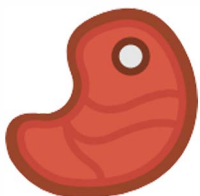









Paleo Cookbook Part 2



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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
325 Fahrenheit = 160 Celsius
250 Fahrenheit = 120 Celsius

Volume

1 cup = 240ml = 8 fluid ounces
 $\frac{1}{2}$ cup = 120ml = 4 fluid ounces
 $\frac{3}{4}$ cup = 160ml
 $\frac{1}{4}$ cup 60ml = 2 fluid ounces
 $\frac{3}{4}$ cup = 180ml = 6 fluid ounces
1tsp. = 5ml
1tbs = 15ml



SNACKS

Seasoned Meatballs

Serves 6-8

500g minced meat	1 teaspoon basil
½ white onion, finely chopped	½ teaspoon chilli powder
1 garlic clove, minced	½ teaspoon turmeric
1 egg	½ teaspoon salt
2 tablespoons tomato sauce	½ teaspoon pepper
1 teaspoon sage	

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 2.5 centimetre 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.

Grilled Garlic Mushrooms with Bacon

Serves 2

2 cups mushrooms, sliced	3 tablespoons olive oil
3 bacon rashers, diced	3 garlic cloves, minced
3 tablespoons parsley, finely chopped	1/16 teaspoon salt
	1/16 teaspoon 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.

Oven Baked Vegetable Chips

Serves 2-4

1 small/medium purple sweet potato, washed & thinly sliced into long fingers	1 bunch asparagus, cut spears into three pieces
1 tablespoon coconut oil	½ teaspoon 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.

Orange & Rosemary Baked Vegetables

Serves 4-6

2 cups pumpkin, diced	6 tablespoons fresh rosemary leaves
2 cups sweet potato, diced	Salt & pepper to taste
1 cup carrot, diced	
1 fresh orange, juiced	
3 tablespoons olive oil	

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.

Guacamole Salsa

Serves 4-6

4 medium avocados, ripe	Juice of 1 lime
2 garlic cloves, minced	½ teaspoon salt
1/3 cup red onion, chopped	½ teaspoon pepper
¼ cup cilantro, chopped	½ teaspoon onion powder
2 Roma tomatoes, chopped	

Instructions

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

Nutty Rocket 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.

Spiced Carrot Dip

Serves 6-8

2 cups diced carrots	1 teaspoon salt
1 tablespoon ground cumin	2 tablespoon tahini
4 garlic cloves, minced	1 tablespoon fresh lemon juice
3 tablespoons olive oil	

Instructions

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

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

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.

Garlic-Tahini Dip

½ cup tahini	¼ cup fresh lemon juice
3 large garlic cloves, minced	3 stalks parsley
1 tablespoon olive oil	2 tablespoons 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.

Pickled Eggs

12 hard boiled eggs, shelled	2.5cm piece root ginger, peeled & cut into 2 pieces
2 cups apple cider vinegar	½ teaspoon ground pepper
½ cup water	2 bay leaves
2 teaspoons 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.

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	2 cups diced tomatoes
1 red (or green) capsicum, de-seeded and cut into strips	1 tablespoon olive oil
3 small zucchini, peeled and diced	1 teaspoon ground coriander
3 garlic cloves, minced	1 tablespoon dried basil
2 onions, sliced	Salt & pepper to taste
2 tablespoons tomato paste	

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.

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 white onion, chopped	½ cup currants
1 teaspoon olive oil	¼ cup pistachio nuts, shelled
3 stalks celery, chopped into small pieces	60g pine nuts
3 garlic cloves, minced	¼ cup chopped walnuts
½ cup seedless raisins	½ medium sized cauliflower
	Salt & pepper to taste

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.

Broccolini Wrapped Bacon & Nuts

Serves 1

4 stems broccolini	1 tablespoon tamari soy sauce <i>(non-paleo, optional)</i>
4 rashers bacon, rind removed	Toothpicks
½ 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.

Cucumber Hot Dogs

Serves 4

4 small sausages	Tomato sauce to serve <i>(optional)</i>
4 small cucumbers	Salt & pepper to taste

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.



SALADS

Mixed Bacon Salad

Serves 2

3 cups rocket	3 tablespoons olive oil
6 bacon rashers, diced	2 tablespoons fresh lemon juice
100g walnut pieces	½ avocado, cubed
1/3 cup dried cranberries	Salt & pepper to taste

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 tablespoon 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 remaining ingredients. Stir well and serve.

Chicken Pecan Salad

Serves 1

1 chicken breast	½ cup pecans
½ small red onion, finely diced	2 tablespoons 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.

Sweet Potato & Beetroot Salad

Serves 4-6

200g sweet potato, peeled	<u>Dressing</u>
200g beetroot, peeled	2 tablespoons olive oil
1 tablespoon olive oil	1 tablespoon balsamic vinegar
150g mixed lettuce leaves	½ teaspoon salt
50g baby English spinach	
¾ cup cherry tomatoes	
½ cucumber, thinly sliced	
½ cup walnuts, roughly chopped	

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.

Grilled Vegetables & 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 & pepper to taste

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.

Eggplant & Capsicum Salad

Serves 2-4

2 small eggplants	2 teaspoons ground cumin
1 green capsicum	Salt & pepper taste
1 clove garlic, minced	8 cherry tomatoes, cut into quarters
1 tablespoon fresh lemon juice	Parsley to garnish
2 tablespoons 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.

Hard Boiled Egg & Dill Salad

Serves 2

3 eggs, hard boiled	1 cup English spinach
1 tablespoon mayonnaise	1 small carrot, diced
1 teaspoon 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.

Avocado Cup Salad

Serves 2

1 whole ripe avocado, cut in half	1 teaspoon mustard seeds
2 bacon rashers, meat only	1 tablespoon mayonnaise
1 whole egg (hard boiled and diced)	2 cups lettuce
2 spring onions, finely chopped	Salt & pepper to taste

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.

Chunky Tuna Salad

Serves 2

90g can tuna, drained	Handful walnuts, roughly chopped
8 olives, cut in halves	1 teaspoon olive oil
4 asparagus spears, ends removed and cut into bite size pieces	Salt & pepper to taste
6 cherry tomatoes, cut in halves	

Instructions

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

24-Hour 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 & pepper <i>(optional)</i>

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.

Toasty Bacon & Balsamic Salad

Serves 2

6 rashers bacon, diced	¼ cup pine nuts
2 tablespoons olive oil	3 cups fresh rocket
1 medium red onion, sliced	1 tablespoon balsamic vinegar
1 tablespoon fresh thyme, chopped	

Instructions

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

With 1 teaspoon of 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 remaining olive oil and balsamic vinegar. Toss salad with dressing before serving.

Simple Chicken & Fruit Salad

Serves 1

1 chicken breast	⅓ cup pecans
10 white seedless grapes, cut into halves	1/3 cup dried cranberries
½ green apple, diced	1 teaspoon olive oil
1 celery stalk, thinly sliced	2 teaspoons 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 remaining ingredients and mix well. Serve.

Pistachio Chicken Salad

Serves 1

1 chicken breast	½ small red onion, finely diced
½ cup fresh basil leaves, roughly chopped	½ cup pistachio nuts, shelled
6 cherry tomatoes, cut into quarters	2 tablespoons tamari soy sauce <i>(non-paleo, optional)</i>
	1 tablespoon 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 tamari soy sauce and olive oil and mix well through the salad ingredients. Serve.

Beetroot & Walnut Salad

Serves 2

1 cup fresh beetroot, diced	½ cup walnuts, roughly chopped
⅓ avocado, diced	2 tablespoons olive oil
2 cups rocket leaves	2 tablespoons 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.

Garlic & Broccolini Salad

Serves 2-4

2 bunches broccolini, ends removed & cut into four pieces	1 tablespoon dried chilli, finely chopped
4 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 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	1 tablespoon 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.

Thai Chicken Salad with English Spinach

Serves 2

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

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.

Cooked Green 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 tablespoons olive oil	½ fresh lemon, juiced
3 garlic cloves, minced	Pepper to taste

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 & 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 tablespoons olive oil
½ cup raisins or sultanas	3 tablespoons fresh lemon juice

Instructions

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

Dory with Beetroot Salad

Serves 2

<u>Fish</u>	<u>Salad</u>
2 dory fillets	½ small beetroot, finely diced
Fresh lemon juice	½ medium tomato, finely diced
½ teaspoon salt	1 cup lettuce, finely chopped
1/8 teaspoon pepper	5 walnuts, chopped
	Fresh 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.



SOUPS

Tomato Basil Soup

Serves 4-6

1 white onion, diced	2 cups diced tomatoes
2 garlic cloves, minced	1 cup vegetable stock
2 tablespoons olive oil	½ cup fresh basil, roughly chopped
1 medium sized carrot, diced	Salt & pepper to taste
2 celery stalks, sliced	

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.

Chicken Drumstick Soup

Serves 4-6

7 cups water	1 white onion, chopped
4 chicken drumsticks	2 celery stalks, chopped
1 large carrot, chopped	Crushed red pepper <i>(optional)</i>
2 potatoes, chopped	Salt & pepper to taste

Instructions

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

Remove chicken meat from the bone, add in salt, pepper and desired amount of crushed red pepper and stir through the soup.

Tomato & Bacon Soup

Serves 2-4

1 white onion, finely diced	1 teaspoon ground paprika
5 bacon rashers, finely diced	1½ cups diced tomatoes
1 tablespoon olive oil	1½ cups vegetable stock
1 tablespoons oregano, finely chopped	½ teaspoon
	½ teaspoon 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.

Pumpkin-Dill Soup

Serves 4-6

1 white onion, diced	2 cups vegetable stock
1 tablespoon olive oil	3 tablespoons fresh dill, chopped
5 cups pumpkin, diced	1 teaspoon salt
1 teaspoon ground cloves	1 teaspoon pepper

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.

Vegetable Spinach Soup

Serves 2-4

2 tablespoons olive oil	2 cups baby spinach
1 white onion, diced	2 cups vegetable stock
2 garlic cloves, finely chopped	¼ cup coconut milk
½ teaspoon ground nutmeg	1 teaspoon salt
3 cups zucchini, sliced	1 teaspoon pepper

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 & Leek Soup

Serves 4-6

1 white onion, diced	2 teaspoons ground cumin
1 garlic clove, finely chopped	1 teaspoon freshly grated nutmeg
2 tablespoons olive oil	5 cups chicken or vegetable stock
1kg pumpkin, diced	½ cup coconut milk
2 leeks, sliced	1 teaspoon salt
1 teaspoon ground coriander	1 teaspoon pepper

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.

Sweet Potato Curry Soup

Serves 4-6

1 white onion, diced	1 tablespoon ground cumin
1 tablespoon olive oil	2 teaspoons ground cinnamon
2 garlic cloves, minced	½ teaspoon ground ginger
4 cups diced sweet potato	2 tablespoons ground paprika
4 cups chicken <i>or</i> vegetable stock	1 small chilli, finely chopped
1 tablespoon ground coriander	1 cup coconut milk
1 teaspoon 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.

Pea & Rocket Soup

Serves 2-4

1 small red onion, chopped	1 cup firmly packed rocket
1 tablespoon olive 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 & Coconut Soup

Serves 4-6

1 small brown onion, finely chopped	2 cups baby spinach, firmly packed
2 garlic cloves, finely chopped	1 cup coconut milk
1 tablespoon olive oil	½ teaspoon ground nutmeg
2 cups vegetable stock	½ teaspoon ground paprika
½ cauliflower <i>or</i> 5 cups cauliflower florets	Salt & 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.

Carrot & Cauliflower Soup

Serves 4-6

1 white onion, diced	1/2 tablespoon ground turmeric
1 garlic clove, finely chopped	1 tablespoon ground cumin
1 tablespoon olive oil	3 cups vegetable stock
2 cups carrot, diced	1 teaspoon salt
6 cups cauliflower, chopped	1 teaspoon pepper

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.

Mexican Chicken Soup

Serves 4-6

2 cups sweet potato, diced	⅔ cup tomatoes, chopped
2 tablespoons olive oil	½ cup coriander, roughly chopped
1 white onion, diced	2 chicken breasts, poached & diced
2 garlic cloves, finely chopped	1 teaspoon salt
1 teaspoon ground cumin	2 teaspoons pepper
2 cups chicken stock	½ avocado, sliced

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 tablespoon olive oil	⅓ teaspoon ground cloves
6 spring onions (scallions) finely chopped	⅓ teaspoon group nutmeg
6 cups diced pumpkin	400ml light coconut milk
⅓ teaspoon ground cardamom	Salt & pepper to taste

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.

Fennel & Spinach Soup

Serves 4-6

1 onion, diced	1 bunch English spinach, chopped
2 garlic cloves, chopped	5 cups chicken stock
1 tablespoon olive oil	¼ cup fresh oregano leaves, chopped
2 medium fennel, stalks removed & chopped	1/8 teaspoon 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.

Chilled Cucumber Soup

Serves 4-6

1½ cups cucumber, peeled, seeded & diced	½ cup fresh coriander, chopped
1 avocado, diced	1/8 teaspoon of chilli
2 shallots, diced	1 cup water
3 tablespoons fresh lime juice	1 cup coconut milk
	Salt & pepper to taste

Instructions

Place all ingredients except the coconut milk, salt and pepper in a food processor or blender. Blend on high speed for 2-3 minutes 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.



MEATS

Fried Beef & Vegetables

Serves 3

280g sliced lean beef/steak	1½ tablespoons mild ground paprika
6 cups sliced mushrooms	2 teaspoons Mexican chilli powder
½ cup balsamic vinegar	½ teaspoon pepper
1 teaspoon olive oil	6 spears asparagus
1 white onion, diced	1 head lettuce leaves
1 zucchini, cut into 4ths	½ cup tomato, chopped
2 garlic cloves	

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, garlic and zucchini 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 on top of lettuce and tomato salad.

Chicken Satays with Coriander & Chilli

Serves 2

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

Stuffed Capsicum

Serves 4-6

500g minced meat	1 teaspoon pepper
1 bunch parsley, chopped	3 medium capsicum
1 white onion, chopped	1 teaspoon olive oil
2 garlic cloves, minced	2 cups tomato sauce
½ cup sliced white mushrooms	2 tablespoons arrowroot
1 teaspoon salt	

Instructions

Place minced meat, parsley, onion, garlic, mushrooms, salt and pepper 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 sauce 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.

Macadamia Crowned Chicken

Serves 2

2 chicken breasts, each cut into 3 pieces	<u>Macadamia Topping</u>
2 tablespoons olive oil	½ cup diced red onion
	1 garlic clove, finely chopped
	1 tablespoon olive oil
	1/8 teaspoon salt
	½ cup macadamia nuts
	4 tablespoons 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.

Lamb Skewers

Serves 2

6 wooden skewers; soaked in cold water for 30 minutes	2 tablespoons olive oil
230g diced lamb	1 teaspoon apple cider vinegar
1 green capsicum, diced	½ teaspoon salt
	½ teaspoon 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.

Roasted Pumpkin with Coleslaw & Bacon

Serves 2

4 large pieces of pumpkin, seeds removed & peeled	<u>Coleslaw</u>
3 tablespoon olive oil	2 medium carrots, grated
6 bacon rashers, diced	¼ cabbage, finely sliced
	2 stalks celery, thinly sliced
	2 red radishes, finely diced
	6-8 tablespoons mayonnaise

Instructions

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

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

Meanwhile, place diced bacon and 1 tablespoon 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.

Sweet Baked Pork

Serves 3

1 tablespoon olive oil	3 bunches English spinach
¼ cup honey	4 tablespoons pine nuts
6 x 200g pork fillet pieces	1 fresh lemon, juiced
3 pink lady apples, washed & sliced horizontally into approx. 5mm thin slices	½ teaspoon salt
1/8 teaspoon chopped sage	½ teaspoon 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 lie 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.

Beef Rouladen

Serves 1

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

Instructions

Pound the steak with a meat hammer until about 1 centimetre 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.

Bombay Chicken Skewers

Serves 2

6 wooden skewers; soaked in cold water for 30 minutes.	1 tablespoon ground coriander
2 chicken breasts, diced	1 tablespoon ground cumin
4 tablespoons olive oil	1 tablespoon ground turmeric
2 tablespoons sweet paprika	2 cloves garlic, minced

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.

Meat Stuffed Eggplant

Serves 2-4

170g lean mince meat	Herbs – sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount)
½ cup white onion, diced	
3 garlic cloves, minced	
1 tablespoon tomato paste	2 eggplants, cut in half
2 cups diced tomatoes	1 cup lettuce

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.

Place the meat into the eggplant and serve.

Chicken with Avocado Sauce

Serves 2

3 cups pumpkin, chopped into big pieces	½ avocado
2 tablespoons olive oil	1 tablespoon fresh basil, finely chopped
Salt & pepper	1 tablespoon fresh lemon juice
2 chicken breast fillets	1 cup rocket

Instructions

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

In an ovenproof dish, place diced pumpkin, 1 tablespoon of olive oil, salt and pepper. Bake for 40-60 minutes or until cooked.

Heat remaining 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.

Paprika Lamb

Serves 4-6

2 tablespoons olive oil	½ teaspoon caraway seeds
500g diced lamb	¼ cup ground paprika
1 white onion, thinly sliced	4 cups freshly diced tomatoes
3 garlic cloves, finely chopped	

Instructions

Heat 1 tablespoon of 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 1 tablespoon of 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 & Squash

Serves 6-8

500g diced lamb	6 yellow button squash, cut into halves
1 tablespoon olive oil	1 fresh lemon, juiced
3 cups chicken or vegetable stock	1 tablespoon honey
1 tablespoon ground cinnamon	2/3 cup pitted prunes
3 cups diced pumpkin	½ teaspoon salt
1 white onion, sliced	½ teaspoon pepper

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.

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 tablespoon olive oil	1 tablespoon oil
	3 tablespoons almond butter
	$\frac{3}{4}$ cup coconut milk
	Chilli flakes to taste

Instructions

Heat a large-sized pan on medium-high heat. Fry the beef in 1 tablespoon of 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.

Chicken Piccadillo

Serves 4-6

285g chicken breast, cubed	½ cup water
1 teaspoon olive oil	1¼ cups red capsicum, diced
1 cup diced white onion	15 stuffed olives
2 garlic cloves, chopped	9 organic prunes, de-stoned
3 large tomatoes, peeled, seeded & chopped	¼ teaspoon ground cloves
	2 teaspoons 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.

Basil & Orange Chicken

Serves 2

2 chicken breasts	¾ cup fresh basil, roughly chopped
2 tablespoons olive oil	½ teaspoon 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 1 centimetre 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.

Chicken Larb Kai

Serves 3

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

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.

Rosemary & Lemon Chicken Skewers

Serves 2

6 wooden skewers; soaked in cold water for 30 minutes.	1 teaspoon grated lemon rind
2 chicken breasts, diced	⅓ cup fresh lemon juice
2 tablespoons olive oil	½ teaspoon salt
2 tablespoons rosemary, finely chopped	½ teaspoon pepper

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.



SEAFOOD

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Sweet Potato & Tuna Patties

Serves 6-8

2 cups sweet potato, peeled & diced	2 eggs
180g can tuna in brine, drained	1 tablespoon olive oil
¼ cup almond meal	Salt & pepper to taste

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.

Onion & Broccoli White Fish

Serves 2

Aluminium foil	Olive oil
2 white fish fillets	Pinch paprika
1/2 white onion, finely sliced	Salt & pepper to taste
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.

Baked Salmon & Pistachio Salsa

Serves 4

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

Calamari Crunch

Serves 1

130g calamari, sliced into rings	4 Brussels sprouts, sliced into quarters
2 tablespoons olive oil	1/8 teaspoon salt
¾ cup carrot, sliced	

Instructions

Add 1 tablespoon of 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 tablespoon 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.

Lemon & Chilli White Fish

Serves 2

Aluminium foil	½ cup fresh lemon juice
2 white fish fillets	2 teaspoons chillies, chopped
4 cups spinach leaves	1 teaspoon salt
4 tablespoons olive oil	1 teaspoon pepper

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.

Pickled Fish

Serves 4

5 tablespoons olive oil	Rind of 2 fresh oranges
4 Swordfish fillets (or other white fish)	1 green capsicum, seeded & cut into strips
3 tablespoons white vinegar	1 large garlic clove, crushed
2 large bay leaves	1 teaspoon tarragon
1 teaspoon salt	1 tablespoon finely chopped shallots
½ teaspoon pepper	

Instructions

Heat 2 tablespoons of 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.

Garlic-Basil Mayonnaise With White Fish

Serves 2

2 serves fish fillets	1 large garlic clove, minced
4 tablespoons 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.



OMELETTES

Hearty Vegetable Omelette

Serves 4-6

1 tablespoon olive oil	1 cup zucchini, diced
1 red onion, sliced	8 eggs
3 garlic cloves, minced	½ cup water
1 cup carrot, diced	1/8 teaspoon sage
1½ cup parsnip, diced	1/8 teaspoon mixed herbs
1½ cups pumpkin, diced	1/8 teaspoon salt
1 whole red capsicum, de-seeded & diced	1/8 teaspoon pepper
	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 ovenproof 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.

Mushroom & Bacon Omelette

Serves 2

3 eggs	1/16 teaspoon salt
3 bacon eyes, diced	1/16 teaspoon pepper
¾ cup mushrooms, chopped	1 tablespoon olive oil

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.

Spiced Raisin Omelette

Serves 1

2 tablespoons raisins	1/8 teaspoon ground all spice
3 eggs	1/8 teaspoon nutmeg
1/8 teaspoon 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.

Smoked Salmon Omelette with Dill Mayonnaise

Serves 1

3 eggs	1 tablespoon mayonnaise
2 tablespoons chopped chives	2 teaspoons dill, finely chopped
2 thin slices of smoked salmon	1 teaspoon fresh 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.

Brussels Omelette

Serves 4-6

10-12 Brussels sprouts, diced	4 whole eggs
1 tablespoon olive oil	½ cup water
10 bacon eyes, diced	Salt & pepper to taste
1 white 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 & Egg Omelette

Serves 2-4

1 tablespoons olive 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.

Nutty Vegetable Omelette

Serves 2

1½ cups pumpkin, diced	4 walnut halves, chopped
¾ cup eggplant, diced	1 tablespoon sunflower seeds
1 medium tomato, diced	Salt & pepper to taster
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.

Asparagus & Basil Omelette

Serves 2-4

5 asparagus stalks cut into 2.5 cm pieces	¾ cup mushrooms, diced
1 large clove garlic, finely chopped	4 eggs, beaten
1 tablespoon olive oil	½ cup fresh basil, roughly chopped
	Salt & pepper to taste

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.

Baked Leek & Bacon Omelette

Serves 2

2 leeks, medium sized	½ cup water
3 bacon rashers, meat only, diced	Salt & pepper to taste
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 too 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.

Banana Omelette

Serves 1

1 banana	1/8 teaspoon cinnamon
3 eggs, separated	Fresh parsley
1/16 teaspoon cayenne pepper	

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 and cayenne 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

Fried Banana with Orange Syrup

Serves 1

1 large banana	½ fresh orange, juiced
1 tablespoon coconut oil	1 teaspoon 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.

Coconut Smothered Bananas

Serves 1

1 large banana, cut in half lengthways	1/16 teaspoon ground nutmeg
¾ cup coconut milk	1 teaspoon honey
1/16 teaspoon ground cardamom	Ground cinnamon

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.

Mango Sorbet

Serves 2-4

1 cup diced mango pieces, frozen	¾ cup light coconut milk
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Instructions

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

Banana Sorbet

Serves 1

1 banana	⅓ cup water
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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.

Cinnamon Chocolate Ice

Serves 2-4

4 cups water	5 tablespoons 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.

Paradise Ice

Serves 2-4

2 cups pineapple juice	½ cup coconut milk
3 tablespoons fresh lime juice	

Instructions

Combine pineapple juice and 1 tablespoon of 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 2 tablespoons of 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 tablespoon honey	2 tablespoons vanilla essence <i>or</i> 1
2 tablespoon fresh lemon juice	vanilla pod

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.

Raspberry Sorbet

Serves 4-6

1½ cups raspberries	½ medium banana
⅓ cup coconut milk	1 tablespoon fresh lemon juice
1 egg white, beaten to soft peaks	1 tablespoon 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.

Minty Avocado Sorbet

Serves 4-6

2 large avocados, skin & seed removed	2 tablespoon honey
2 cups honeydew melon, diced	½ cup coconut milk
½ fresh 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.

Mint Chocolate Ice

Serves 2-4

2 cups water	2½ tablespoons honey
1 bunch mint leaves	3 tablespoons 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 tablespoons of mint water, removing any lumps. Stir cocoa mixture well into the remaining mint water.

Leave liquid to cool to room temperature 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.

Spiced Apple Ice

Serves 2-4

2 cups apple juice	1 cinnamon stick
1 cup water	1½ tablespoon honey
1 cup coconut milk	1 teaspoon 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
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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.

Zesty Rockmelon & Blueberry Bowl

Serves 4-6

1 small rockmelon, seeded, peeled & diced	1 tablespoon honey
1 cup blueberries	½ cup fresh 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.

Warmed Honey Walnut Banana Bowl

Serves 1

1 banana	2½ teaspoons honey
3 tablespoons 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.

Sweet Island Sorbet

Serves 2-4

1 large mango	1 tablespoon honey
Finely grated rind of 1 lime	½ cup coconut milk
1 tablespoon fresh 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.

Pistachio Fruit Salad

Serves 1

1 banana	3 tablespoons pistachio kernels
1 nectarine	2 teaspoons 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 teaspoon vanilla essence
½ cup coconut milk	1 pear, cored & 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 Cinnamon Custard

Serves 1

2 eggs	½ cup coconut milk
1 apple, peeled, cored & sliced	1 teaspoon ground 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.

Coconut Citrus Cake

Serves 6-8

4 eggs	2 tablespoons grated lemon rind
$\frac{3}{4}$ cup coconut milk	$\frac{3}{4}$ cup fresh orange juice
3 tablespoons olive oil	$\frac{1}{4}$ cup fresh lemon juice
$\frac{1}{4}$ cup honey	1 cup slivered almonds
1 teaspoon vanilla essence	$\frac{1}{2}$ cup coconut flour
2 tablespoons grated orange rind	$\frac{1}{2}$ 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 Custard

Serves 2

1 tablespoon honey	¼ teaspoon ground cloves
½ teaspoon salt	2 medium eggs
1 tablespoon ground cinnamon	1¾ cup cooked pumpkin, mashed
½ teaspoon 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.

Cinnamon Raisin Cookies

Serves 6-8

½ cup almond meal	1/16 teaspoon all spice
3 tablespoons freshly ground walnuts	1/16 teaspoon nutmeg
1 tablespoon honey	2 tablespoons currants
1 tablespoon 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 tablespoons honey, melted
3 egg whites	1½ teaspoon ground cinnamon
	½ teaspoon 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 tablespoons honey, melted
3 tablespoons rosewater essence	2 tablespoons 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.

Pumpkin Pie

Serves 6-8

2 cups diced pumpkin	1 teaspoon ground nutmeg
3 eggs	¼ teaspoon ground cloves
1 cup thick coconut cream	½ teaspoon allspice
2 teaspoons ground cinnamon	Maple syrup
1 teaspoon 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.

Nut Balls

Serves 6-8

1 cup almond meal	4 tablespoons honey
½ cup hazelnut meal	2 tablespoons cocoa powder
½ cup almond butter	¼ cup shredded coconut

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.

Banana Custard

Serves 2

3 eggs	1 medium ripe banana
½ cup coconut milk	1 teaspoon 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 & 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.

Almond & Pear Frangipane

Serves 6-8

¼ cup walnut oil or other light oil	½ teaspoon almond essence
⅓ 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 20 centimetres 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 & Lemon Tart

Serves 6-8

<u>Pastry</u>	<u>Filling</u>
1 cup chopped walnuts	1 cup coconut milk
1½ cups almonds	⅓ cup lemon juice
1½ cup dates	2 teaspoons grated lemon rind
	1½ tablespoon honey
	6 eggs, beaten
	⅓ cup raspberries

Instructions

Preheat a fan-forced oven to 180 Celsius/350 Fahrenheit. Line a 23centimeters 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.

Lemon Custard

Serves 1

3 eggs	½ vanilla pod seeds
3 tablespoons fresh lemon juice	½ teaspoon 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.

Carrot Cake

Serves 6-8

6 eggs, separated	1 tablespoon 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 teaspoon 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 teaspoon baking powder <i>(non-paleo)</i> or 2 egg whites
1 cup coconut milk	¼ cup desiccated coconut
1 teaspoon 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 teaspoon baking powder (<i>non-paleo</i>) <i>OR</i> 3 egg whites
3 tablespoons 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: *If not using baking powder, separate the 3 eggs. Beat the egg whites until stiff peaks form, then fold gently into the coconut mixture. This will help in aerating the cake.*



BREAKFAST RECIPES

Mushroom & Pine Nut Scramble

Serves 1

3 eggs	1 teaspoon olive oil
2 teaspoons minced white onion	1 tablespoon pine nuts
2 tablespoons minced chives	1/8 teaspoon salt
1 cup sliced mushrooms	1/8 teaspoon pepper

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.

Basil & Walnut Scramble

Serves 1

3 eggs	1/8 teaspoon salt
½ cup fresh basil, chopped	1/8 teaspoon pepper
⅓ cup walnuts, chopped	

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.

Smoked Salmon & Lemon Mayonnaise Scramble

Serves 1

3 eggs½ teaspoon salt	1 teaspoon mayonnaise
½ teaspoon pepper	1 teaspoon fresh lemon juice
2 thin slices smoked salmon	

Instructions

Whisk the eggs, salt and pepper 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.

Green Veggie Scramble

Serves 1

3 eggs	1 teaspoon
1 cup spinach	1/8 teaspoon salt
2 teaspoons chopped white onion	1/8 teaspoon pepper
2 teaspoons minced chives	

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 stir for a further 1 minute, or until they are cooked.

Add salt and pepper to taste. Serve immediately.

Salmon & Zucchini Fritters

Serves 4-6

2 eggs	1 tablespoon chopped dill
1½ cups almond meal	1/8 teaspoon salt
100g smoked salmon, thinly sliced	1/8 teaspoon pepper
2 large zucchini, roughly grated, liquid squeezed out	Olive oil

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.

Scrambled Egg Cucumber Log

Serves 1

1 medium cucumber	Salt & pepper to taste
2 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 & Leek with Boiled Eggs

Serves 1

3 bacon eyes, diced	2 eggs
1 small leek, end removed & sliced	1 tablespoon olive oil
3 asparagus stalks	Salt & pepper to taste

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 & Veggies

Serves 1

2 spring onions, chopped	2 asparagus stalks, finely chopped
1 teaspoon olive oil	3 eggs
½ carrot, finely chopped	1/16 teaspoon salt
2 broccolini stalks, finely chopped	1/16 teaspoon pepper

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.

Veggie Fritters

Serves 2-4

⅔ cup sweet potato, grated	½ cup almond meal
½ cup carrot, grated	2 eggs
½ cup zucchini, grated and squeezed to remove excess moisture	1/8 teaspoon salt
½ cup green peas	1/8 teaspoon pepper
	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 tablespoon apple sauce	2 eggs
2 tablespoons fresh lemon juice	Coconut oil
⅓ 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 & Flaxseed Pancakes

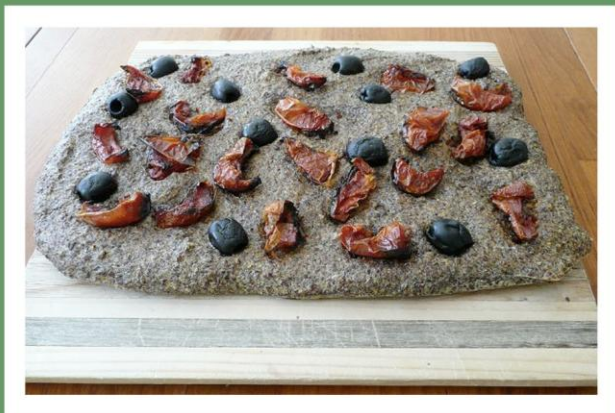
Serves 2-4

½ cup banana, mashed	1 egg
2 tablespoons almond butter	Coconut oil
1½ tablespoon 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.



FOCCACIAS

Flaxseed Foccacia

Serves 10-12

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

Instructions

Preheat a fan-forced oven to 180 Celsius/350 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 1-1.5 centimetre 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.*

Foccacia Toppings

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

Olives & Sundried Tomatoes

⅓ cup sundried tomatoes	⅓ cup pitted black olives
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Herbs & Salt

Oregano Italian Herbs	Salt
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Onion & Pepper

1 large red onion, thinly sliced 2 tablespoons olive oil	Pepper
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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 foccacia.

Olive & Rosemary

½ cup pitted black olives	Salt <i>(optional)</i>
Rosemary leaves	

Roast Capsicum & Onion

4 slices roast capsicum, diced	½ white onion, finely diced
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Herb & Pecan

2 tablespoons oregano	1 tablespoons Italian herbs
2 tablespoons ground coriander	⅔ cup pecans

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 foccacia to the oven and bake for a further 10 minutes, or until cooked.

Tomato & Basil

4 tablespoons balsamic vinegar	½ cup yellow cherry tomatoes, diced
2 tablespoons olive oil	½ cup basil leaves, roughly chopped
½ cup red cherry tomatoes, diced	Salt <i>(optional)</i>

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

Bacon & Walnut

6 rashers bacon, fat removed & diced	½ white onion, finely sliced
	½ cup roughly chopped walnuts

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

Foccacia Sandwiches

To make the following foccacia sandwiches, carefully cut a piece of Foccacia 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 & Salad Sandwich

Serves 1

½ chicken breast, grilled & sliced	1 small cucumber, sliced
2 tablespoons diced avocado	1 slice flaxseed foccacia, 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 foccacia 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 foccacia, cut in half

Instructions

Preheat sandwich press to medium heat.

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

Bacon, Mushroom & Pesto

Serves 1

2 bacon eyes	1 teaspoon 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 & Chicken Sandwich

Serves 1

½ chicken breast, grilled & sliced	1 cup chopped lettuce
2 slices grilled eggplant	1 slice flaxseed foccacia, cut in half
5 olives, pitted & 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 & Pumpkin Sandwich

Serves 10

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



CONDIMENTS

Mayonnaise

2 egg yolks	3 teaspoons fresh lemon juice
200ml olive oil	1/8 teaspoon 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.

Pesto

Serves 6-8

2 cups fresh basil	3 tablespoons pine nuts
2 garlic cloves	¼ cup cashews
2½ tablespoons 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.

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 tablespoon 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.

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