

Paleo Cookbook

PALEO EATING FOR MODERN PEOPLE



By Nikki Young

PALEO
COOKBOOKS

Paleo Cookbook

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SECOND EDITION

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IMPORTANT: Those who might be at risk from the effects of salmonella food poisoning (the elderly, pregnant women, young children and those suffering from immune deficiency diseases) should consult their healthcare professional about eating raw eggs.

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STANDARD MEASUREMENTS

Weight

50g = 2oz

60g = 2.5oz

85g = 2.9oz

95g = 3.2oz

100g = 3.4oz

140g = 4.7oz

195g = 6.6oz

200g = 6.8oz

285g = 9.6oz

300g = 10oz

400g = 13.5oz

410g = 13.9oz

425g = 14.4oz

500g = 16.9oz

600g = 20oz

700g = 23.7oz

800g = 27oz

1kg = 2.2lb

Oven Temperatures

400° Fahrenheit = 200° Celsius

350° Fahrenheit = 180° Celsius

Volume

1 cup = 240ml = 8 fluid ounces

½ cup = 120ml = 4 fluid ounces

⅓ cup = 160ml

¼ cup 60ml = 2 fluid ounces

¾ cup = 180ml = 6 fluid ounces

1tsp = 5ml

1tbs = 15ml



SNACKS

MAYONNAISE

Serves

| | |
|-------------|-------------------|
| 2 egg yolks | 3 tsp lemon juice |
| 200ml oil | Pinch of salt |

Instructions

Place the egg yolks, salt and lemon juice in a bowl. Using an electric beater pulse until the mixture has slightly thickened.

Keep the electric blender running and slowly add the oil drop by drop. This will take a few minutes – don't rush the process as the oil may start to separate from the egg.

When all the oil has been added, add more salt or lemon juice to taste. Cover and refrigerate for up to 5 days. Stir before serving.

ROCKET AND MACADAMIA NUT DIP

Serves 6-8

| | |
|---------------------------|-----------------|
| 2 cups rocket leaves | 3 garlic cloves |
| 1 cup macadamia nuts | ¼ cup olive oil |
| 1 bunch flat leaf parsley | |

Instructions

Place all ingredients into the bowl of a food processor and blend to form a smooth paste.

Add additional olive oil if the dip is clumpy or too dry.

Serve with sliced raw vegetables.

PESTO

Serves 6-8

| | |
|--------------------|-----------------|
| 2 cups fresh basil | 3 tbs pine nuts |
| 2 cloves garlic | ¼ cup cashews |
| 2½ tbs olive oil | |

Instructions

Blend all ingredients together in an electric blender or by using a mortar and pestle.

Slowly add the oil to form the right consistency.

CARROT AND CUMIN DIP

Serves 6-8

| | |
|---------------------------------|-------------------|
| 2 cups diced carrots | 1 tsp salt |
| 1 tbs ground cumin | 2 tbs tahini |
| 4 cloves garlic, chopped finely | 1 tbs olive oil |
| 2 tbs olive oil | 1 tbs lemon juice |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place carrots, garlic, cumin, 2 tbs olive oil and salt in an ovenproof tray. Bake in the oven for 30 minutes, remove and allow to cool.

Place the baked ingredients in the bowl of a food processor with the remaining olive oil, tahini and lemon juice. Blend until a smooth paste is formed.

GUACAMOLE

Serves 4-6

| | |
|---------------------------------|------------------|
| 1 medium avocado, ripe | 1 tbs mayonnaise |
| 2 tbs red onion, finely chopped | |

Instructions

Place all ingredients in a bowl, mash with a fork until smooth.

Serve with crispy slices of cucumber.

TAHINI DIP

| | |
|--------------------------------|-------------------|
| ½ cup tahini | ¼ cup lemon juice |
| 3 large garlic cloves, crushed | 3 stalks parsley |
| 1 tbs olive oil | 2 tbs water |

Instructions

Place all ingredients in the bowl of a food processor; blend into a smooth paste.

If the dip is too thick, add a little more water until the desired consistency is reached.

PRESERVED LEMONS

| | |
|---|-------------------------|
| 5 thick-skinned lemons, cut into quarters without detaching pieces at the end stem. | 2 large bay leaves |
| 1 cup coarse sea salt | 1 tbs pink peppercorns |
| 1 cinnamon stick | 1½ - 2 cups lemon juice |
| | Olive oil |

Instructions

Place salt in a bowl and press lemons down to remove most of their juice.

Place the salted lemons in a large sterilised jar along with the cinnamon stick, bay leaves and peppercorns. Add enough lemon juice until all lemons are covered; you may require more lemon juice and salt to fill the jar.

Cover the jar and keep in a cool, dry place for 2 weeks. Shake the jar every day.

To store lemons, coat with a little olive oil and keep in the refrigerator.

To use, remove and discard the flesh. Wash pith and skin under cold water and chop.

Lemons will keep up to 6 months. After that time they will become very sour.

FRUIT AND NUT SNACK

| | |
|--------------------|---------------|
| Sultanas | Pumpkin seeds |
| Chopped pecan nuts | Cinnamon |

Instructions

Mix all ingredients together. Serve.

PICKLED EGGS

| | |
|------------------------------|---|
| 12 hard boiled eggs, shelled | 2.5cm piece root ginger, peeled and cut into 2 pieces |
| 2 cups apple cider vinegar | ½ tsp ground pepper |
| ½ cup water | 2 bay leaves |
| 2 tsp salt | |
| 10 whole cloves | |

Instructions

Place the eggs in a large sterilised jar.

In a medium sized pan, place vinegar, water, salt, cloves, ginger, pepper and bay leaves. Bring to the boil then remove from heat and leave to cool.

When cooled, remove cloves and bay leaves then pour the liquid over the eggs to cover, add more vinegar if necessary.

Place in the fridge for at least two days to allow the flavours to develop before eating.

ROASTED PUMPKIN SEEDS

Serves 4-6

| | |
|---------------------|----------------|
| 1 cup pumpkin seeds | 1 tsp sea salt |
|---------------------|----------------|

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place pumpkin seeds and salt on an ovenproof tray lined with baking paper.

Bake seeds in the oven for 10 minutes or until pumpkin seeds are golden in colour.

Remove from oven and leave to cool before serving.

PURPLE SWEET POTATO AND ASPARAGUS CHIPS

Serves 2-4

| | |
|--|---|
| 1 small/medium purple sweet potato, washed and thinly sliced into long fingers | 1 bunch asparagus, cut spears into three pieces |
| 1 tbs coconut oil | Salt |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place sliced sweet potato and asparagus on an oven tray lined with baking paper. Place coconut oil in dollops over the vegetables, followed by a good sprinkling of salt.

Place in the oven and bake for 20-25 minutes. Stir occasionally if required until sweet potato has become slightly crunchy and asparagus cooked through.

MEATBALLS

Serves 6-8

| | |
|--------------------------------|---------------------|
| 500g minced meat | 1 tsp sage |
| 1 small onion, finely chopped | 1 tsp basil |
| 1 garlic clove, finely chopped | ½ tsp chilli powder |
| 1 egg | ½ tsp turmeric |
| 2 tbs tomato sauce | Salt and pepper |

Instructions

Pre-heat a fan-forced oven to 200° Celsius/400° Fahrenheit.

In a bowl, mix all ingredients together until well combined.

Roll minced meat mixture into 2.5cm balls and place on an ovenproof tray lined with baking paper. Bake for 20-30 minutes or until cooked.

To serve, have toothpicks available along with tomato sauce for dipping.



SALADS

Also See:

- Thai Chicken Salad with English Spinach Pg 46
- Chicken with Avocado Sauce Pg 47
- Calamari with Crunchy Veg Pg 54

ROAST EGGPLANT AND CAPSICUM SALAD

Serves 2-4

| | |
|--------------------------------|--------------------------------------|
| 2 small eggplants | 2 tsp ground cumin |
| 1 green capsicum | Pinch salt and pepper |
| 1 clove garlic, finely chopped | 8 cherry tomatoes, cut into quarters |
| 1 tbs lemon juice | Parsley to garnish |
| 2 tbs olive oil | |

Instructions

Pre-heat a fan-forced oven to 200° Celsius/400° Fahrenheit.

Place whole eggplant and capsicum on an ovenproof tray and roast for 15-20 minutes, turning occasionally, until soft and the skin has scorched black. Remove from oven and leave to cool.

In a bowl, mix together garlic, lemon juice, olive oil, ground cumin, salt and pepper. When eggplant and capsicum have cooled, remove skin and drain liquid from the vegetables. Remove the seeds from the capsicum. Dice capsicum then dice the eggplant into large pieces before mixing into the olive oil mixture.

Top with cherry tomatoes and chopped parsley to serve.

CHINESE CABBAGE SALAD WITH ALMONDS

Serves 4-6

| | |
|--|------------------------|
| ½ Chinese cabbage chopped <i>or</i> 4 cups chopped | 3 tbs mayonnaise |
| | Handful almond slivers |

Instructions

In a bowl place chopped cabbage and mayonnaise, mix thoroughly.

Top with almond slivers and serve.

BETROOT AND ROAST SWEET POTATO SALAD

Serves 4-6

| | |
|---------------------------|--------------------------------|
| 200g sweet potato, peeled | ½ cucumber, thinly sliced |
| 200g beetroot, peeled | ½ cup walnuts, roughly chopped |
| 1 tbs olive oil | <u>Dressing</u> |
| 150g mixed lettuce leaves | 2 tbs olive oil |
| 50g baby English spinach | 1 tbs balsamic vinegar |
| ¾ cup cherry tomatoes | ½ tsp salt <i>(optional)</i> |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Cut the sweet potato and beetroot into cubes, place on an oven tray and bake in the oven for 20 minutes or until tender. Remove from oven and cool.

In a bowl, mix together lettuce leaves, spinach, tomato and cucumber. Combine dressing ingredients and stir through salad, topping with the roasted sweet potato and walnuts. Serve.

EGG AND DILL MAYONNAISE SALAD

Serves 2

| | |
|----------------------------|----------------------------------|
| 3 eggs, hard boiled | 1 cup English spinach |
| 1 tbs mayonnaise | 1 small carrot, diced |
| 1 tsp dill, finely chopped | ½ cup snow peas, roughly chopped |

Instructions

Cut boiled eggs into small cubes then place into a bowl with mayonnaise and dill. Stir until combined.

In a separate bowl, combine the spinach, carrot and snow peas then spoon the egg mixture on top just before serving.

ROCKET, BACON AND WALNUT SALAD

Serves 2

| | |
|------------------------|-------------------|
| 3 cups rocket | 3 tbs olive oil |
| 6 rashers bacon, diced | 2 tbs lemon juice |
| 100g walnut pieces | |

Instructions

Cook the bacon in a frying pan on high heat for 4-5 minutes or until crispy. Remove bacon and place in a large salad bowl with rocket leaves.

Add 1 tbs olive oil to frying pan and place back on medium heat. Add walnuts to a pan and cook stirring constantly until lightly toasted.

In a salad bowl combine the walnuts with other ingredients. Add lemon juice and remaining olive oil and stir well. Serve.

AVOCADO SALAD

Serves 2

| | |
|-------------------------------------|---|
| 1 whole ripe avocado, cut in half | 1 tsp mustard (<i>non-paleo</i>) or mustard seeds |
| 2 bacon rashers, meat only | 1 tbs mayonnaise |
| 1 whole egg (hard boiled and diced) | 2 cups lettuce |
| 2 spring onions, finely chopped | |

Instructions

Dice bacon and fry in pan on medium/high heat until cooked.

Scoop out avocado flesh from the shell and in a bowl mash flesh with a fork until smooth; save the shells. Add spring onions, mustard and bacon then stir together until well combined. Lightly fold in the diced eggs.

To serve spoon avocado mixture between the two half avocado shells and serve with lettuce.

24HR SALAD

Serves 6-8

| | |
|---------------------------------|-----------------------------------|
| ½ head iceberg lettuce, chopped | 500g bacon, crisp-cooked, drained |
| 6 hard boiled eggs, sliced | Mayonnaise or salad dressing |
| 1 cup green peas | Salt and pepper |

Instructions

In the bottom of a large salad bowl, place half the chopped lettuce and sprinkle with some salt and pepper.

Layer the eggs on top of the lettuce (standing some eggs on the edge if desired); add additional salt and pepper to your taste. Place the peas on top of the eggs, followed by the remaining lettuce and bacon. Finally, spread the mayonnaise or salad dressing over the top, sealing to the edge of the bowl.

Cover salad bowl and place in the fridge for 24 hours or overnight. Allowing the flavours time to blend is the secret to this salad.

Toss before serving.

TUNA AND OLIVE SALAD

Serves 2

| | |
|--|--------------------------------------|
| 90g can tuna, drained | 6 cherry tomatoes, cut into quarters |
| 8 olives, cut in half | Handful walnuts, roughly chopped |
| 4 asparagus spears, ends removed and cut into bite size pieces | 1 tsp olive oil |

Instructions

Place all ingredients in a bowl and combine well. Serve.

PECAN CHICKEN SALAD

Serves 1

| | |
|---------------------------------|--------------------------------|
| 1 chicken breast | ⅓ cup pecans |
| ½ small red onion, finely diced | 2 tbs mayonnaise |
| 1 celery stalk, finely sliced | 1 hard boiled egg, cut in half |

Instructions

In a covered saucepan on medium heat boil chicken breasts in water for 15-20 minutes or until cooked.

Remove chicken from the pan and leave to cool. Shred the chicken meat.

In a small bowl combine the chicken, onion, celery, pecans and mayonnaise. Combine well.

Place the egg on top of salad before serving.

FRUIT AND NUT CHICKEN SALAD

Serves 1

| | |
|---|---------------------------|
| 1 chicken breast | ½ green apple, diced |
| 1 celery stalk, thinly sliced | ⅓ cup pecans |
| 10 white seedless grapes, cut into halves | 1 tsp olive oil |
| | 2 tsp apple cider vinegar |

Instructions

In a saucepan on medium heat boil the chicken breast in water for 15-20 minutes or until cooked. Remove from pan and leave to cool. Shred chicken meat.

In a small bowl combine the chicken celery, grapes, apple, pecans, oil and apple cider vinegar. Combine well. Serve.

RATATOUILLE

Serves 4-6

Ratatouille is generally served as a main dish, but can also be a side dish.

| | |
|--|--|
| 3 cups eggplant, peeled and diced | 400g can diced tomatoes or 2 cups diced tomatoes |
| 1 red (or green) capsicum, de-seeded and cut into strips | 1 tbs olive oil |
| 3 small zucchini, peeled and diced | 1 tsp ground coriander |
| 3 gloved garlic, finely chopped | 1 tbs dried basil |
| 2 onions, sliced | Salt and pepper |
| 2 tbs tomato paste (<i>optional</i>) | |

Instructions

In a pan on medium heat place oil, onion and garlic and cook until soft but not brown.

Add the eggplant, capsicum and zucchini, cover and cook on low heat for 20 minutes. Add tomato paste, tomatoes, coriander, basil, salt and pepper and cook for a further 20-30 minutes or until vegetables are very tender. Serve.

VEGETABLES IN COCONUT MILK

Serves 2

| | |
|------------------------------|--------------------------|
| 1 cup broccoli florets | ½ cup light coconut milk |
| 1 cup pumpkin, diced | Walnuts to serve |
| ½ cup cabbage, finely sliced | |

Instructions

In a saucepan on medium heat simmer the broccoli, pumpkin and cabbage in the coconut milk until tender.

Add the walnuts and serve.

CHICKEN AND PISTACHIO SALAD

Serves 1

| | |
|---|--|
| 1 chicken breast | ½ small red onion, finely diced |
| ½ cup fresh basil leaves, roughly chopped | ⅓ cup pistachio nuts, shelled |
| 6 cherry tomatoes, cut into quarters | 2 tbs soy sauce (<i>non-paleo, optional</i>) |
| | 1 tbs olive oil |

Instructions

In a saucepan on medium heat boil chicken breasts in water for 15-20 minutes or until cooked. Remove from pan and leave to cool.

In a small bowl combine the basil, tomatoes, red onion and pistachio nuts.

When the chicken has cooled, shred into pieces and place into bowl along with other ingredients.

Add soy sauce and olive oil and mix well through the salad ingredients. Serve.

BEETROOT AND WALNUT SALAD

Serves 2

| | |
|-----------------------------|--------------------------------|
| 1 cup fresh beetroot, diced | ⅓ cup walnuts, roughly chopped |
| ½ avocado, diced | 2 tbs olive oil |
| 2 cups rocket leaves | 2 tbs apple cider vinegar |

Instructions

In a saucepan on medium heat, steam the beetroot in water for 20-30 minutes or until tender. Remove from pan and leave to cool.

When the beetroot has cooled, place in a medium size mixing bowl along with the avocado, rocket, walnuts, olive oil and apple cider vinegar, combine well. Serve.

ROAST VEGETABLES IN ORANGE AND ROSEMARY

Serves 4-6

| | |
|----------------------------|---------------------------------|
| 2 cups pumpkin, diced | 3 tbs olive oil |
| 2 cups sweet potato, diced | 6 tbs fresh rosemary leaves |
| 1 cup carrot, diced | 2 garlic cloves, finely chopped |
| 1 orange, juiced | Salt and pepper |

Instructions

Pre-heat a fan-forced oven to 200° Celsius/400° Fahrenheit.

Combine all ingredients together and place in an ovenproof dish.

Bake in the oven for 15 minutes. Remove from the oven and stir well to cover vegetables in the orange liquid. Return to the oven for a further 10-15 minutes or until vegetables are tender. Serve.

BROCCOLINI AND GARLIC SIDE SALAD

Serves 2-4

| | |
|---|------------------------------------|
| 2 bunches broccolini, ends removed and cut into four pieces | 1 tbs dried chilli, finely chopped |
| 6 large garlic cloves, finely chopped | Olive oil |
| 1 bunch parsley, roughly chopped | |

Instructions

In a saucepan on medium heat, steam broccolini for 4-5 minutes or until just tender. Remove from heat, drain water and place into a medium sized mixing bowl.

Meanwhile, add garlic and some olive oil to a frying pan on medium heat and cook until garlic has browned lightly.

Add garlic to broccolini along with parsley, chilli and extra olive oil to coat. Serve.

GRILLED VEGETABLES AND TUNA SALAD

Serves 2

| | |
|--|------------------------|
| 2 eggs | 1 cup tomatoes, sliced |
| 185g can tuna | 10 black olives |
| 1 bunch asparagus, spears cut in half lengthways | Olive oil |
| 1 red capsicum, diced | Salt and pepper |

Instructions

Preheat grill to medium heat.

Place asparagus, capsicum and tomatoes on the grill along with some olive oil and cook for 5-6 minutes, or until slightly tender.

Meanwhile, boil the eggs in water for 4-6 minutes, or until desired firmness has been reached; peel and cut into quarters.

Combine tuna, asparagus, capsicum, tomatoes and olives in a medium sized serving bowl. Add salt and pepper to taste.

Serve with the egg quarters.

SAUSAGE SALAD

Serves 1

| | |
|----------------------------|------------------------|
| 2 small 100% beef sausages | ½ cup parsley, chopped |
| ½ cup black olives, halved | ½ avocado, diced |
| ¾ cup red capsicum, diced | 1tbs olive oil |

Instructions

Preheat grill to medium heat.

Place sausages on grill and cook for 8-10 minutes, or until cooked. Remove sausages from heat and cool slightly before cutting them into bite size pieces.

Place the sausage in a medium sized serving bowl along with the other ingredients and combine well. Serve.

CAULIFLOWER PILAF

Serves 4-6

Pilaf is usually a rice-based recipe. This recipe uses cauliflower instead of rice. Chicken also works well in this dish.

| | |
|--|-------------------------------|
| 1 large onion, chopped | ½ cup currants |
| 1 tsp olive oil | ¼ cup pistachio nuts, shelled |
| 3 stalks celery, chopped into small pieces | 60g pine nuts |
| 3 garlic cloves, finely chopped | ¼ cup chopped walnuts |
| ½ cup seedless raisins | ½ medium sized cauliflower |
| | Salt and pepper |

Instructions

Heat oil in a large saucepan and fry the onions and celery for 2-3 minutes.

Add the garlic, raisins, currants and nuts.

Remove ingredients from pan and use the pan to boil or steam the cauliflower for 10 minutes or until tender. Drain cauliflower and mash or chop into small pieces.

Combine cauliflower with the other ingredients. Serve.

WARM SALAD

Serves 2

| | |
|----------------------------|---------------------|
| 6 rashers bacon, diced | ¼ cup pine nuts |
| 2 tbs oil | 3 cups fresh rocket |
| 1 medium red onion, sliced | 1 tbs olive oil |
| 1 tbs fresh thyme, chopped | Balsamic vinegar |

Instructions

In a frying pan on medium/high heat, place bacon and oil and fry for 5- 7 minutes or until slightly crunchy. Remove bacon from the pan leaving the excess oil.

In the left over oil, fry the onion, thyme and pine nuts for 3-4 minutes, or until onion has softened and caramelized.

In a salad bowl, combine bacon, onion, thyme and pine nut mixture and rocket well.

Make dressing by combining olive oil and balsamic vinegar. Toss salad with dressing before serving.

HOT ROCKET SALAD

Serves 4-6

| | |
|--|----------------------------------|
| 1 cup cherry tomatoes, cut into quarters | ½ tsp red chilli, finely chopped |
| 1 cup cucumber, peeled and diced | 1 tbs olive oil |
| ½ cup fresh basil, roughly chopped | 1 tbs lime juice |
| ½ cup grated coconut | ⅓ cup almonds |
| | Salt and pepper |

Instructions

Place tomatoes, cucumber, basil, coconut, chilli, olive oil and lime juice in a bowl. Combine all ingredients well. Add salt and pepper to taste.

Sprinkle almonds over the top of the salad to serve.

GREENS AND ALMOND SALAD

Serves 4-6

| | |
|---|--------------------------------------|
| 10 Brussels sprouts, cut into halves | 100g almond slivers |
| 1 broccoli, small, florets separated, stalk thinly sliced | ½ cup fresh parsley, roughly chopped |
| 3 tbs olive oil | ½ lemon, juiced |
| 3 garlic cloves, finely chopped | Pepper |

Instructions

Place Brussels sprouts and broccoli in a saucepan with some water, cover and boil for 5 minutes, or until are just tender. Remove sprouts and broccoli from the pan.

Return the pan to medium heat and add oil, garlic and slivered almonds. Stir for 3-4 minutes or until almonds become golden brown. Add Brussels sprouts and broccoli to the pan and cook for a further 2 minutes, stirring constantly.

Take pan off the heat and add parsley, lemon juice and pepper. Combine all ingredients well. Serve.

CARROT AND COCONUT SALAD

Serves 6-8

| | |
|---|-----------------------------------|
| 5 cups loosely packed grated carrot (about 5 carrots) | ¾ cup pecan nuts, roughly chopped |
| 1 cup shredded coconut | 2 tbs olive oil |
| ½ cup raisins or sultanas | 3 tbs lemon juice |

Instructions

In a salad bowl combine all ingredients and mix well. Serve.



SOUPS

TOMATO AND BASIL SOUP

Serves 4-6

| | |
|---------------------------------|---|
| 1 onion, diced | 400g can diced tomatoes <i>or</i> 2 cups diced tomatoes |
| 2 cloves garlic, finely chopped | |
| 2 tbs olive oil | 1 cup vegetable stock |
| 1 medium sized carrot, diced | ½ cup fresh basil, roughly chopped |
| 2 celery stalks, sliced | Salt and pepper |

Instructions

In a large saucepan on medium/high heat fry onion and garlic in olive oil for 5 minutes, or until onion has softened.

Add the carrot and the celery then fry for 1-2 minutes before adding diced tomatoes and stock. Cover pan and cook for a further 10-20 minutes or until vegetables are tender. Add basil and cook for a further 2 minutes. Cool soup slightly.

Place soup in a food processor, or use an electric blender and purée.

Add salt and pepper to taste before serving.

TOMATO AND BACON SOUP

Serves 2-4

| | |
|-------------------------------|-------------------------|
| 1 onion, finely diced | 1 tsp ground paprika |
| 5 rashers bacon, finely diced | 1½ cups diced tomatoes |
| 1 tbs oil | 1½ cups vegetable stock |
| 1 tbs oregano, finely chopped | Salt and pepper |

Instructions

In a large saucepan on medium heat, fry onion and bacon in oil for 5 minutes, or until bacon is lightly browned.

Add oregano and paprika and cook for 2 minutes before adding the diced tomatoes and stock. Simmer covered for a further 10-15 minutes.

Add salt and pepper to taste before serving.

CARROT AND CAULIFLOWER SOUP

Serves 4-6

| | |
|--------------------------------|------------------------|
| 1 onion, diced | 1 tbs ground turmeric |
| 1 garlic clove, finely chopped | 1 tbs ground cumin |
| 1 tbs oil | 3 cups vegetable stock |
| 2 cups carrot, diced | Salt and pepper |
| 6 cups cauliflower, chopped | |

Instructions

In a large saucepan on medium heat fry onion and garlic in oil for 5 minutes, or until onion has softened. Add carrot and cauliflower and cook for 3 minutes.

Add turmeric and cumin and cook for a further 2 minutes. Add stock and simmer for 10-15 minutes or until carrot and cauliflower are tender. Remove from heat and stir in the parsley, salt and pepper.

Purée the soup in an electric blender or use an electric beater. Serve.

CHICKEN SOUP

Serves 4-6

| | |
|------------------------------|-------------------------------|
| 7 cups water | 2 celery stalks, ends chopped |
| 4 chicken drumsticks | 1 tbs salt |
| 1 large carrot, ends chopped | Pepper |
| 1 onion, skinned | |

Instructions

Place all ingredients in a large saucepan, cover and simmer for 90 minutes stirring occasionally.

To serve, remove chicken meat from the bone and stir through the soup.

PUMPKIN AND DILL SOUP

Serves 4-6

| | |
|-----------------------|---------------------------|
| 1 onion, diced | 2 cups vegetable stock |
| 1 tbs oil | 3 tbs fresh dill, chopped |
| 5 cups pumpkin, diced | Salt and pepper |
| 1 tsp ground cloves | |

Instructions

In a large pan on medium heat fry onion in oil for 5 minutes, or until onion has softened.

Add pumpkin and cloves and cook for 2 minutes, stirring constantly. Add stock, cover pan, and simmer for 10-15 minutes or until pumpkin is tender. Remove pan from heat and stir in dill, salt and pepper. Leave soup to cool slightly.

Purée soup in an electric blender or use an electric beater. Serve.

SPINACH AND ZUCCHINI SOUP

Serves 2-4

| | |
|---------------------------------|------------------------|
| 2 tbs olive oil | 2 cups baby spinach |
| 1 onion, diced | 2 cups vegetable stock |
| 2 garlic cloves, finely chopped | ¼ cup coconut milk |
| ½ tsp ground nutmeg | Salt and pepper |
| 3 cups zucchini, sliced | |

Instructions

In a large pan on medium heat fry onion, garlic and nutmeg in olive oil for 5 minutes, or until onion has softened. Add zucchini and cook for a further 5 minutes.

Add spinach and cook until just wilted. Add stock, cover pan, and simmer for 5-10 minutes, or until zucchini is tender.

Purée soup in an electric blender or use an electric beater. Serve.

PUMPKIN AND LEEK SOUP

Serves 4-6

| | |
|--------------------------------|-----------------------------------|
| 1 onion, diced | 1 tsp ground coriander |
| 1 garlic clove, finely chopped | 2 tsp ground cumin |
| 2 tbs olive oil | 1 tsp freshly grated nutmeg |
| 1 kg pumpkin, diced | 5 cups chicken or vegetable stock |
| 2 leeks, sliced | ½ cup coconut milk |

Instructions

In a large pan on medium heat fry onion and garlic in olive oil for 5 minutes, or until onion has softened. Add coriander, cumin and nutmeg and stir for another 30 seconds.

Add pumpkin, leek and stock, cover pan and cook for a further 10-15 minutes or until pumpkin is tender. Remove from heat and stir in coconut milk. Cool soup slightly.

Purée soup in an electric blender or use an electric beater.

Add salt and pepper to taste. Serve.

PEA AND ROCKET SOUP

Serves 2-4

| | |
|----------------------------|----------------------------|
| 1 small red onion, chopped | 1 cup firmly packed rocket |
| 1 tbs oil | 2 cups vegetable stock |
| 1 cup peas | |

Instructions

In a large pan, fry onion in oil until soft. Add the peas and rocket and cook for 2 minutes.

Add the stock, cover and simmer for 10 minutes. Cool soup slightly.

Purée soup in an electric blender or use an electric beater. Serve.

SPINACH AND COCONUT SOUP

Serves 4-6

| | |
|--|------------------------------------|
| 1 small brown onion, finely chopped | 2 cups baby spinach, firmly packed |
| 2 garlic gloves, finely chopped | 1 cup coconut milk |
| 1 tbs oil | ½ tsp ground nutmeg |
| 2 cups vegetable stock | ½ tsp ground paprika |
| ½ cauliflower <i>or</i> 5 cups cauliflower florets | Salt and pepper to taste |

Instructions

In a medium sized pan on medium heat fry onion and garlic in oil for 5 minutes, or until onion has softened. Add the vegetable stock and cauliflower. Cover and cook for 10 minutes or until cauliflower is tender. Add spinach, cover pan, and cook for a further 2 minutes or until spinach has just wilted.

Remove pan from heat and stir in coconut milk. Cool soup slightly.

Purée soup in an electric blender or use an electric beater.

Add nutmeg, paprika, salt and pepper to taste. Serve.

MEXICAN CHICKEN SOUP

Serves 4-6

| | |
|---------------------------------|--|
| 2 cups sweet potato, diced | $\frac{2}{3}$ cup tomatoes, chopped |
| 2 tbs oil | $\frac{1}{2}$ cup coriander, roughly chopped |
| 1 onion, diced | 2 chicken breasts, poached and diced |
| 2 garlic cloves, finely chopped | Salt and pepper |
| 1 tsp ground cumin | $\frac{1}{2}$ avocado, sliced |
| 2 cups chicken stock | |

Instructions

Boil sweet potato in water in a large pan for 10 minutes or until tender. Drain well.

Place onion and garlic in the large pan on medium heat and fry in oil for 5 minutes or until onion is tender. Add turmeric cumin and cook for a further 2 minutes before adding stock, tomatoes, coriander and sweet potato. Simmer for 10-15 minutes or until potato is tender.

Remove from heat, cool slightly, then purée soup in an electric blender or use an electric beater adding more liquid (stock or water) if necessary. Return to the pan.

Add cooked chicken breast to the soup and reheat for 2 minutes or until chicken is heated through. Add salt and pepper to taste.

Serve with sliced avocado.

PUMPKIN SOUP

Serves 4-6

| | |
|--|--------------------------|
| 1 tbs olive oil | ⅓ tsp ground cloves |
| 6 spring onions (scallions) finely chopped | ⅓ tsp group nutmeg |
| 6 cups diced pumpkin | 400ml light coconut milk |
| ⅓ tsp ground cardamom | Salt and pepper |

Instructions

In a saucepan on medium heat fry the spring onions in olive oil until lightly browned. Add pumpkin to the pan with the ground cardamom, cloves and nutmeg. Cover and cook on a low heat for 10 minutes stirring once or twice. Add coconut milk and continue cooking until pumpkin is tender. Cool soup slightly.

Purée soup in an electric blender or use an electric beater.

Add salt and pepper to taste. Serve.

BRUSSELS SPROUT AND BACON SOUP

Serves 2-4

| | |
|--|--|
| 2 tbs olive oil | 4 rashers bacon, finely diced |
| 10 Brussels sprouts, trimmed and cut into quarters | 2 cups vegetable <i>or</i> chicken stock |
| | Pepper to taste |

Instructions

Fry the bacon in olive oil over medium-high heat until browned and slightly crispy.

Add Brussels sprouts and sauté for 5 minutes.

Add the stock and a pinch of pepper. Simmer for 10-15 minutes or until the Brussels sprouts are tender. Cool soup slightly.

Purée soup in an electric blender or use an electric beater.

Add salt and pepper to taste. Serve.

FENNEL AND SPINACH SOUP

Serves 4-6

| | |
|--|--|
| 1 onion, diced | 1 bunch English spinach, chopped |
| 2 garlic cloves, chopped | 5 cups chicken stock |
| 1 tbs olive oil | ¼ cup fresh oregano leaves, chopped |
| 2 medium fennel, stalks removed and chopped | Pinch nutmeg |

Instructions

In a medium sized pan on medium heat fry onion and garlic in oil for 2 minutes. Add fennel and cook stirring for a further 5 minutes or until onion is tender.

Add the stock, cover and simmer for 10 minutes until fennel is tender. Add spinach and simmer for a further 3-4 minutes until spinach has wilted. Cool soup slightly.

Purée soup in an electric blender or use an electric beater.

Re-heat prior to serving.

COOLED CUCUMBER SOUP

Serves 4-6

| | |
|---|--------------------------------|
| 1½ cups cucumber, peeled, seeded and diced | ½ cup fresh coriander, chopped |
| 1 avocado, peeled, seeded and diced | Pinch of chilli |
| 2 shallots, diced | 1 cup water |
| 3 tbs lime juice | 1 cup coconut milk |
| | Salt and Pepper |

Instructions

Place all ingredients except the coconut milk, salt and pepper in a food processor or blender. Blend on high speed for 2- 3minutes until smooth. Add coconut milk, salt and pepper and blend for a further 30 seconds.

Transfer to a large bowl, cover and place in the fridge to cool for 30 minutes before serving.

SWEET POTATO CURRY SOUP

Serves 4-6

| | |
|--|--------------------------------|
| 1 onion, diced | 1 tbs ground cumin |
| 1 tbs oil | 2 tsp ground cinnamon |
| 2 garlic cloves, finely chopped | ½ tsp ground ginger |
| 4 cups diced sweet potato | 2 tbs ground paprika |
| 4 cups chicken <i>or</i> vegetable stock | 1 small chilli, finely chopped |
| 1 tbs ground coriander | 1 cup coconut milk |
| 1 tsp ground turmeric | |

Instructions

Fry onion and garlic in a pan with oil on medium heat until lightly browned. Add sweet potato and spices and cook for 5 minutes or until sweet potato has become slightly tender.

Add stock, cover pan and simmer for 10-15 minutes or until sweet potato is tender. Remove from heat and stir in coconut milk. Cool soup slightly.

Purée soup in an electric blender or use an electric beater.

Re-heat prior to serving.



MEATS

Also See:

- Meatballs Pg 9
- Rocket, Bacon and Walnut Salad Pg 13
 - 24hr Salad Pg 14
 - Sausage Salad Pg 19
- Tomato and Bacon Soup Pg 24
- Brussel Sprout and Bacon Soup Pg 30
 - Brussel Sprout Bake Pg 60
 - Bacon and Egg Omelette Pg 60
 - Baked Leek and Bacon Omelette Pg 63
- Broccoli wrapped in Bacon with Soy Pine Nuts Pg 90
 - Cucumber Hot Dogs Pg 91
 - Bacon and Leek with Boiled Eggs Pg 92
 - Mushroom and Bacon Omelette Pg 93
 - Grilled Garlic Mushrooms with Bacon Pg 95
 - Bacon, Mushroom and Pesto Sandwich Pg 103
 - Open Face Lamb and Pumpkin Sandwich Pg 104

BEEF AND MUSHROOM DISH

Serves 3

| | |
|------------------------------|-----------------------------|
| 280g sliced lean beef/steak | 2 tsp Mexican chilli powder |
| 6 cups sliced mushrooms | Ground pepper |
| 1 diced onion | 6 spears asparagus |
| 2 garlic cloves | 1 head lettuce leaves |
| ½ cup balsamic vinegar | ½ cup tomato |
| 1½ tbs ground paprika (mild) | |

Instructions

Place the mushrooms and balsamic vinegar in a bowl and leave to marinate while continuing with preparing the dish.

Heat pan and fry onion and garlic in a little oil until slightly softened, add chopped beef and fry until the beef has browned. Stir in the paprika, Mexican chilli powder and pepper.

Add the mushrooms and balsamic vinegar to the pan and stir. Cover and simmer for 10-15 minutes until the beef is tender. Steam the asparagus in water for 5min.

Serve beef and mushrooms with the asparagus, lettuce and tomato salad.

PEPPERED STEAK

Serves 4

| | |
|---------------------------|---------------|
| 4 x 100g rump steaks | 1 egg, beaten |
| 4 tbs crushed peppercorns | 1 tbs oil |

Instructions

Dip each steak into beaten egg, and then cover by pressing on crushed peppercorns.

Place the steak on a frying pan or barbeque with some oil to grease. Fry on high heat for 30 seconds each side, reduce heat and cook until steak is at desired tenderness.

Serve with boiled vegetables and/or salad.

BEEF WITH ZUCCHINI

Serves 2-4

| | |
|---------------------------------|--|
| 280g beef, cut into strips | 1 tsp ground pepper |
| 1 tbs oil | ⅓ cup water |
| 1 onion, finely chopped | 4 small zucchinis, cut crossways into pieces |
| 2 cloves garlic, finely chopped | 1 red capsicum, diced |
| 4 tomatoes, chopped | |
| ½ tsp salt | |

Instructions

Heat oil in a pan and fry beef strips until browned on all sides.

Add the onions, garlic, tomatoes, water, salt and pepper; cover and simmer for 1 hour. Check from time to time to ensure mixture has not become too dry; add more water if necessary.

Stir in zucchini and capsicum pieces and simmer for a further 20 minutes. Serve.

LAMB AND CAPSICUM SKEWERS

Serves 2

| | |
|---|---------------------------|
| 6 wooden skewers; soaked in cold water for 30 minutes | 2 tbs olive oil |
| 230g diced lamb | 1 tsp apple cider vinegar |
| 1 green capsicum, diced | ½ tsp salt |
| | Pinch pepper |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit or preheat BBQ grill on high heat. Place olive oil, apple cider vinegar, salt and pepper in a small bowl and combine well.

Thread diced lamb onto skewers alternately with diced capsicum. Place on an oven tray lined with baking paper and coat with olive oil mixture.

Bake in the oven for 30-40 minutes. If cooking on a BBQ grill, cook lamb for 5-6 minutes each side. Serve.

MEAT FILLED EGGPLANT

Serves 2-4

| | |
|---|---|
| 170g lean mince meat | Herbs – sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount) |
| ½ cup onion, diced | |
| 3 garlic cloves, finely chopped | 2 eggplants, cut in half |
| 1 tbs tomato paste | 1 cup lettuce |
| 400g can diced tomatoes <i>or</i> 2 cups diced tomatoes | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place eggplant halves in a baking dish and bake in the oven for 15-20 minutes or until soft. When the eggplant is cooked, cool slightly then scrape the flesh of the eggplant away from the skin with a fork and then mash the flesh. Leave eggplant shells intact for serving.

Prepare the meat by frying the onion and garlic in a little oil in a heated pan until browned. Remove onion and garlic from the pan and fry the mincemeat, stirring so there are no lumps.

When the meat is browned, return the onion and garlic to the pan along with herbs (to taste). Add tomato paste and cook for 2-3 minutes. Add the diced tomatoes, cover pan and simmer for 20-30 minutes. Stir through the mashed eggplant.

To serve, place the meat into eggplant shells and serve with lettuce.

BEEF ROULADEN

Serves 1

| | |
|----------------------------|-----------------------|
| 1 sirloin steak – thin | Small piece of carrot |
| ½ tsp ground mustard seeds | Small piece of onion |
| 1 bacon eye | Oil |
| ½ small cucumber pickle | 1 tsp arrowroot |

Instructions

Pound the steak with a meat hammer until about 1 cm thick. The thicker the steak the harder it will be to roll. Lay steak out and on one side spread with a little mustard.

At one end of the steak, place the bacon eye, pickle, carrot and onion. Carefully roll up the steak as tight as possible to hold the filling ingredients. Once rolled up secure the roll with tooth picks.

Place steak in a heated pan with a decent amount of heated oil and fry until the roll is well browned (not just browned, dark brown!). This part of the process is where the flavour comes from, so make sure the meat is cooked well, this may take around 20 minutes.

Once the meat is ready, drain any excess oil from pan and add sufficient water to simmer (not boil) the roll. Place pan back on the heat with the steak roll, cover and simmer for at least an hour or until meat is tender. Sauce may be thickened with a little arrowroot if desired.

Serve rouladen with pan sauce and steamed vegetables or salad.

PAPRIKA LAMB

Serves 4-6

| | |
|---------------------------------|--|
| 2 tbs oil | ½ tsp caraway seeds |
| 500g diced lamb | ¼ cup ground paprika |
| 1 large onion, thinly sliced | 800g canned diced tomatoes <i>or</i> 4 cups freshly diced tomatoes |
| 3 garlic cloved, finely chopped | |

Instructions

Heat 1tbs oil in a pan, fry veal over medium-high heat until browned, setting any pan juices aside as they form.

Remove veal from pan and add 1tbs oil, onion and garlic. Fry on medium heat for 5 minutes or until onions are soft. Add caraway seeds and paprika and stir for 30 seconds.

Add diced tomatoes and veal to the pan, cover and simmer for 1 hour or until meat is tender and sauce has thickened. Add a little water if the sauce begins to dry. Serve.

MOROCCAN LAMB WITH SQUASH

Serves 4-6

| | |
|-----------------------------------|---|
| 500g diced lamb | 6 yellow button squash, cut into halves |
| 1 tbs oil | 1 lemon, juiced |
| 3 cups chicken or vegetable stock | 1 tbs honey |
| 1 tbs ground cinnamon | ⅔ cup pitted prunes |
| 3 cups diced pumpkin | Pinch salt and pepper |
| 1 onion, sliced | |

Instructions

In a pan on high heat, heat oil and fry diced lamb until browned.

Add the stock and cinnamon. Cover and lower heat and simmer for 40 minutes.

Add pumpkin, squash, onion, lemon juice and honey, cover and simmer for another 30 minutes or until vegetables are cooked. Add prunes, salt and pepper and cook for an additional 5 minutes. Cool before serving.

ROAST PUMPKIN WITH COLESLAW

Serves 2

| | |
|---|--------------------------------|
| 4 large pieces of pumpkin, seeds removed and peeled | Coleslaw |
| 3 tbs oil | 2 medium carrots, grated |
| 6 rashers bacon, diced | ¼ cabbage, finely sliced |
| | 2 stalks celery, thinly sliced |
| | 2 red radishes, finely diced |
| | 6-8 tbs mayonnaise |

Instructions

Pre-heat a fan-forced oven to 200° Celsius/400° Fahrenheit.

Place large pumpkin pieces along with 2tbs oil into an ovenproof dish, and bake in the oven for 40-50 minutes, or until cooked.

Meanwhile, place diced bacon and 1tbs of oil into a fry pan on medium-high heat and fry until slightly crispy.

To make the coleslaw, place all other ingredients into a bowl and mix until well combined.

To serve, place pumpkin on plate with some coleslaw then sprinkle bacon pieces on top.

BEANS EGG 'N' BACON

Serves 2

| | |
|-----------------------------|----------------|
| 4 cups green beans | 6 eggs |
| 115g bacon meat (meat only) | Cracked pepper |

Instructions

Steam beans in a pan with some water until cooked, drain and set to the side.

In a frying pan fry the bacon until browned. When the bacon is cooked, add the eggs and scramble together with the bacon and some cracked pepper until egg whites are cooked.

Mix egg/bacon with beans. Serve with lettuce/salad.

SATAY BEEF

Serves 4-6

| | |
|---|--------------------------------|
| 500g beef, cut into strips | <u>Satay Sauce</u> |
| 1 broccoli florets, cut into bite size pieces | 1 small white onion, grated |
| 2 carrots, cut into thin strips | 2 garlic cloves, grated |
| 1 tbs oil | 1 tbs oil |
| | 3 tbs almond butter |
| | $\frac{2}{3}$ cup coconut milk |
| | Chilli flakes |

Instructions

Heat a large-sized pan on medium-high heat. Fry the beef in 1 tbs oil for 4-5 minutes or until browned. Transfer beef to a plate. Lower the heat of the pan to medium.

To make the almond satay sauce, place the oil, onion and garlic into the pan and fry for 5 minutes or until lightly browned.

Add almond butter and coconut milk and stir constantly until thickened. Remove from heat and stir in a desired amount of chilli flakes. Cool slightly and remove excess oil.

Add beef, broccoli florets and sliced carrot to sauce. Return pan to heat on low heat and stir for 5 minutes. Serve.

HONEY APPLE BAKED PORK

Serves 3

| | |
|--|---------------------------|
| 50g olive oil | Pinch of chopped sage |
| ¼ cup honey | 3 bunches English spinach |
| 6 x 200g pork fillet pieces | 4 tbs pine nuts |
| 3 pink lady apples, washed and sliced horizontally into approx 5mm thin slices | Squeeze lemon juice |
| | Salt and pepper |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a small pan, combine olive oil and honey over a low heat until honey has melted. Add the pork. Glaze the pork fillets in the honey mixture and cook both sides for around 2 minutes.

Place baking paper in a baking tray and lay out 6 groups of 4 apple slices, brush with honey mixture, top with sage and pork fillets. Top with 2 more apple slices and another coat of honey mixture.

Bake for 15-20 minutes, or until the apples are caramelised and golden and pork is cooked.

In a fry pan on low heat, roast the pine nuts and stir until golden brown. Steam spinach until cooked; mix in a squeeze of lemon juice.

To serve, place pork apple stack on a plate accompanied by the spinach topped with pine nuts.

STUFFED PAPRIKA

Serves 4-6

| | |
|--------------------------|--------------------|
| 500g minced meat | 3 medium capsicum |
| 1 bunch parsley, chopped | 1 ltr tomato juice |
| 1 onion, chopped | 3 tbs arrowroot |
| 1 tsp salt and pepper | Oil |

Instructions

Place minced meat, parsley, onion and salt in a bowl and combine well.

Cut off the top of the capsicums and remove seeds. Fill capsicums with the minced meat.

Place oil in a large pan on medium-high heat. Place capsicums meat side down and fry for 5-8 minutes until meat browns (to seal).

Sit capsicums upright or on their side and add tomato juice to pan and simmer for 60 minutes or until meat is cooked.

In a small bowl combine arrowroot and a little water until there are no lumps. Add to simmering tomato sauce and stir constantly until sauce thickens. Simmer for a further 5 minutes. Serve.



CHICKEN

Also See:

- Pecan Chicken Salad Pg 15
- Fruit and Nut Chicken Salad Pg 15
- Chicken and Pistachio Salad Pg 17
- Chicken Soup Pg 25
- Mexican Chicken Soup Pg 29
- Chicken, Avocado and Salad Sandwich Pg 102
- Grilled Eggplant, Olives and Chicken Sandwich Pg 103

CHICKEN WITH MACADAMIA TOPPING

Serves 2

| | |
|---|--------------------------------|
| 2 chicken breasts, each cut into 3 pieces | 1 garlic clove, finely chopped |
| 2 tbs oil | 1 tbs oil |
| <u>Macadamia Topping</u> | Big pinch of salt |
| ½ cup diced red onion | ½ cup macadamia nuts |
| | 4 tbs chopped chives |

Instructions

To make the macadamia topping, on medium heat separately fry onion and garlic in oil and salt until browned and tender. Remove onion and garlic from pan, leaving oil in pan. Place pan back on heat and add macadamia nuts, stirring constantly until lightly browned. Remove from heat and cool slightly.

Using an electric blender, combine onion and garlic and macadamia nuts and pulse until a crunchy texture has formed. Place mixture in a bowl and mix in chopped chives.

Fry chicken with oil in a pan on high heat. Cook for 6-10 minutes or until browned and cooked through; turn chicken over occasionally to cook both sides.

To serve, place chicken on a plate and top with the macadamia mixture. Accompany with salad and/or vegetables.

CHICKEN PICCADILLO

Serves 4-6

| | |
|--|-----------------------------|
| 285g chicken breast, cubed | ⅓ cup water |
| 1 tsp olive oil | 1¼ cups red capsicum, diced |
| 1 cup diced onion | 15 stuffed olives |
| 2 garlic cloves, chopped | 9 organic prunes, de-stoned |
| 3 large tomatoes, peeled, seeded and chopped, <i>or</i> 400g can of diced tomatoes | ¼ tsp ground cloves |
| | 2 tsp vinegar |

Instructions

Fry onion and garlic in a pan on medium heat with olive oil until browned. Add chicken and fry until browned. Add tomatoes and water, cover and simmer for 5 minutes.

Add the capsicum, olives, cloves and vinegar and simmer for 10-15 minutes. Add prunes and cook for another 10 minutes. Serve.

CHICKEN WITH BASIL AND ORANGE SAUCE

Serves 2

| | |
|-------------------------------------|------------------------------------|
| 2 chicken breasts | ⅓ cup fresh basil, roughly chopped |
| 2 tbs olive oil | Salt |
| 1 cup freshly squeezed orange juice | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place chicken breasts between 2 pieces of baking paper. Using a meat hammer or the end of a rolling pin, flatten chicken breasts until 1cm thick.

Place chicken breasts in an ovenproof dish with olive oil, orange juice, basil and a good pinch of salt. Cover tightly with a sheet of aluminium foil.

Bake chicken in oven for 30-40 minutes or until cooked.

Serve with a salad or steamed vegetables.

THAI CHICKEN SALAD WITH ENGLISH SPINACH

Serves 2

| | |
|--------------------------|--|
| 2 chicken breasts | Mint, chopped |
| 1 lemon, thinly sliced | 2 cloves garlic, finely chopped |
| 2-3 bay leaves | 2 fresh red chillies, finely chopped |
| Peppercorns (just a few) | Juice of 1 lemon |
| 1 carrot, finely grated | 2 tsp fish sauce (<i>non-paleo</i>), or 1 tsp salt |
| 4 cups English spinach | |

Instructions

Place chicken breast in a pan with lemon, bay leaves and peppercorns. Add enough water to almost cover chicken. Bring water slowly to a simmer, but not boiling, as this will toughen the chicken. Cover and simmer for 7-10 minutes or until cooked; time will depend on the size and thickness of the chicken.

When cooked, remove from heat and stand for around 10 minutes, or until chicken has cooled. Discard liquid and shred chicken.

In a salad bowl toss together chicken and all other ingredients. Serve.

CHICKEN WITH AVOCADO SAUCE

Serves 2

| | |
|---|-----------------------------------|
| 3 cups pumpkin, chopped into big pieces | 1 tbs oil |
| 1 tbs olive oil | ½ avocado |
| Salt and pepper | 1 tbs fresh basil, finely chopped |
| 2 chicken breast fillets | 1 tbs lemon juice |
| | 1 cup rocket |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In an ovenproof dish, place diced pumpkin, olive oil, salt and pepper. Bake for 40-60 minutes or until cooked.

Heat oil in a pan over medium heat, fry chicken for 5-7 minutes each side or until cooked through. Set meat aside for 5 minutes then thinly slice chicken, cutting across the grain.

In a food processor, place avocado, basil and lemon juice; pulse until a smooth paste has formed.

To serve, layer chicken slices, pumpkin and rocket and top with avocado mixture.

CHICKEN LARB KAI

Serves 3

| | |
|--------------------------------|--|
| 3 chicken breasts | 2 tsp fish sauce (<i>non-paleo</i>), or 1 tsp salt |
| 1 tbs oil | 4 tbs lemon juice |
| 1 chilli, chopped | ½ cup mint leaves, finely chopped |
| 1 garlic clove, finely chopped | 1 bunch coriander, finely chopped |
| 1 cup chicken stock | 1 red onion, finely sliced |
| ½ tsp red curry paste | |

Instructions

Place chicken breasts in a food processor and mince.

Heat oil in a large pan on medium-high heat. Add oil, chilli and garlic and fry for 1 minute. Add ground chicken and stir continuously until cooked through, making sure to break up any large lumps.

Add the chicken stock and simmer for 8-10 minutes, or until liquid has absorbed. Add curry paste, fish sauce (or salt), lemon juice and simmer for a further 2-3 minutes.

Remove pan from heat, add mint, coriander and onion and combine well. Leave covered for a further 2 minutes before serving.

HAZELNUT CHICKEN SCHNITZEL

Serves 2

| | |
|-------------------|------------------------------------|
| 2 chicken breasts | $\frac{2}{3}$ cup ground hazelnuts |
| 1 egg, beaten | Salt |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place chicken breasts between two pieces of baking paper. Using a meat hammer or the end of a rolling pin, flatten chicken breasts until 1cm thick.

Place beaten egg in a medium size bowl, and ground hazelnuts on a large plate. Dip each chicken breast into the beaten egg mixture until well coated, then place onto the ground hazelnuts, turning over to cover well.

Place chicken onto a baking tray lined with baking paper and bake in the oven for 30-40 minutes, or until chicken has cooked through.

Serve with a salad or steamed vegetables.

ROSEMARY AND LEMON CHICKEN SKEWERS

Serves 2

| | |
|--|--------------------------------|
| 6 wooden skewers; soaked in cold water for 30 minutes. | 2 tbs rosemary, finely chopped |
| 2 chicken breasts, diced | 1 tsp grated lemon rind |
| 2 tbs olive oil | $\frac{1}{2}$ cup lemon juice |
| | Salt |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit or preheat BBQ grill on high heat.

Place olive oil, rosemary, lemon rind, lemon juice and salt in a small bowl and combine well. Thread diced chicken onto skewers and place on an oven tray lined with baking paper, coat chicken with rosemary and lemon sauce.

Bake skewers for 30-40 minutes or until chicken has cooked through. If cooking on a BBQ grill, cook chicken for 5-6 minutes each side. Serve.

CHICKEN SATAYS WITH CORIANDER AND CHILLI

Serves 2

| | |
|--|------------------------------|
| 6 wooden skewers; soaked in cold water for 30 minutes. | 2 garlic cloves |
| 2 chicken breasts, diced | 1 cup fresh coriander leaves |
| <u>Marinade</u> | 1 tbs ground turmeric |
| 1 tbs olive oil | 1 tbs chilli flakes |
| ¼ cup lemon juice | 1 tbs garam masala |
| 1 onion, chopped | 1 tbs ground coriander seeds |

Instructions

Place olive oil, lemon juice, onion, garlic cloves, coriander, turmeric, garam masala and ground coriander seeds in a food processor and blend on high speed until a smooth texture has formed.

Thread chicken onto wooden skewers and place in a dish, pour marinade over chicken, turning skewers until well coated. Cover dish and refrigerate for 1-2 hours.

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place chicken skewers on an ovenproof tray lined with baking paper, brush with marinade. Bake in the oven for 20-30 minutes until chicken has cooked through. Serve.

BOMBAY CHICKEN SKEWERS

Serves 2

| | |
|--|---------------------------------|
| 6 wooden skewers; soaked in cold water for 30 minutes. | 1 tbs ground coriander |
| 2 chicken breasts, diced | 1 tbs ground cumin |
| 4 tbs oil | 1 tbs ground turmeric |
| 2 tbs sweet paprika | 2 cloves garlic, finely chopped |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit or preheat BBQ grill on high heat.

Make Bombay spice mix by heating oil and spices in a frying pan on medium heat for 2-3 minutes, or until fragrant.

Thread diced chicken onto skewers and place on an oven tray lined with baking paper. Coat chicken well with Bombay spice mix.

Bake in the oven for 30-40 minutes or until chicken has cooked through. If cooking on a BBQ grill, cook chicken for 5-6 minutes each side. Serve.



SEAFOOD

Also See:

- Tuna and Olive Salad Pg 14
- Scrambled Eggs with Smoked Salmon and Lemon Mayonnaise Pg 88
- Salmon and Zucchini Fritters Pg 89
- Smoked Salmon Omelette with Dill Mayonnaise Pg 96
- Tuna Salad Sandwich Pg 102

DORY WITH BEETROOT SALAD

Serves 2

| <u>Fish</u> | <u>Salad</u> |
|-----------------|--------------------------------|
| 2 dory fillets | ½ small beetroot, finely diced |
| Lemon juice | ½ medium tomato, finely diced |
| Salt and pepper | 1 cup lettuce, finely chopped |
| | 5 walnuts, chopped |
| | Lemon juice |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place fish on an oven tray and sprinkle with lemon juice, salt and pepper.

Bake fish in oven for 10-15 minutes.

To make the salad, place all salad ingredients into a bowl and combine well adding lemon juice to taste. Serve with fish.

FISH WITH GARLIC BASIL MAYONNAISE

Serves 2

| | |
|-----------------------|-----------------------------------|
| 2 serves fish fillets | 1 large garlic clove, crushed |
| 4 tbs mayonnaise | ½ cup fresh basil, finely chopped |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a small bowl, mix together mayonnaise, garlic and basil.

Place fish fillets on an oven tray lined with baking paper and coat top evenly with mayonnaise mixture. Bake fish in the oven for 15-20 minutes or until cooked. Serve.

PICKLED FISH

Serves 4

| | |
|---|--|
| 2 tbs olive oil (for frying) | Decent pinch of pepper |
| 3 tbs olive oil (for sauce) | Rind of 2 oranges |
| 4 Swordfish fillets (or other white fish) | 1 green capsicum, seeded and cut into strips |
| 3 tbs white vinegar | 1 large garlic clove, crushed |
| 2 large bay leaves | 1 tsp tarragon |
| 1 tsp salt | 1 tbs finely chopped shallots |

Instructions

Heat 2 tbs oil in a frying pan and brown the fish fillets quickly on both sides until cooked. Carefully transfer the fish to a shallow glazed dish.

Combine the remaining ingredients and pour over the fish. Cover dish tightly with plastic wrap. Refrigerate at least 12 hours, basting occasionally. Serve.

CALAMARI WITH CRUNCHY VEG

Serves 1

| | |
|----------------------------------|--|
| 130g calamari, sliced into rings | 4 Brussels sprouts, sliced into quarters |
| 2 tbs olive oil | Salt |
| ¾ cup carrot, sliced | |

Instructions

Add 1 tbs olive oil to a pan and heat. When oil is hot, add calamari and cook on high for 2-3 minutes or until cooked through.

Remove calamari from pan.

Add the other 1 tbs of olive oil to the pan with the carrot, Brussels sprouts and salt and place back onto the heat. Stir-fry for 3-4 minutes before serving with calamari.

BAKED SALMON WITH PISTACHIO SALSA

Serves 4

| <u>Fish</u> | <u>Salsa</u> |
|-------------------------|---|
| 4 salmon fillets | 1 bunch flat leaf parsley, finely chopped |
| 2 tbs olive oil | 1 tbs small capers |
| 1 bunch dill | ½ cup pistachio kernels |
| 1 orange, juiced | ¼ cup shallots, finely sliced |
| Sea salt | 1 tbs olive oil |
| <u>Pumpkin</u> | |
| 4 cups pumpkin, chopped | |
| 3 tbs olive oil | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Rinse the salmon under cold running water and pat dry with a paper towel. Rub sea salt onto the fish. Wrap fish in aluminium foil with sprigs of dill, orange juice and olive oil. Fold edges of aluminium foil to form a tight package.

Bake fish in oven for 20-30 minutes or until cooked through.

In an ovenproof dish, combine pumpkin and olive oil and bake in the oven at the same time as the fish. Cook for 20-30 minutes or until soft and golden.

To make the salsa, combine parsley, capers, pistachios, shallots and olive oil and mix well.

Serve fish with the salsa.

TUNA AND SWEET POTATO PATTIES

Serves 6-8

| | |
|---------------------------------------|-----------------|
| 2 cups sweet potato, peeled and diced | 2 eggs |
| 180g can tuna in brine, drained | 1 tbs olive oil |
| ¼ cup almond meal | Salt and pepper |

Instructions

Place diced sweet potato in a covered pan with water on medium-high heat and boil for 10-15 minutes or until tender.

Remove sweet potato from pan and place in a medium sized mixing bowl with the tuna, almond meal, eggs, olive oil, salt and pepper. Combine well.

Shape tuna mixture into patties and place on a preheated grill on medium heat; cook for 5-7 minutes, or until cooked through.

Serve with salad.

WHITE FISH WITH ONION AND BROCCOLI

Serves 2

| | |
|---------------------------------|-----------------|
| Aluminium foil | Olive oil |
| 2 white fish fillets | Pinch paprika |
| 1 small onion, finely sliced | Salt and pepper |
| 1 cup broccoli, roughly chopped | |

Instructions

Preheat a fan-forced oven to 180°Celsius/350°Fahrenheit.

Place one fish fillet in the centre of a large sheet of aluminium foil. Place half the onion and broccoli on top of fish fillet and drizzle with olive oil, paprika, salt and pepper.

Fold the edges of the foil completely around the fillet and place onto a baking tray. Repeat process with the other fish fillet.

Bake fish in the oven for 10-15 minutes or until fish has cooked. Serve.

WHITE FISH WITH LEMON AND CHILLI

Serves 2

| | |
|-----------------------|-------------------------|
| Aluminium foil | ⅓ cup lemon juice |
| 2 white fish fillets | 2 tsp chillies, chopped |
| 4 cups spinach leaves | Salt and pepper |
| 4 tbs olive oil | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a small bowl, combine olive oil, lemon juice, chillies, salt and pepper.

Place half the spinach in the centre of a large sheet of aluminium foil. Place one fish fillet on top of the spinach and coat evenly with half the lemon and chilli dressing.

Fold the edges of the foil completely around each fillet and place onto a baking tray. Repeat process with the other fish fillet.

Bake fish in the oven for 10-15 minutes or until fish has cooked. Serve.



OMELETTES

Also See:

- Mushroom and Bacon Omelette Pg 93

- Smoked Salmon Omelette with Dill Mayonnaise Pg 96

ASPARAGUS AND BASIL OMELETTE

Serves 2-4

| | |
|---|--|
| 5 asparagus stalks cut into 2.5 cm pieces | $\frac{2}{3}$ cup mushrooms, diced |
| 1 large clove garlic, finely chopped | 4 eggs, beaten |
| 1 tbs oil | $\frac{1}{2}$ cup fresh basil, roughly chopped |
| | Salt and pepper |

Instructions

Boil asparagus pieces for 2-4 minutes or until tender. Drain and set asparagus aside.

Fry the garlic in oil for 1 minute, add mushrooms and cook for a further 2 minutes. Remove from pan and mix with asparagus, chopped basil, salt and pepper.

Heat frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs has set turn the mixture over by placing another sheet of baking paper on top and flipping the eggs onto it.

Transfer back to the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

To serve, place omelette on a plate and spoon asparagus mixture onto one half and fold the omelette.

BRUSSELS SPROUT BAKE

Serves 4-6

| | |
|-------------------------------|-----------------|
| 10-12 Brussels sprouts, whole | 4 whole eggs |
| 1 tbs oil | ½ cup water |
| 10 bacon (eyes), diced | Salt and pepper |
| 1 onion, diced | 16 cashew nuts |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a pan heat oil and fry onion until slightly cooked, add bacon and continue frying until bacon is browned.

Meanwhile, boil the Brussels sprouts in a pan with water until just tender.

In a mixing bowl, beat the eggs, water, salt and pepper well.

In an ovenproof dish, mix the Brussels sprouts, onion, bacon mixture and cashews before evenly pouring over the beaten egg mixture.

Bake in the oven for 15-20 minutes or until eggs are set. Serve.

BACON AND EGG OMELETTE

Serves 2-4

| | |
|---------------------|-----------------------------------|
| 1 tbs oil | 5 eggs |
| 5 bacon eyes, diced | 1 handful freshly chopped parsley |
| 3 shallots, chopped | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Fry bacon and shallots in a frying pan with oil for 4 minutes, or until bacon is lightly browned.

Beat eggs in a bowl and combine bacon, shallots and parsley. Pour into an ovenproof dish lined with baking paper and bake for 20 minutes, or until set.

Leave to cool for 5 minutes before serving.

SPANISH OMELETTE

Serves 4-6

| | |
|---|--------------------------------|
| 1 tbs oil | 1 cup zucchini, diced |
| 1 red onion, sliced | 8 eggs |
| 4 garlic cloves, finely chopped | ½ cup water |
| 1 cup carrot, diced | Pinch of sage |
| 1½ cup parsnip, diced | Pinch of mixed herbs |
| 1½ cups pumpkin, diced | Salt and pepper |
| 1 whole red capsicum, de-seeded and diced | Handful fresh parsley, chopped |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Lightly fry the onion and garlic until just tender. Add carrot, parsnip and pumpkin and enough water to cover the bottom of the pan and not boil dry. Cover and steam vegetables, stirring occasionally until nearly cooked. Add capsicum and zucchini and continue cooking until all vegetables are tender.

In a mixing bowl beat together eggs, water, herbs, salt and pepper. Place vegetables in an oven-proof dish, pour over beaten egg mixture and sprinkle with parsley.

Bake in the oven for 15-20 minutes or until eggs are set.

Cool slightly before serving.

VEGETABLE AND NUT OMELETTE

Serves 2

| | |
|------------------------|--------------------------|
| 1½ cups pumpkin, diced | 4 walnut halves, chopped |
| ¾ cup eggplant, diced | 1 tbs sunflower seeds |
| 1 medium tomato, diced | Salt and pepper |
| 3 eggs | |

Instructions

Boil diced pumpkin in a pan with water until nearly cooked. Place eggplant into the pan and continue to boil for 2-3 minutes or until pumpkin and eggplant are both cooked.

In a bowl, beat together the eggs, salt and pepper.

Heat frying pan lined with baking paper. Place the pumpkin, eggplant, tomato, walnuts and sunflower seeds onto the baking paper and pour over the egg mixture.

When the bottom of the omelette is cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the mixture onto it, then transfer back into the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom. Serve.

BAKED LEEK AND BACON OMELETTE

Serves 2

| | |
|-----------------------------------|-------------------------|
| 2 leeks, medium sized | ⅓ cup water |
| 3 rashers bacon, meat only, diced | Salt and pepper |
| 3 eggs | Freshly chopped parsley |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Trim leek around 5cm beyond the point where the leaves start to darken. Slit leek lengthwise upward through leaves (leaving base intact), wash by pulling apart layers with your fingers to get rid of any dirt. Dice the leek into big pieces and steam in some water for around 10 minutes or until tender.

Fry the bacon not quite to crispy. In a bowl whisk together eggs, water, salt and pepper. Add the bacon and leeks.

Place egg mixture into two individual oven dishes and bake in the oven for 15-20 minutes, or until the eggs are cooked. Serve.

RAISIN OMELETTE

Serves 1

| | |
|-----------------------|------------------------|
| 2 tbs raisins | Pinch ground all spice |
| 3 eggs | Pinch nutmeg |
| Pinch ground cinnamon | |

Instructions

In a bowl soak raisins in boiling hot water for 1 minute. Drain well.

In a bowl, beat together eggs, cinnamon, all spice and nutmeg. Stir in raisins.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it back to the heated frying pan and cook for another 2-3 minutes, or until browned on the bottom. Serve.

BANANA OMELETTE

Serves 1

| | |
|----------------------|--------------------------|
| 1 banana | Salt and pepper to taste |
| 3 eggs, separated | Pinch cinnamon |
| Pinch cayenne pepper | Fresh parsley |

Instructions

Preheat a fan-forced oven to 180°Celsius/350°Fahrenheit.

Cut banana in half lengthways and then cut each half into 3 (6 pieces all up). Place banana onto a baking tray lined with baking paper and bake in an oven until softened and lightly browned. The riper the banana and the longer it is left in the oven, the more it will dry out.

In a bowl whisk together egg yolks, cayenne pepper, salt and pepper. In another bowl beat egg whites until soft peaks form. Fold egg whites gently into the egg yolk mixture. Pour mixture into a frying pan on medium heat. Cover with baking paper.

When the bottom of the eggs are cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer back to the heated frying pan and cook for a further 2-3 minutes, or until browned on the bottom.

When omelette is cooked, turn onto a plate and top with the banana. Sprinkle with cinnamon and chopped parsley to serve.



DESSERTS

Also See:

- Lemon Custard Pg 86

RASPBERRY SORBET

Serves 4-6

| | |
|-----------------------------------|-------------------|
| 1½ cups raspberries | ½ medium banana |
| ⅓ cup coconut milk | 1 tbs lemon juice |
| 1 egg white, beaten to soft peaks | 1 tbs honey |

Instructions

Blend the raspberries, coconut milk, banana, lemon juice and honey in a blender on high speed until creamy.

Gently fold raspberry mixture into the beaten egg white. Pour mixture into an ice-cream container/freezer proof container and freeze for 6 hours or overnight until set.

To serve, cut into slices.

AVOCADO AND MINT SORBET

Serves 4-6

| | |
|--|-------------------------------------|
| 2 large avocados, skin and stone removed | 2 tbs honey |
| 2 cups honeydew melon, diced | ⅓ cup coconut milk |
| ½ lemon, juiced | 2 egg whites, beaten to stiff peaks |
| 1 bunch of mint | |

Instructions

Blend avocados, honeydew, lemon, mint, honey and coconut milk in a blender until creamy.

Fold avocado mixture into the beaten egg whites.

Pour into an ice-cream container/freezer proof container and freeze for 6 hours or overnight until set.

Remove from the freezer 10 minutes prior to serving, cut into slices.

MANGO SORBET

Serves 2-4

| | |
|----------------------------------|--------------------------------------|
| 1 cup diced mango pieces, frozen | $\frac{2}{3}$ cup light coconut milk |
|----------------------------------|--------------------------------------|

Instructions

Blend frozen mango pieces and coconut milk in a blender on high speed until thick and smooth. Serve.

MELON AND SORBET SLICE

Serves 6-8

| | |
|---|--------------------------|
| Sorbet mixture of choice from this recipe book but not yet frozen | 1 rockmelon (cantaloupe) |
|---|--------------------------|

Instructions

Cut rockmelon in half and remove seeds by scooping out with a spoon.

Place rockmelon halves in the freezer until frozen. When rockmelon is frozen, pour sorbet mixture into each melon half, smooth the surface and return to the freezer for another 6 hours or overnight until set.

When the sorbet is frozen, cut the melon halves into slices using a sharp knife to serve. This recipe also works well using honeydew melon.

BANANA SORBET

Serves 1

| | |
|----------|-------------------------|
| 1 banana | $\frac{1}{2}$ cup water |
|----------|-------------------------|

Instructions

Slice banana into small/medium pieces and place in the freezer for a couple of hours or until frozen.

Place frozen banana in a blender with water and blend on high until smooth and thick. Serve.

CHOCOLATE AND CINNAMON ICE

Serves 2-4

| | |
|--------------------|------------------|
| 4 cups water | 5 tbs honey |
| ½ cup cocoa powder | 1 cinnamon stick |

Instructions

In a pan on medium heat, place all ingredients and bring to simmering point and stir gently for 5 minutes. Remove from heat, cool then remove cinnamon stick.

Pour mixture into an ice-cream container/freezer proof container and freeze for 2 hours. Break mixture up into crystals with a fork and return to the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If freezing the mixture overnight, remove from the freezer 30 minutes before breaking up the crystals for the first time). Serve.

PINEAPPLE AND LIME COCONUT ICE

Serves 2-4

| | |
|------------------------|--------------------|
| 2 cups pineapple juice | ½ cup coconut milk |
| 3 tbs lime juice | |

Instructions

Combine pineapple juice and 1 tbs lime juice.

Place juice into an ice-cream container/freezer proof container and freeze for 2 hours.

Pour mixture into an ice-cream container/freezer proof container and freeze for 2 hours. Break mixture up into crystals with a fork and return to the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If freezing the mixture overnight, remove from the freezer 30 minutes before breaking up the crystals for the first time).

To serve, mix together coconut milk and 2tbs lime juice. Place pineapple ice into individual serving glasses and top with the coconut mixture.

WATERMELON ICE WITH COCONUT MILK

Serves 4-6

| | |
|-------------------------------|---|
| 3 cups fresh watermelon juice | 1 cup coconut milk |
| 1½ tbs honey | 2 tbs vanilla essence <i>or</i> 1 vanilla pod |
| 2 tbs lemon juice | |

Instructions

To obtain fresh watermelon juice, either use a juicer that removes the pulp and seeds, or place watermelon in a food processor and pulse until smooth, place a sieve over a large bowl and squeeze the watermelon through, pressing firmly down to extract all the liquid, discard pulp and seeds.

In a saucepan on medium heat, simmer 1 cup of watermelon juice, honey and lemon juice for 1 minute. Add to the remaining watermelon juice and pour into an ice-cream container/freezer proof container and place in the freezer for 2 hours.

Break the mixture up into crystals with a fork and return to the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If freezing the mixture overnight, remove from the freezer 30 minutes before breaking up the crystals for the first time).

In a bowl combine coconut milk and vanilla essence. If using a vanilla pod, cut in half and scrape the seeds from the pods. Place the pod, seeds and coconut milk in the pan and heat to simmering point (do not simmer) for 2-3 minutes. Remove vanilla pod and cool coconut milk.

To serve, use a fork to scrape or shave the ice. Layer the watermelon ice with the coconut milk into individual glasses.

MINT CHOCOLATE ICE

Serves 2-4

| | |
|---------------------|--------------------|
| 2 cups water | 2½ tbs honey |
| 1 bunch mint leaves | 3 tbs cocoa powder |

Instructions

Place water, mint leaves and honey in a saucepan over medium heat.

Simmer for 5-10 minutes or until the mint flavour has become strong in the liquid. Remove mint leaves and leave to cool slightly.

In a cup, mix together cocoa powder with 3 tbs of mint water, removing any lumps. Stir cocoa mixture well into the remaining mint water.

Leave liquid to cool to room temperate before pouring into an ice-cream container/freezer proof container. Place in the freezer for 2 hours.

Break the mixture up into crystals with a fork and return to the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If freezing the mixture overnight, remove from the freezer 30 minutes before breaking up the crystals for the first time).

Serve.

CINNAMON AND APPLE ICE

Serves 2-4

| | |
|--------------------|-----------------------|
| 2 cups apple juice | 1 cinnamon stick |
| 1 cup water | 1½ tbs honey |
| 1 cup coconut milk | 1 tsp ground cinnamon |

Instructions

On medium heat, place water, coconut milk, cinnamon stick, honey and ground cinnamon in a pan and heat to simmering point (do not simmer) for 4 minutes. Remove from heat and cool before removing cinnamon stick.

Pour apple juice in an ice-cream container/freezer proof container and pour cooled cinnamon mixture into a separate container and freezer for 2 hours.

Break the mixture up into crystals with a fork and return to the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If freezing the mixture overnight, remove from the freezer 30 minutes before breaking up the crystals for the first time).

To serve, layer the apple juice ice and the coconut cinnamon ice into individual glasses.

COCONUT CUSTARD

Serves 2-4

| | |
|--------------------------|--------------|
| ¾ cup light coconut milk | 6 egg whites |
|--------------------------|--------------|

Instructions

In a pan, heat coconut milk until simmering.

Beat egg whites in a bowl and slowly add to the simmering coconut milk, stirring vigorously until thickened.

Cool for 7-10 minutes before serving.

ROCKMELON AND BLUEBERRY SALAD

Serves 4-6

| | |
|---|-------------------|
| 1 small rockmelon, seeded, peeled and diced | 1 tbs honey |
| 1 cup blueberries | ½ cup lemon juice |
| ½ cup pistachios, shelled | 4 cloves |
| 1 vanilla bean | |

Instructions

Combine rockmelon and blueberries in a large salad bowl.

Cut vanilla bean in half. Heat a small pan on medium heat with honey, lemon juice, cloves and vanilla bean.

Simmer for 3-5 minutes or until honey is dissolved. Remove cloves and vanilla pod and cool.

When cooled, pour vanilla sauce over rockmelon and blueberries. Stir in the pistachios before serving.

BANANA WITH HONEY WALNUTS

Serves 1

| | |
|-----------------------|--------------|
| 1 banana | 2½ tsp honey |
| 3 tbs chopped walnuts | |

Instructions

Place walnuts and honey in a microwave safe mug and heat on a medium microwave setting for 30 seconds. Stir then repeat for another 30 seconds. Honey should boil and lightly toast the walnuts.

Cut the banana into slices and place in a bowl. Pour walnuts and honey over the banana. Be careful, as the honey will be very hot.

Leave to cool slightly before serving.

MANGO LIME AND COCONUT

Serves 2-4

| | |
|------------------------------|------------------------------------|
| 1 large mango | 1 tbs honey |
| Finely grated rind of 1 lime | ½ cup coconut milk |
| 1 tbs lime juice | 1 egg white, beaten to stiff peaks |

Instructions

In an electric blender, blend mango, lime zest, lime juice, honey and coconut milk until creamy.

Fold mango mixture gently into the beaten egg white.

Pour mixture into an ice-cream container/freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.

HONEY PISTACHIO FRUIT SALAD

Serves 1

| | |
|-------------|-------------------------|
| 1 banana | 3 tbs pistachio kernels |
| 1 nectarine | 2 tsp honey |

Instructions

Place pistachios and honey in a microwave safe mug. Heat on a medium microwave setting for 30 seconds. Stir then repeat for another 30 seconds. Honey should boil and pistachio kernels lightly browned.

Cut the banana and nectarine into slices and place in a bowl. Pour pistachios and honey over fruit. Be careful, as the honey will be very hot.

Leave to cool slightly before serving.

PEAR CUSTARD

Serves 1

| | |
|--------------------|--------------------------|
| 2 eggs | 1 tsp vanilla essence |
| ½ cup coconut milk | 1 pear, cored and sliced |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In an individual ovenproof bowl lay the pear slices evenly.

In a separate bowl whisk together eggs, coconut milk and vanilla essence until well combined.

Pour egg mixture over pears and bake in the oven for 20-30 minutes or until cooked through. Test by inserting a knife into the centre of the custard, if the knife comes out clean the custard is cooked. Serve.

APPLE AND CINNAMON CUSTARD

Serves 1

| | |
|-----------------------------------|--------------------|
| 2 eggs | ½ cup coconut milk |
| 1 apple, peeled, cored and sliced | 1 tsp cinnamon |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In an individual ovenproof bowl lay the apple slices down evenly.

In a separate bowl, whisk together eggs and coconut milk until well combined.

Pour egg mixture over apples and bake in the oven for 20-30 minutes or until cooked through. Test by inserting a knife into the centre of the custard, if the knife comes out clean the custard is cooked. Serve.

PUMPKIN CUSTARD

Serves 2

| | |
|-----------------------|-------------------------------|
| 1 tbs honey | ¼ tsp ground cloves |
| ½ tsp salt | 2 medium eggs |
| 1 tbs ground cinnamon | 1¾ cup cooked pumpkin, mashed |
| ½ tsp ground ginger | 1½ cup coconut milk |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Mix all ingredients together. Pour into an ovenproof dish and bake for 20-30 minutes or until custard is cooked. Test by inserting a knife into the centre and if it comes out clean it is ready. Serve.

BANANA CUSTARD

Serves 2

| | |
|--------------------|-----------------------|
| 3 eggs | 1 medium ripe banana |
| ½ cup coconut milk | 1 tsp vanilla essence |

Instructions

Mash banana in a bowl until smooth. Add eggs, coconut milk and vanilla essence and combine well.

Heat a pan on medium heat, add the banana custard mixture and stir continuously with a wooden spoon for 4-5 minutes or until custard has thickened. Serve.

WATERMELON AND COCONUT SLICES

Serves 4-6

| | |
|---------------------|--|
| ¼ watermelon | 1 cup freshly grated coconut or desiccated coconut |
| ½ cup raspberry jam | |

Instructions

Place watermelon in the fridge and cool overnight.

Cut watermelon into slices. Spread the coconut onto a plate lined with baking paper.

Evenly and thinly spread jam over watermelon slices. Then place watermelon into coconut and coat well. Serve.

FRIED BANANA WITH ORANGE SYRUP

Serves 1

| | |
|-------------------|------------------|
| 1 large banana | ½ orange, juiced |
| 1 tbs coconut oil | 1 tsp honey |

Instructions

Cut banana in half lengthways and then each piece in half. Place the banana in a heated frypan with coconut oil and fry for 3-4 minutes on each side until golden brown.

Place orange juice and honey in a separate pan, simmer and stir for 3 minutes. Cool slightly.

To serve, place bananas in a bowl and drizzle with orange syrup.

BANANA IN COCONUT MILK

Serves 1

| | |
|--|---------------------------------|
| 1 large banana, cut in half lengthways | Pinch ground nutmeg |
| ¾ cup coconut milk | 1 tsp honey |
| Pinch ground cardamom | Pinch ground cinnamon, to serve |

Instructions

In a pan on medium heat, place coconut milk, cardamom, nutmeg and honey, simmer for 2 minutes while stirring.

Add banana slices and simmer with lid on pan for 2 minutes before flipping banana slices over and leaving to simmer for a further 2 minutes.

To serve place banana slices in a bowl with the coconut milk sauce. Sprinkle top with ground cinnamon.

CINNAMON AND RAISIN COOKIES

Serves 6-8

| | |
|------------------------------|--------------------|
| ½ cup almond meal | Pinch of all spice |
| 3 tbs freshly ground walnuts | Pinch of nutmeg |
| 1 tbs honey | 2 tbs currants |
| 1 tbs ground cinnamon | ⅓ cup raisins |
| 1 egg | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Place all ingredients in a bowl and mix well. On a baking tray lined with baking paper, firmly pack mixture down into a large square or rectangle shape.

Bake in the oven for 20-30 minutes or until well browned and cooked.

Cool before cutting into individual servings.

ALMOND DELIGHTS

Serves 6-8

| | |
|--------------------|------------------------|
| 2 cups almond meal | 1½ tbs honey, melted |
| 3 egg whites | 1½ tsp ground cinnamon |
| | ½ tsp ground nutmeg |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

In a bowl mix ground almonds, cinnamon, nutmeg and melted honey.

In a separate bowl beat egg whites until stiff peaks form. Fold egg whites gently into the almond meal to prevent too much air being lost in the egg whites.

Place teaspoon size scoops of mixture onto a baking tray lined with baking paper. Bake in the oven for 10-15 minutes or until browned and cooked.

Makes 13-15.

MARZIPAN

Serves 10-12

| | |
|-------------------------|----------------------|
| 3 cups almond meal | 4 tbs honey, melted |
| 3 tbs rosewater essence | 2-3 tbs cocoa powder |

Instructions

In a bowl mix together almond meal and rosewater, slowly add melted honey until mixture is soft enough to stick together; add more honey if necessary.

Roll marzipan into small potato shape balls and coat with cocoa powder. Keep refrigerated.

Makes 20-30 depending on size of balls.

NUT BALLS

Serves 6-8

| | |
|---------------------|--|
| 1 cup almond meal | 4 tbs honey |
| ½ cup hazelnut meal | 2 tbs cocoa powder |
| ½ cup almond butter | ¼ cup shredded coconut <i>(optional)</i> |

Instructions

In a bowl, mix together almond meal, hazelnut meal, almond butter, honey and cocoa powder.

Roll mixture into small balls and if desired, roll them in the shredded coconut.

Keep refrigerated. Makes 18-20 depending on size of balls.

ALMOND AND PEAR FRANGIPANE

Serves 6-8

| | |
|-------------------------------------|---|
| ¼ cup walnut oil or other light oil | ½ tsp almond essence |
| ½ cup honey | 3 poached pears, or tinned pears, halved |
| 2 eggs | |
| 2 cups almond meal | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Grease a deep 20cm round cake pan and line with baking paper.

In a mixing bowl, beat together oil, honey and eggs until a light and fluffy. Add almond meal and almond essence and mix until well combined.

Place halved pears on the bottom of the lined cake pan and spoon frangipane mixture evenly over the pears.

Bake in the oven for 30-40 minutes, or until a knife comes out clean. Serve.

RASPBERRY AND LEMON TART

Serves 6-8

| <u>Pastry</u> | <u>Filling</u> |
|-----------------------|-------------------------|
| 1 cup chopped walnuts | 1 cup coconut milk |
| 1½ cups almonds | ½ cup lemon juice |
| 1½ cup dates | 2 tsp grated lemon rind |
| | 1½ tbs honey |
| | 6 eggs, beaten |
| | ⅔ cup raspberries |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a 23cm tart tin with baking paper.

Combine walnuts, almonds and dates in a food processor and process on high for 30-40 seconds for a coarse texture. Press pastry evenly on to bottom and sides of tart pan. Refrigerate while making the filling.

To make the filling, place the coconut milk, lemon juice, lemon rind and honey into a pan, and simmer on low heat for 2 minutes. Slowly add the beaten eggs to a simmering mixture stirring vigorously until smooth and thickened. Add more honey if desired. Cool the filling slightly.

Pour filling slowly into the pastry case. Bake in the oven for 20-30 minutes or until a knife comes out clean.

To serve, top with raspberries.

CARROT CAKE

Serves 6-8

| | |
|----------------------|--------------------------|
| 6 eggs, separated | 1 tbs grated orange rind |
| ½ cup honey | 3 cups almond meal |
| 2 cups grated carrot | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a loaf or cake tin with baking paper.

In a large mixing bowl cream the egg yolks and honey until light and fluffy. Add the carrots, orange rind and almond meal. Combine well. In a separate bowl, beat egg whites until stiff peaks form. Fold gently into carrot cake mixture.

Pour the carrot cake mixture into a cake loaf tin then bake in the oven for 40-50 minutes or until cooked. Test by inserting a knife or skewer into the centre of the loaf, if it comes out clean it is cooked through. Serve.

BANANA BREAD

Serves 6-8

| | |
|-------------------|---|
| 3 eggs, separated | 1 tsp 100% vanilla essence |
| ¼ cup honey | 2 small bananas <i>or</i> 1 large banana, mashed |
| ¼ cup olive oil | 1½ cups almond meal |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a loaf tin with baking paper.

In a large mixing bowl cream egg yolks and honey until light and fluffy. Add olive oil, vanilla essence, mashed banana and almond meal. Combine well. In a separate bowl, beat egg whites until stiff peaks form. Fold gently into banana mixture. Pour the banana cake mixture into the loaf tin.

Bake in the oven for 20-25 minutes or until cooked. Test by inserting a knife or skewer into the middle of the loaf, if it comes out clean it is cooked through. Serve.

COCONUT CAKE

Serves 6-8

| | |
|----------------------------|--|
| 2 eggs | 1 cup almond meal |
| ⅓ cup olive oil | ½ cup coconut flour |
| ½ cup honey | 1 tsp baking powder (<i>non-paleo</i>) or 2 egg whites |
| 1 cup coconut milk | ¼ cup desiccated coconut |
| 1 tsp 100% vanilla essence | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a loaf tin with baking paper.

In a large mixing bowl, cream the eggs, oil and honey until light and fluffy. Add coconut milk, vanilla essence, almond meal, coconut flour, baking powder and desiccated coconut. Combine well.

Pour the coconut cake mixture into the loaf tin and bake in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the loaf, if it comes out clean it is cooked through. Serve.

NOTE: *If not using baking powder, separate the 2 eggs. Beat the egg whites until stiff peaks form, then fold gently into the coconut mixture. This will help in aerating the cake.*

CHOCOLATE ZUCCHINI CAKE

Serves 6-8

| | |
|-------------------|--|
| 3 eggs | ¼ cup cocoa powder |
| ½ cup honey | ½ tsp baking powder (<i>non-paleo</i>) or 3 egg whites |
| 3 tbs olive oil | ½ cup walnuts, roughly chopped |
| ¾ cup apple sauce | 2 cups zucchini, grated |
| 1 cup almond meal | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a loaf or cake tin with baking paper.

In a large mixing bowl, cream the eggs, honey, oil and apple sauce until light and fluffy.

Add the almond meal, cocoa powder, baking powder, walnuts and zucchini and combine well using a wooden spoon.

Pour the zucchini cake mixture into loaf or cake tin and bake in the oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the loaf, if it comes out clean it is cooked through. Serve.

NOTE: NOTE: *If not using baking powder, separate 3 eggs. Beat the egg whites until stiff peaks form, then fold gently into the coconut mixture. This will help in aerating the cake.*

COCONUT CITRUS CAKE

Serves 6-8

| | |
|--------------------------|--------------------------|
| 4 eggs | 2 tbs grated lemon rind |
| ¼ cup coconut milk | ¼ cup orange juice |
| 3 tbs olive oil | ¼ cup lemon juice |
| ¼ cup honey | 1 cup slivered almonds |
| 1 tsp vanilla essence | ½ cup coconut flour |
| 2 tbs grated orange rind | ⅓ cup desiccated coconut |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a 20cm round cake tin with baking paper.

Place all ingredients into a food processor and blend until well combined. Pour cake mixture into the cake tin and bake for 1 hour or until cooked.

Cool cake then refrigerate for 1 hour before serving.

PUMPKIN PIE

Serves 6-8

| | |
|---------------------------|---------------------|
| 2 cups diced pumpkin | 1 tsp ground nutmeg |
| 3 eggs | ¼ tsp ground cloves |
| 1 cup thick coconut cream | ½ tsp allspice |
| 2 tsp ground cinnamon | Maple syrup |
| 1 tsp ground ginger | |

Instructions

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit. Line a 20cm cake tin with baking paper.

Place all ingredients into a food processor and blend until well combined. Pour cake mixture into the cake tin and bake for 40 minutes or until cooked. Cool before serving.



BREAKFAST RECIPES

SCRAMBLED EGGS WITH MUSHROOM AND PINE NUTS

Serves 1

| | |
|------------------------------|-----------------|
| 3 eggs | 1 tbs oil |
| 2 tsp onion, finely chopped | 1 tbs pine nuts |
| 2 tbs chives, finely chopped | Salt and pepper |
| 1 cup sliced mushrooms | |

Instructions

Place oil in a frying pan on medium heat and fry the onions for 3-4 minutes until lightly browned. Remove mushrooms from pan.

Whisk eggs in a bowl then pour into the frying pan; cook while stirring constantly.

When the eggs are almost cooked, add the chives and continue cooking for a further 1 minute, or until eggs are cooked.

Add salt and pepper to taste.

Remove from heat and stir in mushrooms before serving.

LEMON CUSTARD

Serves 1

| | |
|-------------------|---------------------|
| 3 eggs | ½ vanilla pod seeds |
| 3 tbs lemon juice | ½ tsp honey |

Instructions

Heat a pan on low-medium heat.

Beat together eggs, lemon juice, vanilla beans and honey. Add to pre-heated pan and stir constantly for 3-4 minutes or until the custard has thickened. Serve.

SCRAMBLED EGGS WITH BASIL AND WALNUTS

Serves 1

| | |
|----------------------------|------------------------|
| 3 eggs | ⅓ cup walnuts, chopped |
| ½ cup fresh basil, chopped | Salt and pepper |

Instructions

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring constantly.

When the eggs are almost cooked, add the basil and continue cooking for a further 1 minute or until eggs are fully cooked.

Add salt and pepper to taste.

Remove from heat and stir in the walnuts before serving.

GRILLED TOMATOES

| | |
|--------------------|-----------------|
| Tomatoes of choice | Salt and pepper |
| Oil | |

Instructions

Pre-heat a frying pan or grill on medium-high heat adding a little oil to prevent sticking.

Place tomatoes in the frying pan or on the grill and cook for 4-5 minutes or until tomatoes are lightly browned and the skin looks a little shrivelled. Serve.

SCRAMBLED EGGS WITH SMOKED SALMON AND LEMON MAYONNAISE

Serves 1

| | |
|-----------------------------|-------------------|
| 3 eggs | 1 tsp mayonnaise |
| 2 thin slices smoked salmon | 1 tsp lemon juice |

Instructions

Whisk the eggs in a bowl then place in frying pan on medium heat, cook stirring constantly. When the eggs are cooked transfer them to a serving plate.

Return frying pan to heat and add smoked salmon. Cook salmon on each side for 20 seconds or until warmed through.

In a small bowl, combine mayonnaise and lemon juice.

Place the salmon beside the scrambled eggs accompanied by the lemon mayonnaise.

Serve immediately.

SCRAMBLED EGGS WITH CHIVES

Serves 1

| | |
|-----------------------------|-----------------|
| 3 eggs | Salt and pepper |
| 2 tsp onion, finely chopped | Oil |
| 2 tbs chives, chopped | |

Instructions

Place oil in a frying pan on medium heat, fry the onions for 3-4 minutes or until lightly browned. Remove from the pan.

Whisk the eggs in a bowl then place in the frying pan, cook stirring constantly.

When the eggs have almost cooked, add the chives and continue cooking for a further 1 minute, or until they are cooked.

Serve immediately.

PAPRIKA AND GARLIC MUSHROOMS

Serves 1

| | |
|--------------------------|----------------------|
| 1 cup button mushrooms | 2 tbs olive oil |
| 3 garlic cloves, chopped | ½ tsp ground paprika |

Instructions

Place garlic, paprika and oil in a mixing bowl and combine well.

Add mushrooms and coat with the olive oil mixture.

Place mushrooms in a frying pan, or on a grill, on medium-high heat. Fry for 5-8 minutes, or until the mushrooms have browned slightly and started to shrivel. Serve.

SALMON AND ZUCCHINI FRITTERS

Serves 4-6

| | |
|--|---------------------------|
| 2 eggs | 1 tablespoon chopped dill |
| 1½ cups almond meal | Salt and pepper to taste |
| 100g smoked salmon, thinly sliced | Oil |
| 2 large zucchini, roughly grated, liquid squeezed out | |

Instructions

Combine eggs and almond meal in a bowl and whisk until smooth. Stir in the smoked salmon, zucchini, dill, salt and pepper.

Place oil in a frying pan and heat over medium heat.

Spoon 1 tablespoonful of the smoked salmon mixture into the pan, allowing room for spreading. Fry for 2-3 minutes each side until golden and cooked through. Drain the fritter on absorbent paper.

Repeat with remaining smoked salmon mixture, adding oil to the pan between each batch as required.

Serve with a simple green salad.

BROCCOLINI WRAPPED IN BACON WITH SOY PINE NUTS

Serves 1

| | |
|-------------------------------|--|
| 4 stems broccolini | 1 tbs soy sauce (<i>non-paleo, optional</i>) |
| 4 rashers bacon, rind removed | Toothpicks |
| ⅓ cup pine nuts | |

Instructions

Pre-heat grill to medium-high heat.

Place pine nuts and soy sauce in a frying pan on low heat and cook for 2-3 minutes or until lightly toasted, stirring constantly. If not using soy sauce then just lightly toast the pine nuts until they are golden brown.

Wrap one piece of bacon around the stems of each broccolini and secure in place with a toothpick.

Place broccolini on a pre-heated grill, turning occasionally for 5-6 minutes until the broccolini is tender and the bacon is crisp.

To serve, place the broccolini on a serving plate and top with pine nuts.

NUT BUTTER CUCUMBER SANDWICH

Serves 1

| | |
|-------------------|------------|
| 1 medium cucumber | Nut butter |
|-------------------|------------|

Instructions

Cut the end off one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with nut butter. Serve.

CUCUMBER HOT DOGS

Serves 4

| | |
|-------------------|---|
| 4 small sausages | Tomato sauce to serve <i>(optional)</i> |
| 4 small cucumbers | |

Instructions

Preheat grill to medium/high heat. Grill sausages for 6-8 minutes or until well cooked.

While the sausages are cooking, cut the ends off the cucumbers and use a small butter knife to remove the seeds by twisting the knife around in circles.

Place a hot sausage in the hollow of the cucumber and serve with tomato sauce.

SCRAMBLED EGG CUCUMBER SANDWICH

Serves 1

| | |
|-------------------|----------------|
| 1 medium cucumber | Scrambled eggs |
|-------------------|----------------|

Instructions

Cut the end off one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with scrambled eggs. Serve.

BACON AND LEEK WITH BOILED EGGS

Serves 1

| | |
|--------------------------------------|-----------------|
| 3 bacon eyes, diced | 2 eggs |
| 1 small leek, end removed and sliced | 1 tbs oil |
| 3 asparagus stalks | Salt and pepper |

Instructions

Place the eggs in a pan with boiling water and cook to reach desired firmness.

Meanwhile, place oil and bacon in a frying pan on medium heat and fry until the bacon has begun to crisp. Add leek and asparagus and stir constantly for a further 1 minute, or until the leek is tender.

Peel the eggs, cut in half and place on a plate with bacon, leek and asparagus.

Serve immediately.

SCRAMBLED EGGS WITH VEGGIES

Serves 1

| | |
|-------------------------------------|------------------------------------|
| 2 spring onions, chopped | 2 asparagus stalks, finely chopped |
| 1 tsp oil | 3 eggs |
| ½ carrot, finely chopped | Salt and pepper |
| 2 broccolini stalks, finely chopped | |

Instructions

Place oil and spring onions in a frying pan on medium heat and fry for 1 minute.

Add vegetables and cook for a further 1 minute, stirring constantly. Add the eggs and scramble into the vegetable mixture, stirring constantly for 2-3 minutes until the eggs are cooked.

Add salt and pepper to taste. Serve immediately.

FRIED EGGS WITH VEGGIES

Serves 1

| | |
|---|---|
| 2 eggs | 2 asparagus stalks, cut into three pieces |
| 1 tbs oil | ½ cup button mushrooms |
| 2 broccoli florets, broken into smaller florets | 2 broccolini stalks |

Instructions

Place all vegetables on a pre-heated grill on medium-high heat. Cook for 2-3 minutes, stirring occasionally. Transfer the vegetables to a serving plate

Meanwhile, heat oil in a frying pan on medium heat, add the eggs and cook to personal preference.

To serve, top the vegetables with eggs.

MUSHROOM AND BACON OMELETTE

Serves 2

| | |
|--------------------------|-----------------|
| 3 eggs | Salt and pepper |
| 3 bacon eyes, diced | 1 tbs oil |
| ¾ cup mushrooms, chopped | |

Instructions

Place oil and bacon in a frying pan on medium heat and cook until the bacon has started to brown.

Add mushrooms and stir constantly for a further 1 minute or until mushrooms have begun to shrivel. Remove from heat.

Whisk the eggs in a bowl. Add the bacon and mushrooms and combine well. Pour egg mixture into a frying pan on medium heat and cover with baking paper.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer them into the heated frying pan and cook for a further 2-3 minutes or until browned on the bottom. Serve immediately.

VEGGIE FRITTERS

Serves 2-4

| | |
|---|-------------------|
| ⅓ cup sweet potato, grated | ½ cup almond meal |
| ½ cup carrot, grated | 2 eggs |
| ½ cup zucchini, grated and squeezed to remove excess moisture | Salt and Pepper |
| ½ cup green peas | Coconut oil |

Instructions

Place all ingredients, except for the coconut oil, in a bowl and combine.

Heat frying pan on medium heat and add sufficient coconut oil to shallow fry.

Make patties the size of the palm of a hand and place 2 or 3 patties in the frying pan, cooking on each side for 3-4 minutes until browned and cooked through. Serve.

LEMON PANCAKES

Serves 2-4

| | |
|---------------------|-------------|
| 1 tbs apple sauce | 2 eggs |
| 2 tbs lemon juice | Coconut oil |
| ½ cup almond butter | |

Instructions

Combine all ingredients, except for the coconut oil in a bowl.

Heat sufficient coconut oil into a frying pan to shallow fry the pancakes on medium heat. Spoon the pancake mixture into the frying pan – mixture makes 4-5 pancakes. Fry for 1 minute before flipping over and cooking for a further 1 minute on the other side. Serve.

BANANA AND FLAXSEED PANCAKES

Serves 2-4

| | |
|-------------------------|-------------|
| ½ cup banana, mashed | 1 egg |
| 2 tbs almond butter | Coconut oil |
| 1½ tbs ground flaxseeds | |

Instructions

Combine all ingredients, except for the coconut oil in a bowl.

Heat sufficient coconut oil into a frying pan to shallow fry the pancakes on medium heat. Spoon the pancake mixture into the frying pan – mixture makes 4-5 pancakes. Fry for 1 minute before flipping over and cooking for a further 1 minute on the other side. Serve.

GRILLED GARLIC MUSHROOMS WITH BACON

Serves 2

| | |
|-------------------------------|---------------------------------|
| 2 cups mushrooms, sliced | 3 tbs olive oil |
| 3 rashers bacon, diced | 3 garlic cloves, finely chopped |
| 3 tbs parsley, finely chopped | Salt and Pepper |

Instructions

Pre-heat grill on medium-high heat.

Place all ingredients in a bowl and combine well.

Place ingredients on the grill and cook, stirring occasionally for 5-8 minutes, or until the bacon has become slightly crispy and mushrooms have begun to shrivel.

Add salt and pepper to taste.

Serve immediately.

SMOKED SALMON OMELETTE WITH DILL MAYONNAISE

Serves 1

| | |
|--------------------------------|----------------------------|
| 3 eggs | 1 tbs mayonnaise |
| 2 tbs chives, finely chopped | 2 tsp dill, finely chopped |
| 2 thin slices of smoked salmon | 1 tsp lemon juice |

Instructions

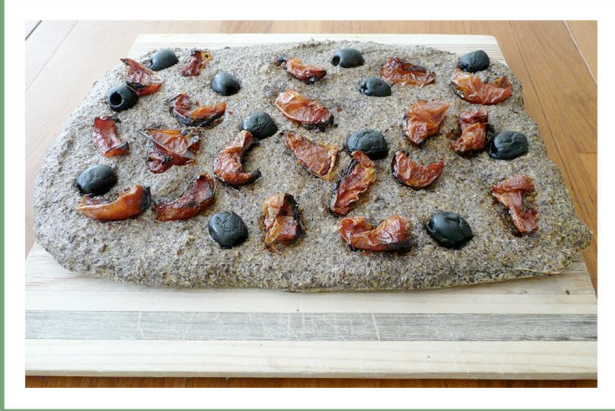
In a small bowl, combine mayonnaise, dill and lemon juice.

Whisk the eggs in a mixing bowl and pour into a frying pan on medium heat and cover with baking paper.

When the bottom of the eggs have set, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes or until browned on the bottom.

When the omelette is cooked turn it onto a plate. Top the omelette with salmon pieces and dress with dill mayonnaise.

Serve immediately.



FOCCACIAS

FLAXSEED FOCCACIA

Serves 10-12

| | |
|---|-----------------|
| 2 cups ground flaxseeds | ½ cup water |
| 1 tsp baking powder (<i>non-paleo</i>) or 2-3 egg whites | ⅓ cup olive oil |
| 4 eggs | Salt |

Instructions

Preheat a fan-forced oven to 180°C Celsius/350°C Fahrenheit.

Combine all dry ingredients in a large mixing bowl. Add water, olive oil and eggs and mix well.

Line a baking tray with baking paper and pour in the flaxseed mixture. Run a spatula over the mixture to create an even layer of around 1-1.5cm thickness.

Place the tray in oven and bake for 20 minutes until cooked.

NOTE: *If not using baking powder, separate 2-3 eggs and beat the egg whites until stiff peaks form, then fold gently into the foccacia mixture. This will help in aerating the mixture.*

Focaccia Toppings

To make the following focaccias, simply place the listed ingredients on top of the basic flaxseed focaccia before baking in the oven.

OLIVES AND SUNDRIED TOMATOES

| | |
|-------------------------|---------------------------|
| ½ cup sundried tomatoes | ½ cup pitted black olives |
|-------------------------|---------------------------|

HERBS AND SALT

| | |
|--------------------------|------|
| Oregano Italian Herbs | Salt |
|--------------------------|------|

ONION AND PEPPER

| | |
|---|--------|
| 1 large red onion, thinly sliced 2 tbs olive oil | Pepper |
|---|--------|

Instructions

Place onion and oil in a frying pan on medium heat; stir continuously for 2-3 minutes or until soft. Stir in pepper before placing on top of focaccia.

OLIVE AND ROSEMARY

| | |
|---------------------------|------|
| ½ cup pitted black olives | Salt |
| Rosemary leaves | |

ROAST CAPSICUM AND ONION

| | |
|--------------------------------|-----------------------------|
| 4 slices roast capsicum, diced | 1 small onion, finely diced |
|--------------------------------|-----------------------------|

HERB AND PECAN

| | |
|------------------------|---------------------|
| 2 tbs oregano | 1 tbs Italian herbs |
| 2 tbs ground coriander | ⅓ cup pecans |

Instructions

Place the herbs on the foccacia and bake in the oven for 10 minutes. Remove from the oven and add the pecans; return to the oven and bake for a further 10 minutes or until foccacia has cooked through.

Add these toppings 10 minutes into baking the Foccacia

To make the following focaccias, simply place the listed ingredients on top of the focaccias 10 minutes into the baking time. Return focaccia to the oven and bake for a further 10 minutes, or until cooked.

TOMATO AND BASIL

| | |
|----------------------------------|-------------------------------------|
| 4 tbs balsamic vinegar | ½ cup yellow cherry tomatoes, diced |
| 2 tbs olive oil | ½ cup basil leaves, roughly chopped |
| ½ cup red cherry tomatoes, diced | Salt |

Instructions

Place all ingredients in a mixing bowl and combine well before spreading on top of focaccia.

BACON AND WALNUT

| | |
|--|-------------------------------|
| 6 rashers bacon, fat removed and diced | 1 small onion, finely sliced |
| | ½ cup roughly chopped walnuts |

Instructions

Heat frying pan on medium heat. Lightly fry bacon and onion in oil until lightly browned. Remove from pan and spread onto the focaccia and top with walnuts.

Focaccia Sandwiches

To make the following focaccia sandwiches, carefully cut a piece of Focaccia in half and place the listed ingredients in between the slices.

Sandwiches can also be toasted on a sandwich press for 1-2 minutes or until flattened slightly and warmed through.

CHICKEN, AVOCADO AND SALAD SANDWICH

Serves 1

| | |
|--------------------------------------|--|
| ½ chicken breast, grilled and sliced | 1 small cucumber, sliced |
| 2 tbs avocado | 1 slice flaxseed focaccia, cut in half |
| 1 cup chopped lettuce | |

Instructions

Preheat sandwich press to medium heat.

Place chicken, avocado, lettuce and cucumber on one slice of the focaccia and top with the other slice. Toast in the sandwich press for 1-2 minutes. Serve.

TUNA SALAD SANDWICH

Serves 1

| | |
|-------------------------------|--|
| 100g can flaked tuna, drained | 1 cup baby spinach leaves |
| ½ cup cherry tomatoes, halved | 1 slice flaxseed focaccia, cut in half |

Instructions

Preheat sandwich press to medium heat.

Place tuna, cherry tomatoes and spinach on one slice of the focaccia and top with the other slice. Toast in the sandwich press for 1-2 minutes. Serve.

BACON, MUSHROOM AND PESTO

Serves 1

| | |
|---------------------------|--|
| 2 bacon eyes | 1 tsp pesto |
| 1 cup sliced mushrooms | 1 slice flaxseed foccacia, cut in half |
| 1 cup baby spinach leaves | |

Instructions

Preheat sandwich press to medium heat.

Fry bacon and mushrooms in a heated frying pan for 3-4 minutes or until bacon. Remove from heat.

Spread pesto onto one slice of the foccacia then top with bacon, mushrooms, spinach and top with the other slice of foccacia. Toast in the sandwich press for 1-2 minutes. Serve.

GRILLED EGGPLANT, OLIVES AND CHICKEN SANDWICH

Serves 1

| | |
|--------------------------------------|--|
| ½ chicken breast, grilled and sliced | 1 cup chopped lettuce |
| 2 slices grilled eggplant | 1 slice flaxseed foccacia, cut in half |
| 5 olives, pitted and sliced | |

Instructions

Preheat sandwich press to medium heat.

Place chicken, eggplant, olives and lettuce on one slice of the foccacia and top with the other slice. Toast in the sandwich press for 1-2 minutes. Serve.

OPEN FACE LAMB AND PUMPKIN SANDWICH

Serves 10

| | |
|-----------------------|---|
| 500g minced lamb | 2 cups canned tomatoes <i>or</i> tomato pasta sauce |
| 1 onion, finely diced | |
| 1 tbs oil | ½ butternut pumpkin, diced |
| 3 tbs ground cumin | 2 cups rocket leaves |
| 3 tbs sage | 5 slices flaxseed foccacia, cut in half |
| 2 tbs Italian herbs | |

Instructions

Place oil and onion in a pan on medium heat and cook until the onion has browned. Add minced lamb and fry until browned and continuously breaking up the meat so there are no large chunks.

Add cumin, sage and Italian herbs and stir for a further minute. Add tomatoes and reduce heat to a simmer. Cover and cook for 20-30 minutes, stirring occasionally.

While the lamb is cooking, place some water in another pan on high heat and add the diced pumpkin. Cover and boil for 4-5 minutes or until the pumpkin is cooked. Drain the water from the pan and leave the pumpkin to cool.

Before serving, allow the mince to cool to a warm temperature.

To serve, place slices of foccacia on a plate and top with minced lamb, followed by some pumpkin pieces and rocket leaves.

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