

*Old School*  
New Body's

# THE PALEO PLAN

OLD SCHOOL EATING  
FOR THE MODERN WORLD



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

## Introduction

You may have heard the Paleo Diet referred to as the Caveman Diet or the Stone Age Diet. Hunter-gatherers from that era ate from the land—vegetables, fruits and roots, and for protein it was grass-fed beef, free-range fowl, fish and nuts. As we've mentioned elsewhere, we add organic dairy to that mix in the *Old School, New Body* eating plan.

So those hunter-gatherers ate nothing processed. That means Paleo diets do *not* include grains, salt, refined sugar, processed oils or dairy products (our exception).

Our diets in *Old School, New Body* are very close to Paleo; however, they are not low carb. Many of the modern-day Paleo diets go as low as 20 percent from carbohydrates—but we believe that's not practical or healthy for *long-term* eating. Many bodily functions use carbs most efficiently for energy, so you don't want to restrict them too much.

If you've read through *OSNB*, you know all of that—and you may have thought, “Wow, these diets are boring!” But that's why we have included these Paleo-recipe e-books.

While we do tend to eat a lot of the same foods every day, we aren't complete robots; we have to put in some variation every week—and many of these recipes are perfect for that purpose.

As we said in our nutrition video, for convenience we often barbecue enough chicken or grass-fed beef for at least a few dinners throughout the week. Then we steam vegetables to go along with it. It's a matter of simply heating up the meat for protein and steaming the veggies for quick, easy meals. But we like to break up the monotony with things in this e-book.

We'll even head into the kitchen together and cook up some of the things you're about to see. Add a glass or two of wine, and it can be downright romantic. (As we mention in *OSNB*, we're not completely against alcohol—it actually has health benefits in moderation.)

The main thing to remember is that the *OSNB* eating plan emphasizes some protein at every meal with a balance of complex carbs. You'll find that mix in many of the recipes in this e-book. Those that don't have protein, such as many of the snacks and soups, may require you to add some via nuts (cheese or a small glass of milk will work as well, if you're like us and not opposed to dairy).

If you neglect to get protein at a meal, simply make sure to get some at your next one. Protein at *most* of your meals is the *OSNB*

recommendation. That keeps you rebuilding muscle tissue and other cells with the healthy building blocks your body needs.














We know you'll find the additional recipes in this e-book a convenient way to give your OSNB eating plan a more interesting punch—and a healthy kick with antioxidants and nutrients you may not get on your regular diet. Make it tasty, fun and even romantic. Enjoy!

—*Steve and Becky Holman*

Old School, New Body

# BONUS

## 100 Additional Paleo “Old School” Recipes!

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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

½ cup = 120ml = 4 fluid ounces

⅔ cup = 160ml

¼ cup = 60ml = 2 fluid ounces

¾ cup = 180ml = 6 fluid ounces

1tsp = 5ml

1tbs = 15ml





# SNACKS

## TOMATO SALSA

Serves 6-8

1 cup tomato, finely diced	1 tsp oregano <i>or</i> tarragon, finely chopped
¼ cup red onion, finely chopped	1 tbs lemon juice
2 garlic cloves, finely chopped	1 tsp vinegar ( <i>optional</i> )
1½ tbs ground paprika, mild or hot	
½ tsp Mexican chilli powder	

### Instructions

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

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## GREEN PEA DIP

Serves 6-8

1½ cups fresh <i>or</i> thawed frozen peas	½ tsp ground turmeric
1 tbs olive oil	⅓ cup vegetable stock
1 small onion, finely chopped	1 tbs chopped shallots
1 large garlic clove, finely chopped	Pinch pepper

### Instructions

In a saucepan on medium heat, heat oil, add onion and garlic and fry for 5 minutes or until onion starts to soften. Add turmeric and shallots and stir for a further minute.

Then add vegetable stock, peas and pepper. Cover saucepan and simmer for 4-5 minutes or until peas are tender and still green.

Remove pan from heat. Leave to cool for 10 minutes.

Place pea mixture in a food processor and blend on high speed until the mixture is smooth. Serve.

## CASHEW NUT 'HUMMUS'

*Serves 6-8*

⅓ cup cashews, roasted, unsalted	3 tbs lemon juice
1 tbs olive oil	Pinch salt and pepper
3 garlic cloves	

### **Instructions**

Blend all ingredients in an electric blender until mixture is smooth.

Blend for a shorter period of time for a crunchy texture. Serve.

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## ROAST PUMPKIN 'HUMMUS'

*Serves 6-8*

1 cup pumpkin, peeled and diced	1 tbs olive oil
1 tbs olive oil	1 tsp cumin, ground
⅓ cup cashews, roasted, unsalted	Pinch nutmeg
1 garlic clove, crushed	Salt and Pepper
1 tbs lemon juice	

### **Instructions**

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

Place diced pumpkin and 1 tbs olive oil in an ovenproof dish. Bake pumpkin in oven for 30-40 minutes or until pumpkin is cooked. Remove from oven and cool.

Place pumpkin and remaining ingredients into a food processor. Blend on high speed until mixture is soft and creamy. Serve.

## BABA GHANOUSH

*Serves 6-8*

1 large eggplant	½ tsp cumin
1 clove garlic, crushed	1 tsp lemon juice
½ tsp salt	1 tbs finely chopped parsley
½ cup tahini (sesame paste)	

### Instructions

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

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 cool.

Remove flesh of eggplant. Mash flesh to a pulp adding garlic, salt, tahini, cumin, lemon juice and parsley. Blend to a smooth puree. Serve.

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## PISTACHIO SALSA

*Serves 6-8*

½ cup toasted pistachios	1 large garlic clove, finely chopped
1 cup tomatoes, finely diced	2 mint leaves, finely chopped
½ cup fresh parsley, roughly chopped	1 tbs lemon juice
	Pinch ground paprika

### Instructions

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

## ALMOND AND PARSLEY PASTE

*Serves 6-8*

1 bunch continental parsley	2 tbs lemon juice
½ cup sliced almonds	3 tbs mayonnaise
3 garlic cloves, roughly chopped	4 tbs olive oil

### Instructions

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

Add additional lemon juice and olive oil if paste is too dry. Serve.

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## SPICY ALMONDS

*Serves 2-4*

1 cup almonds	1 tsp sesame seeds
1 tsp ground cumin	½ tsp salt
1 tsp ground coriander seeds	1 egg white

### Instructions

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

Place egg white into a bowl and beat until slightly frothy.

Add almonds, cumin, coriander, sesame seeds and salt and combine well.

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

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

Remove from oven and cool.

To serve, break up baked mixture to separate almonds.

## CELERY STICKS WITH NUT BUTTER

Celery stalks

Almond butter *or* favourite  
nut butter

Raisins *or* sultanas (*optional*)

### Instructions

Peel the celery sticks, removing strings. Spread nut butter into the middle of the celery stick until level.

Cut celery stalks into 2-3cm lengths and place raisins on top to serve.

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## SESAME SEED CRACKERS

*Serves 4-6*

½ cup almond meal

1 egg white

½ cup sesame seeds

Good pinch salt and pepper

1 tsp olive oil

### Instructions

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

Place all ingredients in a bowl and combine well.

Place almond and sesame mixture on a sheet of baking paper; place another sheet of baking paper over the top of the mixture. Using a rolling pin, roll mixture out to a 3-4mm thickness.

Score pastry with the back of a knife into individual square pieces.

Carefully remove baking paper from the top of pastry. Then, while holding the baking paper on the bottom of the pastry mix, move carefully onto a baking tray.

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

Leave to cool then break crackers into individual pieces before serving.

## GARLIC CRACKERS

Serves 4-6

1 cup almond meal	1 egg white
1 large garlic clove, finely chopped	Good pinch salt
1 tsp olive oil	Pinch ground hot paprika ( <i>optional</i> )

### Instructions

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

Place all ingredients in a bowl and combine well.

Place mixture on a sheet of baking paper; place another sheet of baking paper over the top of the mixture. Using a rolling pin roll mixture out into a 3-4mm thickness. Score pastry with the back of a knife into individual square pieces.

Carefully remove baking paper from the top of pastry. Then holding the baking paper on the bottom of the pastry, move onto a baking tray. Bake pastry in the oven for 15-20 minutes or until crackers are lightly browned.

Leave to cook then break crackers into individual pieces before serving.

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## TASTY CAULIFLOWER SNACKS

Serves 4-6

½ medium-size cauliflower	Ground cumin
4-5 tbs olive oil	Ground paprika
Salt and pepper	

### Instructions

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

Break or cut cauliflower into different sized florets and place in an ovenproof pan. Add oil, cumin, paprika, pepper, and a good pinch of 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.

## POPPY SEED CRACKERS

*Serves 4-6*

⅓ cup almond meal	1 tsp olive oil
¼ cup sesame seeds	1 egg white
1 tbs poppy seeds	Good pinch salt and pepper

### Instructions

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

Place all ingredients in a bowl and combine well.

Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top of the mixture. Using a rolling pin roll mixture out into a 3-4mm thickness.

Score pastry with the back of a knife into individual square pieces.

Carefully remove baking paper from the top of pastry. Then holding the baking paper on the bottom of the pastry mix, move onto a baking tray.

Bake in the oven for 15-20 minutes until pastry is lightly browned. Leave to cook then break crackers into individual pieces before serving.

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## SWEET POTATO CHIPS

*Serves 2-4*

1 medium size sweet potato, cut lengthways into long thin strips	3 tbs olive oil Salt
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### Instructions

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

Place all ingredients into an oven safe pan; mix ingredients to combine well.

Bake in the oven, stirring every 5-10 minutes, for 35-45 minutes or until sweet potato is brown and cooked.

Leave to cool slightly; thinner chips will be crunchy.



## ZUCCHINI MEAT BALLS

*Serves 6-8*

285g grated zucchini, ends removed	1 tbs fresh dill, finely chopped
285g minced beef	1½ cup almond meal
1 onion, finely chopped	1 tsp salt
2 eggs	Pinch pepper

### **Instructions**

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

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

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

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

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## TUNA BALLS

*Serves 6-8*

1½ cups diced sweet potato	1 egg
425g can tuna, in brine, drained	1 tbs oil
1 small onion, finely chopped	1 tsp salt
1 medium carrot, grated	Pinch pepper

### **Instructions**

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

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 4cm balls and place onto an ovenproof tray lined with baking paper. Place tray in oven and bake for 25 minutes.

Serve warm or cold, with or without chilli sauce to taste.



# SALADS

Also See:

- Chicken, Bacon and Egg Salad Pg 46
- Chicken and Cabbage Salad Pg 47
- Honey Chicken and Pumpkin Salad Pg 49
- Tuna and Apple Salad Pg 53

### 3 COLOUR VEG SIDE SALAD

*Serves 2-4*

1 red capsicum, seeds removed and sliced	Olive Oil
1 orange capsicum, sliced	1 bunch asparagus, spears cut into three pieces
1 yellow capsicum, sliced	Salt

#### **Instructions**

Place a generous amount of olive oil in a medium size pan and place on medium heat.

Add sliced capsicum, 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 capsicum and asparagus have softened slightly. Serve.

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### CAESAR SALAD

*Serves 2*

140g bacon, diced	4 tbs mayonnaise
1 tbs oil	1 garlic clove, crushed and finely chopped
4 cups chopped lettuce	1 tbs lemon juice
2 eggs	

#### **Instructions**

In a frying pan on high heat, place oil and bacon and fry until bacon is cooked and slightly crunchy.

Meanwhile, boil eggs for 6-9 minutes. Drain eggs and cool. Peel eggs and cut in half.

To make the dressing, mix together mayonnaise, garlic and lemon, adding more mayonnaise or garlic to taste.

To serve, place egg and bacon on chopped lettuce leaves, and top with mayonnaise.

## EASY BOILED EGG SALAD

*Serves 1*

2 eggs	½ cup tomatos, 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.

In another bowl mix together olive oil, balsamic vinegar and mustard. Toss dressing through salad.

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

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## LEMON AND EGG SALAD

*Serves 1*

2 boiled eggs, diced	2 cups rocket leaves
½ small red onion, finely diced	2 tsp mayonnaise
1 celery stalk, finely sliced	2 tsp lemon juice
2 tbs pine nuts	

### Instructions

For the salad dressing combine mayonnaise and lemon juice in a small bowl.

In a large salad bowl, add all ingredients and lemon mayonnaise, combine well. Serve.

## TASTY CHICKEN SALAD

*Serves 1*

1 chicken breast, boiled <i>or</i> steamed and 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	3 tbs olive oil
	4 tbs balsamic vinegar

### Instructions

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

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## CABBAGE SALAD WITH ORANGE TAHINI DRESSING

*Serves 1*

2 tbs olive oil	1 medium carrot, grated
1 tsp tahini (sesame paste)	1 cup cabbage, finely shredded
2 tbs orange juice	Small handful snow pea sprouts, ends trimmed off
Salt and pepper	

### Instructions

Place olive oil, tahini, orange juice, salt and pepper into a screw top jar and shake well to combine.

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

Pour tahini dressing over salad to serve.

## SUPREME CHICKEN SALAD

*Serves 2*

1 chicken breast, boiled or steamed and shredded	$\frac{2}{3}$ cup carrot, diced
1 small broccoli stalk, cut into florets	1 cup tomatoes, diced
2 cups mushrooms, sliced	3 tbs dill, finely chopped
1 cup cucumber, diced	4 tbs apple cider vinegar
	3 tbs mayonnaise

### Instructions

Place broccoli in a pan with some water, cover and boil over medium heat for 4-5 minutes or until broccoli is tender.

Remove from heat, drain and place broccoli into a large salad bowl with all the other ingredients.

Combine all ingredients well before serving.

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## BACON AND EGG SALAD

*Serves 1*

2 bacon rashers, fat removed and diced	2 cups mushrooms, sliced
$\frac{1}{2}$ red onion, diced	2 boiled eggs, diced
1 tbs oil	1 carrot, diced
	$\frac{1}{2}$ cup 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.

## WARM TOMATO AND CHICKEN SALAD

*Serves 2*

2 chicken breasts, boiled *or*  
steamed and meat shredded

1 large red onion

1 punnet cherry tomatoes

3 cups lettuce leaves

Olive oil

Balsamic vinegar

### Instructions

Place some olive 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 1tbs olive 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 olive oil and balsamic vinegar to taste before serving.

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## SWEET POTATO AND BACON SALAD

*Serves 2*

4 cups sweet potato, peeled and  
diced

1 onion, diced

4 rashers bacon, fat removed, diced

Sliced almonds

Oil

### Instructions

In a covered saucepan with some water boil diced 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.

## CHICKEN AND SWEET POTATO SALAD

*Serves 2*

1 chicken breast shredded, BBQ or poached,	1 garlic clove, crushed or finely chopped
2 cups diced sweet potato, cooked	2 tbs olive oil
1 bunch fresh coriander, roughly chopped	2 tbs lemon juice
⅓ cup unsalted cashews	Pinch chilli powder

### Instructions

In a salad bowl combine chicken, sweet potato, cashews and coriander.

To make the dressing, combine garlic, olive oil, lemon juice and chilli powder.

Drizzle dressing over salad when ready to serve.

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## SESAME COATED TUNA SALAD

*Serves 1*

½ cup sesame seeds	1 cup lettuce, chopped
200g tuna steaks, sliced	¼ cup fresh coriander leaves, chopped
1 tbs olive oil	½ cup tomatoes, halved

### 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, coriander and tomatoes on a plate and place tuna steaks on top to serve.



## CHICKEN AND BACON 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
1 tbs oil	1 tbs oil
8 rashers of bacon, fat removed and cut into strips	2 tbs balsamic vinegar

### 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, tearing along the grain.

Heat oil in a 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 soften slightly.

To make the dressing, mix oil and vinegar until well combined.

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

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## AVOCADO AND SPINACH SALAD

*Serves 1*

1½ cups baby spinach leaves	1 tbs lemon juice
½ avocado, sliced	Salt and pepper
¼ cup chopped walnuts	

### Instructions

Place all ingredients in to a salad bowl.

Toss lightly to combine ingredients before serving.

## CUCUMBER AND TOMATO SALAD

*Serves 2-4*

4 cups cucumber, peeled and diced	1 bunch fresh basil, roughly chopped
1½ cups tomatoes, halved <i>or</i> diced	Salt and Pepper
1 small red onion, finely chopped	Lemon Juice

### Instructions

Place cucumber, tomatoes and red onion a salad bowl, combine well.  
Top with basil and add lemon juice, salt and pepper to taste.

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## COLESLAW

*Serves 2-4*

2 medium carrots, grated	2 red radish, finely diced
¼ small cabbage, finely sliced	6-8 tbs mayonnaise
2 stalks celery, thinly sliced	

### Instructions

Place all ingredients into a salad bowl and mix until well combined. Serve.

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## CELERY AND WALNUT SALAD

*Serves 2*

2 cups rocket leaves	1 tbs balsamic vinegar
1 large celery stalk, finely sliced	½ tsp wholegrain mustard ( <i>non-paleo</i> )
¼ cup walnuts, roughly chopped	
1 tbs walnut oil	

### Instructions

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

## MEATBALL SALAD

*Serves 4*

500g minced meat (beef or lamb)	2 carrots, diced
1 small red onion, finely diced	1 green capsicum, diced
4 tbs ground oregano	1 avocado, diced
1 egg	Balsamic vinegar
1 large cucumber, peeled and diced	

### Instructions

Preheat a BBQ grill to medium heat or use a frying pan.

Place minced meat, onion, oregano and egg into a mixing bowl and combine well.

Roll meat mixture into small balls and place on grill. Cook on grill for 3-4 minutes, or fry with a little oil in a frying pan, until browned and cooked. Turn balls if needed.

Place cucumber, carrot, capsicum 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.

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## LEEK, BACON AND PEA SIDE SALAD

*Serves 4-6*

1 leek, white part thinly sliced	2 cups green peas
2 tbs oil	Salt and pepper
4 rashers of bacon, diced	

### Instructions

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

Add peas and cook for a further 3 minutes, or until peas are heated through.

Add salt and pepper to taste before serving.

## MINT PEAS

*Serves 4-6*

5 spring onions, white stalks sliced    ½ cup fresh mint, roughly chopped  
2 tbs olive oil    Salt and pepper  
500g packet frozen peas

### **Instructions**

Heat oil in a pan on medium heat. Add spring onions and fry for 2 minutes.

Add frozen peas and mint. Cover and cook on medium heat for 2-3 minutes, stirring occasionally.

Using a potato masher, mash peas to a smooth or chunky texture. A food processor can also be used for this step.

Add salt and pepper to taste. Serve.

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## MUSHROOM AND PUMPKIN SALAD

*Serves 2*

½ small butternut pumpkin, peeled, seeded and sliced    3 tbs lemon juice  
1 large flat mushroom, sliced    2 tbs ground cumin  
¼ cup olive oil    4 cups baby spinach leaves

### **Instructions**

Preheat grill (oven or BBQ) to medium heat.

Place pumpkin 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 pumpkin and spinach with olive oil, lemon juice and cumin. Combine all ingredients well. Serve.

## CHINESE LETTUCE AND DILL SALAD

*Serves 2-4*

4 cups Chinese lettuce, chopped	½ cup almonds
3 spring onions, finely chopped	2 tbs olive oil
4 tbs fresh dill, chopped	1 tbs apple cider vinegar

### Instructions

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

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## WARM PUMPKIN AND PINE NUT SALAD

*Serves 2*

2 cups pumpkin, peeled, seeded and diced	<u>Dressing</u>
2 cups baby spinach	2 tbs olive oil
1 medium avocado, peeled, seeded and diced	⅓ cup orange juice
½ cup pine nuts	Pinch cinnamon
	Salt

### Instructions

Boil pumpkin in a pan with water until just 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 the dressing place olive oil, orange juice, cinnamon and salt in a jar, screw the lid on tightly and shake to combine ingredients well.

To serve, spoon dressing over salad and toss gently.

## RED CABBAGE SALAD

*Serves 4-6*

½ red cabbage, finely sliced	3 tbs canola oil
1 green apple, cored and diced	Salt
¾ cup roughly chopped pecans	Apple Cider Vinegar to taste

### Instructions

In a bowl place red cabbage and mix through a generous amount of 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.

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## RUSTIC CHICKEN SALAD

*Serves 2*

2 chicken breasts	½ cup chopped basil
¾ cup mayonnaise	¾ cup roast eggplant, chopped
1 tbs pesto	2 tomatoes, chopped
2 garlic cloves, finely chopped	½ avocado, diced
1 tbs balsamic vinegar	10 black olives, pips removed and flesh chopped
8 spring onions, chopped	

### Instructions

Boil chicken breasts in water for 15-20 minutes, or until cooked. Remove from pan and leave to cool.

In a small bowl combine mayonnaise, pesto, garlic, vinegar, spring onions and basil.

When chicken has cooled, shred meat into pieces and place in a large salad bowl with eggplant, tomatoes, avocado and black olives. Add mayonnaise dressing and combine well. Serve.



# SOUPS

Also See

- Chicken Noodle Soup Pg 100
- Meat Soup with Caraway Seeds Pg 100

## SWEET POTATO AND PEAR SOUP

*Serves 2-4*

1 small onion, peeled and diced	2 cups vegetable stock
1 tbs oil	½ cup coconut milk
2½ cups sweet potato, diced	Salt and pepper
2 cups pear, diced	Parsley to garnish

### **Instructions**

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

Add the sweet potato and pear and cook for 2 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 to taste.

Serve garnished with parsley.

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## LEEK AND ASPARAGUS SOUP

*Serves 2-4*

1½ cups leek, sliced	1 garlic clove, finely chopped
2 tbs olive oil	1½ cup vegetable stock
8 asparagus spears, chopped into 2.5cm pieces	½ cup coconut milk

### **Instructions**

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

Add asparagus and stock to pan, cover, and cook for a further 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.



## CARROT AND GINGER SOUP

*Serves 4-6*

5 cups carrots, peeled and sliced	2 garlic cloves, finely chopped
3 tbs olive oil	2 tsp ground turmeric
2 tbs ground ginger	1 cup vegetable stock
1 onion, finely diced	1 cup coconut milk

### Instructions

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

Place carrots on an ovenproof tray with 2 tbs olive oil and 1 tbs ginger. Mix well and bake in the oven for 30 minutes.

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

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

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## CAULIFLOWER SOUP

*Serves 4-6*

4 tbs oil	1 whole cauliflower, chopped
4 tbs arrowroot	Handful parsley, freshly 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.

## SPINACH AND ASPARAGUS SOUP

*Serves 2-4*

4 chopped spring onions	Spices (choose your favourite spices or your favourite curry paste) – For example: cumin, cinnamon, Mexican chilli powder, ground paprika, dried chilli, garlic, ground coriander, lime, cardamom, salt and pepper
4 cups spinach	
6 thick asparagus spears sliced in half or 12 thin asparagus spears	
Vegetable oil	
400-600ml light coconut milk	

### Instructions

In a saucepan on medium heat, fry the spring onions in a little 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.

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## BROCCOLI SOUP

*Serves 4-6*

4 tbs oil	10 cups vegetable stock
4 tbs 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 AND SWEET POTATO SOUP

*Serves 4-6*

1 large onion, diced	6 cups pumpkin, diced
1 tsp olive oil	4 cups sweet potato, diced
Pinch each of ground cumin, ground ginger, ground nutmeg, ground cloves and chilli powder	400ml light coconut milk 1 cup water

### Instructions

In a large saucepan on medium heat, fry onion in olive 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.

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## CARROT AND LEEK SOUP

*Serves 2-4*

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

## MEATBALL MINISTRONE

*Serves 6-8*

1 tbs oil	400g can diced tomatoes <i>or</i> 2 cups diced tomatoes
1 onion, diced	
3 garlic cloves, finely chopped	1 tbs basil, finely chopped
¼ cabbage, thinly sliced	1 tbs sage, finely chopped
2 medium carrots, diced	1 tsp Mexican chilli powder
3 small zucchini, diced	Pinch pepper
3 celery stalks, diced	2 cups mushroom, diced
3 cups chicken <i>or</i> vegetable stock	15 meatballs ( <i>see Meatball Salad recipe on Pg 22</i> )

### **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, chilli powder and pepper. Cover pan and simmer for 30 minutes.

Add mushrooms and meatballs and simmer for a further 10 minutes.

Cool for 5-10 minutes before serving.

## ROASTED PUMPKIN AND BASIL SOUP

*Serves 4-6*

2kg diced pumpkin	4 cups vegetable stock
1 garlic bulb, un-peeled	1 bunch fresh basil, roughly chopped
2 tbs olive oil	Salt and pepper to taste
1 onion, diced	
3 tbs ground cumin	

### **Instructions**

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

Place garlic bulb top down on an oven tray and drizzle with 1 tbs of olive 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 a further 2 minutes.

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

## LEEK, FENNEL AND BROCCOLI SOUP

*Serves 2-4*

2 garlic cloves, finely chopped	1 broccoli, chopped
1 tbs olive oil	4 cups vegetable stock
1 leek, (white part only) sliced	2 bay leaves
1 large fennel, stalks removed and 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.

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## ZUCCHINI AND SWEET POTATO SOUP

*Serves 4-6*

2 cups sweet potato, peeled and diced	3 garlic cloves, finely chopped
4 cups zucchini, diced	1 tbs coconut oil
1 onion, diced	2 cups chicken or 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.

## CURRIED CAULIFLOWER SOUP

*Serves 4-6*

1 onion, diced	1 tbs ground coriander
1 tbs oil	1 tbs ground paprika
1 garlic clove, finely chopped	½ medium cauliflower
1 tsp ground turmeric	4 cups vegetable stock
1 tbs ground cumin	Salt and 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 coriander, 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.

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## GARLIC AND 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 onion	Olive oil

### Instructions

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

Place garlic bulbs top down on an oven tray and drizzle with olive 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 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.



# MEATS

## Also See:

- Zucchini Meat Balls Pg 11
  - Caesar Salad Pg 13
  - Bacon and Egg Salad Pg 16
- Sweet Potato and Bacon Salad Pg 17
  - Chicken and Bacon Salad Pg 19
    - Meatball Salad Pg 21
- Leek, Bacon and Pea Side Salad Pg 21
  - Meatball Minestrone Pg 30
- Chicken, Bacon and Egg Salad Pg 46
- Prosciutto Wrapped Fish Pg 56
- Meatball with Roast Fennel and Basil Sandwich Pg 94
  - Sausage ACV Sauteed Onion Sandwich Pg 95
- Bacon and Leek Sandwich Pg 97
  - Meat Soup with Caraway Seeds Pg 100
- Spaghetti Bolognaise Pg 101
- Singapore Style Noodles Pg 103



## BEEF AND MUSHROOM GOULASH

*Serves 4-6*

500g diced beef	3 tbs ground paprika
2 tbs olive oil	600g can diced tomatoes
1 onion, diced	Parsley
200g button mushrooms, sliced	Salt and pepper

### Instructions

Heat a medium-sized pan on medium-high heat. Fry half the beef in 1 tbs 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.

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## STIR-FRIED CHILLI BEEF WITH CASHEWS

*Serves 4-6*

500g lean beef, sliced thinly	1 tsp honey
½ tbs oil	½ cup water
2 tsp red curry paste	1 cup green capsicum, diced
2 tsp fish sauce ( <i>non-paleo</i> ) or 1 tsp salt	1 tsp arrowroot
2 tbs lime juice	24 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 capsicum 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.

## MEATBALL PICCADILLO

Serves 4-6

### Meatballs

1 tbs oil

1 onion diced

500g lean minced meat

2 garlic clove finely diced

1 apple, peeled, cored and grated

¼ cup raisins

6 black olives chopped

3 tbs slivered almonds

1 egg

Pinch of ground cinnamon

Pinch of ground cloves

1 tsp chilli powder

salt and pepper

### Sauce

800g diced tomatoes canned *or* 4 cups diced fresh tomatoes

Pinch of ground cinnamon

Pinch of ground cloves

Pinch of ground paprika

### **Instructions**

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

Heat the oil in a pan on medium-high heat and fry onion until browned.

Add onion to a mixing bowl with the beef, garlic, apple, raisins, olives, almonds, egg, cinnamon, cloves, chilli powder, salt, pepper. Combine well.

Form the meat mixture into 13 balls, place in an ovenproof dish and bake in the oven for 15-20 minutes, or until meatballs are cooked and browned.

While the meatballs are cooking place the tomatoes, cinnamon, cloves and paprika in a saucepan and simmer for 5 minutes.

When the meatballs are ready, place them in the tomato sauce and simmer on a low heat for a further 15 minutes. Serve.

## SPICY MEATBALLS IN TOMATO SAUCE

*Serves 4-6*

<u>Tomato sauce</u>	<u>Meatballs</u>
1 onion, peeled and diced	410g minced beef
3 garlic cloves finely chopped	2 garlic cloves, finely chopped
1 chilli finely chopped	2 tsp ground cumin
1 tsp ground cinnamon	1 tsp ground cinnamon
2 tsp ground cumin	1 tsp ground turmeric
½ tsp ground cloves	1 tsp chilli powder
800g canned diced tomatoes <i>or</i> 4 cups freshly diced tomatoes	1 egg
	Ground pepper

### Instructions

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

To make the meatballs – in a bowl mix the garlic, cinnamon, turmeric, chilli powder, egg, pepper 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 chilli in a pan on medium heat 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 a further 15 minutes.

Serve with fresh coriander.

## INDIAN MINCE CURRY

*Serves 4-6*

500g minced meat	2 cups eggplant, peeled and diced
1 onion, finely chopped	400g can diced tomatoes or 2 cups diced tomatoes
3 garlic cloves, finely chopped	4 tbs Buriyani curry paste (coriander, garlic, ginger, oil, cardamoms, cloves, nutmeg, tomatoes, curry leaves, rampe leaf, salt)
1 tbs oil	
400g can green peas or 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.

## LAMB AND BACON DUMPLINGS

Serves 6-8

<u>Meatballs</u>	500g minced lamb
6 rashers bacon, meat only finely diced	1 egg
1 small onion, finely chopped	<u>Sauce</u>
1 tbs oil	800g canned diced tomatoes <i>or</i> 4 cups freshly diced tomatoes
2 tsp sage, finely chopped	1 tsp basil, finely chopped
1 tsp ground paprika	Salt and pepper
Salt and pepper	

### Instructions

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

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 to cool.

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 in the oven for 30-40 minutes 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.

# LAMB BALLS WITH TOMATO AND BASIL SAUCE

*Serves 4-6*

## Meatballs

500g minced lamb

1 egg

2 tsp oil

1 tbs oregano, finely chopped

2 tsp sage, finely chopped

1 tsp ground paprika

## Sauce

$\frac{2}{3}$  cup diced tomatoes

$\frac{1}{2}$  cup fresh basil, roughly chopped

$\frac{1}{2}$  tsp salt

1 tsp arrowroot

## **Instructions**

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

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 tablespoons 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.

# EGG AND BACON PIZZA

*Serves 2-4*

## Pizza bread

4 tbs oil

1 tsp honey

3 eggs

1 cup almond meal

$\frac{3}{4}$  cup arrowroot

Handful of rocket leaves, to serve

## Pizza topping

2 tbs tomato paste

Italian herbs

4 rashers bacon (eyes only)

1 tsp oil

4 eggs

4 tomatoes, sliced

## **Instructions**

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

Pizza bread - combine all bread ingredients well. Divide dough into four and roll out four circles no thicker than 1cm. 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 some 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 with rocket.

## KIDS MEAT-LOAF

*Serves 4-6*

1 small zucchini	500g minced meat (beef <i>or</i> lamb)
2 small carrots	1 egg
½ cup peas	1 tsp mixed Italian herbs
1 small onion, finely diced	½ tsp salt

### Instructions

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

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 and salt. 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.

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## QUICK MEAL – PUMPKIN AND BACON

*Serves 1*

2 cups diced pumpkin	85g diced bacon
1 small-medium sized onion, finely chopped	½ tbs olive oil
	Walnuts <i>or</i> cashews

### Instructions

In a saucepan, with some water on medium heat, boil diced pumpkin until soft. Drain pumpkin and set aside to cool.

In a frying pan, heat olive oil and fry the bacon until lightly browned. Add the onion to the frying pan and continue cooking until both the bacon and onion are cooked through. Stir the pumpkin into the bacon and onion mixture.

Serve with walnuts or cashews.



## NO PASTA LASAGNE

Serves 6-8

700g lean minced meat	800g canned diced tomatoes <i>or</i> 4 cups freshly diced tomatoes
1 onion, diced	
3 garlic cloves (finely chopped)	1 medium eggplant, sliced
4 tbs tomato paste	¼ butternut pumpkin, sliced
Sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount)	5 small zucchini, sliced 2 tbs olive oil

### Instructions

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

To make the meat sauce, fry the onion and garlic 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 (to taste). 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 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 AND MUSHROOM SKEWERS

*Serves 2*

6-8 wooden skewers; soaked in cold water for 30 minutes.	2 tsp honey
500g diced lamb	½ tsp rosemary leaves, finely chopped
18 small button mushrooms	1 garlic clove, finely chopped
4 tbs olive oil	Salt and pepper

### **Instructions**

Preheat a fan-forced oven to 180°C Celsius/350°F Fahrenheit 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 and honey sauce.

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.



# CHICKEN

Also See:

- Tasty Chicken Salad Pg 15
- Supreme Chicken Salad Pg 16
- Warm Tomato and Chicken Salad Pg 17
- Chicken and Sweet Potato Salad Pg 18
- Chicken and Bacon Salad Pg 19
- Rustic Chicken Salad Pg 24
- Thai Chicken Omelette Pg 60
- Chicken, Avocado and Spinach Omelette Pg 63
- Zucchini Noodle Gado Gado Style Pg 99
- Chicken Noodle Soup Pg 100

## CHICKEN, BACON AND EGG SALAD

*Serves 2-4*

1 chicken breast, thinly sliced	<u>Capsicum Mayonnaise</u>
6 rashers bacon, diced	1 red capsicum
1 tbs oil	5 tbs mayonnaise
5 eggs	2 tbs lemon juice
4 cups green beans, topped, tailed and cut in half	Salt and pepper
100g mixed salad leaves	

### Instructions

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

To make the mayonnaise, cut capsicum in half and remove stalk and the seeds. Place onto an oven tray skin side up and bake until skin has blistered and blackened. Remove from oven and cool for 10 minutes. When cool, peel away the burnt skin. Place capsicum in a blender or food processor along with the mayonnaise, lemon juice, salt and pepper. Blend until smooth.

In a frying pan, heat oil and add chicken and bacon, fry until bacon and chicken are cooked and lightly browned, remove any chicken broth that forms during cooking.

Meanwhile, place beans and eggs in a pan with water and boil for 6-10 minutes, or until beans are tender. Remove from heat and cool.

To serve, place salad leaves, chicken, bacon and beans into a salad bowl and combine. Peel eggs and slice into quarters, place on top of salad and drizzle with mayonnaise.

## CHICKEN AND CABBAGE SALAD

*Serves 2-4*

2 chicken breasts, poached and shredded (cold)	¼ cup firmly packed, finely chopped fresh basil
4 cups Chinese cabbage, finely shredded	4 tbs sesame seed oil
4 green shallots sliced thinly	¼ cup lime juice
2 cloves garlic, crushed	2 tsp salt

### Instructions

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

Combine garlic, oil, lime juice and fish sauce/salt in a screw top jar and shake well.

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

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## HOT AND SPICY CHICKEN

*Serves 2-4*

2 chicken breasts, diced	3 tbs lemon juice
2 tbs olive oil	¼ cup sultanas
2 garlic cloves, finely chopped	5 tbs pine nuts
1½ tsp ground cinnamon	1 small orange, halved and sliced
3 tsp ground cumin	4 tbs 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 a further 15 minutes, adding more lemon juice if necessary.

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

## PAN-FRIED MOROCCAN CHICKEN

*Serves 2-4*

2 chicken breasts, diced	1 garlic clove, finely chopped
1½ tbs oil	1 tsp paprika ground
400g can diced tomatoes <i>or</i> 2 cups diced tomatoes	1 lemon, peel finely grated
1 bunch parsley, chopped	½ cup water
	50g slivered almonds

### Instructions

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

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

Serve with slivered almonds.

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## CHILLI AND GARLIC CHICKEN SKEWERS

*Serves 2*

6 wooden skewers; soaked in cold water for 30 minutes.	1 tsp red chillies, seeds removed and finely chopped
2 chicken breasts, diced	4 garlic cloves, finely chopped
<u>Sauce</u>	6 tbs lemon juice
2 tbs olive oil	

### Instructions

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

To make the chilli and garlic sauce, combine the oil, chillies, 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 chilli and garlic sauce over the chicken, coating well.

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

## HONEY CHICKEN AND PUMPKIN SALAD

*Serves 4*

500g chicken breast, cut into bite size pieces	2 tbs sesame seed oil
4 cups pumpkin, diced	7 spring onions, chopped
3 tbs honey	3 cups lettuce

### Instructions

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

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.

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## CHICKEN AND VEGETABLE SKEWERS

*Serves 2*

6 wooden skewers; soaked in cold water for 30 minutes.	1 capsicum, seeds removed and cut into squares
2 chicken breasts, diced	1 tbs olive oil
1 medium zucchini, cut into circles	3 tbs lemon juice
1 medium carrot, cut into circles	Salt and pepper

### Instructions

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

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

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

## CHICKEN WITH YELLOW SQUASH SALAD

*Serves 2*

2 chicken breasts	1/2 avocado, diced
2 tbs olive oil	1 cup parsley, roughly chopped
<u>Salad</u>	½ cup dill, roughly chopped
5 yellow squash	2 tsb olive oil
250g cherry tomatoes, halved	2 tbs lemon juice

### Instructions

Boil the squash in water for 5 minutes or until tender. Drain and cool.

Cut chicken fillets into 2.5cm thick slices. Heat two tablespoon of 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, olive 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.

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## COCONUT CHICKEN CURRY

*Serves 2-4*

2 chicken breasts, sliced	2 tbs red curry paste
2 tbs olive oil	1 tsp turmeric, ground
1 onion, diced	400ml coconut milk
2 garlic cloves, finely chopped	12 bay leaves

### Instructions

Heat 1 tbs of olive 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 olive oil into the pan and fry onion and garlic until lightly browned, add red curry paste and turmeric and stir for a further 1 minute. Add coconut milk and bay leaves and simmer on low heat for 15 minutes.

Cool slightly before serving.



## MOROCCAN CHICKEN SKEWERS

*Serves 2*

6 wooden skewers; soaked in cold water for 30 minutes.

2 chicken breasts, diced

### Marinade

1 large garlic clove

2 tsp honey

2 tbs lemon juice

1 tbs oil

1 tsp ground cumin

1 tsp salt

½ teaspoon cayenne pepper

1 tsp ground turmeric

½ tsp ground cinnamon

### **Instructions**

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

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

Thread diced chicken onto skewers and place on an oven tray lined with baking paper, pour marinade over the top of chicken, coating well. Bake in for 35-40 minutes or until chicken is cooked.

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



# SEAFOOD

Also See:

- Tuna Balls Pg 11
- Sesame Coated Tuna Salad Pg 18
- Smoked Salmon and Chive Omelette Pg 61
- Tuna and Egg Sandwich Pg 95
- Almond Parsley Paste with Tuna Sandwich Pg 96

## FISH WITH TOMATO AND ALMOND

Serves 2-4

4 white fish fillets	1 garlic clove, finely chopped
400g can diced tomatoes or 2 cups diced tomatoes	1 tsp paprika, ground
1 bunch parsley, chopped	2 tbs oil
1 lemon, peel finely grated	50g slivered almonds

### Instructions

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

In a bowl combine tomatoes, parsley, grated lemon rind, garlic, paprika, oil and almonds.

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 with vegetables or salad.

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## TUNA AND APPLE SALAD

Serves 1

85g canned tuna	½ cup green capsicum, diced
1 cup lettuce, chopped	¼ avocado, peeled and diced
1 small green apple, cored and diced	

### Instructions

Place all ingredients into a bowl and toss together.

*NOTE: Pecan nuts also work well in this salad.*

## THAI CABBAGE WITH WHITE FISH

*Serves 3*

500g cabbage, coarsely shredded	1 tbs olive oil
1 onion, chopped	2 strips lemon rind
2 garlic cloves	1½ cups coconut milk
2 fresh chillies, seeded and chopped	1 tsp salt
3 curry leaves	1 tbs dried tamarind pulp
	3 x 85g white fish fillets

### **Instructions**

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

In a pan on medium heat fry the curry leaves in the olive 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.

## FISH AND PINE NUT PATTIES

*Serves 4-6*

500g white fish fillets	2 eggs
½ cup parsley, finely chopped	Salt and pepper
½ cup pine nuts	Rocket leaves
½ cup almond meal	

### Instructions

Preheat BBQ 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 tbs of fish mixture and form a patty. Place patty on the heated grill and cook for 1-2 minutes. Repeat until all the mixture has been used.

Serve with rocket leaves.

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## BAKED FISH WITH LEMON AND PARSLEY

*Serves 2*

2 fish fillets <i>or</i> steaks	2 garlic cloves, finely chopped
1 tbs olive oil	5 tbs parsley, finely chopped
2 tbs lemon juice	Salt and pepper

### Instructions

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

In a bowl, mix olive oil, lemon juice, garlic and parsley.

Place fish fillets on an oven tray lined with baking paper and top with lemon parsley mixture.

Bake in the oven for 15-20 minutes until fish is cooked.

Serve with vegetables drizzled with lemon mayonnaise.

## FISH WITH MUSTARD AND MAYONNAISE SAUCE

*Serves 2*

2 white fish fillets

4 tbs mayonnaise

1 tsp wholegrain mustard (*non-paleo*)  
or ½ tsp ground mustard seeds

### Instructions

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

In a small bowl, mix mayonnaise and mustard.

Place fish fillets on an oven tray lined with baking paper and coat evenly with mayonnaise mixture.

Bake in the oven for 15-20 minutes until the fish is cooked.

Serve with salad.

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## PROSCIUTTO WRAPPED FISH

*Serves 2*

2 fish fillets

6 thin slices prosciutto

1 tsp thyme, finely chopped

2 tbs oil

Salt and pepper

Slice of lemon to serve

### Instructions

Sprinkle fish with thyme, salt and pepper. Wrap each fish fillet with 3 slices of prosciutto.

Place a frying pan on 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 AND TURMERIC

*Serves 2*

2 fish fillets <i>or</i> steaks	1 tsp ground turmeric
2 tbs olive oil	1 cup mushrooms, diced
1 tbs lime juice	Salt and pepper

### **Instructions**

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

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

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## DILL COATED SWORDFISH WITH GRILLED SWEET POTATO CHIPS

*Serves 2*

2 small swordfish steaks	½ sweet potato, peeled and sliced into fingers
2 tbs fresh dill, chopped	
Olive oil	

### **Instructions**

Preheat grill on medium heat.

On one side of each swordfish steaks rub on some olive oil and dill.

Place swordfish on grill and cook for 2-3 minutes, turn over and cook for a further 2-3 minutes or until cooked through. Remove from heat and keep warm.

Place sweet potato fingers on grill along with some olive oil. Grill for 4-5 minutes or until cooked.

Serve sweet potato fingers with swordfish steaks.

## WHITE FISH WITH MUSHROOM SAUCE

*Serves 2*

2 fish fillets	½ cup fresh parsley, roughly chopped
2 tbs olive oil	2 tsp arrowroot
1 small onion, thinly sliced	½ cup water
1 clove garlic, finely chopped	Salt and pepper
1 cup mushrooms, sliced	
1 tsp thyme, finely chopped	

### **Instructions**

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

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





# OMELETTE

## THAI CHICKEN OMELETTE

*Serves 2*

1 chicken breast, diced	Small handful fresh coriander, chopped
3 spring onions, sliced	1 tsp salt
1 garlic clove, finely chopped	½ tsp ground paprika
1 tbs oil	3 eggs, beaten
1 small carrot, finely diced	
¾ cup bean sprouts	

### Instructions

In a pan on high heat, add oil and fry diced chicken breast, spring onions, garlic for 5 minutes, or until chicken is cooked. Remove from heat and add bean sprouts, coriander, 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 AND CHIVE OMELETTE

*Serves 1*

60g smoked salmon	2 tbs fresh chives, finely chopped
1 small onion, finely diced	Pinch pepper
1 tbs oil	
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 AND SPINACH OMELETTE

*Serves 2-4*

2 cups sweet potato, diced	3 cups baby spinach
1 medium onion, diced	5 eggs, beaten
2 tbs olive oil	Salt and pepper

### Instructions

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

In an ovenproof dish, combine sweet potato, onion, olive 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 the 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 in the oven for 15-20 minutes or until the eggs are cooked. Remove from oven and cool for 5 minutes before serving.

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## ZUCCHINI OMELETTE

*Serves 2-4*

3 cups zucchini, diced	1 tbs olive oil
5 eggs	1 tbs tarragon <i>or</i> oregano
1 small onion, finely chopped	Salt and Pepper

### Instructions

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

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

In a bowl, beat eggs with the olive 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 2 minutes before serving.

## CHICKEN, AVOCADO AND SPINACH OMELETTE

*Serves 1*

½ chicken breast, poached and diced	2 tsp mayonnaise
¼ cup diced avocado	3 eggs, beaten
2 cups English spinach	Salt and pepper

### Instructions

In a covered pan on high heat, boil the spinach in water for 1-2 minutes, or until wilted. Drain well, removing as much excess water as possible.

Place spinach, cooked chicken and avocado in a bowl and mix well.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper.

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

To serve, place omelette on a plate and spoon chicken and avocado mixture onto one half. Drizzle with mayonnaise then fold over other side of omelette.



# DESSERTS

Also See

- Chocolate Recipes Pg 85

## COCONUT AND LIME CUSTARD

*Serves 4*

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

### **Instructions**

Preheat a fan-forced oven to 160°C Celsius/325°F Fahrenheit.

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.

## BLUEBERRY AND PEAR CRUMBLE

*Serves 4-6*

5 pears	2 tbs arrowroot
1 tbs mixed spice	½ cup almond meal
4 tbs lemon juice	10 dates
1 tbs honey	1 tbs water
300g packet frozen blueberries	⅓ cup walnuts, chopped

### Instructions

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

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.



## FRUIT AND NUT SOUFFLÉ

*Serves 4*

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

### Instructions

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

Purée the pineapple and apple in a food processor 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.

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## BLUEBERRY SORBET

*Serves 4-6*

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

## LEMON SOUFFLÉ

*Serves 2*

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

### Instructions

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

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.

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## CRUNCHY BANANA POPS

*Serves 3*

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

### 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.

## MANGO AND PASSIONFRUIT SORBET

*Serves 4-6*

1 large mango, peeled and flesh diced	1 tbs honey 2 passionfruit
1 egg white, beaten to stiff peaks	

### Instructions

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

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## TOASTED COCONUT SORBET

*Serves 4-6*

½ cup shredded coconut	2 cups coconut milk
1 egg white, beaten to stiff peaks	1 tbs 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 AND LIME ICE

*Serves 2-4*

2 cups freshly squeezed orange juice    2 tbs lime juice

### 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.

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## RHUBARB AND ORANGE SORBET

*Serves 4-6*

1 cup freshly squeezed orange juice    1 tbs honey  
5 stalks fresh rhubarb, leaves removed, ends trimmed and cut into short lengths    1 egg white, beaten until stiff peaks have formed  
1 vanilla pod *or* 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 AND GINGER SORBET

*Serves 4-6*

3 cups honeydew melon, peeled, seeded and diced	1½ tbs honey
2 tbs 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.

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## BASIL AND LIME ICE

*Serves 2-4*

1 cup fresh basil leaves, firmly packed	½ cup lime juice
2 tbs 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.

## ROCKMELON AND COCONUT SORBET

*Serves 4-6*

½ cup coconut milk	2 cups rockmelon, diced
1 tbs honey	1 egg white, beaten until stiff peaks have formed
½ cup shredded coconut	

### Instructions

Blend the rockmelon, 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.

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## CHAMOMILE LEMON ICE

*Serves 2-4*

2 cups boiling water	1½ tbs honey
4 chamomile tea bags, <i>or</i> equivalent loose tea	2 tbs 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.

## TRAFFIC LIGHTS

*Serves 8*

½ rockmelon (Cantaloupe)	8 strawberries
4 kiwi fruit	8 wooden skewers/ice-cream sticks

### Instructions

Cut the peeled and de-seeded rockmelon into 3cm 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 in the colour sequence of traffic lights; green (bottom), orange (middle), red (top). Serve.

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## BERRIES WITH 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.

## MIXED BERRY COMPOTE

*Serves 2*

1 cup orange juice, freshly  
squeezed

2 herbal tea bags e.g. 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.

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## ALMOND AND HONEY BISCUITS

*Serves 6-8*

3 cups almonds

1 cup raw honey

### Instructions

Preheat a fan-forced oven to 120°Celsius/250°Fahrenheit.

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.



## COCONUT MACAROONS

*Serves 6-8*

3 large egg whites	1½ shredded coconut
½ cup honey	½ cup almond meal

### Instructions

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

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 tbs 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

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## CHOCOLATE MACAROONS

*Serves 6-8*

3 large egg whites	¾ cup chopped walnuts
½ cup honey	1½ shredded coconut
3 tbs cocoa powder	½ cup almond meal

### Instructions

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

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 tbs 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.

## COCONUT AND WALNUT MACAROONS

*Serves 6-8*

3 large egg whites	1½ shredded coconut
⅓ cup honey	⅓ cup almond meal
¼ cup chopped walnuts	

### Instructions

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

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 tbs 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.

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## CHERRY BALLS

*Serves 6-8*

20 fresh cherries, de-pipped and chopped	1 cup shredded coconut
2 tbs honey	3 tbs almond butter
½ cup chopped walnuts	

### Instructions

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

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.

## PEARS WITH CASHEW CRUMBLE

*Serves 2*

2 pears, halved, cored	¼ cup almond meal
4 tbs 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.

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## CINNAMON SWIRL NUT BAR

*Serves 4-6*

½ cup almonds (un-salted)	10 dates
½ cup cashews (un-salted)	Pinch of cinnamon, nutmeg and allspice
½ cup walnuts	
4 tbs raisins	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.

## LEMON TARTS

*Serves 4-6*

### Pastry

1 cup almond meal

3 tbs lemon juice

4 dates

### Filling

6 tbs lemon juice

1 lemon, rind finely grated

1 tbs honey

2 eggs

### **Instructions**

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

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 until cooled and set.

## SOFT SESAME HALVA WITH ALMONDS

*Serves 8-10*

¼ cup honey	1 tsp rose essence (rosewater)
¼ cup water	½ cup roast almonds
100g tahini paste	

### 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.

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## BAKED QUINCE

*Serves 4-6*

6 large quinces	½ lemon, sliced
⅔ cup honey	1 chilli, de-seeded and finely sliced
500ml water	1 bay leaf

### Instructions

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

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, chilli 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*

### Lemon Filling

1 cup lemon juice  
5 tsp finely grated lemon rind  
(approximately 4 lemons)  
 $\frac{1}{2}$  cup maple syrup  
 $\frac{1}{2}$  cup coconut milk  
4 tbs arrowroot  
5 egg yolks

### Meringue

5 egg whites  
2 tbs maple syrup

### **Instructions**

Preheat a fan-forced oven to 160°Celsius/325°Fahrenheit.

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 AND STRAWBERRY CRUMBLE

*Serves 2-4*

1 bunch rhubarb (approx 3 cups), leaves removed, cut into small pieces

1 punnet strawberries, topped and quartered

1½ cup water

2 tbs honey

2 tbs arrowroot

1 tbs ground ginger

Pinch each ground nutmeg, cinnamon, allspice

### Crumble

2 tbs honey

½ tsp vanilla essence

⅓ cup almond meal

⅓ cup slivered almonds

### **Instructions**

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

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 water (⅓ cup) 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 TART

*Serves 6-8*

### Pastry

1 cup walnuts

1 cup almond meal

½ cup sunflower seeds

1½ cups dates, seeds removed

### Filling

¼ cup lemon juice

2 cups water

⅓ cup orange juice

2 tbs honey

½ tsp ground cinnamon

½ tsp all spice

¼ tsp ground cloves

3 large green apples, cored and 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 23cm 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.



## ITALIAN CARROT AND 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 and firmly packed	3 tbs arrowroot
	¼ cup pine nuts

### **Instructions**

Preheat a fan-forced oven to 180°Celsius/350°Fahrenheit. Grease a deep 20cm 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.



# CHOCOLATE

Also See:

- Chocolate Macaroons Pg 75

*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.*

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## CHOCOLATE ORANGE CAKE

Serves 6-8

3 eggs, separated	1½ cups almond meal
½ cup olive oil	½ cup cocoa powder
½ cup honey	Grated rind and juice from one large orange

### Instructions

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

## BANANA CHOCOLATE CAKE

*Serves 6-8*

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

### Instructions

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

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## FRUIT KEBABS WITH COCONUT CHOCOLATE SAUCE

*Serves 2-4*

4-6 wooden skewers	50g chocolate
1 orange, peeled, flesh diced	1 tbs coconut cream
1 green apple, cored and diced	¼ cup water
1 cup rockmelon, skin removed, seeded and 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 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 a fan-forced oven to 180°Celsius/350°Fahrenheit. 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	100g chocolate
⅓ cup maple syrup	1 tsp 100% vanilla extract
⅓ cup vegetable oil	1 cup almond meal

### Instructions

Pre-heat a fan-forced oven to 200°C Celsius/400°F Fahrenheit. 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 160°C Celsius/325°F Fahrenheit 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.

## COCONUT CHOCOLATE CAKE

*Serves 6-8*

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

### Instructions

Preheat a fan-forced oven to 180°Celsius/350°Fahrenheit. Grease a deep 20cm 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.

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## CHOCOLATE COCONUT SNACK BAR

*Serves 4-6*

¾ cup almonds	1 cup walnuts
3 tbs desiccated coconut <i>or</i> freshly grated coconut	3 tbs 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.

## CHOCOLATE PUNCH NUT BAR

*Serves 4-6*

½ cup almonds (un-salted)	3 tbs unsweetened cocoa powder
⅓ cup cashews (un-salted)	18 dates
⅓ cup walnuts	

### 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.

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## NUTTY PAN FORTE

*Serves 6-8*

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

### Instructions

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

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.



## COFFEE CHOCOLATE CAKE

*Serves 6-8*

100g chocolate	3 eggs, separated
¼ cup oil	2 tbs honey
2 tbs strong brewed black coffee	½ cup almond meal
¼ cup cocoa powder	

### Instructions

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

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## CHOCOLATE ORANGE

*Serves 2*

1 large orange	50g chocolate
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### Instructions

Place orange in a refrigerator for 3-4 hours or overnight to cool. When cooled, cut orange into quarters.

Melt chocolate in a pan over low heat then spread over the orange quarters using a knife or spatula.

Place oranges on a plate lined with baking paper and return to refrigerator.

Serve when chocolate has hardened.

## CHOCOLATE BANANA ICE-CREAMS

*Serves 2*

2 medium bananas, peeled

2 ice-cream sticks

100g 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.

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## CHOCOLATE AND COCONUT CUSTARD

*Serves 3*

2 cups coconut milk

100g chocolate, coarsely grated

3 eggs

1 tbs honey

### Instructions

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

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.



# CAPSICUM SANDWICHES

## MEATBALL WITH ROAST FENNEL AND BASIL SANDWICH

*Serves 6*

1 large fennel, stalks removed, sliced	1 tsp mustard
Olive oil	1 tbs arrowroot
500g minced meat	Salt
1 onion, finely diced,	3 capsicums, seeds removed and halved
2 tbs rosemary	Basil

### **Instructions**

Preheat a fan-forced oven to 180°C Celsius/350°F Fahrenheit. 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 cm 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 capsicums.)*

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

## SAUSAGE AND ACV SAUTÉED ONION SANDWICH

*Serves 2*

1-2 sausages, of your choice	1 tsp olive oil
1 small white onion	1 capsicum, seeds removed and halved
3 tbs apple cider vinegar (ACV)	

### **Instructions**

Preheat BBQ grill to medium heat.

Place sausages on grill and cook for 8-10 minutes or until cooked. Cut sausages into 2.5 cm pieces.

Meanwhile, slice onion and place in a frying pan on medium heat with apple cider vinegar and olive 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 capsicum half and top with sausages.

---

## TUNA AND EGG SANDWICH

*Serves 1*

195g can tuna	1 capsicum half
1 egg	Salt

### **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 capsicum half and place egg halves on top.

Add salt if desired to serve.

## ALMOND PARSLEY PASTE WITH EGG SANDWICH

*Serves 1*

2 tbs almond and parsley paste (*see page 7*) 1 capsicum 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 capsicum half. Place egg halves on top. Serve.

---

## ALMOND PARSLEY PASTE WITH TUNA SANDWICH

*Serves 1*

2 tbs almond and parsley paste (*see page 7*) 1 capsicum half

95g can tuna

### **Instructions**

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

## ROAST VEGETABLE SANDWICH

Serves 4

1 small eggplant, sliced	Olive oil
1 medium zucchini, sliced	Salt
1 fennel, stalks removed, sliced	2 capsicums, seeds removed and halved

### Instructions

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

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

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## BACON AND LEEK SANDWICH

Serves 1

1 small leek, finely sliced	1 tbs oil
3 rashers bacon, meat only	1 capsicum 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 capsicum half with bacon mixture. 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.

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## ZUCCHINI NOODLE GADO GADO STYLE

Serves 2

### Salad

1 medium zucchini, sliced into long noodles

½ cup cucumber, sliced

2 eggs, boiled and peeled

1 chicken breast

Water

### Almond sauce

1 small brown onion, grated

2 garlic cloves, crushed

1 tbs oil

¼ cup almond butter

¼ cup coconut cream

1 tbs soy sauce (*non-paleo*) or 1 tsp salt

Chilli 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 soy sauce/salt stirring constantly until sauce has thickened. Remove from heat and stir in a desired amount of chilli 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.

## CHICKEN NOODLE SOUP

*Serves 2*

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

### 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 to pan and stir. Serve.

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## MEAT SOUP WITH CARAWAY SEEDS

*Serves 4-6*

400g minced meat	7 cups chicken <i>or</i> vegetable stock
1 tbs olive oil	3 small-medium zucchini, sliced into long noodles
6 cups pumpkin, diced	Salt and pepper
2 tbs caraway seeds	

### Instructions

Fry minced 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. Leave covered for 3 minutes before serving.

## GARLIC AND PARSLEY NOODLES WITH EGG

*Serves 1*

1 medium zucchini, sliced into long noodles	Pinch chilli flakes
3 large garlic gloves, finely grated	Salt
3 tbs olive oil	Small handful chopped parsley
	2 eggs, boiled

### Instructions

Steam zucchini noodles in water for 2 minutes then drain.

Place garlic, olive oil, chilli 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.

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## SPAGHETTI BOLOGNAISE

*Serves 6-8*

500g minced meat	2x 400g tomato pasta sauce (preservative free)
1 tbs oil	2 tsp mixed herbs (parsley, thyme, oregano)
1 onion, diced	2 large zucchini, sliced into long noodles
2 garlic cloves, finely chopped	
2 tsp sage, ground	

### 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.

## BEETROOT NOODLE FRITTERS

*Serves 2*

1 beetroot, peeled and sliced into long noodles	⅓ cup almond meal
2 eggs	Salt and pepper
	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 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.

## SINGAPORE STYLE NOODLES

Serves 2

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

### 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, capsicum, 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.

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