

FOOD – ITS PRETTY AWESOME

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Eating for a better you

Every single fad diet/slimming pill/shake weight loss program have some key things in common

Eat a well balance diet containing Vegetables

Drink plenty of water

Portion control

Regular exercise

Lots of vegetables, preferably green leafy vegetables. Think I must have some form of vegetables at every meal, yes including breakfast and this can be easily done, adding some wilted spinach to eggs on toast, or spinach/kale/avocado to a smoothie, avocado can go with most things, since its salad season lad it up, make them colorful. You want to have the mindset, did this food grow or was it made in a factory 😊 The only time I would limit vegetable's is with your starchy root vegies such as carrot/potatoes and kumara, limit these to about 100g per servings

Protein: Small amounts of protein, the body doesn't need a lot of protein and we tend to over indulge with it, our normal servings of meat are around 2-3 times what we actually should be eating. You want to stick to around 100g per serving (about the palm of your hand -minus fingers) for all red and white meat including fish. 2 eggs is one serving and about 100g of yoghurt. Nuts and seeds are also a good source of protein, but you also don't want more than a small handful.

Dairy: Is a form of protein but you should go of the serving suggestions on the packages, cheese generally is 20-25g per serving, if you were to make pizza then this is actually a bit once you grated it, unlike the half a kg Pizza hut puts on their pizzas.

Carbs: Carbs are important, or lets say complex carbohydrates are important because this group is Fruits and Vegetables.

Carbs are pretty confusing, when someone says they are cutting out carbs they tend to mean they are cutting out simple carbs, which are your pastas, rice, breads and starchy foods. I wouldn't say cut them altogether but just make sure you stick to small portions or correct portion sizes. Pasta is normally about 100g and rice is 1 cup of rice. Simple carbs are important as they are what give us our energy, so don't cut them altogether, just realize that you need them to give you energy and that you should include a small bit to keep you going, they generally are what I call tummy fillers, they keep that tummy fuller for longer.

Chocolate and sweets and other crap (chips/junk food/treat foods) are also in the carb group and these should be avoided as much as possible. If you are DYING for some chocolate, choose Dark chocolate, the darker the better. If you are not a dark chocolate fan you should have no more than 2 small pieces, and give the rest away. It's only the sugar you are craving, once you have that sugar the craving should go.

Water: 2 Litres of water a day minimum, the more you drink the better the body will digest your food and flush out toxins. Water is great for so many things it helps the skin's elasticity, it helps the liver, it helps the cardiovascular system function as if you are dehydrated your blood is thicker which means the heart has to work harder to get the blood pumped around your body. If you really hate water try adding lemon or (stupidly expensive limes) to your water, it is refreshing and great for your liver.

Understanding portion sizes: the easy way

Stolen from Jaime Oliver and tweaked a little bit



Most of us are now aware of which foods we should and shouldn't be consuming on a regular basis, but it's how much we eat, as well as what we eat, that can have just as big an impact on our long-term health.

It's been drummed into all of us that we should be consuming at least five portions of fruit and veg each day, that we should aim for two or more portions of fish per week and avoid overeating – but these guidelines are only truly useful if we all understand what a 'portion' actually is. This handy guide should make things a little a clearer.

FRUIT & VEG



In general, a portion of fresh fruit or veg is roughly 80g and we should aim for a minimum of five portions each day. Many **fruits** naturally exist in single-portion sizes, which means working out their contribution to our 5-a-day is a breeze – but not all of them! To get the biggest range of vitamins and minerals into your diet, pick as many different colours of fruit and veg as possible.

These are the rough portion sizes necessary to get one of your 5-a-day:

Vegetables = 1 cricket ball

Salad = 1 medium cereal bowl

Medium fruits (apples, bananas, pears) = 1 fruit

Small fruits (plums, apricots, kiwis) = 2 fruits

Berries = 1 tennis ball

Dried fruits are a great source of fibre, but are lower in vitamins than their fresh counterparts. The sugar here is also much more concentrated than it is in fresh fruit and remember that one dried apricot is 1 apricot.

Dried fruit = 1 golf ball

DAIRY



Dairy is a highly nutritious food group, providing protein, calcium, iodine, vitamin A and riboflavin.

Cheese can be a fantastic, but many varieties can be high in saturated fat (the kind we should be limiting our consumption of) and sometimes salt, too. If you find it difficult to stick to the recommended portion of cheese, try to opt for lower-fat versions, such as cottage cheese or ricotta.

Milk = 200ml or a small glass

Cheese = a standard matchbox – 25g

Yoghurt = 1 small pot

MEAT & FISH



While meat can definitely play a part in a healthy diet, **the majority of meat-eaters often consume too much**. Cutting down our meat intake can be good for both our own health as

well as the health of our planet. Alongside having a few meat-free days each week, make sure you're not overdoing it with your portion sizes. And remember to opt for higher-welfare meat whenever you can.

Meat or poultry = 1 deck of playing cards

Fish is rich in protein, numerous vitamins and minerals and is generally pretty low in fat. We should be aiming to consume two portions each week, at least one of which should be an oily fish (think mackerel, salmon and similar). These oily fish are a great source of omega 3 fatty acids, which help keep our hearts healthy. Always try to choose fish that's been produced sustainably.

Fish = 1 cheque book

NUTS & PULSES



Most **nuts** are a fantastic source of veggie-friendly protein and heart-healthy fats, plus a great range of different vitamins and minerals. However, due to their high fat content, it's best to keep an eye on how many you're eating!

Whole nuts = 1 golf ball

Nut butters = 1 ping pong ball

Pulses, including **beans** and lentils are another great veggie protein source. If you're trying to cut down your meat intake, these are a great switch as they're much lower in fat and also really high in fibre.

Beans and lentils = 1 light bulb

Starchy CARBOHYDRATES



Starchy, [wholegrain carbohydrates](#) should make up around a third of our diets as they provide us with the slow-release energy (low Glycemic Index GI) we need to keep us going through the day, they full us up and keep our tummies fuller for longer. But it's really easy to overdo it on the carb front, so make sure you watch your portions (who isn't guilty of wolfing down a huge bowl of delicious pasta every now and then?!)

Pasta, rice, couscous = 1 tennis ball, 100g

Potatoes or 100g = 1 computer mouse

70g bread = 2 slices or 1 large roll

60g noodles = 1 dried noodle nest

FATS



Heart-healthy monounsaturated fats, such as olive oil and coconut oil, are a great alternative to saturated fats (think butter and lard) for cooking, and for whipping up fantastic salad dressings. However, do bear in mind that while they are good for us, these oils are still fats and therefore provide the same high amount of energy. Saturated fats are fine as long as we see them as a treat and use them in moderation.

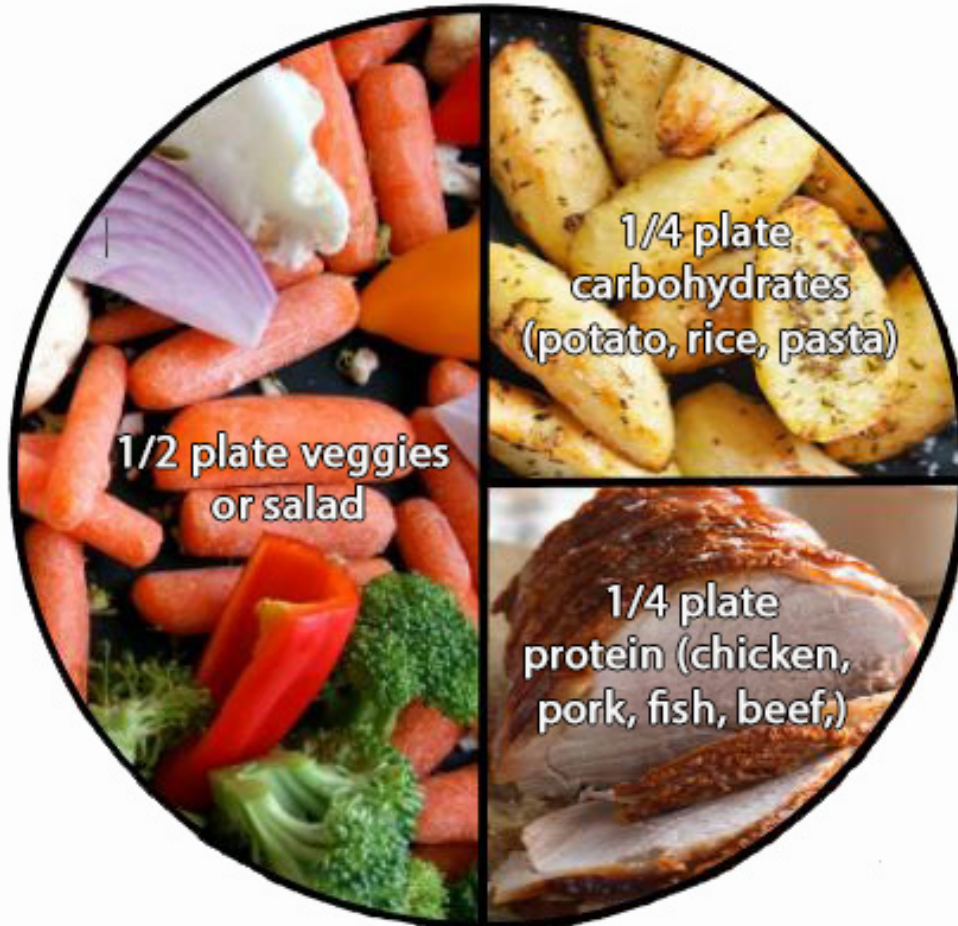
Olive oil = 1 tablespoon

Salad dressing = 1 shot glass

Butter = 1 postage stamp

By avoiding “portion distortion” and being conscious of how much we’re eating as well as what we are eating, we’ll be better equipped to make healthier food decisions. If you’re used to eating larger portions of meat, fish or carbohydrates at meal times and feel like your plate is looking a little emptier than usual, up the goodness and add an extra portion of tasty veg to bulk out your meal.

The ideal plate should contain a small amount of Protein a small amount of Starchy carbs (remember these are important as they are a low GI food that will keep you fuller for longer) and a large amount of vegetables. The more vegetables the better and use them to bulk up your meals.



When it comes to meals, cook the meal and divide up into serving sizes, separate completely and if there are left overs pack these up ready for lunches the next day, this will stop you going back for 2nds the next day.

Recipes

Breakfasts

Acai Bowl Recipe

Acai (pronounced a-sah-ee) are basically a thicker version of a smoothie served in a bowl with toppings, you can put whatever toppings you want, and the prettier you make it the yummiest it will be. Acai is full of Antioxidants', and are really filling.



Serves 2

4 tbs acai powder

1 cup frozen raspberries

1 cup frozen strawberries

½ C oats

1 cup almond milk or coconut water

1/2 cup baby spinach leaves

1 tsp honey

Toppings

Banana

Almonds

Blueberries

Chia Seeds

1. Blend the acai powder, frozen berries, milk, spinach leaves and honey together. Add a little more almond milk or water if it

is too thick. The texture should be a little thicker than a regular smoothie.

2. Add your favourite toppings!

Some other great topping ideas are:

- **Shaved coconut**
- **Kiwi fruit**
- **Granola**
- **Peanut butter**

Bircher Muesli



Sometimes the simplest things really are the best! This simple breakfast takes around 5-10 mins to prepare the night before, and is hearty, nutritious and yummy. It boasts the goodness of chia seeds, flax seeds and pumpkin seeds along with almonds, oats and coconut cream.

Chia seeds and flax seeds absorb liquid and become jelly-like, which makes the muesli wonderfully thick and creamy. They also contain plenty of fibre. Their consistency has a soothing effect on digestion which makes them great for colon health. The nuts and seeds are packed full of protein and minerals. Soaking the muesli overnight enables enzyme activity to break down phytic acid, which hinders our body's absorption of minerals.

For breakfast on the run, just put it in a container with a lid (and don't forget the spoon!):

Servings: 3-4

Time: 5-10 mins

Difficulty: Very easy

Ingredients

1 1/3 cups organic quick oats

1 2/3 cups organic almond milk or organic oat milk

200ml coconut cream

2 Tbsp organic chia seeds

1 Tbsp organic linseeds

1 1/2 Tbsp organic pumpkin seeds

2 Tbsp slivered almonds

1/4 cup organic raisins

1 Tbsp dried cranberries or goji berries

1 Tbsp whole organic natural almonds

pinch or organic sea salt

Frozen berries (raspberries / blueberries)

Fresh fruit, shavings of carob chocolate (optional toppings)

Method

Mix dry ingredients in a bowl.

Add wet ingredients and mix to combine well.

Choose 3-4 serving bowls or clear drinking glasses, spoon 1/2 to 2/3 of the mixture into each bowl.

Cover with generous amount of frozen or fresh raspberries and/or blueberries (approx 50-60g per serve).

Spoon over the remaining Bircher muesli mixture to cover fruit. (To make it that little bit more delectable, you can top this now with shavings of carob chocolate.)

Leave out overnight (covered) to soak.

In the morning top with sliced bananas and strawberries, or other fresh fruit you have on hand. Enjoy!

Little Gem's healthy and quick Bircher



Breakfast is the chance to fuel up and nourish your body for the day ahead. This easy bircher is the perfect option for all tastes as you can mix and match your toppings so it is tailored exactly to your liking.

Ingredients

1 cup of raw almonds

2 pitted medjool dates

1 cup coconut (flakes or shredded)

1 apple cored and sliced

1 small carrot

Handful goji berries

Handful of cashews (or other nut of choice)

Dash of cinnamon

Berries to top

Method

Place all ingredients in processor or high speed blender and pulse until it's looks like a muesli.

Serve with coconut or organic yoghurt and top with berries and share with your loved ones.

Breakfast smoothie

100g Frozen fruit (berries, canned peaches, mango, pineapple)

2 Tbsp LSA (Lin seed, Sunflower or almond mix) or Chia seeds

4 Tbsp or ½ C low fat yogurt

1 tbsp honey

1 Ripe Banana

½ C Spinach or Kale

½ C Water

Blend all ingredients together, drink instantly, add ice cubes if required.

Lunches

Bacon, Leek + Pea Frittata



2 servings

Prep - 10 mins Cooking - 15 mins

Total - 25 mins

Ingredients

1 teaspoon butter.

1/2 leek, trimmed, washed and finely shredded.

4 rashers of back bacon, sliced into 1cm strips.

45 g frozen peas.

6 eggs.

salt.

pepper.

1 ball of mozzarella (roughly 125g drained), torn into large chunks.

1 ripe avocado, sliced.

To serve

small green salad.

25 g pine nuts (optional).

Directions

1. Preheat your grill to maximum.

2. Melt the butter in a medium frying pan over a medium-high heat. When bubbling, add the leek and bacon and fry for about 3 minutes, or until the bacon is cooked through and the leek softened.

3. Add the frozen peas and cook for about 1 minute, or until they have defrosted.

4. Beat the eggs together with a little salt and black pepper. Crank up the heat to maximum until the pan and, when the butter is bubbling up, pour in the eggs and cook, pulling the edges into the middle as they start to set.

5. When most of the egg is cooked, scatter over the mozzarella and slide your pan under the hot grill – if you have a pan with a plastic handle then make sure it doesn't end up under the element. Cook for about 3 minutes, or until the egg is totally set and the mozzarella melted and bubbling.

6. Slide the frittata from the pan and cut into wedges. Serve with the avocado slices, a small side salad and a scattering of pine nuts, if you like.

Baked eggs with spinach & tomato

100g bag spinach

400g can chopped tomatoes

1 tsp chilli flakes

4 eggs

Heat oven to 200C/180C fan/gas 6. Put the spinach into a colander, then pour over a kettle of boiling water to wilt the leaves. Squeeze out excess water and divide between 4 small ovenproof dishes.

Mix the tomatoes with the chilli flakes and some seasoning, then add to the dishes with the spinach. Make a small well in the centre of each and crack in an egg. Bake for 12-15 mins or more depending on how you like your eggs. Serve with crusty bread, if you like.

Self Crusting Quiche



INGREDIENTS

4 eggs

1 medium onion, chopped

1/2 cup grated cheese

1 ½ cup's of chopped vegetables such as grated courgette, corn, broccoli, capsicum, mushrooms

1 cup self raising flour

Chopped ham or bacon

1 cups milk

salt and freshly ground black pepper

Preheat oven to 180 C. Place all ingredients in bowl mix and then pour

into a greased quiche dish. Bake for 30-40 minutes.

Serve with green salad

Skinny pepper, tomato & ham omelette

Serves 2

2 whole eggs and 3 egg whites

1 tsp olive oil

1 red pepper, deseeded and finely chopped

2 spring onions, white and green parts kept separate and finely chopped

few slices -thin extra-lean ham, shredded

25g reduced-fat edam or mozzarella cheese

Mix the eggs and egg whites with some seasoning and set aside. Heat the oil in a medium non-stick frying pan and cook the pepper for 3-4 mins. Throw in the white parts of the spring onions and cook for 1 min more. Pour in the eggs and cook over a medium heat until almost completely set. Sprinkle on the ham and cheese and continue cooking until just set in the centre, or flash it under a hot grill if you like it more well done. Serve straight from the pan with the green part of the spring onion sprinkled on top.

Tomato and avocado bruschetta



Enjoy these tomato and avocado bruschetta's as a simple weekend lunch or as a light dinner with your favourite sides.

Ingredients

2 avocado, peeled

1 lemon zest and juice

Pinch of flaked sea salt

Few twists of black pepper

1 punnet cherry tomatoes

¼ cup hazelnuts roasted and skins removed

100ml extra virgin olive oil

4 slices good sour dough toast

1 small clove garlic, peeled

2 buffalo mozzarella fresh in brine

8 basil leaves

75g grated Parmesan (grana padano)

Method

Pre heat a griddle plate or BBQ.

Crush the avocado with the back of a fork, add a little lemon juice and zest, season with salt and pepper, set aside. Cut the cherry tomatoes in half and place into a small bowl, crush the hazelnuts roughly and add to the tomatoes, add a drizzle of olive oil, salt, pepper and a dash of lemon juice.

Meanwhile brush the slices of sour dough with a little olive oil and place onto the griddle plate on a 45 degree angle for 1

minute or until you achieve dark griddle line and the bread begins to toast, turn in the opposite direction on a 45 degree angle on the same side for a further minute to achieve the classic criss-cross griddle marks. Turn over and repeat the other side. While the toast is still warm, rub with the clove of garlic on one side of the toast lightly and then cut the toast in half.

Place a tablespoon of the crushed avocado onto each toast and tease the buffalo mozzarella gently apart and place a piece on top. Scatter a few hazelnuts and tomatoes, tear a few basil leaves over the top and drizzle with the dressing. Grate a little Parmesan over the bruschetta and serve.

Roast Vegetable Salad



Serves: 4

Preparation: 15 minutes

Cooking: 35 minutes

Ingredients

Ingredients (diced into 2cm cubes)

2 medium potatoes

1 kumara

2 carrots

1 red and/or green pepper

1 red onion

8 cloves garlic

½ cup feta or other cheese

2 tablespoons pine nuts (toasted)

1 teaspoon rosemary and/or thyme

1 cup spinach leaves

1 tablespoon olive oil

Options: Other vegetables that work well: yams, parsnips, beetroot, pumpkin, courgettes aubergines

Dressing ingredients

6 tablespoons of olive oil

2 tablespoons of balsamic vinegar

¼ teaspoon crushed garlic

½ teaspoon dijon mustard

Cracked black pepper

Method

Preheat oven to 220°C

Prepare vegetables. Leave garlic whole and cut larger

vegetables into 2cm square cubes. Toss vegetables in oil

Spread one layer of the root vegetables out onto roasting tray.

Sprinkle with herbs. Try not to crowd the vegetables

Place root vegetables in oven and roast for 10 minutes shaking

the tray from time to time. Add the softer vegetables and cook

for another 10-15 minutes. The cooking time will vary

depending on your choice of vegetables

Place the roasted vegetables on a platter and mix through the

spinach leaves

Drizzle with the salad dressing and top with nuts and feta

cheese

Serve on a platter hot or cold



Avocado, Pumpkin and Haloumi Quinoa Salad

Serves: 4-5

Preparation: 20-25 minutes

Cooking: 20-25 minutes

Roast Pumpkin Ingredients

1 tablespoon olive oil

2 tablespoons balsamic vinegar

1 tablespoon runny honey

500g peeled pumpkin, cut into 2-3cm chunks

Quinoa salad Ingredients

1 cup quinoa

1 1/2 cups chicken or vegetable stock

Flesh of 2 firm ripe avocados, sliced

1 punnet cherry tomatoes, halved
1 cup seedless grapes, halved
6-8 medjool dates, stone removed, chopped
Handful of baby rocket or spinach leaves
3/4 cup chopped flat-leaf parsley

To serve

200-250g haloumi cheese, sliced half cm thick and quickly fried/grilled

Method

Preheat oven to 200°C.

Line an oven tray with baking paper. Toss pumpkin with balsamic vinegar, olive oil and honey in prepared tray. Roast until slightly caramelised, 20-25 minutes

Meanwhile, cook the quinoa. Combine quinoa and stock/water (with a pinch of salt) in a medium-size pot and bring to the boil. As soon as it boils, cover with a tight-fitting lid and reduce to lowest heat to cook for 15 minutes. Remove from heat and leave to steam, still covered, for 10 minutes

Fluff up quinoa grains with a fork and toss with roast pumpkin and remaining quinoa salad ingredients. Season to taste with salt and pepper

Heat a drizzle of oil in a fry pan on medium heat and cook haloumi slices for 1-2 minutes on each side until golden brown, and melted on the inside. Mix all dressing ingredients together and toss with quinoa salad

To serve, divide quinoa salad between bowls and top with slices of cooked haloumi.

Chicken

Chicken with lemon & courgette

couscous

200g couscous

400ml chicken stock

2 tbsp olive oil

4 courgettes, grated

2 lemons, 1 halved, 1 cut into wedges

2 boneless, skinless chicken breasts

Tip the couscous into a large bowl and pour over the stock. Cover and leave for 10 mins until fluffy and all the stock has been absorbed. Heat 1 tbsp oil and fry the courgettes until softened and crisping at the edges. Tip into the couscous, then stir in with plenty of seasoning and a good squeeze of lemon juice from one of the halves.

Halve the chicken breasts horizontally and put each piece on a sheet of cling film. Cover with another sheet and beat each piece out with a rolling pin to make it thinner. Season. Heat the remaining oil in a large pan and fry the chicken for about 2 mins on each side until cooked through. Squeeze over the juice from the other lemon half and serve with the couscous and lemon wedges on the side.

Chipotle chicken

1 onion, chopped
1 garlic clove, sliced
2 tbsp sunflower oil
1-2 tbsp chipotle paste (see tip, below)
400g can chopped tomatoes
1 tbsp cider vinegar
8 skinless chicken thigh fillets
small bunch coriander, chopped
soured cream and rice, to serve

Method

Fry the onion and garlic in the oil in a deep, wide frying pan until soft. Add the chipotle paste (use 1 tbsp for a mild flavour and 2 tbsp for a hotter, stronger one). Stir and cook for 1 min, then add the tomatoes and cider vinegar. Bring to a simmer and cook for 10 mins with the lid half on. Stir to make sure it doesn't get too dry.

Add the chicken and cook for 10 mins or until cooked through, turning once. Scatter with coriander and serve with rice and soured cream.

Chicken & white bean stew

2 tbsp sunflower oil
400g boneless, skinless chicken thighs, trimmed and cut into chunks
1 onion, finely chopped
3 carrots, finely chopped
3 celery sticks, finely chopped
2 thyme sprigs or ½ tsp dried
1 bay leaf, fresh or dried
600ml vegetable or chicken stock
2 x 400g / 14oz cans haricot beans, drained
chopped parsley, to serve

Method

Heat the oil in a large pan, add the chicken, then fry until lightly browned. Add the veg, then fry for a few mins more. Stir

in the herbs and stock. Bring to the boil. Stir well, reduce the heat, then cover and cook for 40 mins, until the chicken is tender.

Stir the beans into the pan, then simmer for 5 mins. Stir in the parsley and serve with crusty bread.

Thai roast chicken with mango & apple salad

Serves 2

For the chicken

6 shallots, halved

2 small red chillies, deseeded, half roughly chopped and half finely chopped

zest and juice 1 lime

thumb-length piece of fresh root ginger, finely grated

2 tsp sunflower oil

2 chicken breasts, skin on

For the salad

1 red-skinned apple, cut into matchsticks

½ mango, peeled and cut into matchsticks

½ small bunch mint, leaves picked

3 spring onions, sliced

small bunch coriander, leaves picked

½ tsp fish sauce, plus a splash

¼ tsp caster sugar

Method

Whizz the shallots in a food processor until finely chopped, then remove half and set aside (for the Sticky coconut rice, below). Add the roughly chopped chilli, $\frac{3}{4}$ of the ginger and all the lime zest, then whizz to a chunky paste. Tip into a frying pan with 1 tsp oil and some seasoning, then fry for a couple of mins until fragrant.

Heat oven to 200C/fan 180C/gas 6. Release the skin from the chicken breasts along one side, and stuff with spicy shallot stuffing. Can be done up to a day ahead. Season the skin, then roast in a roasting tin for 15-20 mins until golden, crisp and cooked through. Meanwhile, make the rice (see right).

Toss together the apple, mango, mint, spring onions and half the coriander. Mix the fish sauce, caster sugar, remaining ginger and lime juice, then set aside.

When the chicken is ready, remove it to a plate to rest. Sit the roasting tin on the hob. Spoon off any excess fat, then gently heat, adding the remaining lime juice and a splash more fish sauce, scraping up the chicken juices to make a sauce. Chop the remaining coriander, then stir into the sauce with the finely chopped chilli. Toss the salad with the dressing, then serve with the chicken, sauce and sticky rice.

Chicken Noodle soup

900ml chicken or vegetable stock (or Miso soup mix)

1 boneless, skinless chicken breast, about 175g/6oz

1 tsp chopped fresh root ginger

1 garlic clove, finely chopped

50g rice or wheat noodles

2 tbsp sweetcorn, canned or frozen

2-3 mushrooms, thinly sliced

2 spring onions, shredded

2 tsp soy sauce, plus extra for serving

mint or basil leaves and a little shredded chilli (optional), to serve

Pour the stock into a pan and add the chicken, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender. Remove the chicken to a board and shred into bite-size pieces using a couple of forks.

Return the chicken to the stock with the noodles, corn, mushrooms, half the spring onions and the soy sauce. Simmer for 3-4 mins until the noodles are tender. Ladle into two bowls and scatter over the remaining spring onions, herbs and chilli shreds if using. Serve with extra soy sauce for sprinkling

Sticky lemon chicken

4 chicken breast fillets with skin, about 150g/5oz each

1 large lemon

2 tsp fresh thyme leaves or a generous sprinkling of dried

1½ tbsp clear honey

Preheat the grill to high and lightly oil a shallow heatproof dish. Put the chicken in the dish, skin side down, and season with salt and pepper. Grill for 5 minutes. While the chicken is grilling, cut four thin slices from the lemon.

Turn the chicken fillets over and put a slice of lemon on top of each one. Sprinkle over the thyme and a little more seasoning, then drizzle with the honey. Squeeze over the juice from the remaining lemon and spoon round 2 tbsp water. Return to the grill for 10 minutes more, until the chicken is golden and cooked all the way through. Serve the chicken and the sticky juices with rice or potatoes and a green veg – broccoli or leeks are good.

Chicken Parmigiana

2 large, skinless chicken breasts, halved through the middle

2 eggs, beaten

75g breadcrumbs

75g Parmesan, grated

1 tbsp olive oil

2 garlic cloves, crushed

half a 690ml jar passata

1 tsp caster sugar

1 tsp dried oregano

half a 125g ball light mozzarella, torn

Place the chicken breasts between cling film sheets and bash out with a rolling pin until they are the thickness of a £1 coin. Dip in the egg, then breadcrumbs, mixed with half the Parmesan. Set aside on a plate in the fridge while you make the sauce.

Heat oil and cook garlic for 1 min, then tip in passata, sugar and oregano. Season and simmer for 5-10 mins.

Heat grill to High and cook the chicken for 5 mins each side, then remove. Pour the tomato sauce into a shallow ovenproof dish and top with the chicken. Scatter over the mozzarella and remaining Parmesan and grill for 3-4 mins until the cheese has melted and the sauce is bubbling. Serve with vegetables or salad and some pasta or potatoes, if you like.

Inside-out chicken Kiev

4 skinless, boneless chicken breasts

25g garlic butter, softened

25g crispy breadcrumbs

Place the chicken on a baking tray, rub with a little of the butter, season and cook under the grill for 15 mins, turning once until cooked through.

Mix together the remaining garlic butter and breadcrumbs. Remove the chicken from the grill and top each breast with a smear of the breadcrumb butter. Return to the grill and cook 3-5 mins until the breadcrumbs are golden and the butter melted. Serve any buttery juices, alongside new potatoes and peas or broad beans

Thai Chicken Burgers with Coriander Slaw



4 servings

Prep - 20 mins Cooking - 15 mins

Total - 35 mins

Ingredients

Chicken Patties

500 g chicken mince.

2 garlic cloves, minced.

2 cm fresh ginger, minced.

1 bunch coriander, stems finely chopped and leaves reserved for slaw.

1/2 large red chilli, finely chopped.

1/2 lime, juiced.

2 teaspoons fish sauce.

1/2 teaspoon sea salt.

pinch of freshly ground black pepper.

olive oil, for frying.

Coriander Slaw

2 tablespoons full-fat mayonnaise.

1 head of coriander leaves, finely chopped.

1/2 small red onion, finely chopped.

To serve

1 large avocado.

1/2 lime, juiced.

sea salt and freshly cracked black pepper, to season.

4 sourdough buns.

8 cos lettuce leaves.

Directions

1. To make the chicken patties, combine all ingredients together in a mixing bowl. Shape into 4 equal sized patties.

2. Add olive oil to a large fry pan on medium heat. Add in the chicken patties and cook for about 8 minutes on the first side and another 5 minutes on the second, or until cooked through. Once cooked, set aside.

3. To make the coriander slaw, add all ingredients into a small bowl and mix together until just combined.

4. Mash the avocado, lime juice and salt and pepper together in a small bowl.

5. Now to assemble the burger: Layer cos lettuce leaves on the burger bun bases, then place on the chicken patty, dollop with avocado mash, followed by the coriander slaw and then the sourdough bun top. Serve.

Mango and BBQ chicken rice paper rolls



These flavorful spring rolls are a refreshing appetizer for an Asian-inspired meal.

Ingredients

16 rice paper wrappers

2 cos lettuce leaves, shredded

50g snow pea sprouts

1 medium carrot, peeled, grated

1 Lebanese cucumber, cut into short, thin sticks

1/4 red cabbage, finely shredded

1 1/2 cups barbecued chicken, shredded

1 mango, peeled, cut into short strips

60g unsalted roasted cashews, chopped

Dipping sauce

1/3 cup sweet chilli sauce

1 lime, juiced

Method

Make dipping sauce: Combine sweet chilli sauce and lime juice in a bowl. Set aside.

Arrange all the vegetables and meat in bowls or plates ready to select from.

Fill a shallow dish with warm-hot water. Dip 1 rice paper wrapper into water at a time until softened. Place on paper towel on a plate. Pat dry with a second paper towel.

Place lettuce along 1 edge of rice paper. Top with sprouts, carrot, cucumber, cabbage, chicken, mango and cashews.

Fold in edges and roll up to enclose filling. Cover with a damp tea towel. Repeat with remaining ingredients. Cut rolls in half. Serve with dipping sauce.

Chicken and Vegetable Kebabs



This chicken kebab recipe is simply delicious! Chicken glazed in honey and soy makes the perfect plate for a potluck dinner or relaxed meal with friends.

Ingredients

500 g chicken thigh or chicken breast fillets, chopped into 2 cm chunks

1/2 red or green capsicum, chopped into 2 cm chunks

1/2 medium zucchini, chopped into 2 cm chunks

12 button mushrooms

12 cherry tomatoes

12 pieces pineapple (canned and drained or fresh pineapple cut into 2 cm chunks)

Honey and Soy Marinade

2 tablespoons sweet soy sauce or add 1 tablespoon brown sugar to regular soy sauce

1 tablespoon of honey

1 clove garlic, crushed

Method

Thread chicken chunks onto skewers that have been pre-soaked in water (prevent burning on BBQ) alternating with a vegetable and one piece of pineapple per skewer.

Mix the sweet soy sauce, honey and garlic in a bowl. Marinate the prepared chicken and vegetable skewer in the honey and soy mixture for 30 minutes in a sealed container in the refrigerator.

Pre-heat grill or oven to 180°C and cook for 20-25 minutes. Alternatively heat the BBQ on a medium heat and cook for 20-25 minutes.

Test the chicken is cooked by inserting a clean skewer into the centre to check that the juices run clear (if pink, cook a little longer).

Roasted ratatouille chicken

- 1 onion, cut into wedges**
- 2 red pepper, seeded and cut into chunks**
- 1 courgette, cut into chunks**
- 1 small aubergine, cut into chunks**
- 4 tomatoes, halved**
- 4 tbsp olive oil, plus extra for drizzling**
- 4 chicken breasts, skin on**
- few rosemary sprigs (optional)**

Heat oven to 200C/fan 180C/gas 6. Lay all the vegetables and the tomatoes in a shallow roasting tin. Pour over the olive oil and give everything a good mix round until well coated (hands are easiest for this).

Put the chicken breasts, skin side up, on top of the vegetables and tuck in some rosemary sprigs, if using. Season everything with salt and black pepper and drizzle a little oil over the chicken. Roast for about 35 mins until the vegetables are soft and the chicken is golden. Drizzle with oil before serving.

Rosemary chicken with oven-roasted ratatouille

- 1 aubergine, cut into chunky pieces**
- 2 courgettes, sliced into half-moons**
- 3 mixed peppers, deseeded and roughly chopped**
- 2 tsp finely chopped rosemary, plus 4 small sprigs**
- 2 large garlic cloves, crushed**
- 3 tbsp olive oil**
- 4 skinless, boneless chicken breasts**
- 250g cherry or baby plum tomatoes, halved**

Heat oven to 200C/180C fan/gas 6. In a large roasting tin, toss together the aubergine, courgettes and peppers with half the chopped rosemary, half the garlic, 2 tbsp oil and some seasoning. Spread out the vegetables in an even layer, then roast in the oven for 20 mins.

Meanwhile, mix remaining rosemary, garlic and oil together. Slash each of the chicken breasts 4-5 times with a sharp knife, brush over the flavored oil, season and chill for 15 mins. After veg have cooked for 20 mins, stir in the tomatoes. Make spaces in the roasting tin and nestle the chicken breasts amongst the vegetables. Place a rosemary sprig on top of each chicken breast. Return the tin to the oven for 18-20 mins, until the chicken is cooked through and the vegetables are lightly caramelised. Serve with some new potatoes, if you like.

Red meat

Marinated lamb steaks with Barley Salad

2 tbsp olive oil

2 garlic cloves, finely chopped

pinch dried chilli flakes

small bunch mint, chopped

2 lean lamb leg steaks, about 100g/4oz each, trimmed of any fat

100g pearl barley

200g broad beans, fresh or frozen, podded and skins removed, if you like

100g frozen petits pois

1 small red onion, finely chopped

zest and juice 1 lemon

Mix together 1 tbsp oil, the garlic, chilli, half the mint and some salt and pepper. Rub all over the steaks, then if you have time, leave to marinate for up to 2 hrs.

Cook the pearl barley in boiling, salted water until tender, but not too soft, about 20 mins. Cook the beans and peas in the same pan for the last 2 mins. Drain really well, then tip into a large bowl. Add the red onion, remaining mint, lemon zest and juice, remaining oil, salt and pepper. Toss everything together.

Heat a griddle or frying pan until almost smoking and cook the lamb for 4 mins on each side for pink, or longer if you prefer your meat well done. Divide the barley salad between 2 plates and serve with the grilled lamb, drizzled with any pan juices.

Nachos



You don't have to give up you're favourite foods to stay healthy. With a few tweaks on traditional high calorie nachos this healthy and nutritious alternative is the perfect way to satisfy your cravings.

Ingredients

2 teaspoons olive oil

1 large red onion, chopped

3 cloves garlic, finely chopped or crushed

250g lean beef mince

Freshly ground black pepper

1 teaspoon chilli powder

1 can (440g) crushed tomatoes in juice

1 can (440g) red kidney beans, rinsed and drained

1 medium zucchini, chopped into 1 cm pieces

1/2 medium green capsicum, chopped into 1 cm pieces

1/2 medium red capsicum, chopped into 1 cm pieces

4 large whole meal pita breads

1/2 cup reduced fat cheddar cheese, grated

3 spring onions, sliced

chili flakes

Natural reduced fat yoghurt

Method

Heat oil in large fry pan and cook onion, garlic and beef mince for about 5 minutes until onions are clear and meat is browned evenly. Season with freshly ground black pepper.

Add the remaining ingredients (except the pita bread and cheese) and simmer for 10 minutes with lid off, stirring occasionally.

Break pieces of pita bread (cut or torn into triangle shapes) and place on an ovenproof plate or tray. Cook in oven for 10 minutes at 180°C until crunchy.

Spoon beef and vegetable mixture over pita bread and top with grated cheese, and serve with a dollop of yoghurt and sprinkle spring onions and chilli flakes.

Shepard's Pie

Serves 2

300g Lean minced beef

1 tsp garlic

300 ml Beef stock

2 Tbsp Worcestershire sauce

1 Corgette Cut into 2cm cubes

1 Carrot Cut into 2 cm cubes

1 Onion diced

100g Frozen peas

1 tsp of Thyme

100g Frozen Corn Kernel's

1 Tspn plain flour

2 Medium sized Potatoes

1 Tsp Butter

¼ c skim milk

25 g Grated low fat cheese such as mozzarella or edam

Brown mince using half a cup of water, once brown take off heat and allow to cool. Remove excess liquid if a layer of fat has formed. Return to heat, add beef stock, and bring to a simmer, add vege and whorchester sauce.

Simmer to reduce liquid. Mix flour into a runny paste with cold water, add to meat mixture and stuff, this will turn remaining liquid into a gravy, remove from heat.

In another pot boil potatoes' until soft enough to mash. Add butter, milk and mash until lumps are gone, add cheese and continue to mash.

In small casserole dish add meat mixture and cover with mash potato's, ensure run a fork along the top to make small peaks, place in oven at 180 degrees for 30 mins, or until top of potatoes are turning golden.

Serve with steamed vegetables such as broccoli or cauliflower.

Nadia lim's pot pies

Kumara and swede mash topping

orange kumara 500g, peeled and diced 3cm

swede 1 medium-sized, peeled and diced 3cm

butter 2 tablespoons

cheese (e.g. colby, edam, cheddar) 1 cup grated

Pie filling

olive oil 1 tablespoon

onion 1, finely diced

garlic 1 clove, minced

carrot 1, peeled and grated

courgette (zucchini) 1, grated

beef mince 450-500g

tomato paste 2 tablespoons

soy sauce 1 tablespoon

Worcestershire sauce 1 tablespoon

mustard (e.g. Dijon or wholegrain) 1 tablespoon

flour 1 tablespoon

beef stock 1 ½ - 2 cups

To serve

frozen peas 1 ½ cups, defrosted

green beans 200g, ends trimmed

parsley 2 tablespoons chopped

tomato sauce

Preheat oven to 190°C. Bring a medium pot of salted water to the boil.

Cook kumara and swede in pot of boiling water for 12–15 minutes, until very soft. Drain and mash with butter, and season to taste with salt and pepper.

While vegetables cook, prepare pie filling; heat oil in a large fry-pan on medium heat. Fry onion, garlic, carrot and courgette until soft, 3–4 minutes. Add beef mince and cook for 3–4 minutes until brown, breaking up with a wooden spoon. Add tomato paste, soy sauce, Worcestershire sauce and mustard, stir until combined. Sprinkle over flour, stir to combine and cook for 1–2 minutes then add beef stock, stir and simmer for 5–7 minutes until sauce has thickened. Season with salt and pepper.

Half fill 5 large individual ramekins (1 cup capacity) with filling or use one large pie dish. Spread mash over to cover, rough up the surface with a fork and sprinkle over cheese. Bake for 10 minutes, then increase to grill, for about 3 minutes, until topping is golden. Rest for 5 minutes.

Bring a medium pot of salted water to the boil. Cook peas and beans for 2–3 minutes until just tender, then drain.

To serve, place individual ramekins (or serve spoonfuls) of mince and cheese pie onto plates and sprinkle over parsley.

Serve peas and beans on the side with a dollop of tomato sauce, if desired.

Italian-style beef stew

1 onion, sliced

1 garlic clove, sliced

2 tbsp olive oil

300g pack beef stir-fry strips, or use beef steak, thinly sliced

1 yellow pepper, deseeded and thinly sliced

400g can chopped tomatoes

sprig rosemary, chopped

handful pitted olives (optional)

In a large saucepan, cook onion and garlic in olive oil for 5 mins until softened and turning golden. Tip in the beef strips, pepper, tomatoes and rosemary, then bring to the boil. Simmer for 15 mins until the meat is cooked through, adding some boiling water if needed. Stir through the olives and serve with mash or polenta.

Fish

Fast Fish



If you love seafood this recipe is sure to be one of your new favourites. Easy, delicious and nourishing what more could you ask for.

Ingredients

1 cup rice

1 teaspoon olive oil

1 small onion, chopped

1 clove garlic, crushed

425g can chopped tomatoes with herbs

1 fresh red chilli, seeded and chopped

1/3 cup red or white wine (optional)

1 medium red capsicum, seeded and chopped small

1 cup frozen peas

350g white fish fillets, cut into small pieces

100g scallops or scallop pieces (optional)

1 bunch English spinach, washed, drained and chopped

Method

Cook rice following packet directions.

Heat oil in pan and cook onion and garlic until softened.

Add tomatoes, chilli and wine and simmer for 5 minutes.

Stir in cooked rice, capsicum, peas, fish and scallops, cover and cook for 5 minutes or until fish and capsicums are cooked. Stir through spinach until wilted and mixed well with all ingredients.

Tip: You can use frozen fish in this recipe.

Store cupboard pasta salad

Serves 2

2 tsp finely chopped red onion

1 tsp caper

1 tbsp pesto

2 tsp olive oil

185g can of tuna in spring water, drained

100g leftover pasta shapes

3 sundried tomatoes, chopped

Mix the onion, capers, pesto and oil. Flake the tuna into a bowl with the pasta and tomatoes, then stir in the pesto mix.

Super-fast Pad Thai

200g rice noodles

140g frozen peas

200g frozen prawns

2 tbsp sunflower oil

100g beansprouts

small bunch spring onions, sliced

2 beaten eggs

3 tbsp roasted peanuts

2 tbsp soy sauce

2 tbsp sweet chilli sauce

small bunch coriander, leaves only

Bring a pan of water to the boil, add the noodles and cook for 3 mins, adding the peas and prawns for the final min. Drain, and set aside while you heat the oil in a large frying pan.

Fry the noodles, prawns, peas, beansprouts and spring onions, tossing to coat in the oil for a few mins. Push everything to one side of the pan and pour in the egg. Stir until cooked, then mix everything well. Toss through the peanuts, soy and sweet chilli sauce so everything is combined. Scatter with the coriander and serve.

Raw fish

200g Fresh white fish (snapper, cod, gurnard)

Juice of 3 limes

1Tbsp of Lime Rind

1x can lite Coconut milk

1 x Avocado – 2 cm cubes

½ red onion chopped

8 x cherry tomatoes chopped in half

Coriander

Slice fish into pieces about 1 inch thick, cover with lime juice and leave to marinate for about 30 minutes.

Drain lime juice, add all other ingredients, garnish with coriander, for a Mexican twist add 1 tsp finely chopped chili, seeds removed.

Vegetarian

Caramelised onion & barley soup with cheese croutons

1 tbsp olive oil
2 medium onions, thinly sliced
2 garlic cloves, thinly sliced
6 thyme sprigs, chopped
good pinch sugar
500ml vegetable stock
60g barley
60g or kale, thick stalks discarded and leaves sliced
4 slices baguette, toasted
4 tbsp grated Gruyère cheese

Heats the oil in a saucepan, then add the onions, garlic, thyme, sugar and a good pinch of salt. Cook on a medium-low heat for 15-20 mins or until golden coloured. Add the stock and simmer for a further 10 mins.

In a separate large saucepan of salted boiling water, cook the barley for 15 mins, adding the cavolo nero or kale for the final 3 mins of cooking. Drain and rinse under cold water, then add to the soup and warm through.

Heat the grill. Top the toasted bread with cheese and place under the grill until it's bubbly and melted. Serve in 2 large bowls with the cheesy croutons on top.

Sarah's Cauli Pizza

1/4 head cauli,
1/2 head Broccoli, heads only into food processor, blitz and into microwave for 5 minutes, stirring every minute. Then add to 1 egg, half cup grated cheese (I used half mozzarella, half parmo) and 1/4 cup gf flour/coconut flour or even plain as its only a small amount. Salt and pepper. Press into greased pan/pizza tray. I cooked mine first without topping to try and get crispy, but then got impatient because I was hungry! Oven was on 180 I think. Enjoy!

Falafel burgers

400g can chickpeas, rinsed and drained
garlic clove, chopped
handful of flat-leaf parsley or curly parsley
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp harissa paste or chilli powder
2 tbsp plain flour
2 tbsp sunflower oil
toasted pitta bread
200g tub tomato salsa, to serve
green salad, to serve
1 small red onion, roughly chopped

Pat the chickpeas dry with kitchen paper. Tip into a food processor along with the onion, garlic, parsley, spices, flour and a little salt. Blend until fairly smooth, then shape into four patties with your hands.

Heat the oil in a non-stick frying pan, add the burgers, and then quickly fry for 3 mins on each side until lightly golden. Serve with toasted pittas, tomato salsa and a green salad.

Vegetable Paella



A simple but delicious vegetable paella recipe for you try when cooking for friends or family.

1 small brown onion, chopped finely

1 medium red capsicum, chopped finely

1 medium yellow capsicum, chopped finely

2 teaspoon olive oil

1 teaspoon paprika

1/2 teaspoon tumeric

200g button mushrooms, halved

1 2/3 cups brown short-grain rice

4 medium tomatoes, chopped coarsely

2 cups (500ml) salt-reduced vegetable stock

2 cups (500ml) water

200g green beans, trimmed, chopped coarsely

1 cup frozen peas

2 tablespoons coarsely chopped fresh flat-leaf parsley

1 lemon, cut into wedges

Method

Heat a large deep non-stick frying pan, brushed with olive oil over high heat; cook onion and capsicum, stirring, until onion softens.

Add paprika, tumeric and mushrooms; cook, stirring, until mushrooms are tender. Add rice; stir to coat rice in vegetable mixture.

Add tomato and 1 cup of the combined stock and water; cook, stirring, until liquid is absorbed. Add remaining combined stock and water; cook, covered, stirring occasionally, about 1 hour or until liquid is absorbed and rice is tender.

Sprinkle beans and peas over rice. Cook, covered, about 10 minutes or until beans are tender.

Cover paella; stand 5 minutes. Sprinkle paella with parsley; serve with lemon wedges.

Pasta with tomato & hidden veg sauce

1 tsp olive oil

1 large onion, chopped

2 celery sticks, chopped

2 carrots, chopped

1 leek, chopped

2 peppers, deseeded and chopped

2 x 400g cans chopped tomatoes with garlic

1 tbsp each caster sugar and balsamic vinegar

300g dried pasta shapes

parmesan, shaved, and rocket, to serve (optional)

Heat the oil in a large non-stick saucepan and gently cook the onion, celery, carrots and leek until soft, about 20 mins. Add the peppers and cook for 10 mins more, then tip in the tomatoes, sugar and vinegar. Simmer for at least 20 mins – the longer the better.

Cook the pasta following pack instructions. Meanwhile, blitz the sauce with a hand blender until smooth, season and return to the heat to keep warm while the pasta cooks. Drain the pasta and toss through the sauce. Serve in bowls topped with shaved Parmesan and rocket leaves, if you like.

Snacks

Basic hummus recipe

Serves 6-8 as a starter

2 x 400g cans of chickpeas (reserve the liquid and a few chickpeas for decoration)

4 tsp tahini

2 garlic cloves, crushed

1 tsp crushed sea salt

6 tbsp quality extra virgin olive oil (plus extra for drizzling)

3½ tbsp freshly squeezed lemon juice

Paprika (optional)

Coriander or parsley leaves (optional)

Rinse the chickpeas in cold water and tip into the food processor. Add the tahini, crushed garlic, salt, lemon juice and seven tablespoons of the reserved liquid from the cans. Turn on the food processor and slowly pour in the oil while it runs. When the mixture is fully combined and smooth, tip it into a serving dish. Drizzle with some more extra virgin olive oil and decorate with a few whole chickpeas. Sprinkle with paprika and finely chopped coriander or parsley leaves, for colour.



Serve with raw carrot/celery/broccoli/capsicum

Classic guacamole

Ingredients

2 spring onion

2 ripe avocados

1 bunch of fresh coriander

6 ripe cherry tomatoes

2 limes

Extra virgin olive oil

salt and pepper

Method

Chop spring onion and Destone the avocados and scoop the flesh a bowl.

Mash avo and then add onion it all together until well mashed depending on how lumpy or smooth you like it.

Pick over most of the coriander leaves, roughly chop and add the tomatoes, Add the juice from 1 lime and 1 tablespoon of oil, then season to taste with sea salt, black pepper and more lime juice, if needed. Mix well

Pick over the reserved coriander leaves, then serve.

Serve with vege sticks

Banana Chocolate Zucchini Muffins

Serves: 12

Calories per serve: 90

1¼ cups whole wheat flour

1/4 cup unsweetened cocoa

1¼ tsp baking powder

¾ tsp baking soda

½ tsp salt

1 tsp cinnamon

3 whole really ripe banana, mashed

½ cup unsweetened applesauce

¼ cup Almond or soy milk

1 tsp vanilla extract

1 cup shredded zucchini

1 tsp stevia if you need something sweet

Preheat oven to 180 d. Grease muffin pan and set aside. If using paper liners, lightly spray inside of liners with cooking spray to prevent sticking.

Whisk flour, cocoa, baking powder, baking soda, salt and cinnamon together. In another bowl, cream mashed banana with applesauce and sugar (use extra 1/2 cup for a very sweet, dessert-like muffin). Add in soymilk, vanilla, zucchini and any other optional add-ins you might like such as vegan chocolate chips or chopped raw walnuts. Stir until evenly combined. Add flour mix to wet mix in 3-4 batches and stir until just combined. Spoon batter into greased muffin pan and bake 18-25 minutes, or until a toothpick inserted into the center comes out clean.

Chef's Note: These muffins store well both in the fridge and freezer.

Desserts

Quick Chia pudding

Makes 6 servings

INGREDIENTS:

2 cans full fat coconut milk OR 2 1/2 cups almond milk

1/2 cup maple syrup/honey or to taste

1 cup white chia seeds

1/2 cup cacao powder or unsweetened cocoa powder

DIRECTIONS:

Combine all ingredients in a blender.

Blend on high speed for 2 minutes or until pudding is desired thickness. You may need to scrape down the sides of your blender once or twice to make sure all ingredients are well blended into the pudding. Taste for sweetness and add extra maple syrup/honey if desired.

Portion out into 6 small containers. Either enjoy immediately (it will be slightly warm from the blending process) or chill in fridge until you are ready to enjoy it (and you will!)

Will last in fridge 5-6 days

OVERNIGHT CHOCOLATE CHIA SEED PUDDING



Serves: 4

Ingredients

1 1/2 cups (360 ml) Almond milk

1/3 cup (63 g) chia seeds

1/4 cup (24 g) cacao or unsweetened cocoa powder

2-5 Tbsp (30-75 ml) maple syrup if not blending (can sub 5-9 dates, pitted if blending)

1/2 tsp ground cinnamon (optional)

1/4 tsp sea salt

optional: 1/2 tsp vanilla extract

Instructions

Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending (which I preferred!), sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.

Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).

If blending add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.

Leftovers keep covered in the fridge for 2-3 days, though best when fresh.

Serve chilled with desired toppings, such as fruit, granola or coconut whipped cream.

Jamie Oliver's Mango frozen yogurt

Ingredients

500g of frozen cubed mangoes (I used 3 medium-sized mangoes : cut, cubed, and then frozen. Do this a day ahead)

2 tablespoons honey

1 lime

Fresh mint

250g natural yogurt

Good quality dark chocolate for grating

Method

1) Empty frozen mangoes into food processor, pulse for about 10 seconds

2) Then add honey, mint, lime juice and some zest, yogurt.

Blitz away.

3) When smooth, eat right away or store into the freezer for later.

Baked Banana Boat



Who can resist the smell of bananas roasting in the oven. For a quick, no fuss dessert try these baked banana boats with a hint of dark chocolate to keep your sweet tooth at bay.

Ingredients

2 bananas, keep skin on

30 grams dark chocolate buttons

1 tablespoon chopped nuts such as almonds or macadamia

2 tablespoons reduced fat plain yoghurt, to serve

Method

Preheat oven to 200° C (or 180° C in fan forced oven)

Make a slit through the skin of each banana along one side – make sure you don't cut all the way through to the other side.

Stuff each banana with the chocolate buttons and nuts along the cut. Wrap in foil and place on oven tray and bake in oven for fifteen to twenty minutes. Allow to sit for five minutes

before removing foil. Place the banana in its skin on serving plates with the split side facing upwards. Drizzle with yoghurt and eat the flesh of the banana flesh.

Chocolate avocado mousse

ripe avocados flesh of 2, chopped

good quality dark eating chocolate (60-75% cocoa)

200g, broken into pieces - check dairy-free if you need to

milk (e.g. cow's, almond, coconut milk)

**1/3 - 1/2 cup liquid honey or pure maple syrup 1-2
tablespoons (optional)**

Melt chocolate in a double boiler or in a glass bowl set above a pot of simmering water (make sure the water does not touch the bottom of the bowl or else it will risk the chocolate burning or becoming grainy).

Place avocado and melted chocolate in a food processor and blend together until smooth, whilst pouring in the milk. Keep blending until the mousse is very smooth and creamy. Taste, and if you would like it a little sweeter, you can add a bit of honey or maple syrup, however I think it's sweet enough as is! Spoon into serving glasses and chill in fridge briefly for 10-15 minutes. Garnish with fresh berries and extra chocolate if desired.

RAW CHOC CARAMEL SLICE

For the base.

- 1 1/2 cups walnuts**
- 2 cups coconut flour**
- 2 Tbs rice malt syrup**
- 4 Tbs coconut oil**
- 4 Tbs cacao powder**

Blitz all ingredients in blender pat down in baking tray and freeze.

For the filling.

- 2 cups soaked dates**
- 3/4 can coconut cream**
- 2 Tbs coconut oil**
- 2 Tbs rice malt syrup**

Using the same mixer blitz a above ingredients and pour over base. Freeze.

For the ganache.

- 4 Tbs cacao**
- 2 Tbs rice malt syrup**
- 2 Tbs coconut oil**

Melt all this together and smooth on top of caramel filling.

Freeze to set. This will last in the freezer a few weeks or the fridge for a week. Enjoy x

Chocolate & berry mousse pots

- 75g dark chocolate 70% grated**
- 4 tbsp low-fat yogurt**
- 2 large egg whites**
- 2 tsp caster sugar**
- 350g berries (try blueberries, raspberries, cherries or a mix)**

Melt the chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Once melted, allow it to cool for 5-10 mins, then stir in the yogurt. Whisk the egg whites until stiff, then whisk in the sugar and beat until stiff again. Fold the whites into the chocolate mix – loosen the mixture first with a spoonful of egg

white, then carefully fold in the rest, keeping as much air as possible.

Put berries into small glasses or ramekins, and then divide mousse on top. Chill in the fridge until set.