopped
- 1 tablespoon herb mix
- water to cover beans (use lower volume for a thicker soup)
- ½ cup vegetable broth (see evening meals)

In a large pot, heat the oil and sauté the onion and garlic until the onion is translucent.

Take the beans from the freezer and put them straight into the pot along with the water, herbs and bring the water to a boil.

Turn the heat down to low so that the soup is simmering and scoop off any froth from the surface.

Season with pepper, sea salt and tamari.

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Continue cooking until the largest beans are easily mashed with a fork.

The flavor of the soup improves overnight. The soup keeps for several days in the refrigerator.

This is a simple soup but you may add other vegetables such as spinach, kale or swiss chard near the end of cooking for some variation.

Lamb and spinach soup

Serves 4

Preparation time: 15 minutes

Cooking time: 1hour – 1hour 15 minutes

- 500g lamb, cut into bite size pieces
- 1 ½ litres of water
- ½ cup brown rice
- 2- 3 cloves garlic
- 1 teaspoon ginger (optional)
- 1 large onion, chopped
- 1 bay leaf
- 1 bunch English spinach

Combine meat, water, onion, garlic and ginger and bay leaf in a crock-pot or large saucepan. Season with sea salt and pepper.

Bring to the boil then simmer for 1 hour with lid partially on. When lamb is tender add rice and continue cooking.

Remove spinach stalks and shred finely. Add to soup and cook until rice and spinach are soft.

Serve hot, Season with tamari if desired.

Chicken and Lentil Stew

Serves 2- 3

Preparation time: 5 -10 minutes

Cooking time: 30 minutes

- 500 grams chicken, cut into bite size pieces
- ½ cup red lentils
- 1 onion, chopped
- 2 – 3 cloves garlic
- 1 carrot, chopped
- 1 turnip, chopped
- potatoes (optional)
- chicken or vegetable stock (see evening meals)

Cook chicken pieces then remove from pan.

Cook onion and garlic in the same pan, add a little more oil if necessary.

Put the chicken back in the pan. Add lentils and vegetables and stir. Add stock and season to taste.

Turn down to low and let it simmer for an hour or until vegetables are cooked, stirring occasionally.

Butternut squash and peanut butter soup

Serves 2-4

Preparation time: 10 minutes

Cooking time: 30 minutes

- 1 onion, chopped
- 2 – 3 cloves garlic, chopped
- 1 teaspoon ginger
- 500g butternut squash, peeled and chopped
- 1 small sweet potato, peeled and chopped
- chicken or vegetable stock (see evening meals)
- sea salt and pepper to taste
- 1 tablespoon organic crunchy peanut butter

Heat oil in pan and cook onion, garlic and ginger until onion is soft and translucent.

Add butternut squash and sweet potato and cook for 5 minutes.

Add stock, sea salt and pepper and leave to simmer for 30 minutes.

Blend and stir in a tablespoon of peanut butter before serving.

HOT OR COLD

Stuffed peppers

Serves 4

Preparation time: 10 minutes

Cooking time: 45 minutes

- 4 medium red bell peppers
- 1½ cups cooked rice
- 1½ cups cooked cubed chicken
- 1 cup chopped celery
- 1/4 cup chopped onion
- 1 teaspoon curry powder
- 2 eggs, free range and organic, beaten

Cut the tops off peppers, removing seeds and membranes. Cook peppers in simmering water to cover for 10-15 minutes. Drain. Combine cooked rice, chicken, celery and onion in a mixing bowl.

In a separate bowl combine egg, curry powder, salt and pepper. Gently toss egg mixture with rice and chicken mixture.

Fill peppers and place in a greased, shallow baking dish. Add enough water to cover the bottom of the baking dish. Bake peppers at 350C for 30 minutes or until tender.

Lamb meatballs

Serves 2 - 4

Preparation time: 15 minutes

Cooking time: 30 minutes

- 1 large onion, chopped
- 1 clove garlic, chopped finely
- 1 teaspoon spice mix
- 250g lamb, chopped finely
- ½ cup coriander, chopped finely
- 1 egg, beaten
- ½ cup brown rice
- 2½ cups water

Pre-heat oven to a moderate temperature.

Bring water to the boil and add rice. Reduce heat and simmer for 30 – 35 minutes.

Meanwhile, heat oil in pan and cook onion, garlic and spice mix on a low heat until onion is soft and translucent.

Combine all ingredients in a bowl. Form into balls and bake in oven for 30 minutes or until cooked through, turning to cook all sides.

Serve hot with salad or freeze for later use.

Quinoa nori / sushi rolls

Serves 2

Preparation time: 30 – 40 minutes

Cooking time: 20- 30 minutes (quinoa)

- 1 cup quinoa
- 2 cups water
- 1 avocado, sliced
- 1 carrot, grated
- ½ slice raw tuna, sliced finely
- nori (seaweed) paper
- sushi mat

Combine water and quinoa in pot and bring to the boil. Cook quinoa until water has absorbed and quinoa is transparent. Leave to cool.

Place sushi mat on table so that short sides are running parallel to your body.

Place nori paper on sushi mat.

Spread quinoa thinly and evenly over nori paper. Leave a 2.5cm strip free from all filling on the furthest end.

Place avocado, carrot and tuna in thin strips on top of each other at the far end on top of quinoa.

Roll nori paper so it encloses filling, tucking under firmly. Then use the sushi mat to finish the rolling process.

Wet your fingers and wet the end of the nori paper without quinoa, so that it sticks and holds the sushi closed.

Serve with tamari for dipping.

Experiment with fillings of your choice.

Beef and lettuce parcels

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

- 500g beef, chopped into bite size pieces
- 1 onion, chopped
- 2 -3 cloves garlic, chopped
- 1 tablespoon tamari
- 1 carrot, grated
- ½ cup coriander leaves
- 12 large lettuce leaves
- ½ cucumber, peeled, chopped

Heat oil in a wok. Add the onion, garlic and beef and cook for 5-6 minutes until the meat is browned all over. Cook for a further minute and then add coriander. Leave the beef to cool.

Wrap the beef tightly in the lettuce leaves garnished with cucumber, carrot and extra coriander.

Lie face down to keep wrapped up.

Garlic and rice stuffed mushrooms

Serves 4

Preparation time: 10 minutes

Cooking time: 40- 45 minutes

- 6 cloves garlic, chopped
- 4 large field mushrooms
- 4 tablespoons flat leaf parsley, finely chopped
- 4 tablespoons olive oil
- 1 cup brown rice, cooked
- 2 ½ cups water

Bring water to the boil and add rice. Cook for 30 - 35 minutes or until ready.

Combine garlic, oil, parsley and rice in bowl. Spoon 1 tablespoon of mixture on top of mushroom and season with sea salt and pepper.

Pre-heat grill and place mushrooms with mixture under grill. As they cook they will shrink slightly and some oil will leak out. Baste mushroom with this oil.

Cook for 5–10 minutes. Serve with a salad of your choice.

May be eaten hot or cold.

EVENING MEALS

Many of the following recipes call for chicken or vegetable stock and spice mix. Here are some easy recipes for each, which can be made in bulk.

Chicken stock

A wholesome and easy chicken stock, this can be made in bulk and either stored in an airtight container for 3-4 days in the fridge or frozen in ice cubes for 3 months.

- ½ chicken, skin removed.
- 2 onions, quartered
- 3 celery stalks, chopped
- 4 cups water
- Sea salt and pepper to taste

Place the chicken, onion and celery in a stockpot or large kettle. Pour in the water, season with salt and pepper and slowly bring to a boil. Turn the heat to low, cover and simmer for one hour.

Place a colander over a large clean bowl. Carefully pour your chicken stock into the colander to strain. Remove and discard the skin and chicken bones.

Allow the stock to cool then skim any fat off top.

Use immediately or freeze in portions and take out of the freezer and put straight into your favourite soup or stew.

Vegetable stock

- 1 large onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, chopped
- 1 medium potato, chopped
- sea salt and pepper to taste
- 6 cups water

Put all the ingredients in a pot and bring to the boil. Reduce heat and simmer for 1 hour.

Strain and use or freeze in portions. Just take out of the freezer and put straight into your favourite soup or stew.

Spice mix

- 2 teaspoons coriander
- 2 teaspoons cumin
- ½ teaspoon cardamom, ground
- ½ teaspoon cloves, ground
- ½ teaspoon cinnamon
- ½ teaspoon chilli
- ½ teaspoon turmeric

Combine these spices in an airtight jar and have it on hand for those recipes that call for spice mix.

FISH

Marinated Tuna

Serves 4

Preparation time: 30 minutes

Cooking time: 15 minutes

- 4 tuna steaks (140g each)
- 2 fennel bulbs – thickly sliced sideways
- 2 red onions, sliced
- 2 tablespoons extra virgin olive oil

Marinade

- 125ml extra virgin olive oil
- 4 garlic cloves, finely chopped
- 4 fresh red chillies, deseeded and finely chopped
- 2 lemons, juiced and rind grated
- 4 tablespoons finely chopped fresh flat leaf parsley

Whisk all the marinade ingredients together in a small bowl.

Place the tuna in a large, shallow dish and spoon over 4 tablespoons of the marinade, turning until well coated. Cover and leave to marinate in the fridge for 30 minutes. Keep remaining marinade to the side.

Heat a griddle pan over a high temperature. Put the fennel and onions in a separate bowl, add the oil and toss well to coat. Add to the griddle pan and cook for 5 minutes on each side until just beginning to colour. Transfer to 4 warmed serving plates, drizzle with reserved marinade and keep warmed.

Add the tuna steaks to the griddle pan and cook, turning once, for 4-5 minutes until firm to touch but still moist inside.

Serve tuna with salad on side.

Cod

Serves 2

Preparation time: 10 minutes

Cooking time: 15 minutes

- 2 cod fillets, cut in half
- 2 tablespoons honey
- 2 tomatoes, diced
- 1 onion, thinly sliced
- ½ cup chicken or vegetable broth
- 2 tablespoons minced basil
- Sea salt and pepper to taste

Slice onion

Combine honey and tomatoes in a mixing bowl

Sauté onion and bell peppers for 2 minutes.

Add chicken / vegetable broth, cod fillets and tomato mixture.

Add minced basil, parsley, and sea salt to taste.

Place in pan. Cover and cook for 3-5 minutes or until fish is cooked.

Serve with side salad.

Honey Marinade Salmon

Serves 2

Preparation time: 10 -15 minutes

Cooking time: 25- 30 minutes

- 2 - 175 gram salmon steaks
- sea salt and pepper
- 1 tablespoon honey
- 1 tablespoon mint, chopped
- Juice of 1 lime

In a shallow dish, combine seasoning, honey, mint and the juice from half the lime.

Add the salmon and marinade for 10-15 minutes.

Pre- heat the grill to a high temperature.

Lift salmon from marinade allowing excess to drip off and grill for approximately 5-8 minutes depending on thickness of salmon.

Brush the salmon occasionally with the marinade.

Serve with side salad.

Cod Provençal

Serves 2:

Preparation time: 10 minutes

Cooking time: 30 – 35 minutes

- 2 cod fillets
- 1 onion, chopped
- 2 cloves garlic
- 2 tomatoes
- ¼ cup basil chopped
- 1 teaspoon fresh lemon juice
- 1 teaspoon oregano
- pepper

Sauté onion and garlic in a pan.

Add tomatoes, olives, fresh lemon juice, oregano and pepper. Sauté for 5 minutes.

Place cod in oven proof dish. Cover with mixture and bake for 10 minutes.

Steam vegetables in a steamer for 5–7 minutes.

Place cod on plate and serve with side salad.

Baked mullet in vine leaves

Serves 4

Preparation time: 15 minutes

Cooking time: 45 minutes

- 1 ½ tablespoons coconut oil
- 2 tablespoons freshly squeezed lemon juice
- 1 fennel bulb halved length ways and thinly sliced crossways. Keep leaves and chop.
- 4 mullet fillets (use any white fish of your choice)
- large vine (grape) leaves (36 inch) packed in brine and well rinsed
- 2 slices lemon, halved
- olive oil for drizzling

Pre-heat the oven to 200C.

Combine olive oil, lemon juice, chopped fennel leaves, sea salt and pepper in a large but shallow baking dish.

Pat the mullet dry with paper towels and add to the mixture in the dish. Coat evenly in mixture.

Cover with plastic and leave in the fridge for 15 minutes.

Spread 3 – 4 vine leaves out. Overlap the edges of the leaves.

Place a few slices of fennel in the centre. Cover this with a piece of mullet and place a few more pieces of fennel on top of this.

Place half a slice of lemon on top of this and drizzle with olive oil.

Wrap the fish in the vine leaves and put in a large baking dish. Ensure that the side where the vine leaves meet is face down in the dish.

Repeat with all pieces of mullet. Place them in a single layer in the dish.

Bake for 20 -30 minutes – until mullet is opaque.

CHICKEN

Chicken and vegetable casserole

Serves 2

Preparation time: 10 minutes

Cooking time: 1 hour

- 200g skinless chicken breast, sliced
- 1 large onion
- 1 potato, chopped
- 2 carrots, sliced
- 2 celery stalks, chopped
- 2 tomato, chopped
- 2 cloves garlic, crushed
- 2 cup of chicken stock
- 1 tablespoon of mixed herbs

Pre-heat the oven to 180C.

Heat oil in a large pan over medium heat. Add the onion and garlic and cook until onion is soft.

Transfer to flameproof casserole dish and add the chicken along with the rest of the vegetables. Stir well.

Cover and cook on low heat for 1 hour.

Quinoa Pilaf

Serves 2 -3

Preparation time: 15 minutes

Cooking time: 30 minutes

- 1 cup quinoa
- 200g chicken breast, steamed
- 2 cups sweet potato, steamed lightly
- 2 cups broccoli, steamed lightly
- ½ red onion, finely sliced
- 1 teaspoon white wine vinegar
- 2 garlic cloves
- 1 tablespoon orange rind, grated
- juice from half an orange
- handful of mint
- chilli (optional)

Steam the chicken breasts for 12 minutes. Set aside to cool then shred or slice finely.

Cook your quinoa. Set aside to cool. Meanwhile steam your vegetables until just tender then cool slightly.

Make your dressing by mixing together the vinegar, garlic, orange rind and juice.

In a bowl gently mix together the quinoa, chicken, vegetables and mint.
Pour the dressing over the top.

Sautéed Chicken & Bok Choy

Serves 4

Preparation time: 5 minutes

Cooking Time: 15 minutes

- 2 tablespoons chicken or vegetable stock
- 1 cup shallots, chopped
- 2 tablespoons fresh minced ginger
- 2 skinless, boneless chicken breasts, cut into bite size pieces
- 1 ½ cups sliced fresh shitake mushrooms
- 4 cups bok choy, chopped
- 2 tablespoons tamari
- Pinch of red pepper flakes

Heat stock in a wok.

When broth begins to steam, add shallots and sauté for 2 minutes.

Add ginger and continue to sauté for another minute.

Add chicken and continue to sauté.

After 2-3 minutes, add shiitake mushrooms and bok choy. Continue to sauté for another 3-4 minutes and then add tamari, rice vinegar, sea salt and pepper.

Chicken and lentil soup

Serves 4

Preparation time: 10 minutes

Cooking time: 45 minutes

- 1 onion, finely diced
- 2 garlic cloves, finely chopped
- 1 teaspoon fresh ginger, grated
- 1 large red chilli, seeded and finely chopped
- 2 chicken breast fillets, cut into small pieces
- ½ cup brown lentils
- 5 cups chicken stock
- 1 tablespoon Indian spice mix

Heat oil in a large saucepan over a moderate heat. Cook the onion, garlic, spice mix and chilli for 4-5 minutes or until soft.

Add the lentils, stock and chicken to the saucepan and bring to the boil.

Reduce the heat to moderate and simmer for 30 minutes or until the lentils are cooked.

Season the soup to taste with sea salt, pepper and tamari.

Turkey Bowl

Serves 4

Preparation time: 10 -15 minutes

Cooking time: 35 minutes

- 4 cups cooked brown rice
- 1 cup beetroot, grated
- 1 cup carrots, grated
- 1 cup almonds (slivered almonds)
- 1 cup spinach leaves
- 1 cup turkey breast (or chicken breast) chopped into small pieces

Dressing

- 1/3 cup water
- 1/3 cup tamari
- 1/3 cup apple cider vinegar
- 2 cloves garlic, crushed
- 1.5 cups extra virgin olive oil
- 2 tablespoons tahini paste

Prepare brown rice and set aside.

In a wok, cook chicken or turkey breast until cooked through.

Prepare dressing by combining all ingredients in a blender.

To assemble the bowls, place cooked brown rice into bowls and top with beetroot, carrots, spinach, almonds and chicken.

Drizzle with dressing.

Chicken in tomato and courgette sauce

Serves 4

Preparation time: 10 minutes

Cooking time: 30 minutes

- 2 tablespoons extra virgin olive oil
- 1 medium onion, sliced
- 2 garlic cloves, chopped
- 1 teaspoon mixed herbs
- 1/2 cup chicken broth
- 4 tomatoes, chopped
- 2 medium courgettes, cut into small pieces
- 450 grams chicken breast

In a large wok heat oil over medium-high heat. Sauté onion, garlic and mixed herbs until onions are soft and translucent.

Stir in chicken broth, tomatoes and courgettes and bring to a simmer.

Stir in chicken, cover and simmer until chicken is cooked through, approximately 10-15 minutes.

Serve immediately with brown rice or quinoa.

LAMB

Lamb Fillets with mint raita

Serves 2

Preparation time: 15 minutes

Cooking time: 15 – 30 minutes

- 1 clove garlic, crushed
- 1 teaspoon spice mix
- ½ cup organic, low fat yoghurt
- 4 lamb fillets
- coconut oil
- 1 tablespoon finely shredded mint leaves
- 1 tablespoon fresh lemon juice

Combine spice mix, garlic and half the yoghurt in a large bowl.

Add lamb and coat with yoghurt mixture

Cook lamb on heated grill plate oiled using coconut oil until cooked to your taste.

While lamb is cooking prepare raita and salad.

Combine remaining yoghurt, mint and lemon juice in a small bowl.

Slice lamb. Serve topped with raita.

Roast Leg of Lamb

Serves 6

Preparation time: 15 minutes

Cooking time: 45 minutes

- leg of boneless lamb, about 1.5kg
- 8 cloves of garlic, pressed
- 3 tablespoons rosemary, chopped
- ¼ cup fresh lemon juice
- 2 teaspoons sea salt
- pepper

Cut off excess fat from leg of lamb.

Lay leg of lamb out flat in glass baking dish. Press garlic and chop rosemary. Rub lamb leg with both, making sure you get it into the crevices.

Pour fresh lemon juice over lamb and sprinkle with sea salt. Cover and refrigerate overnight.

Pre-heat oven to 220C.

Place lamb in oven. After approximately 20 minutes check the internal temperature of the lamb with a thermometer. Continue to check in thickest part of leg every 5 minutes until internal temperature reaches 55C for medium rare. Let it rest for a few minutes before carving.

Serve with green salad on the side.

Lamb and asparagus casserole

Serves 2

Preparation time: 20 minutes

Cooking time: 35 minutes

- 45ml extra virgin olive oil
- 1 onion, chopped
- 300g lamb, cubed
- 2-3 cloves garlic
- 1 teaspoon fresh ginger, grated
- 1 teaspoon pepper
- 2 teaspoons turmeric
- 240 ml water
- 1 bunch asparagus, trimmed and cut into small pieces.

Heat the olive oil in a flameproof casserole dish or large saucepan with tight fitting lid.

Add the onions, garlic, ginger and cook for 2 minutes, stirring constantly.

Add the lamb, turmeric and seasonings. Stir until the lamb is browned on the outside – approximately 3 -4 minutes. Stir in the tomato paste.

Bring to a simmer until the lamb is tender, approximately 25 minutes.

Once lamb is tender, stir in the asparagus and cook until asparagus is tender , approximately 3 – 4 minutes.

May be served alone or on a bed of brown rice.

Lamb and spinach curry

Serves 4

Preparation time: 10 minutes

Cooking time: 1 hour

- 750g lamb, cut into small pieces
- 2 brown onions, halved, thinly sliced
- 2 garlic cloves, crushed
- 1 tablespoon of Indian spice mix
- 1 table spoon curry powder
- 400g tomatoes, chopped
- 1 cup water
- 1 bunch English spinach, trimmed, coarsely chopped
- 1 cup organic, low fat yoghurt.

Heat oil in a large saucepan over medium-high heat. Cook the lamb in batches, turning for 5-6 minutes or until browned.

Heat a little oil in pan. Reduce heat to medium. Cook onion, stirring occasionally, for 3 – 4 minutes or until soft. Add garlic, curry powder and spice mix. Cook, stirring for 1 minute.

Add the lamb and stir to coat. Stir in tomato, yoghurt and water. Reduce heat to low. Cover. Simmer for 30 minutes.

Uncover and simmer for 30 minutes or until lamb is tender and the sauce thickens a little. Season with salt and pepper.

Add spinach. Cover. Cook for 5 minutes or until spinach wilts.

Serve on a bed of brown rice.

Lamb and roast pumpkin, spinach salad

Serves 2

Preparation time: 15 – 20 minutes

Cooking time: 30 -35 minutes

- 600g pumpkin, peeled, deseeded and cut into small pieces
- extra virgin olive oil
- 2 tablespoons coconut oil
- 4 lean lamb cutlets
- 2 cups baby spinach
- 1 tablespoon pine nuts
- 1 clove garlic crushed
- ½ cup seed mix (see snacks)
- 1 teaspoon mixed herbs

Pre-heat oven to 230c.

Melt coconut oil in a pot on a low heat. Add pumpkin to pot tossing with a spoon to coat pumpkin in oil.

Place pumpkin in dish in a single layer, sprinkling with mixed herbs.

Roast pumpkin for 15 –20 minutes or until soft, turning during the cooking process.

Heat grill to a high heat. Coat lamb on both sides with oil. Cook on both sides until lamb is cooked to your liking. Transfer to a plate, cover with foil and stand for 5 minutes.

Meanwhile, toss salad ingredients in a bowl. Mix vinegar, oil, garlic, sea salt and pepper in a jar with a lid. Toss through salad.

Serve along with lamb.

BEEF

Moroccan beef

Serves 2- 3

Preparation time: 10 minutes

Cooking time: 15 - 20 minutes

- 750g beef strips
- 1 large brown onion, sliced
- 2 teaspoons ground cumin
- 1 teaspoon grated lemon rind
- 400g tomatoes, crushed
- 2 tablespoons slivered almonds
- 2 teaspoons fresh mint leaves, finely shredded.

Heat oil in a large pan. Cook beef in batches until browned all over and cooked as desired.

Cook onion in same pan, stirring until soft. Add cumin and rind and stir until fragrant.

Stir in crushed tomatoes, simmer uncovered, stirring occasionally for about 5 minutes or until mixture thickens.

Return beef to pan with nuts and mint. Stir until hot.

Serve hot on a bed of brown rice.

Spiced beef with vegetables

Serves: 2- 3

Preparation time: 10 minutes

Cooking time: 15 minutes

- 400g pumpkin peeled and thinly sliced.
- 750g beef rump steak, sliced thinly
- 1 medium brown onion, sliced thinly
- 2 cloves garlic, crushed
- 1 tablespoon grated fresh ginger
- 1 teaspoon sweet paprika
- 200g baby spinach leaves
- ¼ small head of broccoli, chopped in small pieces
- 2 teaspoons spice mix

Heat oil in large pan. Cook pumpkin in batches, until tender and browned all over. Place to side.

Combine beef, onion garlic and spices and cook in batches until beef is brown all over.

Return beef to pan with pumpkin and broccoli. Cook for few minutes so that broccoli remains crunchy but heated through.

Add spinach and cook, stirring constantly until spinach is slightly wilted.

Serve on a bed of brown rice.

Beef with tamari and Ginger dressing

Serves 2

Preparation time: 10 minutes

Cooking time: 20 minutes

- 2 x 200g sirloin steaks
- sea salt and freshly ground black pepper
- 2 bunches of Asian greens or other greens such as spinach
- 8 tablespoons tamari
- 1 thumb-sized piece of ginger, peeled
- 1 chilli, deseeded and finely chopped
- 1 garlic clove, finely grated
- 1 lime, juiced

On a very hot griddle pan cook your seasoned piece of sirloin steak until medium or to your liking. Place in a plate and allow to rest for 2 minutes.

Sauté the greens in a little water .

While hot douse with a good couple of tablespoons of tamari and sprinkle with the garlic, ginger, chilli, lime juice and olive oil.

When the greens are cooked, simply divide onto two plates, thinly slice up the sirloin steaks and place on top of the greens.

Serve with steamed vegetables.

Beef casserole

Serves: 4-6

Preparation Time: 20 minutes

Cooking Time: 2 hours

- 1kg lean beef, cut into small pieces
- 1 large onion, diced
- 2 medium carrots, diced
- 2 tablespoon rice flour
- 3 cups vegetable stock
- tamari
- 4-5 sprigs fresh thyme

Preheat oven to 180°C.

Season the beef with salt and pepper, add 2 tablespoons of oil and mix well.

Heat oil in a large pan over a medium-high heat. Brown the beef in 2 or 3 batches. Remove each batch and place in a casserole dish.

Reduce heat in the pan, add a little oil, onion and carrot and cook for 1-2 minutes, stirring occasionally.

Sprinkle in flour and stir until the vegetables are coated. Gradually pour in stock, stirring well. Add the tamari and herbs and stir until the mixture boils.

Remove fry pan from heat, transfer contents to the casserole dish and stir to combine.

Cover the casserole dish and place in the oven. Stir every 40 minutes or so, adding water if needed to keep the ingredients just covered. Cook until the beef is very tender.

Beef kebabs

Serves 4

Preparation time: 15 minutes

Cooking time: 15 minutes

- 500gm beef, chopped into small pieces.
- 1 red capsicum, chopped
- 1 yellow capsicum, chopped
- 1 red onion, chopped
- 2 medium courgette
- 2 cups button mushrooms, whole
- 2 tablespoons coconut oil
- wooden kebab skewers (soak for 20 minutes to prevent burning under grill)

Cut beef and vegetables into 3cm pieces – so that they will cook quickly and evenly under grill.

Put beef and vegetables on soaked skewers in whichever order you wish.

Melt coconut oil in pot on low heat. When melted, brush lightly over kebabs.

Cook for several minutes on all sides until meat is cooked through.

Beef chilli

Serves 6

Preparation time: 10 minutes

Cooking Time: 30 minutes

- 1500g beef, chopped finely
- 1 onion, chopped
- 400g tomatoes
- 420 grams kidney beans, cooked drained
- 1/2 teaspoon chilli powder
- 1 teaspoon sea salt

Heat oil in pan. Add onion and brown with beef.

Add remaining ingredients. Cover and simmer for 20 minutes.

Serve on a bed of brown rice.

DUCK

Duck in tomato, thyme and Spanish green olive sauce

Serves 4

Preparation time: 15 minutes

Cooking time: 1 – 1 ½ hours

- 4 duck legs, all visible fat cut off
- 800g tomatoes
- 8 garlic cloves, peeled and left whole
- 1 large onion
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 3 sprigs fresh thyme
- 100g Spanish green olives in brine, stuffed with garlic or almonds
- 1 teaspoon finely grated orange rind

Put the duck legs in the bottom of a flameproof casserole.

Add the tomatoes, garlic, onion, carrot, celery, thyme and olives and stir together. Season with sea salt and pepper.

Put on high heat and cook, uncovered until it begins to boil. Reduce the heat, cover tightly and simmer on low for 1 ¼ to 1-½ hours until the duck is very tender. Keep an eye on the water and add a little more if it starts to dry out.

Pre-heat the oven to 160C.

When the duck is tender, transfer it to a serving platter, cover and keep hot in the oven.

Leave the casserole uncovered, increase the heat slightly and cook for 10 minutes, stirring – until the mixture becomes sauce like.

Stir in the orange rind, the taste and adjust the seasoning if necessary.

Mash the soft garlic cloves and spread over the duck. Spoon the sauce over the top and serve at once.

Duck with Asian greens omelet

Serves 2

Preparation time: 15 minutes

Cooking time: 15 minutes

- 2 eggs, free range and organic, beaten
- 1 tablespoon water
- 1 teaspoon olive oil
- ½ duck, cut into small pieces
- 2 cups bean sprouts
- 1 onion
- 1 bunch bok choy, chopped
- 1/4 cup tamari
- 2 teaspoons fresh ginger, finely grated
- 1 clove garlic

Whisk the egg and water together in a medium bowl.

Heat oil in a wok over high heat. Add the egg and swirl around the wok to cover the pan and to make a thin omelette. Cook until lightly golden. Flip and cook until golden on other side. Transfer to a large serving plate.

Cook the onion and garlic on a low heat for 3-4 minutes until onion is translucent.

Add the duck and cook until cooked through. Add bean sprouts and bok choy and stir-fry for 1-2 minutes or until heated though and just beginning to wilt.

Add the tamari and ginger and stir-fry for 1 minute or until heated through. Remove from heat.

Spoon the duck mixture over half the omelet. Fold over the remaining half to loosely enclose the duck mixture.

Serve immediately.

Warm duck and fresh pistachios

Serves 2

Preparation time: 15 minutes

Cooking time: 20 minutes

- 1 duck breast, skinless
- 75g fresh pistachios shelled
- 3 tablespoons fresh lemon juice
- 5 tablespoons extra virgin olive oil
- sea salt
- ground black pepper
- 1 tablespoon coconut oil
- mixed herbs

On a low heat, cook duck breast in coconut oil until cooked then allow to rest for ten minutes.

Combine fresh herbs, sliced duck breast and all remaining ingredients in bowl and mix lightly.

Serve duck on bed of quinoa.

TURKEY

Turkey and vegetable stir- fry

Serves 2 -3

Preparation time: 10 minutes

Cooking time: 15 minutes

- 500g skinless, boneless turkey breast, cut into thin strips
- 3 cloves garlic
- 1 onion
- 2 tablespoons lime juice
- 1 tablespoon tamari
- 1 tablespoon fresh ginger, grated
- 300g English spinach
- 1 small courgette, cut into strips
- 1 red pepper

Heat the oil in a large frying pan. Add the onion, garlic, and ginger and cook until soft and translucent.

Add the turkey and cook for 5 – 6 minutes. Add the remaining ingredients except spinach and lime juice. Cook for 3-4 minutes on high heat.

Add spinach and lime juice and cook until spinach is wilted.

Serve on a bed of brown rice.

Curried turkey

Serves: 2

Preparation time: 10 minutes

Cooking time: 35 – 40 minutes

- 1 tablespoon spice mix
- 1 tablespoon curry powder.
- 500g turkey, cubed
- 2 large red onions
- 2 -3 cloves garlic
- ½ tablespoon fresh ginger, grated
- 2 tomatoes

Heat the oil in a large heavy saucepan. Add the onion and fry until the onion is brown. Stir in the ginger, garlic and spice mix. Add a little water to prevent burning.

Add the tomato. Stir well and add turkey. Turn the heat up, searing and coating in mix. Add a little more water and cover with a lid. Cook for 35 – 40 minutes.

Remove from heat and serve on a bed of brown rice.

VEGETARIAN

Chilli bean casserole

Serves 4 – 6

Preparation time: 10 minutes

Cooking time: 35 minutes

- 1 cup brown rice
- 1 onion
- 2-4 garlic cloves, chopped
- 2 fresh red chillies, deseeded and sliced
- 800g mixed beans- from freezer
- 850ml stock
- 1 red pepper
- 1 small courgette
- 4 tomatoes, roughly chopped
- 175g fresh string beans
- 1 tablespoon coriander
- paprika

Heat the oil in a large pot and cook onion, garlic and chillies stirring frequently for 5 minutes or until soft. Add the beans. Add the stock, tomato puree and rice.

Bring to the boil, then reduce heat and cook for 10-15 minutes.

Add the peppers, courgette and string beans and simmer for a further 15- 20 minutes or until all vegetables are tender and rice is cooked. Stir in the chopped coriander.

Serve hot, garnished with a sprinkle of paprika.

Red lentil Dahl with Brown rice

Serves 4

Preparation time: 20 minutes

Cooking time: 1 hour

- 250g red lentils
- 450ml water
- 1 onion, peeled and chopped finely
- 1 clove garlic
- ¼ teaspoon grated fresh ginger root
- 1 small head broccoli, chopped into small pieces
- half a red pepper, chopped
- 1 small carrot, sliced
- 1 tablespoon spice mix

Rinse lentils under running water until water runs clear.

Place the lentils in a large pot with the water. Bring to the boil, removing any white froth from top.

Cook the onion, garlic, ginger and spice mix until the onion is soft and translucent.

Add the onion mixture and vegetables to the pot.

Cook slowly for 1 hour until lentils have a smooth and creamy texture. Ensure you check the water content occasionally.

Serve on a bed of brown rice. Season with tamari if desired.

Cauliflower, tomato and chickpea curry

Serves 4 – 6

Preparation time:

Cooking time:

- 1 large onion
- 2 cloves garlic
- 1 teaspoon fresh ginger, grated
- 1 head cauliflower, cut into florets
- 2 large tomatoes, diced
- 1 cup cooked chickpeas
- 1 – 2 teaspoons spice mix

Heat oil and cook onion, garlic, and ginger until onion is soft and translucent.

Turn the heat to high and add the cauliflower and cook stirring often, until softened – approximately 10 minutes.

Stir in the tomatoes and cook for another 3–4 minutes. Stir in the spice mix.

Reduce the heat to low and cook until vegetables are very tender – approximately another 10 minutes.

Serve hot on a bed of brown rice.

BRUNCH AND SNACKS

DIPS WITH CRUDITÉS

Take one of the following dips to work with you accompanied by a variety of vegetables cut up – carrot, courgette, broccoli, peppers.

These will store in an airtight container in the fridge for a week.

Black bean dip

Serves 4 – 6

Preparation time: 10 minutes (excluding soaking and cooking of beans)

- 1 cup beans
- 3 cups water
- plum vinegar – to taste
- ¼ cup extra virgin olive oil

Soak beans overnight or while at work. Cook for 2 – 3 hours to ensure softness.

Combine with extra virgin olive oil and plum vinegar to your taste.

This dip may be refrigerated for up to 1 week.

Red lentil dip

Preparation time; 5 minutes

Cooking time 25 minutes

- 1 cup red lentils
- 1 onion, chopped
- 2½ cups water
- 2 teaspoons curry powder
- 1 teaspoon cumin seeds
- 2 cloves garlic, crushed
- 1 tablespoon extra virgin olive oil
- pepper

Rinse lentils well.

Combine lentils, onion and water in a pot. Bring to boil with a lid on. Reduce heat and simmer for 25 minutes or until lentils are soft. Leave to cool and blend lentil mixture.

Toast curry powder and cumin seeds in a dry pan on a low heat until fragrant. Add pepper, oil, garlic and sauté for 1 minute.

Combine spice mixture and lentils. Serve with raw vegetables.

Roasted beetroot dip

Serves 4 - 6

Preparation time: 15 minutes

Cooking time: 30 minutes

- 2 small beetroots, chopped into small pieces and roasted
- 100 ml low fat, organic yoghurt
- 2–4 cloves garlic, crushed
- pepper to taste
- water

Pre - heat oven to 200C.

Bring water to boil and add pieces of beetroot. Reduce heat and simmer for 10 minutes. Remove and leave to cool.

Coat beetroot in coconut oil and roast in oven for 30 minutes or until soft.

Remove from oven and leave to cool.

Place in blender with other ingredients and blend until smooth.

Serve with raw vegetables.

Hummus

Serves 4 - 6

Preparation time: 15 minute

- 400g cooked chickpeas
- 2 tablespoons olive oil
- 2 tablespoons tahini
- 2-4 cloves garlic, crushed
- squeeze of fresh lemon
- 1 cup water
- paprika

Blend ingredients until smooth. If consistency is too thick add another 2 tablespoons of olive oil and a little water until the correct consistency is reached.

Season with a little paprika.

Baba Ganoush

Serves 4 - 6

Preparation time: 15 - 20 minutes

- 500gm aubergines,
- 2 – 4 cloves garlic
- 2 -3 lemons juiced
- 1/3 cup tahini
- 1 tablespoon extra virgin olive oil
- 2 teaspoons cumin

Use small aubergines so they fit under the grill.

Grill the aubergines turning them often until the skin is blistered and blackened. Allow them to cool and then peel them.

Place the aubergine flesh in blender with the garlic, tahini, lemon juice and cumin. Season to taste and then process until you have a fairly smooth consistency.

Serve with raw vegetables.

MUFFINS

Orange muffins

Makes 6 muffins

Preparation time: 15 minutes

Cooking time: 20-25 minutes

- 1 cup mashed banana
- 1 cup fresh-squeezed orange juice
- 1 tablespoon orange zest
- 2 tablespoons olive oil
- 1 cup rice flour
- 2 teaspoons cornstarch-free baking powder

In large bowl mix bananas, orange zest, orange juice, and oil. Add flour and baking powder. Blend well.

Spoon mixture into muffin trays. Bake at 375 for 20-25 minutes.

Turn out onto a wire rack to cool.

For apple muffins substitute apple juice/concentrate for orange juice and add 1 tablespoon apple peel instead of orange zest.

Berry muffins

Makes 6 muffins

Preparation time: 15 minutes

Cooking: 35 – 45 minutes

- 1 cup rice flour
- 1 cup chickpea flour
- 2 ½ teaspoons cornstarch free baking powder
- 3 teaspoons honey
- 1 ¼ cups blueberries
- 1 ½ cups almond oil
- 2 eggs, free range and organic
- ¼ - ½ cup oat or rice milk

Pre- heat the oven to 180C.

Lightly grease and flour a muffin tray.

Put the flours and baking powder in a bowl and mix well to break up the flours.

In a separate bowl combine the almond oil, honey, egg and ¼ cup of milk and add to dry ingredients.

Gently fold through berries.

This mixture needs to be quite moist due to the type of flours – add a little extra milk if necessary.

Spoon into muffin trays and bake for 35 – 45 minutes.

Cool for 5 minutes in trays before putting on wire rack.

Pear and yoghurt muffins

Makes 9 muffins

Preparation time: 15 minutes

Cooking time: 25 minutes

- 1 cup rice flour
- 1 cup chickpea flour
- 2 teaspoons cornstarch free baking powder
- 1 tablespoon honey
- 200g low fat, organic yoghurt
- 1 egg beaten lightly
- ½ cup almond oil
- 1½ cups diced pear
- cinnammon (optional)

Pre-heat oven to 180C.

Sift flours, cinnamon, baking powder into a bowl and make a well in the centre.

Combine yoghurt, egg, oil and honey in another bowl and mix well. Add to dry ingredients. Stir until mixture is nearly combined.

Add fruit and stir. Mixture will be quite lumpy.

Pour into non-stick muffin trays. Sprinkle with cinnamon if desired.

Bake for 25 minutes or until golden and cooked through.

FRESH JUICES / SMOOTHIES

Vitamin C explosion

Serves 1

Preparation time: 5 minutes

- 1 cup blackcurrants
- 1 cup red currants
- 2 kiwi fruit, peeled
- 2 oranges, peeled
- 1 cup apple juice
- ½ cup ice

Blend all ingredients until smooth.

Cleansing blend

Serves 1

Preparation time: 5 minutes

- 1 raw beetroot
- 2 carrots
- 1 cup spinach
- ¼ cucumber

Put all ingredients through juicer and serve.

Cinnamon and pear

Serves 1

Preparation time: 5 minutes

- 3 apples
- 2 pears
- ground cinnamon

Put fruit through juicer and mix in cinnamon. Serve immediately.

Green energy

Serves 1

Preparation time: 5 minutes

- 4 small broccoli florets
- 3 apples
- ½ cup spinach
- lime juice

Put broccoli, spinach and apples through juicer. Pour into cup. Add lime juice.

Spirulina goodness

Serves 1

Preparation time: 5 minutes

- 1 banana
- ½ cup mixed berries
- 1 cup low fat, organic yoghurt
- ½ cup orange juice
- 1 tablespoon spirulina powder

Place all the ingredients into a blender and blend.

Digestive goodness

Serves 1

Preparation time: 5 minutes

- 1 banana
- 5 prunes
- 1 cup apple juice
- 1 cup low fat, organic yoghurt

Blend all ingredients until smooth.

Melon delight

Serves 1

Preparation time: 5 minutes

- 1 cup watermelon
- 1 peaches
- 1 cup honey dew
- 1 cup low fat, organic yoghurt
- ¼ cup apple juice
- 1 teaspoon LSA

Blend all ingredients until smooth.

.

Blackberry and raspberry smoothie

Serves 1

Preparation time: 5 minutes

- ½ cup blackberries
- ½ cup strawberries
- 1 cup low fat, organic yoghurt
- 1 cup oat or rice milk
- 1 tablespoon LSA

Blend all ingredients until smooth.

Banana and strawberry smoothie

Serves 1

Preparation time: 5 minutes

- 1 banana
- 3-4 strawberries
- 1 cup fresh orange juice
- 1 tablespoon LSA (linseed, sunflower and almond ground)
- ½ cup ice

Blend all ingredients until smooth.

Honey blueberry smoothie

Serves 1

Preparation time: 5 minutes

- ½ cup blueberries
- 1 tablespoon honey
- 1 teaspoon cinnamon
- ½ cup oat or rice milk
- 1 tablespoon LSA
- 1 tablespoon low fat, organic yoghurt

Blend all ingredients until smooth.

Mango and Peach smoothie

Serves 1

Preparation time: 5 minutes

- 1 mango, flesh sliced
- 2 peaches, flesh sliced
- 1 tablespoon honey
- 1 cup apple juice
- 1 teaspoon LSA

Blend all ingredients until smooth.

Mixed berry smoothie

Serves 1

Preparation time: 5 minutes

- 1 cup mixed berries
- 1 cup yoghurt
- ½ cup apple juice
- 1 tablespoon LSA
- 1 teaspoon honey

Blend all ingredients until smooth.

FINGER FOOD

Rice paper rolls

Serves 2

Preparation time: 20 – 25 minutes

- 1 onion, chopped finely
- 2 cloves garlic
- 1 teaspoon fresh ginger
- 1 cup chicken breast, cooked and shredded
- 1 small carrot, grated
- 1 small courgette, grated
- 3 tablespoons tamari
- 2 teaspoon fresh ginger, grated

Combine ingredients in a bowl with tamari and leave in fridge to marinate for 1 hour.

Boil water in a kettle and pour into deep frying pan or dish. Place rice paper in pan/dish until starting to soften – approximately 5 -10 seconds depending on how hot the water is. Remove carefully and spread onto large dinner plate.

Place small amount of mixture on further end. Fold side in first then firmly roll towards you enclosing the mixture.

Serve immediately or refrigerate until ready to eat.

Mini quiches

Serves 2- 3

Preparation time: 10 minutes

Cooking time: 30 minutes

- 4 eggs
- water
- 1 small courgette, grated
- 5-6 cherry tomatoes, quartered
- 1 onion, chopped finely
- 2 cloves garlic, chopped finely

Pre-heat oven to 180C.

Whisk the eggs and water in a bowl. Add other ingredients and combine well.

Evenly divide mixture in a non-stick muffin tray. Cook for 30–40 minutes until cooked through.

Serve hot or cold. May be left to cool and reheated at work.

Coconut roast vegetables with sesame, pumpkin and sunflower seeds

Serves 2

Preparation time: 10 minutes

Cooking time: 20 minutes

- 2 cups sweet potato, peeled and chopped into cubes
- 2 cups pumpkin, peeled and chopped into cubes
- 2 cups potato, skin washed and cut into cubes.
- ½ cup combination of sesame seeds and seed mix (see snacks)
- 2 tablespoons coconut oil
- 1 tablespoon extra virgin olive oil

Melt coconut oil in a pot. Coat vegetables and place in oven to cook for 20 minutes or until soft.

Mix olive oil and seed mix in a cup and toss through roast vegetables when ready.

May be eaten hot or let cool and taken with you in a container.

Courgette and nut fritters

Serves 2 - 3

Preparation time: 10 minutes

Cooking time: 10–15 minutes

- 1½ large courgettes, grated
- 1 large onion, chopped finely
- ¼ cup ground pecans or almonds
- mixed herbs
- sesame seeds (optional)

Pre heat oven at 180C.

Cook onion until translucent. Mix in with other ingredients. Make into fritters.
Coat with sesame seeds if using.

Bake in oven until golden brown.

Serve hot or cold with yoghurt / mint dressing

Mini omelette

Serves 2 - 3

Preparation time: 5 -10 minutes

Cooking time: 5 -1 0 minutes

- 2 small onions, chopped
- 2 cloves garlic, chopped
- 1 cup courgette, grated
- 1 small carrot, grated
- 2 eggs, free range and organic, beaten
- ½ cup rice flour

Cook onion until translucent.

Combine all ingredients in a bowl. The mixture will be considerably moist. Season with pepper. Heat oil in a pan.

Place a small amount in pan- approximately the size of a small pancake.

Cook for 3-4 minutes on either side or until golden brown.

Serve immediately.



Pictured above: Mini Omelette

Chickpea falafels

Serves 4

Preparation time: 15 minutes

Cooking time: 30 minutes

- 400g cooked chickpeas
- 1 large onion, chopped
- 2 cloves of garlic, chopped
- 3 tablespoons of fresh parsley, chopped
- 1 teaspoon coriander
- 1 teaspoon cumin
- 2 tablespoons flour
- 1-2 tablespoons chickpea (besan) flour

Pre- heat oven to a moderate temperature.

Combine chickpeas, garlic, onion, coriander, and cumin to taste in medium bowl. Add flour.

Mix ingredients in a food processor to a thick consistency. Season with pepper and sea salt.

Form the mixture into small balls. Slightly flatten.

Place on oiled tray in oven, cooking for 20-25 minutes or until crunchy on outside, turning once.

Serve hot. Falafels may also be frozen and used at a later date. Eat with one of the above dips or with yoghurt seasoned with lemon juice and mint.

Quinoa falafels

Serves 4

Preparation time: 15 – 20 minutes

Cooking time: 10 minutes

- 1/2 cup quinoa
- 1 cup water
- 1 large carrot, chopped
- 1 onion, chopped finely
- 2 eggs
- 1 teaspoon ground cumin
- 2 tablespoons sesame seeds
- 2 cloves garlic

Place quinoa and water in a pot and bring to the boil. Reduce heat. Cook until liquid is absorbed, about 10-15 minutes. Set aside to cool.

In a food processor, blend the carrots, onion, eggs, cumin, sesame seeds and garlic. Season with salt and pepper. Blend until combined. Add the quinoa and pulse until just combined. Place mixture in the refrigerator to chill for an hour, or overnight.

Heat oil in a non-stick pan over medium heat. Form the quinoa mixture into small patties, flattening slightly. Cook for 3 minutes on each side, until golden.

Serve hot or at room temperature with some hummus or yoghurt and mint combination.

Thai chicken balls

Serves 6

Preparation time: 10 minutes

Cooking time: 20 minutes

- 1 kg chicken, cut into small pieces
- ½ cup rice flour
- 4 spring onions, sliced
- 1 tablespoon ground coriander
- 1 cup fresh coriander
- squeeze fresh lemon juice

Pre-heat the oven to 200c.

Mix the chicken and rice flour. Add the spring onion, ground and fresh coriander, lemon juice and mix

Wet your hands and form into evenly shaped balls that are small enough to eat with your hands.

Place balls on baking tray and bake until cooked through – approximately 15–20 minutes.

May be stored for 2-3 days in the fridge.

Sesame and oat cookies

Makes 8 – 10 cookies

Preparation time: 1 hour

Cooking time: 15 minutes

- 1 cup rolled oats
- 1 cup oats groats, ground
- 1 cup sesame seeds
- 1 cup sultanas
- ½ cup coconut
- ½ cup dates
- orange rind, grated
- 2 oranges, juiced

Soak dates for 1 hour in water

Grind sesame seeds until fine. Mix dry ingredients together.

Add other ingredients and form into biscuits.

Place on floured tray. Bake in moderate oven for 15 minutes.

Nut and seed mix with sun dried (brown) apricots

Preparation time: 15 minutes

- 3 cups sunflower seeds
- 3 cups pumpkin seeds
- tamari

Place seeds in a frying pan without any oil. Dry roast seeds, stirring occasionally. Listen for a popping sound. This will tell you they are roasting. The roasting process could take 15 – 20 minutes.

When seeds are done and still hot, sprinkle with tamari to your taste. Stir until seeds are covered with tamari.

Make in bulk and store in an airtight container. Keep a little container in your bag for when you are out and about.

Date and walnut bars

Makes 6 – 8 bars

Preparation time: 20 minutes

- 1 cup ground oats groats
- ½ cup sesame seeds, ground
- extra whole sesame seeds
- ¾ cup walnuts, ground
- 2/3 cup dates chopped
- 1 pear
- 1 teaspoon cinnamon

Place dates, cinnamon and pear in a pan with a little water and cook on a low heat to form a paste. The paste may be a little chunky.

Mix the rest of the ingredients in bowl.

Form into bars. Roll in sesame seeds. Place in fridge to set.

Store in airtight container

Date and pecan slice

Serves 4

Preparation time: 15 minutes

Cooking time: 15 – 20 minutes

- 1 cup oats groats, ground
- 1 cup oatmeal
- 1 cup coconut
- ½ cup pecans, ground finely
- 3 cups dates
- 1 pear
- 1 teaspoon cinnamon

Combine 2/3 cup dates, cinnamon and pear in a pot with a little warm water. Cook on low heat to form a paste-like consistency. It may be a little chunky.

Mix dry ingredients together.

Combine dry ingredients with date and pear mixture.

Press half of the mixture into a tray. Press the remaining dates on top. Spread the rest of the mixture on top, pressing firmly.

Bake in oven for 15- 20 minutes.

Sesame and poppy crackers

Serves 6

Preparation time: 15 minutes

Cooking time: 20 -25 minutes

- 2 cups rice flour
- 1 teaspoon baking powder
- 2 tablespoons poppy seeds
- 2 tablespoons sesame seeds
- 60 grams organic butter, chilled and chopped
- 1/2 cup iced water

Pre- heat oven to 180C.Line two baking trays with baking paper.

Sift the flour, baking powder and ½ teaspoon sea salt into a bowl. Add the seeds and combine with pepper. Stir to combine. Rub the butter into the flour with your fingertips until it resembles breadcrumbs.

Make a well in the centre and add almost all the water. Mix together with a flat bladed knife using a cutting action. Add the remaining water if necessary until the mixture comes together in soft beads.

Gather the dough in a rough ball. Handle the dough gently and do not knead it.

Divide the dough into 2 portions. Place 1 portion between 2 sheets of baking paper and roll out.

Cover the other portion with plastic wrap until needed.

Use a cutter or the top of a glass and cut rounds from tray. Prick all over and transfer to baking trays.

Bake for 20 -25 minutes or until golden.

Store in an airtight container for up to 5 days.

Serve with hummus or black bean dip (see brunch).

Curried nuts

Makes 4 ½ cups

Preparation time: 5 minutes

Cooking time: 10 – 15 minutes

- 500 grams mixed nuts – brazil, almonds, macadamias, cashews
- 1 egg white
- 2 tablespoons curry powder
- 1 teaspoon cumin

Pre- heat the oven to 150C.

Spread the nuts on a single layer on a baking tray and bake for 10 minutes.

Whisk the egg white until frothy, add the nuts, curry powder, cumin and sea salt.

Toss together and return to the oven for a further 10 -15 minutes, then allow to cool.

Spicy soy crackers

Serves 3- 4

Preparation time: 1 hour and 15 minutes

Cooking time: 20 minutes

- 1¼ cups rice flour
- ¾ cup soy flour
- ½ teaspoon garam masala
- ½ teaspoon paprika
- 2 ½ teaspoons olive oil
- 2 ½ teaspoon lemon juice

Place the flours, garam masala, paprika and sea salt in a food processor. Add the oil, lemon juice and 100ml water and blend until the mixture comes together in a ball. Cover and refrigerate for 1 hour.

Pre-heat the oven to 160C. Divide dough into 3 lots and roll each out as thinly as possible on 3 separate baking trays lined with baking paper. Cut each into long thin triangles.

Bake for 20 minutes or until crisp and golden.

Serve with hummus or roast beetroot dip.

Sweet potato wedges with hummus

Serves 3

Preparation time: 10 minutes

Cooking time: 30 minutes

- 600 grams orange sweet potato
- 3 tablespoons coconut oil, melted
- 1 tablespoon fennel, ground
- 1 tablespoon coriander, ground
- pepper

Pre- heat oven to 200C.

Place the sweet potato in a large baking dish and toss with oil.

Add the seasonings to the dish and toss again. Bake for approximately 30 minutes or until crisp.

Serve with hummus. May be taken to work and eaten at room temperature.

Herbed Courgette

Serves 2 -3

Preparation time: 5-10 minutes

Cooking time: 20 minutes

- 2 cloves garlic, finely chopped
- 4 small courgettes, roughly chopped
- 1 large carrot, thinly sliced
- 2 tablespoons chopped flat leaf parsley
- 2 teaspoons fresh lemon juice
- 1 teaspoon ground cumin

Heat oil in pan and cook garlic for 1 minute.

Add courgette and carrot and cook for further 2 minutes.

Season with sea salt and pepper.

Add 1 tablespoon water, cover and simmer over low heat for 15 minutes or until vegetables are soft. Spoon into a bowl and mash. Add the parsley, lemon juice and cumin.

Can be stored for 2 days in the fridge. Take to work and reheat to have on spicy soy crackers.

Raisin scones

Makes 6 – 8 scones

Preparation time: 10 minutes

Cooking time: 15 minutes

- 100 grams rice flour
- 125 grams chickpea flour
- 1 ¼ teaspoons baking powder
- 55 grams organic butter
- ¼ cup sultanas
- ¼ cup almonds, ground
- 1 tablespoon honey
- 1 egg
- 1 cup milk – oat or rice

Pre-☐Heat the oven to 220C. Lightly grease a baking sheet.

Mix together the flours and baking powder. Knead butter and flour with fingers.

Mix the honey, egg and milk together in a separate bowl and add to dry ingredients. Add sultanas and almonds and mix well.

Turn on to a floured work surface and knead very lightly.

Roll out on a floured surface. Cut scones out.

Bake for 12-15 minutes until well risen and golden.

Cool on a wire rack and serve with organic butter.

Scones may be stored in an airtight container for up to 1 week.

Yoghurt and LSA strawberries

Serves 1

Preparation time: 5 minutes

- 1 cup strawberries
- low fat, organic yoghurt
- LSA

Place small amount of yoghurt and LSA in separate bowls.

Firstly roll strawberries in yoghurt then LSA. Ensure LSA layer is thick and covers yoghurt completely. Leave to sit for 10 minutes.

Peanut butter banana split

Serves 1

Preparation time: 5 minutes

- 1 bananas
- 1 tablespoons organic peanut butter
- LSA (optional)

Split banana length ways – try not to split banana completely. Spread peanut butter where you have made the split.

Sprinkle LSA on top if you desire.

Cherry tomato delight

Serves 1

Preparation time: 5 minutes

- 1 cup cherry tomatoes, cut in half
- ¼ cup dukkah
- Olive oil

Cut cherry tomatoes in half. Place in bowl with small amount of olive oil and toss. Sprinkle with dukkah and toss again.

Simple sweet corn

Serves 1

Preparation time: 5 minutes

Cooking time: 10 minutes

- 1 cob of sweet corn
- organic butter
- pepper

Place sweet corn in water and bring to the boil. Cook for 10 minutes. Remove from pot.

If eating immediately you may add a little organic butter and pepper. Sweet corn is lovely at room temperature too so you may leave to cool, add a little pepper and take it with you in a container.

Include a handful of seed mix to the snack for some protein!!

Mixed bean bowl

Serves 1- 2

Preparation time: 5 – 10 minutes

- ¼ cup chickpeas, cooked
- ¼ cup butter beans, cooked
- ¼ cup kidney beans, cooked
- Dukkah or LSA
- Olive oil

Combine beans in a bowl with a little olive oil. Sprinkle with dukkah or LSA and toss. Take with you in a container or eat immediately.

Design your own!!

Try a combination of these nuts and seeds and fruits in a bowl or container.

Fruits

Peach
Pear
Orange
Cherries
Kiwi fruit

Nuts and seeds

Brazil nuts
Cashews
Almonds
Macadamias
Pecans

Christmas oats and apples

Serves 2

Preparation time: 5 minutes

Cooking time: 15- 20 minutes

- 1 cup of water
- 1 cup of apple juice
- 1 teaspoon of cinnamon
- 2 apples, grated
- 1 cup oats
- 1 egg
- 1 tablespoon of walnuts
- 2 tablespoons of bio live yoghurt.

Place the water, apple juice and cinnamon in a pan and bring to the boil.

Reduce the heat.

Add the egg (replace with walnuts if you don't like egg), add the oats and apple and stir on the low heat until the juice is almost all gone.

Add a little low fat, organic yoghurt on the side if you want to take the heat out of the apple. It ends up tasting like apple crumble.

Mini fruit cakes

Preparation time: 20-25 minutes

- 100g figs (remove stalks)
- 100g apricots, chop into quarters
- 200g raisins
- 3-5 cm fresh ginger root, peeled and grated
- orange zest
- juice of 2 oranges
- 2 teaspoons mixed spice
- 100g almonds
- 100g hazelnuts
- 100g sunflower seeds

Put figs, apricots, raisins, ginger, mixed spice, orange zest and juice in a bowl, stir, cover and leave overnight to marinade.

The next day, blend until a gooey consistency.

Grind almonds and hazelnuts until fine. Add sunflower seeds and partially grind. Add to fruit mixture and mix. Remove from blender.

Grind another 100g sunflower seeds and grind completely.

Make into balls and roll in the fully ground seeds to coat.

These will keep for one month in the fridge.