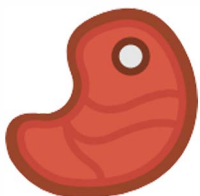















Paleo Cookbook Part 1



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



SNACKS

Spiced Mixed Nuts

Serves 2-4

1 egg white	½ tsp. chili powder
1 tbsp. water	1 tsp. ground cilantro seeds
2/3 cup almonds	1 tsp. sesame seeds
2/3 cup walnuts	½ tsp. salt
2/3 cup pecan halves	½ tsp. pepper
½ tsp. ground cumin	

Instructions:

Preheat oven to 350 degrees F.

Place egg white and water into a bowl and beat until soft and foamy.

Add nuts, cumin, chili, cilantro seeds, sesame seeds, salt and pepper and combine well.

Spread nut mixture onto an oven tray lined with baking paper.

Place tray in oven and bake for 10 minutes until nuts are lightly browned and egg has set.

Remove from oven and allow cooling for 15 minutes (nuts will crisp as they cool).

Break up any that stick together. Serve.

Sweet Mixed Nuts

Serves 2-4

1 egg white	1/3 cup sugar
1 tbsp. water	2 tsp. cinnamon
¼ tsp. vanilla extract	¾ tsp. salt
2/3 cup almonds	¼ tsp. ground cloves
2/3 cup walnuts	¼ tsp. ground nutmeg
2/3 cup pecan halves	

Instructions

Preheat oven to 350 degrees F.

Place egg white, water and vanilla into a bowl and beat until soft and foamy. Add in nuts and coat well.

Put sugar, cinnamon, salt, cloves and nutmeg in a plastic bag and shake to mix.

Lift nuts out of bowl with a fork and place into the bag of sugar and spices. Shake nuts in bag, making sure they are thoroughly coated.

Spread nut mixture onto an oven tray lined with baking paper.

Place tray in oven and bake for 10 minutes until nuts are lightly browned and egg has set.

Remove from oven and allow cooling for 15 minutes (nuts will crisp as they cool).

Break up any that stick together. Serve.

Sesame Seed Crackers

Serves 4-6

⅓ cup almond meal	½ tsp. salt
⅓ cup sesame seeds	1 tsp. garlic powder
1 tbsp. olive oil	½ tsp. crushed red peppers <i>(optional)</i>
1 egg white	

Instructions

Preheat oven to 350 degrees F.

Place all ingredients in a bowl and mix well.

Place the mixture on a sheet of baking paper with an additional sheet of baking paper over the top. Using a rolling pin or other cylindrical object, roll mixture out to about 1/8 of an inch thick.

With the baking paper still on top, cut pastry into individual, desired shaped pieces with a knife or a pizza cutter.

Carefully remove baking paper from the top of pastry. Place individual pastries about ½ inch apart on parchment lined baking sheet.

Bake pastry in the oven for 15-20 minutes or until crackers are golden browned and crisp.

Allowing cooling for 15 minutes. Serve.

Garlic Crackers

Serves 4-6

1 cup almond meal	1 large egg white
1 large garlic clove, finely chopped	½ tsp. salt
1 tbsp. olive oil	½ tsp. paprika

Instructions

Preheat oven to 350 degrees F.

Place all ingredients in a bowl and mix well.

Place the mixture on a sheet of baking paper with an additional sheet of baking paper over the top. Using a rolling pin or other cylindrical object, roll mixture out to about 1/8 of an inch thick.

With the baking paper still on top, cut pastry into individual, desired shaped pieces with a knife or a pizza cutter.

Carefully remove baking paper from the top of pastry. Place individual pastries about ½ inch apart on parchment lined baking sheet.

Bake pastry in the oven for 15-20 minutes or until crackers are golden browned and crisp.

Allowing cooling for 15 minutes. Serve.

Poppy Seed Crackers

Serves 4-6

⅓ cup almond meal	1 egg white
¼ cup sesame seeds	½ tsp. salt
1 tbsp. poppy seeds	½ tsp. pepper
1 tbsp. olive oil	

Instructions

Preheat oven to 350 degrees F.

Place all ingredients in a bowl and mix well.

Place the mixture on a sheet of baking paper with an additional sheet of baking paper over the top. Using a rolling pin or other cylindrical object, roll mixture out to about 1/8 of an inch thick.

With the baking paper still on top, cut pastry into individual, desired shaped pieces with a knife or a pizza cutter.

Carefully remove baking paper from the top of pastry. Place individual pastries about ½ inch apart on parchment lined baking sheet.

Bake pastry in the oven for 15-20 minutes or until crackers are golden browned and crisp.

Allowing cooling for 15 minutes. Serve.

Sweet Cashew 'Hummus'

Serves 6-8

1 cup unsalted, roasted cashews	1/3 cup water
3 tbsp. olive oil	½ tbsp. onion powder
2 garlic cloves	½ tsp. garlic powder
¼ cup fresh lemon juice	Salt & pepper to taste

Instructions

Combine all ingredients in an electric blender or food processor.

Blend for a short period if desired a crunchier texture. Blend for a longer period if desired a smooth and creamy mixture. Serve.

Pumpkin 'Hummus'

Serves 6-8

1 cup pumpkin, peeled & diced	1 tsp. ground cumin
3 tbsp. olive oil	1/8 tsp. nutmeg
½ cup unsalted, roasted cashews	Salt & pepper to taste
1 garlic clove, crushed	1/3 tbsp. fresh parsley, roughly chopped
¼ cup fresh lemon juice	
1/8 cup water	

Instructions

Preheat oven to 400 degrees F.

Lightly coat an ovenproof dish with 1 tbsp. of oil and then place diced pumpkin in dish. Bake pumpkin in oven for 30-40 minutes or until pumpkin is tender. Remove from oven and allow cooling for 15 minutes.

Place pumpkin and remaining ingredients into an electric blender or food processor. Blend on high speed until mixture is soft and creamy.

Transfer the mixture to a serving bowl. Garnish with parsley. Serve.

Baba Ghanoush

Serves 6-8

1 large eggplant	½ tsp. cumin
2 garlic cloves, minced	1 tsp. fresh lemon juice
½ tsp. salt	1 tbsp. olive oil
½ tsp. pepper	1 tbsp. fresh parsley, roughly chopped
½ cup tahini (sesame paste)	

Instructions

Preheat oven to 350 degrees F.

Place whole eggplant onto a baking tray and bake for one hour or until skin has wrinkled and eggplant feels soft to touch. Remove from oven and allow cooling for 15 minutes.

Peel off and discard the skin. Using a fork, mash eggplant to a pulp adding garlic, salt, pepper, tahini, cumin, and lemon juice.

Place mixture in an electric blender or food processor and blend to a smooth puree.

Transfer the mixture to a serving bowl. Drizzle the oil over the top and garnish with the parsley. Serve.

Cilantro & Tomato Salsa

Serves 6-8

2-3 tomatoes, finely chopped	½ tsp. Mexican chili powder
¼ cup red onion, finely diced	1 tsp. oregano
¼ cup cilantro, chopped	1 tsp. onion powder
1 jalapeno chili pepper (stem, seeds, ribs removed), finely diced	Juice of one lime
2 garlic cloves, finely minced	1 tsp. vinegar
1½ tbsp. mild, ground paprika	Salt & pepper to taste

Instructions

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

Chili & Lime Sweet Potato Chips

Serves 2-4

2 sweet potatoes	1 lime
2 tbsp. olive oil	¼ tsp. salt
½ tsp. chili powder	¼ tsp. pepper

Instructions

Preheat oven to 350 degrees F.

Slice sweet potatoes into thin, round cuts and coat with oil, chili, salt and pepper.

Bake in the oven, stirring every 5-10 minutes, for 35-45 minutes or until potato slices are browned and crisped.

Allow cooling for 10 minutes. Spritz chips with juice of lime. Serve.

Pistachio Dip

Serves 6-8

1 cup toasted pistachios	1 large garlic clove, minced
1 cup tomatoes, finely diced	3 tbsp. fresh lemon juice
¼ cup chopped red onion	1/8 tsp. ground paprika
½ cup mint leaves, finely chopped	2 tbsp. olive oil
½ cup fresh parsley, roughly chopped	Salt & pepper to taste

Instructions

Place the pistachios in an electric blender or food processor and pulse a few times to start to break them up.

Transfer pistachios into a mixing bowl. Add remaining ingredients and mix together well. Serve.

Green Pea Dip

Serves 6-8

1½ cups fresh <i>or</i> thawed frozen peas	½ tsp. ground turmeric
1 tbsp. olive oil	½ tsp. ground cumin
½ red onion, finely chopped	1 tbsp. chopped shallots
1 large garlic clove, finely minced	⅓ cup vegetable stock
½ red chili pepper (stem, seeds, ribs removed), finely diced	1 tbsp. fresh lime juice
	Salt & pepper to taste

Instructions

In a medium saucepan on medium heat, heat oil. Add onion, garlic and chili, fry for 3-4 minutes or until onion and chili is soft. Add turmeric, cumin and shallots and stir for an additional minute.

Add vegetable stock and peas. Cover saucepan and simmer for 4-5 minutes or until peas are tender and still green.

Remove pan from heat. Allow cooling for 10 minutes.

Place pea mixture in an electric blender or food processor and blend on high speed until the mixture is smooth.

Transfer mixture to a serving bowl and mix with lime juice, salt and pepper to taste. Serve.

Oven Toasted Cauliflower

Serves 4-6

½ medium-size cauliflower	½ tsp. pepper
2 tbsp. olive oil	½ tsp. ground cumin
½ tsp. salt	½ tsp. ground paprika

Instructions

Preheat oven to 350 degrees F.

Cut cauliflower into different sized florets and place on an ovenproof pan. Add oil, cumin, paprika, pepper, and salt. Mix together well.

Bake in the oven, stirring every 5-10 minutes, for 20-30 minutes or until cauliflower is cooked and golden brown. Remove from oven and serve.

Zucchini Meat Balls

Serves 6-8

10oz grated zucchini	1 tbsp. dill, finely chopped
10oz minced beef	1½ cup almond meal
1 onion, finely chopped	1 tsp. salt
2 eggs	½ tsp. pepper

Instructions

Preheat oven to 180°Celsius/350 degrees F.

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

Roll zucchini mixture into 4 centimeter balls and place onto an ovenproof tray lined with baking paper.

Bake in oven for 25-35 minutes or until zucchini balls are browned and cooked. Remove from oven and serve.

Tuna Balls

Serves 6-8

1½ cups diced sweet potato	1 egg
1 15oz can tuna, in brine, drained	1 tbsp. olive oil
1 small onion, finely chopped	1 tsp. salt
1 medium carrot, grated	½ tsp. pepper

Instructions

Preheat oven to 350 degrees F.

Boil sweet potato in a saucepan with water until soft. Remove all liquid and mash potato with a fork. The mash will be very dry.

In a mixing bowl, combine all ingredients well.

Shape tuna mixture into 1-2 inch balls and place onto an ovenproof tray lined with baking paper. Place tray in oven and bake for 25 minutes.

Serve warm or cold.



SALADS

Sesame Coated Tuna Salad

Serves 1

½ cup sesame seeds	¼ cup fresh cilantro, chopped
7oz tuna steaks, sliced	½ cup tomatoes, halved
½ tbsp. olive oil	Salt & pepper to taste
1 cup lettuce, chopped	Fresh lemon juice to taste
½ cup baby spinach leaves	

Instructions

Place sesame seeds in a bowl. Roll tuna steaks in sesame seeds to coat.

Place oil in a frying pan and heat on medium heat. Add tuna steaks and cook for 1-3 minutes each side or until cooked. (Cooking time will depend on thickness of tuna and personal preference.) Remove from heat.

Arrange lettuce, spinach, cilantro and tomatoes on a plate and place tuna steaks on top. Sprinkle salt, pepper and lemon juice to taste when ready to serve.

Crunchy Tuna Salad

Serves 1

3oz canned tuna	⅓ cup freshly diced tomatoes
1 cup chopped lettuce	⅓ cup pecan nuts
1 small green apple, cored & diced	1 tsp. olive oil
⅓ cup green pepper, diced	1 tbsp. fresh lemon juice
¼ avocado, peeled & diced	Salt & pepper to taste

Instructions

Place all ingredients into a bowl and toss together.

Meat Lovers Salad

Serves 2

1 chicken breast	5 medium tomatoes, cut into quarters
2 cups water	½ avocado, diced
Juice of half a lemon	2 cups fresh rocket
½ tbsp. olive oil	2 tbsp. balsamic vinegar
8 bacon slices, fat removed & cut into strips	

Instructions

In a saucepan bring water and lemon juice to the boil. Reduce heat, then add chicken breast, cover and simmer on low heat for 15-20 minutes, or until chicken is firm and cooked. Remove from heat and leave chicken in liquid to cool. When cold remove chicken from pan and shred meat.

Heat frying pan on high heat, add bacon and fry until bacon strips are lightly crisp. Remove bacon from pan and add tomato quarters, stir on high heat for 2 minutes, or until tomatoes slightly softened.

To make dressing, mix oil and vinegar well.

Place diced chicken breast, bacon, tomatoes, avocado and rocket and dressing in a salad bowl and mix until well combined. Serve.

Shredded Chicken Salad

Serves 1

1 chicken breast, boiled <i>or</i> steamed & shredded	$\frac{2}{3}$ cup mushrooms, diced
2 cups baby spinach leaves	$\frac{1}{2}$ red onion, finely diced
1 large Roma tomato, diced	$\frac{1}{4}$ cup black olives, cut in halves
1 cup cucumber, diced	1 tbsp. olive oil
	2 tbsp. balsamic vinegar

Instructions

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

Veggie Side Salad

Serves 2-4

1 tsp. olive oil	1 yellow pepper, sliced
1 red pepper, sliced	1 bunch asparagus, spears cut into three pieces
1 orange pepper, sliced	¼ tsp. salt

Instructions

Place oil in a medium size pan and place on medium heat.

Add sliced pepper, asparagus and salt; stir well to cover vegetables in oil. Reduce heat.

Cover pan and steam vegetables in own liquid for 15-20 minutes or until pepper and asparagus have softened slightly. Serve.

Boiled Egg Salad

Serves 1

2 eggs	½ cup tomatoes, sliced
1 cup lettuce	⅓ avocado, diced
1 small carrot, chopped	1 tsp. olive oil
⅓ cup snow peas, roughly chopped	2 tsp. balsamic vinegar
	1 tsp. wholemeal mustard

Instructions

Boil eggs in a covered pan for 6 minutes for a soft yolk, or 9 minutes for a hard yolk.

While eggs are cooking, combine lettuce, carrots, snow peas, tomatoes and avocado in a salad bowl.

To make dressing, mix oil, balsamic vinegar and mustard well. Toss dressing through salad.

When eggs are cooked drain and cool. Peel eggs and cut in half. Place eggs on salad to serve.

Orange Tahini Cabbage Salad

Serves 1

½ tbsp. olive oil	1 medium carrot, grated
1 tsp. tahini (sesame paste)	1 cup cabbage, finely shredded
2 tbsp. fresh orange juice	Small handful snow pea sprouts, ends trimmed off
¼ tsp. salt	
¼ tsp. pepper	

Instructions

To make dressing, mix oil, tahini, orange juice, salt and well.

In a salad bowl, combine carrots, cabbage and snow peas.

Pour tahini dressing over salad to serve.

Bacon and Egg Salad

Serves 1

2 bacon slices, fat removed & diced	2 cups mushrooms, sliced
½ red onion, diced	2 boiled eggs, diced
1 tsp. olive oil	1 carrot, diced
	⅓ cup fresh parsley, roughly chopped

Instructions

In a frypan on medium heat, fry bacon and onion in oil for 5-6 minutes, or until onion and bacon are lightly browned. Remove pan from heat.

Place onion and bacon in a medium sized salad bowl. Return frying pan to the hotplate, add mushrooms and cook for 2-3 minutes or until lightly browned. Remove from heat.

Add mushrooms to the salad bowl with diced egg, carrot and parsley.

Combine well before serving.

Zesty Spinach Salad

Serves 1

2 cups baby spinach leaves	1 tsp. olive oil
1 small avocado, sliced	1 tbsp. fresh lemon juice
½ cup tomato	¼ tsp. salt
½ cucumber, sliced	¼ tsp. pepper
1 chopped Gala apple	¼ tsp. Italian seasoning
¼ cup chopped walnuts	

Instructions

Place all ingredients in to a salad bowl.

Toss lightly to combine ingredients before serving.

Chicken-Tomato Salad

Serves 2

2 chicken breasts, boiled or steamed & shredded	1 punnet cherry tomatoes
3 tsp. olive oil	3 cups lettuce leaves, sliced
1 red onion	½ tsp. balsamic vinegar
	Salt & pepper to taste

Instructions

Place 1 tsp. oil in a frying pan on medium heat along with onion and fry for 4-5 minutes or until lightly browned. Remove from heat and place onion in a large salad bowl along with shredded chicken and lettuce.

Add ½ tsp. oil to frying pan and return to medium heat. Add tomatoes to pan and cook until the skins begin to soften. Remove from heat. Add to salad bowl and combine well with chicken, onion and lettuce.

Add remaining oil, balsamic vinegar, salt and pepper to taste before serving.

Sweet Potato & Bacon Salad

Serves 2

4 cups sweet potato, peeled & diced	1 tsp. olive oil
1 white onion, diced	1/8 cup sliced almonds
4 slices of bacon, diced	Salt & pepper to taste

Instructions

Boil water in a small covered saucepan. Adding sweet potato for 5-6 minutes or until tender. Remove from heat, drain, and place sweet potato into a salad bowl.

Meanwhile, place oil, onion and bacon in a frying pan on medium heat and fry until bacon and onion have browned. Remove from heat.

Add bacon and onion to sweet potato and combine well.

Sprinkle with sliced almonds to serve.

Sweet Potato & Chicken Salad

Serves 2

1 barbequed chicken breast, shredded	⅔ cup unsalted cashews
2 cups diced sweet potato, peeled & diced	1 garlic clove, minced
1 bunch fresh cilantro, roughly chopped	1 tbsp. olive oil
	2 tbsp. fresh lemon juice
	¼ tsp. chili powder

Instructions

Boil water in a small covered saucepan. Adding sweet potato for 3-4 minutes or until tender. Remove from heat and drain.

Place sweet potato into a salad bowl combined chicken, cashews and cilantro.

To make dressing, mix garlic, oil, lemon juice and chili powder well.

Drizzle dressing over salad when ready to serve.

Chicken & Cabbage Salad

Serves 2-4

2 chicken breasts, poached & shredded	¼ cup firmly packed, finely chopped fresh basil
4 cups Chinese cabbage, finely shredded	4 tbsp. sesame seed oil
4 green shallots sliced thinly	¼ cup fresh lime juice
2 cloves garlic, minced	2 tsp. salt

Instructions

Place chicken, cabbage, shallots and basil in a large salad bowl.

To make dressing, mix garlic, oil, lime juice, fish sauce and salt well.

Drizzle dressing over the salad and toss gently to combine. Serve.

Fresh Cucumber Salad

Serves 2-4

4 cups cucumber, peeled & diced	1 bunch fresh basil, roughly chopped
1½ cups tomatoes, halved <i>or</i> diced	¼ tsp. salt
1 small red onion, finely chopped	¼ tsp. pepper
½ tbsp. fresh lemon juice	

Instructions

Place all ingredients in to a salad bowl.

Toss lightly to combine ingredients before serving.

Yellow Squash & Chicken Salad

Serves 2

2 chicken breasts	<u>Salad</u>
1 tsp. olive oil	5 yellow squash
1 tbsp. sesame seeds	250g cherry tomatoes, halved
	½ avocado, diced
	1 cup fresh parsley, roughly chopped
	⅓ cup dill, roughly chopped
	1 tsp. olive oil
	2 tbsp. fresh lemon juice

Instructions

In a saucepan, with some water on medium heat, boil the squash in water for 5 minutes or until tender. Drain and cool.

Cut chicken fillets into 2.5 centimeter thick slices. Heat oil in a frying pan over medium-high heat. Fry the chicken for 3-5 minutes each side or until golden and cooked. Cut the cooled squash into quarters and place into a large salad bowl with cherry tomatoes, avocado, parsley, dill, oil and lemon juice.

Place chicken in the oven and cook for 10 minutes. Remove and add sesame seeds, coat the chicken well. Return to oven and cook for a further 10 minutes or until chicken has cooked. Arrange the salad on a plate around the chicken and serve.

Chinese Lettuce Salad

Serves 2-4

4 cups Chinese lettuce, chopped	½ cup sliced almonds
3 spring onions, finely chopped	1 tbsp. olive oil
4 tbsp. fresh dill, chopped	1 tbsp. apple cider vinegar

Instructions

Place all ingredients in a salad bowl and mix well. Serve.

Meatball Salad

Serves 4

1 lb. minced ground beef	2 carrots, diced
1 tsp. olive oil	1 green pepper, diced
1 small red onion, finely diced	1 avocado, diced
4 tbsp. ground oregano	Balsamic vinegar to taste
1 egg	
1 cucumber, peeled & diced	

Instructions

Place meat, onion, oregano and egg into a mixing bowl and combine well. Roll meat mixture into 1-2 inch balls.

Heat oil in a medium sized frying pan on medium heat and place balls in pan. Rotating balls, cook for 3-4 minutes or until browned.

Place cucumber, carrot, pepper and avocado into a salad bowl and combine well. Stir through balsamic vinegar to taste.

To serve, place salad on a plate and top with meatballs.

Leek, Bacon & Pea Salad

Serves 4-6

1 leek, white part thinly sliced	¼ tsp. salt
4 bacon slices, diced	¼ tsp. pepper
2 cups green peas	

Instructions

Heat a pan on high heat and fry bacon for 4 minutes. Add leek and continue cooking for an additional 5 minutes, stirring regularly. Reduce heat.

Add peas and cook for a further 3 minutes, or until peas are heated through. Remove from heat and add salt and pepper to taste before serving.

Mushroom & Butternut Squash Salad

Serves 2

½ small butternut squash, peeled, seeded and sliced	3 tbsp. fresh lemon juice
1 large flat mushroom, sliced	2 tbsp. ground cumin
1 tbsp. olive oil	4 cups baby spinach leaves

Instructions

Preheat grill to medium heat. Place squash under or on grill and cook for 5-7 minutes, or until cooked. Place into a large salad bowl along with the spinach.

Place mushroom slices under or on grill and cook for 1-2 minutes, or until slightly tender and browned.

Add mushroom to squash and spinach with oil, lemon juice and cumin. Combine all ingredients well. Serve.

Pumpkin & Pine Nut Salad

Serves 2

2 cups pumpkin, peeled, seeded & diced	1 tbsp. olive oil
2 cups baby spinach	½ cup fresh orange juice
1 avocado, peeled, seeded & diced	1/16 tsp. cinnamon
½ cup pine nuts	1/8 tsp. salt

Instructions

Boil pumpkin in a pan with water until tender, being careful not to overcook. Drain excess water and cool pumpkin slightly.

In a large salad bowl combine pumpkin, baby spinach, avocado and pine nuts.

To make dressing mix oil, orange juice, cinnamon and salt well.

Spoon dressing over salad, toss gently and serve.

Red Cabbage Salad

Serves 4-6

½ red cabbage, finely sliced	1 tbsp. olive oil
1 green apple, cored & diced	½ tbsp. salt
¾ cup roughly chopped pecans	Apple Cider Vinegar to taste

Instructions

In a bowl place red cabbage and mix through salt. Cover and leave to stand for at least one hour (several hours is better) or until cabbage has softened slightly.

Add remaining ingredients and toss to combine. Serve.

Honey Chicken & Pumpkin Salad

Serves 4

1 lb. chicken breast, diced	2 tbsp. sesame seed oil
4 cups pumpkin, diced	7 spring onions, chopped
3 tbsp. honey	3 cups lettuce

Instructions

Preheat oven to 350 degrees F.

In an ovenproof dish, mix together chicken, pumpkin, honey and sesame seed oil. Bake in the oven for 20-30 minutes or until chicken and pumpkin is cooked; stir occasionally. Add the spring onions and continue baking for 5-10 minutes.

To serve, arrange lettuce on a plate and top with chicken and pumpkin.



SOUPS

Carrot & Ginger Soup

Serves 4-6

5 cups carrots, peeled & sliced	2 garlic cloves, minced
3 tbsp. olive oil	2 tsp. ground turmeric
2 tbsp. ground ginger	1 cup vegetable stock
1 white onion, finely diced	1 cup coconut milk

Instructions

Preheat oven to 350 degrees F.

On an ovenproof tray, mix carrots with 2 tbsp. of oil and 1 tbsp. of ginger and bake in the oven for 30 minutes.

In a large pan on medium heat, fry onion and garlic in 1 tbsp. of oil for 4-5 minutes, or until onion is tender. Add turmeric and remaining 1 tbsp. of ginger and cook for a further 2 minutes before adding stock, coconut milk and carrots. Simmer for an additional 10-15 minutes. Remove from heat.

Use a hand blender or food processor to purée the soup before serving.

Carrot & Leek Soup

Serves 2-4

1 medium size leek, (white part only) finely sliced	1 tbsp. ground ginger
5 carrots, diced	3 cups vegetable stock
1 tbsp. olive oil	

Instructions

Fry leek and carrots in a large pan with oil on medium heat until slightly tender.

Add stock and simmer for 10-15 minutes or until carrot is tender. Remove from heat.

Using a hand blender or food processor, purée the soup then serve.

Spinach & Asparagus Soup

Serves 2-4

4 chopped spring onions 4 cups spinach 6 thick asparagus spears sliced in half <i>or</i> 12 thin asparagus spears ½ tsp. olive oil 2 cups light coconut milk	Spices (choose your favourite spices or your favourite curry paste) – For example: cumin, cinnamon, Mexican chili powder, ground paprika, dried chili, garlic, ground cilantro, lime, cardamom, salt & pepper
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Instructions

In a saucepan on medium heat, fry the spring onions in oil until lightly browned.

Add spices, asparagus and spinach and stir until spices are heated and mixed through the asparagus and spinach.

Add the coconut milk and simmer for 10-15 minutes. Serve.

Garlic & Leek Soup

Serves 4-6

4 bulbs garlic, unpeeled	4 cups chicken <i>or</i> vegetable stock
4 leeks (white part only), sliced	¾ cup coconut milk
1 white onion, diced	1 ½ tsp. olive oil

Instructions

Preheat oven to 350 degrees F.

Place garlic bulbs top down on an oven tray and drizzle with ½ tsp. of oil. Place in oven for 30-40 minutes and bake until garlic is golden and soft. Remove from oven and leave to cool slightly.

Fry onion and leek in a large pan with remaining 1 tsp. of oil on medium heat for 10-12 minutes or until tender. Add stock, cover pan, and simmer for a further 10-15 minutes. Remove pan from heat and add garlic and coconut milk. Cool soup slightly.

Use a hand blender or food processor to purée the soup before serving.

Sweet Potato & Pear Soup

Serves 2-4

1 white onion, peeled & diced	½ cup coconut milk
1 tbsp. olive oil	½ tsp. salt
2½ cups sweet potato, diced	½ tsp. pepper
2 cups pear, diced	Fresh parsley to garnish
2 cups vegetable stock	

Instructions

Heat oil in a large pan and fry onion until soft.

Add the sweet potato and pear and cook for 2-3 minutes. Add the stock and simmer for 10 minutes or until sweet potato and pear are tender. Remove from heat and cool slightly.

Use a hand blender or food processor to purée the soup.

Add salt and pepper. Garnish with parsley and serve.

Asparagus & Leek Soup

Serves 2-4

1½ cups leek, sliced	1 garlic clove, minced
2 tbsp. olive oil	1½ cup vegetable stock
8 asparagus spears, chopped into 1 inch pieces	½ cup coconut milk

Instructions

Heat a large pan to fry leek and garlic in oil for 4-5 minutes, or until leek has softened.

Add asparagus and stock to pan, cover, and cook for an additional 15 minutes, or until asparagus has softened.

Remove from heat and add coconut milk.

Use a hand blender or food processor to purée the soup before serving.

Cauliflower Soup

Serves 4-6

4 tbsp. olive oil	1 whole cauliflower, chopped
4 tbsp. arrowroot	1/3 cup fresh parsley, roughly chopped
10 cups vegetable stock	

Instructions

In a large pan, make a roux by first heating the oil; continue by adding the arrowroot stirring constantly for 1 minute, slowly add vegetable stock, stirring vigorously to prevent lumps forming.

Place cauliflower into the pan and simmer for a further 20-30 minutes or until cauliflower is tender. Mash the cauliflower and add parsley.

Cook for a further 5 minutes before serving.

Broccoli Soup

Serves 4-6

4 tbsp. olive oil	10 cups vegetable stock
4 tbsp. arrowroot	7 cups broccoli (including stalk)

Instructions

In a large saucepan on medium heat, make a roux by firstly heating the oil; continue by adding the arrowroot, stirring constantly for 1 minute, then add vegetable stock stirring vigorously to prevent lumps.

Place broccoli florets and stalk into the pan, cover, and simmer for 20-30 minutes or until broccoli is tender. Remove from heat.

Using a hand blender or food processor purée the soup until smooth and thick. Serve.

Pumpkin & Sweet Potato Soup

Serves 4-6

1 white onion, diced	6 cups pumpkin, diced
1 tsp. olive oil	4 cups sweet potato, diced
A pinch each of ground cumin, ground ginger, ground nutmeg, ground cloves & chili powder	2 cups light coconut milk
	1 cup water

Instructions

In a large saucepan on medium heat, fry onion in oil until cooked and lightly browned. Add spices and heat through quickly before adding pumpkin and sweet potato. Fry for 1 minute.

Add the coconut milk and water and cook for 30-40 minutes or until the pumpkin and sweet potato are tender. Remove from heat.

Using a hand blender or food processor, purée the soup until thick and creamy. Serve.

Curried Cauliflower Soup

Serves 4-6

1 white onion, diced	1 tbsp. ground cilantro
1 tbsp. olive oil	1 tbsp. ground paprika
1 garlic clove, finely chopped	½ medium cauliflower, chopped
1 tsp. ground turmeric	4 cups vegetable stock
1 tbsp. ground cumin	Salt & pepper to taste

Instructions

Fry onion and garlic in a large pan with oil on medium heat until lightly browned.

Add cauliflower, turmeric, cumin and cilantro, stir and cook for 2 minutes. Add stock, cover pan and simmer for 15-20 minutes or until cauliflower is tender. Remove from heat.

Use a hand blender or food processor to purée the soup before serving. Add salt and pepper to taste.

Meatball Minestrone

Serves 6-8

1 tbsp. olive oil	2 cups diced tomatoes
1 white onion, diced	1 tbsp. basil, finely chopped
3 garlic cloves, finely chopped	1 tbsp. sage, finely chopped
¼ cabbage, thinly sliced	1 tsp. chili powder
2 medium carrots, diced	1/8 tsp. pepper
3 small zucchini, diced	2 cups mushroom, diced
3 celery stalks, diced	15 meatballs (<i>see Meatball Salad recipe</i>)
3 cups chicken <i>or</i> vegetable stock	

Instructions

Heat a large pan on medium heat, fry onion and garlic in oil until browned.

Add cabbage, carrots, zucchini, celery, tomatoes, stock, basil, sage, chili powder and pepper. Cover pan and simmer for 30 minutes.

Add mushrooms and meatballs and simmer for an additional 10 minutes.

Cool for 5-10 minutes before serving.

Leek, Fennel & Broccoli Soup

Serves 2-4

2 garlic cloves, finely chopped	1 broccoli, chopped
1 tbsp. olive oil	4 cups vegetable stock
1 leek, (white part only) sliced	2 bay leaves
1 large fennel, stalks removed & diced	½ cup coconut milk

Instructions

Heat a medium sized pan, fry garlic, leek and fennel in oil for 5-8 minutes until tender.

Add broccoli, stock and bay leaves, cover and simmer for 10 minutes or until broccoli is tender. Remove from heat. Cool slightly before removing bay leaves. Stir in coconut milk then using a food processor or electric blender purée the soup. Serve.

Zucchini & Sweet Potato Soup

Serves 4-6

2 cups sweet potato, peeled and diced	3 garlic cloves, minced
4 cups zucchini, diced	1 tbsp. coconut oil
1 white onion, diced	2 cups chicken <i>or</i> vegetable stock
	1 cup coconut milk

Instructions

Fry onion, garlic, sweet potato and zucchini in a large pan with oil on medium heat until onion is lightly browned and vegetables just tender.

Add stock, cover pan, and simmer for a further 15-20 minutes or until sweet potato is tender. Remove from heat and cool slightly.

Add coconut milk then use a food processor or electric blender to purée the soup. Serve.

Roasted Pumpkin & Basil Soup

Serves 4-6

5 lb diced pumpkin	4 cups vegetable stock
1 garlic bulb, un-peeled	1 bunch fresh basil, roughly chopped
2 tbsp. olive oil	Salt & pepper to taste
1 white onion, diced	
3 tbsp. ground cumin	

Instructions

Preheat oven to 350 degrees F.

Place garlic bulb top down on an oven tray and drizzle with 1 tbsp. of oil. Place diced pumpkin on the same tray around garlic. Place tray in oven and bake for 50 minutes or until vegetables are tender. Remove from oven and cool slightly before peeling garlic cloves (squeeze cloves from skin).

Fry onion in a large pan with remaining olive oil on medium heat for 2 minutes. Add cumin and stir for a further minute until aromatic. Add stock, pumpkin and garlic cloves and simmer for 10 minutes, stirring constantly to form a thickened soup, while still leaving cubes of pumpkin intact. Add basil and simmer for an additional 2 minutes.

Remove from heat. Add salt and pepper to taste before serving.



MEATS

Spiced Meatballs with Tomato Sauce

Serves 4-6

<u>Meatballs</u>	<u>Sauce</u>
15 oz minced beef	½ tsp. olive oil
2 garlic cloves, minced	1 white onion, peeled & diced
2 tsp. ground cumin	3 garlic cloves, minced
1 tsp. ground cinnamon	1 chili, finely chopped
1 tsp. ground turmeric	1 tsp. ground cinnamon
1 tsp. chili powder	2 tsp. ground cumin
1 tsp. pepper	½ tsp. ground cloves
1 egg	4 cups freshly diced tomatoes

Instructions

Preheat oven to 350 degrees F.

To make the meatballs – in a bowl mix the garlic, cinnamon, turmeric, chili powder, pepper, egg and minced meat until well combined. Neatly shape the meat mixture into 12 balls.

Place meatballs on an oven tray and bake in the oven for 20-30 minutes or until cooked.

To make the tomato sauce – fry onion, garlic and chili in a pan on medium heat in oil until they begin to soften and lightly brown. Add cinnamon, cumin and cloves and continue to cook for a few minutes to release flavours.

Add the tomatoes and simmer for 10 minutes. When meatballs are cooked add them to the tomato sauce. Simmer on low heat for an additional 15 minutes. Serve.

Chili-Garlic Chicken Skewers

Serves 2

6 wooden skewers; soaked in cold water for 30 minutes.	1 tsp. red chilies, seeds removed & finely chopped
2 chicken breasts, diced	4 garlic cloves, minced
1 tbsp. olive oil	6 tbsp. fresh lemon juice

Instructions

Preheat oven to 350 degrees F or preheat barbeque grill on high heat.

To make sauce, combine the oil, chilies, garlic and lemon juice in a small bowl. Set aside for a few minutes.

Thread diced chicken onto skewers and place on an oven tray lined with baking paper. Pour chili and garlic sauce over the chicken, coating well.

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

Hot & Zesty Chicken

Serves 2-4

2 chicken breasts, diced	3 tbsp. fresh lemon juice
2 tbsp. olive oil	¼ cup sultanas
2 garlic cloves, minced	5 tbsp. pine nuts
1½ tsp. ground cinnamon	1 small orange, halved & sliced
3 tsp. ground cumin	4 tbsp. fresh mint, finely chopped
½ tsp. ground turmeric	

Instructions

Fry the chicken in a heated pan with olive oil for 5 minutes until lightly browned.

Add garlic, cinnamon, cumin, turmeric, lemon juice and sultanas and cook covered for an additional 15 minutes, adding more lemon juice if necessary.

Stir in pine nuts, orange slices and fresh mint and cook for a further 1-2 minutes. Serve.

Breakfast Pizza

Serves 2-4

<u>Pizza bread</u>	<u>Pizza topping</u>
4 tbsp. olive oil	2 tbsp. tomato paste
1 tsp. honey	1 tsp. Italian herbs
3 eggs	4 bacon slices
1 cup almond meal	½ tsp. olive oil
¾ cup arrowroot	4 eggs
Handful of arugula, to serve	4 tomatoes, sliced

Instructions

Preheat oven to 350 degrees F.

Pizza bread - combine all bread ingredients well. Divide dough into quarters and roll out into four circles no thicker than ½ inch. Place dough onto a baking tray lined with baking paper. Place tray in oven and bake for 10-15 minutes, or until pizza bases are browned and cooked. Remove from oven.

Spread tomato paste over pizza bases and sprinkle with Italian herbs, return to oven for a further 1-2 minutes to heat.

In a frying pan heat oil and fry bacon until lightly browned, remove from pan. Add eggs to pan and fry.

Place bacon onto the pizza bases followed by the eggs and sliced tomatoes. Serve.

Moroccan Chicken Skewers

Serves 2

6 wooden skewers; soaked in cold water for 30 minutes.	<u>Marinade</u>
2 chicken breasts, diced	1 large garlic clove, minced
	2 tsp. honey
	2 tbsp. fresh lemon juice
	1 tbsp. olive oil
	1 tsp. ground cumin
	1 tsp. salt
	½ tsp. cayenne pepper
	1 tsp. ground turmeric
	½ tsp. ground cinnamon

Instructions

Preheat oven to 350 degrees F or preheat barbeque grill on high heat.

Make marinade by combining all marinade ingredients into a small bowl. Place diced chicken in a dish, pour marinade over the top and coat well. Cover and refrigerate for several hours.

Thread diced chicken onto skewers and place on an oven tray lined with baking paper. Pour leftover marinade over the top of chicken and bake for 35-40 minutes or until chicken is cooked.

If cooking on a barbeque grill, cook chicken for 5-6 minutes each side. Serve.

Beefy Mushroom Goulash

Serves 4-6

1 lb. diced beef	3 tbsp. ground paprika
1 tbsp. olive oil	½ tsp. salt
1 white onion, diced	½ tsp. pepper
7 oz button mushrooms, sliced	Fresh parsley to garnish
20 oz can diced tomatoes	

Instructions

Heat a medium-sized pan on medium-high heat. Fry half the beef in ½ tbsp. of oil for 4-5 minutes or until browned. Transfer beef to a plate and repeat process with remaining beef.

Place remaining olive oil in pan and stir-fry the onion and mushrooms for 3-4 minutes or until onion and mushrooms are slightly tender. Add paprika, stir well to coat mushrooms and onions.

Add tomatoes and beef. Cover pan and simmer for 20-30 minutes. Season with salt and pepper before serving with chopped parsley to garnish.

Stir-Fried Beef & Cashews

Serves 4-6

1 lb. lean beef, sliced thinly	1 tsp. honey
½ tbsp. olive oil	½ cup water
2 tsp. red curry paste	1 cup green pepper, diced
2 tsp. fish sauce <i>or</i> 1 tsp. salt <i>(optional)</i>	1 tsp. arrowroot
2 tbsp. fresh lime juice	24 unsalted, roasted cashews

Instructions

Heat oil in a pan, on high heat, and fry beef until it changes colour. Add the red curry paste and fry for a further minute. Reduce heat.

Add the fish sauce or salt, lime juice, honey, water and pepper and simmer for 20 minutes.

If desired, thicken the sauce with arrowroot mixed with a little cold water if desired. Add the cashews before serving.

Lamb & Bacon Balls

Serves 6-8

<u>Meatballs</u>	<u>Sauce</u>
6 bacon slices, finely diced	4 cups freshly diced tomatoes
1 white onion, finely chopped	1 tsp. basil, finely chopped
1 tbsp. olive oil	1/8 tsp. salt
2 tsp. sage, finely chopped	1/8 tsp. pepper
1 tsp. ground paprika	
1/8 tsp. salt	
1/8 tsp. pepper	
1 lb. minced lamb	
1 egg	

Instructions

Preheat oven to 350 degrees F.

In a medium sized pan on medium/high heat fry onion and bacon in oil for 5 minutes or until onion is tender. Add the sage, paprika, salt and pepper and cook for a further 2 minutes.

Remove pan from heat and allow cooling.

In a large mixing bowl, combine cooled bacon mixture, egg and minced lamb well.

Roll the lamb mixture into 12 balls and place onto a baking tray lined with baking paper. Bake for 30-40 minutes or until well cooked.

To make the sauce, place diced tomatoes, basil, salt and pepper in a medium sized pan and simmer for 2-3 minutes. Add the cooked meatballs and simmer gently for a further 10 minutes. Serve.

Hearty Meat-Loaf

Serves 4-6

2 small carrots	1 egg
1 small zucchini	1 tsp. Italian herbs
½ cup peas	½ tsp. salt
1 white onion, finely diced	½ tsp. pepper
1 lb. minced meat (beef <i>or</i> lamb)	

Instructions

Preheat oven to 350 degrees F.

Grate carrots and zucchini coarsely, and squeeze through hands to remove as much excess liquid as possible. Place in a large mixing bowl with peas, onion, minced meat, egg, herbs, salt and pepper. Combine well.

Using a muffin tray, line each individual muffin hole with baking paper. Tightly pack meat mixture into each muffin hole.

Bake in the oven for 30-40 minutes, or until golden brown on top and meat is cooked through. Serve.

Coconut Chicken Curry

Serves 2-4

2 chicken breasts, sliced	2 tbsp. red curry paste
1 tbsp. olive oil	1 tsp. ground turmeric
1 white onion, diced	1¾ cups coconut milk
2 garlic cloves, minced	12 bay leaves

Instructions

Heat ½ tbsp. of oil in a wok or fry pan, add chicken and fry for 4-5 minutes or until golden brown. Remove chicken from pan.

Place remaining oil into the pan and fry onion and garlic until lightly browned, add red curry paste and turmeric and stir for an additional 1 minute. Add coconut milk and bay leaves and simmer on low heat for 15 minutes. Cool slightly before serving.

Indian Mince Curry

Serves 4-6

1 lb. minced meat	2 cups eggplant, peeled & diced
1 white onion, finely chopped	2 cups diced tomatoes
3 garlic cloves, minced	4 tbsp. biryani curry paste (cilantro, garlic, ginger, oil, cardamoms, cloves, nutmeg, tomatoes, curry leaves, rampe leaf, salt)
1 tbsp. olive oil	
1½ cups fresh peas	
4 cups cabbage, finely sliced	

Instructions

In a pan on medium heat fry chopped onion and garlic in oil until golden brown. Remove onion and garlic from the pan, increase heat, and add minced meat and fry, stirring so there are no lumps.

When the meat is browned, reduce heat, return the onion and garlic to the pan along with the cabbage, eggplant, green peas and curry paste. Stir well and cook for 5 minutes.

Add diced tomatoes, cover pan, and simmer for 30-40 minutes or until vegetables are tender. Serve.

Moroccan Chicken

Serves 2-4

2 chicken breasts, diced	1 garlic clove, minced
1½ tbsp. olive oil	1 tsp. ground paprika
2 cups tomatoes, diced	1 fresh lemon, finely grated
1 bunch fresh parsley, chopped	½ cup water

Instructions

Fry the chicken in a pan, on medium heat, with oil for 5 minutes until lightly browned.

Add tomatoes, parsley, lemon rind, garlic and paprika and cook for an additional 2 minutes, stirring constantly. Add juice of lemon and water, cook covered for a further 15 minutes, adding more liquid if necessary.

Garnish with slivered almonds and serve.

Lamb Balls with Tomato & Basil Sauce

Serves 4-6

<u>Meatballs</u>	<u>Sauce</u>
1 lb. minced lamb	¾ cup diced tomatoes
1 egg	½ cup fresh basil, roughly chopped
2 tsp. olive oil	½ tsp. salt
1 tbsp. oregano, finely chopped	1 tsp. arrowroot
2 tsp. sage, finely chopped	
1 tsp. ground paprika	

Instructions

Preheat oven to 350 degrees F.

To make the lamb balls, combine all meatball ingredients well in a mixing bowl. Roll into 12 balls and place onto a baking tray lined with baking paper. Bake for 30-40 minutes or until well cooked.

To make the sauce, place diced tomatoes, basil and salt in a medium sized pan, on medium heat, and simmer for 2-3 minutes. In a small bowl, place arrowroot and a few tbsp. of water and mix together to form a smooth paste. Stirring constantly, slowly add the arrowroot to the simmering tomato and basil sauce until the sauce has thickened slightly.

To serve, place meatballs on a plate and pour tomato and basil sauce over the top.

Chicken & Veggie Skewers

Serves 2

8 wooden skewers; soaked in cold water for 30 minutes.	1 tbsp. olive oil
2 chicken breasts, diced	3 tbsp. fresh lemon juice
1 zucchini, cut into circles	1 tsp. salt
1 medium carrot, cut into circles	1 tsp. pepper
½ cup sliced white mushrooms	½ tsp. paprika
½ white onion, cut in 4 ^{ths}	½ tsp. crushed red pepper <i>(optional)</i>
1 pepper, cut into squares	

Instructions

Preheat oven to 350 degrees F or preheat barbeque grill on high heat.

Alternately thread diced chicken and vegetables onto skewers. Place skewers on an oven tray lined with baking paper and cover with a mixture of oil, lemon juice, salt, pepper, paprika and crushed red peppers.

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

Vegetable Layered Lasagna

Serves 6-8

1½ lbs. lean minced meat	4 cups freshly diced tomatoes
1 white onion, diced	1 medium eggplant, sliced
3 garlic cloves, minced	¼ butternut squash, sliced
1 tsp. olive oil	5 small zucchini, sliced
4 tbsp. tomato paste	2 tbsp. olive oil
1/8 tsp. each of sage, Italian herbs, thyme & basil	
1/16 tsp. ground cumin	

Instructions

Preheat oven to 350 degrees F.

Fry the onion and garlic in ½ tsp. of oil in a heated pan until browned. Remove onion and garlic from the pan, add and fry the minced meat until browned. When the meat is cooked, return the onion and garlic to the pan along with herbs. Add tomato paste and cook for 2-3 minutes. Add the diced tomatoes, cover, and simmer for 30-45 minutes.

Lay the eggplant slices on the bottom of a deep ovenproof dish. Layer eggplant with half the mince meat sauce, then layer with pumpkin slices, spread the remaining meat sauce over the pumpkin and layer zucchini slices on-top to finish.

Brush remaining olive oil lightly over zucchini slices, then bake in the oven for 30-40 minutes, or until a knife easily pierces the vegetables.

Leave to cool for 5 minutes before serving.

Lamb & Mushroom Skewers

Serves 2

6-8 wooden skewers; soaked in cold water for 30 minutes.	2 tsp. honey
1 lb. diced lamb	½ tsp. rosemary leaves, finely chopped
18 small button mushrooms	1 garlic clove, minced
4 tbsp. olive oil	Salt & pepper to taste

Instructions

Preheat oven to 350 degrees F or preheat BBQ grill on high heat.

Place olive oil, honey, rosemary, garlic, salt and pepper in a small bowl and combine well.

Alternately thread diced lamb and mushrooms onto skewers. Place skewers on an oven tray lined with baking paper and coat with olive oil, honey sauce and light salt and pepper.

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



SEAFOOD

Tomato & Almond Fish

Serves 2-4

4 white fish fillets	1 tsp. ground paprika
2 cups freshly diced tomatoes	1 tsp. salt
1 bunch fresh parsley, chopped	1 tsp. pepper
1 lemon, juiced & finely grated	1 tbsp. olive oil
2 garlic cloves, minced	2 oz. slivered almonds

Instructions

Preheat oven to 350 degrees F.

In a bowl combine ingredients and mix well.

Place fish in an ovenproof dish and top evenly with tomato mixture.

Bake in the oven for 20-30 minutes until the fish is cooked. Serve.

Fish & Pine Nut Cakes

Serves 3

3 white fish fillets	2 eggs
½ cup fresh parsley, finely chopped	1 tsp. salt
½ cup pine nuts	½ tsp. pepper
½ cup almond meal	Arugula

Instructions

Preheat barbeque grill to medium heat.

Place fish on grill and cook for 3-4 minutes, turning over once, or until cooked.

Place fish in a large mixing bowl with parsley, pine nuts and almond meal, mixing well, breaking the fish into small pieces. Add eggs, salt and pepper and combine well.

Take 3 tbsp. of fish mixture and form a patty. Place patty on the heated grill and cook for additional 1-2 minutes. Repeat until all the mixture has been used.

Serve with arugula.

Thai Cabbage with White Fish

Serves 3

3 white fish fillets	½ tsp. olive oil
1 white onion, chopped	2 strips lemon rind
2 garlic cloves	1½ cups coconut milk
2 fresh chilies, seeded & chopped	1 tsp. salt
3 curry leaves	1 lb. cabbage, coarsely shredded
	1 tbsp. dried tamarind pulp

Instructions

Place chopped onions, garlic and chilies into an electric blender and purée.

In a pan on medium heat fry the curry leaves in oil for 1 minute.

Add the onion purée and fry until the mixture turns a darker colour, stirring constantly so that the mixture does not stick to the base of the pan. Add lemon rind, coconut milk and salt; stir well while bringing to simmering point.

Add the cabbage and fish and gently simmer uncovered for a few minutes until cabbage is cooked but still firm and fish is cooked. Stir in the tamarind and serve.

Prosciutto & Onion Wrapped Fish

Serves 2

2 fish fillets	½ red onion
1 tsp. thyme, finely chopped	6 thin slices prosciutto
½ tsp. salt	1 tsp. olive oil
½ tsp. pepper	1 fresh lemon, sliced

Instructions

Sprinkle fish with thyme, salt and pepper.

Very thinly, slice the red onion creating about 8-10 strips and lay them dividedly on top of the fillets.

Wrap each fish fillet with 3 slices of prosciutto.

Place a frying pan on medium/high heat and add oil. Fry fish for 3-4 minutes each side or until each side is lightly golden and fish is cooked.

Serve with a slice of lemon.

White Fish with Mushroom & Turmeric

Serves 2

2 fish fillets or steaks	1 cup mushrooms, diced
1 tsp. olive oil	½ tsp. salt
1 tbsp. fresh lime juice	½ tsp. pepper
1 tsp. ground turmeric	

Instructions

Preheat oven to 350 degrees F.

Place fish fillets on an oven tray lined with baking paper. Evenly drizzle fish with olive oil and lime juice then top with turmeric, mushrooms, salt and pepper.

Bake for 15-20 minutes or until fish is cooked. Serve.

Lemon & Parsley Baked Cod

Serves 2

2 cod fillets	½ tsp. salt
1 tsp. olive oil	½ tsp. pepper
2 tbsp. lemon juice	½ tsp. crushed red pepper
1 garlic clove, finely minced	½ tsp. Italian herbs
5 tbsp. fresh parsley, finely chopped	1 zucchini, julienned

Instructions

Preheat oven to 350 degrees F.

In a bowl, mix oil, lemon juice, garlic, parsley, salt, pepper, crushed red pepper and herbs.

Place fish fillets/steaks on an oven tray lined with baking paper. Coat fillets with lemon parsley mixture.

Bake in the oven for 10 minutes. Remove oven tray and cover fillets with julienned zucchini. Replace tray in the oven and bake for an additional 10-15 minutes, or until fish is cooked. Serve.

Lemon-Dill Swordfish with Grilled Sweet Potato Fingers

Serves 2

2 swordfish steaks	2 tbsp. fresh lemon juice
3 tsp. olive oil	½ sweet potato, peeled & sliced into fingers
2 tbsp. fresh dill, chopped	Fresh lemon slices to serve
½ tsp. salt	
½ tsp. pepper	

Instructions

Preheat barbeque grill on medium heat.

On both sides of each swordfish steaks rub ½ tsp. of oil. Disperse dill, salt and pepper among steaks evenly.

Place swordfish on grill and cook for 4-5 minutes, turn over and cook for an additional 4-5 minutes or until cooked through. Remove from heat and keep warm. Add lemon juice to steaks and allow marinating.

Place sweet potato fingers on grill along with remaining oil. Grill for 4-5 minutes or until cooked. Add salt and pepper to taste if desired.

Serve sweet potato fingers with swordfish steaks and a slice of lemon.

White Fish with Mushroom Sauce

Serves 2

2 fish fillets	½ cup fresh parsley, roughly chopped
2 tsp. olive oil	2 tsp. arrowroot
½ white onion, thinly sliced	½ cup water
1 garlic clove, minced	½ tsp. salt
1 cup sliced white mushrooms	½ tsp. pepper
1 tsp. thyme, finely chopped	

Instructions

Preheat oven to 350 degrees F.

In a heated pan, fry the onion, garlic and mushrooms in oil for 3-4 minutes or until mushrooms are slightly tender.

Add arrowroot, thyme, salt and pepper and stir well for 1 minute.

Add water and stir constantly until sauce is thickened. Add parsley and cook for a further minute.

Place fish fillets on an oven tray lined with baking paper and cover with mushroom sauce.

Bake in the oven for 15-20 minutes or until cooked. Serve.



OMELETTE

Zucchini Omelette

Serves 2-4

3 cups zucchini, diced	½ tsp. pepper
½ white onion, finely chopped	½ tsp. olive oil
1 tbsp. tarragon <i>or</i> oregano	5 eggs
½ tsp. salt	Fresh parsley to garnish

Instructions

Preheat oven to 350 degrees F.

Line an ovenproof dish with baking paper and lay zucchini evenly over the bottom of the dish. Sprinkle zucchini with onion, tarragon *or* oregano, salt and pepper.

In a bowl, beat eggs with the oil and pour over the zucchini.

Bake in the oven for 20-30 minutes or until the eggs are cooked.

Remove from the oven and cool for 5 minutes. Garnish with parsley and serve.

Thai Chicken Omelette

Serves 2

1 chicken breast, diced	¾ cup bean sprouts
1 tsp. olive oil	Small handful fresh cilantro, chopped
3 spring onions, sliced	1 tsp. salt
1 garlic clove, minced	½ tsp. ground paprika
1 small carrot, finely diced	3 eggs, beaten
1/3 cup sliced white mushrooms	

Instructions

In a pan on high heat, add oil and fry diced chicken breast, onions, garlic, carrot and mushrooms for 5-6 minutes, or until chicken is thoroughly cooked. Remove from heat and add bean sprouts, cilantro, salt and paprika.

Heat a frying pan lined with baking paper. Pour beaten eggs onto the 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. Cook for a further 2-3 minutes or until eggs are browned on the bottom.

To serve, place omelette on a plate and spoon chicken mixture onto one half. Fold over the other half of omelette.

Smoked Salmon Omelette

Serves 1

60g smoked salmon	2 tbsp. fresh chives, finely chopped
½ white onion, finely diced	
½ tsp. olive oil	1/8 tsp. pepper
3 eggs	

Instructions

Fry onion in oil in a frying pan on high heat for 2-3 minutes or until onions are softened. Remove onions from pan.

In a bowl, whisk together eggs, onion, chives and pepper.

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

Place omelette on a plate and discard baking paper.

Heat salmon in the frying pan and stir on medium heat for 1-2 minutes or until it lightens in colour. This step is optional.

To serve, place salmon over omelette and sprinkle with extra chopped chives.

Sweet Potato & Spinach Omelette

Serves 2-4

2 cups sweet potato, diced	5 eggs, beaten
½ white onion, diced	½ tsp. salt
½ tbsp. olive oil	½ tsp. pepper
3 cups baby spinach	

Instructions

Pre-heat oven to 200° Celsius/400 degrees F.

In an ovenproof dish, combine sweet potato, onion, oil, salt and pepper. Bake in the oven for 20-30 minutes until the sweet potato is tender.

Place a pan on high heat with water and bring to a boil. Add spinach and cook for 1-2 minutes until wilted. Drain well removing all excess water.

Spread sweet potato mixture evenly in the base of an ovenproof dish. Layer with spinach and pour the beaten eggs over the top.

Bake dish in the oven for 15-20 minutes or until the eggs are cooked. Remove from oven and cool for 5 minutes before serving.



DESSERTS

Blueberry-Pear Crumble

Serves 4-6

5 pears	2 tbsp. arrowroot
1 tbsp. mixed spice	½ cup almond meal
4 tbsp. fresh lemon juice	10 dates
1 tbsp. honey	1 tbsp. water
10.5 oz. packet frozen blueberries	⅓ cup walnuts, chopped

Instructions

Preheat oven to 350 degrees F.

Peel, core and slice the pears. Heat a medium sized pan to low-medium heat. Add pear slices, mixed spice, lemon juice and honey. Cover and cook for 10 minutes stirring regularly.

Add arrowroot and water to the pears and stir until pears are coated. Add blueberries and stir continuously for 5 minutes or until the blueberries have defrosted and the sauce has thickened. Remove from heat.

Place almond meal, dates and water in a food processor and blend until well combined. Transfer mixture to a bowl and stir in the walnuts.

Place pears and blueberries in an ovenproof dish and top with almond crumble mixture. Bake the crumble in the oven for 15-20 minutes or until the top is golden brown. Serve.

Coconut & Lime Custard

Serves 4

1 cup coconut milk	1 vanilla pod <i>or</i> 1 tsp. vanilla essence
½ cup water	4 eggs
1 tbsp. honey	¼ cup shredded coconut, toasted
1 lime, finely grated	
2 tbsp. fresh lime juice	

Instructions

Preheat oven to 325 degrees F.

Place coconut milk, water, honey, grated lime and lime juice in a pan and simmer over medium heat for 1 minute.

In a bowl beat eggs for a few minutes then add slowly to the hot coconut milk mixture, whisking constantly for a smooth consistency.

Divide the custard mixture into 4 individual serve ovenproof dishes and place these in a deep ovenproof pan. Pour boiling water into pan to come halfway up the sides of the dishes. Bake in the oven for 30-40 minutes or until custard is set.

Cool to room temperature then place custard in the fridge to cool for 6 hours or overnight.

Serve with toasted coconut sprinkled on top.

Fruit & Nut Soufflé

Serves 4

½ cup almond meal	1 cup apple, peeled, cored & chopped
1 cup pineapple, peeled & chopped	4 egg whites

Instructions

Preheat oven to 350 degrees F.

Place the pineapple and apple in a food processor and purée until it is thick and has a light, creamy texture. Transfer the purée to a bowl and fold in ground almonds.

In a separate bowl, beat the egg whites until soft peaks form. Fold the egg whites gently into the almond mixture.

Place 4 individual ovenproof dishes in a baking tray filled with water up to half way on the dishes. Divide the almond mixture evenly between the 4 dishes and bake for 20-30 minutes.

Serve immediately.

Blueberry Sorbet

Serves 4-6

½ medium banana	2 cups blueberries
⅓ cup coconut milk	1 egg white, beaten to stiff peaks
1½ tbsp. honey	

Instructions

Using an electric blender, blend together blueberries, banana, coconut milk and honey until well combined.

Gently fold beaten egg white through the blueberry mixture then pour the mixture into an ice-cream container/freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.

Almond & Honey Biscuits

Serves 6-8

3 cups almonds	1 cup raw honey
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Instructions

Preheat oven to 250 degrees F.

Place almonds in a food processor and pulse for 20 seconds or until almonds are coarsely ground.

Place the ground almonds into a bowl and add honey. Combine well.

Line a baking tray with baking paper. Roll almond mixture into balls and place onto the baking tray. Flatten balls slightly by pressing down on them with the palm of the hand.

Bake biscuits in the oven for 10 minutes or until lightly browned. Cool before serving.

Lemon Soufflé

Serves 2

½ cup fresh lemon juice	3 eggs, separated
1 grated lemon rind	¾ cup light coconut milk
2 tbsp. honey	

Instructions

Preheat oven to 350 degrees F.

In a bowl, mix together lemon juice, lemon rind, honey, egg yolks and coconut milk. In a separate bowl beat the egg whites to form stiff peaks. Gently fold the egg whites into the lemon mixture.

Place the mixture into 2 individual ovenproof dishes in an oven tray filled with water reaching half way on the dishes. To help the soufflé rise evenly, run your finger around the edge of each dish.

Bake in the oven for 20-30 minutes or until a skewer inserted into the soufflé comes out clean.

Serve immediately.

Nutty Banana Pops

Serves 3

1 large banana, peeled & cut into 3 pieces 3 ice-cream sticks	Favourite nut butter <i>or</i> nuts (almond butter or roughly chopped pecans, walnut)
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Instructions

Place banana pieces onto individual ice-cream stick. Cover half the banana with almond butter or roll in chopped nuts.

Place un-covered side of banana on a plate lined with baking paper.

Freeze for 6 hours or overnight before serving.

Cinnamon Twist Nut Bar

Serves 4-6

⅓ cup unsalted almonds	4 tbsp. raisins
⅓ cup unsalted cashews	10 dates
⅓ cup unsalted walnuts	1/16 tsp. of cinnamon, nutmeg & allspice
Roughly chopped nuts for texture <i>(optional)</i>	

Instructions

If using dried dates, heat the dates in the microwave (or oven) for 30 seconds so they become soft and easier to use.

Blend all ingredients in a food processor or blender. Add some additional chopped nuts to add crunch if desired.

Press mixture firmly into a tray lined with baking paper to prevent sticking. Cool in the fridge for a few hours.

When cooled, remove from tray and cut into bar shapes. Serve.

Mango & Passion Fruit Sorbet

Serves 4-6

1 large mango, peeled & flesh diced	1 tbsp. honey
1 egg white, beaten to stiff peaks	2 passionfruit

Instructions

Blend the mango, passionfruit and honey in an electric blender to a creamy texture. Gently fold the mango mixture 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.

Toasted Coconut Sorbet

Serves 4-6

⅓ cup shredded coconut	2 cups coconut milk
1 egg white, beaten to stiff peaks	1 tbsp. honey

Instructions

Place shredded coconut in a fry pan on low heat and stir constantly until lightly toasted. Remove from heat and cool.

Blend the coconut milk and honey in an electric blender then fold the mixture into the beaten egg white.

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

To serve, cut into slices.

Orange & Lime Ice

Serves 2-4

2 cups fresh orange juice	2 tbsp. fresh lime juice
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Instructions

Combine the orange juice and lime juice then place into an ice-cream container/freezer proof container and freeze 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. Serve.

Rhubarb & Orange Sorbet

Serves 4-6

1 cup fresh orange juice	1 tbsp. honey
5 stalks fresh rhubarb, leaves removed, ends trimmed & cut into short lengths	1 egg white, beaten until stiff peaks have formed
1 vanilla pod <i>or</i> ½ tsp. vanilla essence	

Instructions

Place orange juice, rhubarb, vanilla and honey into a pan, cover, place on medium heat and cook for 4-6 minutes or until rhubarb is tender and begins to fall apart. Remove from heat and cool.

When the rhubarb mixture has cooled, place into an electric blender and blend until smooth. Fold 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.

Honeydew & Ginger Sorbet

Serves 4-6

3 cups honeydew melon, peeled, seeded & diced	1½ tbsp. honey
2 tbsp. fresh lemon juice	1 egg white, beaten until stiff peaks have formed
2 tsp. ground ginger	

Instructions

Blend the honeydew, lemon juice, ground ginger and honey in an electric blender until smooth then gently fold into the beaten egg white.

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

To serve, cut into slices.

Coconut & Walnut Macaroons

Serves 6-8

3 large egg whites	1½ shredded coconut
⅓ cup honey	⅓ cup almond meal
¾ cup chopped walnuts	

Instructions

Preheat oven to 350 degrees F.

Using an electric beater beat the egg whites until stiff peaks form. Gently fold in honey, walnuts, coconut and almond meal until just combined to minimise the handling of the mixture.

Spoon 1-2 tbsp. of mixture per macaroon into onto an ovenproof tray lined with baking paper.

Bake in the oven for 15 minutes for medium sized macaroons, or 18 minutes for larger size macaroons, or until light brown in colour. Cool before serving.

Basil & Lime Ice

Serves 2-4

1 cup fresh basil leaves, firmly packed	½ cup fresh lime juice
2 tbsp. honey	½ cup coconut milk
½ cup water	

Instructions

Blend the basil, honey, water, lime juice and coconut milk in an electric blender until smooth then place basil mixture into an ice-cream container/freezer proof container for 2 hours.

Break mixture up into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. Serve.

Cantaloupe & Coconut Sorbet

Serves 4-6

⅓ cup coconut milk	2 cups cantaloupe, diced
1 tbsp. honey	1 egg white, beaten until stiff peaks have formed
⅓ cup shredded coconut	

Instructions

Blend the cantaloupe, coconut milk and honey in an electric blender until smooth then stir in shredded coconut and gently fold mixture into the beaten egg white.

Pour the mixture into an ice-cream container/freezer proof container and freeze for approximately 6 hours or overnight until set. To serve, cut into slices.

Lemon & Chamomile Ice

Serves 2-4

2 cups boiling water	1½ tbsp. honey
4 chamomile tea bags, or equivalent loose tea	2 tbsp. fresh lemon juice

Instructions

Place the tea bags in boiling water with honey and lemon juice and steep for 3 minutes, stirring occasionally. Leave to cool.

If using loose tea strain tea first. Pour the cooled tea into an ice-cream container/freezer proof container for 2 hours.

Break up the semi-frozen mixture into crystals using a fork and return to the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. Serve.

Juicy Fruit Pops

Serves 8

½ cantaloupe	8 strawberries
4 kiwi fruit	8 wooden skewers/ice-cream sticks

Instructions

Cut the peeled and de-seeded rockmelon into 3 centimeter thick pieces. Peel the kiwifruit and cut in half crossways.

Wash the strawberries and remove stalks. Cut the sharp tip off the skewers before threading the fruit onto each one. Serve.

Berry Lemon Custard

Serves 2

1 cup berries (choose your favourites)	1 lemon, rind finely grated
2 whole eggs, beaten well	1 tsp. honey
½ lemon, juiced	½ cup light coconut milk

Instructions

To make the custard, heat the lemon juice, lemon rind, honey and coconut milk in a pan until it has reached boiling point. Slowly add the beaten eggs stirring constantly and vigorously until the custard has thickened. Remove from heat.

Cool slightly then serve accompanied with the berries.

Coconut Macaroons

Serves 6-8

3 large egg whites	1½ shredded coconut
⅓ cup honey	⅓ cup almond meal

Instructions

Preheat oven to 350 degrees F.

Place egg whites in a bowl and beat using an electric beater until stiff peaks form.

Gently fold in the honey, coconut and almond meal until just combined to minimise the handling of the mixture.

Spoon 1-2 tbsp. of mixture per macaroon onto an ovenproof tray lined with baking paper.

Bake in the oven for 15 minutes for medium sized macaroons, or 18 minutes for larger size macaroons

Mixed Berry Compote

Serves 2

1 cup fresh orange juice	2 herbal tea bags (camomile, jasmine)
2 cups mixed berries	

Instructions

Place tea bags and orange juice in a saucepan on low heat and simmer for 1 minute.

Add berries and simmer until berries are plump and juicy. Cool and remove tea bags.

Cover and refrigerate for several hours prior to serving.

Chocolate Macaroons

Serves 6-8

3 large egg whites	$\frac{3}{4}$ cup chopped walnuts
$\frac{1}{3}$ cup honey	1 $\frac{1}{2}$ shredded coconut
3 tbsp. cocoa powder	$\frac{1}{3}$ cup almond meal

Instructions

Preheat oven to 350 degrees F.

Place egg whites in a bowl and beat using an electric beater until stiff peaks form.

Gently fold in honey, cocoa powder, walnuts, coconut and almond meal until just combined to minimise the handling of the mixture.

Spoon 1-2 tbsp. of mixture per macaroon into onto an ovenproof tray lined with baking paper.

Bake in the oven for 15 minutes for medium sized macaroons, or 18 minutes for larger size macaroons, or until light brown in colour. Cool before serving.

Cherry Balls

Serves 6-8

20 fresh cherries, pitted & chopped	1 cup shredded coconut
2 tbsp. honey	3 tbsp. almond butter
½ cup chopped walnuts	

Instructions

Preheat oven to 350 degrees F.

In a bowl, mix all ingredients together. Shape mixture into balls and place onto a baking tray lined with baking paper.

Bake in the oven for 5-10 minutes or until cherry balls are lightly browned. The balls will still be quite soft at this stage.

Place cherry balls in the fridge until cooled before serving.

Toasted Cashew & Pear Crumble

Serves 2

2 pears, halved & cored	¼ cup almond meal
4 tbsp. maple syrup	¼ cup roughly chopped cashews
4 dates	

Instructions

Heat a frying pan over low-medium heat, add cashews, toasting for 5 minutes or until golden brown. Remove cashews from pan.

Coat the pear halves in maple syrup then place in the frying pan on medium heat and fry for 4-5 minutes or until lightly golden.

Meanwhile, place the dates and almond meal into a food processor, or using an electric blender, blend until well combined. Stir in cashews.

To serve, place pear halves into a bowl and top with cashew crumble mixture.

Italian Carrot & Almond Torte

Serves 6-8

5 eggs, separated	½ cup honey
2 tsp. lemon rind, finely grated	2 cups almond meal
¾ cup carrot, peeled, grated & firmly packed	3 tbsp. arrowroot
	¼ cup pine nuts

Instructions

Preheat oven to 350 degrees F. Grease a deep 8-inch round cake tin and line with baking paper.

Beat egg-yolks and honey in a large bowl with an electric beater until they are pale coloured, thick and creamy. Fold in the lemon rind, carrot, almond meal and arrowroot. In a separate clean bowl, beat egg whites with electric beater until firm peaks form. Fold the egg whites gently into carrot mixture. Pour mixture into prepared cake tin.

Bake in the oven for 20 minutes. Sprinkle pine nuts on top of the cake and bake for a further 20-25 minutes or until light brown and cooked. Leave the cake in the tin and stand for 10 minutes to cool.

Turn out onto a plate and serve warm or cold.

Lemon Tarts

Serves 4-6

<u>Pastry</u>	<u>Filling</u>
1 cup almond meal	6 tbsp. fresh lemon juice
3 tbsp. fresh lemon juice	1 lemon, rind finely grated
4 dates	1 tbsp. honey
	2 eggs

Instructions

Preheat oven to 350 degrees F.

Place the pastry, place pastry ingredients into a blender and mix until well combined. Line individual holes of a muffin tray (or similar) with baking paper then firmly press the pastry into the bottom and sides to form a shell. Bake in the oven for 10-12 minutes or until pastry is lightly browned. Remove from oven and cool.

To make the filling, place lemon juice, lemon rind and honey into a pan, and simmer on low heat for 2 minutes. In a bowl, beat eggs well then slowly add the beaten eggs to the simmering liquid, stirring constantly and vigorously until smooth and thickened.

Add more honey if desired. Leave to cool slightly.

When the pastry has cooled, and the filling is reduced to a warm temperature, spoon the filling into each individual tart.

Place tarts in the fridge, once cooled remove from tray serve.

Soft Sesame Halva with Almonds

Serves 8-10

¼ cup honey	1 tsp. rose essence (rosewater)
¼ cup water	½ cup roasted almonds
3.5 oz. tahini	

Instructions

Place honey and water in a pan on medium heat. Bring to the boil then remove from heat and cool slightly. Place tahini in a food processor and blending on high speed slowly add honey mixture and rose essence. Stir in almonds.

Spread mixture evenly on a tray lined with baking paper and place in a refrigerator for several hours or overnight.

To serve, cut halva into bite size pieces.

Baked Quince

Serves 4-6

6 large quinces	½ fresh lemon, sliced
⅔ cup honey	1 chili, de-seeded & finely sliced
2 cups water	1 bay leaf

Instructions

Preheat oven to 350 degrees F.

Wash the quinces well, removing all fluff from the skin. Cut into eight slices, removing pips. Place quince pieces onto a baking dish with honey, water, lemon slices, chili and bay leaf.

Cover the baking dish with foil, place in the oven and bake for 50-60 minutes or until the quinces are soft and cooked; quinces will be a dark pink or reddish colour. Test the softness by inserting a skewer into the quinces.

Serve warm or cold.

Lemon Meringue Pie

Serves 6-8

<u>Lemon Filling</u>	<u>Meringue</u>
1 cup fresh lemon juice	5 egg whites
5 tsp. finely grated lemon rind (approximately 4 lemons)	2 tbsp. maple syrup
½ cup maple syrup	
½ cup coconut milk	
4 tbsp. arrowroot	
5 egg yolks	

Instructions

Preheat oven to 325 degrees F.

Place lemon juice, lemon rind and maple syrup in a medium size pan on low heat.

In a small bowl, combine coconut milk and arrowroot. Add to lemon juice mixture, stirring constantly until simmering.

Beat the egg yolks in a small bowl then add to the simmering lemon mixture, stirring constantly for 3-4 minutes or until mixture has thickened. Pour mixture into a pie dish.

To make the meringue, in a mixing bowl beat the egg whites into soft peaks and then slowly add maple syrup until the meringue is very thick.

Spoon the meringue over the lemon filling. Place pie dish into the oven and bake for 8-10 minutes or until the meringue is lightly browned.

Cool before serving.

Rhubarb & Strawberry Crumble

Serves 2-4

1 bunch rhubarb (approximately 3 cups), leaves removed & cut into small pieces 1 cup strawberries, topped & quartered 1⅓ cup water 2 tbsp. honey 2 tbsp. arrowroot 1 tbsp. ground ginger 1/16 tsp. of ground nutmeg, cinnamon & allspice	<u>Crumble</u> 2 tbsp. honey ½ tsp. vanilla essence ⅓ cup almond meal ⅓ cup slivered almonds
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Instructions

Preheat oven to 350 degrees F.

Heat a medium sized pan over medium heat, add 1 cup of water, rhubarb, strawberries and honey, cover and simmer for 5-8 minutes or until rhubarb and strawberries are very tender. Remove from heat and add the ginger, nutmeg, cinnamon and allspice and combine well.

In a small bowl, add the remaining 1/3 cup of water and arrowroot, stir until there are no lumps. Add to rhubarb mixture and stir for 1 minute or until mixture has thickened.

To make the crumble, place all crumble ingredients in a bowl and combine well.

Pour rhubarb mixture into individual ovenproof serving bowls and top with the crumble. Bake in the oven for 10-15 minutes or until the crumble is golden brown. Serve.

Apple Tarts

Serves 6-8

<u>Pastry</u>	<u>Filling</u>
1 cup walnuts	¼ cup fresh lemon juice
1 cup almond meal	2 cups water
½ cup sunflower seeds	⅓ cup fresh orange juice
1½ cups dates, seeds removed	2 tbsp. honey
	½ tsp. ground cinnamon
	½ tsp. allspice
	¼ tsp. ground cloves
	3 large green apples, cored & cut into small thin slices

Instructions

Combine walnuts, almonds, sunflower seeds and dates in a food processor. Process on high for 30-40 seconds; the mixture will be coarse in texture.

Line a 9-inch tart tin with baking paper and press the pastry mixture evenly on to bottom and sides. Cool in a refrigerator for at least 30 minutes.

To make the filling, place all the filling ingredients into a pan on medium heat and simmer for 8-10 minutes or until the apple is tender. Remove apples from the pan and cool. When the apples are cool pour filling into the pastry arranging the slices decoratively. Serve.



CHOCOLATE

The following recipes used 85% cocoa chocolate that did not contain soy lecithin, which is a non-paleo ingredient. These recipes can be made with chocolate containing a higher cocoa content, however the end result may be a little more bitter.

Chocolate Coconut Cake

Serves 6-8

5 eggs, whole	½ cup cocoa powder
3 eggs, separated	1 cup honey
¼ cup walnut oil	¾ cup coconut flour
⅓ cup coconut milk	1 tsp. vanilla bean pods

Instructions

Preheat oven to 350 degrees F. Grease a deep 8-inch round cake tin and line with baking paper.

In a mixing bowl, whisk three egg whites until stiff peaks have formed. In another mixing bowl combine all other ingredients well, including the three egg yolks. Gently fold in the beaten egg whites.

Pour the cake mixture into a prepared cake tin and bake in the oven for 25-30 minutes or until cake is cooked.

Leave the cake in the tin to cool for 10 minutes then turn out onto a plate and serve warm or cold.

Chocolate & Orange Cake

Serves 6-8

3 eggs, separated	1½ cups almond meal
⅓ cup olive oil	½ cup cocoa powder
½ cup honey	1 orange, juice & rind

Instructions

Preheat oven to 350 degrees F. Grease a cake tin and line with baking paper.

Cream egg yolks, oil and honey in a large bowl with an electric beater until light and fluffy. Add almond meal, cocoa powder, orange rind and orange juice and combine well.

In a separate mixing bowl beat the egg whites until stiff peaks form. Fold the egg whites gently into the chocolate orange mixture then pour the cake mixture into a baking tin.

Bake in the oven for 50-60 minutes or until cooked. Test by inserting a skewer into the middle of the cake, if it comes out clean it is cooked through. Serve.

Chocolate Coated Fruit Kebabs

Serves 2-4

4-6 wooden skewers	2 oz. chocolate
1 orange, peeled & flesh diced	1 tbsp. coconut cream
1 green apple, cored & diced	¼ cup water
1 cup cantaloupe, skin removed, seeded & flesh diced	

Instructions

Melt chocolate in a pan over low heat. When melted stir in the coconut cream and water. Remove from heat and pour into a serving bowl.

Thread 4-5 pieces of fruit onto a bamboo skewer.

Serve fruit skewers with the coconut chocolate dipping sauce.

Chocolate & Coconut Custard

Serves 3

2 cups coconut milk	3.5 oz. chocolate, coarsely grated
3 eggs	1 tbsp. honey

Instructions

Preheat oven to 350 degrees F.

Place all ingredients in a bowl and combine well.

Pour custard mixture evenly into three individual ovenproof dishes. Place dishes into a large baking dish. Pour enough water into the baking dish to come halfway up to the individual dishes.

Bake in the oven for 30-40 minutes or until the custard is set. Test by inserting a knife into the middle of the custard, if it comes out clean it is cooked through.

Serve warm.

Banana Chocolate Cake

Serves 6-8

¼ cup olive oil	1 cup almond meal
¼ cup honey	½ cup cocoa powder
2 eggs	3 bananas, flesh mashed

Instructions

Preheat oven to 350 degrees F. Grease a cake tin and line with baking paper.

In a large mixing-bowl cream the oil, honey and eggs until light and fluffy. Add almond meal, cocoa powder and bananas and combine well. Pour the banana cake mixture into a cake tin.

Bake in the oven for 50-60 minutes or until cake is cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through. Serve.

Chocolate Beetroot Cake

Serves 6-8

2 large beetroot or 2 cups grated cooked beetroot	⅓ cup honey
1½ cups almond meal	1 tsp. baking powder (<i>non-paleo</i>)
½ cup cocoa powder	3 eggs

Instructions

Preheat oven to 350 degrees F. Grease a cake tin and line with baking paper.

Peel beetroot and boil in water for 40-60 minutes or until tender. Remove from pan and set aside to cool.

When the beetroot has cooled, grate and remove excess liquid.

Place the grated beetroot in a large mixing bowl with all other ingredients and combine well using a wooden spoon. Pour the beetroot mixture into a cake tin.

Bake in the oven for 50-60 minutes or until cake is cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through. Serve.

NOTE *If not using baking powder, separate 2-3 eggs (use only egg yolks when mixing all ingredients) and beat the egg whites until stiff peaks form, then fold gently into the beetroot mixture. This will help in aerating the cake.*

Warm Chocolate Cake

Serves 6-8

5 eggs, separated	3.5 oz. chocolate
⅓ cup maple syrup	1 tsp. 100% vanilla extract
⅔ cup walnut oil	1 cup almond meal

Instructions

Pre-heat oven to 400 degrees F. Grease a cake tin and line with baking paper.

In a large mixing bowl cream the oil, maple syrup and egg yolks until light and fluffy.

Melt the chocolate in a pan over low heat. Add to creamed mixture along with vanilla extract and almond meal combining well.

In a separate clean bowl beat the egg whites until stiff peaks form. Add half the egg whites to the chocolate mixture folding in carefully. Add remaining egg whites and folding gently. Pour mixture into cake tin.

Bake in the oven for 10 minutes, reduce heat to 325 degrees F and bake for a further 4-5 minutes or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through.

Cool for 5 minutes before serving.

Chocolate Coconut Bars

Serves 4-6

¾ cup almonds	1 cup walnuts
3 tbsp. desiccated coconut <i>or</i> freshly grated coconut	3 tbsp. cocoa powder
	¾ cup dates

Instructions

Blend all ingredients in a food processor or blender.

Press mixture firmly into a tray lined with baking paper to prevent sticking.

Cool in a refrigerator for a few hours. When cooled, remove from tray and cut into bar shapes. Serve.

Cocoa-Nut Bars

Serves 4-6

⅓ cup unsalted almonds	3 tbsp. unsweetened cocoa
⅓ cup unsalted cashews	powder
⅓ cup unsalted walnuts	18 dates

Instructions

If using dried dates, heat the dates in the microwave (or oven for a couple of minutes) for 30 seconds so they become soft and easier to blend.

Blend all ingredients in a food processor or blender.

Press the mixture firmly into a tray lined with baking paper to prevent sticking. Cool in the refrigerator for a few hours.

When cooled, remove from tray and cut into bar shapes. Serve.

Nutty Pan Forte

Serves 6-8

½ cup almonds	1 tsp. ground nutmeg
¼ cup hazelnuts	1 tsp. allspice
⅓ cup pistachio nuts	1 tbsp. ground cinnamon
⅔ cup raisins	½ cup melted honey
2 tbsp. cocoa powder	

Instructions

Preheat oven to 350 degrees F.

Place all ingredients in a large mixing bowl and combine well.

Spread the mixture onto a baking tray lined with baking paper and bake in the oven for 5 minutes.

Remove from the oven and cool in a refrigerator. Serve when cooled and hardened.

Chocolate Coffee Cake

Serves 6-8

3.5 oz. chocolate	3 eggs, separated
¼ cup oil	2 tbsp. honey
2 tbsp. strong brewed black coffee	½ cup almond meal
¼ cup cocoa powder	

Instructions

Preheat oven to 350 degrees F. Grease a cake tin and line with baking paper.

Melt chocolate in a pan over low heat. Pour chocolate into a mixing bowl adding oil and coffee and combine well.

Add cocoa powder, egg yolks, honey and almond meal and combine well.

In a separate clean bowl beat egg whites until stiff peaks form. Fold egg whites gently into the chocolate mixture. Pour chocolate mixture into cake tin.

Bake in the oven for 40-45 minutes or until the cake is cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through.

Leave to cool. Dust with cocoa powder to serve.

Chocolate Smothered Banana Pops

Serves 2

2 medium bananas, peeled	2 ice-cream sticks
3.5 oz. chocolate	

Instructions

Cut one end off the bananas to form a flat base. Insert a plastic or wooden ice-cream stick into each banana far enough so that it holds firm.

Melt chocolate in a pan over low heat then pour chocolate onto a plate or flat surface. Roll bananas in the chocolate until well coated; use a knife to spread over bananas if needed.

Place bananas on a plate lined with baking paper and freeze for 6-8 hours or until bananas are frozen. Serve.



CAPSICUM SANDWICHES

Roasted Vegetable Sandwich

Serves 4

1 small eggplant, sliced	½ tsp. live oil
1 medium zucchini, sliced	1/8 tsp. salt
1 fennel, stalks removed & sliced	2 peppers, seeds removed & halved

Instructions

Preheat oven to 350 degrees F. Line a baking tray with baking paper.

Place sliced eggplant, zucchini and fennel onto the baking tray and coat with olive oil and a pinch of salt.

Bake in the oven for 30-40 minutes or until vegetables are tender.
(Note: may be more vegetables than required depending on the size of the peppers.)

Cool vegetables slightly, then place as many as desired into the pepper half. Serve.

Bacon & Leek Sandwich

Serves 1

1 small leek, finely sliced	1 tbsp. olive oil
3 bacon slices, meat only	1 pepper half
2 eggs	

Instructions

Fry bacon and oil in a frying pan on medium heat, stirring constantly for 5-6 minutes or until bacon is lightly browned. Remove any excess oil and add leek, stirring constantly for 5 minutes or until leek is tender.

Add eggs and stir to scramble into the bacon and leek. Remove from heat.

Fill pepper half with bacon mixture. Serve.

Sautéed Onion & Sausage Sandwich

Serves 2

1-2 sausages, of your choice	1 tsp. olive oil
½ white onion	1 pepper, seeds removed & halved
3 tbsp. apple cider vinegar	

Instructions

Preheat barbeque grill to medium heat.

Place sausages on grill and cook for 8-10 minutes or until cooked. Cut sausages into 1-inch pieces.

Meanwhile, slice onion and place in a frying pan on medium heat with apple cider vinegar and oil. Stir well then cover pan and sauté for 4-5 minutes stirring every minute until all liquid has been absorbed.

To serve, place onions at the bottom of the pepper half and top with sausages.

Tuna & Egg Sandwich

Serves 1

7 oz. can tuna	½ tsp. salt
1 egg	½ tsp. pepper
1 pepper half	

Instructions

Boil egg for 5-6 minutes or until desired firmness has been reached.
Cool egg, peel and cut in half.

Place tuna on the bottom of the pepper half and place egg halves on top.

Add salt and pepper to serve.

Roast Fennel, Basil & Meatball Sandwich

Serves 6

1 large fennel, stalks removed & sliced	1 tsp. mustard
1 tsp. olive oil	1 tbsp. arrowroot
1 lb. minced meat	½ tsp. salt
½ onion, finely diced	3 peppers, seeds removed & halved
2 tbsp. rosemary	1/8 cup basil

Instructions

Preheat oven to 350 degrees F. Line two baking trays with baking paper.

Place sliced fennel onto one baking tray and coat with olive oil and a pinch of salt. Bake in the oven for 30-40 minutes or until the fennel is tender. Remove from oven.

Place minced meat, onion, rosemary, mustard and arrowroot into a large mixing bowl and combine well. Roll meat into balls approximately 2.5 centimeters in diameter.

Place meatballs onto the other oven tray and bake in the oven for 30-40 minutes or until the meat is cooked and browned.

(Note: There may be more meatballs and fennel made than required depending on the size of the peppers.)

To serve, place fennel on the bottom of the pepper half, followed by basil and meatballs.

Tuna Sandwich with Almond Parsley Paste

Serves 1

2 tbsp. almond & parsley paste (see recipe)	1 pepper half
3.5 oz. can tuna	

Instructions

Spread almond paste on the inside of the pepper half and place the tuna on top. Serve.

Egg Sandwich with Almond Parsley Paste

Serves 1

2 tbsp. almond & parsley paste (see recipe)	1 pepper half
1 egg	

Instructions

Boil egg for 5-6 minutes or until desired firmness has been reached.
Cool egg, peel and cut in half.

Spread almond and parsley paste on the inside of the pepper half.
Place egg halves on top. Serve.



NOODLE RECIPES

All noodles in the following recipes were created using a vegetable spiral slicer. Vegetables will have a true noodle appearance. If you do not have a spiral slicer simply use a vegetable peeler to make vegetable ribbons or julienne vegetables by slicing thinly lengthways using a knife.

Chicken & Zucchini with Almond Sauce

<u>Serves 2Salad</u>	<u>Almond sauce</u>
1 medium zucchini, sliced into long noodles	1 small brown onion, grated
½ cup cucumber, sliced	2 garlic cloves, crushed
2 eggs, boiled & peeled	1 tbsp. olive oil
1 chicken breast	¼ cup almond butter
Water	¼ cup coconut cream
	1 tbsp. tamari soy sauce <i>(non-paleo) or</i>
	1 tsp. salt <i>(optional)</i>
	Chili flakes

Instructions

Boil chicken breast in a pan with water for 15-20 minutes or until cooked; remove chicken from pan. When chicken is cool shred into pieces.

Make the almond sauce by heating the oil in a frying pan. Fry onion and garlic on medium heat for 5 minutes or until lightly browned.

Add almond butter, coconut cream and tamari soy sauce/salt stirring constantly until sauce has thickened. Remove from heat and stir in a desired amount of chili flakes. Leave to cool slightly and remove any excess oil.

Steam zucchini noodles in water for 2 minutes then drain.

To serve, place zucchini noodles, cucumber slices, chicken and egg on a plate and spoon almond sauce over the top.

Hearty Meat & Seed Soup

Serves 4-6

14 oz. ground meat	7 cups chicken <i>or</i> vegetable stock
1 tsp. olive oil	3 small-medium zucchini, sliced into long noodles
6 cups pumpkin, diced	½ tsp. salt
2 tbsp. caraway seeds	½ tsp. pepper

Instructions

Fry ground meat in oil in a pan on medium/high heat until browned, stirring constantly while keeping the meat slightly chunky.

When minced meat has browned add pumpkin and caraway seeds, cook stirring for 2 minutes.

Add stock, cover pan and simmer for 15-20 minutes or until pumpkin is cooked.

Remove from heat and add zucchini noodles, salt and pepper. Leave covered for 3 minutes before serving.

Garlic & Parsley Noodles with Egg

Serves 1

1 medium zucchini, sliced into long noodles	Chili flakes
3 large garlic gloves, finely grated	½ tsp. salt
3 tbsp. olive oil	Fresh parsley to garnish
	2 eggs, boiled

Instructions

Steam zucchini noodles in water for 2 minutes then drain.

Place garlic, olive oil, desired amount of chili flakes and salt in a small pan on medium heat and fry until garlic is lightly browned.

Combine garlic and olive oil mixture, parsley and zucchini noodles.

Serve with boiled eggs.

Beetroot Noodle Fritters

Serves 2

1 beetroot, peeled & sliced into long noodles	½ tsp. salt
2 eggs	½ tsp. pepper
⅓ cup almond meal	Olive Oil

Instructions

Combine eggs, almond meal, salt and pepper in a bowl, add beetroot noodles and combine well.

Place enough oil in a frying pan to lightly cover the bottom of the pan. Place frying pan on medium-high heat.

Using a fork, collect a good serve of beetroot noodles and place in the frying pan and form them into a patty shape.

Fry patty for 2-3 minutes or until lightly browned. Flip patty over and fry for a further 2-3 minutes or until browned and the egg is set. Remove patty from frying pan and place on a plate lined with paper towel to drain.

Repeat with remaining beetroot noodles. Serve.

Chicken Noodle Soup

Serves 2

1 medium-large zucchini, sliced into long noodles	1 chicken breast
2 cups chicken stock	Water
	Salt

Instructions

Boil chicken breast in a covered pan for 15-20 minutes or until cooked. Remove from pan and leave to cool slightly before shredding into pieces.

Heat chicken stock in a pan on medium heat. Add zucchini noodles and simmer for 1 minute. Remove from heat.

Add chicken and desired amount of salt to pan and stir. Serve.

Singapore Style Noodles

Serves 2

3 eggs	½ cup red pepper, finely diced
3 bacon slices, meat only & diced	1 tbsp. tamari soy sauce
1 tbsp. sesame seed oil	(non-paleo) <i>or</i> ½ tsp. salt
1½ cups diced mushrooms	(optional)
1 tsp. curry powder	2 small-medium zucchini, sliced into long noodles

Instructions

Place eggs into a mixing bowl and whisk. Pour egg in a frying pan lined with baking paper on low-medium heat and fry for 4-5 minutes or until cooked. Remove egg from pan and place onto a cutting board. Roll egg omelette and slice thinly into ribbons.

Place mushrooms in a bowl filled with boiling water. Cover and leave for 2 minutes. Drain the mushrooms removing all excess water.

Return frying pan to medium/high heat, add oil and bacon, frying until bacon is browned but not crispy. Add mushrooms, pepper, tamari soy sauce/salt and curry powder and stir well. Add egg ribbons then remove from heat.

Steam zucchini noodles in water for 2 minutes then drain. Add the bacon and mushroom mixture to noodles and combine well to serve.

Spaghetti Bolognaise

Serves 6-8

1 lb. minced meat	2 14 oz. cans tomato sauce
1 tsp. olive oil	2 tsp. mixed herbs (parsley, thyme, oregano)
1 white onion, diced	2 large zucchini, sliced into long noodles
2 garlic cloves, minced	
2 tsp. ground sage	

Instructions

Fry onion and garlic in a pan on medium heat until browned. Add minced meat, stirring constantly to remove lumps.

When minced meat has browned, add sage and mixed herbs, cook for 2 minutes.

Add tomato pasta sauce, cover pan and simmer for 20-30 minutes.

Steam zucchini noodles in water for 2 minutes then drain.

To serve, spoon sauce over zucchini noodles.

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