

# ANTI-INFLAMMATORY EATING

RECIPES FROM YOUR DIETITIAN'S KITCHEN



**OVER  
50 RECIPES**  
to manage  
inflammation

By Chloe McLeod, Monica Kubizniak and Kate Bennett for



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# WHO WE ARE & WHY WE WANT TO SHARE THESE RECIPES

With more than 30 years combined experience, we have found healthy, easy-to-prepare recipes to be one of the most successful strategies for helping our clients to achieve their best health. Countless research papers show the value of eating a plant-based, anti-inflammatory diet – both for managing inflammatory health conditions such as osteoarthritis, rheumatoid arthritis, obesity and diabetes, and for helping avoid lifestyle-related problems.

At BJC Health, we are passionate about providing the best care for people with arthritis. For this reason, we have put together a selection of our favourite recipes – new, old, and inspired by others – to help you live your healthiest life.



**Chloe McLeod - Accredited Practicing Dietitian, Accredited Nutritionist and Accredited Sports Dietitian** [B. Nut. & Diet., MPH](#)

Due to suffering a number of food intolerances, I understand first hand just how important it is to fuel your body with the right foods. I am so excited about this book as I feel that there is nothing more satisfying than helping others improve their health by including beautiful fresh, whole food choices into their diet.



**Monica Kubizniak – Accredited Practicing Dietitian, Accredited Nutritionist** [BSpSc \(ExSc\), BSc \(Nutr\), M.Dietetics](#)

I love being a dietitian. For the past 15 years, I have helped people to manage numerous health conditions by incorporating anti-inflammatory eating. I hear from clients that the most important role I can play is to provide advice that is realistic and works with their lifestyles. As a busy mum of three young children, I am excited that this collection of recipes not only provides fantastic nutrition, but they are also delicious and easy to make.

Wishing you happy cooking and best of health!



**Kate Bennett - Accredited Practicing Dietitian, Accredited Dietitian, Provisional Sports Dietitian** [M. Nut & Diet, B. Ex Phys](#)

One of the things I love most about anti-inflammatory eating – and what most of my clients comment on – is that the focus is on foods to include more of, not what to exclude. There are endless possibilities of delicious, nutritious whole foods to combine and choose from. I share these recipes with my family and loved ones and can't wait to share them with you too.

**“Let food be thy medicine,  
and medicine be thy food.”**

HIPPOCRATES




# INTRODUCTION

As Hippocrates said, 'Let food be thy medicine, and medicine be thy food'. Now, more than any other time in history, research is indicating that he was, and still is, correct. Certain foods can assist with reducing inflammation, whilst many others may in fact promote it.


As dietitians who specialise in working with people that suffer with inflammatory conditions, in particular inflammatory joint conditions and obesity, the most requested resource by far we get asked for are recipes. So, we thought it was time we put together a collection of quick, easy and most importantly, tasty meal and snack ideas that aim to reduce the inflammation burden within the body.

## WHAT DO WE MEAN BY 'ANTI-INFLAMMATORY'?

Inflammation can occur in the body due to many reasons. There seems to be an ever increasing number of factors within our day to day environment can result in inflammation being triggered throughout the body, for example exposure to cigarette smoke, pollution, or sleeping poorly on a regular basis. In addition, stress also plays a significant role in the development of generalised inflammation. Alternatively, you can have inflammation that is localised to a specific part of the body due to an injury or illness. Some medical conditions also result in inflammation, both throughout the body, or in localised areas.



*Research indicates that eating certain foods may help with reducing the risk of developing these different types of inflammation and reduce the severity of inflammation present when it occurs with various diseases/conditions. This approach to food is often referred to as an anti-inflammatory diet.*



# WHO IS THIS COOKBOOK FOR?

One of the reasons we are so excited about this book is everyone can benefit from including these recipes as a regular part of their diet.

If you are interested in following a mostly plant-based, wholefood diet aiming for long-term good health, and/or you suffer from one of the many forms of arthritis, including osteoarthritis, Rheumatoid arthritis, Systemic Lupus Erythematosus, Psoriatic arthritis, and Gout, as well as any other health issue that may result in or from inflammation, such as diabetes, heart disease and obesity, these recipes will help you become the healthiest YOU possible.

Research also shows that an anti-inflammatory diet can also benefit those who are highly physically active people, including athletes, resulting in better functioning body systems and less muscle soreness post-exercise.

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*All our recipes are based on wholefoods that are fresh and seasonal. To make your life as easy as possible, we have also chosen foods which you can easily buy at your local farmers market, green grocer or supermarket; we have avoided including random ingredients that you will probably only ever use once or twice!*

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# SPECIFIC POINTS FOR SOME INDIVIDUALS WITH ARTHRITIS AND/OR AUTOIMMUNE CONDITIONS

For many people, but particularly for those with arthritis, inflammatory joint and/or autoimmune conditions, there is often very conflicting evidence about which dietary strategies work best for you. This client group is one we spend a significant amount of time working with, and one of the primary reasons for the creation of this book. Below is a quick summary of the evidence for the role that nutrition can play in managing five of the most common conditions we specialise in treating.

## ► **Rheumatoid Arthritis**

At present, following a wholefoods, plant-based diet, including plenty of fish, whilst avoiding soft drinks and processed foods as much as possible, is the first step to managing rheumatoid arthritis (RA). Inclusion of a fish oil supplement is also recommended, with a total combined dose of EPA and DHA (the relevant Omega-3-Fatty Acids) of 2.7g per day. In addition an adequate vitamin D level is also important. Weight loss (if required) has also been shown to potentially provide significant positive benefits across various clinical parameters.

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*Research indicates that use of curcumin, a compound found in turmeric, reduces the effect of TNF- alpha which is a central mediator of joint inflammation that characterises the disease. The dose required to optimise this effect is yet to be determined and the degree of clinical benefit has yet to be established.*

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If we feel there could be further symptom improvement, some of the other strategies that can be trialled include vegetarian or vegan diets, gluten and/or dairy free diets, as well as a particular approach to fasting. There is not currently enough quality research for these to be our go-to recommendations, however it will be interesting to see where the research moves in the coming years.



## ► **Psoriatic Arthritis**

Nutritional strategies recommended for psoriatic arthritis (PsA) are very similar to those for RA. However, a particular focus in this population is the goal of achieving or maintaining a healthy weight range as obesity is a common problem in this condition, resulting in an increased risk of cardiovascular disease. As a consequence, weight management is a key factor in the management of PsA.

## ► **Gout**

Most people are aware that diet has a direct effect on the manifestation of gout. Achieving or maintaining a healthy weight is one of the best ways of managing gout. Cherries also play a particularly important role in reducing the risk of gout attacks; consumption of cherries themselves may result in a 35% reduction in risk of a gout attack on their own. When used with allopurinol (a gout medication), this was reduced by 75%! Purines are another compound to be aware of, and to be careful of overindulging in, as these can increase the risk of an attack. This includes (but isn't limited to) prawns and other shellfish, sardines, meat and vegemite. Legumes also contain purines, so people with gout need to be careful of over consuming these. However, a low calorie diet has been shown to be more effective than a low purine diet; including legumes, nuts and seafood is still important. Low fat dairy, vitamin C, avoidance of alcohol and inclusion of plenty of vegetables are other effective strategies for managing gout.

## ► **Fibromyalgia**

Key strategies for managing Fibromyalgia include managing your weight, including plenty of plant foods, especially vegetables, and ensuring adequate vitamin D and iron levels. Some people experience non-coeliac gluten sensitivity, so may need to be careful of gluten consumption. Reduction or avoidance of dairy is reported to help improve symptoms by some, particularly those with irritable bowel syndrome as well. Removing, or avoiding excitotoxins from your diet is recommended. This includes artificial sweeteners, such as aspartame, and mono-sodium glutamate.

## ► **Osteoarthritis**

Research indicates that loss of just 5% of body weight can impact pain felt in joints affected by osteoarthritis (OA). Loss of 10% of body weight can improve this even further. Research also shows that following a whole food, plant based, Mediterranean style diet can result in improved physical function. There is also some evidence that sesamol, a compound found in sesame seeds may help slow cartilage degeneration, whilst a compound found in broccoli (and other cruciferous vegetables) called sulforaphane may also protect against cartilage destruction.



## DO I HAVE TO STICK TO THIS WAY OF EATING ALL THE TIME?

Whilst we do recommend that you include healthy meals as the key part of your daily food intake, we also understand that you are human, and not eating healthily 100% of the time is not only OK, it is normal. All we encourage is that you do the best that you can.

## ORDER OF THE BOOK – WHY DID WE SET IT UP THIS WAY?

Over the course of seeing thousands of clients, we have found we get better results when the focus is on foods that people need to eat more of rather than telling them not to eat something. For this reason, we have chosen to split the book up into five sections: Vegetables & Fruit, Grains & Legumes, Fish & Seafood, Nuts & Seeds, and Herbs & Spices. Current evidence-based research indicates that many of these foods and spices provide key anti-inflammatory compounds. Apart from reducing inflammation, the whole body and its systems function better, and there is the benefit of prevention of elevated cholesterol, blood pressure and blood sugar levels. The result is better health, and for you to feel great!

# FOODS AND STRATEGIES TO FOCUS ON

We don't want to give you recipes without also providing you the context or the reason for using the foods we have. This section will focus on the key foods and strategies to help you reduce inflammation, improve your health and gain a better quality of life.

## ► **Vegetables and Fruit**

At present, only 8% of the Australian population eats enough vegetables on a daily basis. That means that the chance you AREN'T eating enough vegetables is 92%, or that less than 1 in 10 people is eating enough! One of the best things about actually achieving your daily vegetable intake is how much food you get to eat! As with sources of plant protein, vegetables and fruits contain antioxidants, polyphenols and phytoestrogens. We like to think about it as a kaleidoscope of colours; the more colour on your plate, the bigger the variety of nutrients you are consuming. We often find our clients are so surprised about the volume of food they can eat when following an anti-inflammatory diet that contains an adequate amount of vegetables each day. There is no way you will go hungry and that is important to us! We like to recommend consuming at least five serves of vegetables each day, or better yet, aiming for at least 50% of your meals to be made up of vegetables.

Including 2-3 serves of fruit each day is also recommended, as fruit is a good source of fibre, along with providing other important phytochemicals. Plus, it is naturally sweet! One serve of fruit is a medium-sized piece of fruit, or 2 small-sized fruits (e.g. apricot), or 1 cup of chopped fruit, or 10 grape-sized pieces.

Whilst some key nutrients have shown to assist with reducing inflammation, research indicates that our bodies function better when we eat whole foods, rather than focusing on specific nutrients (such as through use of vitamin supplements). This is due to the fact that we don't yet know all there is to know about how these phytochemicals work together in a whole food, so isolating them is not necessarily the best way forward.

## ► **Herbs and spices**

Similar to vegetables, herbs and spices contain significant quantities of phytochemicals. In particular, curcumin, a substance found in turmeric, cumin and ginger has a significant beneficial anti-inflammatory effect, specifically when consumed with pepper. Herbs such as parsley, rosemary and basil are especially nutrient-dense, resulting in positive anti-inflammatory effects from consumption of relatively small amounts. Including herbs and spices in fresh or dried form is a great way of enhancing the flavour of your meals, and increasing the nutrient density of your meal.

Note that if you choose to include dried herbs, these have a shelf life; if you notice that they are not providing flavour as you would expect, it is likely they are ready to be used as compost.

## ► Fibre

Fibre is an often underrated part of a healthy diet. The current recommendations suggest aiming for 30g per day, however numerous studies have indicated that consuming significantly more than this may have several health benefits.

*There are two key different types of fibre; soluble and insoluble.*

Soluble fibre includes pectins, gums and mucilage, which are found mainly in plant cells. One of its major roles is to lower blood cholesterol levels. It works by absorbing water, to create a viscous fluid, or gel-like substance, which helps to push everything smoothly through your system, whilst also slowing digestion. Good sources of soluble fibre include fruits, vegetables, oat bran, barley, seed husks, flaxseed, psyllium, dried beans, lentils, peas, soy milk and soy products. Soluble fibre can also help with constipation.

Insoluble fibre includes cellulose, hemicelluloses and lignin, which make up the structural parts of plant cell walls. A major role of insoluble fibre is to add bulk to faeces and prevent constipation and associated problems such as haemorrhoids. Good sources include wheat bran, rice bran, the skins of fruits and vegetables, nuts, seeds, dried beans and wholegrain foods.

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*Both soluble and insoluble fibre are beneficial to the body and most plant foods contain a mixture of both types.*

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Resistant starch is not traditionally thought of as fibre, though it acts in a similar way. Resistant starch is a part of starchy food (approximately 10 per cent) that resists normal digestion. It is found in many unprocessed cereals and grains, firm bananas, potatoes and lentils, and is added to bread and breakfast cereals. It can also be formed by cooking and manufacturing processes such as snap freezing, or cooking and cooling food.

Resistant starch is also important in bowel health. Bacteria in the large bowel ferment and change the resistant starch into short-chain fatty acids, which are important to bowel health and may protect against cancer. These fatty acids are also absorbed into the bloodstream and may play a role in lowering blood cholesterol levels.

The principle advantage of a diet high in fibre is the health of the digestive system. The digestive system is lined with muscles that massage food along the tract from the moment a mouthful is swallowed until the eventual waste is passed out of the bowel (a process called peristalsis).

It is even more important to drink more water than usual with a high fibre diet; not enough water can result in firm stools, and blockages. Also, it is not recommended to suddenly increase your fibre intake; increase slowly to avoid frequent bathroom trips!



### ► **Plant protein**

Using more plant protein rather than animal protein is a key focus in anti-inflammatory eating. Research (and anecdotal stories from our clients) show that plant based protein has an anti-inflammatory effect on the human body, while too much animal protein can have a pro-inflammatory effect. Research indicates that large quantities, particularly of processed and red meat are linked to bowel cancer. Choosing sources of protein such as legumes, lentils, nuts, seeds, tofu and other whole soy foods creates less inflammation in the body than animal protein when digested, and can also work to help reduce inflammation that has already manifested. These foods contain a combination of antioxidants, polyphenols and phytoestrogens, which are fantastic for reducing inflammation.

Choosing plant-based protein more often is also better for the environment, as it results in more sustainable eating practices in the long term; meaning a healthier you, and a healthier planet. Animals leave a much larger carbon footprint, particularly those that are grain fed rather than pasture fed, which contributes to production of carbon dioxide into the atmosphere. Soil health is also improved with plant crops, rather than animal grazing. To put things into perspective, it requires 22,000 L of water to produce 1kg of beef, compared to 3,000 L of water to produce 1kg of rice.



## ► **Healthy fats**

Promotion of low fat diets is a thing of the past. However, we do recommend including healthy fats as the majority of fat intake, rather than any fat. Aiming to include adequate amounts of poly- and mono-unsaturated fats, and in particular, aiming to have the correct ratio of Omega 3 to Omega 6 is of utmost importance. It is recommended to aim for Omega 3 and 6 to make up at least 5% of total energy intake in order to maintain normal cell function and support growth. Ideally, the omega 6 to 3 ratio to aim for is 4:1, which is relatively easy to achieve once processed foods are reduced in the diet. Some diets have been shown to contain as high as 87% omega 6, mainly due to consumption of highly processed foods that contain vegetable oils, such as store-bought cakes, biscuits, bars and pies.

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*A high fat diet with low levels of Omega 3 fatty acids may result in activation of the immune system, insulin resistance, and liver problems, all of which can be prevented when the diet contains adequate Omega 3 fatty acids.*

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Nuts and seeds are full of healthy fats, such as mono-unsaturated fats and Omega 3 fatty acids. Nuts also have a low Glycemic Index (GI), aiding satiety levels, which can help keep weight at a desirable level. In particular, linseeds (flaxseeds) are rich in a type of phytoestrogen called lignans. One serve of nuts equals 30g, ¼ cup, or a small handful. Aim to include these daily.

**Avocado is also a great source of mono-unsaturated fats, and other fat-soluble vitamins, such as A, E and K.**

Deep sea fish such as salmon, tuna, mackerel and sardines, are a great source of omega 3. They also provide a good source of protein, with fish being recommended more so than any other land-based animal in an anti-inflammatory diet. It is important to mention that choosing sustainably-caught fish is encouraged as much as possible, to ensure the health of our oceans for generations to come.

The Mediterranean Diet indicates that inclusion of olive oil as a key source of healthy fats can assist with management and avoidance of a number of health conditions, such as metabolic syndrome and diabetes.

## ► **Healthy weight**

Research shows that achieving even a 5% loss in body weight can reduce the load on your joints. A 10% weight loss yields significant results, and as such, great pain relief in people with osteoarthritis.

Carrying excess weight has been shown to promote production of inflammatory cytokines, which increases levels of inflammatory biomarkers. This is particularly so when extra weight is carried around the abdominal area. For this reason, aiming to achieve a healthy weight, and reducing abdominal obesity where present, is encouraged.

## ► **Gut Health**

The important role of the gut in influencing disease and in maintaining health is increasingly supported by research. Bacteria, called probiotics, or microflora, are involved in many metabolic activities, including assisting with nutrient absorption and immune function. Composition of these microflora can change in a matter of hours in critically ill patients, and it has also been shown that those who are overweight, or with autoimmune conditions (such as rheumatoid arthritis) or diabetes have different microflora composition to those without these conditions. Furthermore, probiotics may play a role in management of inflammatory bowel disease and some types of cancer.

Prebiotics are the food for the healthy bacteria in our gut. These play a crucial role in determining our gut microflora. Common prebiotic foods include legumes, onion, garlic, asparagus and watermelon. Consuming a diet rich in prebiotics, fibre and vegetables, along with inclusion of fermented foods, such as yoghurt, sauerkraut and kimchi may assist with improving gut health.



## WHAT WE HAVE LEFT OUT, AND WHY

### ► **Minimal meat**

While we haven't avoided including meat entirely, reduction in consumption of meat can have positive effects on both your health and the environment. If you choose to include meat, it is recommended to choose the best quality you can afford, with a focus on grass or pasture fed options. Recommendations on the volume of consumption vary. The World Cancer Research Fund recommends less than 500g of cooked red meat per week, whilst the Mediterranean Diet suggests no more than 340-450g per month.

### ► **Sugar**

Sugar is found in a wide variety of foods, from fresh fruit to jelly lollies. Whole foods that contain sugar, prior to any processing, are healthy options that we recommend to include regularly (such as fresh fruit). It is recommended to limit processed foods or foods not in their natural state that contain refined sugars, such as fruit juice.

### ► **Processed foods**

We think little time needs to be spent on this; most of us know that regular consumption of highly processed foods, particularly those high in saturated fats, sugar and salt are not healthy and are less likely to improve your health.

### ► **Artificial preservatives and sweeteners**

The majority of the included recipes are made from scratch, and include little, if any artificial preservatives or sweeteners. There is an abundance of research indicating that artificial sweeteners are likely to result in higher body fat, and both artificial preservatives and sweeteners may have adverse effects on management of some health conditions. If you choose to include these, do your best to keep them to a minimum.

### ► **Alcohol**

Whilst some research indicates that small amounts of alcohol, particularly red wine can help with management of some medical conditions, alcohol itself is pro-inflammatory. Alcohol can exacerbate symptoms of some medical conditions, such as gout, or negatively interact with medications (for example methotrexate). Over indulgence can make it more difficult to lose weight. Alcohol also increases strain on the liver, where it is processed.

If you choose to drink alcohol, stick to the recommendation of 1 standard drink per day for women, or 2 for men, with at least 2 alcohol free days per week.



## WHAT ABOUT DAIRY AND GLUTEN? DON'T THESE CAUSE INFLAMMATION?

As you will see from the recipes found in this book, many of the choices we recommend are naturally gluten and/or dairy-free. Gluten-free and dairy-free alternatives are also often included due to the prevalence of people following this type of diet.

Why didn't we just cut it out? Because cutting whole food groups out of your diet is often not required. There is recent research that dairy can actually be anti-inflammatory for people carrying extra weight, or who have Type 2 Diabetes, Metabolic Syndrome and Gout. In relation to gluten, research indicates that gluten is only inflammatory for people with coeliac disease.

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*Some people, particularly those with inflammatory arthritis, do report feeling much better when they reduce their intake of gluten and dairy. However, further research is required into the role that dairy and gluten play in the inflammatory response.*

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It is recommended that you see a dietitian who specialises in food intolerance before cutting whole food groups from your diet.

## DOES IT MATTER IF I EAT THESE FOODS SOMETIMES?

Unless you are actually allergic to the foods we have left out, it does not matter if you include them sometimes. In fact, we usually recommend you DO include these sometimes; cutting foods entirely can result in feelings of deprivation, which may then lead to unhealthy food behaviours, such as bingeing. The rule of thumb we like to go by is to include these things as often as you wish, as long as you are also able to achieve your health goals, or maintain a healthy body. If you are not achieving these things, then it is likely you will benefit from reducing your consumption of these foods.



## SHOULD I BE USING SUPPLEMENTS?

For the most part, we recommend you choose to include whole foods as much as possible. Not everyone requires supplements, however some supplements we do often recommend include:

- ★ Fish oil
- ★ Vitamin D
- ★ Magnesium
- ★ Probiotics
- ★ CoQ10
- ★ Green lipped mussel

Taking a multivitamin is not necessary in most instances, unless you are unable to achieve adequate nutrition through your daily food intake, for example if you have an eating disorder, or are following an elimination diet.

Please remember that this is a very individual thing, and it is worthwhile speaking with your GP or dietitian about what is best for you. More is not better when it comes to supplements.

## PRACTICE MINDFUL EATING

With much of the population leading busy, fast-paced lives, eating often becomes something to get through as quickly as possible. Starting to practice mindfulness in how you eat your food can have fantastic effects not only on your health, but also on how much enjoyment and satisfaction you get from the food you are eating.

How do I eat mindfully? Start by taking your time with your meal, pausing between each mouthful and really paying attention to each and every bite. Think about how it feels in your mouth, the flavours, the textures and the sounds. The more you practice this, the better you will get, and the more you will find that you are satisfied from eating much less.



## THANK YOU!

We truly hope you enjoy this book, and that it provides you with inspiration to cook some great tasting, wonderfully healthy recipes to help you live a healthy life.

We'd love to see your recipes on social media, so please follow our [Facebook page](#) and tag your photos with #bjccooks

*Chloe, Monica and Kate*

# ANTI-INFLAMMATORY PANTRY LIST

To help make the healthy choice easy, we suggest you keep the following foods in your pantry.

It's unlikely that you will need to have everything all at once, instead just choose from each food group.

## GRAINS

- |                                       |                                       |  |
|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Amaranth     | <input type="checkbox"/> Bulgur*      | <input type="checkbox"/> Rye*            |
| <input type="checkbox"/> Barley*      | <input type="checkbox"/> Freekeh*     | <input type="checkbox"/> Steel cut oats* |
| <input type="checkbox"/> Basmati rice | <input type="checkbox"/> Millet       | <input type="checkbox"/> Wild rice       |
| <input type="checkbox"/> Brown rice   | <input type="checkbox"/> Quinoa       |  |
| <input type="checkbox"/> Buckwheat    | <input type="checkbox"/> Rolled oats* |  |

\*Contain gluten

---

## LEGUMES

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Adzuki beans     | <input type="checkbox"/> Chickpeas     | <input type="checkbox"/> Lentils (any colour/type) |
| <input type="checkbox"/> Black eyed beans | <input type="checkbox"/> Fava beans    | <input type="checkbox"/> Mung beans                |
| <input type="checkbox"/> Borlotti beans   | <input type="checkbox"/> Haricot beans | <input type="checkbox"/> Soy beans                 |
| <input type="checkbox"/> Butter beans     | <input type="checkbox"/> Kidney beans  | <input type="checkbox"/> 4 bean mix                |
| <input type="checkbox"/> Cannellini beans |  |  |

---

## NUTS AND SEEDS

- |                                      |                                     |                                     |
|--------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Almonds     | <input type="checkbox"/> Macadamias | <input type="checkbox"/> Pine nuts  |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Peanuts    | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Cashews     | <input type="checkbox"/> Pecans     | <input type="checkbox"/> Walnuts    |
| <input type="checkbox"/> Hazelnuts   |                                     |                                     |

## HERBS AND SPICES

Most spices are a great addition to an anti-inflammatory diet. Below are some of our favourites:

- |   |   |                                   |
|---|---|-----------------------------------|
| <input type="checkbox"/> Basil          | <input type="checkbox"/> Coriander seed | <input type="checkbox"/> Oregano  |
| <input type="checkbox"/> Black pepper   | <input type="checkbox"/> Cumin          | <input type="checkbox"/> Parsley  |
| <input type="checkbox"/> Cayenne pepper | <input type="checkbox"/> Cumin seed     | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cinnamon       | <input type="checkbox"/> Garlic         | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Coriander      | <input type="checkbox"/> Ginger         |                                   |
- 

## CONDIMENTS/SPREADS

- |                                       |   |   |
|---------------------------------------|---|---|
| <input type="checkbox"/> Manuka honey | <input type="checkbox"/> Natural nut butter | <input type="checkbox"/> Wholegrain mustard |
| <input type="checkbox"/> Maple syrup  | <input type="checkbox"/> Tahini             |   |
- 

## OILS *Choose cold pressed*

- |   |  |                                     |
|---|--|-------------------------------------|
| <input type="checkbox"/> Coconut oil            | <input type="checkbox"/> Olive oil     | <input type="checkbox"/> Sesame oil |
| <input type="checkbox"/> Extra virgin olive oil | <input type="checkbox"/> Rice bran oil | <input type="checkbox"/> Peanut oil |
| <input type="checkbox"/> Macadamia oil          |  |                                     |
- 

## CANNED SEAFOOD

Yes, fresh is best, but we know it isn't always convenient, or possible. Try and choose sustainably caught brands, with minimal salt. Choose options that are canned in either spring water or 100% olive oil as often as possible:

- |                                   |   |                               |
|-----------------------------------|---|-------------------------------|
| <input type="checkbox"/> Mackerel | <input type="checkbox"/> Salmon (pink or red) | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Oysters  | <input type="checkbox"/> Sardines             |                               |





# **Vegetables** AND FRUIT



# SAVOY SLAW

## with Mustard Dressing

 **Serves 2**  **5-10 Minutes** Preparation and assembly time

### Ingredients:

#### SALAD:

- ¼ savoy cabbage, shredded
- 2 sticks celery, chopped finely
- 1 large handful snow peas, chopped finely

#### DRESSING:

- 1 tbsp extra virgin olive oil
- 1 tsp mustard

### Method:

1. Combine salad ingredients in a bowl.
2. To make dressing combine olive oil and mustard in a small bowl, and stir until combined.
3. When about to serve, drizzle dressing over salad, then toss to coat.

#### PER SERVE PROVIDES:

Energy: 473 kJ

Protein: 1.8 g

Fat: 10.3 g

Fibre: 2.1 g

#### SUITABLE FOR:

VEGAN



VEGETARIAN



GLUTEN FREE



WHEAT FREE



DAIRY FREE



# CABBAGE SALAD

## 2 Ways

 **Serves 1**  **30 Minutes** Preparation and assembly time

### Ingredients:

- ½ cup red cabbage, shredded
- 10 snow peas, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 10 green beans, ends trimmed and chopped

### Method:

1. Combine all ingredients in a bowl.



### SERVING SUGGESTIONS:

Use this salad as a base to add other ingredients

#### MEDITERRANEAN STYLE:

Add baby spinach leaves, beetroot, salmon and chickpeas or lentils. Then add extra virgin olive oil for a dressing.

#### MIDDLE EASTERN STYLE:

Add chickpeas, parsley and tomato. Add Tahini with lemon juice, turmeric, cumin and paprika as the dressing.

### PER SERVE PROVIDES:

(for basic salad)

Energy: 354 kJ

Protein: 4.2 g

Fat: <1 g

Fibre: 9.5 g

### SUITABLE FOR:



Mediterranean style:



Middle Eastern style:



(swap snow peas for red capsicum or cucumber)

# POMEGRANATE SALAD

 **Serves 2**  **30 Minutes** Preparation and assembly time

## Ingredients:

- Seeds from ½ pomegranate
- 1 carrot, grated
- 10 cm piece of cucumber, sliced
- 1 large handful baby spinach leaves
- 2/3 cup red cabbage, shredded
- Extra virgin olive oil to taste

## Method:

1. Remove seeds from pomegranate either with a wooden spoon or immerse in water.
2. Combine all ingredients in a salad bowl.
3. Drizzle with extra virgin olive oil if desired and serve.

## PER SERVE PROVIDES:

Energy: 627 kJ

Protein: 4.2 g

Fat: 5.1 g

Fibre: 10.7 g

## SUITABLE FOR:




## SERVING SUGGESTIONS:

This is a beautiful side to ocean trout or salmon.

Note: if you would like to view different techniques to remove seeds from the pomegranate you can search Google or YouTube. To remove seeds with a wooden spoon [view here](#), and to remove seeds by water immersion [view here](#).

# ROCKET, BEETROOT AND WALNUT SALAD

 **Serves 2**  **10 minutes** preparation time, **20 minutes** cooking time

## Ingredients:

- 2 beetroots, skin removed, cut into 8ths
- Extra virgin olive oil to drizzle
- Mixed herbs (your choice of fresh or dried herbs e.g. parsley, basil, oregano)
- ½ bag rocket leaves (roughly 200 g)
- 8 walnuts, broken into pieces
- 100 g chevre/Danish feta







## Method:

1. Pre-heat oven to 180°C.
2. Place beetroot in a greased baking tray, drizzle with olive oil and sprinkle with mixed herbs. Bake for 15-20 minutes or until cooked.
3. Place rocket leaves into salad bowl. Roughly chop walnuts and add to rocket, then crumb chevre or feta over the leaves.
4. Once cooked beetroot has cooled slightly add it to the salad bowl and mix all ingredients together.

## PER SERVE PROVIDES:


Energy:	1242 kJ
Protein:	15.2 g
Fat:	21.9 g
Fibre:	4.7 g

## SUITABLE FOR:

<b>VEGETARIAN</b> 	<b>GLUTEN FREE</b> 	<b>WHEAT FREE</b> 
<b>VEGAN</b> 	(leave out cheese)	
<b>DAIRY FREE</b> 	(leave out chevre)	
<b>FOODMAP</b> 	(reduce amount of beetroot to no more than 2 slices per person)	

*Note:* delicious as a side to a main meal, or add chicken to make into a tasty main meal. We recommend wearing gloves to avoid beetroot stains on your hands whilst handling beetroot.

# CHARGRILLED VEGETABLES

 **Serves 2-3**  **15 minutes** preparation time, **5-10 minutes** cooking time

## Ingredients:

- 1 zucchini, cut into chunks
- 1 red capsicum, cut into chunks
- 6 mushrooms, halved (choose your favourite kind)
- 1 tomato, halved
- 1 bunch asparagus spears, bottoms trimmed
- Extra virgin olive oil (to drizzle)
- Cracked pepper
- Herbs and spices of your choice

## Method:

1. Drizzle vegetables with a little extra virgin olive oil and sprinkle with cracked pepper, along with any other herbs you wish to flavour with.
2. Heat grill portion of BBQ or griddle pan.
3. Add vegetables to grill, flipping as needed. Cook for 3-5 minutes or until cooked through.

*Note:* this works especially well when having a BBQ.

## PER SERVE PROVIDES:

Energy: 458 kJ

Protein: 6.8 g

Fat: 4.1 g

Fibre: 5.8 g

## SUITABLE FOR:

VEGETARIAN



VEGAN



DAIRY FREE



GLUTEN FREE



WHEAT FREE





FODMAP



(swap mushrooms and asparagus for your choice of low FODMAP vegetables)



# SAVOURY MUFFINS

 **Makes 12**  **20 minutes** preparation time, **20-30 minutes** cooking time

## Ingredients:

- Extra virgin or cold pressed olive oil spray
- 2 cups of mushrooms, cut into small pieces
- 1 capsicum cut into small cubes
- 2 large carrots, grated
- 1 large zucchini, grated
- 2 spring onion, sliced into thin pieces
- 1 cup gluten free self raising flour
- ¼ cup parmesan cheese, finely grated
- 1 tbsp mixed herbs
- 4 eggs (3 of them separated)
- 2 tomatoes, sliced into thin circles

## Method:

1. Preheat oven to 180°C and line a 12 serve muffin dish with muffin patties or baking paper.
2. Heat a small fry pan over moderate heat and spray with olive oil. Add chopped mushrooms and sauté well. Add capsicum if you would like to soften it slightly.
3. Combine all the vegetables, flour, cheese, and herbs in a large mixing bowl.
4. Add one whole egg and 3 egg yolks to the vegetable mixture and combine.
5. Place egg whites in a separate mixing bowl and whisk with a hand held mixer until soft peaks form.
6. Fold the egg whites into the rest of the mixture. Do not over combine, as the air from the egg whites help to keep the muffins fluffy.
7. Spoon mixture into the muffin patties and place a slice of tomato over each muffin. Bake for 20-25 minutes or until golden on top and a skewer placed into the middle of a muffin comes out clean. Once cooked remove from heat and leave to cool for 5 minutes.

*Note:* store in the fridge in an airtight container for up to 1 week.

## PER SERVE PROVIDES:

Energy: 418 kJ

Protein: 5.7 g

Fat: 2.6 g

Fibre: 3 g

## SUITABLE FOR:



(swap mushrooms for spinach leaves, use only green part of spring onions)



Savoury Muffins (p. 30)

# CHICKEN AND VEGETABLE SOUP

 **Serves 8**  **20-30 minutes** preparation time, **60 minutes** cooking time

## Ingredients:

- 1 tbsp extra virgin olive oil
- 1 leek, halved, thinly sliced
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 2 large carrots, finely chopped (peeling optional)
- 2-3 celery sticks, finely chopped
- 2 small zucchini, diced
- 1 swede or turnip peeled, diced
- 1 ¼ cups dry soup mix (combination of lentils, barley, split peas etc.)
- 2.5 L chicken stock (salt reduced)
- 1 kg skinless chicken (thighs and legs work best)
- Pepper

## PER SERVE PROVIDES:

Energy:	1453 kJ
Protein:	32.4 g
Fat:	10 g
Fibre:	7.7 g

## SUITABLE FOR:

<b>DAIRY FREE</b> 	<b>GLUTEN FREE</b> 	<b>WHEAT FREE</b> 
<b>FODMAP</b> 		

(leave out onion and garlic, use garlic infused olive oil, and green part of leek only. Use FODMAP friendly stock)

## Method:

1. Heat the oil in a large saucepan over medium heat. Add leek, onion and garlic and stir until soft. Add carrots, celery, zucchini and swede stirring occasionally for two minutes or until soft. Stir in soup mix, stock, chicken and 1 cup water. Bring to boil.
2. Reduce heat to low and simmer, partially covered for 1 hour (stirring occasionally) until soup mix and vegetables are tender.
3. Remove chicken legs from soup and allow to cool slightly. Remove meat from the bones, roughly chop and add the chicken meat back to the soup. Season with pepper and serve.



Chicken and  
Vegetable Soup  
(p. 32)



# Mushroom Tomato and Basil Pizza on CAULIFLOWER BASE

🍴 **Serves 4** ⌚ **15 minutes** preparation time, **60 minutes** cooking time

## Ingredients:

- 1 large cauliflower, trimmed and cut into florets (approximately 650 g usable cauliflower)
- 150 g sweet potato, peeled and cut into small cubes
- 2 eggs, lightly beaten
- 1 tbsp gluten free plain flour
- 1 tbsp mixed Italian herbs
- 250 g sliced mushrooms – e.g. shitake, portobello, button
- 1 whole tomato, sliced
- Parmesan cheese, to sprinkle on pizza
- Fresh basil, approximately 10-12 leaves

## PER SERVE PROVIDES:

Energy: 509 kJ

Protein: 8.3 g

Fat: 3.5 g

Fibre: 5.5 g

## SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



## Method:

1. Pre-heat oven to 220°C.
2. Place half the cauliflower in a food processor on high for 1 minute or until cauliflower has broken down to a fine grain. Place in a heatproof bowl. Repeat the process with the remainder of the cauliflower.
3. Cover cauliflower and microwave on high for 6 minutes to cook through. Set aside and cool completely (to speed up this process spread cauliflower over a plate or tray).
4. Place sweet potato in a heatproof bowl with a dash of water. Cover and microwave on high for 3 minutes or until you are able to make a smooth mash. Mash sweet potato and set aside to cook.
5. Once cauliflower and sweet potato have cooled, place in a large mixing bowl with eggs, herbs and gluten free flour. Stir until all mixture is combined completely.
6. Line a large baking tray with oven-proof paper or olive oil spray to grease. Spread cauliflower mixture evenly over tray (approximately 1 cm thick). Bake for 20-25 minutes or until slightly golden and top forms a crust.
7. Once cooked remove cauliflower base from oven. Set aside to cool.




8. Once moderately cooled, flip pizza base so you will place the toppings on the reverse side. Spread your desired amount of tomato, mushrooms, and Parmesan cheese over pizza base. Return to oven for 10 minutes.
9. Remove from oven, cool for 2 minutes before slicing and serving. Place basil leaves on top of pizza to serve.



*Mushroom Tomato  
and Basil Pizza  
on Cauliflower Base (p. 34)*

# GREEN AND RED SMOOTHIE

 **Serves 2**  **15 minutes** preparation and assembly time

## Ingredients:

- 1 small handful celery leaves
- 10 cm piece continental cucumber
- $\frac{3}{4}$  cup seedless grapes (red or green, or mixture)
- 4 large strawberries
- 4 mint leaves
- Water and ice cubes as desired

## Method:

1. Wash celery leaves, cucumber, grapes and strawberries, roughly chop, and add to a high-powered blender along with the mint leaves and 3-4 ice cubes. Blend on a high speed. Add water to achieve desired consistency and blend until smooth.
2. Serve cold in two tall glasses.

## PER SERVE PROVIDES:

Energy: 285 kJ

Protein: 1.5 g

Fat: <1 g

Fibre: 4.3 g

## SUITABLE FOR:







# ORANGE SMOOTHIE

🍴 Serves 2 ⌚ 10 minutes preparation and assembly time

## Ingredients:

- 1 fresh beetroot, peeled and cut into cubes
- 1 orange, cut into small pieces (discard rind if your blender is not powerful enough to pulverise it)
- 1 carrot, roughly chopped
- 1 cm nub ginger, peeled, and finely grated
- 1 tsp turmeric
- Water as desired

## Method:

1. Add all ingredients together in your blender and mix on high speed. Add water as needed to achieve your desired consistency.
2. Serve in two tall glasses.

*Note:* wear gloves to avoid beetroot stains on your hands whilst handling beetroot.

## PER SERVE PROVIDES:

Energy: 300 kJ

Protein: 2 g

Fat: <1 g

Fibre: 5.2 g

## SUITABLE FOR:

VEGETARIAN



VEGAN



WHEAT FREE



DAIRY FREE



GLUTEN FREE



FOODMAP



(reduce amount of beetroot to no more than 2 slices per person)

# GREEN SMOOTHIE

🍴 Serves 1    ⌚ 10 minutes preparation and assembly time

## Ingredients:

- 1 cup baby spinach leaves
- 5 cm piece cucumber
- 1 stick celery
- 2-3 mint leaves
- ½ cm nub ginger, peeled
- 1 lemon, peeled
- Water or ice cubes as needed

## Method:

1. Combine all ingredients in blender or juicer.
2. Serve in a tall glass.

*Note:* this recipe is one you will find in most juice bars. We like it if you make it yourself, and leave all the fibrous parts in the juice to help you to stay much more satisfied. Feel free to swap the lemon for a small apple, a pear or ¾ cup of berries.

## PER SERVE PROVIDES:

Energy: 383 kJ

Protein: 4.8 g

Fat: <1 g

Fibre: 9.8 g

## SUITABLE FOR:





# CHIA, MANGO AND CELERY SMOOTHIE

 **Serves 2**  **10 minutes** preparation and assembly time

## Ingredients:

- 1 celery stalk, leaves included
- 2 mango cheeks, skin discarded
- 2 tsp chia seeds
- ½ cm nub of ginger, grated
- 4 mint leaves
- Water and ice cubes as desired

## Method:

1. Wash celery sticks, roughly chop and add to a powerful blender. Add mango, chia seeds, ginger, mint leaves and 4-6 ice cubes to the blender and blend until smooth. Add water or additional ice cubes until you achieve your desired consistency.
2. Serve in tall glasses.

## PER SERVE PROVIDES:

*Energy:* 213 kJ

*Protein:* 1.2 g

*Fat:* 1.2 g

*Fibre:* 2.4 g

## SUITABLE FOR:





Chia, Mango  
and Celery Smoothie  
(p. 40)

# Strawberry, Papaya and Carrot FROZEN ICE-BLOCKS

🍴 **Makes 6** ⌚ **15 minutes** preparation and assembly time

## Ingredients:

- 1/3 papaya, deseeded and chopped
- 4 large strawberries
- ½ large carrot, chopped
- 1-2 tbsp low fat natural or Greek yoghurt
- 1/3 cup water

## Method:

1. Blend all ingredients in a food processor until smooth.
2. Add to ice block moulds and place in freezer.

## PER SERVE PROVIDES:

Energy: 67 kJ

Protein: <1 g

Fat: <1 g

Fibre: 1.1 g

## SUITABLE FOR:



(if using dairy alternative yoghurt)



(if using lactose free or dairy alternative yoghurt)





Strawberry,  
Papaya and Carrot  
Frozen Ice-Blocks  
(p. 42)



A top-down view of a marble surface with a pile of granola in the center, a glass jar of granola on the left, a small white cup of milk on the right, and a bowl of granola on a piece of brown paper at the bottom. The granola consists of oats, almonds, and green seeds.

# Nuts AND SEEDS



# FRUIT-FREE MUESLI

 **Serves 10**  **20 Minutes** Preparation and assembly time

## Ingredients:

- ½ cup walnuts, chopped
- ½ cup brazil nuts, chopped
- ½ cup macadamias, chopped
- ½ cup cashews, chopped
- ½ cup almonds, chopped
- ¼ cup sunflower seeds
- ¼ cup pepitas
- 1 tbsp chia seeds
- 1 tbsp sesame seeds
- 1 cup rolled oats
- ½ cup puffed millet
- ½ cup buckwheat
- ½ cup rolled barley
- ½ cup rolled spelt
- 2 tsp cinnamon
- 2 tsp dried ginger

## PER SERVE PROVIDES:

Energy: 1565 kJ

Protein: 11.5 g

Fat: 27 g

Fibre: 6.7 g

## SUITABLE FOR:

VEGAN



VEGETARIAN



WHEAT FREE



DAIRY FREE



GLUTEN FREE



(swap oats, spelt and barley for larger serves of other grains, or include puffed rice and quinoa flakes instead)

FOODMAP



(swap to gluten free grains, as above, and swap cashews for pecans)

## Method:

1. Combine all ingredients and store in an airtight container.



## SERVING SUGGESTIONS:

With fresh, seasonal fruit and your choice of milk or yoghurt (dairy or other suitable alternatives).

# GREEN GRANOLA

🍴 Serves 4 ⌚ 15 minutes preparation time, 60 minutes cooking time

## Ingredients:

- 1 cup rolled oats
- ¼ cup raw almonds, chopped
- ¼ cup raw cashews, chopped
- ¼ cup pepitas
- ¼ cup sunflower seeds
- Sprinkle of cinnamon (to taste)
- 1 tbsp honey, golden syrup or maple syrup
- 1 tbsp macadamia oil
- ½-1 tsp Matcha Powder\*

## Method:

1. Pre-heat oven to 120°C.
2. Combine all dry ingredients in a bowl.
3. Spread onto a baking paper lined tray.
4. Gently drizzle honey/syrup and oil over dry mixture.
5. Bake in oven for approximately 1 hour, mixing occasionally.
6. Allow to cool on baking tray.

Note: store in an air-tight container.

\*Matcha is a green powder made of ground green tea leaves, which is particularly rich in antioxidants. It's available in some supermarkets and health food stores. To give this recipe a twist, add ½-1 tsp Matcha powder to the dry mixture and stir through before adding wet ingredients. You do not have to include it, but is fun for something different.

## PER SERVE PROVIDES:







Energy: 1275 kJ

Protein: 9.1 g

Fat: 20.4 g

Fibre: 4.2 g

## SUITABLE FOR:

VEGAN 	VEGETARIAN 	WHEAT FREE 
DAIRY FREE 		
GLUTEN FREE  (swap oats for buckwheat)		
FODMAP  (swap oats for buckwheat, cashews for walnuts and honey for maple syrup)		





*Green Granola (p. 46)*



# MIXED NUT AND SEED BUTTER

 **1 Serve** - approximately 10 g     **10 minutes** preparation time, **15 minutes** cooking time

## Ingredients:

- ¾ cup macadamia nuts
- ¾ cup cashew nuts
- 2 tbsp sunflower seeds
- 2 tbsp pepitas
- 1 tbsp flaxseeds
- 1 tsp chia seeds
- 3 tbsp macadamia oil
- 2 tsp ground turmeric
- 1 tsp ground ginger
- ¼ tsp salt

## Method:

1. Pre heat oven to 150°C.
2. Lay nuts and seeds on a baking tray and bake for approximately 10 minutes until crunchy.
3. Place toasted nuts and seeds in a small food processor and blend for 15 seconds. Add two tablespoons of the macadamia oil as well as turmeric, ginger and salt. Blend again, this time for longer until ingredients are well combined.
4. Scape the sides of the food processor and assess the consistency. Add more oil as required and blend further until a smooth paste is formed.

*Note:* store in a glass jar, in the fridge, sealed tightly. Will keep in the fridge for up to 2 weeks.

## PER SERVE PROVIDES:

Energy: 281 kJ

Protein: 1 g

Fat: 6.5 g

Fibre: <1 g

## SUITABLE FOR:







# Ginger Turmeric and Almond NUT BUTTER

🍴 **1 Serve** - approximately 10 g ⌚ **10 minutes** preparation time, **20 minutes** cooking time

## Ingredients:

- 2 cups of raw nuts of your choice (we used almonds, however macadamias, cashews, peanuts and hazelnuts also work particularly well. Sunflower, pepita, sesame and chia seeds are also great additions)
- 2 tsp turmeric
- 1 tsp ginger
- ½ tsp salt
- 3-4 tbsp macadamia nut oil

## Method:

1. Pre heat oven to 140°C.
2. Line a baking tray with baking paper and lay nuts in single layer on the tray.
3. Roast nuts for 12 minutes, or until nice and crunchy.
4. Add nuts, turmeric, ginger and salt to food processor and blend on high speed (depending on speed of processor). Stop, scrape the sides, then restart. Add macadamia nut oil gradually. Repeat this process until the nut butter is smooth and a little runny.

*Note:* store in a glass jar, in the fridge, sealed tightly. Will keep in the fridge for up to 2 weeks.

## PER SERVE PROVIDES:

Energy: 271 kJ

Protein: 1.6 g

Fat: 6.1 g

Fibre: <1 g

## SUITABLE FOR:

VEGETARIAN



VEGAN



WHEAT FREE



DAIRY FREE



GLUTEN FREE



FODMAP



(use low FODMAP nuts, such as macadamias or peanuts)





Ginger Turmeric  
and Almond Nut Butter  
(p. 50)



# BANANA PANCAKES

🍴 **Serves 1** as a meal - **Serves 2** as a snack  
⌚ **10 minutes** preparation time, **5 minutes** cooking time

## Ingredients:

- 1 ripe banana, mashed
- 2 eggs, lightly beaten
- 1 tbsp LSA
- 1 tbsp almond meal
- ¼ tsp ground cinnamon
- ½ tsp chia seeds
- Canola oil / rice bran oil cooking spray (if required)

## Method:

1. Combine mashed banana and eggs in a bowl and mix well with a fork.
2. Add LSA, almond meal, ground cinnamon and chia seeds to the banana/egg mixture and combine well.
3. Heat a large non-stick fry pan, or use canola oil cooking spray sparingly to lightly grease pan.
4. Spoon large portions of the mixture into the pan. Cook for 1-2 minutes on each side or until golden brown.

PER SERVE PROVIDES:	
Energy:	1721 kJ
Protein:	21.2 g
Fat:	25 g
Fibre:	9.3 g
SUITABLE FOR:	
VEGETARIAN	GLUTEN FREE
DAIRY FREE	WHEAT FREE
FOODMAP (swap almond meal for buckwheat flour)	



## SERVING SUGGESTIONS:

Eat pancakes plain on the go, or serve with your choice of natural yoghurt, fresh fruit, honey and/or coconut.



Banana  
Pancakes (p. 52)



# BANANA AND NUT SLICE



**Makes 24 small pieces or 12 large slices**



**15-20 minutes** preparation time, **20-25 minutes** cooking time

## Ingredients:

- 1 banana, mashed
- 1 egg
- 1 tbsp honey
- ½ cup walnuts, blended in food processor to a grainy consistency
- ½ cup almonds, blended in food processor to a grainy consistency
- ¼ cup pepitas
- ¼ cup sunflower seeds
- ¼ cup dried apricots, cut into small pieces
- ¼ cup dried dates, cut into small pieces
- ¼ cup hazelnut meal (almond meal can be substituted here)
- ½ cup shredded coconut
- 1 tbsp chia seeds
- 1 tsp ground cinnamon

## PER SERVE PROVIDES:

Energy: 182 kJ

Protein: 1.3 g

Fat: 2.5 g

Fibre: <1 g

## SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



FODMAP



(use low FODMAP nuts, and swap honey for maple syrup)

## Method:

1. Pre heat oven to 180°C
2. Combine banana, egg and honey in a bowl and mix well.
3. Combine all of the dry ingredients in a bowl, then stir in banana and egg mix till they all bind together.
4. Bake for 20-25 minutes or until golden on top. Cool on a drying rack and cut into slices.

Note: slice keeps for up to 5 days, but may also be frozen and kept for up to 3 months.

This slice can also be made with the [Fruit Free Muesli](#) recipe (page 45).



*Banana  
and Nut Slice (p. 54)*

# MANGO MUFFINS

🍴 **Makes 10-12** ⌚ **20 minutes** preparation time, **20-30 minutes** cooking time

## Ingredients:

- 2 ripe mangoes, or 2 cups frozen mango
- 1 handful frozen berries
- ½ - 1 cup almond meal
- ½ - 1 cup gluten free self-raising flour
- 2 eggs
- 1 tbsp chia seeds
- Almond or soy milk as needed for moisture

## Method:

1. Preheat oven to 180°C and lightly grease a muffin tray or line with muffin patties.
2. Blend mango, then combine with frozen berries, almond meal, gluten free self-raising flour, eggs and chia seeds.
3. Add a splash of milk as required to moisten batter and spoon batter into muffin tray.
4. Bake in oven for approximately 20-30 minutes, or until a skewer gently poked into muffin can be removed clean of batter.

*Note:* this recipe also works well with seeds, dates and other nuts or fruit added in as well or instead.

## PER SERVE PROVIDES:

Energy: 591 kJ

Protein: 4.7 g

Fat: 6.2 g

Fibre: 2.8 g

## SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGAN



(use egg replacer,  
or extra chia seeds)





Mango  
Muffins (p. 56)



# PAPAYA, SPINACH and Almond Smoothie

 **Serves 1**  **5-10 minutes** preparation and assembly time

## Ingredients:

- Big handful of baby spinach leaves
- ¼ avocado
- 1 cup papaya
- 10 almonds
- ¾ cup almond milk (store bought or home made)

## Method:

1. Add all ingredients to blender, and blend until smooth.
2. Serve in a tall glass.

*Note:* feel free to substitute papaya for other tropical fruits of your choice, such as paw paw, guava, or pineapple. You can also use a combination of your favourites.

## PER SERVE PROVIDES:



Energy:	1454 kJ
Protein:	8.2 g
Fat:	21 g
Fibre:	12.8 g

## SUITABLE FOR:



# BASIC BLUEBERRY

## Smoothie

 **Serves 1**  **5 minutes** preparation and assembly time

### Ingredients:

- ½ punnet blueberries
- 5 almonds
- Ice cubes
- ½ cup water

### Method:

1. Place all ingredients into a blender, and blend until smooth.
2. Pour into a small glass to serve.

### PER SERVE PROVIDES:

*Energy:* 285 kJ

*Protein:* 1.6 g

*Fat:* 3.4 g

*Fibre:* 1.5 g

### SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



VEGAN



FOODMAP



# HAZELNUT and BANANA SMOOTHIE

 **Serves 1**  **5-10 minutes** preparation and assembly time

## Ingredients:

- 200 mL milk (soy, unsweetened almond or cow's)
- 1 banana, peeled and broken in half
- 3 tsp hazelnut meal, or 10 g hazelnuts
- ¼ tsp cinnamon

## Method:

1. Add all ingredients to blender and combine until smooth.
2. Serve in a tall glass.

*Note:* feel free to substitute hazelnuts for almonds or your other favourite nut. You can also freeze the banana before blending, which will thicken the smoothie and give an ice cream like texture.

## PER SERVE PROVIDES:

Energy: 894 kJ

Protein: 3.8 g

Fat: 10.7 g

Fibre: 4 g

## SUITABLE FOR:

VEGAN



GLUTEN FREE



WHEAT FREE



VEGETARIAN



DAIRY FREE



(avoid cow's milk)

FODMAP



(use low a FODMAP type of milk and nuts. If using hazelnuts, use a maximum of 10)

*Papaya, Spinach and Almond Smoothie (p. 58)*

*Basic Blueberry Smoothie (p. 59)*

*Hazelnut and Banana Smoothie (p. 60)*





# RAW NUT & DATE BALLS

## with Chia Seeds

🍴 **Makes approximately 12 balls** ⌚ **15 minutes** preparation and assembly time

### Ingredients:

- ¾ cup pitted fresh medjool dates
- 1 tbsp raisins
- 1 tbsp goji berries
- 2 tbsp pepitas
- 8 brazil nuts
- ¾ cup raw almonds
- Dash water
- Chia seeds (for rolling)

### Method:

1. Add dates, raisins, goji berries, pepitas, brazil nuts and almonds to blender and blend, adding a little water as necessary. Mixture should create a smooth paste.
2. Tip chia seeds onto a dinner plate.
3. Roll mixture into balls, then roll each ball in the chia seeds until it is covered.
4. Store in the fridge. (They will keep for up to a week).

### PER SERVE PROVIDES:

Energy: 484 kJ

Protein: 3.1 g

Fat: 7.2 g

Fibre: 2.5 g

### SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



VEGAN





Raw Nut & Date Balls  
with Chia Seeds  
(p. 62)



# Delicious Nutty CHOCOLATE SLICE

🔪 **Makes 18 pieces** ⌚ **20 minutes** preparation time, **20-30 minutes** cooking time

## Ingredients:

- 1 cup dried dates, chopped into pieces
- 1/3 cup walnuts
- 1/3 cup almonds
- 1/3 cup pistachios
- 1/3 cup almond meal
- 1/3 cup cocoa powder
- 1/2 cup gluten free self-raising flour
- 1/4 cup shredded coconut
- 1/4 cup desiccated coconut
- 1 cup water
- 1 egg

## PER SERVE PROVIDES:

Energy:	485 kJ
Protein:	2.8 g
Fat:	6.8 g
Fibre:	2.4 g

## SUITABLE FOR:



## Method:



1. Pre heat oven to 180°C and line a loaf tin/baking dish with baking paper.
2. Place chopped date pieces into a small bowl and cover with boiling water. Allow to stand for 5 minutes for dates to soften.
3. Place walnuts, almonds and pistachios into a small food processor and blend until crushed to a grainy consistency.
4. Combine nut mix, almond meal, cocoa, flour and coconut into a medium mixing bowl and stir until combined.
5. Transfer soaked dates into a small saucepan and place over moderate-low heat. Allow the dates to soften further and become a purée consistency.
6. Add egg to date puree and beat well.
7. Add the date and egg mix to dry ingredients and stir until combined. Pour mixture into loaf dish, spread evenly and place in the oven for 20-25 minutes.
8. Once cooked, place on drying rack for 5 minutes. Serve immediately warm or will keep in airtight container for up to 4 days.



*Delicious Nutty  
Chocolate Slice (p. 64)*



# Pumpkin and Cashew CURRY

 **Serves 4-6**    **15-20 minutes** preparation time, **30-45 minutes** cooking time

## Ingredients:

- Drizzle of extra virgin olive or coconut oil
- 1 ½ tsp cumin, ground
- 1 tsp turmeric
- ½ tsp coriander seeds
- ½ Kent/Jap pumpkin, chopped into bite size pieces, skin removed
- ¼ cauliflower, chopped into bite size pieces
- 200 mL water
- 1 can light coconut milk (400 mL)
- 2 cm piece of ginger, peeled and grated
- 2 tbsp loosely packed coriander, finely chopped
- 1 tbsp loosely packed basil, finely chopped
- 1 cup cashews
- Salt to taste

## PER SERVE PROVIDES:

Energy:	1098 kJ
Protein:	6.4 g
Fat:	21.2 g
Fibre:	3.4 g

## SUITABLE FOR:



## Method:

1. Heat oil in large saucepan, and add cumin, turmeric and coriander seeds.
2. Once spices are aromatic, add chopped pumpkin and cauliflower and stir until coated with spices.
3. Add water, coconut milk and ginger and stir through.
4. Add ¾ of the basil and coriander, and simmer on medium/low heat for approximately 25 minutes.
5. Add cashews, and simmer for another 5 minutes, or longer if necessary. If required, add a pinch of salt.
6. Serve on its own, or with brown rice or quinoa, and a sprinkle of coriander and basil on top.

*Note: if desired, roast cashews before adding them for more crunch!*



Pumpkin  
and Cashew Curry  
(p. 66)





# Herbs AND SPICES



# Anti-Inflammatory SHOTS

🍴 Serves 1 ⌚ 15 minutes preparation and assembly time

## PINEAPPLE SHOT

### Ingredients:

- ¼ cup fresh pineapple, skin removed and chopped into small pieces
- 1 cm nub fresh turmeric, peeled
- ¼ tsp cracked pepper
- Water as needed

### Method:

1. Add all ingredients to blender, and pulse until all ingredients form a liquid.
2. Pour into a small glass to serve.

### PER SERVE PROVIDES:

(average)

Energy:	117-147 kJ
Protein:	<1 g
Fat:	<1 g
Fibre:	1.8-2.2 g

### SUITABLE FOR:



## LEMON SHOT

### Ingredients:

- ½ fresh lemon, with peel removed
- 1 cm nub fresh turmeric, peeled
- ½ cm nub fresh ginger, peeled
- ¼ tsp cracked pepper
- Water as needed

### Method:

1. Add all ingredients to blender, and pulse until all ingredients form a liquid.
2. Pour into a small glass to serve.

## BLUEBERRY SHOT

### Ingredients:

- ¼ cup fresh blueberries
- 1 cm nub fresh turmeric, peeled
- ½ cm nub fresh ginger, peeled
- ¼ tsp cracked pepper
- Water as needed

### Method:

1. Add all ingredients to blender, and pulse until all ingredients form a liquid.
2. Pour into a small glass to serve.





Pineapple Shot (p. 69)

Lemon Shot (p. 69)

Blueberry Shot (p. 70)

# KALE, GINGER, MINT AND PEAR Smoothie

 **Serves 1**  **10 minutes** preparation and assembly time

## Ingredients:

- 1 handful kale
- 6 mint leaves
- 1 cm piece ginger, peeled and crushed
- 1 pear, chopped
- Water and ice cubes as desired

## Method:

1. Combine all in a blender, pulse until smooth.
2. Serve in a tall glass.

*Note:* this smoothie is quite pulpy – we leave this in because of the fibre it will add to your intake for the day, and the smoothie will leave you feeling more full! You can swap pear for pineapple or raspberries, or any fruit you wish.

## PER SERVE PROVIDES:

Energy: 536 kJ

Protein: 1.8 g

Fat: <1 g

Fibre: 8.9 g

## SUITABLE FOR:



**FOODMAP**  
 (swap pear for pineapple or raspberries)



# Special HOMMUS

🍴 1 serve = approximately 10 g ⌚ 10-15 minutes preparation and assembly time

## Ingredients:

- 2 tbsp sesame seeds
- 400 g can chickpeas, drained and rinsed
- Juice 1 small lemon
- 1 clove garlic, crushed
- ½ tsp ground turmeric
- 1 tsp ground cumin seeds
- ½ tsp ground paprika
- ¼ cup extra virgin olive oil
- 1 tbsp water (if needed)

## Method:

1. Use a mortar and pestle to break down the sesame seeds.
2. Place chickpeas, lightly ground sesame seeds, juice of a small lemon, crushed garlic, turmeric, cumin, paprika and olive oil into a small food processor and combine for 1-2 minutes.
3. If the mixture is still a little grainy add water, only a very small amount at a time, scrape the sides of the food processor and blend further until the dip is to your desired consistency.



## SERVING SUGGESTIONS:

Enjoy as a dip with crackers or vegetable sticks or use as a delicious spread.

## PER SERVE PROVIDES:

Energy: 87.6 kJ

Protein: <1 g

Fat: 1.4 g

Fibre: <1 g

## SUITABLE FOR:





Special Hommus  
(p. 72)

# Basil, Coriander and Walnut PESTO

🍴 1 serve = approximately 10 g ⌚ 10-15 minutes preparation and assembly time

## Ingredients:

- 1 cup fresh basil leaves
- ¼ cup coriander leaves
- ½ cup loosely packed walnuts
- ½ tsp cumin seeds
- 1-2 cloves garlic, crushed
- 30 ml extra virgin olive oil

## Method:

1. Place all ingredients in a small food processor and blend until all ingredients are well combined and a paste is formed.



## SERVING SUGGESTIONS:

Use as a dip, dressing, coating for meat or fish, or stir through pasta.

## PER SERVE PROVIDES:

Energy: 177 kJ

Protein: <1 g

Fat: 4.2 g

Fibre: <1 g

## SUITABLE FOR:









*Basil, Coriander  
and Walnut Pesto (p. 74)*

# Tofu and Cabbage STIR-FRY

 **Serves 4**  **10-15 minutes** preparation time, **15 minutes** cooking time

## Ingredients:

- 1 clove garlic, crushed
- 1/4 brown onion, chopped finely
- 3 stalks spring onion, ends trimmed, and chopped finely
- 500 g firm tofu
- 1 carrot, chopped
- 1 capsicum, chopped
- Handful green beans, ends trimmed
- 2 bunches bok choy or choy sum
- 1 punnet shitake mushrooms, sliced
- Coriander, to taste
- Basil, to taste
- 1 cm nub ginger, peeled and grated
- 1 chilli (if desired)
- 1 1/2 cups red cabbage, shredded
- If desired, small amount of tamari or soy sauce

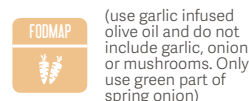
## Method:

1. In a hot fry pan, brown garlic, onion and spring onion.
2. Add tofu, then all vegetables, except cabbage. Stir-fry ingredients.
3. Add coriander, basil, ginger and chilli, then add cabbage.
4. Stir-fry for another minute, or until the cabbage has just started to soften. Add small amount of tamari or soy sauce if desired.
5. Serve.

## PER SERVE PROVIDES:

Energy:	936 kJ
Protein:	20.4 g
Fat:	9.8 g
Fibre:	12.3 g

## SUITABLE FOR:



## SERVING SUGGESTIONS:

Serve on a bed of low GI brown rice, or barley.







Tofu  
and Cabbage  
Stir-fry (p. 76)



# TOFU AND HERB Salad

 **Serves 2**  **10 minutes** preparation time, **10 minutes** cooking time

## Ingredients:

- Rice bran oil spray
- 200 g firm tofu, cut into bite size chunks
- 1 cup red cabbage, shredded
- 10 snow peas, chopped
- 1 carrot, chopped
- 2 celery stalks, chopped
- 10 green beans, chopped
- Handful each of coriander, basil and mint
- 1 tbsp sesame oil
- 1 tbsp lime juice
- ½ large red chilli, sliced with seeds removed

## Method:

1. Heat fry pan and spray with rice bran oil. Gently stir-fry tofu until well heated, with slightly golden edges.
2. Place salad ingredients and herbs into a bowl, then add tofu.
3. Combine sesame oil, lime juice and chilli in a small bowl to make the dressing. When ready to serve, drizzle over the salad.

## PER SERVE PROVIDES:

Energy: 1148 kJ

Protein: 15.6 g

Fat: 17 g

Fibre: 12.4 g

## SUITABLE FOR:



*Tofu and Herb  
Salad (p. 78)*





# CHUNKY LENTIL and Vegetable Soup

 **Serves 3-4**  **30 minutes** preparation time, **30 minutes** cooking time

## Ingredients:

- 1 leek, finely chopped
- 1 clove garlic, crushed
- 1.5-2 L water
- 1 ¼ cups dried red lentils, washed
- 1 carrot, roughly chopped
- 1 medium sweet potato, peeled and roughly chopped
- 1 head broccoli, chopped (include the stalk)
- 1 zucchini, chopped
- 3 large spinach or silverbeet leaves, de-stalked, chopped roughly
- 1 tsp ground turmeric (or 1 cm nub grated fresh turmeric)
- Chilli, salt and pepper to taste
- 1 handful of parsley

## PER SERVE PROVIDES:

Energy: 135 kJ

Protein: 2.5 g

Fat: <1 g

Fibre: 1.8 g

## SUITABLE FOR:



## Method:

1. Stir-fry leek and garlic in large saucepan for 2-3 minutes or until fragrant.
2. Add water to the saucepan, then lentils and stir to combine.
3. Add the carrot, sweet potato, broccoli, zucchini, spinach and turmeric to the saucepan and slowly stir.
4. Season soup mix with salt and pepper and chilli if desired.
5. Simmer soup for around 30 minutes, stirring occasionally and adding more water as required.
6. Once all vegetables are softened and cooked through, serve in deep bowls and garnish with parsley.

*Note:* this recipe is delicious on a cold night, very filling, low in fat and has heaps of nutrients. If you want to blend it once it's cooked so it's smooth you can, otherwise serve as it is so it's nice and chunky!





Chunky Lentil  
and Vegetable Soup  
(p. 80)



# KANGAROO

## Marinated in Turmeric

 **Serves 2**  **10 minutes** preparation time, **5 minutes** cooking time

### Ingredients:

- 2 tbsp peanut or coconut oil (melted)
- 1 tsp turmeric
- 1 tsp grated ginger
- 1 small red chilli, sliced and seeds removed
- 250 g kangaroo fillet, sliced

### Method:

1. Combine oil, turmeric, ginger and chilli in a bowl and stir until a paste forms.
2. Add the kangaroo to marinade and coat well.
3. Heat fry pan on very high. Add coated kangaroo when the pan is very hot and stir-fry meat until nicely browned (just a few minutes).

### PER SERVE PROVIDES:

Energy: 867 kJ

Protein: 26.9 g

Fat: 10.4 g

Fibre: <1 g

### SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



FODMAP



*Note:* as it is such a lean meat kangaroo is much tastier when cooked medium rare. If cooked more than this, it very easily becomes tough.



### SERVING SUGGESTIONS:

If using coconut oil, this tastes delicious with stir-fried Asian greens.







Kangaroo  
Marinated in Turmeric (p. 82)



# Ginger Poached CHICKEN

 **Serves 2**  **10-15 minutes** preparation time, **10 minutes** cooking time

## Ingredients:

- 2 tsp grated ginger
- 1 red chilli, sliced, with seeds removed if desired
- 1 clove garlic, crushed
- 1 small chicken breast, sliced into 2 cm thick pieces across the grain of the meat

## Method:

1. Bring a saucepan of water to boil.
2. Combine ginger, chilli and garlic in a bowl.
3. Rub chicken with the spice mixture, then add to water and bring water back to boil until cooked. This will take approximately 5-10 minutes.
4. Set aside 2-4 tablespoons of cooking water to use as a sauce when serving.

## PER SERVE PROVIDES:

Energy: 353 kJ

Protein: 16.8 g

Fat: 1.2 g

Fibre: 1.1 g

## SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



FOODMAP



(leave out garlic, and use green part of spring onion as an alternative)



## SERVING SUGGESTIONS:

Serve with steamed Asian greens and shitake mushrooms, and a small portion of brown rice.



Ginger Poached  
Chicken (p. 84)

# FRUIT SALAD

## with Maple and Ginger Drizzle

 **Serves 4**  **15 minutes** preparation and assembly time

### Ingredients:

- 1 tbsp maple syrup
- 1-2 tsp grated ginger
- ½ cup each rockmelon, honeydew melon, watermelon, pineapple, kiwi, strawberry and orange, cut into bite size pieces

### Method:

1. Combine the maple syrup and ginger until mixed together well.
2. Place all fruit in a large bowl, then drizzle ginger maple dressing over the top.

*Note:* any other fruits can be used in this recipe, as you wish. Do your best to choose options that are in season, as these will be freshest and tastiest!

### PER SERVE PROVIDES:

Energy: 374 kJ

Protein: 1.5 g

Fat: <1 g

Fibre: 4.2 g

### SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



VEGAN



FOODMAP



(swap watermelon for just ripe banana)







*Fruit Salad  
with Maple and Ginger Drizzle  
(p. 86)*

# STEWED RHUBARB

## and Pear

 **Serves 4**  **5-10 minutes** preparation time, **15 minutes** cooking time

### Ingredients:

- $\frac{3}{4}$  cup water
- 1 bunch rhubarb, washed and chopped into small pieces
- 3 pears, cored and chopped
- 2 star anise
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp grated ginger

### Method:

1. Heat water in a medium size saucepan to boiling.
2. Add the rhubarb and pear and gently stir.
3. Sprinkle in herbs and spices.
4. Reduce heat and simmer, for approximately 10 minutes (or until the fruit is soft and broken down), occasionally stirring gently.

### PER SERVE PROVIDES:

Energy: 456 kJ

Protein: 2.3 g

Fat: <1 g

Fibre: 7.8 g

### SUITABLE FOR:







Stewed Rhubarb  
and Pear (p. 88)





# ROAST VEGETABLES

## with Basil and Garlic

 **Serves 2**  **10 minute** preparation time, **20 minutes** cooking time

### Ingredients:

- Extra virgin or cold pressed olive oil spray
- 1 carrot, halved length ways and chopped into bite size pieces
- 1 zucchini, halved length ways and chopped into bite size pieces
- 4 Brussels sprouts, halved
- 1 cup sweet potato, chopped into bite size pieces
- ½ bunch asparagus
- 1 clove garlic, crushed
- Handful fresh herbs (e.g. parsley, basil, oregano)
- Cracked pepper
- 2 tbsp extra virgin olive oil

### Method:

1. Preheat fan-forced oven to 150°C.
2. Line oven tray with foil, and spray lightly with olive oil.
3. Arrange chopped vegetables on tray.
4. Sprinkle vegetables with garlic, herbs and cracked pepper.
5. Drizzle olive oil over vegetable and herb mix.
6. Roast in oven for 15-20 minutes, or until cooked.

### PER SERVE PROVIDES:

Energy: 942 kJ

Protein: 3.9 g

Fat: 19 g

Fibre: 6.9 g

### SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



VEGAN



FODMAP



(remove garlic, use garlic infused oil, and swap asparagus for green beans)



Roast Vegetables  
with Basil and Garlic  
(p. 90)





# **Legumes** AND **GRAINS**



# QUINOA PORRIDGE

 **Serves 1**    **5 minutes** preparation, **15 minutes** cooking time

## Ingredients:

- ¼ cup quinoa uncooked, or ½ cup quinoa cooked and cooled
- 2 tbsp natural yoghurt
- 4 strawberries, sliced
- 10 almonds, crushed
- Cinnamon, small sprinkle
- 1 tsp chia seeds
- 1 tsp sunflower seeds

## Method:

1. If using uncooked quinoa, combine ¼ cup quinoa with ½ cup water in a saucepan. Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender. This will take approximately 15 minutes.
2. Mix quinoa with yoghurt, 3 of the strawberries, the chia seeds, sunflower seeds and the almonds.
3. Sprinkle cinnamon on top, and add the last strawberry whole or sliced.
4. Serve.

*Note:* if you wish, quinoa can be served hot, otherwise, cook a little extra the night before and cool in fridge overnight ready to go in the morning (and either serve cold or reheated).



## PER SERVE PROVIDES:

Energy:	1226 kJ
Protein:	12.8 g
Fat:	11.2 g
Fibre:	6.9 g

## SUITABLE FOR:



# BREAKFAST SALAD

 **Serves 2**    **15 minutes** preparation time, **60 minutes** cooking time

## Ingredients:

- ½ cup pearl barley
- 1 cup water
- Drizzle of extra virgin olive oil (to coat pan)
- 1.5 cups mushrooms, sliced
- 2 cups baby spinach leaves
- ½ avocado, chopped
- 2 sprigs of dill or rosemary, torn
- 20 g feta cheese
- Cracked pepper

## Method:

1. Wash barley, then cook in rice cooker or saucepan (covered) in 1 cup water for approximately 45 minutes. Add more water if required.
2. Heat the fry pan and add olive oil, coating the base of the pan. Sauté mushrooms over low heat.
3. Divide the baby spinach and chopped avocado evenly between 2 bowls.
4. Once the barley and mushrooms are cooked, add to spinach and avocado mix, along with the herbs.
5. Crumble feta on top and if desired, drizzle with a little extra virgin olive oil. Add cracked pepper to taste.

*Note:* to save time, cook a batch of barley ahead of time. Barley will keep in the fridge for 3 days.

## PER SERVE PROVIDES:

Energy:	1536 kJ
Protein:	10.8 g
Fat:	17.3 g
Fibre:	12.7 g

## SUITABLE FOR:



(swap barley for quinoa, buckwheat, brown rice or sweet potato)



(leave out feta, or swap for dairy free cheese)







Breakfast  
Salad (p. 94)



# EASY EDAMAME

 **1 serve** is equal to approximately ½ cup  
 **5 minutes** preparation time, **5 minutes** cooking time

## Ingredients:

- Frozen edamame (you will be able to find these in Asian supermarkets, Coles and Harris Farm)
- Water

## Method:

1. Boil water, then add edamame (in pods) and boil for approximately five minutes or until the pods go bright green.
2. Once cooked, drain the beans and cool them under cold water.
3. Use your fingers to squeeze the pod for the edamame bean to come out, or use your mouth to pop them straight in.

## PER SERVE PROVIDES:

Energy: 294 kJ

Protein: 5.8 g

Fat: <1 g

Fibre: 5.6 g

## SUITABLE FOR:



## SERVING SUGGESTIONS:

Prior to serving, add any of the following to add some extra flavour:

- Coarse sea salt
- Chilli flakes and lime juice
- Coriander, sesame oil and grated ginger





Easy Edamame (p. 96)



# WARM QUINOA AND LENTIL SALAD

## with Roasted Vegetables and Asparagus

🍴 **Serves 4** as a main **or 8** as a side dish  
⌚ **30 minutes** preparation time, **60 minutes** cooking time

### Ingredients:

- 3 carrots cut into 3 cm pieces
- 1 large sweet potato, peeled and cut into 2-3 cm cubes
- 2 small beetroots, skin removed and cut into 2-3 cm cubes
- 1 cup dry quinoa
- 2 cups water
- 1 tbsp extra virgin olive oil
- 1 medium onion diced
- 1 clove garlic, crushed
- 1 capsicum (red or green) cut into small pieces
- 3 bunches of asparagus, ends removed
- 400 g can brown lentils drained and rinsed

### PER SERVE PROVIDES:

Energy:	2108 kJ
Protein:	19.8 g
Fat:	8.3 g
Fibre:	21.3 g

### SUITABLE FOR:



### Method:



1. Preheat oven to 200°C. Line a baking tray with baking paper and spread carrots, sweet potato and beetroot pieces over the tray (optional: drizzle with olive oil and sprinkle mixed herbs over vegetables). Roast for 50 minutes – 1 hour.
2. Once vegetables have been in the oven for 30 minutes, place the quinoa and water in a saucepan on medium-high heat. Bring to boil then simmer until all the water is absorbed, stirring occasionally. Once cooked, transfer to a heat-proof bowl and stir with a fork to make fluffy.
3. Meanwhile, heat olive oil in a fry pan. Cook onion and garlic until lightly browned. Add capsicum pieces and cook for 3-4 minutes.
4. Heat another small fry pan or griddle pan to cook the asparagus, turning occasionally to cook evenly.
5. Now all ingredients will be cooked or prepared. Add the onion, capsicum and roasted vegetables to the cooked quinoa. Also add the rinsed lentils and stir to combine. You can add some dried or fresh herbs at this point for extra flavour.
6. Serve warm quinoa and lentil salad with the cooked asparagus spears.



*Warm Quinoa and Lentil Salad  
with Roasted Vegetables  
and Asparagus (p. 98)*



# Chickpea and ROAST VEGETABLE SALAD

 **Serves 2**  **15 minutes** preparation time, **20-30 minutes** cooking time

## Ingredients:

- ¼ Jap pumpkin, cut into small pieces
- 1 clove garlic, crushed
- Mixed herbs
- 2 tsp extra virgin olive oil
- 4 roma tomatoes, quartered
- ½ bag baby spinach leaves
- 400 g can chickpeas, rinsed and drained
- 6 cherry bocconcini, torn into pieces






## Method:

1. Pre-heat oven to 180°C.
2. Half cook pumpkin in microwave – put in a container or heat-proof bowl with a dash of water, cover and cook for roughly 5 minutes.
3. Place the pumpkin in plastic bag with the garlic, herbs, and half the olive oil. Shake until pumpkin is covered.
4. Line a baking tray with foil or baking paper and spread seasoned pumpkin over it. Place the tomatoes on this tray too and sprinkle with a little more garlic and herbs and the rest of the oil.
5. Bake for 20 minutes or until cooked.
6. Place baby spinach leaves into two bowls, add chickpeas, roasted vegetables and torn bocconcini.

## PER SERVE PROVIDES:

Energy:	1994 kJ
Protein:	26.7 g
Fat:	20.5 g
Fibre:	17.3 g

## SUITABLE FOR:

<b>VEGETARIAN</b> 	<b>GLUTEN FREE</b> 	<b>WHEAT FREE</b> 
<b>DAIRY FREE</b> 	(leave out bocconcini, or replace with dairy free cheese)	
<b>FOODMAP</b> 	(swap chickpeas for lentils, leave out garlic and use garlic infused olive oil)	





*Chickpea and  
Roast Vegetable Salad (p. 100)*



# HOMEMADE

## Baked Beans

🍴 **Serves 2** ⌚ **5 minutes** preparation time, **5-10 minutes** cooking time

### Ingredients:

- Rice bran oil spray
- Herbs and spices: your choice of garlic, basil, rosemary, turmeric, pepper etc.
- 400 g can crushed tomatoes
- 400 g can red kidney beans, drained and rinsed

### Method:

1. Spray a small or medium sized fry pan with oil.
2. Add your chosen herbs and spices to the pan and heat until aromatic.
3. Add crushed tomatoes then kidney beans, heat through and stir until just boiling, then remove from heat.

### PER SERVE PROVIDES:

Energy: 706 kJ

Protein: 7.2 g

Fat: 5.4 g

Fibre: 7.9 g

### SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



VEGAN



### SERVING SUGGESTIONS:

Serve with a slice of wholegrain toast if desired. You can add other vegetables in as well such as spinach, mushroom and zucchini.

*Homemade  
Baked Beans (p. 102)*



# CANNELLINI BEAN Mash

🔪 **Serves 2** ⌚ **10 minutes** preparation time, **10 minutes** cooking time  
(canned beans) or **35-45 minutes** cooking time (dried beans)

## Ingredients:

- ½ cup dried cannellini beans (or 400 g can cannellini beans)
- 2-4 tsp extra virgin olive oil
- Cracked pepper to taste
- Rosemary or thyme to taste

## Method:

1. Soak ½ cup of cannellini beans over night, then boil until soft. Alternatively, if canned beans are used, rinse and drain beans, then heat in hot water.
2. Add beans to blender, along with pepper and herbs, and blend until smooth.

## PER SERVE PROVIDES:

Energy: 749 kJ

Protein: 8.8 g

Fat: 5.5 g

Fibre: 9.2 g

## SUITABLE FOR:



DAIRY FREE



GLUTEN FREE



WHEAT FREE



VEGETARIAN



VEGAN



*Cannellini Bean Mash*  
(p. 104)



# Pork and Lentil SAN CHOY BAU

**Serves 2** as a main **or 4** as a starter  
⌚ **15 minutes** preparation time, **10 minutes** cooking time

## Ingredients:

- Rice bran oil spray
- 1 clove garlic, crushed
- 200 g lean pork mince
- 2 chillis (depending on how hot you like it)
- 1 tsp ginger, grated
- 3 basil leaves, torn
- 1 carrot, diced
- 4 shitake mushrooms, diced
- 1 tsp soy sauce (reduced salt)
- 1 tsp oyster sauce
- 400 g can brown lentils, drained and rinsed
- 8 x iceberg lettuce leaves

## Method:

1. Lightly spray a hot pan with rice bran oil.
2. Stir-fry garlic and pork mince for 5 minutes.
3. Add chilli, ginger, basil, carrot and mushrooms and stir until combined.
4. Add soy and oyster sauce, stir until combined and nearly cooked.
5. Add lentils, combine with rest of the ingredients, cook for another minute.
6. Spoon mixture into lettuce cups.

*Note:* place the mushrooms in the sun for an hour prior to cooking (this can be done when you get home from the shops, then put them back in the bag in the fridge). Mushrooms develop vitamin D when in the sun; 100g of mushrooms in the sun for 1 hour will provide approximately 25% of your daily vitamin D needs.

## PER SERVE PROVIDES:

(when split for 2 serves)

Energy: 1617 kJ

Protein: 30.9 g

Fat: 16.2 g

Fibre: 10.2 g

## SUITABLE FOR:

DAIRY FREE



GLUTEN FREE



(if GF sauces are used)

WHEAT FREE



(if wheat free sauces are used)





Pork and Lentil  
San Choy Bau (p. 106)



# BEEF and BUCKWHEAT SALAD

🍴 **Serves 4** ⌚ **10-15 minutes** preparation time, **45 minutes** cooking time





## Ingredients:

- 700 g sweet potato cut into small pieces (peeling optional)
- 1 large red capsicum, deseeded and cut into moderate size pieces
- 1 large red onion, cut into rough slices
- Olive oil spray
- 1 tsp cumin seeds, roughly ground in mortar and pestle
- 1 cup raw buckwheat
- 1 tbsp wholegrain seeded mustard
- 400-500 g lean beef steak
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar

## PER SERVE PROVIDES:

Energy:	1825 kJ
Protein:	32.2 g
Fat:	12.8 g
Fibre:	10.4 g

## SUITABLE FOR:

DAIRY FREE 	GLUTEN FREE 	WHEAT FREE 
FOODMAP 		

(leave out onion, and reduce quantity of sweet potato to 400 g. The amount of balsamic vinegar used is unlikely to affect most people)

## Method:

1. Pre-heat oven to 220°C. Line 1-2 baking trays with paper and spread sweet potato, capsicum and onion over the trays. Spray vegetables with olive oil and sprinkle with half the ground cumin seeds. Place in oven and roast for 40 minutes or until lightly browned.
2. Boil a small saucepan of water. While waiting, heat a small non-stick fry pan and add the raw buckwheat. Toast for 3 minutes, then add buckwheat to boiling water. Reduce heat to medium and simmer for 5 minutes or until just cooked. Drain, rinse with cold water then spread on a tray to allow buckwheat to cool.
3. Heat a barbeque/grill to high. Spread half the wholegrain mustard over the steak and place on grill, then spread remaining mustard on the reverse side. Cook steak for approximately 5 minutes on each side or until cooked medium rare, set aside to rest.
4. Combine olive oil, balsamic vinegar and remaining cumin seeds in a small bowl and mix well.
5. Place cooked vegetables and buckwheat in a bowl, combine, and add dressing.
6. Serve buckwheat and vegetable mix onto plates, and place thinly sliced beef over the top of the salad.



Beef and  
Buckwheat Salad (p. 108)

# 10 Hour LAMB SHANKS

🍴 **Serves 4** ⌚ **30 minutes** preparation time, **10 hours** cooking time

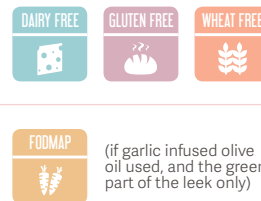
## Ingredients:

- Drizzle extra virgin olive oil (to grease slow cooker)
- 1 clove garlic, crushed
- 2 lamb shanks
- 1 leek, finely chopped
- 1 cup dried red lentils
- 1 ½ zucchini, chopped
- 1 head broccoli, chopped
- 1 can crushed tomatoes (preferably No Added Salt)
- Dash red wine
- 300 mL water
- 1 handful parsley, loosely chopped
- 1 cm nub fresh turmeric, peeled and chopped finely
- Cracked pepper

## PER SERVE PROVIDES:

Energy:	1798 kJ
Protein:	31.7 g
Fat:	13.7 g
Fibre:	9.7 g

## SUITABLE FOR:



## Method:

1. With the slow cooker turned onto 'sear' mode heat olive oil, then sauté garlic and sear lamb shanks, turning until the outside is lightly browned. If your slow cooker does not have 'sear' mode, heat a non-stick fry pan and follow steps 1 and 2. When completed, transfer lamb shanks and leek into slow cooker and continue with step 3.
2. Add leek, and sear for a further 3-5 minutes.
3. Turn off sear mode. Add lentils, other vegetables, crushed tomato, wine and water. Then add herbs and spices.
4. Mix ingredients through so that the lamb shanks are immersed in the combined vegetable and herb sauce.
5. Place lid on slow cooker and cook for 10 hours on low.



## SERVING SUGGESTIONS:

On its own, with mashed sweet potato, or [cannellini bean mash](#) (page 104).







10 Hour  
Lamb Shanks (p. 110)





FISH

# CEVICHE

 **Serves 4** as a main with salad, **or 6-8** as a starter  
 **10 minutes** preparation time, **1-2 hours** setting time

## Ingredients:

- 500 g white fish (such as barramundi, ling or snapper), cut into bite size chunks
- 4 limes, juiced
- 2 lemons, juiced
- ½ red onion, sliced
- 1 clove garlic, crushed
- 1 red chilli, sliced, seeds removed if desired

## Method:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate for 1-2 hours.
3. Serve.

*Note:* this South American recipe is traditionally made with celery, and served with sweet corn, sweet potato and green salad.

## PER SERVE PROVIDES:

Energy: 627 kJ

Protein: 25.2 g

Fat: 2.1 g

Fibre: 4.1 g

## SUITABLE FOR:

PESCATARIAN



GLUTEN FREE



WHEAT FREE



DAIRY FREE



FOODMAP




(replace garlic and onion with green part of spring onion)



# ASIAN STYLE

## Crab and Mung Bean Salad

 **Serves 2** as a main **or 4** as an entre

 **15 minutes** preparation time, **5 minutes** cooking and assembly time

### Ingredients:

- 50 g chopped peanuts
- 1 tsp brown sugar
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 1 large red chilli, sliced and seeds removed
- 300 g fresh crab meat
- 150 g green beans, ends trimmed
- 150 g mung beans
- 15 cm piece cucumber, sliced
- 1 carrot, diced
- 50 g bean sprouts
- ½ red capsicum, sliced
- 1 spring onion, thinly sliced
- 1 tbsp lemon grass, finely chopped
- Handful coriander, loosely chopped
- 10 mint leaves
- 10 basil leaves

### PER SERVE PROVIDES:

Energy: 863 kJ

Protein: 15.7 g

Fat: 8 g

Fibre: 7.8 g

### SUITABLE FOR:



(only use green part of spring onion)

### Method:

1. Toast nuts in oven, or dry fry in pan until golden and crunchy.
2. Combine sugar, fish sauce, lime juice and chilli in a large salad bowl. Stir until sugar is dissolved.
3. Add crab meat, other vegetables/salad, and herbs and spices into the large bowl and toss until all components are combined and nicely coated with dressing.
4. Portion salad onto separate plates or bowls and sprinkle toasted nuts over each serve.

*Asian Style  
Crab and Mung Bean Salad  
(p. 114)*



# Portuguese Style SARDINES IN PARSLEY AND GARLIC

 **Serves 2**

 **15 minutes** preparation time, **1-2 hours** rest time, **10 minutes** cooking time

## Ingredients:

- 6 fresh sardines (stores at the Sydney Fish Market stock these)
- 1 tbsp flat leaf parsley, chopped
- 1 clove garlic, crushed
- Extra virgin olive oil to drizzle
- Cracked pepper and a touch of salt, to taste

## Method:

1. Scale and gut the sardines (you can have your fishmonger do this).
2. Wash the sardines under cold water and pat dry with paper towels.
3. Place sardines in a mixing bowl, or large tray.
4. Combine parsley, garlic and olive oil, then pour mixture over sardines. Add cracked pepper, and a little salt (if desired).
5. Refrigerate for 1-2 hours.
6. Remove sardines from fridge, and heat grill or fry pan.
7. Place the sardines on grill/pan.
8. Cook each side of sardines for approximately 3-4 minutes. The fish should come off the bones easily.
9. Place 3 sardines on each plate.

## PER SERVE PROVIDES:

Energy: 841 kJ

Protein: 29.6 g

Fat: 8.9 g

Fibre: <1 g

## SUITABLE FOR:



(if leave out garlic, and use garlic infused olive oil)

**Notes:** sardines are one of the richest sources of omega 3, a moderately sustainable fish, and are incredibly cost effective. If your fishmonger doesn't stock sardines, other small fish, such as garfish, can be used instead.

This recipe is based on a traditional Portuguese recipe Chloe was lucky enough to try on a recent trip to Portugal.







Portuguese Style  
Sardines in Parsley and Garlic  
(p. 116)



# Orange, Fennel and Coriander Seed TROUT

 **Serves 2**  **15 minutes** preparation time, **20 minutes** cooking time

## Ingredients:

- 2 x 120 g fillets ocean trout
- 1/3 fennel bulb, sliced into big chunks
- 4 slices orange, sliced thinly
- 2 tsp coriander seeds
- Generous drizzle extra virgin olive oil

## Method:

1. Preheat oven to 180°C.
2. Line baking dish with foil, and lightly drizzle with olive oil.
3. Place fish in an oven proof baking dish.
4. Arrange fennel around fish, then sprinkle coriander seeds over both fillets.
5. Generously drizzle with more olive oil.
6. Place orange slices on top of fish.
7. Cover with foil.
8. Cook for approximately 20 minutes.

## PER SERVE PROVIDES:

Energy:	1650 kJ
Protein:	26.4 g
Fat:	24.9 g
Fibre:	3.8 g

## SUITABLE FOR:



## SERVING SUGGESTIONS:

Works well with [Roast Vegetables with Basil and Garlic](#) (page 90), or with the [Pomegranate salad](#) (page 27).





Orange, Fennel  
and Coriander Seed Trout (p. 118)



# DUKKAH

## Crusted Fish

 **Serves 4**  **15 minutes** preparation time, **15 minutes** cooking time

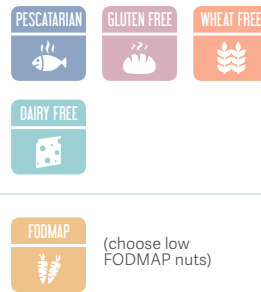
### Ingredients:

- ¼ cup almonds
- ¼ cup walnuts
- ¼ cup pistachios
- 1 tbsp sunflower seeds
- 1 tbsp pepitas
- ½ tsp cumin seeds
- ½ tsp paprika
- ¼ tsp turmeric
- 4 x 120-150 g fillets of Perch or other white fish
- 1 egg, lightly beaten
- Extra virgin olive oil

### PER SERVE PROVIDES:

Energy:	1288 kJ
Protein:	30.5 g
Fat:	2.1 g
Fibre:	2.3 g

### SUITABLE FOR:



### Method:

1. Place nuts, seeds and spices in a food processor and blend until combined and ground to a grainy consistency, though not ground too fine. Spread nut and seed dukkah mixture onto a plate.
2. Individually coat each piece of fish in the egg wash, then coat with nut and seed crumb and set aside.
3. Heat a fry pan on medium-high heat. Lightly grease fry pan with olive oil. Add fish to the pan and cook on each side for 2-3 minutes depending on thickness of the fish.



### SERVING SUGGESTIONS:



Serve with salad or Asian greens.



Dukkah  
Crusted Fish (p. 120)



# TURMERIC SNAPPER

 **Serves 2**  **5-10 minutes** preparation time, **5-10 minutes** cooking time

## Ingredients:

- 1 ½ tsp of turmeric
- 1 clove garlic, crushed
- 2 tbsp extra virgin olive oil
- 2 snapper fillets (approximately 120-150 g each)

## Method:






1. Combine turmeric, crushed garlic and olive oil in a bowl to form a paste.
2. Coat snapper fillets with paste.
3. Pan fry in a hot pan (no extra oil is necessary) for 2-3 minutes on each side, or until cooked through.
4. Serve with mixed salad or vegetables.

*Note:* a delicious alternative is adding finely chopped basil, coriander or parsley to the paste.

## PER SERVE PROVIDES:

Energy:	1202 kJ
Protein:	24.6 g
Fat:	20.5 g
Fibre:	<1 g

## SUITABLE FOR:



<b>PESCATARIAN</b> 	<b>GLUTEN FREE</b> 	<b>WHEAT FREE</b> 
<b>DAIRY FREE</b> 	<b>FODMAP</b>  (use garlic infused olive oil and remove garlic)	



Turmeric Snapper  
(p. 122)



# BAKED SALMON

 **Serves 2**  **20 minutes** preparation time, **20 minutes** cooking time

## Ingredients:

- 2 x 120 g fillet of salmon
- Cracked pepper
- Salt to taste
- 2 cloves garlic, crushed
- Sprinkling of fresh rosemary
- 10 basil leaves
- Punnet of cherry tomatoes, halved
- ½ small red onion, finely chopped
- 2 tsp lemon juice
- 2 tsp lime juice
- Extra virgin olive oil to drizzle

## Method:

1. Preheat oven to 200°C.
2. Line a baking dish with a large sheet of foil. Place salmon on top of foil and sprinkle with salt and pepper, then rub crushed garlic onto salmon.
3. Arrange the rosemary, basil leaves, cherry tomatoes and thin slices of onion on top of the salmon.
4. Pour lemon and lime juice over the top and drizzle of olive oil, then wrap foil around all ingredients like a parcel.
5. Bake in the oven for 20 minutes.

## PER SERVE PROVIDES:

Energy:	1307 kJ
Protein:	26.8 g
Fat:	20.8 g
Fibre:	2.4 g

## SUITABLE FOR:

<b>PESCATARIAN</b> 	<b>GLUTEN FREE</b> 	<b>WHEAT FREE</b> 
<b>DAIRY FREE</b> 	<b>FOODMAP</b>  (use garlic infused olive oil, and remove garlic and onion)	

Baked Salmon  
(p. 124)





# Chloe's Dad's Whole Roasted ATLANTIC SALMON

**||** Serves approximately **20 people** (each serving portion is approximately 4-5 cm wide along the body) **⌚ 15 minutes** preparation, **50 minutes** cooking time

## Ingredients:

- 5 kg whole Atlantic Salmon
- 1 lemon, sliced
- 2 tbsp olive oil
- 150 mL water or soda water, (or good quality white wine if you wish)

TO ADD FLAVOUR, CHOOSE ANY COMBINATION OF THE FOLLOWING, TO TASTE:

- Sliced mango
- Sliced papaya
- Sliced ginger
- Freshly chopped chives, basil and/or coriander
- Crushed garlic

## Method:

1. Take enough foil to wrap a loose parcel around the fish. Place the fish on the foil on the BBQ. Take care to keep the foil in one piece, with no holes.
2. Add lemon and olive oil.
3. If desired, add your choice of ingredients from the list above.
4. Fold edges of foil above and to the side of the fish, to make an enclosed parcel, leaving enough space for the foil to expand to look like a pillow. Just before the parcel is sealed add 150 mL water, soda water or wine into the foil cavity.
5. Set the BBQ on high and cook fish parcel with the hood closed for approximately 45 to 50 minutes.
6. At approximately 45 minutes open the hood to see a puffed foil pillow. With a sharp knife cut along the foil pillow across the top to expose the fish (be careful as it will let out hot steam).
7. Fold back the foil and place the flat of the knife on the side of the fish. It should be firm but soft.
8. Close the hood and continue to cook for approximately 15 minutes to allow the skin to become crispy.
9. To serve, re open hood, turn off the BBQ and fold away the foil to allow access to serve directly from the BBQ to the plates. The skin can be cut along the back bone and the flesh lifted from the bones.

## PER SERVE PROVIDES:

(approximately)

Energy: 826 kJ

Protein: 19.2 g

Fat: 13.3 g

Fibre: <1 g

## SUITABLE FOR:

PESCATARIAN



GLUTEN FREE



DAIRY FREE



FOODMAP



(if no garlic or mango is used)

*Note:* The tastiest piece is near the fish head just near the eyes and towards the tail about 30 mm.

When the top half of the salmon has been served lift the skeleton from the tail end first and then serve the second (bottom) side.

If you have any left overs the salmon will last for up to 3 days when left covered in the fridge.

This recipe is best done in a large BBQ with a hood, however is also possible to do in your oven if the fish will fit.

This recipe can easily be modified to be made for less people, using either a smaller whole fish, or enough fillets of fish for the portions you require, for example if you are making for four people, using four appropriately sized fish fillets, the same ingredients to taste (but much less), and then cook as for the baked salmon.



#### SERVING SUGGESTIONS:

Serve with steamed vegetables or a salad (any of the recipes in this book are appropriate).



If you are using as left overs, it can be served in a salad (such as in place of chicken in a Caesar salad with walnuts and chunks of avocado).



*Chloe's Dad's Whole Roasted  
Atlantic Salmon (p. 126)*



# Special BAKED FISH

 **Serves 4**  **10 minutes** preparation time, **15 minutes** cooking time

## Ingredients:

- 100 g sundried tomatoes
- 1/3 cup fresh basil leaves
- 1 spring onion, thinly sliced
- 1 tbsp sunflower seeds
- 1 tbsp pepitas
- 1/2 cup mixed walnuts, pistachio and cashews
- 1 tbsp extra virgin olive oil
- Olive oil spray
- 4 x 120 g fillets of fresh salmon or ocean trout

## Method:






1. Pre-heat oven to 200°C, and place a medium to large oven-proof fry pan or skillet on high heat.
2. Place all ingredients except the salmon into a small food processor and blend until well combined and nuts are crumbed.
3. Lightly spray pan with olive oil and place the fish skin side down into the pan to sear and seal. Cook for 2-3 minutes on high so skin becomes delicious and crispy.
4. Turn off heat and spoon even amounts of tomato, nut and seed mixture from the food processor onto each piece of fish.
5. Place fish in the oven and cook for 5-10 minutes or until cooked to your liking. Fish would ideally flake when tested with a fork. Crumb should be nice and toasted on top.
6. Serve hot.

*Note:* as an alternative the to the nut and seed topping, the [basil, coriander and walnut pesto](#) recipe (page 74) can also be used.

## PER SERVE PROVIDES:

Energy:	2068 kJ
Protein:	32.6 g
Fat:	34.3 g
Fibre:	5.4 g

## SUITABLE FOR:

 PESCATORIAN	 GLUTEN FREE	 WHEAT FREE
 DAIRY FREE		
 FODMAP	(check ingredients of sundried tomatoes, use suitable nuts and only the green part of the spring onion)	



## SERVING SUGGESTIONS:


Tastes fantastic with mashed peas and charred asparagus spears.



*Special Baked Fish (p. 128)*



# SALMON AND SNAPPER PIE

 **Serves 4**  **30 minutes** preparation time, **20-25 minutes** cooking time

## Ingredients:

- ½ medium sweet potato, peeled and cut into medium pieces (approximately 200 g)
- ¼ cauliflower, cut into florets (approximately 200 g)
- 1 tbsp margarine or olive oil
- 300 g salmon (skinless and boneless)
- 300 g snapper (or white fish of your choice, skinless and boneless)
- ½ brown onion, chopped finely
- 2 tbsp gluten free flour
- 185 ml Lite 'n' Creamy Evaporated milk
- ¾ cup skim milk
- ½ bunch of English spinach, ends trimmed
- ½ cup of parsley, chopped finely
- 2 tbsp dill, chopped finely
- 1 bay leaf
- ¼ cup shaved parmesan cheese

## PER SERVE PROVIDES:

Energy:	1975 kJ
Protein:	44.6 g
Fat:	18.4 g
Fibre:	6.5 g

## SUITABLE FOR:



## Method:

1. Preheat oven to 180°C.
2. Put sweet potato and cauliflower into a bowl and microwave for 10 minutes OR place into a steamer over a saucepan of boiling water and cook (with lid on) for 10 minutes, or until tender. Transfer into a food processor or container for a hand held stick blender and puree (until smooth with no lumps). Set to the side.
3. In a heated fry pan melt the margarine and when lightly bubbling add the fish and cook for a few minutes on each side until just cooked through. Remove fish from fry pan when cooked and place on a plate. Use a fork to flake fish into smaller pieces.
4. In the same saucepan lightly brown the onion. Add in flour and gradually pour in evaporated and skim milk. Simmer until sauce thickens.

5. Add spinach, parsley, dill and bay leaf, and stir through for 3-4 minutes until spinach has wilted.
6. Add fish back in, stir all ingredients together and season with pepper. Remove bay leaf before transferring mixture for baking.
7. Transfer mixture into 4 medium sized ramekins or a 1.5 L oven proof baking dish. Spoon the sweet potato and cauliflower puree over the top and sprinkle with parmesan cheese. Bake for 20-25 minutes.



*Salmon  
and Snapper Pie (p. 130)*



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