

# **The Modified Mediterranean Diet for Men: Recipe Collection**



**A Resource for Dietary Change**

## **About the Recipes**

Some of the recipes that follow have been adapted from those put together in the University of Auckland feasibility study investigating the effect of the Mediterranean diet on inflammatory bowel disease (2011). The majority have been gathered from a variety of sources, adapted where necessary and included based on their suitability for the diet recommended for the dietary intervention study to reduce inflammation in men with prostate cancer.

The University of Auckland and the study investigators hold no copyrights to any of the recipes, and original sources have been supplied where these are known.

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*The Modified Mediterranean Diet for Men: Recipe Collection*

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## THE RECIPES

The recipes that follow focus on some of the anti-inflammatory foods recommended in our guideline. You certainly do not need to stick to just these recipes, but we hope you find them a useful starting point.

### SPREADS, DIPS, DRESSINGS & SNACKS

#### Baba Ghanoush (Roasted Aubergine Dip)

Serves 8

##### Ingredients

3 medium-sized aubergines  
½ cup (130 g) tahini<sup>1</sup>  
1¼ tsp coarse salt  
3 tbsp freshly-squeezed lemon juice  
3 cloves garlic, peeled and smashed  
⅛ tsp chilli powder  
1 tbsp olive oil  
Pinch of cumin (optional)  
A half bunch picked flat-leaf parsley or coriander leaves

##### Method

Preheat the oven to 190°C.

Prick each aubergine a few times with a fork, and then char the outside of the aubergines by placing them directly on the flame of a gas burner.

As the skin chars, turn them until they are uniformly-charred on the outside. If you don't have a gas stove, you can char them under the grill. Otherwise skip to the next step.

Place the aubergines on a baking sheet and roast in the oven for 20 to 30 minutes, until they're completely soft; you should be able to easily poke a small knife into them and meet no resistance.

Remove from oven and leave to cool. Once cool enough to handle, split the aubergine and scrape out the pulp. Puree in a blender or food processor with the other ingredients until smooth. Season with salt and lemon juice to taste.

**To serve:** Drizzle with olive oil, garnish with fresh herbs.

Accompany with wholegrain crackers or toasted pita chips for dipping.

**Storage:** Baba Ganoush can be made and refrigerated for up to five days prior to serving.

*Recipe (adapted) and image from <http://www.davidlebovitz.com>  
Image of grilled aubergines from [www.lusciousvegetarian.com](http://www.lusciousvegetarian.com)*

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<sup>1</sup> Tahini is a paste made from sesame seeds and is usually available in the international or organic section of most supermarkets, or from shops that specialise in Middle-Eastern foods or organic products.



## Chickpea & Pomegranate Dip

Serves 24

### Ingredients

100 mL olive oil, plus extra for the crisps  
3 x 400 g tins chickpeas, drained  
Juice of one lemon  
2 red chillies, seeded and chopped  
1 garlic clove, finely chopped  
2 tsp cumin seeds, toasted in a dry frying pan  
1 small red onion, finely chopped  
A small bunch of mint or parsley, finely chopped  
2 tblsp pomegranate molasses  
6 - 8 pieces wholemeal pita bread



### Method

Put the chickpeas, olive oil, lemon juice, chilli and garlic in a food processor, season and pulse until just crushed. Remove and mix in the cumin seeds, red onion and mint or parsley. Season.

Mix pomegranate molasses with a little water to thin down. Drizzle pomegranate syrup over the chickpea dip. Serve with warm pita crisps.

### Pita Crisps

Heat the oven to 200°C/fan 180°C.

Cut 6 - 8 pita breads into triangles and separate the layers. Brush with olive oil, season and bake for 7 - 8 minutes until crisp and golden.

### Per Serving (4 pita crisps and a tblsp of dip)

512 kJ, 3.9 g protein, 4.9 g fat, (0.7 g sat fat), 13.8 g carbohydrates

### NOTES

## Dukkah

Makes 24 serves

An Egyptian spice blend is a perfect snack – serve with crusty bread and a small bowl of olive oil for dipping.

### Ingredients

$\frac{2}{3}$  cup hazelnuts or almonds  
 $\frac{1}{2}$  cup sesame seeds  
2 tblsp coriander seeds  
2 tblsp cumin seeds  
2 tblsp freshly ground black pepper  
1 tsp turmeric  
1 tsp flaked sea salt



### Method

In a dry skillet over medium heat, toast the nuts until lightly coloured. Place aside to cool. Repeat with sesame seeds. Remove from pan & set aside in a small bowl.

In the same skillet, toast the coriander and cumin seeds - shake the pan or stir frequently until the seeds begin to pop. Transfer to a food processor with the cooled nuts. Place the cooled hazelnuts into the food processor, and process with the spices until finely ground, then add to the bowl with the sesame seeds. Season with salt and pepper, and mix well.

Dip crusty wholemeal bread into small bowl with olive oil, then into a small bowl containing the nut mixture. Or sprinkle on a salad with fresh lettuce, hard-boiled eggs, with an olive oil and lemon dressing.

Store in an airtight container.

### Per Serving (Dukkah)

188 kJ, 1.3 g protein, 4 g fat (0.0 Sat Fat)

## Guacomale

Makes 1 - 2 cups (approx 6 serves)

### Ingredients

2 medium ripe but firm avocados  
2 tblsp fresh lime or lemon juice  
 $\frac{1}{4}$  tsp salt and fresh ground pepper to taste

### Optional Seasonings

2 tblsp finely chopped coriander  
Pinch cayenne pepper or chilli powder  
Finely chopped tomato



### Method

Halve the avocados and remove the stones. Scoop the avocado out of the shells with a spoon into a shallow bowl and mash with a fork until smooth. Mix in the remaining ingredients. Taste and adjust the seasonings. Serve as a snack with toasted pita bread.

### Per 50 g

378 kJ, 9.2 g fat (2.2 g sat fat), 0.4 g carbohydrates.

Recipe (adapted) and image from [www.savvyvegetarian.com](http://www.savvyvegetarian.com)



## Homemade Herb Spread

Makes about 2 – 3 small jars

### Ingredients

1 cup parsley (packed)  
½ cup basil (packed)  
1 cup NZ spinach (or regular spinach)  
2 – 4 sprigs of rosemary (young tips and flowers)  
5 – 6 nasturtium leaves and flowers (optional)  
Handful of other garden herbs – choose from thyme, lavender, marjoram, oregano  
2 - 4 cloves garlic  
½ tsp salt  
¼ cup olive oil  
2 - 3 tblsp apple cider vinegar

### Method

Remove the leaves from woody stalks. Roughly chop the herbs and finely chop the garlic. Put together in a large food processor bowl and sprinkle with cider vinegar to coat. Leave for several hours or overnight.

Add the olive oil and process until finely chopped – but not pureed. Taste and adjust seasoning. Put into clean glass jars. Freeze extra jars until needed.

**Notes:** This spread can be varied according to your taste and available herbs. You can add any “edible weed” such as *puha*, watercress (will add a mild peppery flavour)..

Use in place of pesto in any recipe, on wholegrain bread topped with avocado, plain on crackers or as an accompaniment to poached eggs.

*Recipe from Sharon Erdrich. Inspired by “Waiheke Herb Spread”*

## Mushrooms with Cardamom

Serves 2

### Ingredients

225 g mushrooms, finely chopped  
1 clove garlic, chopped  
Seeds of 8 cardamoms, crushed  
1 cm fresh ginger root, finely chopped or grated  
¼ tsp turmeric  
Juice of ½ lemon or lime  
Olive oil  
Salt and pepper

### Method

Mix together the garlic, cardamom seeds, ginger, turmeric, juice and seasoning in a medium bowl. Add the mushrooms and stir to coat well. Heat the oil in a wok or skillet and stir-fry 1 - 3 minutes until cooked. Serve as a starter or snack with pita bread.

## Olive Oil Spread

Uses 100% pure olive oil.

Fill a small freezer-proof food container with olive oil. Place in the freezer for 24 hours before using in place of butter on bread and crackers.



*Olive oil spread with Black Sea Salt*

Refreeze between uses - if your spread is too hard, store in the refrigerator. For extra flavour, add in some crushed garlic or very finely chopped fresh basil or oregano to the oil before freezing.

*Image from <http://saucyonion.blogspot.co.nz>*

## Pomegranate & Avocado Salsa

Serves 10

- 2 avocados, peeled and diced
- 1 large tomato
- 2 tbsp fresh lime juice
- 2 cups mandarin sections, diced
- 1 cup pomegranate seeds
- ½ cup spring onion, thinly sliced
- ½ cup coriander, very finely chopped
- 2 tbsp honey
- ½ tsp salt
- 1 jalapeno, minced



### Method

Mix all ingredients together and allow to sit for 1 hour in the fridge for flavours to blend. Serve with homemade pita chips, corn chips, celery sticks or anything else you like to dip.

### Per Serving

465 kJ, 1.1 g protein, 5.9g fat (0.8g sat fat)

*Recipe (adapted) and image from [www.recipeshoebox.blogspot.com](http://www.recipeshoebox.blogspot.com)*

## Pomegranate Dip

### Ingredients

- 1 large pomegranate
- 2 cups plain (Greek-style) yoghurt, chilled
- 2 spring onions, finely chopped
- ½ cup fresh coriander, finely chopped
- ½ tsp salt
- ¼ tsp allspice
- Fresh sprigs of mint to be used for garnish



### Method

Remove seeds from pomegranate and set aside.

In a bowl, add yoghurt, coriander, onions, salt and allspice. Mix well. Gently fold in pomegranate seeds. Leave about a tbsp in reserve if you would like to add some for garnish. Sprinkle dip with fresh sprigs of mint. Serve immediately or cover and chill. Serve with pieces of wholemeal pita bread or pita crisps.

*Recipe from [www.mideastfood.about.com](http://www.mideastfood.about.com). Image from [www.bettycrocker.com](http://www.bettycrocker.com)*

## Roasted Broccoli Pesto

### Ingredients

1 large head of broccoli - cut in to small florets  
1 large clove garlic  
1 cup raw almonds\*  
1 handful of spinach  
Juice of half a lemon (more if desired)  
½ tsp of salt or more to taste  
½ tsp freshly ground black pepper  
¾ cup olive oil



### Method

Lightly oil a roasting pan or baking dish and arrange broccoli florets - bake in the oven at 180°C for 25 - 30 minutes or until broccoli is crispy to bite and has dark golden edges.

Turn florets once during cooking – take care that they don’t burn. Set aside to cool.

Dry toast the almonds in an oven for approximately 12 minutes at 180°C or 8 minutes on grill, turning often. When done, set aside to cool.

Place the garlic and almonds in a blender (or food processor but finely chop by hand first). “Pulse” until they are well chopped but still a little chunky.

Add the remaining ingredients except the olive oil and turn processor on. Once everything begins to come together pour in oil while continuing to blend. You may need to stop it and help things along by giving it a stir. For a thinner texture, add a little more oil or water. Adjust seasoning.

To store: Place in an airtight container, drizzle a little olive oil over the top and keep refrigerated. This pesto ages well, with the flavours intensifying after a day or two.

Store larger quantities in the freezer.

*\* Or your choice of almonds, sunflower seeds or pumpkin seeds.*

*Recipe (adapted) from of [www.eatitwhole.co.nz](http://www.eatitwhole.co.nz)*

*NOTES*

## Roasted Red Capsicum Hummus

Makes 24 servings.

### Ingredients

1 jar (200 g) roasted red capsicum, drained (or use fresh-roasted capsicum)  
1 can (400 g) chickpeas, drained and rinsed (or cook your own)  
1 can (400 g) cannellini (white kidney) beans, drained and rinsed  
¼ cup tahini  
2 garlic cloves, minced  
2 tblsp freshly squeezed lemon juice, or to taste  
1 tsp ground cumin  
Salt and freshly ground black pepper, to taste

### Method

In a blender or food processor, combine all ingredients except salt and pepper. Blend the mixture until smooth. Allow mixture to stand for 30 minutes or more to allow flavours to develop fully. Season to taste with salt and pepper.

Serve chilled or at room temperature with vegetables of your choice (e.g. slices of cucumber, cooled steamed broccoli florets, carrot or celery sticks).

May be stored in refrigerator and used within 3 days.

### Per Serving (2 tblsp)

263 kJ, 2.0 g fat (< 1.0 g sat fat), 2.0 g protein, 9.0 g carbohydrates, 2.0 g fibre.

Recipe adapted from AICR <http://www.aicr.org>

## Tzatziki

Serves 6

### Ingredients

1 large cucumber, peeled and sliced in half lengthwise  
1 tsp sea salt, plus more to taste  
4 cloves garlic, peeled and minced  
2 cups (450 g) Greek yoghurt  
½ cup chopped dill and fresh mint, mixed  
1 tblsp olive oil



### Method

Slice the cucumber lengthwise and, using a spoon, scrape out the seeds. Discard them. Dice the cucumber flesh into very small pieces or grate coarsely. Mix the cucumber with the salt, and let stand in a strainer for about 30 minutes, shaking and turning them a few times to expel the liquid. Discard the liquid.

Squeeze the cucumber in a muslin cloth to remove most of the excess liquid, and transfer to a large bowl. Mix the cucumber with the garlic, yoghurt, herbs and olive oil. Taste, adding more salt and/or lemon juice if desired.

**Serving and Storage:** Tzatziki is generally better served the day after it's made, so plan accordingly. It can be made up to three days in advance. Serve as a snack with carrot sticks, cold steamed broccoli, slices of celery and small pieces of wholemeal pita bread.

Recipe (adapted) and image from <http://www.davidlebovitz.com>

## White Bean Bruschetta

Makes 12 servings (2 baguette slices and about 2 tbsp spread ea.)

### Ingredients

¼ cup chopped fresh parsley  
1½ tbsp fresh lemon juice  
½ tsp salt  
½ tsp freshly ground black pepper  
1 large garlic clove  
1 (400 g) can cannellini beans or other white beans, rinsed and drained  
3 tbsp olive oil  
2 tsp water  
1 French bread stick (baguette), cut into 24 (1.5 cm thick) slices  
2 medium tomatoes (optional)



### Method

Preheat oven to 180°C

Place parsley, juice, salt, pepper, garlic, and beans in a food processor; process until smooth. With processor on, slowly add oil through food chute.

Add the water, 1 tsp at a time; process until creamy.

Place bread on a baking sheet. Bake for 5 minutes on each side or until lightly browned.

Serve topped with white bean spread and a slice of tomato.

### Per Serving

514 kJ, 4.4 g protein, 3.6 g fat (0.5 g sat fat), 1.9 g fibre

*Recipe adapted from [Cooking Light](#), December 2006*

### NOTES

## SOUPS

### Broccoli Soup

Serves 4

#### Ingredients

½ cup olive oil  
2 small onions, chopped  
8 cloves garlic, finely chopped  
40 g chopped potato  
4 cups vegetable or chicken stock  
1 kg fresh broccoli (including the small leaves and stems)  
1 tsp salt  
2 tsp ground black pepper  
Fresh chervil or parsley  
30 g blue cheese



#### Method

Sauté onions and garlic gently in olive oil in a large heavy based saucepan until onions are translucent.

Add potatoes and cook for a few minutes while stirring. Add stock, cover and cook until the potatoes are tender. Add broccoli and simmer until *just* tender – not longer, or it will lose its lovely green colour. Puree in food processor and then season.

Serve with blue cheese crumbled onto the top. Garnish with chopped fresh chervil or parsley.

#### Per Serving

1590 kJ, 13.9 g protein, 32.1 g fat (6.0 g sat fat), 4.2 g carbohydrates

Recipe (adapted) from *The Breeze*. Image from [www.healthyfoodguide.co.nz](http://www.healthyfoodguide.co.nz)

NOTES

## Cannellini Bean Soup

Serves 4

### Ingredients

1 tblsp olive oil  
3 cloves garlic, finely chopped  
1 leek, washed and sliced, or 2 sticks celery  
4 cups vegetable stock (or chicken stock)  
1 large carrot, scrubbed and chopped  
400 g can tomatoes  
400 g can cannellini beans  
1 tblsp chopped fresh coriander  
1 spring onion



### Method

Heat oil in a large saucepan over medium heat.

Add garlic and leeks and cook, stirring, for 2 minutes until slightly softened.

Stir in stock, and then add carrot, cannellini beans, chopped tomatoes and coriander.

Bring to the boil, then lower heat and simmer for 30 minutes.

Remove from heat and leave to cool for 10 minutes.

Transfer into a food processor (or use a stick blender) and blend until smooth. Return to pan and gently reheat. Garnish with chopped or sliced spring onions and serve with slices of fresh wholemeal bread.

### Per Serving

720 kJ, 10.7 g protein, 4.8 g fat (0.7 g sat fat)

*NOTES*

## Kumara & Chickpea Soup

Serves 4

### Ingredients

1 tblsp olive oil  
1 onion, chopped  
1 large golden kumara, diced  
1 tblsp Moroccan spice mix  
400 g can chopped tomatoes  
400 g can chickpeas, drained and rinsed  
2 cups reduced-salt chicken or vegetable stock

### Method

Heat the oil in a large saucepan. Add the onion and kumara and cook for 5 minutes, until the onion has softened. Add the spice and stir well, cook for 1 minute.

Stir in the tomatoes, chickpeas and stock. Bring to the boil and simmer for 10 minutes, until the kumara is soft. Purée all or part of the soup, depending on whether you prefer it smooth or a little bit chunky.

Serve garnished with parsley and grainy bread.

### Per Serving

825 kJ, 7.2 g protein, 7.0 g fat (1.8 g sat fat).

## Kumara, Coriander & Lemongrass Soup

Serves 4

### Ingredients

1 tblsp olive oil  
1 onion, chopped  
1 large floury potato peeled and cut into chunks  
700 g (about 2) golden kumara, peeled and cut into chunks  
2 large cloves garlic  
1 heaped tsp grated fresh ginger  
1 heaped tsp ground coriander  
1 tsp curry powder  
1½ tblsp lemongrass, finely chopped  
4 cups vegetable or chicken stock  
½ tsp salt  
1½ cups soy milk (or low-fat milk)



### Method

Heat the oil in a large saucepan, add the onion and garlic and cook until soft. Mix in the spices and lemongrass then add the prepared kumara and potato.

Cover with the stock and simmer vigorously, uncovered, until the vegetables are very tender. Using a food processor or stick blender, purée the cooked vegetables with the liquid until thick, velvety and lump-free. Return to the saucepan, add the milk and mix well. Heat gently and adjust the seasoning to taste.

### Per Serving

635 kJ, 7.7 g protein, 4.3 g fat (0.9 g sat fat).

Recipe and image from [www.healthyfood.co.nz](http://www.healthyfood.co.nz)



## Moroccan Chickpea Soup

Serves 4

### Ingredients

2 tsp olive oil  
1 onion, finely chopped  
1 large carrot, peeled, diced  
2 sticks celery, trimmed, diced  
2 cloves garlic, crushed  
2 tsp Moroccan seasoning  
2 x 400 g cans chickpeas, rinsed, drained  
400 g can chopped tomatoes, no added salt  
2 cups salt-reduced vegetable stock (or chicken stock) and 1 cup water  
Black pepper, to season  
Low-fat yoghurt, to serve (optional)  
Fresh coriander leaves, to garnish



### Method

Heat oil in a large heavy-based saucepan over a medium heat. Add onion, carrot and celery.

Cook, stirring, for 5 - 6 minutes or until vegetables are soft. Add garlic and seasoning. Cook for 1 minute.

Add chickpeas, tomatoes and stock. Bring to the boil. Reduce heat to low, partially cover and simmer for 15 minutes. Set aside to cool slightly.

Place half the soup in a blender. Blend until smooth. Return to pan with remaining soup. Place over a medium heat, season with pepper and warm through. Ladle into bowls, top with a dollop of yoghurt (if using) and garnish with coriander.

### Per Serving

1070 kJ, 13 g protein, 6 g fat (1 g sat fat).

*Recipe source unknown. Image from <http://www.bbcgoodfood.com>*

NOTES

## Mushroom Soup

Serves 6 - 8

2 tblsp olive oil  
2 large white onions, peeled and sliced  
2 stalks celery, chopped  
½ leek, sliced  
3 cloves garlic, chopped  
2 tsp each fresh thyme and rosemary leaves  
½ tsp cumin seeds  
1 tsp brown sugar  
Finely grated zest of 1 lemon  
500 g field (Portobello) mushrooms, sliced  
3 cups chicken stock  
3 cups soy milk  
Salt and pepper to taste  
Parsley, chives and grated Parmesan to garnish



### Method

Heat 1 tblsp of olive oil in a pan over a medium heat and sauté the onions, celery and leek until they have softened. Add the garlic, thyme, rosemary, cumin seeds, brown sugar and lemon zest.

Combine well and add the remaining olive oil and half of the mushrooms. Cook the soup over a low heat for 20 minutes. Add the milk a little at a time, waiting for it to simmer before adding more. Add the stock and the remaining mushrooms and simmer for 35 minutes.

Purée the soup in a blender or food processor and season to taste with the salt and pepper.

Serve the soup garnished with fresh parsley, chives and grated Parmesan and crusty wholemeal bread.

*Recipe (adapted) and image from [www.foodmag.co.nz](http://www.foodmag.co.nz)*

NOTES

## Ribollita

Serves 6 - 8

### Ingredients

2 tbsp olive oil  
2 onions, chopped  
2 carrots, sliced  
4 garlic cloves, crushed  
2 celery sticks  
1 fennel bulb, trimmed and chopped  
2 large zucchini, thinly sliced  
400 g can chopped tomatoes  
300g chopped kale or cabbage (or a bunch of spinach)  
1 tbsp pesto  
1 bay leaf  
900 mL low sodium vegetable stock  
1 x 400 g can haricot or borlotti beans, drained  
Salt and ground black pepper



### Method

Heat the oil in a large saucepan. Add the onions, carrots, garlic, celery and fennel and fry gently for 10 minutes. Add the zucchinis and fry for a further 2 minutes. Add the chopped tomatoes, pesto, stock, bay leaf and beans and bring to the boil.

Reduce the heat, cover and simmer gently for 25 - 30 minutes, until the vegetables are completely tender. Add the kale/cabbage or spinach in the last 5 minutes.

Season with salt and pepper to taste.

### Per Serving

849 kJ, 9.6 g protein, 9.8 g fat (1.6 g sat fat).

*Recipe source unknown and image from [www.jamieoliver.com](http://www.jamieoliver.com)*

### NOTES

## Simple Bean Soup

Serves 6

### Ingredients

1 tblsp olive oil  
2 cloves garlic, finely chopped  
1 onion, finely chopped  
400 g can tomatoes  
1 tblsp tomato paste  
3 cups reduced-salt chicken or vegetable stock  
1 x 400 g can cannellini beans  
½ cup brown lentils  
2 tsp pesto (or use whatever herbs you have on hand – finely chopped) OR use homemade herb spread – see page 9  
1 cup green beans (fresh or frozen)

### Method

Heat oil in a large saucepan, add onion and garlic and stir until soft. Add tomatoes, stock, lentils, tomato paste and pesto or herbs. Bring to the boil, stir, reduce heat and simmer.

Add the drained cannellini beans and the green beans after 20 minutes and simmer for a further 10 minutes. Add more liquid – water or stock – if you need to.

Serve with chopped fresh coriander or parsley if you have it, a whole grain roll and a side salad.

### Per Serving

720 kJ, 11.2 g protein, 4.1 g fat (0.4 g sat fat)

*NOTES*

## Slow Cooker Carrot & Pumpkin Soup

Serves 6

### Ingredients

1 large onion, chopped  
2 large cloves garlic  
2 tbsp oil  
2 large carrots, scrubbed and cut in chunks  
2 medium potatoes, scrubbed and cut in chunks  
4 cups pumpkin chunks  
3 tbsp plain flour  
1 tsp salt  
½ tsp mild curry powder  
2½ tsp paprika  
¼ tsp nutmeg  
Black pepper, ground  
3 cups vegetable stock  
1 cup water  
½ cup fresh mint, chopped (optional)



### Method

In a large pan heat the oil and add the onion and garlic. Cook until softened.

Add the prepared vegetables and the flour and mix as well as you can, allowing the flour to absorb the onion-flavoured oil.

Put the whole lot into the slow cooker. Add the spices, salt, pepper, stock and water and cook on high for 4 hours or low for 6 hours.

When the vegetables are tender, purée or process the soup until smooth and return to the slow cooker to keep warm.

Adjust the consistency to suit your personal taste. For a special occasion you could add a little light sour cream and some chopped mint, or a little coconut cream and garnish with chopped coriander.

### Per Serving

590 kJ, 4.4 g protein, 5.4 g fat (1.0 g sat fat).

Image from <http://ohfortheLoveoffood.wordpress.com>

NOTES

## Spicy Pumpkin Soup

Serves 4

### Ingredients

900 g pumpkin, peeled and seeds removed  
30 mL olive oil  
2 leeks, trimmed and sliced  
1 garlic clove, crushed  
1 tsp ground ginger  
1 tsp ground cumin  
900 mL low sodium chicken stock (or homemade)  
Salt and ground pepper



### Method

Cut the pumpkin into chunks. Heat the oil in a large pan and add the leeks and garlic. Cool gently until softened.

Add the ginger and cumin and cook, stirring, for a further minute. Add the pumpkin and the chicken stock and season with salt and pepper.

Bring to the boil and simmer for 30 minutes, until the pumpkin is tender.

Process the soup in a blender or food processor.

Reheat and serve in warmed individual bowls.

### Per Serving

853 kJ, 6.3 g protein, 8.8 g fat (1.8 g sat fat).

*Image from [www.lifesambrosia.com](http://www.lifesambrosia.com)*

*NOTES*

## FISH & SEAFOOD

### Baked Fish Fillets

Serves 5

#### Ingredients

2 tblsp plain non-fat yoghurt  
1 tsp ginger-garlic paste  
2 tblsp tandoori masala paste  
2 tsp canned pureed tomatoes  
1 tsp soy sauce  
1 tsp white vinegar  
5 tblsp lemon juice  
1 egg, beaten  
2 tblsp ground coriander  
2 tblsp ground cumin  
1 tsp ground turmeric  
½ tsp salt, or to taste  
½ tsp fresh-ground black pepper  
5 (150 g) firm white fish (e.g. gurnard, cod or terakihi) fillets, rinsed and dried with paper towels  
2 tblsp olive oil  
2 tsp chopped fresh coriander, for garnish  
1 lemon, cut into wedges  
½ red onion, thinly sliced  
2 cups broccoli, steamed  
Baby potatoes, boiled



#### Method

Mix together in a large bowl the yoghurt, ginger-garlic paste, tandoori paste, tomato puree, soy sauce, vinegar, lemon juice, egg, coriander, cumin, turmeric, salt and pepper.

Place the fish fillets into the marinade and turn to coat each side. Cover bowl with plastic film and refrigerate for an hour. Preheat oven to 200°C.

Use one tsp each of the butter and olive oil to coat a shallow baking dish large enough to accommodate the fish in a single layer.

Remove fish from marinade and place in baking dish. Drizzle with remaining olive oil. Bake in a preheated oven until golden brown on top, about 30 to 40 minutes.

While it is baking, prepare get the broccoli and potatoes.

Place fish on warm serving platter and garnish with coriander, lemon wedges, onions, broccoli and boiled potatoes.

Serve with a large garden salad.

#### Per Serving

1822 kJ, 31 g protein, 12 g fat (2 g sat fat).

*Recipe source unknown. Image from [www.made-in-china.com](http://www.made-in-china.com)*

## Black Bean Salmon Stir-Fry

Serves 4

### Ingredients

¼ cup water  
2 tblsp rice vinegar  
2 tblsp black bean-garlic sauce  
1 tblsp mirin<sup>2</sup> or dry sherry  
2 tsp cornflour  
1 tblsp olive oil  
450 g salmon, skinned and cut into 2cm pieces  
2 cups mung bean sprouts (add according to taste)  
1 bunch scallions, sliced



### Method

Whisk water, vinegar, black bean-garlic sauce, mirin/sherry, and cornflour in a small bowl until combined.

Heat olive oil in a large non-stick skillet over medium-high heat.

Add salmon and cook, stirring gently, for 2 minutes. Add bean sprouts, scallions and the sauce mixture.

Cook, stirring, until the sprouts are just heated through, 2 to 3 minutes.

Serve with brown rice and sautéed broccoli.

### Per Serving

1264 kJ, 26 g protein, 17 g fat (3 g sat fat).

*Recipe and image from [www.eatingwell.com](http://www.eatingwell.com)*

### NOTES

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<sup>2</sup> Rice wine vinegar – find in the international section of your supermarket.



## Grilled Salmon & Zucchini

### with Red Capsicum Sauce

Serves 4

#### Ingredients

⅓ cup sliced almonds, toasted<sup>3</sup>  
¼ cup chopped roasted red capsicums (e.g. Delmaine)  
¼ cup halved cherry tomatoes  
1 small clove garlic  
1 tbsp olive oil  
1 tbsp sherry vinegar or red-wine vinegar  
1 tsp paprika  
½ tsp salt, divided  
½ tsp freshly ground pepper, divided  
600 g salmon fillet, skinned and cut crosswise into 4 portions  
2 medium zucchini halved lengthwise  
1 – 2 tbsp additional olive oil  
1 tbsp chopped fresh parsley, for garnish



#### Method

Preheat grill to medium.

Process almonds, peppers, tomatoes, garlic, first measure of olive oil, vinegar, paprika, ¼ tsp salt and ¼ tsp pepper in a food processor or blender until smooth; set aside.

Coat salmon and zucchini on both sides with olive oil, and then sprinkle with the remaining ¼ tsp salt and ¼ tsp pepper.

Grill, turning once, until the salmon is just cooked through and the zucchini is soft and browned, about 3 minutes per side.

Transfer the zucchini to a clean cutting board. When cool enough to handle, slice into 1.5 cm pieces. Toss in a bowl with half of the reserved sauce.

Divide among 4 plates along with a piece of salmon.

Top with some of the remaining sauce. Garnish with parsley.

#### Per Serving

1176 kJ, 32 g protein, 13 g fat (2 g sat fat).

Recipe and image from [www.eatingwell.com](http://www.eatingwell.com)

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<sup>3</sup> Put chopped nuts into a dry skillet or frying pan with medium heat. Stir frequently until golden brown.

## Grilled Salmon with Mustard & Herbs

Serves 4

### Ingredients

450 g salmon fillet, skinned  
2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish  
20 - 30 sprigs mixed fresh herbs, plus 2 tblsp chopped, divided  
1 clove garlic  
¼ tsp salt  
1 tblsp Dijon mustard



### Method

Preheat grill to medium-high.

Lay two 25 cm pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the centre of the foil. Spread herb sprigs over the lemons.

With the side of a chef's knife (or use mortar & pestle) mash garlic with salt to form a paste.

Transfer to a small dish and stir in mustard and the remaining 2 tblsp chopped herbs.

Spread the mixture over both sides of the salmon.

Place the salmon on the herb sprigs.

Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack.

Cover the grill; cook until the salmon is opaque in the centre, 18 to 24 minutes.

Carefully transfer foil and salmon back onto the baking sheet.

Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

Serve on a bed of wilted spinach, boiled baby potatoes (skin on) and mixed seasonal vegetables.

### Per Serving

890 kJ, 23 g protein, 12 g fat (2 g sat fat).

Recipe from [www.eatingwell.com](http://www.eatingwell.com)

## Herbed Fish Fillets

Serves 2

### Ingredients

1 tblsp olive oil  
2 large or 4 small fillets of gurnard, terakihi, snapper or salmon  
1 tblsp fresh parsley  
1 tblsp thyme  
1 tblsp tarragon  
1 tblsp minced garlic

### Method

Spread a little olive oil onto a foil lined baking sheet or dish. Arrange on it the fish fillets.

In a small bowl blend the parsley, thyme, tarragon, garlic and olive oil. Spread thinly over the fillets.

Bake at 200°C for 20 minutes or until the fish flakes easily in the centre.

Serve with garden beans or fresh asparagus or on a bed of fresh spinach.

### Per Serving

965 kJ, 35.2 g protein, 9 g fat (1.5 g sat fat).

Recipe (adapted) and image from <http://www.tasteofhome.com>



NOTES

## Japanese Salmon & Soba Noodle Salad

Serves 2

### Ingredients

200 g dried soba noodles  
2 tsp sesame oil  
1 bunch asparagus or green beans, trimmed, sliced diagonally  
1 medium carrot, thinly sliced diagonally  
2 tblsp mirin<sup>4</sup>  
1 tblsp lime juice  
1 tblsp salt-reduced soy sauce  
2 x 150 g salmon fillet, cooked or smoked, skin removed, flaked  
¼ telegraph cucumber, trimmed, halved, thinly sliced diagonally  
2 cups (95g) baby spinach leaves, washed  
1 spring onion, chopped  
2 tsp sesame seeds, lightly toasted



### Method

Cook soba noodles following packet directions. Rinse under cold running water. Drain. Toss with 1 tsp of sesame oil. Set aside to cool completely.

Blanch asparagus or beans and sliced carrot in boiling water for 1 - 2 minutes, or until bright green. Refresh under cold running water. Drain.

To make dressing, place mirin, lime juice, soy sauce and remaining sesame oil in a small bowl. Stir to combine.

Place cooled noodles, asparagus/beans, carrot, salmon, cucumber, spinach and dressing in a large bowl. Toss gently to combine. Divide noodles among 4 plates. Sprinkle with spring onion and toasted sesame seeds. Serve immediately.

### Per Serving

805 kJ, 24 g protein, 10.7 g fat (2.8 g sat fat)

Recipe (adapted) from <http://www.healthyfood.co.nz/>

Image from <http://www.mediterrasian.com>

### NOTES

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<sup>4</sup> Mirin is a kind of rice wine, used in Japanese cooking. You will find it in the International section of most supermarkets.

## Lemony Lentil Salad with Salmon

Serves 6

### Ingredients

⅓ cup lemon juice  
⅓ cup chopped fresh dill  
2 tsp Dijon mustard  
¼ tsp salt  
Freshly ground pepper to taste  
¼ cup olive oil  
1 medium red capsicum, seeded and diced  
1 cup diced seedless cucumber  
½ cup finely chopped red onion  
2 x 400 g cans lentils, rinsed, or 3 cups  
cooked brown or green lentils  
2 x 180 g cans salmon, drained and flaked, or  
1½ cups flaked cooked salmon



### Method

Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add capsicum, cucumber, onion, lentils and salmon; toss to coat.

### Per Serving

1486 kJ, 24 g protein, 18 g fat (3 g sat fat).

Recipe and image from [www.eatingwell.com](http://www.eatingwell.com)

NOTES

## New Zealand Seafood Stew

Serves 6

### Ingredients

2 carrots – scrubbed and diced  
2 stalks celery or 2 zucchinis –washed and diced  
2 onions – chopped finely  
8 cloves garlic – mashed into a paste  
500 g mushrooms - sliced  
1 red capsicum - diced  
1 green capsicum - diced  
1 tblsp olive oil  
140 g tomato paste  
1 cup red wine  
2 cans chopped tomatoes  
18 cherry tomatoes  
700 mL fish stock  
12 mussels (steamed open)  
12 tuatuas (steamed open)  
12 large tiger prawns  
1 kg firm fish fillets (salmon, snapper, trevally, scallops), cut into bite-sized pieces.  
½ cup chopped parsley  
½ cup chopped fresh basil and oregano



### Method

Heat oil in large saucepan. Add carrot, celery and onion. Cover and cook over moderate heat for about 10 minutes.

Add garlic and mushrooms, cook 5 minutes. Add tomato paste, and cook, stirring until it is dark red in colour. Add the wine; cook until wine has reduced by half. Add canned tomatoes and fish stock, let mixture simmer 20 minutes.

Add capsicums, cherry tomatoes and fish & prawns– allow 3 - 5 minutes further cooking. Lastly add steamed mussels, tuatuas, and herbs and stir gently.

Season with pepper and extra herbs if desired.

Serve in large bowls over brown rice, wholemeal pasta or grilled polenta.

### Per Serving

1400 kJ, 55 g protein, 4.6 g fat (1.2 g sat fat), 9.6 g carbohydrates

*Recipe and image source unknown.*

*NOTES*

## Oven-Poached Salmon Fillets

Serves 4

### Ingredients

450 g salmon fillet, cut into 4 portions, skin removed, if desired  
2 tblsp dry white wine (e.g. Sauvignon Blanc)  
¼ tsp salt  
Freshly ground pepper, to taste  
2 tblsp finely chopped shallot (1 medium)  
Lemon wedges, for garnish

### Method

Preheat oven to 220°C. Coat a 25cm glass pie pan or glass baking dish with olive oil.

Place salmon, skin-side (or skinned-side) down, in the prepared pan. Sprinkle with wine.



Season with salt and pepper, then sprinkle with shallots.

Cover with foil and bake until opaque in the centre and starting to flake, 15 to 25 minutes, depending on thickness.

When the salmon is ready, transfer to dinner plates.

Spoon any liquid remaining in the pan over the salmon and serve with lemon wedges.

Serve with oven roasted baby potatoes, steamed broccoli, mixed green salad with green olives and shaved carrot<sup>5</sup>.

### Per Serving

907 kJ, 23 g protein, 12 g fat (2 g sat fat).

*Recipe and image from [www.eatingwell.com](http://www.eatingwell.com)*

### NOTES

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<sup>5</sup> Shaved carrot – scrub (do not peel) fresh carrots, use vegetable peeler to slice very thinly. Add to salads.

## Salmon and Cucumber Salad

Serves 4

### Ingredients

#### Salad

130 g mesclun leaves  
150 g hot-smoked or wood-roasted salmon, flaked  
½ red onion, peeled and thinly sliced  
1 telegraph cucumber - washed  
Lime wedges to serve

#### Lime & Ginger Dressing

½ cup olive oil  
Zest and juice of 1 lime  
2 tblsp sweet chilli sauce  
1 tsp grated fresh ginger  
Freshly ground black pepper



### Method

To make the dressing, combine all the ingredients and mix well. Set aside.

Rinse the mesclun leaves and spin or pat dry. Arrange on a platter and top with salmon and onion slices.

Peel the cucumber into ribbons with a peeler. Place in a bowl and toss through half the dressing.

Arrange the cucumber ribbons over the salad and drizzle over the remaining dressing. Serve with the lime wedges.

*Recipe and image from [www.foodmag.co.nz](http://www.foodmag.co.nz) (Issue 61)*

NOTES



## Salmon, Lentil & Pomegranate Salad

Serves 2

### Ingredients

2 tblsp olive oil  
Juice of ½ a lemon  
1 garlic clove, finely chopped  
2 tblsp roughly chopped tarragon  
1 tsp clear honey  
1 small red onion, thinly sliced  
400 g can lentils, rinsed and drained  
140 g hot-smoked or cooked salmon  
20 g flat-leaf parsley, leaves picked from stalks  
1 pomegranate, seeds removed



### Method

Combine the oil, lemon juice, garlic, tarragon and honey in a large bowl and season. Toss in the red onion and lentils and set aside to marinate for 10 minutes.

Break the salmon into large flakes and fold into the salad with the parsley and pomegranate.

Serve with toasted wholemeal pita bread.

### Per Serving

1598kJ, 27 g protein, 18 g fat 18 g, (3 g sat fat), 31 g carbohydrates, 11 g fibre.

*Recipe and image from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

NOTES

## Salmon & Pumpkin Salad

Serves 4

### Ingredients

2 x 210 g cans salmon, drained and flaked  
2 scallions, sliced

### Vegetables

6 cups cubed (2cm) peeled pumpkin  
1 tblsp olive oil  
½ tsp freshly ground pepper  
¼ tsp salt, divided

### Salad

8 cups mixed salad greens (e.g. mesclun mix)  
1 avocado, chopped in chunks  
2 tblsp olive oil  
¼ tsp freshly ground pepper  
¼ tsp salt, divided  
2 tblsp sherry vinegar or red-wine vinegar  
1 tblsp minced garlic  
1 tsp whole-grain mustard  
1 tsp minced anchovy fillet or paste



### Method

Preheat oven to 230°C.

Vegetables: Toss root vegetables in a large bowl with 1 tblsp oil, ½ tsp pepper and ¼ tsp salt.

Spread in a single layer on a large rimmed baking sheet. Roast for 15 minutes. Stir and continue roasting until soft and golden brown in spots, about 13 to 15 minutes more.

Salad: Whisk 2 tblsp oil, vinegar, garlic, mustard, anchovy and the remaining ¼ tsp each pepper and salt in a large bowl. Reserve 2 tblsp of the dressing in small bowl. Add the salad greens to the large bowl and toss to combine; divide among 4 dinner plates.

Assembly: When the vegetables are done, transfer them to the large bowl and gently combine with the avocado, reserved dressing, salmon and scallions.

Serve over the salad greens.

### Per Serving

1318 kJ, 21 g protein, 12 g fat (2 g sat fat).

Recipe source unknown. Image from [www.whipitup.com.au](http://www.whipitup.com.au)

## Salmon with Pomegranate Molasses Glaze

Serves 3 - 4

### Ingredients

500g salmon fillet, sliced  
3 tblsp pomegranate molasses  
Extra virgin olive oil  
Lemon juice (from ½ a large lemon)  
1 tsp sugar  
Salt & pepper  
3 - 4 tomatoes, sliced in half

### Method

Put all the marinade ingredients in a bowl and mix them together. Brush the marinade onto the fillet slices and marinate for 10 - 15 minutes.

Put the fish and tomatoes on a baking tray lined with baking paper and brush the fruits with the remaining marinade.

Bake in a pre-heated oven at 200°C for 5 minutes.

Turn the grill on and increase the temperature to 250°C and cook for another 5 minutes.

Serve with a simple green salad.

Recipe adapted from [Nuts about Food](#) Image from <http://www.manusmenu.com>



NOTES

## Seafood Paella

Serves 4

### Ingredients

½ tsp turmeric  
4 cups fish stock (reduced-salt if possible)  
400 g squid , cleaned and prepared (slice into thin strips)  
2 tbsp olive oil  
200 g fish fillet, such as snapper, terakihi or salmon, cut into bite-sized pieces  
2 large garlic cloves, crushed  
1 large onion, finely chopped  
½ tsp paprika  
2 large red capsicums, seeded and chopped  
1¼ cups basmati rice  
220 g canned no-salt-added chopped tomatoes  
150 g frozen peas  
12 mussels, scrubbed and beards removed  
Pepper to taste  
3 tbsp finely chopped parsley to garnish



### Method

Bring the stock to the boil in a heavy-based saucepan over medium heat. Remove the pan from the heat, cover and set aside.

Heat 1 tbsp of the oil in a frying pan. Add the fish pieces and quickly fry on all sides until lightly browned. Remove and set aside. Add the remaining oil to the pan. Add the garlic, onion and paprika and cook over medium heat for 2 minutes, stirring occasionally. Stir in the red capsicum and cook for about 3 minutes or until softened but not brown.

Stir in the rice so all the grains are well coated with oil. Bring the stock to simmering point and add half of it to the rice. Stir, then bring to the boil. Reduce the heat to low and simmer for 5 minutes or until the liquid is almost all absorbed.

Add the rice mixture to the stock remaining in the large pan. Gently stir in the tomatoes with their juice, the peas and fish pieces. Arrange the mussels on the top. Simmer for about 5 minutes. Very gently stir in the squid, then simmer for a further 15 minutes or until the rice is tender and all the liquid has been absorbed. Season with pepper, remove the pan from the heat, cover and leave to stand for 5 minutes.

Discard any mussels that have not opened.

Sprinkle the top of the paella with the parsley and serve.

### Per Serving

1780kJ, 35.3 g protein, 1.6 g fat, (2.2 g sat fat 3g), 42 g carbohydrates.

*Recipe (adapted) and image from <http://allrecipes.com.au>*

## Shrimp, Spinach & Zucchini Stir-fry

Serves 2

250 g frozen shrimps  
1 medium onion, finely chopped  
3 cloves of garlic, finely chopped  
1cm piece of fresh ginger, peeled and finely chopped (or grated)  
300g of fresh spinach leaves  
1 - 2 medium zucchini, sliced in flat rounds  
2 tbsp soy sauce  
1 tbsp hoisin sauce  
2 - 3 tbsp olive oil for stir-frying



Heat the olive oil in a wok or large fry-pan. Add the garlic, onions, and ginger. Cook for about 2 minutes. Add the frozen shrimp then cover. After 2 - 3 minutes, add soy sauce, and hoisin sauce. Add zucchini, stir well and cook a further 2 - 3 minutes. Add the spinach and cover. Once that spinach has wilted, stir and serve with basmati rice.

TIP: substitute spinach for Bok choy.

Recipe (adapted) and image from <http://feistycook.com>

## Smoked Salmon Salad

Serves 4

### Ingredients

200 g hot-smoked salmon  
3 cups chopped asparagus or garden beans, cooked  
4 cups rocket, washed  
3 tomatoes, sliced  
2 tbsp capers, drained  
4 cups cooked, sliced new potatoes (about 600 g)  
3 tbsp freshly grated Parmesan (optional)  
OR Sweet chili sauce



### Method

Mix all ingredients except salmon in a salad bowl until combined.

Flake salmon and place on top of salad.

Serve with parmesan cheese and a light vinaigrette dressing OR with sweet chili sauce.

### Per Serving

1407 kJ, 20 g protein, 18 g fat (4 g sat fat).

Recipe source unknown. Image from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

## Summery Scallops (or Fish)

Serves 4

### Ingredients

10 - 12 sun-dried tomatoes (not in oil)  
¾ cup white wine – e.g.: Sauvignon Blanc  
1 large red capsicum  
2 cloves garlic  
500 g scallops OR 500 g firm fleshed fish  
4 tblsp olive oil  
4 spring onions - chopped  
3 tblsp fresh coriander (chopped)  
3 tblsp torn basil leaves  
Freshly ground black pepper.



### Method

Slice the sundried tomatoes finely and place in a small saucepan with the wine. Simmer 2 - 3 minutes. Cover and set aside.

Grill the capsicum under high heat until the skin blisters. Place in sealed container – leave to sweat until cool. Then remove the skin under cold running water and slice flesh into very thin strips. Peel garlic and mash to a paste with a little salt.

Rinse the scallops (or rinse and chop the fish into bite –sized pieces).

Heat olive oil and garlic in a fry-pan. When sizzling add the scallops/fish. Cook quickly.

Add spring onions, capsicum, sundried tomatoes (and their liquid), coriander and basil. Season well with black pepper.

Simmer for one minute, turning carefully.

Serve with roasted baby tomatoes and boiled kumara and a fresh mesclun salad.

### Per Serving

With scallops: 1380 kJ, 25.8 g protein, 18.4 g fat (2.5 g sat fat), 9.3 g carbohydrates

With fish (e.g. Snapper): 1730 kJ, 27 g protein, 28.7 g fat (4.7 g sat fat). 6.7 g carbohydrates

*Recipe source unknown. Image from [www.riskshealth.com](http://www.riskshealth.com)*

NOTES

## Tasty Tuna & Bean Salad

Serves 4

### Ingredients

300 g (1½ cans) tuna in water, drained  
2 tblsp olive oil  
3 cloves garlic, minced  
¼ cup natural rice vinegar  
Salt and ground black pepper, to taste  
½ can chickpeas  
½ can cannellini beans  
1 dozen kalamata olives, pitted  
½ medium red onion, sliced lengthwise into thin slivers  
2 tblsp coarsely chopped fresh mint  
2 tblsp coarsely chopped fresh Italian parsley  
¼ cup chopped red capsicum



### Method

Make dressing: whisk together oil, garlic, vinegar, salt and pepper in a small bowl. Set aside.

In medium bowl gently toss beans, olives, onion, mint and parsley.

Add tuna and sufficient dressing to coat.

Gently toss and drizzle additional dressing, if needed, to thoroughly coat.

Add chopped red capsicum and mix well.

Cover and place in refrigerator for a minimum of 30 minutes up to 24 hours before serving.

### Per Serving

1298 kJ, 26 g protein, 13 g fat (2 g sat fat), 20 g carbohydrates, 5 g dietary fibre.

*Recipe source unknown. Image from [www.closetcooking.com](http://www.closetcooking.com)*

*NOTES*

## Thyme-Scented Salmon with White Bean Salad

Serves 4 (1 salmon fillet and 1/2 cup bean salad)

### Ingredients

#### Bean Salad

- 1 tbsp olive oil
- 1/3 cup finely chopped celery
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped shallots
- 2 garlic cloves, minced
- 3 tbsp lemon juice
- 2 tsp chopped fresh parsley
- 2 tsp chopped fresh mint
- 2 tsp chopped fresh basil
- 2 tbsp water
- 1 (400 g) can cannellini beans or other white beans, drained



#### Salmon

- 2 tsp chopped fresh thyme
- 1 tsp chopped fresh parsley
- 1/4 tsp salt
- 1/8 tsp black pepper
- 4 (~150 g) salmon fillets (about 2.5 cm thick)
- 3 tbsp lemon juice

### Method

Preheat oven to 190°C.

To prepare bean salad, heat the oil in a medium non-stick skillet. Add celery, carrot, shallots, and garlic. Cook 4 minutes or until tender; add lemon juice, parsley, mint, basil, water and beans.

Cook bean mixture for 2 minutes or until heated through, stirring constantly. Remove from heat and cover.

To prepare salmon, combine thyme, parsley, salt, and pepper in a small bowl; sprinkle evenly over fish.

Place fish on a baking sheet or broiler pan lined with aluminium foil or baking paper. Bake for 14 minutes or until fish flakes easily when tested with a fork.

Remove from oven; sprinkle evenly with lemon juice.

Serve with bean salad.

### Per Serving

1733 kJ, 41 g protein; 17.0 g fat (Sat Fat 3.6g), 22 g carbohydrates; 5 g fibre

*Recipe adapted from Cooking Light, May 2003. Image from [www.sidewalkshoes.com](http://www.sidewalkshoes.com)*



## Tuna Patties

Serves 2

### Ingredients

1 can (185 g) tuna canned in water, drained  
2 tblsp chopped onion or spring onion  
1 egg white  
1 tblsp pickle relish (optional)  
1 tblsp vinaigrette dressing  
2 tsp mixed garden herbs (e.g. oregano & parsley) – finely chopped  
¼ cup dry breadcrumbs  
2 tsp olive oil



### Method

In medium bowl, combine tuna, onion, egg white, relish, vinaigrette dressing, and breadcrumbs.

Shape into four patties. Begin heating non-stick skillet over medium heat. Coat surface with oil. Add patties and fry on both sides until lightly browned.

Serve with a mixed salad.

### Per Serving

1247 kJ, 44 g protein, 7.5 g fat (0.8 g sat fat).

*Recipe source unknown. Image from [www.lowcaloriecookbook.com](http://www.lowcaloriecookbook.com)*

NOTES

## Whole Salmon Fillet with Crispy Lemon & Basil Crumb Topping

Serves 12. *Fabulous for a special occasion.*

### Ingredients

1.5 kg piece salmon fillet  
1 cup fresh breadcrumbs  
2 tblsp olive oil  
¼ cup grated Parmesan cheese  
1 tblsp lemon juice  
1 tsp finely grated lemon zest  
¼ cup chopped fresh basil  
Salt and freshly ground black pepper

### Method

Preheat the oven to 200°C.

Place the salmon, skin side down, in a baking dish lined with baking paper.

Combine the breadcrumbs, olive oil, Parmesan, lemon juice, lemon zest and basil.

Cover the top of the salmon with the breadcrumb mixture and bake it in the preheated oven for 15 - 20 minutes, or until the salmon is cooked through and the topping is crisp and golden.

Serve with steamed broccoli salad (page 94), a beetroot and spinach salad (page 80), and boiled baby potatoes (skin on).

*Recipe and image from [www.foodmag.co.nz](http://www.foodmag.co.nz), issue 56*

NOTES



## POULTRY

### Curry Chicken Salad

Serves 4

#### Ingredients

600 g chicken breast baked and cubed.  
½ cup low fat mayonnaise  
½ cup diced celery  
½ medium apple, diced  
¼ cup diced onion  
2½ tsp curry powder  
½ tsp turmeric  
Salt and pepper to taste  
Lettuce leaves

#### Method

Mix all ingredients together, and leave to stand in refrigerator for at least 30 minutes.

Serve on a bed of lettuce leaves.

#### Per Serving

1730 kJ, 33.5 g protein, 25 g fat (4.5 g sat fat).

### Grilled Indian Chicken

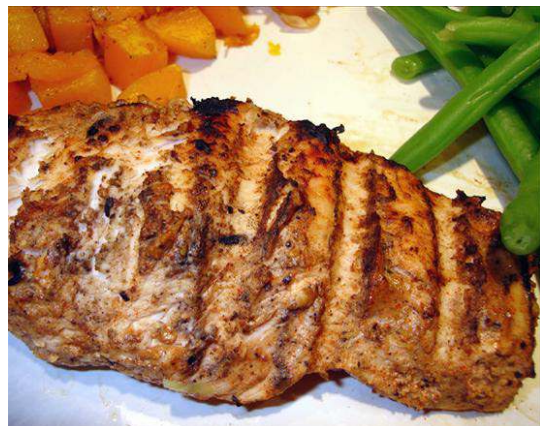
Serves 6

#### Ingredients

1 tsp ground ginger  
2 tblsp crushed garlic  
2 tsp ground turmeric  
¼ cup yoghurt  
1 (no 16) whole chicken, cut into pieces

#### Method

In a large bowl, combine ginger, garlic, turmeric, salt, and yoghurt. Marinate the chicken pieces in the mixture for 3 hours.



Preheat a covered barbeque to medium heat and lightly oil the grate, or roast in the oven at 180°C for 1 - 1½ hrs.

Cook chicken until juices run clear, taking care not to burn.

Serve with wedges of fresh lime, a cucumber salad, basmati or long grain brown rice, and seasonal vegetables.

#### Per Serving

1232 kJ, 49 g protein, 9.5 g fat (3.1 g sat fat).

## Hearty Turkey (or Chicken) Stew

Serves 4

### Ingredients

2 cups chopped zucchini  
1 tblsp olive oil  
1 cup chopped onion  
2 cups chopped celery  
1 cup chopped capsicum  
2 tsp chopped fresh garlic  
450 g cooked turkey or chicken, chopped  
Chilli powder to taste (optional)  
1 tsp cumin seed  
2 cups diced canned tomatoes  
4 cups cooked or canned kidney beans, rinsed and drained  
2 cups vegetable broth  
1 tsp brown sugar



### Method

Preheat the oven to 220°C.

Coat a glass baking dish with cooking spray or a little olive oil. Arrange the zucchini in a single layer in the baking dish. Roast for 8 to 10 minutes until slightly tender and lightly browned.

While the zucchini is roasting, add the olive oil and chopped onions to a dutch oven or soup pot.

Sauté over low heat until the onions are browned. Add the celery and peppers and continue to sauté. Add garlic, cooked turkey/chicken, cumin seed, +/- chilli powder.

Cover and simmer for about 5 minutes.

Stir in the tomatoes, kidney beans, vegetable broth, brown sugar and the roasted zucchini. Cover and simmer for 15 minutes.

Ladle into warmed individual bowls and serve immediately

**Per Serving** (approx. 1½ cups)

1163 kJ, 26 g protein, 5 g fat (1.5 g sat fat).

*Recipe source unknown. Image from [www.pinterest.com](http://www.pinterest.com)*

**NOTES**

## Herb and Orange Chicken

Serves 4

### Ingredients

2 chicken breasts (cut through or left whole)  
1 orange, juiced  
2 cloves garlic, crushed  
2 sprigs parsley, chopped  
6 chives, chopped  
3 oregano leaves, chopped  
18 leaves basil, chopped  
1 tblsp honey



### Method

Place all ingredients in a bowl and marinate overnight.

Heat a non-stick pan on medium/high and cook the chicken on both sides, until cooked through. (Slice the chicken through the middle, if you would prefer to make the cooking easier and quicker).

Serve with Pomegranate, Orange and Spinach Salad (see page 88).

Recipe from [www.leaveroomfordessert.com](http://www.leaveroomfordessert.com)

NOTES

## Pomegranate Walnut & Chicken Stew

A Persian recipe, known as Khoresh-e fesenjoon

Serves 6 - 8

### Ingredients

1 kg boneless, skinless chicken breasts, rinsed and cut into small chunks  
1 large onion, peeled, finely chopped  
2 cups shelled walnuts, finely chopped  
½ cup of pomegranate molasses  
2 - 3 tblsp sugar  
2 - 4 cups water  
¼ tsp turmeric  
Dash of cinnamon  
4 tblsp olive oil  
Salt and pepper to taste  
Pomegranate seeds



### Method

In a small pan add two tblsp of oil and sauté the walnuts lightly on medium heat. Stir frequently.

Add pomegranate molasses and 2 cups of water. Mix well and simmer for 30 - 40 minutes on low heat. Set aside.

In a large heavy pot, sauté the chopped onions in 2 tblsp of oil on medium heat until golden brown, add turmeric and stir well.

Place the chicken pieces into the pot and cook until golden brown on all sides, add salt and pepper and a dash of cinnamon.

Pour the pomegranate mixture into the pot, mix well. Add additional water if needed to ensure chicken is covered. Bring to the boil. Lower the heat, cover and simmer for two hours.

Towards the end of cooking, uncover and allow any excess liquid to evaporate – the stew should not be watery.

Taste, then add the sugar one tblsp at a time – stir carefully, retaste and adjust as needed. Continue until the desired sweet/sour taste is achieved.

Sprinkle with fresh pomegranate seeds. Serve hot with aromatic basmati rice.

Freeze leftovers or enjoy for lunch the next day.

*Recipe (adapted) and image from <http://turmericsafron.blogspot.co.nz>*

*NOTES*

## Roasted Chicken and White Bean Medley

Serves 6

### Ingredients

2 cups boneless, skinless rotisserie or roasted chicken, coarsely chopped  
2 x 400 g cans cannellini beans, rinsed and drained  
½ cup celery, diced  
1 cup fresh tomato, seeded and chopped  
½ cup red onion, thinly sliced  
¼ cup red wine vinegar  
1 tblsp fresh lemon juice  
2 tsp Dijon mustard  
2 cloves of garlic, minced  
½ tsp vinaigrette dressing  
½ tsp salt  
¼ tsp freshly ground pepper  
2 tblsp olive oil  
Head of Romaine or Cos lettuce – rinsed and dried  
Italian seasoning  
½ cup fresh basil, coarsely chopped



### Method

Place chopped chicken meat, canned beans, celery, tomato and onion in mixing bowl, and gently toss to combine.

Combine vinegar, lemon juice, mustard, garlic, Italian seasoning, salt and pepper in a small mixing bowl. Whisk briskly to combine.

Add olive oil while whisking the dressing to create a rich consistency. Drizzle over chicken mixture and gently toss to coat.

Serve over lettuce and garnish with fresh basil.

### Per Serving

1046 kJ, 20 g protein, 8.0 g fat (1.0 g sat fat), 23 g carbohydrates, 7 g dietary fibre

*Recipe adapted from AICR <http://www.aicr.org>. Image from [www.cookinglight.com](http://www.cookinglight.com)*

NOTES

## South-Western Chicken Salad

Serves 4

### Ingredients

2 cups cooked chicken breast, diced  
2 cups cooked brown rice (about 1 cup raw)  
½ ripe avocado, peeled, pitted and diced  
2 cups diced tomato  
½ red capsicum  
½ cup diced onion  
½ cup fresh coriander leaves, chopped  
1 tsp cumin  
½ tsp turmeric  
2 tblsp fresh lime juice  
1 tblsp olive oil



### Method

Combine chicken, rice, avocado, tomato, capsicum, onion, and coriander in a large bowl.

Heat cumin and turmeric in a saucepan over a low heat until fragrant, for about 1 minute.

Transfer to a small bowl and add lime juice. Add oil in a thin stream, whisking briskly.

Pour over chicken mixture and toss.

### Per Serving

2318 kJ, 26.6 g protein, 14.5 g fat (2.9 g sat fat).

*Recipe source unknown. Image from [www.tasteofhome.com](http://www.tasteofhome.com)*

*NOTES*



## Three-Bean Chilli with Chicken (or Turkey) and Corn

Serves 8

### Ingredients

2 tblsp olive oil  
2 cups chopped onion  
2 garlic cloves, finely chopped  
1 large red capsicum, seeded and coarsely chopped  
2 tblsp chilli powder  
¼ tsp. cayenne pepper, or to taste  
1 tblsp ground cumin  
1 tsp dried oregano  
½ tsp. cinnamon (optional)  
3 x 400 g cans of 3 different types of beans (such as kidney beans . red and white, butter beans, black beans or chickpeas), rinsed and drained, OR  
3 cans mixed beans  
1 cup frozen or drained canned corn kernels  
2 cans crushed tomatoes  
1 tblsp tomato paste – mixed with 1 cup water  
Salt and freshly ground black pepper, to taste  
3 cups (about 1 lb.) diced cooked chicken or turkey  
4 cups cooked brown rice



### Method

In a large, deep pot, heat oil over medium-high heat. Stir in onion, garlic and bell pepper. Sauté for about 4 minutes, stirring often, until onion is translucent, garlic is golden and capsicum is softened. Add chilli powder, cayenne, cumin, oregano and cinnamon and cook for 30 seconds, stirring constantly.

Stir in beans, corn, tomatoes and tomato juice. Bring to boil, reduce heat to medium-low and simmer gently, partially covered, for 45 minutes, stirring occasionally. Season to taste with salt and pepper.

Stir in turkey and simmer until heated through. Adjust seasonings by adding more salt and pepper and hot sauce, to taste.

Serve over cooked brown rice.

### Per Serving

1821 kJ, 29 g protein, 8 g fat (1 g sat fat), 62 g carbohydrates, 13 g fibre.

*Recipe and image from of AICR <http://www.aicr.org>*

NOTES

## Warm Chicken Pasta Salad

Serves 4

### Ingredients

250 g wholemeal penne pasta – cooked *al dente*  
300 g chicken breast  
½ red onion (or 2 spring onions)  
¼ cup dry-roasted sunflower seeds  
½ - 1 cup chopped carrot  
½ cup green beans or snow peas  
1 cup broccoli florets  
2 tblsp sun-dried tomatoes, sliced thinly  
2 fresh tomatoes, chopped  
2 tblsp kalamata olives  
4 tblsp pesto (see cook's tip below)  
¼ cup olive oil  
30 g shaved Parmesan cheese  
Black pepper to taste



### Method

If using cooked chicken breast meat, dice and warm through. Otherwise, cut chicken breast into 2cm pieces and sauté with garlic and olive oil until cooked through. Steam the carrots, broccoli and green beans until just cooked. Drain.

Finely chop the red onion,  
Mix everything together in large serving bowl.

Garnish with shredded basil leaves and Parmesan cheese.

### Per Serving

2120 kJ, 33.9 g protein, 24 g fat (4.8 g sat fat), 33.5 g carbohydrates

Recipe from Sharon Erdrich. Image from <http://www.kraftrecipes.com>

### VARIATIONS

This recipe is very versatile and can be used with any leftover meats or seafood. Also leftover cooked vegetables can be used instead of those specified – for example, use chopped roast pumpkin instead of carrots.

### COOKS TIP

Instead of pesto use liberal amounts of fresh basil OR make your own herb spread – see page 9.

### NOTES

## VENISON

### Glazed Venison Medallions

*with Shaved Fennel, Radish & Pasta Salad, Dressed with Mint & Pink Peppercorns*

Serves 2

#### Ingredients

2 - 4 venison medallions (approx. 400 g total)  
Salt, pepper and fresh thyme leaves  
250 mL essential cuisine classic beef *jus*  
1 cup mint leaves  
6 tblsp olive oil  
2 tblsp Dijon mustard  
Salt and pepper  
2 med-large fennel bulbs  
6 radishes  
1 large avocado, chopped into chunks  
2 tsp pink peppercorns  
2 limes - juice and zest  
1 cup small wholemeal pasta shapes (approx. 150 g)



#### Method

Pre-heat the oven to 200°C. Season the venison with salt and pepper and the thyme leaves. Heat a frying pan and when hot add 2 tblsp of the olive oil. Add the venison medallions and sear quickly to brown on both sides. Remove and place in a small oven dish. Set aside.

Cook the pasta until *al dente*. Drain well and toss with 2 tblsp olive oil so the pasta does not stick together. Allow to cool.

Slice the fennel and radishes with a mandolin so they are paper thin. Pick the remaining mint leaves from their stalks and place in a serving bowl with the sliced radish and fennel, the avocado and the cooked pasta. Make a dressing by mixing the pink peppercorns, lime juice and zest, 2 tblsp olive oil, and salt and pepper. Toss this over the salad, folding carefully.

Just before serving, roast the venison for 4 - 5 minutes. Simmer the beef jus in the frying pan for 2 – 3 minutes.

To serve, remove the venison from the oven and place on a warmed plate. Pour the jus over each medallion and arrange with a generous serving of the salad.

#### Per Serving

4770 kJ, 61 g protein, 74 g fat (13.1 g sat fat), 52 g carbohydrates.

## Venison Medallions with Honey Garlic Sauce

Serves 4

### Ingredients

#### Venison

400 g venison medallions  
1 tblsp olive oil  
¼ tsp freshly ground black pepper  
2 spring onions

#### Honey Garlic Sauce

50 g manuka honey  
60 mL mirin<sup>6</sup>  
3 cloves garlic  
50mL light soy sauce  
1 tsp chili flakes (optional)

#### Stir-Fried Spinach with Garlic

1 tblsp olive oil  
400 g spinach leaves (washed)  
½ tsp salt  
1 tsp sugar  
2 tsp finely chopped garlic

### Method

Preheat oven to 200°C. Rub venison medallions very lightly with oil and sprinkle with pepper. Place an ovenproof baking dish into preheated oven until hot. Remove tray from oven and quickly place venison onto tray and return to upper part of the hot oven.

Roast for 4 - 5 minutes or until venison is cooked to medium-rare. Push the tip of thumb into meat and it should feel firm and resisting but soft in the inside. If blood is beginning to come out then the venison is cooked to medium.

Remove from oven and allow to rest covered with heavy tea towel and place away from heat. Pour any meat juices in tray into sauce (below).

In a small pot place honey, wine, garlic, soy sauce and any juices from the venison dish. Over a low heat, stir until the honey is dissolved. Bring to the boil. Reduce to simmer, add chili flakes if using. Keep warm until ready to serve.

Place a wok or fry-pan over a medium heat. Add oil and once hot add spinach and salt. Stir-fry for 1 minute or until leaves are thoroughly coated with oil. Continue to stir-fry until spinach has wilted to approximately one-third of its original size.

Add sugar and garlic and continue stir-frying for approximately 1 minute or until garlic has softened. Drain off excess liquid into a sauce jug and serve hot or warm with steamed basmati rice.

### Per Serving

1382 kJ, 27.7 g protein, 17 g fat (3.6 g sat fat).

*Recipe source unknown*

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<sup>6</sup> Rice wine vinegar – find in the international section of your supermarket

## Venison & Rice Stick Noodle Salad

Serves 4 - 6

### Ingredients

#### Venison

1 tblsp brown sugar  
2 tblsp Asian fish sauce  
2 tblsp grated root ginger  
2 tblsp soy sauce  
2 cloves of garlic, crushed  
400 g venison grilling steak (e.g. medallions)

#### Dressing:

½ cup fresh lime juice  
6 tblsp water  
1 tblsp sugar  
6 tblsp Asian fish sauce  
4 shallots, diced

#### Salad

150 g dried rice stick noodles  
4 - 5 cups mixed baby salad greens  
1 cup fresh mint leaves, sliced

### Method

#### Venison

Combine the brown sugar, fish sauce, ginger, soy sauce and garlic. Mix well.

Place the venison in a plastic bag. Add the marinade and move the meat around so it is well coated. Refrigerate for 4hrs.

Remove the meat from the marinade, pat dry and return to room temperature. Grill or pan-fry for about 3 - 4 minutes each side. Transfer the meat to a cutting board. Cover and rest for about 15 minutes, then slice thinly.

#### Dressing

Combine the dressing ingredients, stirring until the sugar is dissolved.

#### Salad

Break the noodles into small lengths. Cook in a large saucepan of boiling water until tender, about 7 minutes. Drain, rinse under cold water and pat dry.

Toss the noodles in a bowl with a little of the dressing. Toss the salad greens and mint together. Add enough dressing to coat.

**To serve:** Pile the noodles in the centre of four or six serving plates. Mound the salad on top of the noodles. Arrange the meat on the greens. Drizzle with a little dressing and serve the remaining dressing in a jug.

*Recipe(adapted) by Jan Bilton [www.nzvenison.com](http://www.nzvenison.com)*

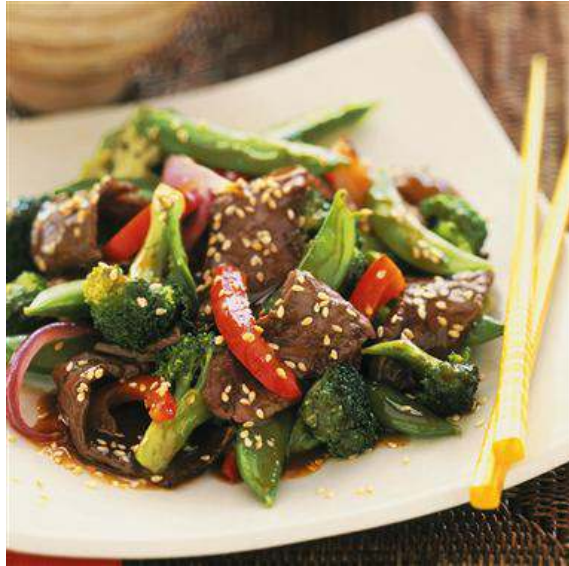


## Venison Stir Fry

Serves 3

### Ingredients

250 g venison stir fry (i.e. thinly sliced venison strips)  
2 tblsp olive oil  
1 clove garlic, crushed  
1 tsp finely chopped ginger  
1 onion, sliced  
½ red capsicum, deseeded and sliced  
½ orange capsicum, deseeded and sliced  
2 cups broccoli florets  
1 zucchini sliced  
¼ cup water  
1 tblsp olive oil  
1 tsp finely chopped ginger  
3 spring onions, finely sliced  
½ tsp salt  
1 tblsp soy sauce  
1 tsp sugar  
2 tblsp water  
1 tblsp sesame seeds (optional)



### Method

Heat the oil in a wok until steaming hot, add the garlic and ginger and stir fry for 1 minute.

Add onion, red and orange capsicum, broccoli and zucchini. Stir fry for 1 min, then add water, cover and leave to steam for 2 min. Remove from wok and keep warm.

Heat the second measure of oil in the wok with the ginger and spring onions.

Add venison and stir fry for 2 minutes. Add salt, soy sauce, sugar and water, cover and cook for 2 minutes.

Spoon vegetables on a serving tray and arrange meat on top.

Sprinkle with sesame seeds to serve.

### Per Serving

1540 kJ, 34 g protein, 18 g fat (3.8 g sat fat).

*Recipe source unknown. Image from [www.mccormick.com](http://www.mccormick.com)*

### VARIATION

Substitute the venison for lean lamb or beef.

### NOTES

## BEEF & LAMB

### Aromatic Lamb & Apricot Hot Pot

Serves 4

#### Ingredients

150 g dried apricots  
1 cup boiling water  
1 tbsp flour  
1 tsp each cinnamon, coriander and cumin  
Salt and pepper  
750 g lean diced lamb  
1 tbsp olive oil  
2 onions, finely chopped  
2 tsp cornflour  
¼ cup flaked almonds  
Fresh coriander leaves



#### Method

Soak the apricots in boiling water for 30 minutes.

Preheat oven to 180°C.

Combine flour, spices, salt and pepper in a bowl. Add lamb and toss until evenly coated. Transfer to casserole dish. Add apricots and boiling water. Stir well. Cover and bake for 1 hour.

Mix cornflour with 1 tbsp water to make a paste – add to casserole, mixing in well. Cook for a further 15 minutes.

Garnish with almonds and fresh coriander and serve with a generous portion of broccoli and seasonal vegetables. If desired add a small portion of baby potatoes (baked in their skins), or brown rice.

#### Per Serving

1980 kJ, 43.2 g protein, 23.7 g fat (5.1 g sat fat), 18.9 g carbohydrates

*Recipe source unknown. Image from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

NOTES

## Beef, Bean & Broccoli Stir Fry

Serves 6 (1 cup servings)

### Ingredients

600 g lean sirloin steak, visible fat removed, finely sliced  
3 tbsp olive oil  
1 tbsp garlic, crushed  
1½ cups broccoli florets  
1 cup zucchini, cut into julienne strips  
1 cup fresh button mushrooms sliced  
1 cup bamboo shoots or mung bean sprouts  
1 tsp fresh ginger (grated)  
½ tsp red pepper flakes or cayenne pepper  
1 x 400g can kidney or haricot beans, rinsed & drained  
⅓ cup cooking wine  
½ cup chicken broth  
2 tbsp soy sauce  
1 tbsp sesame seeds



### Method

Heat oil over medium heat in a wok or non-stick skillet. Add beef and cook until lightly browned.

Add cooking wine, garlic and ginger; stir. Add broccoli and cook for 3 minutes.

Add beans, chicken broth, zucchini, mushrooms, and bamboo shoots; cook an additional 2 - 3 minutes or until all vegetables are tender. Add soy sauce & red pepper flakes, if desired.

Allow seasonings to blend.

Serve over long grain brown rice. Sprinkle each serving with ½ tsp sesame seeds.

### Per Serving (1 cup)

960 kJ, 13 g protein, 7 g fat, 28 g carbohydrates, 5 g fibre

*Recipe adapted from Men's Health magazine. Image from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

### NOTES



## Middle Eastern Beef Tagine

Serves 8 - 10

### Ingredients

3 tblsp olive oil  
1 large onion, chopped  
4 cloves garlic, chopped  
1 tsp each ground cumin and cinnamon  
½ tsp each ground ginger, coriander  
1 kg stewing steak, trimmed, cut into 2 cm cubes  
1 x 400 g can chickpeas, drained  
1 ½ cups beef stock  
1 cinnamon stick  
Peel of 1 lemon  
¼ cup pitted prunes (moist-pack)  
¼ cup slivered almonds.  
Fresh coriander.



### Method

Heat the oil in a heavy saucepan and sauté the onion, garlic and spices for 1 minute. Add meat and stir in this mixture to coat. Add stock, cinnamon stick and lemon peel. Cover and cook over low heat (or in casserole dish in oven at 160°C) for 1¼ hours.

Add the prunes, cook for a further 30 minutes.

Serve garnished with fresh coriander and slivered almonds.

Serve with quinoa (see page 80), Tzatziki (see page 12), steamed broccoli and a leafy green salad.

### Per Serving

1630 kJ, 37.2 g protein, 24.8 g fat (4.9 g sat fat), 3.8 g carbohydrates.

*Recipe source unknown. Image from <http://www.refrigeratorsoup.com>*

### NOTES

## Slow Roasted Persian Lamb

Serves 8

4 tblsp pomegranate molasses  
1 tsp ground cumin  
Juice of 1 lemon  
1 tblsp olive oil  
2 cloves of garlic, minced  
1 onion, roughly chopped  
1 shoulder of lamb, weighing about 1.6 kg,  
surface lightly scored

### Method

Heat oven to 160°C/140°C fan.

In a small bowl, mix the molasses with the cumin, lemon juice, olive oil and garlic. Scatter the onion over a casserole dish or a deep roasting tin.

Place the lamb on top of the onions.

Pour the glaze over the lamb.

Rinse the bowl out with about 200 mL water; pour it around - not over - the lamb.

Cover the dish with a lid or the tin with a large piece of foil.

Roast the lamb, undisturbed, for 3 hrs, then remove the lid or foil and continue to roast for 30 minutes to give the lamb colour. When the lamb is done, pour off the juices (it will be very dark and thick due to the pomegranate molasses), allow to stand briefly, then remove as much fat as possible. Use this sauce to accompany the meat.

Carve and serve the lamb with the pomegranate sauce, steamed broccoli, a pomegranate salad (see page 88), Tzatziki (see page 12) and quinoa (see page 80).

### Per Serving

1737kJ, 28 g protein, 29 g fat, (13 g sat fat), 11 g carbohydrates.

*Recipe (adapted) and image from Good Food Magazine.*

### NOTES



## Stir Fried Garlic Chili Beef

Serves 2

### Ingredients

200g beef fillet, sliced into even-sized thin strips  
Few pinches Chinese five-spice  
Light soy sauce, to season  
1 tblsp sesame oil  
4 large cloves of garlic, finely chopped  
150g gai lan (Chinese broccoli) washed, leaves and stems cut across the stem in 10cm lengths (or use spinach or watercress)  
1 medium red chilli, deseeded and finely chopped  
Toasted sesame oil, to season



### Method

Season the beef with the Chinese five-spice and a few dashes of soy sauce, toss together and set aside.

Heat a wok or large frypan over a high heat. When hot, add the sesame oil and garlic and stir-fry for 30 seconds.

Add the beef and stir-fry for a few minutes, until browned. Add the gai lan and chilli. Stir-fry until the leaves have wilted slightly.

Remove from the heat.

To serve, season to taste with light soy sauce, salt and a few dashes of sesame oil. Serve immediately with long grain brown rice.

*Recipe adapted & image from Delicious Magazine, accessed from <http://www.channel4.com>*

NOTES

## VEGETABLES AND LEGUMES

### Asian Broccoli and Ginger Salad

Serves 4

#### Ingredients

4 cups broccoli florets  
12 almonds, coarsely chopped  
1 tblsp olive oil  
3 tsp soy sauce  
2 tblsp lemon juice  
2 tblsp rice wine vinegar  
2 tblsp fresh ginger – finely grated  
1 tsp finely grated lemon zest  
½ clove garlic, minced  
3 scallions, thinly sliced.  
Salt and pepper to taste  
200 g mung bean sprouts



#### Method

Steam broccoli until just tender

Cook almonds in pan over medium heat, stirring frequently, 3 to 4 minutes until nuts are just toasted.

Add 2 tsp soy sauce to coat the nuts while still hot. Remove from heat.

Whisk together lemon juice, vinegar, ginger, lemon zest, 1 tsp soy sauce and garlic. Add olive oil and whisk briefly.

Add broccoli and scallions to the dressing and toss to coat.

Serve on a bed of fresh mung bean sprouts, with nuts sprinkled over the top.

#### Per Serving

541 kJ, 8 g protein, 6.6 g fat (1 g sat fat)

*NOTES*

## Avocado Bean Salad

Serves 6

### Ingredients

#### Salad

2 large ripe avocados peeled and cut into cubes

3 cups cooked or canned beans of your choice (options include pinto, black, kidney, green etc)

½ cup chopped green capsicum

½ cup chopped red capsicum

Large head of Cos lettuce

#### Dressing

½ cup olive oil

½ cup rice vinegar

2 tblsp honey

2 tsp chopped fresh parsley

2 tsp chopped fresh coriander

½ tsp black pepper



### Method

Combine avocados, beans and peppers in a bowl.

In a separate bowl, mix dressing ingredients together, leaving half of the parsley for a garnish.

Carefully coat the bean mixture with the dressing.

Arrange salad on top of lettuce leaves, sprinkle with reserved parsley and serve immediately.

You could also experiment with artichoke hearts, carrots, radishes or anything else you have in your refrigerator.

### Per Serving

1999 kJ, 9 g protein, 34 g fat (4.7 g sat fat).

Recipe source unknown. Image from <http://www.honeywhatscooking.com>

### NOTES

## Baked Adzuki Beans with Aubergine & Tomatoes

Serves 4

### Ingredients

⅔ cup dried adzuki beans  
1 bouquet garni (thyme, parsley, and bay leaf)  
2 small aubergines, unpeeled, and cut in 2cm cubes  
6 tblsp olive oil  
1 medium onion, finely chopped  
1 large or 2 small cloves garlic, minced  
1 can chopped tomatoes  
1 cup chicken stock (or 1 bouillon cube dissolved in 1 cup water)  
⅓ tsp ground allspice  
⅓ tsp red pepper flakes  
Salt and pepper, to taste  
3 tblsp fresh basil, shredded  
⅓ cup fresh grated Parmesan cheese



### Method

Rinse beans, discarding any stones or damaged beans, then place in a saucepan adding plenty of water to cover. Soak for a minimum of 3 hours (or overnight). Drain beans and return to sauce pan with enough water to cover by 5 cm.

Add bouquet garni and bring water to the boil; reduce heat and simmer uncovered until the beans are tender (see *Guidelines* booklet). Drain and set aside, discarding the bouquet garni.

Pre-heat oven to 180°C.

Place the aubergine cubes in a colander and sprinkle with salt; let drain for 30 minutes, then rinse and pat dry with paper towels (this step can be done while the beans are boiling). In a large frying pan over medium heat, heat 4 tblsp olive oil then add the eggplant and sauté until lightly browned on all sides (5 to 10 minutes). When the eggplant has browned, transfer to a large baking dish (eg oval 35 cm x 24 cm).

In the same frying pan, heat the remaining 2 tblsp olive oil and sauté the onion until it begins to soften but not brown (about 5 minutes). Add in the garlic and continue to sauté for another minute. Add the tomatoes, stock, allspice, red pepper flakes, and salt and pepper to taste; simmer slowly for 5 minutes, and then transfer the mixture to the baking dish.

Add the beans and the basil to the baking dish, and mix everything well.

Sprinkle with the parmesan cheese and bake until golden, about 20 minutes.

Serve immediately.

Recipe adapted from [www.food.com](http://www.food.com) Image from [www.delicious-cooks.com](http://www.delicious-cooks.com)

NOTES

## Broccoli a la Polonaise

Serves 6

### Ingredients

1 kg broccoli (steamed)  
80 mL olive oil  
1 hard-boiled egg, chopped  
1 tblsp parsley, finely chopped  
½ cup dry breadcrumbs

### Method

Sauté the breadcrumbs in olive oil in a small frypan until golden. Add chopped egg and parsley. Mix well. Sprinkle over hot broccoli in a serving dish.

Serve immediately.

### Per Serving

731 kJ, 8.5 g protein, 12.7 g fat (2 g sat fat), 3 g carbohydrates.

*Recipe adapted from "The Cooks Garden" (1987)*

## Broccoli, Cauliflower and Feta Salad

Serves 4

### Ingredients

½ small head of cauliflower, cut into florets  
½ large head of broccoli, cut into florets  
½ punnet cherry tomatoes  
90 g pitted black olives  
110 g Feta cheese, crumbled.  
Olive oil vinaigrette (see page 96)

### Method

Steam the cauliflower and broccoli for 5 minutes and allow to cool to room temperature.

Mix all ingredients together. Add sufficient dressing to coat.

Best made a day ahead and refrigerated overnight.

Can also be made with raw vegetables if desired.

*Recipe (adapted) and image from [www.allrecipes.com.au](http://www.allrecipes.com.au)*



NOTES

## Broccoli & Tomato Pasta

Serves 4 - 6

### Ingredients

2 tbsp olive oil  
1 small onion, chopped  
1 clove garlic, very finely chopped or minced  
1 x 400 g can chopped tomatoes in juice  
1 tbsp tomato paste  
¼ tsp dried (or 1 tbsp fresh) basil  
500 g broccoli  
400 - 500 g wholemeal penne pasta  
Freshly ground black pepper  
¼ tsp salt  
Parmesan cheese



### Method

Heat the oil in a saucepan, sauté the onion and garlic until soft. Add the tomatoes, tomato paste, herbs and seasonings. Simmer for 10 - 15 minutes or until thick.  
Cook the pasta in salted water until just *al dente*.  
Wash and trim the broccoli into florets. Steam for 3 - 5 minutes.  
Add the cooked broccoli to the sauce just before serving.

Serve the cooked pasta topped with the sauce and sprinkle with Parmesan cheese.

### Per Serving (for 6 serves)

641 kJ, Protein 5.6g, 4.4 g fat (0.7 g sat fat), 20.2 g carbohydrates.

Recipe (adapted) from "More from the Cook's Garden" (1987). Image from [www.iowaqirleats.com](http://www.iowaqirleats.com)

## Broccoli with Lemon & Almond Butter

Serves 4

### Ingredients

1 large head broccoli, cut into florets  
2 tbsp olive oil  
2 tbsp lemon juice  
1 tsp finely grated lemon rind  
30 g slivered or flaked almonds

### Method

Steam the broccoli until just tender (about 5 minutes).

Dry-roast the almonds in a small saucepan until just browned. Add to the broccoli.



Mix olive oil, lemon rind and lemon juice together. Mix through the hot broccoli and serve immediately.

Recipe (adapted) and image from [www.allrecipes.com.au](http://www.allrecipes.com.au)



## Butternut Pumpkin Stuffed with Lentils

Serves 4

### Ingredients

½ cup brown lentils (90 g)  
1 ½ cups water (375 mL)  
½ cup brown rice (100 g)  
1 ½ cups vegetable or chicken stock (375 mL)  
1 bay leaf  
2 small or 1 large butternut pumpkin  
120 g sliced mushrooms  
1 stalk celery, chopped finely  
2 tblsp chopped dill  
¾ cup cottage, ricotta or feta cheese (185 g)  
1 tblsp grated or shaved Parmesan cheese  
1 tsp paprika  
Pomegranate seeds (to garnish)



### Method

Soak lentils in water for 1 hour. Drain, rinse and drain again.

Place lentils, rice, chicken stock and bay leaf in saucepan, bring to the boil, cover and simmer for 30 to 35 minutes (water should be absorbed). Remove bay leaf.

While lentils are cooking, pierce butternut pumpkins in several places with a sharp skewer and bake in a moderate oven for 25 minutes.

Remove from oven, cut lengthwise and remove seeds and a little pulp.

Combine cooked lentils, mushrooms, celery, dill and cottage cheese. Use this mixture to fill butternuts.

Combine breadcrumbs, cheese and paprika, sprinkle on top of butternuts.

Bake in a moderate oven (180°C) for 25 minutes.

Serve sprinkled with pomegranate seeds, a green side salad and steamed green vegetables.

### Per Serving

947 kJ, 16.2 g protein, 4.9 g fat (2.7 g sat fat).

*Recipe source unknown. Image from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

NOTES

## Curried Beans with Shrimp

Serves 5

### Ingredients

3 tbsp olive oil

½ cup onion, thinly slivered

1 tbsp curry powder

250 g cooked shrimps

¼ cup spring onions, finely sliced

150 g fresh asparagus, cut in chunks

70 g cabbage, thinly sliced

3 cups cooked beans—e.g. lentils, cannellini, chickpeas or kidney beans.

### Method

In a skillet, heat oil over medium heat. Add the onion and cook for 3 minutes. Sprinkle with curry, add the cabbage and asparagus and cook for 1 minute, stirring.

Add the beans and cook for 2 minutes. Add the shrimp and cook for 3 minutes or until flavours are blended. Add the spring onion. Gently combine all ingredients. Add water for desired consistency.

Serve over long grain brown rice (or wholemeal pasta).

### Per Serving

1180 kJ, 19.6 g protein, 12.0 g fat, (1.9 g sat fat), 18.7 g carbohydrates.

*Recipe source unknown.*

NOTES

## Lentils with Zucchini

Serves 4

### Ingredients

½ cup lentils, rinsed  
2 ½ cups water  
½ tsp turmeric  
3 tbsp olive oil  
2 cloves of garlic, chopped  
1 piece fresh ginger root (approx. 1 cm chunk)  
1 small zucchini, chopped  
Salt  
½ tsp garam masala  
1 tsp cumin seeds

### Method

Soak the lentils for ½ an hour, drain, rinse and drain again. Then place lentils, water, and turmeric in a pot over medium heat and bring to a boil. Continue cooking, removing the froth from the top from time to time.

In a separate pot, heat half the oil. Sauté onion and garlic until golden. Stir in ginger and zucchini. Mix thoroughly and continue to cook for 5 minutes.

Transfer the lentils to the zucchini mixture. Stir in salt and garam masala. Half cover the pot, lower the heat and cook for 15 minutes.

Heat the remaining oil, toss in the cumin seeds and heat until they sizzle and change colour.

Serve lentils hot with the cumin seeds.

### Per Serving

1068 kJ, 13 g protein, 11.5 g fat (1.8 g sat fat)

*NOTES*

## Pumpkin or Butternut Curry

Serves 4 - 6

### Ingredients

½ pumpkin or one whole butternut, peeled and chopped  
2 tbsp olive oil  
1 onion, chopped  
4 cloves garlic, crushed  
½ tsp cumin  
½ tsp coriander  
Garam masala - start with 1 tsp and add more as you like  
400 mL can coconut milk (preferably "lite")  
¼ tsp chilli powder (optional)



### Method

In a large saucepan, sauté onion, garlic and spices in the oil.  
Add coconut milk and chopped pumpkin. Bring to the boil and simmer until pumpkin is tender and sauce is reduced.  
Serve with rice and accompaniments: traditional curry accompaniments include chutney, coconut, yoghurt, sliced banana and poppadums.  
Style it up with a sprinkle of fresh chopped coriander and some cashew nuts or eat it as is, with rice or rolled in flatbread.

### Variations

Add chopped nuts for some 'crunch' if you like or include chicken or seafood.  
If you have them, cooked chickpeas will add interesting texture and round out the protein values in this dish.

### Per Serving

550 kJ, 1.6 g protein, 9.6 g fat (1.7 g sat fat)

*Recipe source unknown. Image from <http://ediblyasian.info>*

NOTES

## Pumpkin, Chickpea & Cauliflower Curry

Serves 4

### Ingredients

Olive oil  
1 clove garlic  
1 red onion, sliced  
800 g pumpkin, cut into cubes  
½ small cauliflower  
400 g can chickpeas  
200 g frozen peas  
2 tblsp Thai red curry paste  
2 tsp fish sauce (optional)  
1 tsp brown sugar  
½ cup vegetable stock  
400 g can lite coconut milk  
70 g cashew nuts toasted



### Method

Gently fry the garlic and onion in a little oil until soft. Add the curry paste and stir well. Add the coconut milk, stock, sugar and fish sauce. Bring to a simmer, and then add the pumpkin and cauliflower. Simmer for about 30 minutes, until the veggies are tender. Add the chickpeas and cook for 5 minutes more.

Serve the curry with basmati or long grain brown rice. Sprinkle the cashews over the top.

### Per Serving

1130 kJ, 11 g protein, 22.6 g fat (8.5 g sat fat)

*Recipe source unknown. Image from [www.taste.com.au](http://www.taste.com.au)*

NOTES

## Ratatouille

Serves 4

### Ingredients

2 large onions  
1 clove garlic  
6 ripe tomatoes  
3 aubergines  
2 red capsicum  
50 g pitted green olives  
50 g pitted kalamata olives  
5 tbsp olive oil  
1 tbsp chopped parsley  
Salt and pepper



### Method

Peel the onions and garlic and chop finely. Blanch the tomatoes in boiling water, cool under cold running water and peel the skins off. Cut in half and discard the seeds. Chop tomatoes roughly.

Wash the aubergines, cut into 2cm cubes. Wash peppers, cut in half and discard the seeds. Slice finely.

Heat the oil in a saucepan. Lightly brown the garlic and onion. Add aubergines and peppers – cook, stirring often for 5 minutes. Add the tomatoes, season with salt and pepper.

Cover with tight-fitting lid and simmer for 30 minutes, until the aubergines are tender. Slice the olives and add to pan. Simmer, uncovered, for another 10 minutes.

Serve garnished with chopped parsley.

### Per Serving

398 kJ, 4.6 g protein, 23 g fat (3.3 g sat fat), 11.3 g carbohydrates.

*Recipe from: Seasonal ways with vegetables. Classic French Kitchen Vol 5. (1981) Ferndale:London*

NOTES

## Roasted Red Onions with Pomegranate, Orange & Parsley Gremolata

8 to 10 servings

### Ingredients

#### Onions

5 tblsp extra olive oil  
¼ cup pomegranate molasses  
2 tblsp red wine vinegar  
1 tblsp minced fresh rosemary  
2 tsp coarse salt  
½ tsp black pepper  
5 medium red onions



#### Gremolata

⅔ cup fresh pomegranate seeds  
1 tblsp chopped fresh parsley  
2 tsp finely grated orange peel

### Method

#### Onions

Peel and cut onions into 8 wedges through core, with some core still attached to each piece. Position an oven rack in the centre of the oven and preheat to 220°C. Line a large rimmed baking sheet with foil.

Whisk the first 6 ingredients together in large bowl. Add onions and toss gently. Arrange onions close together, with 1 cut side down, on baking sheet; spoon juices from bowl over. Roast for 30 minutes. Using small spatula, carefully turn onions over. Continue to roast onions until tender and thickly coated with glaze, watching to prevent overbrowning, 25 to 28 minutes longer. Remove from oven.

#### Gremolata

Mix pomegranate seeds, parsley, and orange peel in small bowl. Arrange warm or room-temperature onions on platter. Sprinkle gremolata over and serve.

*Recipe (adapted) from <http://www.epicurious.com>. Image from [www.thebittenword.com](http://www.thebittenword.com)*

### TIPS

*DO AHEAD:* Can be made 3 hours ahead. Let stand on baking sheet at room temperature. Rewarm in 180°C oven before serving if desired.

*Also works well without the parsley or the orange zest*

### NOTES

## Simple Sautéed Cauliflower

Serves 3 (side-dish)

### Ingredients

½ large head cauliflower  
2 tbsp olive oil  
1 clove garlic, minced  
1 small bunch of chives, chopped  
1 handful fresh parsley leaves, chopped  
Zest of one lemon – finely grated  
1 tbsp freshly grated Parmesan cheese  
Pinch of salt



### Method

Cut the cauliflower into evenly sized, very small florets. Rinse under running water, and set aside.

Heat the olive oil and salt in a large skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated in oil. Reduce heat and cover.

As soon as cauliflower begins to brown on the bottom toss with a spatula.

Brown a little more and continue to sauté until the pieces are just tender - about six minutes.

In the last 30 seconds stir in the garlic.

Remove from heat and stir in the chives, parsley, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch sea salt.

Serve immediately.

### Per Serving

836 kJ, 3.4 g protein, 19.4 g fat (3.4 g sat fat), 2.0 g Carbohydrates.

*Recipe and image from [www.otaqofarmersmarket.org.na](http://www.otaqofarmersmarket.org.na)*

NOTES



## Simple Stir Fry

Serves 4

### Ingredients

2 tbsp olive oil  
2 garlic cloves  
1 medium onion  
1 cup zucchini slices  
1 cup broccoli florets  
3 large carrots, sliced  
8 field (Portobello) mushrooms, sliced  
1 large green pepper, sliced  
2 tbsp soy sauce  
Salt and pepper to taste



### Method

Sauté garlic and onion in olive oil over medium-high heat until softened.

Add other vegetables and seasonings; cook, stirring often, until vegetables are crisp-tender.

Options for seasoning include: Red pepper flakes, dried basil, curry paste, ginger or turmeric.

### Per Serving

470 kJ, 3 g protein, 7 g fat (1 g sat fat)

*Recipe source unknown. Image from D. Schmitt [www.thaifood.about.com](http://www.thaifood.about.com)*

NOTES

## Slow Cooker Mediterranean Stew

Serves 10

### Ingredients

1 butternut squash - peeled, seeded, and cubed  
2 cups cubed aubergine (skin on)  
2 cups cubed zucchini  
1 x 300 g package frozen okra, thawed (or fresh, if in season)  
2 tblsp tomato paste  
1 cup chopped onion  
1 ripe tomato, chopped  
1 carrot sliced thin 1 cup  
vegetable broth  
1 clove garlic, chopped  
½ tsp ground cumin  
½ tsp ground turmeric  
¼ tsp crushed red capsicum  
¼ tsp ground cinnamon  
¼ tsp paprika



### Method

In a slow cooker, combine butternut squash, aubergine, zucchini, okra, tomato paste, onion, tomato, carrot, broth and garlic.

Season with cumin, turmeric, red capsicum, cinnamon, and paprika.

Cover, and cook on Low for 8 to 10 hours, or until vegetables are tender.

### Per Serving

336 kJ, 3 g protein, 0 g fat (0 g sat fat), 20 g carbohydrate

Recipe (adapted) from [www.greek.food.com](http://www.greek.food.com) Image from <http://www.yummly.com>

NOTES

## Spinach, Red Lentil, & Bean Curry

Serves 4

### Ingredients

1 cup red lentils  
¼ cup tomato puree  
125 g plain yoghurt  
1 tsp garam masala  
½ tsp ground dried turmeric  
½ tsp ground cumin  
2 tbsp olive oil  
1 onion, chopped  
2 cloves garlic, chopped  
1 (2 cm) piece fresh ginger root, grated  
4 cups loosely packed fresh spinach, coarsely chopped  
2 tomatoes, chopped  
4 sprigs fresh coriander chopped  
1x 450 g can mixed beans, rinsed and drained



### Method

Rinse lentils and place in a saucepan with enough water to cover. Bring to a boil. Reduce heat to low, cover pot, and simmer over low heat for 20 minutes. Drain.

In a bowl, stir together tomato puree and yoghurt. Season with the spices. Stir until creamy.

Heat oil in a skillet over medium heat. Stir in onion, garlic, and ginger; cook until onion begins to brown. Stir in spinach; cook until dark green and wilted. Gradually stir in yoghurt mixture. Then mix in tomatoes and coriander.

Stir lentils and mixed beans into mixture until well combined.

Heat through (about 5 minutes) and serve.

### Per Serving

1369 kJ, 16.5 g protein, 14 g fat (2 g sat fat).

*Recipe and image from [www.allrecipes.com](http://www.allrecipes.com)*

### NOTES

## Spinach with Tomatoes

Serves 4

### Ingredients

1 kg raw spinach  
2 cans whole peeled tomatoes –  
chopped  
2 tblsp olive oil  
60 g Gruyere cheese  
½ tsp sugar  
½ tsp dried or 2 tsp fresh marjoram  
Salt and pepper

### Method

Preheat oven to 230°C. Prepare the spinach by removing stalks and washing. Place without draining into a large saucepan. Cover and steam for 5 minutes until wilted. Drain in a colander, pressing to remove all excess water.

Heat oil in a large frying pan and put in the tomatoes. Add sugar, salt, pepper and marjoram. Cook for 2 – 3 minutes over high heat, stirring continuously. Remove from heat.

Grease a large gratin dish with a little olive oil. Spread spinach evenly over the base, pour tomato sauce over and sprinkle with Gruyere cheese.

Bake for 10 minutes. Serve hot.

### Per Serving

877 kJ, 12.3 g protein, 12.5 g fat (4.1 g sat fat), 8.6 g carbohydrates.

*Recipe adapted from: Seasonal ways with vegetables. Classic French Kitchen Vol 5. (1981) Ferndale:London.*

*Image from [www.food.com](http://www.food.com)*



## Steamed Vegetables with Macadamia Dressing

Serves 2

### Ingredients

½ a large fennel bulb, cut into 1 cm slices (or use celery)  
250 g asparagus, trimmed  
250 g green beans, trimmed  
250 g small carrots, scrubbed  
Coarse salt

### Method

Working in batches, steam vegetables until crisp-tender, 2 - 4 minutes. Halve steamed asparagus spears and carrots lengthwise.



Arrange vegetables on a platter. Drizzle with macadamia nut dressing (see page 86), and garnish with herbs.

*Recipe and image from [www.wholeliving.com](http://www.wholeliving.com)*

## Stuffed Capsicum

Serves 4

### Ingredients

4 capsicums, your choice of colour  
60 mL olive oil  
2 onions, chopped  
2 garlic cloves, crushed  
50 g blanched almonds, chopped  
75 g brown rice, boiled and drained  
150 g cherry tomatoes (or chopped large tomatoes)  
15 g mint, roughly chopped  
15 g parsley, roughly chopped  
Salt and pepper  
Chopped mixed herbs, olive oil and ground almonds to garnish



### Method

Preheat the oven to 190°C.

Halve the peppers lengthwise and scoop out the seeds. Brush with olive oil and bake on a baking tray for 15 minutes.

Place the peppers together in a shallow ovenproof dish and season with salt and pepper.

Fry the onions in the remaining oil for 5 minutes. Add the garlic and chopped almonds and fry for a further minute.

Remove the pan from the heat and stir in the rice, tomatoes, mint and parsley. Season with salt and pepper and spoon the mixture into the peppers.

Pour 150 mL of boiling water around the peppers and bake, uncovered, for 40 minutes.

Garnish with a little olive oil, fresh herbs and a sprinkling of ground almonds.

### Per Serving

1010 kJ, 5.4 g protein, 16.6 g fat (2.2 g sat fat).

*Recipe source unknown. Image by Ben Dearnley*

NOTES

## Teriyaki Sesame Vegetables (Japanese Style)

Serves 6

### Ingredients

1 tsp fresh ginger, thinly chopped  
1/3 tsp freshly ground black pepper  
1/3 tsp salt  
2 tblsp olive oil  
1 large onion thickly diced  
1 cup diagonally thinly sliced carrots (skin on)  
2 cups broccoli florets, chopped into bite size pieces  
2 cups sugar snap peas  
1 large red capsicum, cut into strips  
2 tsp sesame seeds, toasted  
1/3 cup teriyaki sauce



### Method

How to toast sesame seed: Heat a small skillet on medium heat. Add sesame seed; cook and stir for about 2 minutes or until fragrant and golden brown. Immediately remove from hot pan to avoid over-toasting.

Heat 1 tblsp of the oil in wok or large deep skillet on high heat. Add ginger, onion and carrots; stir fry 2 minutes. Add remaining 1 tblsp oil and remaining vegetables; stir fry 5 to 7 minutes or until vegetables are tender-crisp.

Stir in teriyaki sauce. Stirring constantly, bring to boil on medium heat and boil 1 minute.

Serve over steamed long-grain brown rice, sprinkled with sesame seed. Accompany with tofu, fish or chicken.

### Per Serving

321 kJ, 6.2 g protein, 7 g fat (1.1 g sat fat).

*Recipe (adapted) and image from Global Cookbook. Image source unknown.*

NOTES

## Vegetarian Cannelloni

Serves 4

### Ingredients

1 bunch fresh spinach  
Bunch fresh oregano and parsley -  
chopped  
½ a leek  
1 tblsp pesto  
1 tblsp olive oil  
Black pepper  
300 g ricotta cheese  
200 g cannelloni  
1 can Italian seasoned tomatoes – pureed  
(or season plain canned tomatoes with  
oregano, marjoram, thyme and basil)  
50 g Parmesan cheese



### Method

Preheat the oven to 180°C.

Lightly steam the spinach until just wilted. Cut up and mix with fresh garden herbs

Finely chop the leek and lightly fry in olive oil. Add the pesto. Mix with spinach and ricotta cheese. Add pepper to taste.

Just cover the bottom of a baking dish with the pureed tomatoes. Fill cannelloni tubes with the ricotta and veggie mixture and arrange on the tomato sauce.

Cover with the remaining pureed tomato and sprinkle with Parmesan cheese.

Bake in the oven 40 - 50min – checking from time to time and adding a little water to the baking dish if necessary.

Serve with a green garden salad.

*Recipe from Karen Bishop. Image from [www.lovedmonday.net](http://www.lovedmonday.net)*

NOTES

## SALADS & SALAD DRESSINGS

### Basic Quinoa

Serves 3

#### Ingredients

1 cup quinoa  
1½ cups cold water  
¼ tsp salt (optional)

#### Method

Soak for 5 minutes in cold water, then drain. Quinoa will be softer and lighter without salt, while a little salt will make it firmer and it may take a couple of extra minutes to cook. Bring to a boil, cover with a tight fitting lid, and turn the heat down to simmer. Cook for 15 minutes. Remove from heat and allow to sit for five minutes with the lid on. Fluff gently with a fork and serve.

Quinoa is delicious by itself or in place of rice in any recipe. Double the recipe if you want to have leftover for a quinoa salad.

### Beetroot & Bean Salad

Serves 4

#### Ingredients

250 g cooked whole beetroots  
100 g steamed green beans – cut in half  
30 g pine nuts (or cashews– dry roasted briefly)  
2 tsp balsamic vinegar  
Small handful fresh basil leaves  
250 g low fat cottage cheese  
3 sprigs thyme  
Grated rind of ½ lemon  
3 tbsp olive oil  
Salt and pepper, to taste



#### Method

Cut the beets into chunks. Place in a bowl with steamed beans. Add balsamic vinegar, 1 tbsp olive oil, pine nuts and a pinch of salt and pepper. Toss most of the basil leaves in with the beetroot.

Mix 1 tbsp olive oil with the cottage cheese. Strip the leaves off the thyme, add with the lemon rind a pinch of salt and pepper.

Arrange the beets on a platter, add a dollop of the flavoured cottage cheese. Sprinkle with cracked black pepper, drizzle with the remaining olive oil and scatter with the rest of the basil leaves.

#### Per Serving

1350 kJ, 13.7 g protein, 25.7 g fat (3.8 g sat fat), 7.8 g carbohydrates

*Recipe (adapted) from Barbara Woolums*

Variation – mix a little pomegranate molasses in the dressing and/or add pomegranate seeds to the salad.



## Beetroot & Spinach Salad

Serves 4

### Ingredients

3 medium fresh beetroots (or cold roast beetroot)  
2 oranges  
1 medium red onion  
1 large bunch of baby spinach – or shredded regular spinach  
2 tblsp balsamic vinegar  
4 tblsp olive oil  
Salt and pepper



### Method

Scrub and trim the beetroots (do not peel). Place in a large sauce pan and cover with water. Bring the water to the boil and cook for 1 hour or until you can penetrate the beets easily with a skewer. When cooked: drain, cool, then peel and cut into cubes.

In the meantime squeeze one of the oranges to get its juice. Peel the other one and using a sharp knife cut it into thin round slices. Cut the onion into fine rings

In a small bowl add the orange juice, the vinegar, the olive oil and some salt and pepper for taste. Stir well to mix.

Wash and drain the spinach leaves. Assemble in a large salad bowl. Add the dressing and toss to mix.

### Per Serving

1140 kJ, 1.4 g protein, 26.8 g fat (4.1 g sat fat), 5.8 g carbohydrates

*Recipe (adapted) from Global Cookbook.*

### VARIATION

You can use other greens with, or instead of, the spinach – such as rocket, chicory, watercress etc.

### NOTES

## Bulgur Salad with Pomegranate Molasses

Serves 4 - 6

### Ingredients

1 cup coarse bulgur wheat  
2 cups water  
½ cup sliced chives  
½ cup chopped parsley  
½ cup chopped mint  
½ tsp red pepper flakes (optional)  
3 tblsp pomegranate molasses  
Juice of ½ lemon  
Salt and pepper



### Method

Rinse the bulgur in a sieve and transfer to a large saucepan. Combine the bulgur and water in a medium-sized pot and bring to a simmer over medium heat.

Lower the heat, cover, and cook until the water has been absorbed and the bulgur is tender, about 15 minutes. (See cook's tip below).

Remove from the heat and allow it to sit, covered, for 5 minutes. Uncover and fluff with a fork.

Transfer to a large bowl and allow it to cool slightly, about 10 minutes.

Add the remaining ingredients to the bulgur and toss to combine. Season with additional salt and pepper as needed, and add more pomegranate molasses or lemon juice to taste.

Serve immediately or store, covered, overnight and allow it to reach room temperature before serving.

To make gluten free, substitute the bulgur for another grain such as quinoa, buckwheat or wild rice.

### COOKS TIP

Bulgur wheat can also be prepared the night before: wash in cold water and add double the volume of boiling water and a little salt. Bring to the boil, then cover, turn off the heat and allow it to sit for 45 minutes. Check for tenderness (should be firm but not crunchy) before refrigerating.

### NOTES

## Broccoli and Capsicum Pasta Salad

Serves 6

### Ingredients

350 g broccoli florets  
1 large red capsicum, deseeded and cut into thin strips  
1 yellow zucchini, thinly sliced  
1 small red onion, chopped  
280 g pasta – eg “bow tie”, cavatappi or shells  
175 g cherry tomatoes

### For the dressing

150 mL apple cider vinegar  
½ cup (80 mL) olive oil  
½ cup (20 g) finely chopped fresh parsley  
2 tbslp finely chopped fresh dill  
Pepper to taste



### Method

Bring a large saucepan of water to the boil over a high heat. Put the broccoli, red capsicum, zucchini and onion in a large metal sieve. Immerse in the water and blanch for about 2 minutes or just until the colours brighten. Lift out and drain, then plunge into a bowl full of iced water.

Cook the pasta in the same saucepan of boiling water until *al dente*. Drain and place in a large serving bowl. Drain the vegetables and add to the pasta together with the tomatoes.

### To make the dressing

Put the vinegar, oil, parsley, dill and pepper in a jar with a tight-fitting lid and shake until combined.

Pour over the salad and toss gently to coat.

Cover and refrigerate for at least 8 hours, or overnight. Toss again before serving.

### Per Serving

1130 kJ, 9 g protein, 9 g fat (1.5 g sat fat), 40 g carbohydrates, 4 g fibre

Recipe (adapted) from [www.allrecipes.com.au](http://www.allrecipes.com.au) Image from [www.foodandtaste.com](http://www.foodandtaste.com)

NOTES

## Bulgur, Celery, and Pomegranate Salad

Serves 4

### Ingredients

100 g medium or coarse bulgur wheat  
400 g celery, diagonally cut in thin slices  
Seeds of ½ large pomegranate  
¾ cup (75 g) walnuts, roughly chopped  
1 small bunch of flat-leaf parsley  
1 tblsp fresh mint, finely chopped

### Pomegranate Dressing

Juice of ½ large pomegranate  
½ garlic clove, crushed to a paste with ½ tsp salt  
6 tblsp extra-virgin olive oil



For the dressing, whisk all the ingredients together, season to taste with salt and pepper and set aside.

### Method

Put the bulgur in a bowl, add boiling hot water to just below the surface of the wheat and leave to stand for 10 - 15 minutes, until just tender but still *al dente*. Add more water as required or drain in a colander if too wet. Put all the ingredients in a bowl.

Whisk the dressing ingredients together and pour over. Check seasoning and adjust if necessary. Serve immediately.

*Recipe (adapted) and image from <http://mamaqooseithaca.wordpress.com>*

## Crunchy Broccoli & Olive Salad

Serves 4

1 head broccoli, separated into florets  
1 garlic clove  
1 tblsp capers  
2 tblsp apple cider vinegar  
½ cup (75 mL) olive oil  
4 celery stalks, thinly sliced  
2 - 3 spring onions, thinly sliced  
6 - 10 olives, sliced

### Method

Lightly steam broccoli until tender but still crisp, or plunge into boiling water for 2 - 4 minutes (until colours have brightened). Cool.

Using a blender or mortar and pestle, puree the garlic, vinegar, capers and olive oil until combined. Put broccoli, celery, spring onions and olives in a bowl. Pour over the dressing then toss to coat. Let stand for at least 20 minutes to develop a full flavour or have it at its best the next day.

### Per Serving

910 kJ, 7.1 g protein, 18.5 g fat (2.7 g sat fat), 2.2 g carbohydrates.

*Recipe (adapted) from [www.allrecipes.com.au](http://www.allrecipes.com.au)*

## Crunchy Red Vegetable, Roasted Kumara & Lentil Salad

Serves 4

### Ingredients

#### Salad

1 cup cooked brown or French green lentils  
1 large, or 2 - 3 small to medium size kumara  
6 - 8 garlic cloves  
1 heaped tsp cumin seeds  
Olive oil for roasting  
1 heaped cup diced red cabbage  
1 medium red onion, diced  
1 cup cherry tomatoes (*or chopped tomatoes*)  
1 medium cucumber seeded and chopped  
1 handful of spinach roughly chopped  
1 handful of fresh parsley, mint, coriander or a combination of all three roughly chopped.



#### Dressing

4 tblsp olive oil  
4 tblsp lemon juice  
Salt and pepper  
½ tsp cumin powder  
Pinch of cinnamon  
1 tblsp honey

#### Method

Scrub the kumara. Leave the skin on, cut into cubes and arrange with the garlic in a roasting dish. Coat with cumin seeds and 1 - 2 tblsp olive oil. Bake at 180°C until the kumara and garlic are soft (approx. 25 minutes). Leave to cool \*

Prepare the vegetables and add to a large salad bowl with the lentils.

Add cooled kumara to the bowl with half of the herbs. Stir together.

For the dressing, put all dressing ingredients into a jar and shake until combined. Pour the dressing over the salad. Toss to mix. Add cracked pepper and salt to taste.

Serve in a large salad bowl or individual bowls and finish with a sprinkling of left over herbs. Enjoy as a side dish to a main meal or eat on its own as a lunch or light meal.

\*This dish can also be served warm: add the kumara to the salad bowl before it has completely cooled. If you cook your own lentils keep them warm too. If you are using canned lentils, add to the kumara as soon as it has come out of the oven before adding to the salad.

*Recipe (adapted) from [www.eatitwhole.co.nz](http://www.eatitwhole.co.nz)*

## Grated Beetroot & Carrot Salad

Serves 6

### Ingredients

4 carrots, coarsely grated  
3 beetroots, peeled and coarsely grated  
Juice and grated zest of 2 oranges  
2 tblsp sesame seeds, lightly toasted in a dry frying pan  
2 tsp honey  
1 small clove garlic, crushed to a paste with a little salt  
2 tblsp olive oil  
1 tblsp chopped coriander (optional)  
Sea salt and black pepper



### Method

Mix the grated carrot and beetroot together in a large bowl. Add all the remaining ingredients and mix well. Check the seasoning, adjusting as necessary.

### Per Serving

600 kJ, 1.8 g protein, 11.2 g fat (1.6 g sat fat), 7.4 g carbohydrates

*Recipe from [www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz) Image from [www.marthastewart.com](http://www.marthastewart.com)*

## Macadamia Nut Dressing

Makes approx. 100 mL dressing

### Ingredients

3 tblsp fresh citrus juice (any combination of lime, lemon, and orange)  
1 tsp raw apple-cider vinegar  
½ tsp honey  
2 tblsp olive oil  
1½ tblsp chopped fresh dill, plus sprigs for garnish  
½ tblsp chopped fresh flat-leaf parsley, plus leaves for garnish  
4 fresh basil leaves, sliced, plus a few whole leaves for garnish  
¼ cup raw macadamia nuts, toasted and finely chopped  
Coarse salt

Combine ingredients and whisk well.

*NOTES*

## Mediterranean Grain Salad

Serves 2

### Ingredients

½ cup bulgur wheat\*  
Salt and ground pepper  
2 cups cherry tomatoes, halved  
¾ cup fresh parsley, chopped  
2 spring onions, very finely chopped  
1 tbsp balsamic vinegar  
2 tbsp olive oil  
50 g feta cheese, crumbled  
Sprig garden mint, finely chopped (optional)



### Method

In a heatproof bowl, mix bulgur with ¼ tsp salt and 1½ cups boiling water. Cover, and let stand until tender but slightly chewy, about 30 minutes.

Drain bulgur in a fine-mesh sieve, pressing to remove liquid; return to bowl.

Add tomatoes, parsley, spring onion, vinegar, and oil.

Season with salt and pepper. Toss to combine.

Top with cheese and sprinkle with chopped mint.

**\*Tip:** for a higher protein and/or gluten-free option, use cooked Quinoa (see p 80) instead of bulgur wheat.

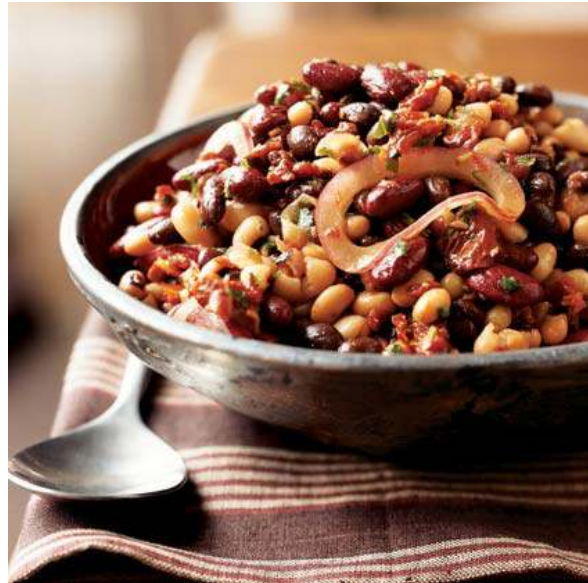
*NOTES*

## Mixed Bean Salad with Sun-Dried Tomatoes

Serves 7 servings (approx. 1/2 cup Per Serving)

### Ingredients

100 g sun-dried tomatoes (preferably in olive oil)  
¼ cup fresh parsley, chopped  
¼ cup fresh basil, chopped  
1 x 400 g can mixed beans  
1 x 400 g can black-eyed peas, rinsed and drained  
¼ red onion, thinly sliced  
2 tblsp red wine vinegar  
2 tblsp sugar (preferably Rapadura or brown sugar)  
¼ tsp salt  
¼ tsp dry mustard  
Freshly ground black pepper



### Method

Drain sun-dried tomatoes in a sieve over a bowl, reserving the oil. Place ¼ cup of reserved oil in a medium bowl.

Add vinegar, sugar, salt, mustard and black pepper, whisk to mix.

Chop drained tomatoes; place in a large bowl. Add parsley, basil, beans and onion to the chopped tomatoes, and stir gently to combine.

Drizzle dressing over bean mixture; toss gently to coat. Cover and chill before serving.

### Per Serving

757 kJ, 3.6 g protein, 2.8 g fat (0.35 g sat fat), 2.2 g fibre.

*Recipe adapted from Cooking Light, September 2004 . Image from [www.myrecipes.com](http://www.myrecipes.com) by Luigart-Stayner; Melanie J. Clarke and Celine Chenoweth*

### NOTES



## Poached Chicken Salad with Pomegranate Molasses

Serves 6

### Ingredients

#### For the chicken

1 small chicken  
1 lemon, halved  
2 carrots, sliced  
1 stick celery, sliced  
1 bouquet garni, (bay leaf, parsley, thyme)  
10 black peppercorns

#### Dressing

1½ tblsp pomegranate molasses  
4 tblsp olive oil



#### Salad

1 romaine or cos heart lettuce  
2 tblsp toasted pinenut kernels  
½ pomegranate, seeds only  
30 g raisins

### Method

#### For the chicken

Poach the chicken several hours in advance, or even the day before.

Put it in big saucepan with the lemon, carrots, celery, bouquet garni, peppercorns and a little salt.

Add water to cover and bring slowly up to the boil.

Reduce the heat and simmer very, very gently for about an hour or until the chicken is cooked through. Leave to cool in the liquid.

Remove the chicken (strain and save the stock to make soup or gravy some other time), pull off and discard skin. Pull the flesh off the bones and break into small chunks.

Set aside.

#### Dressing

Whisk the pomegranate molasses with the oil and add salt and pepper to taste.

#### For the salad

Just before serving, toss the salad ingredients with the chicken and just enough dressing to coat. Serve quickly before the lettuce begins to wilt.

*Recipe and image from Sophie Grigson, from: [Market Kitchen](#)*

## Pomegranate Orange and Baby Spinach Salad

Serves: 4

### Ingredients

2 handfuls baby spinach  
½ pomegranate, seeded  
2 tsp pomegranate juice  
1 orange in separated segments  
Juice of 1 orange  
½ tsp caster sugar



### Method

Place the washed baby spinach on a plate. Mix the sugar with the juice of half the orange and the pomegranate juice for dressing. Place the orange segments and pomegranate seeds on the spinach. Pour dressing over salad.

*Recipe and image from [www.leaveroomfordessert.com](http://www.leaveroomfordessert.com)*

## Pomegranate Salad

Serves 4

2 pomegranates – seeds removed  
Handful of flat-leaf parsley leaves  
100 g bag watercress or rocket  
1 small red onion, finely diced  
1 tblsp olive oil

### Method

Gently toss all the salad ingredients together and serve.

## Quinoa, Herb & Pomegranate Salad

Serves 2

### Ingredients

150 g quinoa  
½ vegetable stock cube  
75 g pine nuts  
1 pomegranate, seeds removed  
A small handful mint, chopped  
A small handful coriander, chopped  
1 lime, juiced  
4 tblsp olive oil

### Method

Cook the quinoa (see pg 80) with the vegetable stock cube dissolved in the water. Leave to cool, and then break up with a fork.



Meanwhile, toast the pine nuts in a dry frying pan until lightly golden. Mix the pine nuts, pomegranate seeds, herbs, lime juice and olive oil through the quinoa.

*Recipe (adapted) and image from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)*

## Quinoa Salad

Serves 4

### Ingredients

1 cup quinoa  
1½ cups cold water  
¼ tsp salt  
1 cup snow peas, shelled peas, celery, or green beans  
2 small carrots, scrubbed well and sliced thin  
½ green or red capsicum, sliced thin  
1 medium ripe tomato  
1 medium cucumber, peeled and diced  
¼ cup chopped fresh parsley, coriander, or basil  
½ cup chopped walnuts toasted sunflower seeds or toasted cashews



### Dressing

2 tbsp freshly squeezed lemon juice  
2 tbsp olive oil  
¼ tsp salt  
Fresh ground pepper  
Options: Pinch of cayenne, garlic powder or fresh minced garlic, minced fresh or dried ginger

### Method

(Quinoa can be made ahead of time and refrigerated).

Soak the quinoa for 5 minutes in cold water. Rinse thoroughly twice, pour off the water and drain through a large fine mesh strainer.

Place in large saucepan with the water and salt, cover and bring to a full boil then turn the heat to low. Cook for 15 minutes; remove from heat and set aside to cool.

Steam the carrots and green veggies for 5 minutes or until tender-crisp, drain, rinse in cold water and drain again. Place in a serving bowl.

Chop the tomatoes, herb and cucumber – add to the veggies along with the walnuts and quinoa.

Blend dressing ingredients with a whisk or shake in a jar. Add to veggies and quinoa and mix gently to combine.

Cover and chill, or serve immediately, with a leafy green salad.

### Per Serving

1465kJ, 10 g protein, 19 g fat (1 g sat fat), 37 g carbohydrates, 7 g fibre.

Recipe and image from <http://www.savvyvegetarian.com>

## Roasted Veggie Salad with Feta Cheese

Serves 2

### Ingredients

2 carrots, cut into 5 cm julienne sticks  
1 medium zucchini quartered lengthwise and cut into 2 cm chunks  
1 small red onion, cut into wedges, layers separated  
2 tbsp olive oil  
Coarse salt and ground pepper  
1 tbsp balsamic vinegar  
1 small head Cos or buttercrunch lettuce, torn into bite-size pieces  
½ cup crumbled feta cheese (approx 60 g)



### Method

If cooking from scratch (see Cook's tip), preheat oven to 180°C.

Toss carrots, zucchini, and onion with 1 tbsp olive oil; season with salt and pepper, place on baking tray in oven and toast until vegetables are tender and browned, 20 - 25 minutes, tossing once.

In a serving bowl, whisk together vinegar and remaining tbsp oil; season with salt and pepper. Add lettuce, and toss. Top with roasted vegetables and feta cheese.

### Cook's

Instead of preparing from scratch, make this tasty salad with yesterday's roast veggie leftovers.

### Tip

*Recipe (adapted) from [www.marthastewart.com](http://www.marthastewart.com)*

NOTES

## Salad Niçoise

Serves 4

### Ingredients

#### Dressing

60 mL olive oil  
2 garlic cloves, crushed  
15 mL white wine vinegar  
Salt and pepper

#### Salad

100 g green beans, trimmed  
100 g mixed salad leaves  
½ small cucumber  
4 tomatoes  
1 x 180 g can tuna (in spring water), drained  
1 x 50 g can anchovies, drained  
4 eggs, hard boiled  
½ bunch radishes, trimmed  
50 g small black olives  
Flat leaf parsley to garnish



### Method

To make the dressing: whisk together the oil, garlic and vinegar and season to taste with salt and pepper.

Halve the French beans and cook in a saucepan of boiling water for 2 minutes until only just tender, and drain.

Mix the salad leaves, cucumber, tomatoes and beans in a large shallow salad bowl. Flake the tuna. Halve the anchovies lengthways. Shell and quarter the eggs.

Scatter the radishes, tuna, anchovies, eggs and olives over the salad. Pour over the dressing and toss together lightly.

Serve garnished with parsley.

### Per Serving

1198 kJ, 22.9 g protein, 18.5 g fat (3.2 g sat fat).

*Recipe source unknown. Image from [www.bbc.co.uk](http://www.bbc.co.uk)*

NOTES

## Sesame Salad Dressing

Makes 500mL

### Ingredients

4 tblsp tahini  
4 tblsp cold pressed olive oil  
4 tblsp water  
4 tblsp freshly squeezed lemon juice  
½ tblsp honey  
1 clove garlic, finely chopped  
Salt and pepper to taste

### Method

Place all **Ingredients** in a jar with a lid. Cover, tighten and shake thoroughly until well-combined. This makes a thick, creamy dressing that keeps well in the refrigerator.

Add to a garden salad and lightly toss through to coat. Sprinkle with sesame seeds and enjoy.

## Simple Summer Salad

Serves 4

### Ingredients

1 avocado  
1 red onion  
4 tomatoes (or a punnet of cherry tomatoes)  
½ a telegraph cucumber – washed and cut into slices (skin on)  
1 buttercrunch or Cos lettuce  
50 g pitted black olives  
Pumpkin seeds (toasted\*)  
Juice of ½ a lemon  
2 tblsp olive oil  
Salt and pepper to taste.



### Method

Cut the avocado, remove the flesh and cut into cubes. Toss in lemon juice.

Cut tomato into chunks.

Cut the onion into rings and let stand in water for 5 - 10 minutes. Pat dry.

Arrange lettuce in individual salad bowls and add the mixed salad ingredients. Sprinkle with herbs and toasted pumpkin seeds.

Drizzle with olive oil or serve with Sesame Salad Dressing (see above).

\*to toast – place seeds in a hot dry skillet. Turn frequently until they start to pop. Cool and store in an airtight container.

### Per Serving

946 kJ, 2.6 g protein, 15 g fat (2 g sat fat), 4.1 g carbohydrates

## Steamed Broccoli Salad

Serves 4

### Ingredients

500 g broccoli  
½ tsp salt  
¼ cup red onion, chopped  
1 cup frozen peas (thawed)  
½ cup slithered almonds (optional)  
Vinaigrette dressing (see page 96)  
Chives (for garnish)



### Method

Cut broccoli into medium florets.

Blanch in salted boiling water for 1 - 2 minutes. Drain, and run cold water over to cool rapidly. Combine with red onion, peas and slithered almonds. Sprinkle vinaigrette dressing over while still hot. Allow to cool.

Garnish with chopped chives.

*Recipe (adapted) and image from [www.simplyrecipes.com](http://www.simplyrecipes.com)*

## Sweet Potato and Black Bean Salad

Serves 3

### Ingredients

1 cup scrubbed red kumara – cut into 2cm cubes.  
2 tblsp fresh lime juice  
2 tsp olive oil  
1 tsp Dijon mustard  
⅛ tsp salt  
⅛ tsp pepper  
1 garlic clove, minced  
¼ cup sliced red onions  
1 x 400 g can black beans (or red kidney beans) rinsed and drained  
3 cups spinach leaves, torn roughly  
¼ cup sliced red onions (to garnish)



### Method

Steam the kumara, covered, for 5 - 10 minutes or until tender, and cool.

Combine lime juice, olive oil, mustard, salt and pepper in a large bowl; stir well with a whisk. Add the cooled kumara, ¼ cup onions and beans; stir well to coat.

Place 1 cup spinach on each of 3 plates; distribute bean mixture, spooning it over the spinach.

Sprinkle evenly with the second measure of sliced onion.

### Per Serving

1109 kJ, 11.2 g protein, 4.2 g fat (Sat 0.6g), 0.0 g Cholesterol

*Recipe (adapted) from [Cooking Light, May 1998](#) Image from [www.theredspoonblog.com](http://www.theredspoonblog.com)*

## Vinaigrette Dressing

Makes approx 80mL - enough to dress one salad.

### Ingredients

1 tblsp lemon juice or Balsamic vinegar  
3 tblsp olive oil  
½ tsp salt  
Freshly-ground black pepper  
Pinch of sugar  
1 tblsp finely chopped herbs (eg parsley, basil, dill, chives)

### Method

Combine all ingredients in a small jar with a lid. Shake vigorously to combine.  
Pour over salad just prior to serving.

*Recipe (adapted) from "The Cook's Garden" (1980)*

## Zucchini Salad with Pomegranate Dressing

Serves 6

### Ingredients

3 zucchini  
2 cucumbers (Lebanese or 1 small telegraph)  
A large handful of mint  
1 bunch of chives  
1 fresh pomegranate seeds only  
150 g feta cheese or soft goat's cheese  
2 tblsp currants

### Dressing

Juice of ½ an orange  
1 tblsp pomegranate molasses  
2 tblsp olive oil



### Method

Wash the zucchini and cucumber. Using the vegetable peeler cut the zucchini flesh into ribbons. Peel the cucumber (if using a telegraph cucumber simply wash – do not peel the skin off) and cut into ribbons using the vegetable peeler. Place prepared cucumber in the refrigerator (don't refrigerate the zucchini).

Chop chives into 2 cm pieces. Chop mint roughly.

To make the dressing: juice orange and mix with olive oil, pomegranate molasses, a pinch of salt and pepper. Whisk to combine.

To assemble salad toss courgette and cucumber in dressing and add chopped herbs. Add currants and top with crumbled feta cheese. Finally slice the pomegranate in half and tap the back of its skin with a dessert spoon hard - so the seeds sprinkle out over salad.

Serve with warm wholemeal pitta bread and a green salad for a tasty light lunch.

*Recipe (adapted) and image from "Everyday Gourmet. – accessed from <http://uktv.co.uk>*



## PORTABLE LUNCHES

### Baked Potato

Serves 1

#### Ingredients

225g can tuna in brine water, drained  
½ red chilli, chopped (optional)  
1 spring onion, chopped  
Handful cherry tomatoes, halved  
½ small bunch coriander OR parsley, chopped  
1 medium-sized potato – baked in its skin  
50 g low-fat cottage cheese

#### Method

Preheat the oven to 180°C. Prick the potato several times with a fork and put it straight onto a shelf in the hottest part of the oven. Bake for approximately 1 hour, or until it is soft inside. Mix tuna with chilli (if using), spring onion, cherry tomatoes and coriander/parsley. Cut the top off the potato and scoop out about half of the potato inside. Fill with the tuna mix and cottage cheese.



#### Per Serving

1836 kJ, 64 g protein, 5 g fat, (2 g sat fat), 33 g carbohydrate.

#### TIP

This recipe can be varied each time you make it. Some options:

- Select ingredients from the following list: corn kernels, gherkins, sun-dried tomatoes, capers, olives (pitted), leftover peas, beans, carrot, broccoli, roast beetroot (chopped into small pieces).
- Mix a little herb spread (page 9) in with the stuffing.
- Substitute the cottage cheese for 30 g feta cheese.
- Alter the protein – use smoked or canned salmon or sardines, leftover chicken etc.

Recipe and image adapted from [Good Food](#) magazine, February 2012.

### Chicken Pasta Salad

See recipe page 50

Pack into a plastic container; use an “ice brick” to keep cool. Enjoy cold. Add sweet chilli sauce if desired.

## Corn and Zucchini Fritters

Serves 4

### Ingredients

310 g tin corn kernels, drained  
150 g zucchini, grated  
2 eggs, lightly beaten  
½ cup water  
1 cup buckwheat flour  
½ tsp raising powder  
½ tsp ground cumin  
½ tsp ground turmeric  
Sweet chili sauce to taste  
Salt and cracked black pepper  
Olive oil



### Method

Whisk together the corn, zucchini, eggs and water.

Gradually stir in the sifted flour and raising powder, cumin, turmeric, sweet chili sauce, salt and pepper.

Heat a little olive oil in a non-stick frying pan over medium heat.

Using a tablespoon, place heaped spoonfuls of the mixture in the pan and cook in batches.

Using a spatula, turn them once, until golden and cooked through.

Drain on paper towel. Eat hot or cold with tomato, avocado, coriander leaves.

### TIPS

For a packed lunch, place fritters on a bed of lettuce, sprinkle with fresh coriander leaves. Include ¼ avocado (sprinkle with lemon juice to prevent oxidation), some chunks of cooked salmon and a handful of cherry tomatoes.

Variation – include flaked salmon in the fritter mix.

These can be frozen, but will be somewhat soft after thawing.

*Recipe (adapted) and image from <http://www.taste.com.au>*

## Falafels

Makes about 30 small falafels

### Ingredients

315g (1 ½ cups) dried chickpeas, rinsed  
(OR 2 cans cooked chickpeas)  
90 g (½ cup) bulgur wheat (cracked  
wheat) OR quinoa  
1 small brown onion, roughly chopped  
½ cup fresh parsley leaves, washed, dried  
thoroughly  
40 g (¼ cup) plain flour  
1 tsp ground coriander  
½ tsp baking powder  
1 garlic clove, crushed  
Salt & ground black pepper  
2½ tblsp olive oil



### Method

Cook the chickpeas as per the legume cooking guide in *Modified Mediterranean diet GUIDELINES*.

Place the burghul / quinoa in a fine sieve and rinse under cold running water. Drain. Place in a small bowl and set aside for 30 minutes.

Drain the chickpeas and place in the bowl of a food processor with the burghul / quinoa, onion, parsley, flour, coriander, baking powder, garlic, salt and pepper. Process until combined and finely chopped. Shape tablespoonsful of mixture into round 1.5 cm-thick patties.

Heat half of the oil in a large non-stick frying pan over medium heat.

Cook the patties for 2 - 3 minutes each side, until golden. Transfer to a plate and cover with foil to keep warm.

Serve falafels hot or at room temperature with a dip (such as Guacomole (page 8), chickpea dip (page 7) or a garlic & yoghurt dip) and salad vegetables. For a portable lunch, pack into a sealed container or into wholemeal pita bread with salads and a dip.

TIP: Falafels are available premade – fresh or frozen –or as ready-to-make mixes (see the *Orgran* products in your supermarket). Make them very small and fry in a **little** olive oil (do not deep-fry). These are a great for putting into pita pockets, wraps, Farmers Lunchbox (below) or on their own with tomato salsa, salad and hummus.

## Farmers Lunchbox

Serves 1

### Ingredients

30 g Edam or Feta cheese

1 small apple

Baby Cos lettuce

2 hard-boiled eggs

1 small carrot – cut into sticks

4 - 6 cherry tomatoes

1 -2 gherkins

A few olives

2 tblsp chickpea dip (see page 7) or chutney of your choice



### Method

Place 4-5 baby cos lettuce leaves in a sealable container and place the chickpea dip / chutney in one corner.

Cut the apple into wedges and the carrot into stick and place both on the lettuce bed. Squeeze the lemon juice over.

Peel the eggs, but leave them whole. Cut the cheese and gherkins into chunks.

Add to the lunchbox with the remaining salad ingredients.

Eat as “finger food” with crackers such as *Ryvita*.

## Grilled Aubergine Panini

Serves 4

### Ingredients

2 tblsp low-fat mayonnaise  
2 tblsp chopped fresh basil  
2 tblsp olive oil, divided  
1 medium aubergine (eggplant)  
½ tsp garlic salt  
8 slices whole-grain bread  
⅓ cup sliced roasted red capsicum  
4 thin slices red onion



### Method

Preheat grill to medium-high.

Combine mayonnaise and basil in a small bowl. Cut the aubergine into 2 cm slices. Lightly brush both sides of aubergine with olive oil and sprinkle each slice with garlic salt. With the remaining oil, brush one side of each slice of bread.

Grill the aubergine for 6 minutes, turn with a spatula, and continue grilling until the aubergine is tender, about 4 minutes more. Toast the bread on the grill (oil side up first) for 1 to 2 minutes per side.

To assemble: Spread basil mayonnaise on four slices of bread. Top with the aubergine, red capsicums, onion and the remaining slices of bread. Cut in half and serve warm.

### Per Serving

1415 kJ, 12 g protein, 16 g fat, (6 g sat fat)

*Recipe source unknown.*

*NOTES*

## Pita Pockets

Choose wholemeal pita bread and stuff with any of the ingredients below:

### Basics – choose 4 - 5

Shredded lettuce  
Chopped tomato  
Chopped cucumber  
Sliced button mushrooms (cooked or raw)  
Sliced red onion  
Beetroot – small chunks or slices  
Grated carrot (sprinkle with a little lemon juice)  
Roast vegetables (eg aubergine, capsicum, carrot – sliced thinly)



### Flavour enhancers – choose 1- 2

Sliced olives  
Sliced gherkins  
Finely sliced sundried tomatoes

### Dressings – choose 1 or 2:

Sliced avocado (or guacomole – see page 8)  
Chickpea dip (see page 7)  
- line the pita bread with either of the above first  
Olive oil – drizzle a little over when assembled

### Protein – add 1:

Canned tuna or salmon or sardines (canned in brine)- drained  
30 g Feta cheese – crumbled  
Left-over cooked meat  
Falafels (see page 99)

Assemble your pita pocket. Wrap with cling film or lunch wrap.

Image from <http://www.yelp.com>

## Roasted Vegetable Frittata

Serves 4

### Ingredients

350 g orange kumara, peeled, cut into 3cm pieces  
1 red capsicum cut into 3cm pieces  
2 red onions , cut into wedges  
2 zucchini, cut into 3cm pieces  
1 -2 tblsp olive oil  
6 eggs  
½ cup water  
100 g rocket or baby spinach  
20 g parmesan cheese shaved  
¼ cup walnuts , roughly chopped  
1 tblsp balsamic vinegar



### Method

Preheat oven to 220°C. Grease a 6 cm deep, 20cm (8-cup capacity) square ovenproof dish.

Line a large roasting pan with baking paper. Place kumara, capsicum, onions and zucchini in pan. Sprinkle with olive oil. Spread out in a single layer and roast for 30 minutes or until light golden and tender.

Spread vegetables over base of prepared dish.

Reduce oven to 190°C.

Whisk eggs, water and pepper together in a jug.

Pour egg mixture over vegetables, shaking dish gently to allow egg to spread to base. Bake frittata for 25 minutes or until top is golden and centre is set. Set aside for 10 minutes. Cut into 4 pieces.

### To serve

Place rocket, parmesan and walnuts in a bowl. Toss to combine. Divide salad and frittata between serving plates. Drizzle 1 teaspoon vinegar over each salad.

TIP: for a packed lunch do not add the vinegar – supply a lemon wedge for squeezing over the salad.

## Spicy Tiffin Eggs

Serves 3

### Ingredients

7 large (no 7) eggs  
2 tbsp olive oil  
1 onion, chopped  
250 g grated carrots  
2 heaped tblsp Korma<sup>7</sup> paste  
200 g whole-grain bread crumbs  
85 g roasted cashews, finely chopped



### Method

Pre-heat oven to 190°C.

Put 6 of the eggs in a pan of cold water and bring to the boil. Boil for 5 minutes, and then cool quickly in cold water. Carefully shell.

While the eggs are cooling, heat the oil, sauté the onion gently for 5 minutes. Add the carrot and cook for 10 minutes more until soft.

Stir in the curry paste and fry for a few minutes more.

Stir in the breadcrumbs. Allow to cool completely.

Beat the remaining egg and stir in with seasoning to make a paste.

Divide the mixture into 6 and flatten with your hands then use to wrap round each egg – the mixture will seal well as you press it together. Roll in the cashews and chill until ready to cook.

Bake the coated eggs for 15 - 20 minutes. Cool for 5 minutes, then carefully cut in half using a very sharp knife.

Serve with mango chutney and a green salad.

*TIPS:* It's important to use the egg size stated in the recipe and do not overcook. If the mixture you're using to coat the eggs in is a little sticky and clinging to your hands rather than the egg, wet your hands a little, or rub with a drop of sunflower or olive oil. Rolling peeled eggs in a little flour can help your coating mixture to stick if you're having trouble.

The prepared eggs can be kept in the fridge overnight and cooked next day if preferred.

Serve with salad greens or cold steamed green vegetables (such as broccoli or beans).

Per Egg

340 kCal, 15 g protein, 21 g fat (4 g sat fat), 24 g carbohydrate

Recipe (by Sara Buenfeld) and image from <http://beta.bbcgoodfood.com>

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<sup>7</sup> Korma paste can be found in the International section of most supermarkets or in Indian/Middle Eastern food markets



## Wraps

Wraps (sometimes called Tortillas or Mountain Bread) are a very versatile option for a portable lunch. You can vary not only the ingredients but the wrap itself. Look for wholemeal, spinach or corn wraps in your supermarket.

### Chicken Guacomale Wraps

Serves 2

#### Ingredients

2 tortilla wraps (select a wholemeal or corn tortilla variety)  
Guacomale (see page 8)  
½ cooked chicken breast  
12 button mushrooms, chopped finely and sautéed in olive oil (+/- crushed garlic)  
½ red capsicum sliced thinly  
1 medium carrot, grated  
Lettuce – chopped or shredded



#### Method

Spread guacamole down the middle of the tortilla.

Lay shredded chicken breast, mushrooms, carrot, lettuce and sliced red pepper on top.

Roll up tightly - wrap in lunch wrap and secure with string, or roll tightly in cling film.

*Recipe by Sharon Erdrich. Images from [www.mensfitness.com](http://www.mensfitness.com)*

### Spinach Wraps

Serves 1

#### Ingredients

Handful of baby spinach leaves  
30 g feta cheese crumbled  
Cooked chicken or turkey breast meat – shredded  
1 tblsp slivered almonds  
½ spring onion, finely chopped  
Beetroot:, roasted and chopped into thin strips  
OR raw, grated  
Pea shoots or other salad sprouts



#### Method

Assemble into a wholemeal or spinach tortilla.

Secure with lunch wrap or cling film.

*Recipe by Sharon Erdrich. Image from <http://www.ifood.tv>*

## Zucchini and Feta Cake

Serves 6

### Ingredients

80 mL (½ cup) olive oil  
1 onion, finely chopped  
200 g smoked salmon chopped  
55 g (½ cup) pine nuts or sunflower seeds  
2 garlic cloves, crushed  
150 g (1 cup) self-raising flour  
3 medium (about 350 g) green zucchini, ends trimmed, coarsely grated  
4 eggs, lightly whisked  
60 mL (¼ cup) water  
30g (½ cup) shredded parmesan cheese  
100 g feta cheese, crumbled  
Freshly ground black pepper  
Extra olive oil, to grease  
Mixed salad leaves, to serve.



### Method

Preheat oven to 180°C.

Brush a square 22 cm cake pan with a little olive oil to coat. Line with baking paper.

Heat 1 tbsp of olive oil in a frying pan over medium heat. Add the onion and pine nuts/sunflower seeds, and cook, stirring, for 5 minutes or until onion is soft and pine nuts/sunflower seeds are lightly toasted. Add garlic and cook for 1 minute or until aromatic.

Sift the flour into a large bowl.

Add the onion mixture and zucchini. Stir to combine.

Make a well in the centre. Use a fork to whisk together the egg, water, flaked salmon, parmesan, feta and remaining oil in a jug. Season with black pepper.

Add to the flour mixture and stir to combine.

Pour mixture into prepared pan and bake 30 - 35 minutes or until top is golden and a skewer inserted into centre comes out clean. Set aside in the pan for 5 minutes to cool slightly before turning onto a wire rack to cool completely.

Cut into squares and serve with salad or refrigerate (or freeze).

*Recipe (adapted) and image from <http://www.taste.com.au>*

## CAKES & DESSERTS

### Amaretti Cookies

Makes 30 cookies

#### Ingredients

250 g almond flour (or 3 cups almonds, finely ground)

230 g fine sugar

3 egg whites

½ tsp vanilla extract

1 tsp almond extract



#### Method

Preheat oven to 150°C .

In a food processor mix together the almond flour and sugar.

Add the vanilla and almond extract and pulse for a few seconds. Add the egg whites, one at a time, and continue to process until the dough is smooth.

Place dough in teaspoonful amounts on baking paper on oven trays. Dust lightly with sugar.

Bake for 20 - 30 minutes, depending on whether you prefer them slightly chewy or crispy. (Shorter time for a chewy texture).

Store in a cool, dry container.

*Note: the cookies will become crisper in storage.*

#### Per Serving (1 cookie)

347 kJ, 2.0 g protein, 4.6 g fat (0.3 g sat fat), 4.4 g carbohydrates.

*Recipe (adapted) and image from [http://www.simplyrecipes.com/recipes/amaretti\\_cookies](http://www.simplyrecipes.com/recipes/amaretti_cookies)*

NOTES

## Black Bean Brownies

Makes 12 large brownies

### Ingredients

¾ cup dried OR 425 g canned black beans  
3 eggs  
5 tblsp (75 mL) vegetable oil (e.g. macadamia nut oil)  
1 cup (200 g) brown sugar  
½ cup (55 g) cocoa powder  
½ cup (55 g) almonds or Brazil nuts  
1 tsp pure vanilla essence  
½ tsp baking powder  
100 g (approx ¾ cup once chopped) dark chocolate  
chopped roughly



### Method

If using dried beans, soak overnight in plenty of cold water. Before baking, drain the soaked beans and cover with fresh water. Bring to the boil then reduce and simmer for about 1 hour until very soft, but still holding their shape. Drain and set aside to cool.  
If using canned beans, rinse well and drain.

Preheat oven to 180°C. Grease an 18 x 28 cm slice tin and line with baking paper.

Tip the beans and almonds into the bowl of a food processor or blender. Blend until they are the consistency of a smooth paste.

Add the eggs and oil and pulse to combine.

Add sugar<sup>8</sup>, cocoa, almond meal, vanilla and baking powder.

Process until smooth and well combined.

Add chopped chocolate and use *pulse* function to evenly distribute. Spoon mixture into prepared slice tin and smooth the top off with the back of a spoon.

Bake for 30 - 35 minutes or until an inserted skewer comes out clean.

Cool in the tin.

Slice into 12 squares and serve.

### TIP

Store leftovers in an airtight container and use within 3 - 4 days. It will become firmer on the outside or more fudge-like if stored in the refrigerator.

### Per Serving (1 brownie)

799 kJ, 5 g protein, 8 g fat, (1 g sat fat), 27 g carbohydrate, 4 g fibre

*Adapted from recipe by Matthew Kadey, <http://www.livingwithout.com>. Image from <http://www.mydarlinglemothyme.com>*

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<sup>8</sup> For a low-sugar option use ½ cup stevia powder and 1 – 2 tblsp brown sugar OR ½ cup Splenda® Brown Sugar blend. This will reduce the carbohydrates to approximately 12 g per brownie

## Blueberry Pancakes

Makes 8 small pancakes

### Ingredients

1 cup (130 g) buckwheat flour  
1 tsp baking powder  
¼ tsp baking soda  
2 tblsp raw sugar  
1 large egg  
1 cup low fat buttermilk  
40 mL macadamia nut oil  
1 cup blueberries – fresh or frozen (thawed)



### Method

In a large bowl, whisk together the flour, baking powder, baking soda, salt and sugar.

In a separate bowl whisk together the egg, buttermilk and macadamia nut oil.

Make a well in the centre of the dry ingredients and then pour in the egg mixture, all at once, and stir until just combined

Heat a frying pan or skillet over medium high heat until a few sprinkles of water dropped on the pan or griddle splatter.

Lightly brush the pan with macadamia nut or sunflower seed oil.

Pour about ¼ cup (60 mL) of pancake batter (per pancake) into the hot pan.

Evenly sprinkle the uncooked tops of the pancakes with fresh or unthawed frozen blueberries (if using thawed blueberries, blot with a paper towel to remove any moisture). (Do not mix blueberries into the batter or the colour will change).

When the bottoms of the pancakes are golden brown and bubbles start to appear on the uncooked top surfaces of the pancakes (2 - 3 minutes), turn over.

Cook until golden brown (about 2 - 3 minutes) and cooked through.

Repeat with remaining batter, brushing the pan with oil between batches.

Serve immediately with plain yoghurt.

### Per Serving (2 pancakes)

1232 kJ, 8.6 g protein, 5.3 g fat (3 g sat fat), 16.5 g carbohydrates.

*Adapted from The Culinary Institute of America. Breakfasts & Brunches. Lebhar - Friedman, Inc. New York: 2005*

## Blueberry and Banana Protein Bread

Makes 16 slices

### Ingredients

1 cup (125 g) whole wheat flour  
2 scoops protein powder (eg whey protein) (either plain or vanilla)  
½ cup (50 g) rolled oats  
2 tsp baking soda  
2 tsp baking powder  
½ tsp salt  
⅓ cup / 80 mL reduced fat buttermilk<sup>9</sup>  
1 tblsp macadamia nut or sunflower seed oil  
1 tsp vanilla extract  
4 egg whites  
4 mashed, VERY ripe bananas (about 1 ½ cups)  
1 ½ cups (200) g blueberries



### Method

Preheat the oven to 180° C, and place a rack in the centre. Grease a 20 x 13 cm loaf pan (or equivalent) and dust with flour. In a medium bowl, whisk together the flour, rolled oats, protein powder, baking soda, baking powder, and salt.

In a separate bowl, beat the oil and the egg whites, add the buttermilk and mix in gently. Add the mashed banana and whisk until combined.

Add the flour mixture in two or three batches, making sure not to over mix. Finally, fold in the blueberries. Do not stir more than necessary to *just* combine.

Pour the batter into the loaf tin, top with a handful of jumbo rolled oats.

Bake until golden brown, about 60 minutes and until a tester inserted into the centre comes out clean.

Transfer the pan to a wire rack to cool in the pan for 10 minutes, then turn the loaf out of the pan to cool completely.

The bread will be moist for up to 3 - 4 days and can be stored for longer in an airtight container in the refrigerator.

### Per Serving

340 kJ, 2.9 g protein, 1.6 g fat, (0.2 g sat fat), 12.6 g carbohydrates.

Recipe and image from <http://www.theironyou.com>

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<sup>9</sup> You can make your own buttermilk by adding 1 tsp of lemon juice (or white, or cider vinegar) to ⅓ cup (80 mL) of low fat milk. Let it stand 5 to 10 minutes before using

## Boysenberry and Apple Cobbler

Serves 6 - 8

### Ingredients

#### Berry mixture:

4 medium apples, washed  
4 cups boysenberries (fresh or frozen)  
1½ tblsp cornflour  
¼ cup raw sugar  
⅛ cup water  
1 tblsp lemon juice

#### Batter topping:

1½ cups wholemeal flour  
¼ cup brown sugar  
2 tsp baking powder  
30 g butter or margarine  
3 tblsp low fat (or soy) milk



### Method

Preheat oven to 190°C. In a saucepan place the cored, roughly chopped apples with a little water. Cook over a medium heat until tender. Add boysenberries.

Mix cornflour, sugar and water - add to saucepan. Cook on medium heat until mixture is thickened, about 15 minutes. Add lemon juice. Stir to combine. Pour into a 16 cm baking dish.

#### Prepare the batter

Sift together the flour, baking powder and sugar. Rub in the butter. Add the milk and mix together quickly until the mixture just comes together. Bring the mixture together with your hands and pluck off even sized portions of dough and drop over the berry mixture.

Bake 25 - 30 minutes.

Allow to cool a little before serving with yoghurt or a **small** dollop of 50/50 yoghurt and whipped cream.

### Per Serving

667 kJ, 2.5 g protein, 3.4 g fat (2 g sat fat), 26.8 g carbohydrates.

*Recipe (adapted) and image from [www.otaqofarmersmarket.org.nz](http://www.otaqofarmersmarket.org.nz)*

## Chocolate Peach Upside-Down Pudding

Serves 16

### Ingredients

#### Topping

30 g butter or 2 tblsp macadamia nut oil  
1 tsp custard powder  
1 can peach halves canned in juice  
(drained, save the juice)  
1 - 2 tblsp juice from canned peaches  
2 tblsp golden syrup  
50 g chopped walnuts  
8 glace cherries (optional)

#### Cake

50 g butter  
½ cup brown sugar  
1 egg  
1 cup wholemeal wheat flour  
2 tblsp cocoa  
1 tsp baking soda  
Juice from canned peaches



### Method

Pre-heat oven to 180°C.  
Grease a ring-cake tin.

#### Topping

Melt the butter and add the custard powder, fruit juice and golden syrup. Heat gently, stirring until well combined.

Pour into the cake tin then sprinkle walnuts and cherries around the tin. Arrange the peaches (cut side up).

#### Cake

Soften the butter, add sugar and egg and beat together. Sift dry ingredients over this. Add about 2 - 3 tblsp of reserved juice and mix together, adding more juice to make a soft batter (it should just run off the spoon).

Spoon the cake mix over the fruit, placing evenly around the pan – it will spread as it cooks.

Cook for 25 - 30 minutes.

Let stand 2 - 3 minutes before turning onto a flat plate. Remove the pan.

Serve with plain yoghurt.

### Per Serving

670 kJ, 2.8 g protein, 7 g fat (3.2 g sat fat), 17.5 g carbohydrates

Recipe and image from *Australian Women's Weekly Cookbook*.



## Muesli Muffins

Makes 12 large muffins

### Ingredients

2 cups untoasted bircher muesli (see page 118), plus extra to sprinkle  
1¼ cup soy or low-fat milk  
1¼ cup self-raising flour, sifted  
¼ cup macadamia nut or sunflower seed oil  
¼ cup dried cranberries  
1 Granny Smith apple, unpeeled, grated  
¾ cup raw sugar  
1 egg, lightly beaten  
½ tsp ground cinnamon

### Method

Preheat the oven to 190°C. Line a 12-hole, half-cup capacity muffin pan with baking paper or paper cases.

Place the muesli in a large bowl with the milk and leave to stand for 10 minutes. Sift over the flour and add the remaining ingredients, stirring to just combine.

Divide the mixture among the prepared pans and scatter with a little extra muesli.

Bake for 20 - 25 minutes until the muffins are firm and golden.

Allow to cool slightly before removing from the pan to a wire rack.

*Recipe from <http://www.foodmag.co.nz>*

*NOTES*

## Orange & Berry Self-Saucing Pudding

Serves 4

### Ingredients

¼ cup flaked almonds  
30 g butter  
¾ cup self-raising flour  
½ cup milk or almond milk  
¼ cup Rapadura sugar (or dark brown sugar)  
2 tsp finely grated orange rind  
¾ cup frozen raspberries (or blueberries)

### For the sauce

¼ cup Rapadura sugar (or dark brown sugar)  
¼ cup freshly squeezed orange juice  
¾ cup boiling water  
Yoghurt to serve



### Method

Grease a 1.5L oven-proof dish (or 4 individual 1-cup ramekins). Preheat oven to 180°C

Melt butter. Add flour, milk and first measure of sugar. Whisk until well-mixed and smooth. Stir in raspberries and orange rind.

Pour into baking dish or ramekins – no more than ¾ full.

Sprinkle remaining sugar over the top. Mix orange juice and boiling water together and carefully pour over the top of each dish.

Bake in oven 20 - 25minutes. Let stand 5minutes.

While pudding is baking, dry roast the almonds in a fry-pan until lightly browned.

To serve: Sprinkle each pudding with roasted almonds. Serve hot (or the sauce will absorb into the pudding). Accompany with natural Greek yoghurt.

*Recipe adapted from "Puddings" Australian Women's Weekly. Image from [www.chelsea.co.nz](http://www.chelsea.co.nz)*

## Chocolate Orange Self-Saucing Pudding

Make as for Orange & Berry pudding (above), but add 2 tblsp cocoa powder (sifted) into the flour mix, and increase the first measure of sugar to ½ cup.

Add 1 tblsp cocoa powder to the sauce.

Pour over the cake batter before placing in the oven.

NOTES

## Panforte

For special occasions, enjoy this Italian Christmas Cake (sometimes called Sierra Cake) made with honey, nuts, chocolate, spices, and dried fruit. It has a nice soft and chewy texture that is almost candy-like. Enjoy sparingly. Makes about 16 servings

### Ingredients

100 g whole blanched almonds  
100 g whole hazelnuts  
90 g (⅓ cup) coarsely chopped figs  
55 g (⅓ cup) coarsely chopped dried apricots  
50 g (⅓ cup) mixed peel  
100 g (¾ cup) plain flour  
2 tbsp cocoa powder  
1 tsp ground cinnamon  
½ tsp mixed spice  
75 g good-quality dark cooking chocolate, finely chopped  
125 mL (½ cup) honey  
55 g (¼ cup) caster sugar  
Icing sugar, to dust



### Method

Preheat the oven to 180°C. Line the bottom of a 22 - 23cm spring-form pan with baking paper. Grease the sides of the pan and dust with cocoa powder, making sure to get it right up the sides.

Spread the almonds over half a baking tray and spread the hazelnuts over the remaining half. Bake in preheated oven for 8 minutes or until lightly toasted. Place the hazelnuts on a clean tea towel and rub to remove the skins. Reduce oven to 170°C.

Chop the nuts roughly and place in a large bowl. Add the figs, apricots and mixed peel and stir until well combined. Sift over the combined flour, cocoa, cinnamon and mixed spice and stir to combine.

Place chocolate, honey and sugar in a small saucepan and stir over medium-low heat until sugar dissolves and chocolate melts. Bring to the boil. Reduce heat to low and simmer, without stirring, for 2 minutes or until a candy thermometer reaches 116°C or 'soft ball stage'. (If you don't have a thermometer, check periodically by dropping 1 teaspoonful of syrup into a glass of cold water. When the syrup falls in a ball it's at the correct stage.)

Pour the hot chocolate mixture into the fruit mixture and, working quickly, stir until well combined. Spoon into the prepared pan and smooth the surface – best done by covering with a sheet of baking paper and pressing firmly or rolling flat.

Bake for 30 - 35 minutes or until just firm. Remove from oven and set aside to cool.

To serve, dust with icing sugar, and cut into thin wedges.

### Storage

Panforte can be kept for several months, well wrapped, at room temperature.

Recipe from <http://www.taste.com.au/recipes/> Image from <http://cakeitaly.com/?tag=recipe-panforte>

## Pear & Plum Crumble

Serves 6

### Ingredients

800 g fresh (halved and stoned) OR canned plums  
800 g pears – cored and cut into thin slices  
OR pears canned in Juice, drained  
1 tsp ground cardamom  
125 g crushed amaretti cookies (see page 107)  
50 g plain flour  
35 g almond meal  
70 g slivered almonds  
100 g butter



### Method

Preheat oven to 180°C. Grease a 1.5L oven-proof dish. If using fresh fruit, cook on stove-top until just soft.

Combine plums, pears and cardamom and place in baking dish. Combine amaretti, fruit, almond meal and nuts in medium bowl. Rub in butter. Sprinkle over plum mixture.

Bake 15 - 20 minutes until golden brown.

### Per Serving

2022 kJ, 8.5 g protein, 36 g fat (10 g sat fat), 34 g carbohydrates.

*Recipe source unknown. Image from [www.bbc.co.uk](http://www.bbc.co.uk)*

## Simple Warm Fruit Dessert

Serves 2

### Ingredients

1 cup mixed fresh fruit (e.g. peaches, apricots, plums, fresh or frozen berries, grapes and banana)  
1 dessertspoon dark brown sugar (optional)

### Method

Cut fruit into bite size pieces and fry in a wok on a med-high heat for 2 - 3 minutes with the sugar (this may not be necessary depending on the sweetness of the fruit). Cover while frying to retain the juices.

Serve with plain yoghurt.

NOTES

## Soy & Banana Icecream

Serves 4

### Ingredients

500 mL soy milk  
1 tsp vanilla extract  
2 bananas  
3 tblsp Xylitol<sup>10</sup> or artificial sweetener, such as Splenda or 20 drops of Stevia<sup>11</sup>.



### Method

Place all the ingredients in a food processor and blend for 3 minutes until very smooth. Transfer the mixture to a freezer-proof container and freeze until firm.

*Recipe and image from "Florida Fatbusters" via <http://uktv.co.uk>*

## Spicy Bean Cake

Makes enough for 16 serves.

### Ingredients

¼ cup butter, margarine or macadamia nut oil  
1 cup (200 g) raw sugar  
2 eggs  
2 cups cooked pinto or cannellini beans  
1 cup wholemeal flour  
1½ tsp baking soda  
¼ tsp salt  
¼ tsp nutmeg  
1 tsp cinnamon  
½ tsp cloves  
2 cups diced apples  
½ cup mixed nuts (e.g. Brazil and walnuts)  
1½ tsp vanilla essence  
¾ cup raisins



### Method

Pre-heat oven to 190°C. In a blender cream the butter/margarine and sugar. Add eggs, one at a time, beating well. Blend in beans until smooth and creamy. Sift together dry ingredients. Add to creamed mixture, blending well. Fold in apples, raisins, nuts and vanilla. Pour into buttered 20 x 30cm pan.

Bake in oven, 45 to 50 minutes or until cake tests done. Dust lightly with icing sugar.

You can add a variety of things to this cake, eg: chopped hazelnuts, blueberries, lemon zest. Serve with plain yoghurt and a sprinkle of shaved chocolate.

### Per Serving

1170 kJ, 6.4 g protein, 10.6 g fat (4.1 g sat fat) 37.3 g carbohydrates.

*Recipe (adapted) from of the Idaho Bean Commission <http://www.usdrybeans.com>*

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<sup>10</sup> Xylitol (and Erythritol) are natural sweeteners produced from the skins of some fruits and vegetables. Both have a lower glycaemic index and therefore are preferable over sugar. Use in place of sugar in recipes. "Annies" produce them in NZ.

<sup>11</sup> Stevia is a natural herbal sweetener – it is 25 - 30 times sweeter than sugar. It is available as a powder or liquid.

## BREAKFAST

### Berry Healthy Breakfast Smoothie

Serves 2

#### Ingredients

½ cup blueberries  
½ cup strawberries  
½ cup blackberries  
(or 1½ cups any mixture of berries)  
1 medium carrot – cut into chunks  
1 cup low-fat milk or yoghurt  
1 cup pomegranate juice (cranberry is an okay substitute)  
2 cups ice (optional)



#### Method

Blend together on high until smooth – add water as desired. Serve.

#### Per Serving

547 kJ, 6 g protein, 1.1 g fat, 0.16 g sat fat

Image from <http://berrysmoothierecipes.com/>

### Bircher Muesli

Makes 12 - 15 servings

#### Ingredients

6 cup jumbo rolled oats  
½ cup currants or raisins  
½ cup almonds, chopped  
¼ cup Brazil nuts, chopped  
½ cup mixed seeds – pumpkin kernels, sunflower seeds, flaxseeds, sesame seeds  
½ tsp ground cinnamon  
Pinch ground nutmeg

Mix the above ingredients together and store in an airtight container.

In the evening, take out ½ cup per person and cover with apple juice or freshly squeezed orange juice. Cover. Leave at room temperature.



#### To serve

Add ½ cup mixed berries, ¼ chopped apple and 2 tblsp plain Greek yoghurt.

Recipe from Sharon Erdrich. Image from <http://ironchefshellie.com>

## Breakfast Frittata

Serves 4

### Ingredients

1 medium yellow capsicum  
1 medium red capsicum  
2 cups broccoli, cut into bit size pieces  
½ cup pitted kalamata olives, chopped  
6 eggs, beaten  
½ cup soy milk (or low fat milk)  
1 tsp dried basil  
1 tsp dried oregano  
Salt and pepper to taste  
¼ cup cashew nuts ground fine for garnish



### Method

Heat oven to 200°C and grease a 20 cm round pan.

Quarter and seed peppers, and grill or broil them for 5 - 10 minutes or until lightly charred.

Place in a closed bag and let cool for 5 minutes. Then peel and thinly slice.

Place broccoli, peppers and olives evenly into the pan. Beat remaining ingredients together in a small bowl and pour over the vegetables.

Bake for 35 - 40 minutes or until the centre has set.

Grill for the last 2 minutes to brown the top.

Serve warm or garnish cold garnished with ground cashews.

Also suitable as a lunch meal.

Per Serving

995 kJ, 15 g protein, 14 g fat, (3.5 g sat fat).

*Recipe source unknown. Image from <http://cappers.grit.com>*

NOTES

## Buckwheat Pancakes

Serves 6

### Ingredients

½ cup walnuts or almonds, ground in food processor to a fine powder  
1½ cups buckwheat flour  
1 small banana, mashed  
1 tsp cream of tartar  
1 tsp baking soda  
¾ tsp salt  
⅓ cup water  
1 tbsp macadamia nut oil  
Optional: fresh berries, chopped apple, or chopped nuts sprinkled into batter



### Method

Combine ground walnuts, flour, salt, cream of tartar, baking soda and salt into a medium sized mixing bowl, blending well. Whisk 1 cup of water into the dry ingredients and then blend in the banana.

Gradually add the rest of the water until you get the desired thick-but-pourable consistency.

Stir in any optional ingredients until just combined.

Brush or spray a large skillet with a small amount of oil. Heat over medium heat.

Drop batter onto hot cooking surface using a large spoon.

Cook the pancakes until bubbles form on top, then flip. Cook on the second side until lightly browned.

### Per Serving

873 kJ, 4.2 g protein, 9.4 g fat, (1 g sat fat).

*Recipe source unknown. Image from [www.brendajwiley.com](http://www.brendajwiley.com)*

NOTES



## Mushroom & Spinach Omelette

Serves 2

### Ingredients

2 tblsp olive oil  
2 - 3 large field (Portobello) mushrooms, sliced  
4 eggs  
½ cup water  
Salt and freshly ground black pepper  
50 g baby spinach leaves



### Method

Heat the oil in an omelette pan and fry the sliced mushrooms with ground pepper until they are tender.

Remove half the mushrooms and set them aside.

Whisk together the eggs, water and seasoning. Pour half the egg mixture into the omelette pan and swirl to coat the mushroom slices.

Cook over a gentle heat until the egg is nearly set in the centre. Arrange half of the baby spinach leaves and fold the omelette in half to encase the filling.

Transfer the omelette to a serving plate and keep it warm while cooking the remaining omelette in the same way.

Serve with sliced tomato.

*Recipe (adapted) and image from [www.foodmag.co.nz](http://www.foodmag.co.nz)*

## Porridge (Oatmeal)

Serves 2 - 3

### Ingredients

1 cup quick oats or jumbo oats (take longer to cook)  
2 - 3 cups cold water (more if you like it creamy, less if you like it thick)  
1 cup soy or low fat milk  
¼ tsp salt  
½ tsp cinnamon  
Handful of blueberries  
Sprinkling of your favourite nuts and seeds.

### Method

Put all ingredients except the blueberries and nuts into a medium saucepan. Bring to the boil, stirring occasionally, then turn down to simmer. For non-creamy oatmeal, boil the water first, and then add the oats.

Cook until thick and creamy, about 10 minutes, stirring a few times.

Sprinkle the blueberries and nuts over the top.

### Per Serving

1315 kJ, 14.2 g protein, 14.2 g fat, (2.3 g sat fat).

## Raspberry Strawberry Smoothie

Serves 3

### Ingredients

½ cup strawberries  
½ cup raspberries  
½ cup of pineapple juice  
1 apple – cut into quarters (skin on)  
1 cup of low-fat natural yoghurt  
Optional: handful of lettuce leaves<sup>12</sup>  
5 ice cubes

### Method

Blend together until smooth. Serve – decorated to your desire.



You can use frozen berries in place of the ice cubes.

### Per Serving

1072 kJ, 14.6 g protein, 2.3 g fat, 0.6 g sat fat

*Recipe source unknown. Image from <http://nutritionucqiblog.com>*

NOTES

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<sup>12</sup> Adding lettuce leaves to a smoothie will not adversely affect the flavour and is one way to get an additional serve of green vegetables.

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