



HEALTHY RECIPES PROVIDED BY
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Contents

APPETIZERS.....	4
BABA GHANNOUJ.....	4
(AUBERGINE DIP).....	4
BEAN PATE.....	5
PATE.....	5
PITA ‘SOURDOUGH’	7
BREAKFAST	8
SMOOTHIE	8
APPLE GRASS.....	9
CARROT GRASS.....	9
TROPICAL PASSAION GRASS.....	10
SWEET GRASS.....	10
PURE VEGGIE DELIGHT	10
SIMPLY GREEN	11
MARYN’S POWER PREGNANCY SMOOTHIE.....	12
BREAKFAST SMOOTHIE	13
ORANGE & GRAPEFRUIT JUICE.....	13
ORANGE & STRAWBERRY JUICE	14
MIXED JUICE	14
WATERMELON GRANITA	14
AVOCADO RICE MILK BLEND.....	15
XIGO YI.....	15
PANCAKE BREAKFAST	16
OATMEAL.....	18
FRITTATA.....	19
FETA, SWEET POTATO & EGGPLANT FRITTATA	20
MUESLI BARS.....	21
SPINACH & PARMESAN OMELETTE	22
AVOCADO TOAST	23
BUDWIG CREAM	24
PREGNANCY BIRCHER MUESLI.....	25
SPELT FRUIT MUFFINS	26
CARDAMON SCONES WITH CINNAMON BUTTER.....	28
APPLE & BERRY MUFFINS.....	29
SOUPS, SALADS & SANDWICHES.....	30
TOMATO SOUP	30
MINTED ASPARAGUS & PEA SOUP.....	31
CREAMY BROCCOLI SOUP.....	32
SWEETCORN SOUP WITH SPICED BUTTER.....	33
DHAL-LENTIL SOUP.....	34
CORIANDER & LENTIL SOUP	35
VEGETABLE SOUP	36
SPICED ZUCCHINI SOUP	37

PUMPKIN SOUP	38
GREEK LENTIL SOUP (FAKI).....	39
GAZPACHO	40
COLD NOODLE SALAD	41
SPINACH SALAD.....	42
BEETROOT SALAD.....	43
ASPARAGUS SALAD & SOY DRESSING.....	44
BLOOD ORANGE & FENNEL SALAD	44
CARROT, FETA & MINT SALAD	45
KIDNEY BEAN SALAD.....	45
CHICKEN NOODLE SALAD WITH SESAME	46
HELEN & AL’S MONDAY TO THURSDAY SALAD.....	47
BROWN RICE SALAD	48
VIETNAMESE PRAWN NOODLE SALAD	49
WARM VEGETABLE SALAD	50
WARM BEEF SALAD WITH SPINACH & HERB DRESSING.....	51
CHOPPED RAINBOW SALAD	52
SIMPLE MEDITERRANEAN SALAD	53
QUINOA SALAD	54
CHICKPEA POCKETS & GREEK SALAD	57
MIXED SALAD	58
TABOULEH-WHEAT & HERB SALAD.....	59
WALDORF SALAD & CINNAMON APPLE	60
POTATO, OLIVE & CAPER SALAD	61
LAMB LENTIL AND CHERRY TOMATO SALAD.....	62
THAI MANGO SALAD	63
TOMATO MISO SOUP	64
ASPARAGUS & GREEN BEANS WITH ALMONDS.....	66
ORANGE & ALMOND FRESHENER.....	67
CHICKEN SANDWICHES	68
CHICKEN TINOLA.....	69
LEMONY BLACK-EYED PEA AND CILANTRO SALAD.....	70
PITA BREAD WITH CHICKEN & CUCUMBER DRESSING	71
MUSHROOM SOUP.....	72
HEALTHY & DELICIOUS FRUIT SALAD	73
LEEK & LENTIL SOUP	74
EASY RATATOUILLE	75
DOUBLE FLOWER COMBINATION DISH	76
SPINACH, LEEK & LENTIL PASTA	77
PASTA AL PESTO.....	78
VEGETABLE LASAGNE I.....	79
VEGETABLE LASAGNE II	81
MUSHROOM LASAGNE WITH SPRING ONION & FROTHY MUSHROOM STOCK.....	83
OPEN LASAGNE WITH ROCKET & WALNUT PESTO.....	84
MOROCCAN CHICKEN.....	86
SESAME TOFU WITH CHINESE GREENS	87
WATERMELON, TOMATO & MOZZARELLA SKEWERS	88
STEAK WITH MANGO & WASABI SALSA.....	89

SPAGHETTI WITH GARLIC & SPINACH	90
RATATOUILLE.....	91
SPICY CHICKEN SKEWERS WITH MANGO TABOULEH.....	92
FRIED BEEF WITH KALE	94
VIETNAMESE SUMMER ROLLS	95
LENTIL STEW	96
PASTA WITH PUMPKIN.....	97
MONDAY NIGHT SIMPLE SUPPER.....	98
LEEK & MUSHROOM QUICHE.....	99
PARMESAN CRUMBED FISH WITH MINTED RISONI	101
POACHED SALMON & SOBA NOODLES.....	102
SIMPLE HEALTHY CHINESE-STYLE STEAMED FISH	103
RESTAURANT-STYLE CHINESE STEAMED FISH	104
BAKED SALMON WITH MUSTARD MASH	105
TUNA SKEWERS	106
FISH PIE.....	107
ASIAN-SPICED KEDGEREE.....	108
PAPER BAG SEAFOOD LINGUINI	109
A RECIPE CREATED WITH LOCAL INGREDIENTS	110
SALMON WITH POTATO SALAD & BEETS.....	112
SHEPHERD’S PIE.....	115
RISOTTO WITH ASPARAGUS.....	116
ROASTED CHERRY TOMATO & FETA TART	117
MASHED POTATO.....	118
CORN CAKES	119
MUSHROOM & LEEK RISOTTO	120
PENNE WITH TOMATO & CHILI.....	121
ZUCCHINI & RICOTTA PASTA	122
ROASTED ROOT VEGETABLES.....	123
SPINACH STIR FRY WITH GARLIC	124
DESSERTS	125
BANANA BREAD	125
PINA COLADA CHEWIES	126
STEWED SNOW FUNGUS WITH BEAN CURD SHEET	127
APPLE TEA CAKE.....	128
PASSION CAKE	129
LAUREN’S OATMEAL CHOCOLATE CHIP COOKIES.....	130
LACTATION COOKIES.....	131
APPLE MUFFINS.....	132
MINI-CARROT CAKE/MUFFINS.....	133
HEALTHY PREGNANCY COOKIES	134

APPETIZERS

BABA GHANNOUJ

(Aubergine Dip)

Contributor's comments: 'This is my mum's recipe which is really delicious, and much nicer than the aubergine dip you can buy in supermarkets! The quantities mentioned are for a large serving size, maybe for a party!'

Ingredients

3 aubergines (eggplants)
2-4 cloves of garlic
salt (to taste)
2-3 tablespoons tahini paste (depending on sizes of the aubergines, to taste)
juice of 2-3 lemons (to taste)
pomegranate seeds or molasses (syrup)
olive oil
chopped fresh coriander or parsley (optional)
a light touch of grated lemon zest (optional)

Directions

Cut the stems and green sepals (hulls) of the aubergines, making sure not to reach the flesh. Pierce them from the stem, otherwise they will burst while baking. Cook them over charcoal/an open flame or under a gas/electric grill, until the flesh is soft and the skin becomes crisp and starts to crack open. Slit them longitudinally and scoop the pulp out of the skin. Mash thoroughly. Gradually add in a bit of the lemon juice, then tahini, followed by more lemon juice, continuing until most have been used up. Crush the garlic with salt, and mix to a paste with a little lemon juice. Blend it with the aubergine mixture. Add seasoning to taste, adding more salt, lemon juice and pomegranate syrup (and a bit of chopped coriander and lemon zest if you'd like). Garnish with pomegranate seeds, a few leaves and chopped tomatoes, serve cold with olive oil.



Appetizers

BEAN PATE

Ingredients

1 tin (400g) kidney beans
2 cloves of garlic, crushed
juice of 1/2 lemon
2 teaspoons tomato paste
1 teaspoon cumin powder
2 tablespoons olive oil
salt & pepper

Directions

Blend all of the above ingredients into a smooth paste. Serve with vegetable crudité's or spread on wholegrain bread!



Appetizers

PATE

Ingredients

2 tablespoons butter
1 small onion, chopped
1 clove of garlic, chopped
2 large Portobello mushroom caps
2 tablespoons cream cheese
2 tablespoons fresh lemon juice
2 tablespoons soy sauce
salt & freshly ground black pepper
1 to 2 red and green apples
1 head Belgian endive
1 cup sliced almonds
1 teaspoon dried tarragon, plus a pinch for garnish

Directions

Wash the mushroom caps thoroughly. Scoop out the gills with a spoon and discard. Chop the mushrooms.

Melt the butter in a frying pan over medium heat, adding in onion, garlic, mushrooms and tarragon.

Saute the vegetables until tender and golden.

Transfer the mushroom mixture to a food processor or bowl if using a hand blender.

Add in the almonds, cream cheese, lemon juice and soy sauce, blending to combine.

Season with salt and ground pepper.

Slice the apples. Separate and rinse the Belgian endive leaves.



Appetizers

To serve, spoon the mushroom pate into a small serving bowl and garnish with a light dusting of tarragon. Serve with the sliced apples, Belgian endive and flatbread (or crackers or any other breads of your choice), arranged on a platter around the bowl of pate!

Preparation tip: The pate can be prepared up to 2 days in advance; serve cold or heat in a microwave to serve warm.

Nutri-tip

The glycaemic index(GI) of a food is a measure of how quickly a food is digested and how much it raises blood sugar levels within the body.

Processed foods and sweetened beverages have high GIs; they create significant highs and lows in blood sugar levels, causing stress in mind and body.

Some fruits, most vegetables, and most proteins have low GIs. Carbohydrates containing protein and fibre tend to have low GIs; they enter the bloodstream slowly and result in steadier blood sugar levels.

For instance, whole wheat bread and bread with grains have a lower GI than white bread.

PITA 'SOURDOUGH'

Ingredients

7g	14g	instant yeast
170g	340g	water, 28°C
225g	450g	bread flour
85g	170g	whole wheat flour
285g	570g	bread starter
10g	20g	salt
12g	24g	sugar
30g	60g	olive or vegetable oil



Appetizers

Directions

Combine all the ingredients in the bowl of a mixer fitted with a paddle attachment.

Stir on low until all the ingredients are moist, for about 30 seconds.

Switch to a dough hook and knead 5-7 minutes, until dough is smooth and elastic.

Let rise in an oiled bowl for an hour, until almost doubled in size.

Preheat your oven to 290°C and arrange a pizza stone on the middle rack.

Turn the dough out of the bowl and divide it into nine 90g pieces.

Roll each into a ball.

Let rest 20- 30 minutes.

Roll out to 7" circles.

Let rest about 10 minutes.

Bake:

Place directly onto the baking stone.

Bake for 2 minutes, until puffy, then gently, with tongs, turn over.

Bake another 2 minutes or so, until the breads noisette.

BREAKFAST



Breakfast

SMOOTHIE

Ingredients

For 1 serving:

1 apple

2 dates

a handful of almonds (about 10-12)

milk (rice milk, soy milk, hazelnut milk...quantity and type of milk to use would depend on taste & dietary needs such as allergies)

cream (added for the really satisfying taste and extra fat for weight gain)

Directions

Soak the almonds overnight.

Soak the dates overnight if they're very dry.

In the morning:

Cut up the apple, add the pieces into the blender.

Add the almonds and dates, and pour in some milk and cream.

Turn on the blender and add milk until you reach the desired consistency.

Nutri-tip

Smoothies are a nutrient-dense way to start the day, even when you need a grab-and-go breakfast! During illness or when you have a diminished appetite, smoothies may be a palatable way to get nutrition and fluids to your body. Smoothies offer versatility; include favourite foods and tastes to create your personalized smoothie.

As the next recipe shows, specific ingredients such as flax seeds or wheatgerm add texture and nutritional value.

WHEATGRASS SMOOTHIE

Ingredients

2 oranges

1 banana

1 lime

2-3 inch round of wheatgrass

12 crushed ice cubes

Juice orange, lime and wheatgrass, then place all ingredients in a blender on high speed for 30 seconds



Breakfast

APPLE GRASS

Ingredients

1-2 cut up apples

¼ cup of water (optional)

2-3 inch round of wheatgrass

A very popular drink among frequent users

The apple slightly sweetens the taste of the wheatgrass

CARROT GRASS

Ingredients

3 carrots

2-3 inch round of wheatgrass

¼ cup water (optional)

A nutritious drink that tastes good

TROPICAL PASSAION GRASS

Ingredients

2 kiwi

1 guava or papaya

1 cup pineapples

5 strawberries

1 orange

3-4 inch round of wheatgrass

Combine all juices and serve slightly chilled



Breakfast

SWEET GRASS

Ingredients

2 apples

1 orange

2-3 inch round of wheatgrass

This sweet drink is sure to satisfy your sweet tooth

PURE VEGGIE DELIGHT

Ingredients

2 large carrots

3 stalks celery

1/2 cup parsley

4 large spinach leaves

1/2 beet root

1/2 cup alfalfa sprout

Wash veggies thoroughly and cut to fit juicer

A veggie lovers delight



Breakfast

SIMPLY GREEN

Ingredients

Stalks of celery

4 large spinach leaves

Half cup parsley

2-3 inch round of wheatgrass

¼ cup water (optional)

Wash greens thoroughly, cut up celery and juice

Dilute with water if desired

HAWAIIAN WHEATGRASS

Ingredients

2 cups fresh pineapple

1 orange

1 papaya

2-3 inch round of wheatgrass

Combine juices to enjoy this healthy Hawaiian treat

MARYN'S POWER PREGNANCY SMOOTHIE



Breakfast

Ingredients

½ cup milk (almond, raw, whichever type is preferred)
1 cup plain, whole-milk organic yogurt
1/2 -1 frozen banana
1 tablespoon flax seeds
1-2 tablespoons almond butter
2 raw eggs
3 tablespoons coconut oil
frozen berries to thicken smoothie
cinnamon, or other spice if desired

Directions

Simply add everything but the frozen fruit into a blender and blend on high. Then add the frozen fruit and blend again.

Tip: Blending the coconut oil with the other ingredients first will prevent it from forming little balls of oil once it comes in contact with the frozen fruit!

Contributor's comments: 'This smoothie is great for breakfast because it has just a little natural sugar, 30 grams of protein and over 700 calories! The milk and yogurt cover your calcium requirements for most of the day. The flax seeds (store in the freezer to prevent rancidity) are a source of omega-3s, great for building your baby's brain development. Almond butter and eggs are 2 good protein sources, and the berries add some antioxidant power and vitamin C. Coconut oil helps to regulate blood sugar.'

BANANAS & MILK

Ingredients & Directions

banana, peeled & sliced into round pieces
200 ml low fat milk
a handful of crushed cashew nuts/almonds
Mix all the ingredients & serve!



Breakfast

BREAKFAST SMOOTHIE

Ingredients

1 banana, roughly chopped
2 cups (500 ml) milk
2 tablespoons yoghurt
½ cup (50g) muesli
honey, to taste

Directions

Blend all the ingredients in a blender for about 2 minutes until smooth. Pour into a glass and serve immediately.

Nutri-tip

Bananas are a rich source of potassium, dietary fibre and Vitamin B6. They are easy to eat on-the-go or for a quick snack.

Babies beginning solid foods love the creamy taste of thoroughly mashed bananas mixed with a little expressed breastmilk. Older babies do well with the lumpier, thicker feel of roughly mashed bananas. Frozen bananas on popsicle sticks make a nice treat for teething, irritated toddler gums on a hot day!

For older kids and adults, chop or slice and add to dry cereal or fruit salads!

ORANGE & GRAPEFRUIT JUICE

Ingredients & Directions

1 orange
1 grapefruit
Juice the fruits together.

ORANGE & STRAWBERRY JUICE

Ingredients & Directions

2 oranges

a handful of strawberries

Juice the oranges and blend the strawberries in.



MIXED JUICE

Ingredients & Directions

4 small apples

2 big oranges

1 beetroot

5cm piece of old ginger

4 sticks of celery

1/3 pineapple

Put it all through a juicer and you will have almost 1 litre of delicious juice with a massive vitamin boost to get you through the day!

Breakfast

WATERMELON GRANITA

Ingredients & Directions

4 cups fresh watermelon, chopped

1/4 cup fresh mint leaves

Juice of 1 lemon

In your food processor, combine the watermelon, lemon juice and mint. Puree until smooth. Pour into a 9-inch circular baking pan. Put, uncovered, in the freezer.

Every hour, use a fork to rake the mixture, breaking up frozen chunks. Repeat for 3-4 hours until it is frozen, but still breakable with a fork or spoon. *Serve for a cool, refreshing snack!*

AVOCADO RICE MILK BLEND

Ingredients & Directions

1 avocado
1 glass rice milk
1 spoon maple syrup (vary amount according to taste)
Blend everything together.



Breakfast

XIGO YI

Ingredients

1 banana, peeled & sliced
1/2 cup strawberries, halved
1 cup low fat milk
1/2 tablespoon honey

Directions

Blend the banana and strawberries in a blender until smooth. Add the milk and honey. Blend until it is smooth and thoroughly mixed. Pour into glasses and serve immediately. Add ice cubes if you prefer to serve the smoothie chilled.

PANCAKE BREAKFAST

Ingredients

3/4 cup cooked brown rice
1 cup milk
3 eggs
1 1/2 cups whole wheat flour
2 teaspoons baking powder
1 1/2 teaspoons baking soda
2 tablespoons sugar
1 1/2 teaspoon salt

Directions

Blend half of the milk with the 3 eggs and the brown rice until it forms a smooth paste. Add the remaining ingredients and continue to blend.

Rub some butter into a hot pan, then pour in a ladleful of the mixture. Cook until golden-brown and turn over. Serve with fruit salad and yoghurt

Organic yogurt - 2 big scoops
Cherries - handfull
Banana - 1, sliced
Granola - plenty



Breakfast

HOMEMADE GRANOLA

Contributor's comments: 'This crunchy recipe is a favourite amongst kids and adults alike! It takes 10 minutes to prepare and 25 minutes to bake.'



Breakfast

Ingredients

500g rolled oats
200g raw, mixed nuts, roughly chopped
80g pepitas
80g sunflower seeds
1 heaped tablespoon cinnamon
¼ cup honey
2 tablespoons hot water

Directions

Preheat oven to 170°C.
Mix all the dry ingredients together in a bowl.
Add the hot water to the honey and combine.
Pour over the dry ingredients and mix thoroughly, adding more dry mix or liquid if required.
Put the mixture on a baking tray; you may prefer to use 2 trays or 1 tray, baking in batches, depending on your oven or tray size.
Bake for 15 minutes, stir granola.
Bake for a further 10-15 minutes, depending on how crunchy you want your granola to be. Serve with dried or fresh fruit and yoghurt.

Tip: Store the homemade granola in an air tight container for 4 weeks.

OATMEAL

Ingredients

6 tablespoons quick cooking oats
6 tablespoons water
3 cups (600ml) water
2 tablespoons condensed milk
1 beaten egg, optional

Directions

Mix oats with 6 tablespoons of water, blending to a smooth paste.

Bring 600 ml water to a boil.

Add blended oats and bring contents to a boil.

Reduce flame and simmer oats for 10 min.

Then, add condensed milk and stir briskly for two minutes.

Remove from flame and add beaten egg slowly and stir well.



Breakfast

Nutri-tip

Oatmeal is a superfood because it has a low GI and blood-sugar stabilizing carbohydrates, contains proteins and is a source of fibre. It also lowers cholesterol, and has been suggested to increase a nursing mother's milk supply!

Steel-cut oats, instant oats, rolled oats, what's the difference?

Steel-cut oats are 100% whole-grain oats that retain the most nutritional content and flavor; these are your best option.

Instant oatmeal has undergone extra processing, removing some of the nutrients from the grain; sugar may have been added. While using instant oats may save time, they compromise on nutritional content.

FRITTATA

Contributor's comments: 'This recipe takes about 5-8 minutes to prepare and 15 minutes to cook!'

Ingredients

50 g baby spinach leaves
50 g frozen peas
50 g frozen sweet corn
6 eggs
1 tablespoon olive oil
1 medium onion, thinly sliced
3 ripe tomatoes, finely chopped
1 tablespoon chopped, fresh flat leaf parsley
sea salt & freshly ground black pepper
salad leaves & wholegrain bread



Breakfast

Directions

Rinse the spinach, drain well, then put in a saucepan with only the water clinging to the leaves.

Cook over medium heat for 2-3 minutes until just wilted.

Drain well, squeezing out any excess water. Then, chop finely.

Put the frozen peas and sweet corn in a saucepan of simmering water and cook for 3 minutes. Drain.

Put the eggs and 3 tablespoons of cold water in a bowl and beat well.

Add salt and pepper to taste, then stir in the drained spinach.

Heat the oil in the frying pan, add the onion, and fry gently for about 5 minutes, stirring frequently until it is softened but not browned.

Pour the egg mixture into the pan and cook over medium heat for 3 minutes, drawing the egg mixture from the sides of the pan into the center using a fork.

Add the peas, corn and tomatoes, and continue cooking for 3-4 minutes until the eggs are set on the bottom.

Put the pan under a preheated grill and cook for 2 minutes until the top of the frittata is lightly browned.

Sprinkle with the chopped parsley and cut into wedges.

Serve with salad leaves and whole grain bread!

FETA, SWEET POTATO & EGGPLANT FRITTATA

Ingredients

100g eggplant, sliced
200g sweet potato, peeled & sliced
1/2 teaspoon olive oil
1/4 onion, chopped
1 clove of garlic, chopped
1/4 capsicum, diced
5 eggs
3/4 cup milk
1/2 cup hummus
1/2 cup low-fat yoghurt
80g low-fat feta cheese, crumbled
sea salt
pepper
1/2 baby spinach
1/2 zucchini, sliced

Directions

Preheat the oven to 170°C.

Slice the eggplant and sweet potato, and arrange on a paper-lined tray.

Bake for 30 minutes, then cut into small cubes.

Heat the oil in a pan, then lightly fry the onion, garlic and capsicum until soft.

Beat the eggs, milk, hummus, yoghurt, feta crumbs, salt and pepper.

Place the cooked vegetables, spinach and zucchini into a shallow square baking dish, then pour the egg mixture over the vegetables.

Bake for 35 minutes.



Breakfast

MUESLI BARS

Ingredients

- 1 cup rolled oats
- ½ cup dried apricots
- ½ cup dried cranberries
- 1 cup dried apple
- 3 tablespoons almonds
- 2 tablespoons grapefruit juice

Directions

Put all the ingredients, except the juice, in a food processor and mix well.

Add the juice a little at a time until the mixture sticks together lightly, adding more juice as required.

Press the mix into a small baking tray lined with baking paper.

Refrigerate overnight, then cut into small bars.

Store in an air-tight container in the fridge.

Tip: Add crushed walnuts, peanuts, raisins or golden sultanas to create your own favourite taste! Increase the nutritional content of the bars by adding wheatgerm, grains or seeds.



Breakfast

SPINACH & PARMESAN OMELETTE

Ingredients

2 eggs
1 tablespoon grated parmesan
a handful of baby spinach leaves, washed
pinch of salt & black pepper
pinch of ground nutmeg
1 tablespoon olive oil

Directions

Beat the eggs in a bowl.
Add all the remaining ingredients, except the olive oil, to the egg mixture and stir.
Heat the olive oil in a non-stick pan over medium heat.
Pour in the egg mixture and cook until the eggs are half set.
Tilt the pan slightly and use a spatula to roll up the omelette into a neat folded parcel (or just flip it, if that's easier!)
Cook for a couple more minutes until the eggs are set.



Breakfast

AVOCADO TOAST

Ingredients

half-ripened avocado
1 teaspoon lemon juice
2 slices of wholemeal bread – toasted
salt & pepper to taste

Directions

Mash the ripe avocado, and mix in the lemon juice, salt and pepper.

Butter the toast, and spread the avocado mash onto the slices.



Breakfast

Contributor's comments: 'This will also work with white bread. For a richer snack, a thin slice of cheese underneath the avocado is delicious!'

Nutri-tip

Avocados contain monounsaturated fats, and a small amount of omega-3 fats. They also contain significant quantities of Vitamin E, the B Vitamins, folate and fibre. Avocados make an ideal first food for a baby; babies and adults alike enjoy avocados' buttery taste! Toddlers enjoying dipping vegetable and breadsticks into mashed avocado, while avocado spreads and guacamole are wholesome family favourites.

BUDWIG CREAM

Ingredients

4 tablespoons Greek yoghurt
2 teaspoons cold-pressed flaxseed oil
juice of 1 lemon or orange, freshly squeezed
1 banana, mashed
honey, to taste
2 teaspoons freshly ground cereals (oats, pearl barley, rice soufflé, buckwheat, millet, quinoa, etc)
2 teaspoons freshly ground oils, from seeds (linseeds, sunflower, sesame, nuts, hazelnuts, almonds, pumpkin seeds, cashews)
seasonal fruits – ground apple, strawberries, mango, melon, berries.



Breakfast

Directions

Mix the 1st two ingredients together, then add the other ingredients.

Nutri-tip

Flaxseed oil and flax seeds are Nature's superfoods. Although manufacturers have passed flax over for other oils because of its reduced shelf-life, recent scientific studies have revealed flax's potential as a health food!

Flax oil contains omega-3 and omega-6 fatty acids, with 45 to 60% of flax oil being the omega-3 fatty acid, alphanolenic acid (ALA).

Consuming the whole flax seed, instead of only the extracted oil, is more beneficial because flax seeds are a high quality protein, a source of soluble fibre and contain Vitamins B1 & B2, C, E, carotene, iron, zinc as well as trace amounts of calcium, potassium and magnesium

Flax seeds also contain large amounts of the phytonutrient, *lignin*. Lignin may possess antiviral, antifungal, antibacterial and anti-cancer properties.

Be sure to buy whole seeds, rather than split ones, since the split ones have lesser nutritional value. Grind flax seeds and sprinkle on salads and cereals!

PREGNANCY BIRCHER MUESLI

Contributor's comments: 'This healthy recipe contains prunes for fibre, almonds for calcium, flax seeds for omega-3 fatty acids, sunflower seeds for Vitamin E, and apricots for potassium & Vitamin A!'

Ingredients

500g rolled oats
1 cup sultanas
¼ cup coarsely chopped dried apricots
¼ cup coarsely chopped dried apple
4 fresh dates, pitted and thinly sliced
2 prunes, pitted and finely chopped
¼ cup flax seeds
2 tablespoons sunflower seeds
1/3 cup raw almonds, coarsely chopped

Directions

Combine all ingredients, store in an airtight container for up to one month.

Place 1/3 cup of *Pregnancy Bircher Muesli* in a bowl with 1/3 cup of apricot nectar, the pulp of 1 passion fruit and 2 tablespoons of Greek yoghurt. Cover and refrigerate overnight. Just before serving, add your choice of fresh fruit: grated apple or pear, blueberries, strawberries, chopped peach or nectarine.



Breakfast

SPELT FRUIT MUFFINS

Contributor's comments: 'Depending on the size of your muffins, your serving size will be about 12 large muffins or 24 small one.'

If spelt is not available, you can substitute with a mix of whole wheat & unbleached white flour, using a total quantity of 2 ½ cups. Wheat flours are drier than spelt so use less. If not, the mixture will be too stiff, resulting in dense, heavy, 'hockey puck' muffins!'

Ingredients

Wet Ingredients:

- 4 large eggs
- 1 cup vegetable oil (sunflower, safflower, or canola)
- 1 cup dark brown Sugar (maple syrup can be used as a substitute but use a larger amount)
- 2 teaspoons vanilla
- 1 cup whole flax seeds

Fruit of choice:

- For blueberry muffins: 2 cups of frozen or fresh blueberries
- For pumpkin muffins: 2 cups of canned, pureed 100% pumpkin
- For banana muffins: 3-5 overripe bananas, depending on the sizes of bananas
- For apple muffins: 4 apples, cored, peeled, and chopped into small pieces

Dry Ingredients:

- 3 cups whole spelt flour (or substitute as described above)
- 1 ½ tablespoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground ginger
- 2 teaspoons ground cinnamon



Breakfast

Directions

In a large bowl, beat the eggs; then mix in the remaining wet ingredients, your choice of fruit and the flax seeds.

In a separate bowl, mix together all of the dry ingredients.

Pour the dry ingredients into the wet ingredients, and stir. If the batter comes out too dry, depending on humidity levels, flour type, and fruit size, then add about $\frac{1}{8}$ cup water or fruit juice.

The finished batter should be stiff enough to spoon into muffin tins without dripping, but not so stiff as to form peaks.

Grease 12 large muffin cups (or 24 small muffin cups) with canola oil cooking spray.

Divide the batter into the cups with a ladle or large spoon and rubber spatula.

Bake at 180°C for 40-50 minutes for large muffins, or 30 minutes for small muffins. Tap on top to check doneness – muffin tops should be firm and crusty, not too soft or mushy.

When done, flip the muffins out of the pans onto a cooling rack and let cool.

Use within a day or two, or refrigerate in plastic bags for up to 10 days or so. Freeze the rest for up to 6 months. Simply reheat in a toaster oven and enjoy!



Breakfast

Nutri-tip

Spelt is a cereal grain from the wheat family. Its slightly sweet, nutty flavour is similar to that of whole wheat flour; it is easily substituted with whole wheat flour in baking.

Spelt is a good source of iron, protein and fibre, offering a wider range of nutrients than other wheat varieties. Although it contains gluten, spelt protein is easier to digest than other wheat protein, making it suitable for people who may be sensitive to wheat.

Spelt is also used to make pasta, specialty gin, beer and vodka, and is available as rolled flakes.

CARDAMON SCONES WITH CINNAMON BUTTER

Ingredients

Scones:

- 1 1/3 cups wheat flour
- 1 1/3 cups rolled baby oats
- 1 tablespoon baking powder
- 1/2 teaspoon sea salt
- 2 tablespoons sugar
- 2 teaspoons coarsely ground cardamon seeds
- 100g butter
- 1 cup sour cream (full-fat, no less than 18% fat content)

Cinnamon Butter:

- 75g butter
- 1 teaspoon finely ground cinnamon
- 1 1/2 tablespoons honey

Directions

Heat the oven to 225°C (437°F).

Mix together the dry ingredients in a bowl (flour, oats, baking powder, salt, sugar and cardamon).

Mix in the butter and sour cream. Turn on to a floured work surface and knead very lightly. Divide into 8 pieces and pat out to rounds on baking paper. Bake for 15-18 minutes on the middle rack of the oven. Let the scones cool on a wire rack. Stir together the butter, cinnamon and honey. Spread on the scones... and enjoy!



Breakfast

APPLE & BERRY MUFFINS

Contributor's comments: 'This breakfast, anytime-of-the-day or midnight snack takes 15 minutes to prepare and 25 minutes to bake.'

Ingredients

- 1 teaspoon corn flour
- 3 ½ cups whole wheat or all-purpose plain flour
- 2 teaspoons bi-carbonate soda
- 2 apples, peeled, cored & finely chopped
- 1 cup dates, pitted & chopped
- 2/3 cup honey
- 2 cups blueberries, raspberries or strawberries



Breakfast

Directions

Preheat the oven to 180°C.

Mix the corn flour, flour and bi-carbonate soda in a large bowl. Add the apples, dates and honey, and mix together. Add 1 2/3 cups of water to the dry mix, and fold together. Lightly fold in the berries. The mix should not be too wet; if it is, add a little more flour. Place patty-pans/muffin cases into the muffin tray. Spoon teaspoonfuls of the mix into the patty-pans. Bake for 25 minutes.

SOUPS, SALADS & SANDWICHES

TOMATO SOUP

Ingredients

50g *ikan bilis* (dried anchovies)

①

300g tomatoes, cut in wedges

6 baby corn, cut in wedges

2 potatoes, cut in wedges

1 carrot, cut in wedges

1 big onion, cut in wedges

②

400g chicken meat pieces

salt to taste

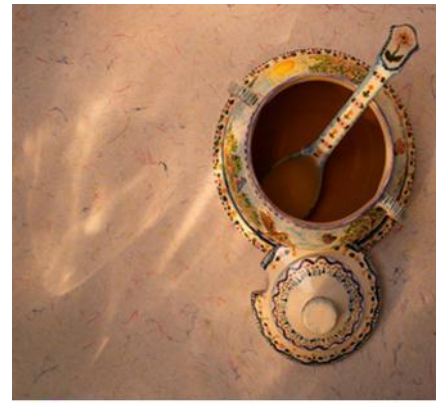
white pepper to taste

Directions

Wash and place *ikan bilis* in 2½ litres of water. Bring to the boil.

Simmer for 30 minutes; remove *ikan bilis*.

Add ① and ② to the soup, bring to the boil. Reduce to low heat and simmer 1 ½ hours.



*Soups, Salads
& Sandwiches*

MINTED ASPARAGUS & PEA SOUP

Contributor's comments: 'This recipe takes about 10 minutes to prepare & 25 minutes to cook.'

Ingredients

1 leek, washed and sliced
1 bunch asparagus, chopped
1 small broccoli, cut into florets
1 cup frozen peas
1 vegetable stock cube
1 teaspoon cumin
1 litre water
salt & cracked pepper
small handful of fresh mint leaves

Directions

Place stock cube and water in a deep saucepan, and bring to the boil.
Place the leek, asparagus, broccoli, peas and cumin into the saucepan, bring back to the boil.
Simmer for 20 minutes, then transfer to a food processor. Blend.
Serve topped with mint leaves.

Nutri-tip

Herbs such as mint, rosemary and sage add flavor to soups and stews, eliminating the need to add artificial flavours. Using herbs in combination creates distinct tastes.

While cooking with herbs takes practice and experimentation, herbs transform ordinary soups into gourmet meals!

In addition to being flavorants, many herbs have antioxidant or medicinal value. For example, mint promotes digestion, eases nausea and headaches, and aids nose or throat congestion.



*Soups, Salads
& Sandwiches*

CREAMY BROCCOLI SOUP

Ingredients

1 cup diced onion
1 carrot, diced
1 celery stalk, diced
1 clove of garlic, chopped
6 cups chopped broccoli
2 cups low sodium chicken broth
2 cups skim milk
cracked black pepper to taste

Directions

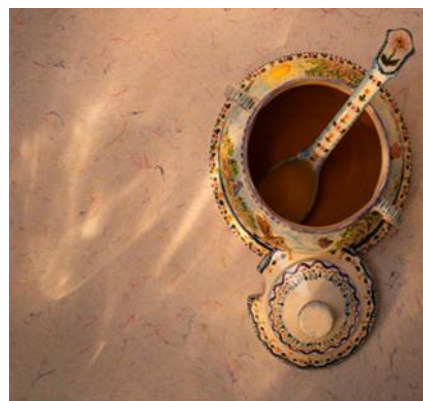
In a large soup pot, combine the garlic, onion, carrot, celery, and chicken broth. Bring to boil.

Add the broccoli, cover the pot, and cook for 5 – 10 minutes or until the broccoli is tender.

Allow the soup to cool and transfer the soup to a blender.

Add skim milk and blend until smooth.

Transfer the soup back to the pot and reheat the mixture slowly until heated through.



*Soups, Salads
& Sandwiches*

SWEETCORN SOUP WITH SPICED BUTTER

Ingredients

Soup

40 g butter
1 clove of garlic, chopped
1 large onion, chopped
1 litre water
kernels from 4 corn cobs
salt

Spiced Butter

¼ teaspoon toasted cumin seeds
2 tablespoons finely chopped fresh parsley
1 teaspoon freshly ground black pepper
50 g softened unsalted butter

Directions

Melt the butter in a stock pot or saucepan, sweat garlic and onion for 5 minutes. Add water and bring to a boil. Simmer for 10 minutes, then add corn kernels. Simmer for 10 minutes more, taste a kernel for tenderness. Puree the soup in a food processor and pass each batch through a coarse strainer resting over a large bowl.

Return the soup to the pan and taste for salt.

To prepare the spiced butter, grind the cumin seeds to a powder in a mortar and pestle.

Mix the parsley with the cumin and ground pepper.

Blend well with butter.

Serve the soup with some spiced butter in 4 bowls!



*Soups, Salads
& Sandwiches*

DHAL-LENTIL SOUP

Ingredients

1 mug of red split lentils
1 fresh tomato, chopped
2 teaspoons cumin seeds
1 teaspoon turmeric powder
fresh coriander to garnish
1-2 red chillis (depending on your preference)
a squeeze of lemon



*Soups, Salads
& Sandwiches*

Directions

Wash the lentils thoroughly and leave them to sit. Heat 1-2 tablespoons vegetable oil (not olive oil, though).
When the oil is hot, add the cumin seeds and let them sizzle for 30 seconds or until they become fragrant.
Add a pinch of turmeric and the chillis, fry for another 20-30 seconds.
Add the tomato pieces and fry for another minute.
Add the lentils and mix well.
Cover the pan and steam for a few minutes.
Add 3-4 mugs of boiling water and salt. Let the soup simmer for 20 minutes.
Garnish with coriander and a squeeze of lemon.

Nutri-tip

Lentils are well-regarded as a health food. They contain the 3rd highest level of protein, by weight, of any legume or nut; they are also rich in dietary fibre, folate, iron and other vitamins & minerals. Research has demonstrated lentils' ability to stabilize blood sugar and lower cholesterol levels.

Lentils come in brown, green, black, yellow, red and orange varieties, each variety varying in flavor and consistency when cooked. Green lentils have a greater fibre concentration and take longer to cook than red lentils.

Lentils are a versatile ingredient; they can be served in cold salads or in soups. Babies and kids enjoy their mushy texture and mild, slightly nutty taste.

CORIANDER & LENTIL SOUP

Contributor's comments: 'This wholesome soup takes 10 minutes to prepare, 45 minutes to cook and serves 2 to 3.'

Ingredients

1 can (about 400g) diced tomatoes
1 zucchini, diced
1 clove of garlic, diced
1 brown onion, diced
¾ cup red lentils
1 litre vegetable stock
1 tablespoon tomato paste
salt & pepper to season
1 teaspoon olive oil
½ cup coriander leaves (cilantro)

Directions

Cover the red lentils with water and soak in a bowl for 10 minutes.

In a large soup saucepan, heat the olive oil and sauté onion and garlic for 4 minutes.

Add the zucchini and cook for a further 2 minutes.

Add the can of tomatoes and stir.

Drain the lentils and add to the saucepan, stir.

Add the vegetable stock and tomato paste.

Season with salt and pepper.

Allow the soup to simmer for 40 minutes, stirring occasionally.

Serve in bowls topped with coriander, with a side of crusty bread.



*Soups, Salads
& Sandwiches*

VEGETABLE SOUP

Ingredients

4 carrots, chopped
1 onion, chopped
2 potatoes, chopped
1 leek, chopped
1 cube of vegetable stock
salt & pepper

Directions

Blend the vegetables in a blender until semi-pureed. Place into a large saucepan and add 1 cup of water, salt, pepper and vegetable stock. Heat until the vegetables are cooked, stirring occasionally.



*Soups, Salads
& Sandwiches*

MANJULA'S VEGETABLE SOUP

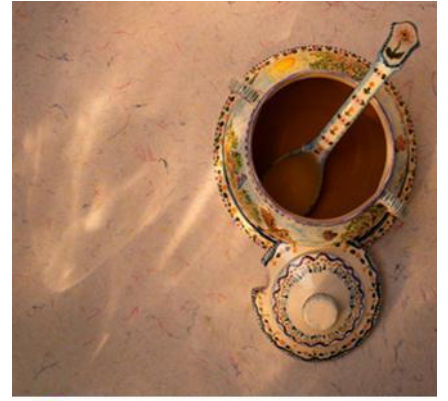
Preheat oven to 190F

Grease a 9x13" baking pan with butter or use olive oil/coconut oil.

Place in pan:

5 whole garlic cloves, peeled
Half a pumpkin or butternut squash
2 zucchini, cut long ways in half
1 red pepper, cut in half, remove seeds
3 whole carrots, washed

Drizzle olive oil over veggies before baking. Bake veggies until soft – 30min to 1 hour. Blend until smooth in blender with coconut milk (1-2 cups). Add 1 tsp sea salt and 1 Tbsp tumeric



Soups, Salads & Sandwiches

SPICED ZUCCHINI SOUP

Contributor's comments: 'It takes 10 minutes to prepare and 25 minutes to cook this zesty soup.'

Ingredients

1 large onion, roughly sliced

1/2 teaspoon coriander powder

1/2 teaspoon curry powder

1 vegetable stock cube

1/4 cup short grain rice

1 litre water

3 zucchinis, sliced (in addition, use a vegetable peeler to create a few ribbons to top the soup)

cracked pepper

Directions

Place the stock cube and water in a deep saucepan, bring to the boil.

Add the onion, powders, zucchini, pepper and rice to the saucepan, bring back to the boil and allow to simmer for 20 minutes.

Transfer into a stainless steel bowl and blend, or into the food processor bowl and process until blended.

Serve with a dollop of yoghurt and the ribbons of zucchini.

PUMPKIN SOUP

Contributor's comments: 'Very simple, healthy and delicious as a starter! Variations can be made, depending on personal preferences. For example, white radish can be added. The amount of water to add depends on how watery or velvety you like your soup. This soup can be prepared in 10 minutes & cooked in 15!'

Ingredients

1/2 medium-sized pumpkin

1 large potato

3 medium carrots

A few coriander leaves

Directions

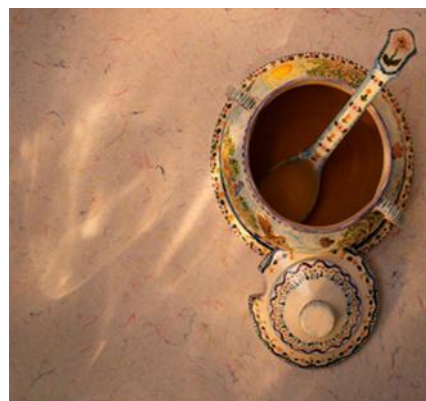
Cut the vegetables into small pieces.

Put the vegetables into approximately 1 litre of water and cover to cook.

Let the soup simmer for 15 minutes, checking that the vegetables are tender.

Put it into the mixer with a bunch of coriander and serve hot!

Tip: If the pumpkin is organic, you can cook with the skin left on. Avoid overcooking the vegetables as they would lose nutritional value!



***Soups, Salads
& Sandwiches***

GREEK LENTIL SOUP (FAKI)

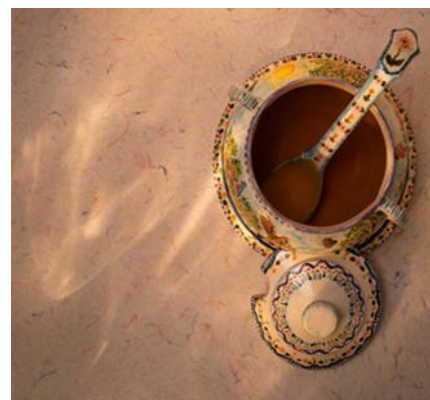
Contributor's comments: 'Traditionally, this soup is made with lentils & onions only. Some variations include tomatoes, while others include a splash of vinegar instead (red wine vinegar, preferably).

I prefer to avoid vinegar, adding tomatoes, bacon & chorizo sausage. This hearty recipe serves 6, needs 20 minutes to prepare & takes 1 hour 15 minutes to cook. The traditional vegetarian option of omitting the meat is delicious as well.'

Ingredients

5 rashers of bacon
4 chorizo sausages
1 brown onion, diced
2 large cloves of garlic, 1 sliced, 1 crushed
1 ½ cup brown lentils
½ teaspoon dried thyme
½ teaspoon dried oregano
½ small hot chili – finely chopped
¾ tablespoon olive oil
8 cups Water
Greek Feta to garnish
400g tinned chopped tomatoes
1 tablespoon tomato paste
2 bay leaves

Directions on next page.



***Soups, Salads
& Sandwiches***



Soups, Salads & Sandwiches

Directions

Brown the sausages and bacon in a separate saucepan. In a large pot, add the oil and sauté the onions on low heat. When the onions are translucent, add the chili, both the crushed and sliced garlic, browned sausages and bacon, lentils, tomato paste and chopped tomatoes. Add the salt, pepper, thyme and oregano.

Stir for 3 minutes. Add the water, then add the bay leaves. Bring to a boil. Reduce to a simmer and remove any fat that may have gathered on the water surface. Simmer for 45 minutes to 1h 15 minutes, checking to see if the lentils are cooked. The soup is ready when lentils are cooked and the broth is a little thick and not too watery. Serve with a teaspoon of crumbled Greek Feta. This soup tastes even better the next day!

GAZPACHO

Ingredients

450g tomatoes, vine ripened
1 cup watermelon, seedless
1 two-inch thick slice of baguette, day-old & torn into small pieces
1 cucumber
2 tablespoons red onion, diced
1 clove of garlic
½ teaspoon kosher salt
black pepper
1 ice cube
½ cup extra virgin olive oil
¼ ripe avocado, chopped into small pieces

Directions

Combine the tomatoes, ½ cup watermelon, bread, cucumber, onion, garlic, salt, pepper and ice cube in a blender. Puree, chill & garnish with the remaining watermelon and avocado.

COLD NOODLE SALAD

Ingredients

2 cups spaghetti

2 cucumbers

2 carrots

200 g bean sprouts

4-5 cloves of garlic

1 thumb-sized piece of ginger

1 cup soy sauce (without msg)

1/3 cup sesame paste

A handful of chopped spring onion and Chinese parsley



*Soups, Salads
& Sandwiches*

Directions

Boil the spaghetti until it is al dente. Run the cooked spaghetti under cold water, place in the fridge to cool. Blanche the bean sprouts in boiling water, do not overcook, place in the fridge to cool down. Blend the garlic with a little water until it is finely chopped. Grate the cucumber into thin strips. Toss the seeded core away. Grate the carrots into thin strips. Mix the soy sauce, sesame paste, ginger and garlic together.

When ready to serve, serve the spaghetti in a big bowl. Pile the vegetables on top. Drizzle the sauce generously over the veggies, garnish with spring onion and Chinese parsley.

Contributor's comments: 'You can add shredded pieces of boiled chicken or pieces of hard boiled eggs for variety!'

SPINACH SALAD

Ingredients

①

- 2 cups spinach leaves
- 1 hard boiled egg, peeled and chopped
- ¼ cup sunflower seeds

②

- 1 tablespoon orange juice
- 2 teaspoons extra virgin olive oil
- 1 ½ teaspoons red wine vinegar
- 1/8 tsp sea salt
- 1/8 tsp freshly ground black pepper

Directions

- Combine the ingredients in ① in a bowl.
- Combine the ingredients in ②, mix well.
- Blend both together.



*Soups, Salads
& Sandwiches*

BEETROOT SALAD

Contributor's comments: 'This salad takes a quick 10 minutes to prepare!'

Ingredients

150g rocket leaves

1 can beetroot slices

2 tablespoons olive oil

½ teaspoon cumin

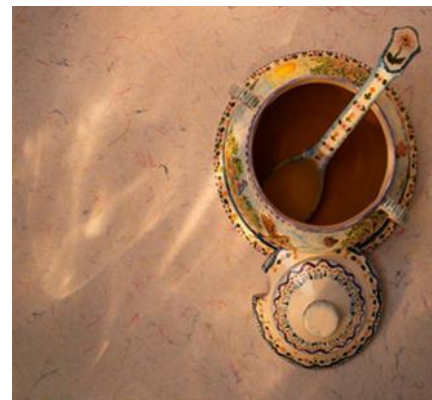
1 teaspoon fresh oregano

2 tablespoons pine nuts

sea salt & cracked pepper

150g sugar snap peas (trimmed, blanched & refreshed in cold water)

2 blood red oranges (or grapefruit), peeled & sliced



*Soups, Salads
& Sandwiches*

Directions

Arrange the rocket leaves, sugar snap peas, beetroot slices and oranges on a platter. Mix the olive oil, cumin, oregano, salt and pepper together, drizzle over the salad. Sprinkle with the pine nuts, add dressing as desired just before serving.

Nutri-tip

Beetroots have a unique nutritional profile. They contain carotenoids, antioxidants & other phytochemicals, giving them their intense red-purple colour.

They also contain Vitamins A, C, folate & many other minerals.

The chemical betaine, present in beetroot promotes cardiovascular health; beetroot juice lowers blood pressure. Beetroots also have the potential for reducing cancer risks. They may also be anti-inflammatory or immune-boosting, preventing disease.

ASPARAGUS SALAD & SOY DRESSING

Ingredients

1 bunch of asparagus, cut into thirds & blanched
1 long cucumber, shaved into thin strips
½ cup mint leaves
¾ cup coriander leaves
2 tablespoons soy sauce
1 teaspoon sesame oil
2 tablespoons lime juice
1 small chilli, seeded & finely sliced
1 spring onion, chopped
sea salt & cracked pepper

Directions

Place the asparagus, cucumber, mint and coriander in a bowl and toss to combine. Serve on a platter. Combine all the dressing ingredients and drizzle over salad.



*Soups, Salads
& Sandwiches*

BLOOD ORANGE & FENNEL SALAD

Ingredients

2 blood oranges, peeled & sliced
1 baby fennel, finely sliced
50g kalamata olives
large handful of wild rocket
1 tablespoon olive oil
½ teaspoon ground coriander, sea salt & cracked pepper

Directions

Arrange rocket on platter, top with orange and fennel slices. Scatter the olives. Combine the oil, ground coriander, salt and pepper, drizzle over the salad.

CARROT, FETA & MINT SALAD

Ingredients

500g carrots, peeled, halved & sliced
150g feta cheese
small handful of mint leaves
50g kalamata olives
1 tablespoon olive oil
1 teaspoon cumin
1 teaspoon paprika
sea salt

Directions

Cook the carrots in boiling water for 2 minutes, drain and refresh in iced water.
Mix the oil, cumin, paprika and sea salt.
Arrange the carrots on a platter, top with crumbed cheese, olives and mint leaves.
Drizzle with dressing just before serving.

KIDNEY BEAN SALAD

Ingredients

1 can kidney beans, rinsed
1 onion, diced
1 green pepper, diced
ground pepper to taste
1 spoonful mustard
1 capful white vinegar
1 dash Tabasco sauce
coriander leaves, chopped

Directions Mix together, refrigerate & serve cold!



*Soups, Salads
& Sandwiches*

CHICKEN NOODLE SALAD WITH SESAME

Contributor's comments: 'This salad takes 15 minutes of preparation time & 20 minutes of cooking time. The ingredients are for 2 servings.'

Ingredients

6 spring onions, julienned
200g snow peas
cracked pepper & sea salt
1 chicken breast, skin removed & sliced in quarters
375g egg noodles
2 tablespoons lime juice
2 teaspoons sesame oil
2 tablespoons soy sauce 2 celery stalks, sliced diagonally
1 cucumber, finely sliced 2 teaspoons sesame seeds

Directions

Bring a saucepan of water and cracked pepper to the boil.

Mix together the lime juice, sesame oil and soy sauce, set aside.

Add the chicken breast to the water, cook for 5-6 minutes, then drain.

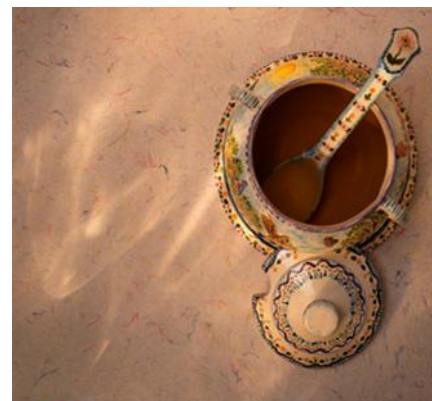
Meanwhile, cook the noodles according to the packet instructions, in the saucepan.

In another saucepan of boiling water, blanch the snow peas, celery and cucumber for 2-3 minutes.

Toss half of the dressing through the noodles and arrange on a plate. Top with chicken and greens. Drizzle the remaining dressing and spring with sesame seeds.

Nutri-tip

Sesame seeds add more than crunch to your food! They provide calcium & magnesium for vascular, respiratory & bone health; they contain phytosterols that lower blood cholesterol levels.



*Soups, Salads
& Sandwiches*

HELEN & AL'S MONDAY TO THURSDAY SALAD

Ingredients

baby spinach leaves
cherry tomatoes
Spanish onion, thinly sliced
snow peas or French beans, lightly cooked
tin of chick peas
feta cheese, chopped
roasted pumpkin pieces
your choice of nuts

Dressing

Lemon juice,
balsamic vinegar,
olive oil & honey

Directions Combine all the ingredients in 2 bowls & serve!



*Soups, Salads
& Sandwiches*

BROWN RICE SALAD

Ingredients

Brown rice

Any vegetables that you have on hand that go well together (for example, carrots, capsicum, cucumber, corn, avocado, tomato, green beans, peas, red onions, spring onion)

shredded cheddar, mozzarella or Mexican cheese

Dressing:

olive oil, Dijon mustard, apple cider vinegar, salt & pepper

Directions

Cook the brown rice and let it cool slightly. Dice the vegetables, mix well with the rice. Top with the shredded cheese. Mix the ingredients for the dressing and pour over the brown rice salad.



*Soups, Salads
& Sandwiches*

VIETNAMESE PRAWN NOODLE SALAD

Contributor's comments: 'This tangy Asian salad takes 15 minutes to prepare & 5 minutes to cook. It serves 2.'

Ingredients

100g dried rice noodles

100g prawns, peeled

½ carrot, peeled & thinly sliced

½ cucumber, thinly sliced

A handful of sugar snap peas, top & tailed

A handful of bean shoots

NUOC CHAM

3 tablespoons cup fish sauce

1 tablespoon caster sugar

¼ tablespoon lime juice

1 clove of garlic, minced

1 small red chili, seeds removed, diced

1 teaspoon hot water

Directions

Place the sugar in a bowl, add hot water and stir.

Add the lime juice, fish sauce, garlic and chili, combine well and stir.

Place the rice noodles in a bowl and cover with boiling water.

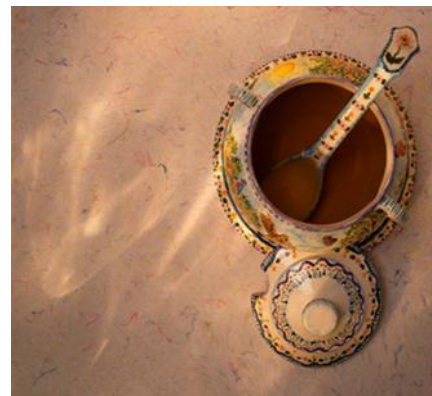
Cook prawns in a non-stick frying pan with a small amount of water (no oil), 2 minutes on each side or until pink and cooked.

Remove from heat.

Drain the rice noodles and refresh with cold water.

Divide the noodles onto plates, top with the prawns, carrot, cucumber, sugar snap peas and bean shoots.

Drizzle with nuoc cham.



*Soups, Salads
& Sandwiches*

WARM VEGETABLE SALAD

Contributor's comments: 'Takes 10 minutes to prepare, 15 minutes to cook & proportions are for 4.'

Ingredients

juice of 1 lemon
100ml balsamic vinegar
1 red onion, sliced into fine wedges
1 roma tomato, roughly diced
6 mushrooms, sliced
1 zucchini, roughly diced
1 red capsicum, sliced
12 kalamata olives
Fresh basil, chopped
150g rocket
30g low-fat feta cheese

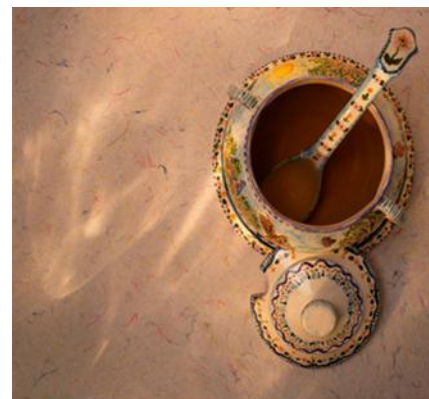
Directions

Put a splash of lemon juice and a splash of balsamic vinegar in a frying pan, add the onion and some salt and pepper.

Cook for 30 seconds, add the tomatoes, mushrooms, zucchini and cook for a further 2-3 minutes.

Add the capsicum and olives, cook for 5 minutes until tender.

Remove from the heat, add the basil and a little extra salt and pepper. Place the rocket leaves on a platter and top with the vegetables, feta and a splash of balsamic vinegar.



*Soups, Salads
& Sandwiches*

WARM BEEF SALAD WITH SPINACH & HERB DRESSING

Ingredients

500g baby new potatoes
600g rump steak, trimmed
2 teaspoons celery salt
80g baby spinach leaves
½ cup loosely packed flat-leaf parsley leaves
1 teaspoon Dijon mustard
2 tablespoons olive oil
1 teaspoon grated lemon rind
1 teaspoon caster sugar
salt & freshly ground pepper
200g grape tomatoes, halved
250g frozen broad beans, cooked, peeled

Directions

Boil, steam or microwave the potatoes until just tender, drain, then halve.

Meanwhile, rub both sides of the beef with celery salt.

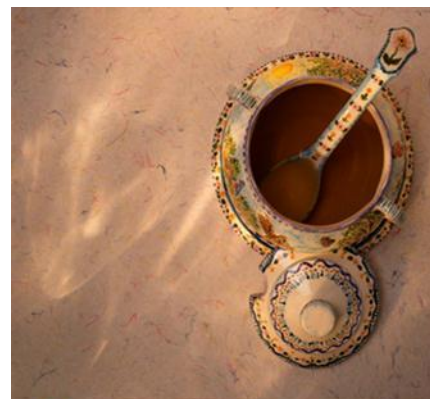
Cook the beef on an oiled, heated grill plate (or grill or barbecue) uncovered, until cooked as desired.

Cover the beef, stand for 5 minutes, then slice thinly.

Blend or process a quarter of the spinach with the parsley, mustard, oil, rind, juice and sugar until smooth.

Season to taste with salt and pepper.

Combine the potatoes, beef, remaining spinach, tomatoes and beans in a large bowl, drizzle with dressing.



*Soups, Salads
& Sandwiches*

CHOPPED RAINBOW SALAD

Contributor's comments: 'Nutritional content of this recipe per serving: 64 calories, 2g fat, 10g carbohydrates, 2g protein, 3g fiber, 199mg sodium, 371 mg potassium, 1/2 serving carbohydrate.'

Ingredients

1½ cup bell peppers, chopped
1½ cup broccoli florets, chopped
1 cup shredded carrots
½ cup radishes, diced
1 tablespoon red onion, minced
½ cup orange
Oregano Dressing or Creamy Dill Ranch

Directions

Place bell peppers, broccoli, carrots, radishes, dressing and onion in a medium bowl.

Toss to coat.

Refrigerate until ready to serve.



*Soups, Salads
& Sandwiches*

SIMPLE MEDITERRANEAN SALAD

Contributor's comments: 'As a side salad, this would serve 2 to 3.'

Ingredients

8 baby tomatoes, vine-ripened

100g mixed leaves

half medium-sized red onion

pinch of salt & pepper

olive oil & balsamic vinegar

Directions

Finely slice the red onions in 'semi circles', put into a bowl and sprinkle some salt onto the onions.

Cut each baby tomato in half or quarters and add to the bowl of onions.

Sprinkle salt and pepper to the bowl of onions and tomatoes and mix well.

Wash the mixed leaves and add to the bowl of onions and tomatoes.

Prepare the salad dressing - add 2 tablespoons of olive oil and 1 teaspoon of balsamic vinegar into a separate small bowl, mix and taste. Make adjustments to taste. Pour the salad dressing into the bowl of vegetables and mix.



*Soups, Salads
& Sandwiches*

QUINOA SALAD

Contributor's comments: 'A preparation time of 2½hours.'

Ingredients

1 cup quinoa
1 cup cooked chickpeas
1 cup pumpkin chopped into 2cm pieces
1 or 2 cobs of steamed corn
1 large handful of sugar snap peas or snow peas
2 spring onions, finely sliced
½ red capsicum, sliced
¾ cup chopped coriander
rosemary

Dressing:

1 clove garlic, crushed
juice of 1 lemon
olive oil
cracked black pepper to taste
dulse flakes to taste (sea vegetable or substitute rock salt)

Directions on next page.



*Soups, Salads
& Sandwiches*

Directions

Soak the chickpeas in a bowl of boiling water for 1 hour to soften. Be sure to use plenty of water as the chickpeas will absorb water.

Bring the chickpeas to the boil on a stove and simmer for another hour. Strain and cool.

Preheat the oven to 180C.

Place the pumpkin in a bowl and mix with a tiny amount of olive oil and rosemary to season.

Cook on baking paper for over 20-25 minutes.

Place the quinoa and two cups of water in a saucepan, bring to the boil, then simmer until water is absorbed.

Be sure to stir quinoa occasionally so that it is cooked evenly. Drain in a colander.

Stem the snap peas for 1-2 minutes. Cool.

Place the cooled quinoa, chickpeas, pumpkin, corn and sugar peas in large salad bowl, add the remaining ingredients.

Add the garlic and lemon juice. Add the olive oil to taste. Add the cracked black pepper and dulse flakes.



Soups, Salads & Sandwiches

Nutri-tip

Dulse is a form of seaweed; it is consumed dried or fresh and has a salty taste, making it ideal for a snack or for seasoning. Dulse has nutritional and medicinal value. It is an excellent source of vitamins, minerals, protein and fibre.

Quinoa is a grain-like crop with edible seeds. Quinoa contains all 9 essential amino acids and is a good source of manganese, magnesium, folate and phosphorus.

Its medicinal claim to fame comes from its ability to reduce migraines, promote cardiovascular health, offer antioxidant protection and reduce cancer risk. It has also been attributed with diabetes, asthma and gallstone prevention!

Quinoa has a slightly crunchy texture and nutty flavour when cooked. Ground quinoa flour and quinoa pasta are also available for recipes.

LENTIL TUNA SALAD

Ingredients

1 or 2 tins lentil
1 tin tuna
2 hard boiled eggs
1 branch of celery, cut into little cubes
1/3 red capsicum, cut into little cubes
1 punnet of white button mushrooms
a few spoon of capers
some fresh parsley

Vinaigrette :

2 teaspoons mustard fort de Dijon
1/2 cup olive oil
2 teaspoons white vinegar
salt and pepper

Directions

Roughly combine ingredients in a large bowl and enjoy!



*Soups, Salads
& Sandwiches*

CHICKPEA POCKETS & GREEK SALAD

Contributor's comments: 'Preparation time, 20 minutes and cooking time, 10 minutes!'

Ingredients

4 small wholemeal pita pockets, halved

Chickpea Hummus:

2 x 400g cans chickpeas, rinsed and drained

3 spring onions, chopped

2 cloves garlic, minced

½ cup flat leaf parsley, chopped

2 teaspoons finely grated lemon rind

2 tablespoons self-raising flour

1 teaspoon ground cumin

1 teaspoon ground coriander

sea salt & black pepper

1 tablespoon olive oil

¼ cup sesame seeds

Salad:

100g pitted kalamata olives

2 small tomatoes, diced

¼ red onion, diced

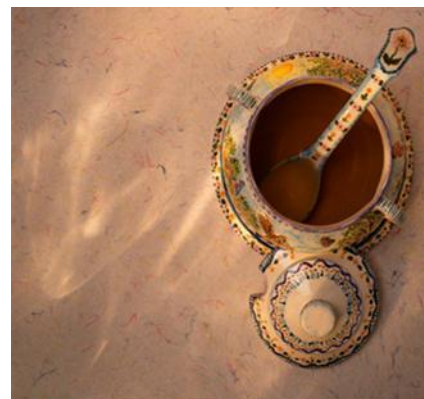
75g Greek feta (pasteurized), crumbled

juice from ½ lemon

thyme leaves from 1 sprig

1 clove garlic, minced

Directions on next page.



*Soups, Salads
& Sandwiches*

Directions

To Make the Hummus:

Place the chickpeas, spring onion, garlic, parsley, lemon rind, flour, cumin, coriander, salt, pepper and olive oil in the bowl of a food processor.

Process for 2-3 minutes until the mix forms a thick paste. Add sesame seeds and mix to combine.

Shape 1 tablespoon of the mix at a time into patties.

To cook, heat 1 tablespoon of olive oil in a large non-stick fry pan over medium heat.

Cook patties for 2-3 minutes on each side. Makes about 12 patties.

To Make the Greek Salad:

Combine olives, tomatoes, onion and feta.

Separately, combine thyme leaves, lemon juice and garlic with ½ teaspoon olive oil.

Mix well or shake in a dressing flask, pour over salad.

Serve pita pockets, hummus and Greek salad on a platter!



Soups, Salads & Sandwiches

MIXED SALAD

Ingredients

tomatoes

cucumber

bell peppers (capsicum)

tuna flakes

hard boiled eggs

pine nuts

gherkin pickles, sliced

honey mustard, balsamic vinegar

Directions

Combine ingredients and top with honey mustard and balsamic vinegar to taste

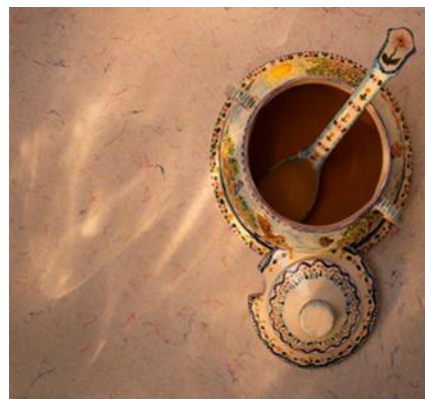
TABOULEH-WHEAT & HERB SALAD

Ingredients

1½ cup fresh parsley, chopped with stems discarded
2 tablespoons fresh mint, chopped
1 medium onion, finely chopped
6 medium tomatoes, diced
1 tablespoon salt
½ teaspoon black pepper
½ cup bulghur, medium grade
6 tablespoons lemon juice
6 tablespoons extra virgin olive oil
romaine lettuce or grape leaves to line serving bowl (optional)

Directions

Soak the bulghur in cold water for 1 ½ to 2 hours until soft.
Remove the bulghur from water, squeeze out excess water from the bulghur using hands or paper towels.
Combine all the ingredients, except for the salt, pepper, lemon juice, and olive oil.
Line the serving bowl with grape leaves or romaine lettuce, and add the salad.
Sprinkle the olive oil, lemon juice, salt and pepper on top. Serve immediately or chill in refrigerator for 2 hours before serving!



*Soups, Salads
& Sandwiches*

WALDORF SALAD & CINNAMON APPLE

Contributor's comments: 'This recipe yields 4 servings; it requires 20 minutes of preparation and at least 30 minutes of chilling.'

Ingredients

450g crisp, red-skinned apples, cored and diced

2 tablespoons fresh lemon juice

4 celery stalks, sliced

1/2 cup mayonnaise

Salt and freshly ground black pepper

85g walnuts, toasted and coarsely chopped

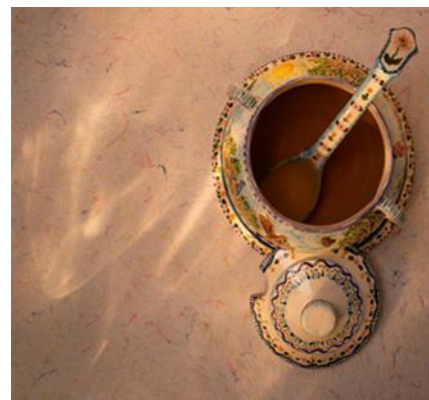
Directions

Toss the diced apples and lemon juice well in a medium bowl.

Add the celery and mayonnaise, and mix. Season with salt and pepper.

Cover with plastic wrap and refrigerate.

Stir in the walnuts. Transfer to a serving dish and serve well-chilled.



*Soups, Salads
& Sandwiches*

POTATO, OLIVE & CAPER SALAD

Ingredients

1 kg waxy potatoes
1 clove garlic
a bunch of parsley
2 tablespoons baby capers
200g pitted green olives
100ml olive oil
lemon zest
2 tablespoons lemon juice

Directions

Simmer the potatoes in salted water until tender, for about 20 minutes.

Roughly chop the parsley, capers and olives.

Crush the garlic and whisk the olive oil, lemon juice and zest together in a bowl.

When the potatoes have finished cooking, carefully drain and toss in the oil dressing, then season with salt and pepper.

Cool potatoes and chop into bite size pieces. Add any remaining dressing, toss and serve.

Tip: Add hard boiled eggs and/or walnuts for extra nutrition & crunch!

Nutri-tip

Olives have been part of our diets for generations. They are available in many different varieties, from the Greek-style black olives to the Spanish-style green olives and the Kalamata-style olives. Commercially available olives undergo processing to remove their characteristic bitterness.

Olives contain monounsaturated fats, promoting cardiovascular health.

Olives also contain a wide range of phytonutrients, giving them powerful antioxidant & anti-inflammatory properties. This means that the benefits of olives extend to most of our body systems, including the respiratory, nervous & digestive systems.



*Soups, Salads
& Sandwiches*

LAMB LENTIL AND CHERRY TOMATO SALAD

Ingredients

2 x 400g cans lentils, drained, rinsed
250g punnet cherry tomatoes, halved or quartered
1 large bunch flat-leaf parsley, stems removed
1 lemon, shredded rind and juice
Olive oil spray
500g lamb leg steaks
Low fat Greek-style yoghurt, to serve
Black pepper, to season

Directions

Step 1

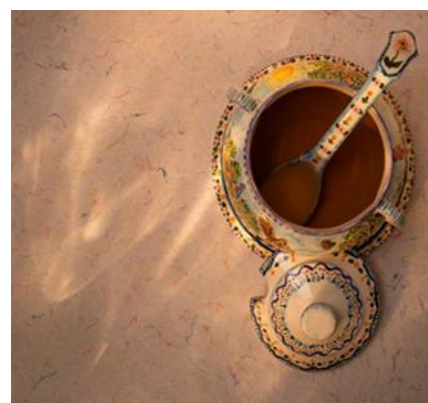
Combine lentils, tomatoes, parsley, lemon rind and juice

Step 2

Heat a barbecue hotplate to a medium heat. Spray steaks with oil and cook for 2-3 minutes, or until browned. Turn and cook other side for 2 minutes for a medium-rare steak, or until cooked to your liking. Transfer steaks to a plate. Cover and stand for 5 minutes.

Step 3

Thinly slice steaks and toss through lentil salad. Serve with a dollop of yoghurt and pepper.



*Soups, Salads
& Sandwiches*

THAI MANGO SALAD

Ingredients

2 firm, green mangoes

1/4 cup dry, shredded unsweetened coconut (the kind you use for baking)

2 cups bean sprouts

1/2 cup fresh basil

3-4 spring onions, sliced

a handful of peanuts or cashews, left whole or roughly chopped

1 cup cooked chicken (sliced), cooked shrimp, or deep-fried tofu (cut into smaller cubes) (optional)

Salad Dressing:

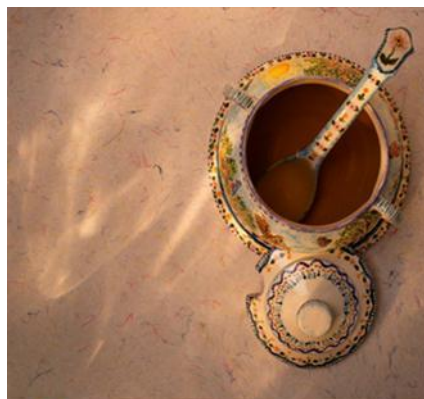
3 tablespoons fish sauce or 2 tablespoons vegetarian fish sauce (available at Vietnamese food stores) or substitute soy sauce

3 tablespoons lime juice

1-2 tablespoons brown sugar (to taste)

1-2 fresh red chilies, de-seeded and minced, or 1-2 teaspoons Thai chili sauce (or chilli-garlic sauce)

Directions on next page.



*Soups, Salads
& Sandwiches*

Directions

Place the coconut in a frying pan or wok, without oil. "Dry-fry" the coconut (as if you were stir-frying it) for 2-3 minutes over medium heat, or until it turns a light golden-brown and is fragrant. Set aside. *Tip: Once the coconut is toasted, remove it from the pan right away and place it in a bowl, otherwise it will keep on toasting!*

Peel off the green skin of the mangoes and discard. Using a medium to large size grater (the kind you would use for cabbage salad), grate the yellow-orange flesh of the mangoes into a mixing bowl. Note that there is a large flat stone at the mango's center.

Prepare the dressing by mixing together all the salad Dressing ingredients in a bowl or cup. Set aside.

To the bowl of shredded mango, add: bean sprouts, basil, spring onions, cooked chicken (or shrimp or tofu), plus half the toasted coconut.

Toss well to combine.

Add the dressing and toss again. Taste, if you prefer more flavour or salt, add more fish sauce. If you prefer a sweeter taste, add a little more sugar. If you prefer more spice, add more chili. If it is too salty or sweet, add more lime juice.

Place on a serving platter. Sprinkle the nuts and the remaining toasted coconut and enjoy!

Preparation Tip: To make this salad for a party, grate the mango ahead of time and place in a covered container in the refrigerator. Also toast the coconut, prepare the dressing, and have the rest of the ingredients close at hand. When your guests arrive, simply put together, toss, and serve!

TOMATO MISO SOUP

Ingredients



*Soups, Salads
& Sandwiches*



*Soups, Salads
& Sandwiches*

- 1 cup cherry tomatoes. Make a light cut on each with a sharp knife (doesn't need to cut through) to allow flavors to come out faster during cooking.
- 2 large slices of ginger
- 1 large carrot, cut into 3cm chunks
- Shiitake mushrooms or other mushrooms of choice, cut into halves or quarters if mushrooms are large.
- 1/4 kabocha (Japanese pumpkin) with seeds removed, cut into 3 to 4cm chunks.
- 1/4 cabbage, with tough stems removed and washed. Tear leaves into bite-size pieces. (Sometimes I use thinly sliced celery stalks with tough fibers removed).
- 2 tablespoons of miso paste of choice (white tastes milder, red tastes stronger. Sometimes I mix both in equal parts).
- Optional: any other soup vegetables you like (eg. Chopped onions)
- Optional: 1 tablespoon of small dried shrimps OR 1-2 tablespoons of dried anchovies (heads removed), rinsed to remove small broken pieces.
- Optional: 1 piece of kombu seaweed (about palm size), lightly rinsed or wiped gently with wet cloth.

- **Directions**

Put cherry tomatoes, ginger, carrot, and mushrooms into a medium-size soup pot and fill about 2/3 of the pot with water. (Optional soup vegetables of choice, and dried shrimps/anchovies can be added at this time too).

- Bring the water to a boil. Once the water is boiling, turn heat to low, cover the pot and let simmer at low heat for at least 20 minutes or until the tomatoes break and the soup becomes fragrant.
- Add kabocha pumpkin and bring soup to a boil. (Optional kombu seaweed can be added at this time). Once the soup is boiling, turn heat to low. Let the soup simmer until pumpkin is soft.
- Place washed cabbage leaves into your serving bowls.
- Add Miso to the serving bowls. You must first dilute the miso paste with some soup from the pot to allow the flavors to mix through.
- Spoon the soup and cooked vegetables into the serving bowls above the miso and cabbage and enjoy!

ASPARAGUS & GREEN BEANS WITH ALMONDS

Ingredients

50g young asparagus, trimmed
100g French beans
2 teaspoons soft margarine
30g toasted almond flakes
freshly ground black pepper & salt to taste

Directions

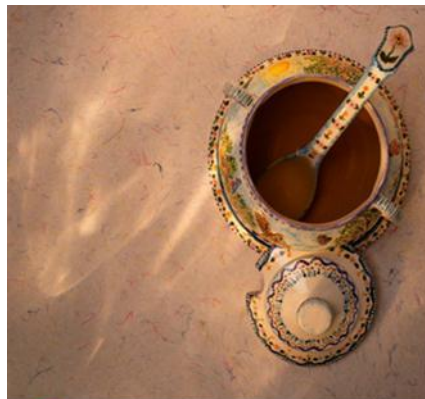
Add asparagus and French beans to a large saucepan of boiling water.

Cook for 1 minute or until just tender.

Drain and toss with margarine and almond flakes.

Season with pepper and salt to taste.

Serve immediately, for 2!



*Soups, Salads
& Sandwiches*

ORANGE & ALMOND FRESHENER

Ingredients

2 peeling oranges
3 tablespoons extra virgin olive oil
½ cup lightly toasted almond flakes/finely diced cashews

Directions

Peel 2 oranges (chilled, from the refrigerator, the colder the better).

Arrange the segments and lightly drizzle cold (refrigerated) extra virgin olive oil on them.

Sprinkle almond flakes or diced cashews evenly.

Serve immediately.



*Soups, Salads
& Sandwiches*

Nutri-tip

Kids and adults love nuts! Alongside crunch, they also offer protein and heart-healthy polyunsaturated and monounsaturated fats. They are a source of dietary fibre and numerous other nutrients such as the B-vitamins, Vitamin E and iron. Nuts also have antioxidant properties.

All nuts are not created equal though. Nutritional content varies depending on the kind of nut, with almonds being the most nutrient-dense. Hazelnuts contain high levels of the sleep-inducing amino acid, tryptophan, making them a good bedtime snack!

Walnuts have the highest levels of omega-3 fatty acids, while peanuts and soybean nuts, although tremendously nutritious, are not really nuts!

Raw or roasted? Roasting reduces the water content, making the nutrients more concentrated. However, roasting may also destroy heat-sensitive nutrients such as the B-vitamins.

CHICKEN SANDWICHES

Contributor's comments: 'The quantities serve 2!'

Ingredients

4 medium pieces of chicken with bone
1 medium onion, chopped
1 inch of ginger, chopped
1 tablespoon butter
1 tablespoon corn flour
1 small cup of milk
1 teaspoon fresh ground black pepper
salt to taste

Directions

Boil the chicken pieces with the onion, ginger and salt.

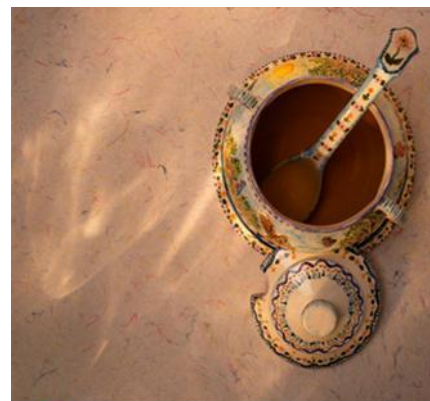
After it cools down a bit, separate the chicken from the bone and cut it into smaller pieces.

Put the shredded pieces with about 1 cup of the boiled chicken stock water in a saucepan. Heat.

Mix the corn flour in the milk and add to the saucepan, stirring until it thickens to spreading consistency (for about 5 minutes).

Remove from the heat.

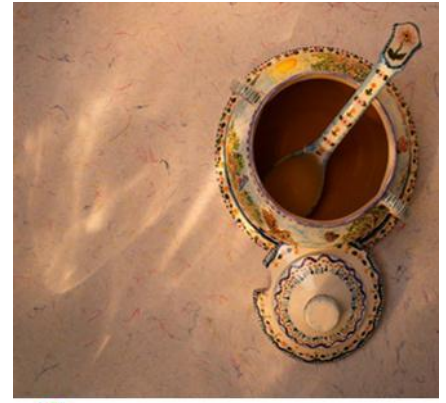
Add butter if you like (optional) and salt to taste. Add the freshly ground black pepper and mix.



*Soups, Salads
& Sandwiches*

CHICKEN TINOLA

Tinola is a ginger and onion based soup with chicken as the usual main ingredient. Chicken tinola is an authentic Filipino main dish and best complimented with green papaya wedges (an alternative is chayote) and chili pepper leaves. As a traditional dish, the chicken is usually cooked in low heat for quite some time to bring out the natural flavor. This dish is best served during cold and rainy weather because of the warming effect of the soup.



Soups, Salads & Sandwiches

The secret in making a good chicken tinola is to simmer the chicken for longer periods of time. This will let all the flavor of the chicken come out and it also makes the chicken tender. You can also use malunggay leaves instead of pepper leaves (or even both) to maximize the health benefits.

Ingredients

1 whole chicken, cut into serving pieces
36 ounces rice washing
1/2 pc small green papaya, cut into wedges
1 tbsp garlic, minced
1 medium sized onion, chopped
1 thumb ginger, cut into strips
2 tbsp fish sauce
Hot pepper leaves

Directions

Sauté the garlic, onion, and ginger
Put-in the chicken and cook until color turns light brown
Add the fish sauce and mix well
Pour-in the rice washing and put to a boil. Simmer for 45 minutes.
Add the green papaya wedges and simmer for 5 minutes
Add the hot pepper leaves
Add salt and pepper to taste
Serve hot. Share and enjoy!

Recipe makes 6 portions

LEMONY BLACK-EYED PEA AND CILANTRO SALAD



*Soups, Salads
& Sandwiches*

Ingredients

- 1 (14 ounce) can black-eyed peas, drained and rinsed
- 1 clove garlic, minced
- 2 slices onions, minced
- 1 medium Tomato, peeled, seeded and chopped
- 1/4 cup chopped cilantro
- 1 teaspoon dried oregano
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 3/4 teaspoon salt (or less if you prefer)
- 1/2 teaspoon black pepper

Directions

Combine all ingredients in a bowl; let sit in refrigerator for a couple of hours to blend flavors.

Salad tastes best at room temperature.

PITA BREAD WITH CHICKEN & CUCUMBER DRESSING

Contributor's comments: 'The quantities serve 4 people and provide 1600kj/390kcal of energy, 61g/244 kcal carbohydrates and 7g/63kcal fat per person.'

Ingredients

400g chicken fillets
1 spoon garam masala
1 large cucumber
2 dl yoghurt 10%, drained
½ bundle of coriander
salt & pepper
2 small heads romaine lettuce
4 pieces pita bread or flatbread

Directions

Season the chicken fillets with garam masala, salt and pepper.
Fry on a pan, 5 minutes on each side.

Dressing:

Peel the cucumber, slice it open and remove the seeds with a teaspoon.
Shred the cucumber, and press out the moisture.
Mix with the yoghurt and chopped coriander, season with salt and pepper.
Put the chicken, dressing and salad into pita bread and serve!



*Soups, Salads
& Sandwiches*

MUSHROOM SOUP

For 4 servings

Ingredients

500g mushrooms (white button)

90g butter

2 medium onions, chopped

1 clove garlic, crushed

1 litre chicken stock

2 tablespoons flour

½ cup fresh cream

Salt & pepper to taste

Directions:

Clean mushroom, chop caps & stems

Heat up butter, cook garlic & onions till soft (5-6 minutes)

Add mushrooms, cook high heat, stirring constantly (3-4 minutes)

Sprinkle flour, mix well

Add chicken stock, bring to boil, simmer 10 minutes after.



*Soups, Salads
& Sandwiches*

HEALTHY & DELICIOUS FRUIT SALAD

- 1) Chop up desired fruit (contributor's favourite: watermelon grapes, apples, kiwi, strawberry etc).
- 2) Put in a bowl and add cut up mint leaves and juice of 1 lime (adjust to taste).
- 3) Stir & serve!



*Soups, Salads
& Sandwiches*

LEEK & LENTIL SOUP

Ingredients:

Olive Oil
2 garlic cloves
2cm ginger
3 large carrots
Few sticks of celery
1 leek
½ cup red lentils
1 liter chicken stock
Coriander
Salt & pepper

Instructions:

Crush garlic and grate ginger. Sautee both in a few teaspoons of olive oil

Add chopped carrots and lentil and stir to coat in oil.

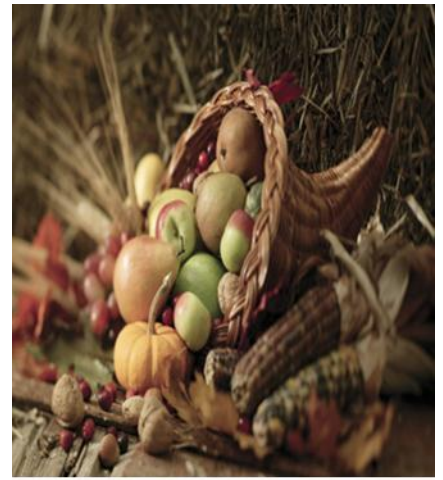
Add chicken stock, celery and leek. Bring to boil then turn down heat to simmer until cooked. This should take approximately 30 minutes.

Stir in roughly chopped coriander and add salt and pepper to taste.



*Soups, Salads
& Sandwiches*

MAIN DISHES



Main Dishes

EASY RATATOUILLE

Contributor's comments: 'Serve this ratatouille with chicken or fish, and rice. Alternatively, add chickpeas for a lunch. This ratatouille can also be used as a filling for a vegetarian lasagna.'

Ingredients

- 1 large onion, diced
- 3 carrots, peeled and grated
- 1 red capsicum, chopped
- 1 green capsicum, chopped
- 1 medium zucchini, diced
- 1 Asian eggplant, diced
- 1 tin peeled tomatoes
- 3 tablespoons tomato paste
- ½ tin water
- Sea salt, pepper & sugar

Directions

Prepare the vegetables in advance, to shorten the cooking time. Gently sauté the onions until golden and translucent. Add the grated carrots and chopped capsicum, and allow them to soften (for about 5 minutes). Add the zucchini, eggplant, tomatoes, tomato paste and some water. Cover and simmer for 20 minutes until the vegetables are tender. Add salt, pepper and sugar to taste. Serve hot!

DOUBLE FLOWER COMBINATION DISH

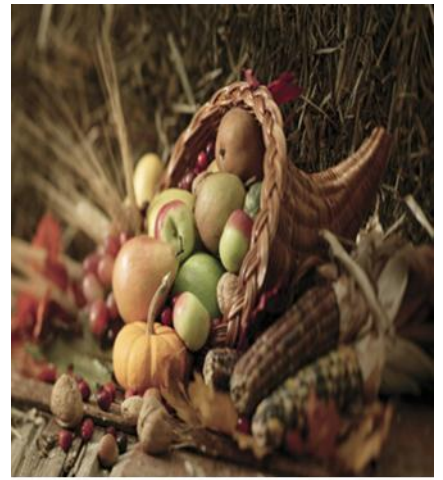
Contributor's comments: 'This dish is rich in Vitamins A, C, iron & calcium - all important nutrients in pregnancy!'

Ingredients

150g chicken meat, sliced
1 tablespoon abalone sauce
150g squid, cooked
1 teaspoon sesame oil
150g cauliflower, wedged
1 tablespoon shao sing wine
150g broccoli, wedged
50 g carrot, sliced
1 tablespoon chopped garlic
salt to taste
pinch of sugar
½ cup broth

Directions

Heat 2 tablespoons of oil in a wok.
Stir fry the chopped garlic until fragrant.
Add in the meat and stir fry until cooked.
Add the squid, cauliflower, broccoli, carrot and other ingredients.
Stir until cooked, serve hot.



Main Dishes

SPINACH, LEEK & LENTIL PASTA

Contributor's comments: 'This recipe requires 10 minutes preparation time, 20 minutes cooking time and serves 2.'

Ingredients

200g shell pasta
1 teaspoon olive oil
2 cloves garlic, crushed and diced
1 leek sliced
1 cup (250ml) vegetable stock
1 tomato, chopped
400g can lentils, drained and rinsed
a handful of spinach, chopped

Directions

Cook the pasta in a saucepan of salted water for 10-12 minutes. Drain and set aside. Heat the oil in a saucepan over high heat. Add the garlic and leek, cook for 3-4 minutes. Add the stock tomato and lentils. Cook for a further 2-3 minutes. Stir through the pasta and spinach, and spoon into serving bowls.

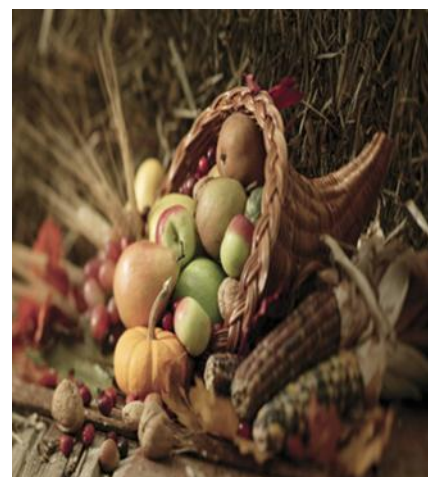
maharagwe. I'll bring a copy with me to the class tonight in case this doesn't reach you in time...

Ingredients:

1 onion
1 tin of kidney beans
1 tin of chopped tomatoes
1 pepper
Fresh spinach
1-2 teaspoons of curry powder
2 fresh small chillis
Salt and pepper to taste

Directions:

- Fry off the onions in a little oil
- Add the drained and washed kidney beans and chopped pepper and stir for a few minutes
- Add the tin of chopped tomatoes, half a tin of water, curry powder, chillis and a touch of salt and pepper. Stir
- Turn down the heat and leave to cook for 20 minutes, stirring occasionally
- Add the fresh spinach and stir. Leave to simmer for 5 minutes. Add a touch more water if necessary
- Serve with boiled rice

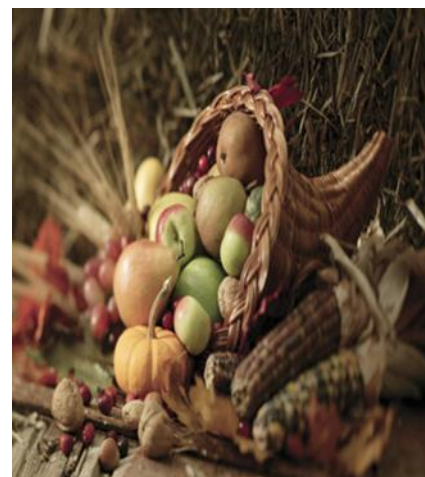


Main Dishes

PASTA AL PESTO

Ingredients

- 2 cups whole-wheat pasta
- 1 large onion
- 2 large zucchinis
- 1 can tuna (in water)
- ½ jar pesto
- 2 tablespoons light sour cream or Greek yoghurt



Main Dishes

Directions

Put the pasta to boil.

Cut the onion and the zucchini into small pieces.

Brown the onions, then add the zucchini.

Add some salt and pepper, stirring constantly until the zucchini pieces darken in colour.

Add the pesto, mix well.

Add the tuna, mix well.

Remove from the heat and add the light sour cream/yoghurt. Mix thoroughly, adding salt and pepper to taste. Ready!

Nutri-tip

Zucchini is a flavourful vegetable that is versatile to cook. They are a good source of dietary fibre, Vitamins A, C, K, and folate. They also provide thiamin, niacin and Vitamin B6.

Zucchini may be dark or light green, yellow or orange in colour. They are often served cooked; they can be barbecued, grilled, baked, fried or steamed. They can also be eaten raw, as in cold salads, or baked in bread.

In Turkish cuisine, shredded zucchini is made into pancakes and eaten with yoghurt; in Mexico, the zucchini flower is preferred to the fruit, and is used in soups or filling for tortillas.

VEGETABLE LASAGNE I

Contributor's comments: 'This lasagna takes 15 minutes to prepare and 50 minutes to cook.'

Ingredients

White Sauce:

500g leeks, white part only, chopped

50g cashews

400ml low fat milk

1 1/2 teaspoons corn flour

Filling:

200g baby button mushrooms, sliced

2 tablespoons balsamic vinegar

2 tablespoons chopped fresh basil

150g baby spinach

6 sheets lasagna

pumpkin, roasted

1 onion, sliced

500ml tomato pasta sauce, store bought

Directions

Preheat oven to 180°C.

Sauté the leeks and cashew nuts until soft.

Transfer to a blender and add the milk.

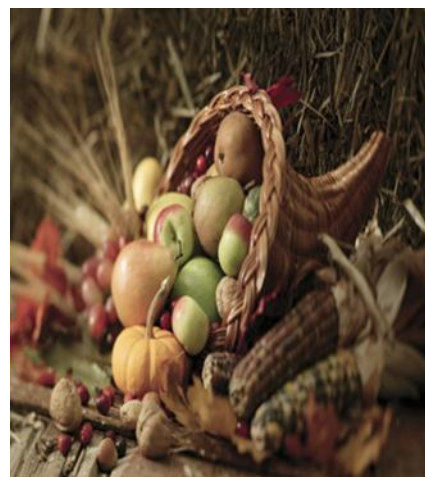
Blend until smooth, then return to the pan.

Mix the corn flour with 2 teaspoons of water until it becomes smooth and then add to the sauce.

Bring back to the boil.

If the sauce seems too thick, add more milk. If it is too thin, add more corn flour.

Season with salt and pepper.



Main Dishes

LASAGNE:

Put the mushrooms, onion and balsamic vinegar in a frying pan and cook over high heat for 5 minutes, stirring occasionally.

Remove from heat and stir in the basil.

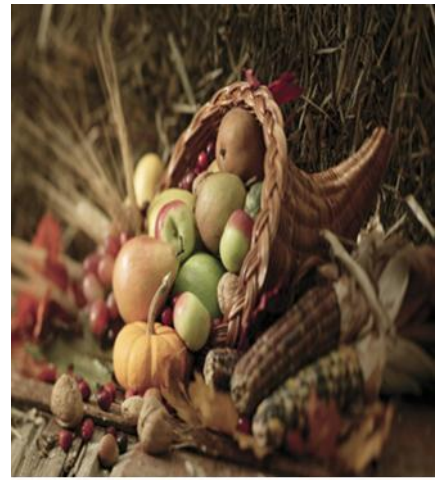
Spread 1/3 of the white sauce on the base of a large casserole dish, add a layer of lasagne sheets, followed by 1/3 of the mushrooms, spinach, pumpkin and onion and finally 1/3 of the pasta sauce.

Repeat until the sauce and vegetables are all layered.

Leave some white sauce on the top.

Sprinkle the feta over the top.

Cover with foil and bake for 30 minutes, then uncover and grill for 5-8 minutes to brown the top.



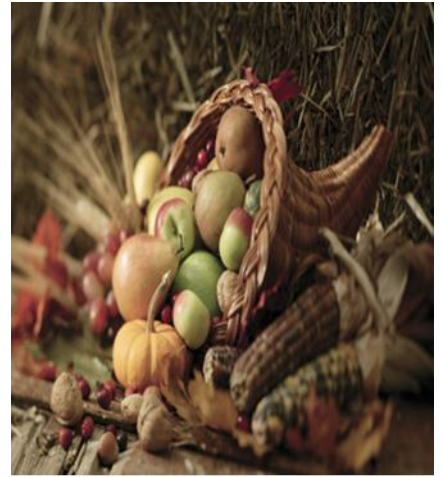
Main Dishes

VEGETABLE LASAGNE II

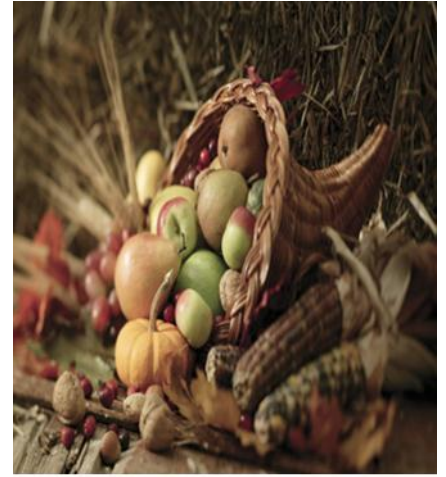
Ingredients

454g/16 oz package lasagna noodles
2 teaspoons olive oil
2/3 cup diced red bell pepper
2/3 cup diced orange bell pepper
2/3 cup diced yellow bell pepper
2/3 cup diced green bell pepper
1 small yellow onion, diced
2 (411g) cans diced tomatoes
1 (170g) can tomato paste
1 1/2 cups water
1 dash crushed red pepper flakes
1/4 cup grated Parmesan cheese
425g ricotta cheese
227g/8 oz package shredded mozzarella
4 eggs
1/4 teaspoon black pepper
1/4 teaspoon dried oregano, crushed
1/4 cup grated Parmesan cheese

Directions on next page.



Main Dishes



Main Dishes

Directions

Bring a large pot of lightly salted water to a boil. Cook lasagna pasta in boiling water for 8 to 10 minutes, or until al dente. Drain, rinse with cold water, and place on wax paper to cool.

Cook the bell peppers and onion in olive oil in a large sauce pan until onions are translucent.

Stir in the diced tomatoes, tomato paste, water, and red pepper flakes. Simmer for 30 minutes.

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, combine Parmesan cheese, ricotta cheese, mozzarella cheese, eggs, black pepper, and oregano.

Place a small amount of sauce in the bottom of a 9x13 inch baking dish. Reserve 1/2 cup of the sauce.

Place three lasagna noodles lengthwise in pan.

Layer some of the cheese mixture and the vegetable sauce on top of noodles. Repeat layering with the remaining ingredients, ending with noodles.

Spread the reserved sauce over the top of the noodles & sprinkle with grated Parmesan cheese, if desired.

Cover dish with foil, and bake for 40 minutes or until bubbly. Remove foil during last 10 minutes of baking.

Nutri-tip

Bell peppers are loved for their shiny exterior, vibrant colours & nutritional value! Bell peppers come in red, orange, yellow, green, brown & black. Green peppers have a slightly bitter flavour, while red & yellow ones are sweeter.

Bell peppers are a good source of Vitamins A, B6, C & folate. They also contain excellent amounts of carotenoids. Carotenoids are antioxidants, boosting immunity, decreasing cancer risk & improving heart health.

The antioxidant content of bell peppers increases as they ripen. While most bell peppers turn red over time, they may be ripe even when they are green; ripe green peppers are deep in colour, feel heavy for size and yield slightly to pressure.

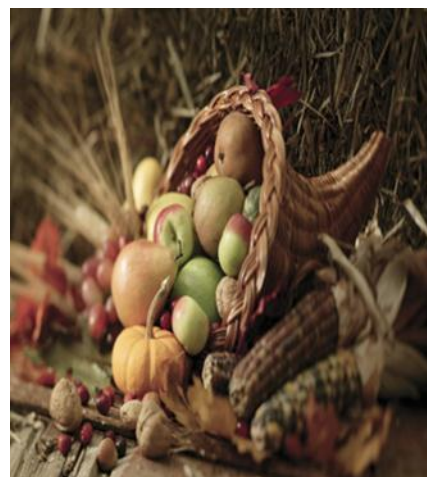
MUSHROOM LASAGNE WITH SPRING ONION & FROTHY MUSHROOM STOCK

Ingredients

12 lasagne sheets
250g mixed mushrooms
5 tablespoons finely-chopped shallots
1 teaspoon finely-chopped garlic butter for frying
200g fresh spinach
4 dl mushroom stock
2 tablespoons butter
½ dl milk
2 tablespoons truffle juice (optional)
4 spring onions, finely-shredded
Salt & freshly ground pepper

Directions

Cook the lasagne sheets for about a minute in salted water. Cool them in iced water. Sauté the shallots, garlic and mushrooms in butter. Fold in the spinach, then add salt and pepper to taste. Put alternate layers of lasagne and mushroom filling in an oven-proof dish, allowing three sheets per person. Heat in the oven at 150°C for 6-8 minutes. Make a mushroom stock and reduce by half (to about 2 dl). Add butter and blend, finishing off with cold milk to make it foam properly. Add truffle juice to taste. Arrange the lasagne in deep plates, spoon over the stock and the shredded spring onion.



Main Dishes

OPEN LASAGNE WITH ROCKET & WALNUT PESTO

Contributor's comments: 'Serves 4. I've broken the method down into 4 steps, making it easier to follow.'

Ingredients

① Pesto

- 100g walnuts
- 2 cloves of garlic
- 2 large handfuls baby rocket arugula
- 1 large handful basil
- 1 large handful flat leaf parsley
- 100ml extra virgin olive oil
- 80ml walnut oil
- 50g grated pecorino cheese
- 100g grated parmesan cheese

② 375g fresh lasagna sheets

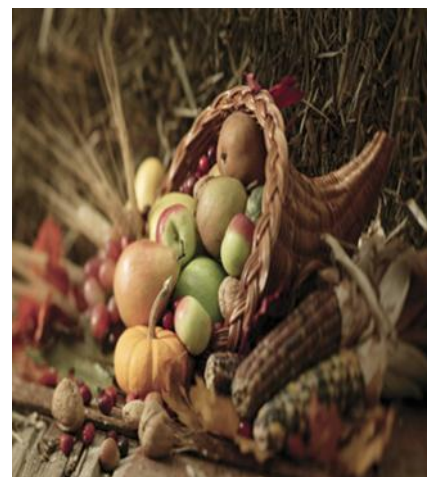
③

- 1 tablespoon olive oil
- 4 large handfuls baby spinach
- 1 clove of garlic, sliced
- 2 tablespoons lemon juice

④ for serving:

- 200g marinated goat feta cheese
- 2 tablespoons grated parmesan cheese

Directions on next page.



Main Dishes

Directions

① **Pesto:** Preheat the oven to 180C.

Rinse the walnuts in cold water, then shake dry.

Spread walnuts on a baking tray and bake for 5-8 minutes, until golden. Be careful not to burn them!

Transfer the walnuts to a small processor.

Add the garlic, rocket, basil and parsley and whiz in 3 sec intervals for 1 minute or until the mixture resembles coarse crumbs.

With the motor running, add the oils in a thin stream, then add the pecorino and parmesan and whiz for 5 seconds. Cover and set aside.

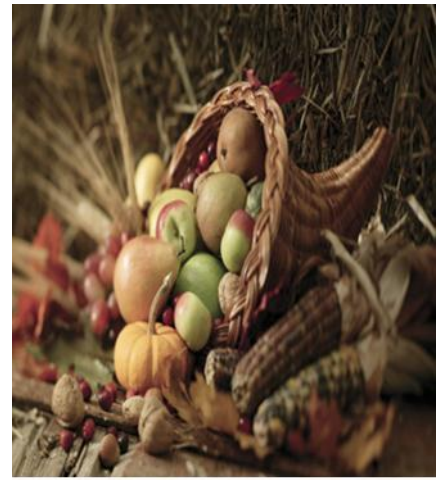
② Cut the lasagna sheets into sixteen 8cm pieces.

Cook a few squares at a time in a large saucepan of boiling salted water for 4 minutes or until al dente.

Lay them on a clean tea towel and cover to keep warm whilst cooking the remaining squares.

③ Heat the olive oil in a large frying pan over medium heat, add the spinach and garlic and sauté until just wilted. Add the lemon juice and stir to combine. Cover and keep warm.

④ To serve, spoon 1 tablespoon of the pesto onto four warmed plates and spread out with the back of the spoon to the size of one of the pasta squares. Cover with a pasta square, then divide 1/3 of the spinach over the pasta. Sprinkle with 1/3 of the goat feta cheese, cover with another pasta square and spread with pesto. Repeat the layers finishing with a layer of pesto. Sprinkle with the grated parmesan and serve immediately.



Main Dishes

MOROCCAN CHICKEN

Contributor's comments: 'This recipe serves 4. It is great served with couscous!'

Ingredients

450g(1lb) skinless boneless chicken breast meat
1 tablespoon olive oil
1 onion, finely diced
2 garlic cloves, crushed
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground cinnamon
1 courgette, halved and sliced
1 can of chopped tomatoes
1 cup of frozen peas
1 can of chickpeas
200ml (7 fl oz) vegetable stock
Salt & pepper to taste

Directions

Cut the chicken into thin strips.

Heat the olive oil in a large pan.

Add the chicken, onion and garlic; cook over medium heat for a couple of minutes until the onions have softened and the chicken starts to brown.

Reduce the heat and add the ground cumin, coriander and cinnamon.

Stir and cook for 1 minute, then add the courgettes, tomatoes and vegetable stock.

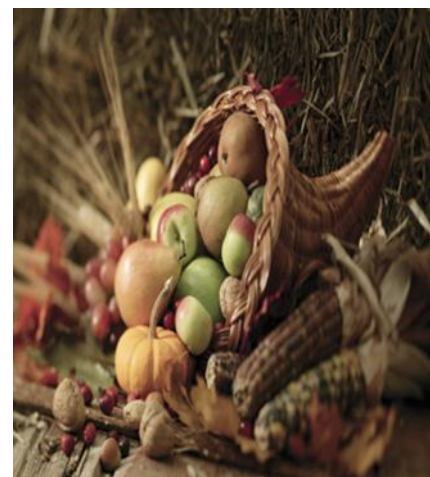
Cook for 5 minutes, stirring occasionally.

Meanwhile, defrost the frozen peas in the microwave.

Drain and add the cooked peas and chickpeas to the chicken and tomato mixture.

Season with salt and pepper to taste.

Cook for another 5-10 minutes until all the vegetables are tender.



Main Dishes

SESAME TOFU WITH CHINESE GREENS

Contributor's comments: 'If you're using dried shiitake mushrooms, soak them in water for 10-15 minutes until soft. If choy sum is difficult to find, simply substitute it with any leafy green vegetable such as bok choy, dale, spinach or mustard greens. Makes 2 servings.'

Ingredients

- 200g firm tofu, cut into thin slices
- 2 tablespoons sesame seeds
- 1 bunch choy sum including the flowers
- 4 shiitake mushrooms
- 3 shallots, thinly sliced on an angle
- 2 garlic cloves, finely chopped
- 2.5cm fresh ginger, finely julienned
- 2 red chilies, chopped
- 1 tablespoon organic tamari or light soy sauce

Directions

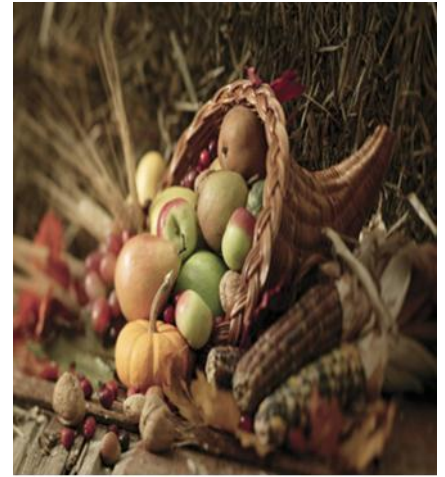
Sprinkle the sesame seeds onto a plate and press the tofu slices into the sesame seeds to coat.

In a non-stick pan, cook the tofu slices until golden brown on both sides and remove.

Cut the choy sum into bite-sized pieces and lightly steam along with the mushrooms, shallots, garlic, ginger and chili until wilted.

On individual plates, pile the choy sum ingredients on top of the tofu and drizzle over the tamari or soy.

Serve immediately, *enjoy!*



Main Dishes

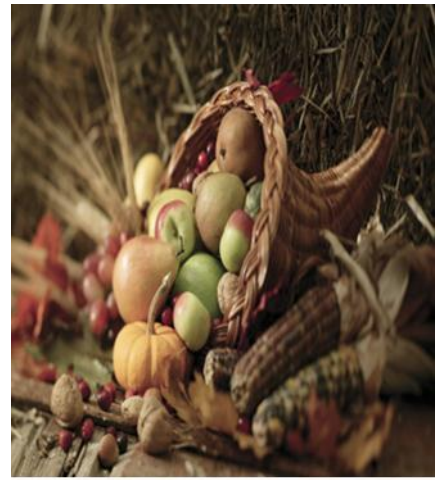
WATERMELON, TOMATO & MOZZARELLA SKEWERS

Ingredients

1 box of cherry/grape tomatoes
¼ watermelon, cubed
2 bags of mozzarella balls
balsamic vinegar to taste
sea salt to taste
30 wooden or metal skewers

Directions

Thread 1 cube of watermelon, one ball of mozzarella and one tomato onto a skewer. Continue for the other 29 skewers.
Lay out on a serving platter.
Drizzle balsamic vinegar over the skewers and sprinkle salt. Serve cold, for 10-15 people.

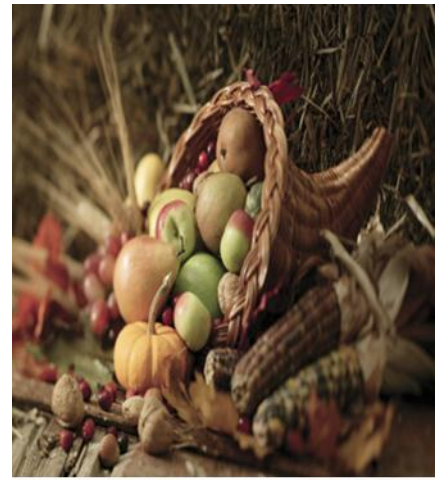


Main Dishes

STEAK WITH MANGO & WASABI SALSA

Ingredients

4 fillet steaks
salt & pepper
2 tablespoons olive oil
juice of 1/2 lime
1/4 teaspoon wasabi paste
1 mango, peeled, pitted & diced
a small handful of fresh coriander, chopped



Main Dishes

Directions

To prepare the salsa, blend together the lime juice, wasabi, mango and coriander in a bowl. Season with salt. Season the steaks with salt and pepper, and grill them. (You may also pan-fry them, although I personally prefer grilling!) Serve immediately with the salsa on the top of each steak, alongside salad.

SPAGHETTI WITH GARLIC & SPINACH

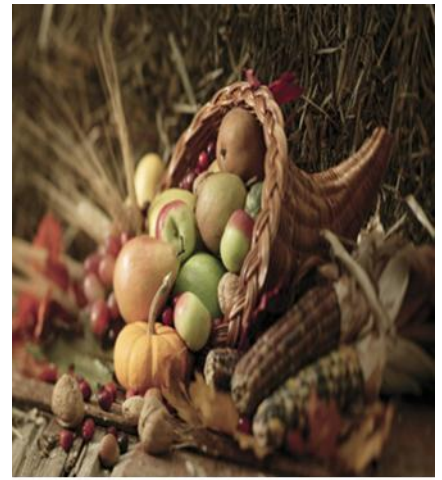
Contributor's comments: 'Preparation takes 15 minutes, cooking takes 20 minutes.'

Ingredients

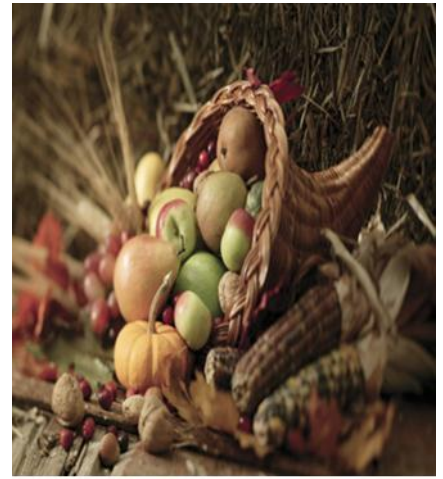
200g spaghetti
40ml extra virgin olive oil
3 garlic cloves, crushed & thinly sliced
1 small red chili, seeded & sliced
40ml white wine
50g baby spinach
sea salt
a small handful finely chopped Italian parsley

Directions

Cook the spaghetti in a large pan of boiling water for 11 minutes.
Meanwhile, put the olive oil, garlic and chili in a frying pan and cook for 5 minutes, stirring often, until the garlic is golden-brown.
Add the wine and cook for 20 seconds.
Add the drained pasta and spinach, and toss to coat well.
Season with sea salt, sprinkle with parsley, serve with lots of grated parmesan!



Main Dishes



Main Dishes

RATATOUILLE

Ingredients

- 3 fresh tomatoes
- 1 can of whole tomatoes
- 1 large green zucchini
- 1 large eggplant or 2 brinjal
- 1 green or red capsicum (or both, 2 small)
- 1 medium onion
- 2 garlic cloves
- 2 medium carrots
- cooking oil or olive oil

Directions

- Heat the oil in a large pot over medium heat.
- Add the minced garlic and diced onions, cook until translucent.
- Add the grated carrots, cook for 2 minutes.
- Add all the diced vegetables at once.
- Cook over low heat until the vegetables release their liquid.
- Add the diced fresh tomatoes and the canned whole tomatoes.
- Season with salt, pepper and parsley, stir. Cook covered until the veggies are tender.

Nutri-tip

- Tomatoes make their way into many of our meals. Tomatoes contain Vitamin C, fibre & other vitamins & minerals. The star nutrients in tomatoes, however, are antioxidants & phytonutrients.
- Lycopenes are carotenoid antioxidants in tomatoes & are responsible for tomatoes' intense orange colour. The health benefits of tomatoes include heart health, bone health & anti-cancer protection.
- Cooking tomatoes makes the lycopenes easier to absorb. Research suggests that products that make use of the whole tomato, including the skin, have higher lycopene content. This is true for tomato paste, puree or sauce.

SPICY CHICKEN SKEWERS WITH MANGO TABOULEH

Contributor's comments: 'The skewers with mango tabouleh is great served hot or cold. This recipe is for 4 servings.'

Ingredients

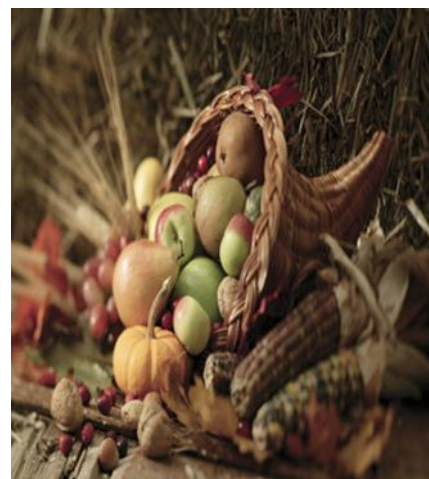
Chicken Skewers:

400g chicken breast fillets
200ml natural low fat yoghurt
1 clove of crushed garlic
1 small red chili, deseeded and finely chopped
½ teaspoon ground turmeric
the juice and rind of ½ lemon
fresh mint to garnish

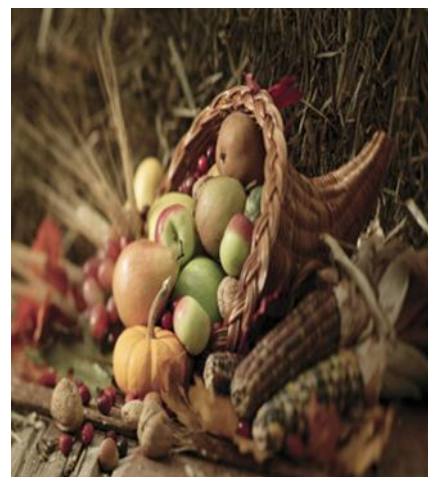
Mango Tabouleh:

175g of bulgar wheat/quinoa
1 teaspoon olive oil
juice of half a lemon
½ red onion, finely chopped
1 ripe mango, chopped
½ cucumber, finely diced
2 tablespoons freshly chopped parsley
2 tablespoons freshly chopped mint
Sea salt & pepper to taste

Directions on next page.



Main Dishes



Main Dishes

Directions

Chicken Skewers:

Pre-soak wooden skewers for 30 minutes.

Cut the chicken into cubes and place in a shallow dish.

Mix the yoghurt, garlic, chili, turmeric, lemon juice and rind.

Pour over the chicken, cover and refrigerate for 8 hours.

Make the skewers by threading chicken cubes onto 8 wooden or metal skewers. Cook over hot grill for 10 minutes.

Turn and brush with marinade until the chicken is cooked.

Mango Tabouleh:

Cook the quinoa in boiling water for 15 minutes, or put bulgar wheat in a bowl and cover with boiling water.

Place a plate over the bowl and leave to soak for 20 minutes.

Whisk together the oil and lemon juice, add the red onion to marinate for 10 minutes.

Add the red onion with the mango, cucumber, herbs and seasoning to the cooked/drained bulgar wheat or quinoa.

Toss together. Spoon the tabouleh onto plates and arrange the chicken skewers on top.

Nutri-tip

Eating spicy foods & enjoying spicy flavours have a lot to do with the culture we come from, as well as our own personal preferences. However, science is revealing that a spicy diet throws up health benefits as well!

Spices (such as cinnamon & turmeric) as well as pungent foods (such as garlic & onions) have significant antioxidant & anti-inflammatory properties. They are associated with healing & preventing specific illnesses like heart disease & cancer. Adding herbs & spices to our meals adds flavour without the need for extra salt, sugar or other flavourings. If you are beginning to explore spicy tastes, or would like to introduce spices into your family's diet, begin by adding small amounts to family favourites such as stews or pizzas.

FRIED BEEF WITH KALE

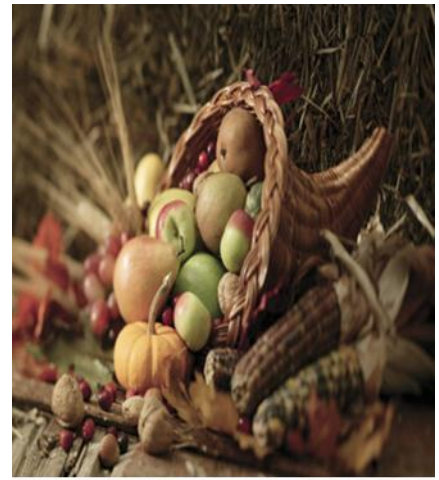
Contributor's comments: 'This recipe has been adapted from the Chinese Pregnancy and Confinement Cookbook by Ng Siong Mui, Landmark books, 1990.'

Ingredients

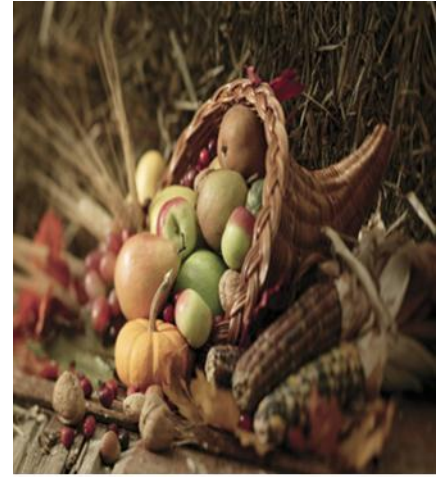
300g lean beef
300g kale
2 slices old ginger, shredded
1 clove garlic crushed
marinade
1 teaspoon salt
1 teaspoon Chinese rice wine/sherry
1 teaspoon sugar
½ teaspoon light soya sauce
1 tablespoon oyster sauce
1 tablespoon oil
1 tablespoon corn flour

Directions

Slice the beef thinly against the grain, marinate for 15-30 minutes. Wash the kale. Remove the fibrous parts of the stem. Cut the stems into bite-sized pieces and divide the leaves in half. Coat a wok/saucepan with oil. When it is smoking hot, fry the beef slices till seared on the outside and sealed. Put beef aside for the moment. Add enough oil to keep the hot wok lubricated, then fry ginger and garlic till fragrant. Add kale and just enough water to steam kale and evaporate off in about 1-2 minutes. Add beef back and fry for 30 seconds. Serve with rice.



Main Dishes



Main Dishes

VIETNAMESE SUMMER ROLLS

Ingredients

10-15 sheets of rice paper

1 cup chopped mint

1 cup chopped lettuce

1 cup chopped carrot

1 cup chopped basil

1 cup chopped coriander

about 20 green beans, cooked for 2 minutes in boiling water

1½ cup thin glass noodles, cooked in salted water until tender

Sauce:

½ cup tamarind fruit

½ cup coriander

2 tablespoons honey

salt to taste

1 cup water

½ cup peanuts

Directions

Put the tamarind fruit in a small bowl, cover with boiling water.

Let it sit for 10 minutes, stir to break up the tamarinds from the seeds.

Drain the seeds and bits of tamarind from the water. Cook the salt, and tamarind for ½ hour together. Dry roast the peanuts, then chop. Add chopped coriander and peanuts to the sauce. Cool before serving and then add honey.

How to Roll:

Dip the rice paper into warm water until soft. Lay on a flat surface and add a bit of each of the ingredients. Roll, starting with the side that is closest to you, about half way. Fold each of the sides inward, like wrapping a present. Continue to roll, until reaching the other edge. Cover with plastic wrap to keep air from drying the rice paper.

LENTIL STEW

Ingredients

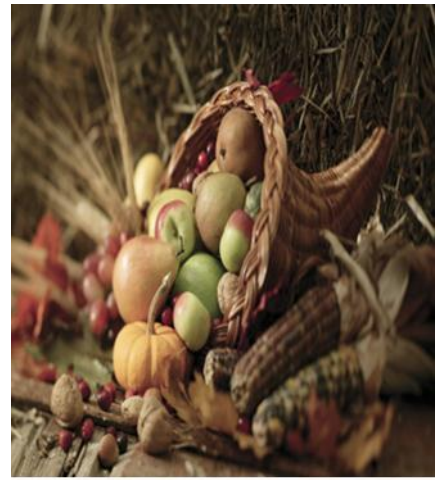
2 tablespoons olive oil
2 cups chopped onion
1 raw carrot, sliced
½ cup diced celery with leaves
2 tablespoons minced garlic
3 ½ cups broth
454g/1 pound dry lentils
½ cup medium pearl barley, uncooked
454g/16 oz can crushed tomatoes
1 teaspoon salt
½ teaspoon pepper
¼ teaspoon oregano
1kg frozen chopped spinach

Directions

Sauté the onions, celery and garlic in oil for 8 minutes.
Add 8 cups of water, the broth, lentils and barley.
Cover, bring to the boil, reduce heat and simmer for an hour or until very tender.
Add crushed tomatoes, carrot, and seasonings.
Bring to boil once again, reduce heat and simmer uncovered for 5 minutes.
Add spinach and stir to separate. Simmer for another 5-7 minutes.

Nutri-tip

Barley is a rich source of fibre & selenium, & provides good amounts of phosphorus, copper & manganese.
Barley fibre supports intestinal health by providing 'bulk' to digestive matter, and acting as food for the 'friendly' bacteria in the large intestines. Barley also lowers cholesterol levels.
Barley is available as 'hulled' barley, pearl barley, pot barley, barley flakes or grits. 'Hulled' barley is the most nutritious because only the outer hull is removed during processing; it is also the only type that is considered 'whole grain'.



Main Dishes

PASTA WITH PUMPKIN

Ingredients

Pumpkin or Sweet Potato or both

Fetta

Spinach

Parsley – big bunch

Olive oil

Lemon Juice from half a lemon

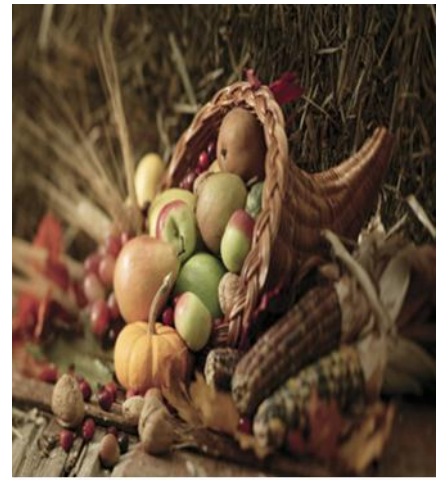
Pasta – whole wheat or veg

Seeds – pumpkin or sunflower

3-4 cloves of garlic

Directions:

Cut the pumpkin and bake with a little oil and salt. Cook the pasta according to instructions. Heat the oil in a pan and add minced garlic, flavor the oil by stirring but turn off the heat before browning. Add drained pasta to the oil and stir through. Add chopped spinach and stir. Add lemon juice and parsley: stir. Transfer pasta to a large bowl and top with baked pumpkin/sweet potato, crumbled feta, toasted seeds and black pepper. Yummy hot or cold,



Main Dishes

MONDAY NIGHT SIMPLE SUPPER

Ingredients

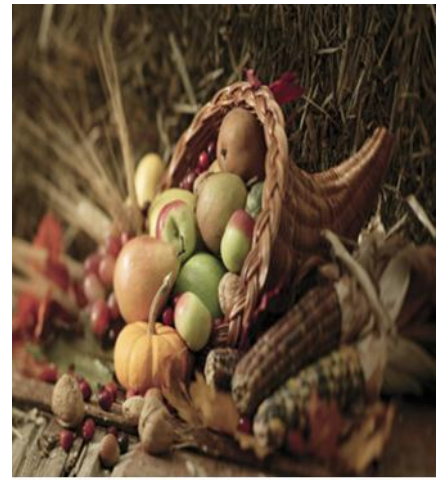
chicken/pork

Teriyaki sauce

broccoli/baby corn/carrots

a handful of cashews/peanuts

1 tablespoon sesame oil



Main Dishes

Directions

Marinate chicken/pork in Teriyaki sauce for at least 30 minutes.

Wash and chop broccoli, baby corn and carrots for steaming. Sprinkle with chopped garlic.

Crush a handful of cashew/peanuts.

Heat the sesame oil in a pan, fry the meat until browned.

Start steaming the vegetables until they are al dente (may only need 5 minutes).

Add the nuts to the meat and fry for another 5 minutes until the meat is cooked through.

Serve immediately!

Contributor's comments: 'I sometimes also add a fresh tomato salad with a drizzle of balsamic vinegar - somehow it works!'

LEEK & MUSHROOM QUICHE

Ingredients

200g of flour

very little water

100g of butter, at room temperature

1 egg yolk

Filling:

3-4 leeks

150g of button mushrooms

20cl of milk

20cl of cream

3 eggs + 1 egg white

70g of shredded emmental (or other cheese)

Nutmeg powder, salt, pepper

Directions

To prepare the base:

Cut the butter into small pieces and add it to the flour with the egg yolk (keep the egg white for the filling).

Mix with hands until the butter is homogeneously mixed with the flour. At this stage the mixture doesn't stick together properly.

Add very little water and mix with hands again so that a ball forms. If the ball becomes sticky, it means you have put too much water - add a bit of flour to compensate. Put the ball in the fridge for 30 minutes or more.

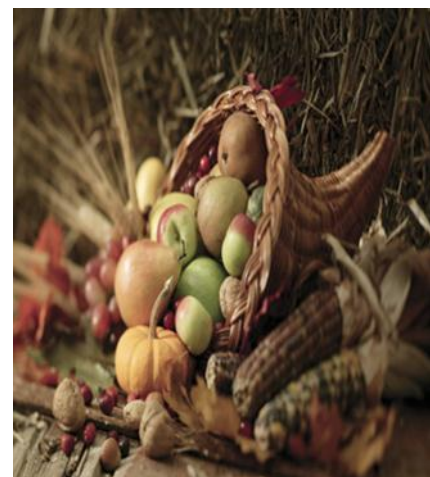
Start pre-heating the oven, at 180°C.

To prepare the filling:

step ①: Cut the white part of the leeks into small bits, both vertically and horizontally. Fry with a bit of oil until it starts losing its water. It does not need to be fully cooked at this stage. Put aside.

To pre-cook the base:

Take out the base from the fridge and put it on a clean wide surface, Roll it flat to the size of the pie tin and place it in the tin. Pre-cook the base in the oven for 10



Main Dishes

minutes at 180°C.

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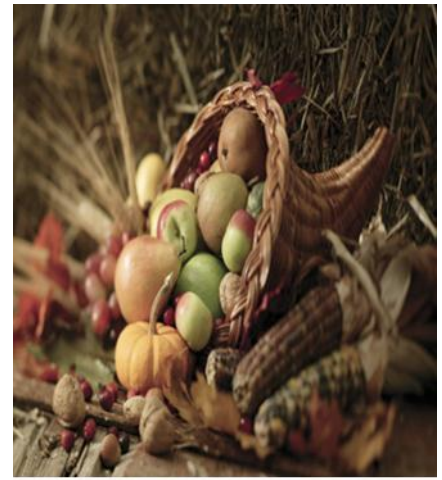
To prepare the filling:

step ②: While waiting for the base to pre-cook, mix the 3 eggs and the spare egg white with milk and cream, in a big bowl. Add the nutmeg powder, salt and pepper. Cut mushrooms into slices and keep aside. Do not cook.

Final step: Take the base out of the oven, place the sliced mushrooms as a first layer, add the pre-cooked leeks. Pour the egg mix and spread the shredded cheese on top. Cook in the oven for approximately 30 minutes. To check that it is properly cooked, there

should not be any liquid in the filling. Increase the cooking time, if necessary.

When cooked, you can put the oven on toasting mode for a couple of minutes to get a golden brown result!



Main Dishes

HONEY-ORANGE MARINATED SALMON

Instructions

- 1/3 cup reduced-sodium soy sauce
- 1/4 cup orange juice
- 1/4 cup honey
- 2 green onions, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon sherry/apple juice
- 1 tablespoon minced fresh ginger root
- 454g/1 pound salmon fillet

Directions

In a large resealable plastic bag, combine the first 7 ingredients.

Add the salmon.

Seal the bag and turn to coat; refrigerate for 1 hour, turning several times.

Line an 8-inch square baking dish with foil; coat the foil with nonstick cooking spray.

Drain and discard marinade, place the salmon fillets in the prepared pan.

Bake at 180°C for 30-40 minutes or until the fish flakes easily with a fork.

PARMESAN CRUMBED FISH WITH MINTED RISONI

Contributor's comments: 'This recipe takes 20 minutes of preparation, 20 minutes of cooking & serves 2!'

Ingredients

½ cup breadcrumbs
parmesan, crumbled
2 x 150g snapper fillets, skin removed
plain flour for dusting
1 egg, lightly beaten
½ cup risoni (if unavailable, substitute with small pasta, such as macaroni)
½ cup frozen peas, blanched
1 clove garlic, minced
60g butter, melted
1/8 cup lemon juice, lemon wedges to serve
¼ cup mint leaves

Directions

Preheat oven to 220°C.

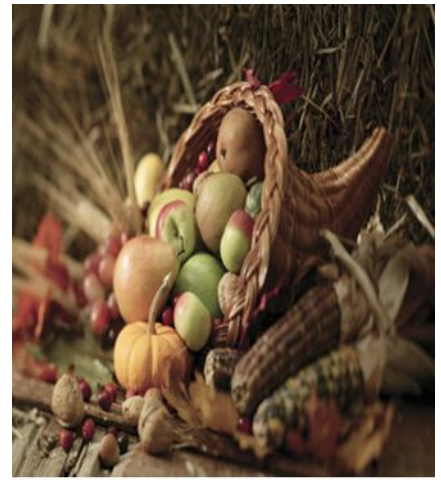
Place breadcrumbs, parmesan and lemon rind in a bowl and mix well.

Dust the fish in flour, dip in egg and press on the breadcrumb mixture.

Place the crumbed fish on a baking tray lined with non stick paper and bake for 15 minutes or until golden.

Cook the pasta in a saucepan of salted boiling water for 8-10 minutes.

Drain and place in a pan. Add the butter, garlic, lemon juice and peas and stir to combine. Stir through the mint just before serving. Plate up the fish with a lemon wedge, serve risoni in a small bowl on the plate.



Main Dishes

POACHED SALMON & SOBA NOODLES

Contributor's comments: 'It takes 10 minutes to prepare & 15 minutes to cook. Makes enough for 2 servings.'

Ingredients

0.75L vegetable stock
1 stalk lemon grass, chopped in half
25g ginger, peeled & sliced
1 tablespoon soy sauce
200g soba noodles
1 bunch baby asparagus
2 x 120g salmon fillets, skin removed
coriander leaves

Directions

Place stock, lemongrass, ginger and soy sauce in a saucepan over medium heat and bring to a simmer.

Simmer for 5 minutes.

Remove lemongrass and ginger, discard.

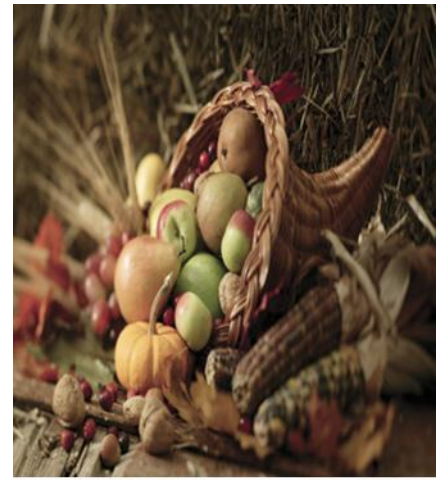
Add noodles and cook for 4 minutes.

Remove from the broth and divide between bowls.

Add salmon and asparagus to the broth and cook for 2 minutes for medium, or 4 minutes for well done.

Top the noodles with salmon and asparagus, and spoon over the broth.

Garnish with coriander leaves.



Main Dishes

SIMPLE HEALTHY CHINESE-STYLE STEAMED FISH

Contributor's comments: 'This recipe takes 20 minutes to prepare & cook. It serves 2!'

Ingredients

300g/1 large slice of Red Snapper
1 medium tomato
2 pieces dried Chinese mushroom or Shitake mushroom
2 slices ginger
1 stalk coriander

Seasonings:

1 tablespoon sesame oil
1 tablespoon soya sauce
1/4 teaspoon salt

Directions

Soak the mushroom till soft, cut into thin shreds.

Cut the ginger in thin shreds.

Cut the tomato into slices.

Cut the coriander into 1/2 inch sections.

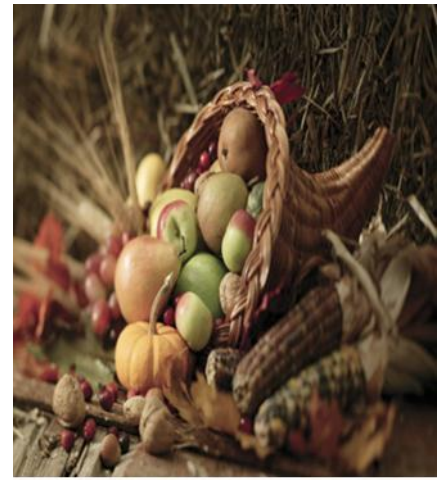
Clean the fish, pat dry, rub the salt on both sides.

Place the fish on a plate, then spread the mushroom, ginger and tomato on top.

Steam over high heat for 10 minutes.

To serve: drizzle with the sesame oil and soya sauce across the fish, garnish with coriander.

Contributor's comment: 'Alternative choices for the fish are Red Grouper, Threadfin and Pomfret.'



Main Dishes

RESTAURANT-STYLE CHINESE STEAMED FISH

Ingredients

1 live fish

2-inch ginger, peeled & cut into thin strips

1 stalk scallion, cut into 2-inch length, then cut into thin silken threads

cilantro leaves

2 tablespoons cooking oil

1 tablespoon shaoxing wine or rice wine

Steamed Fish Soy Sauce:

4 tablespoons light soy sauce

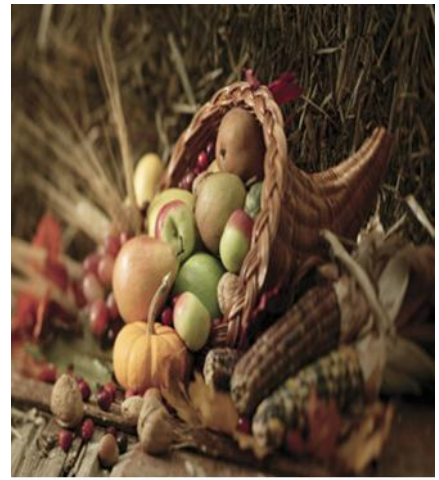
2 tablespoons shaoxing wine or rice wine

2 tablespoons water

¼ teaspoon sesame oil

3 dashes white pepper

2 tablespoons rock sugar, ground into powder



Main Dishes

Directions

Clean the fish properly (remove scales, guts, gills, etc) and pat dry. Blend the soy sauce mixture in a small bowl and set aside.

Lay the fish on a plate and drizzle 1 tablespoon wine on top of the fish. Top the fish with ½ of the cut ginger strips.

Heat wok with enough water for steaming, wait for the water to boil.

As soon as the water begins boiling, place the fish inside the work, propped up with a small inverted bowl or a few wooden blocks (meant for steaming).

Cover tightly, steam for 8 minutes. Transfer the steamed fish and discard the fish water and ginger strips. Lay the remaining ginger strips on top of fish.

Heat a pan over high heat and add 2 tablespoons of cooking oil, swirl until hot.

Pour the oil over the steamed fish. Put the pan back on the stove, add the soy sauce mixture and stir well. As soon as the sauce bubbles and boils, pour the soy sauce over the fish. Top with scallions and cilantro, and serve immediately with rice.

BAKED SALMON WITH MUSTARD MASH

Ingredients & Directions

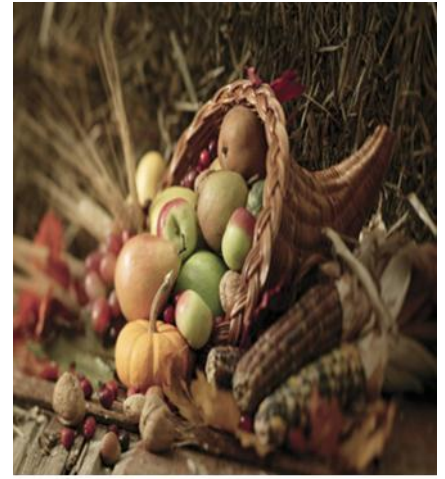
Loosely wrap a piece of fresh salmon in tin foil with a slice of lemon, few springs of dill, and salt and pepper to taste (can also add ginger, chili, and/or coriander, depending on your personal taste).

Bake in the oven on 180°C for 10-15 minutes.

The fish is cooked when the flesh flakes off.

Mash parboiled new potatoes, leaving the skin on.

Stir in a heaped teaspoon of grainy mustard or a small amount of wasabi. *Serve with any green vegetable of choice!*



Main Dishes

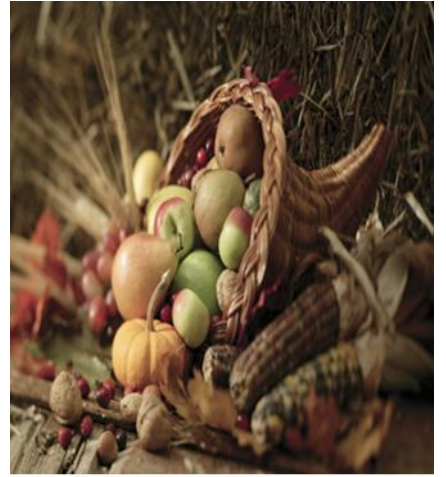
Nutri-tip

Fats play an important role in our bodies; they are involved in brain function, the production of hormones, the synthesis of important vitamins and energy production.

One type of fat, the omega-3 fatty acids, have become widely-known for their importance in brain development & cardiovascular health. Our bodies cannot make omega-3 fatty acids & they need to be consumed in our food.

Fish fats contain large amounts of omega-3 fatty acids, making fish an important component of a growing child's diet. Fish that are found in cold water such as sardines, tuna & salmon have the highest levels of omega-3 fatty acids.

Interestingly, eating fish improves moods. Fish may well be natural medicine for depression, mood and anxiety disorders!



Main Dishes

TUNA SKEWERS

Contributor's comments: 'An hour preparation time & 10 minutes cooking time.'

Ingredients

1 tablespoon freshly grated ginger
1 clove garlic, minced
1/4 teaspoon cayenne pepper
1 teaspoon ground coriander
1 teaspoon ground turmeric
1 teaspoon sea salt
2 tablespoons olive oil
250g tuna, cubed

To Serve:

lime wedges
fresh coriander leaves
wholemeal mini pitas
plain yoghurt

Directions

Soak 6 wooden skewers in water.

Stir together all the ingredients except the tuna in a bowl.

Add the tuna last and marinate for 1 hour in the fridge.

Thread the tuna onto the skewers and BBQ or pan fry over high heat, 2 minutes on each side for medium, 4 minutes on each side for well done.

Cut the mini pitas in half and place in the oven for 5 minutes.

Serve on a plate with the lime wedges, pita and yoghurt, top with coriander!

FISH PIE

Contributor's comments: 'This recipe serves 4-6 persons.'

Ingredients

salt & pepper

1 kg potatoes

1 carrot

2 sticks celery

150g cheddar cheese

1 lemon

½ fresh red chili

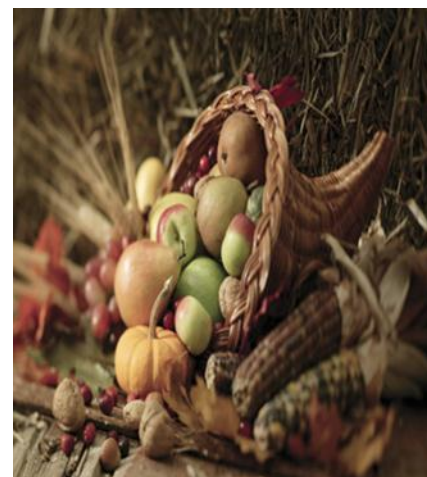
4 sprigs fresh parsley

A handful of spinach

2 ripe tomatoes, quartered

olive oil

700g fish (e.g. mixture of salmon, white fish, prawns)



Main Dishes

Directions

Peel the potatoes, cut into chunks and boil until soft. Drain.

Meanwhile, get a deep baking tray and stand a box grater in it.

Grate the celery, carrot and cheddar, use fine side of grater to grate the zest from the lemon and finely chop the chili.

Finely chop the parsley and add this to the tray.

Cut the fish into bite size chunks and add to the tray with the prawns.

Squeeze over the lemon juice, drizzle with olive oil and add a good pinch of salt & pepper.

Add the spinach and tomatoes, mix well.

Take the drained potatoes, drizzle with olive oil, season and mash until smooth.

Spread evenly over the top of fish and grated vegetable mix.

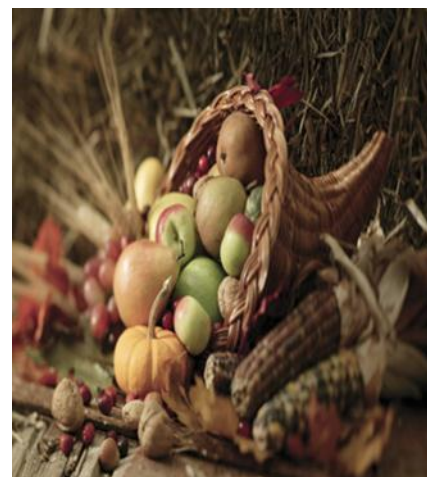
Bake in the oven at 200°C for 40 minutes until crispy and golden on top.

Serve with a green salad or steamed peas/broccoli!

ASIAN-SPICED KEDGEREE

Ingredients

500ml of cold water (for poaching the fish)
2 lime leaves, torn into pieces
4 salmon fillets (approx 3 cm thick), skinned
45g unsalted butter
1 teaspoon oil
1 onion, finely chopped
½ teaspoon ground coriander
½ teaspoon ground cumin
½ teaspoon turmeric
225g Basmati rice
3 eggs, hard boiled and quartered
3 tablespoons coriander, chopped
1 dash of nam pla (Thai fish sauce)
1 lime, juice & zest



Main Dishes

Directions

Preheat oven to 220°C.

Pour water into a roasting dish, add the lime leaves and then the salmon. Cover the dish with foil, put in the heated oven and cook for about 15 minutes. Remove the dish and drain the liquid off into a jug. Keep the fish warm by replacing the foil over the dish. Melt the butter in a heavy, wide saucepan that has a tight fitting lid and add the oil to stop the butter burning. Soften the onion in the pan and add the spices, then keep cooking till the onion is slightly translucent and suffused with the soft aroma of the spices. Add the rice and stir with a wooden spoon so that it's all well coated. Pour in the reserved liquid from the jug, about 500ml, and stir. Then cover and cook gently for 15 minutes.

At the end of the cooking time, when the rice is tender and has lost all chalkiness, turn off the heat, remove the lid, cover with a tea towel and then replace the lid. This will help absorb any extra moisture from the rice. Just before it is served, drain off any extra liquid from the salmon, and then flake the fish with a fork. Add it to the rice, eggs, coriander, lime juice and a drop or two of fish sauce. Stir gently to mix. Sprinkle over the zest and serve.

PAPER BAG SEAFOOD LINGUINI

Contributor's comments: 'Takes 20 minutes to prepare & 30-35 minutes to cook. Serves 2.'

Ingredients

200g linguini
6 prawns, peeled with tails left intact
100g white fish, boned, skin off, cut in slices
1 small squid tube, cut in rings
¼ cup dry white wine
1 clove garlic, minced
20g butter
sea salt & cracked pepper
1 tablespoon lemon juice
a handful of flat leaf parsley, chopped
lemon wedges to serve

Directions

Preheat oven to 180°C.

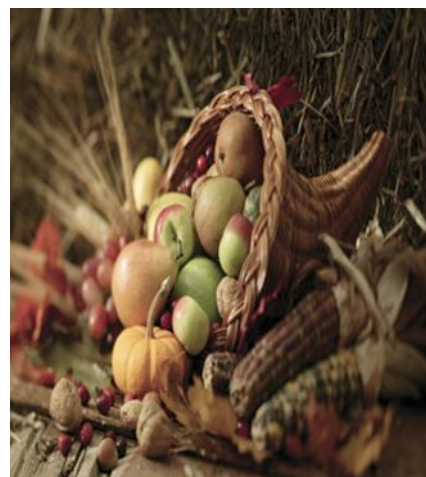
Cook the pasta in a saucepan of salted water for 10-12 minutes, drain.

Cut 2 x40cm pieces of baking paper, and line 2 deep capacity oven proof bowls.

Divide the cooked pasta between the bowls.

Top with fish, prawns, squid, wine, butter, garlic, salt and pepper. Bring the ends of the paper together and twist in place to close.

Bake for 30-35 minutes or until the prawns and fish are cooked through. Drizzle with lemon juice and sprinkle with parsley.



Main Dishes

A RECIPE CREATED WITH LOCAL INGREDIENTS

Ingredients

sweet potato mash: 2/3 sweet potatoes

4 small shallots

1/2 local pumpkin

1 large lime

1 garlic

soya sauce

Salt & pepper

Fish:

1 cod fish piece per person (local Chinese)

1 thumb-sized piece of young ginger

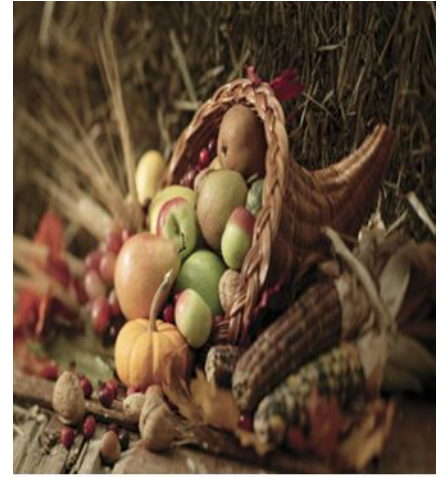
soya sauce

Greens:

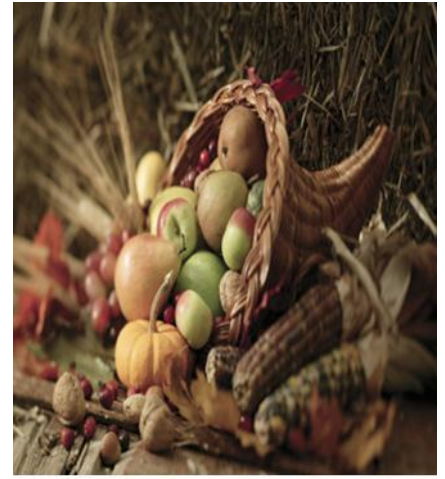
bok Choy

sesame oil

Directions on next page.



Main Dishes



Main Dishes

Directions

Mash:

Cut and boil the sweet potatoes and pumpkin (with its skin on).

Tip: The pumpkin will cook faster than the potatoes so make the chunks a little bigger.

Drain when you can easily put a fork into them. Remove the skin from the pumpkin and mash together.

Slice the shallots and garlic until thin.

Brown in a frying pan with a little oil.

Add a little soya sauce into the pan and stir.

Cut the lime in half and squeeze on to the mash potato.

Add salt and pepper to taste.

Put the mash in a bowl or on the plate and spoon over the shallots and garlic.

Cod fish:

Cut the ginger into very small strips and fry lightly. Add a little soya sauce and then remove.

Put the fish in the frying pan and sear on both sides.

Then add a little water and leave to cook all the way through.

Serve with the ginger and soya sauce poured over the top

Greens:

Steam the bok choy over a little water until the stems are soft.

Serve with a little salt and good drizzle of sesame oil.

Adjust the quantities of the ingredients to suit your appetite and palate!

Nutri-tip

Orange-fleshed sweet potatoes are a rich source of beta-carotene, raising levels of Vitamin A in the blood significantly. Purple-fleshed sweet potatoes contain anthocyanins that offer antioxidant and anti-inflammatory properties.

The nutritional value of sweet potatoes are highest when they are prepared by steaming or boiling. Although roasted sweet potatoes are a traditional favourite, roasting offers less nutritional value than boiling.

When sweet potatoes are eaten alongside fats such as olive oil, our bodies absorb beta-carotene from the sweet potatoes better.

SALMON WITH POTATO SALAD & BEETS

Ingredients

Potato salad:

500g red-skinned potatoes, skin on

1 lemon

2 springs of fresh thyme

A small bunch of fresh dill

Salmon:

1 x 100g bag of prewashed watercress

400g good quality smoked salmon

1 lemon

3 heaped teaspoons creamed horseradish

1 punnet of cress

Butter:

300 ml double cream

Beets:

1 x 250g pack of cooked vacuum-packed beetroots

balsamic vinegar

a small handful of fresh Greek basil or basil

1 x 250g tub of cottage cheese

a few springs of fresh thyme

1 lemon

Seasonings:

olive oil

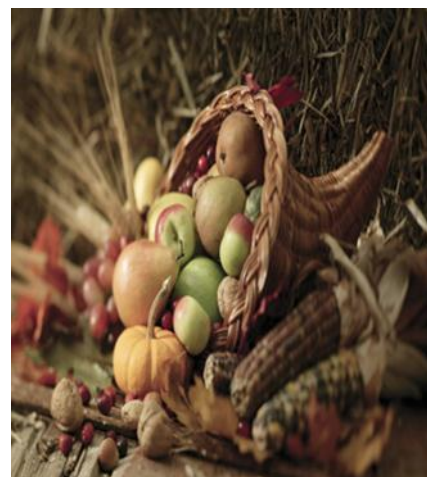
extra virgin olive oil

sea salt & black pepper

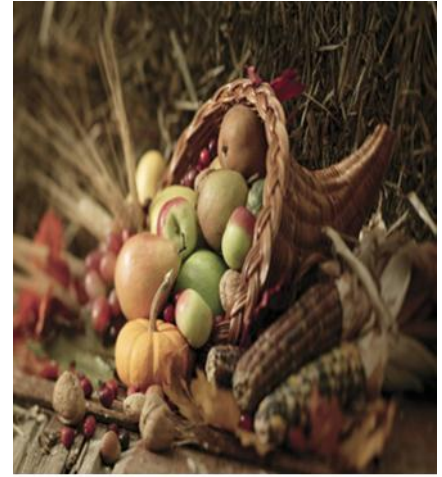
To Serve:

a loaf of rye bread & a bottle of chilled white wine/bitter

Directions on next page.



Main Dishes



Main Dishes

Directions

Get all the ingredients and equipment ready.

Fill and boil the kettle.

Put a saucepan with a lid on a medium heat.

Put the rye bread on a board and take to the table with a bread knife.

Put the beater attachment into the food processor.

Potato salad:

Wash the potatoes, then roughly quarter them and cut into 3 cm chunks, removing any gnarly bits.

Pour boiled water into the saucepan and add a pinch of salt.

Add the potatoes, then speed peel in a few strips of lemon zest and add the thyme.

Put a lid on and cook for 10 minutes, or until tender when pierced.

Salmon:

Tip the watercress onto a serving board.

Lay the salmon slices over the leaves in rustic waves.

Quarter the lemon.

Smear 3 heaped teaspoonfuls of creamed horseradish on one hand of the board and season with salt & pepper.

Squeeze over 2 of the lemon wedges and drizzle with extra virgin olive oil. Take to the table.

Butter:

Pour the double cream into the food processor. Leave to beat away, allowing it to over-beat.

Beets:

Put the beets on a board and cut into erratic chunks.

Move them to a serving platter and add 2 splashes of good balsamic vinegar, a good drizzle of extra virgin olive oil and a pinch of salt and pepper.

Quickly pick the Greek basil leaves and sprinkle most of them over.

Toss and mix to dress, tasting and tweaking as necessary.

Continues on next page.

Butter:

By now the cream should be thick and coming together into one big clump. When ready, it will look like butter and the sound coming from the food processor would have changed.

Put it into a sieve over the sink, then use your clean hands to quickly scrunch and shape it so that any excess water drains away.

Put it on some greaseproof paper; try not to handle it too much or it will melt. Sprinkle over a pinch of salt, then put it beside the bread.

Beets:

Open the cottage cheese and drizzle a little extra virgin oil straight into the tub. Rip over the thyme tips and add a pinch of salt and pepper.

Finely grate in the zest of ½ the lemon and stir.

Arrange the beets on a platter, dollop over the flavored cottage cheese, sprinkle over some pepper; drizzle with extra virgin olive oil and scatter with the remaining Greek basil leaves.

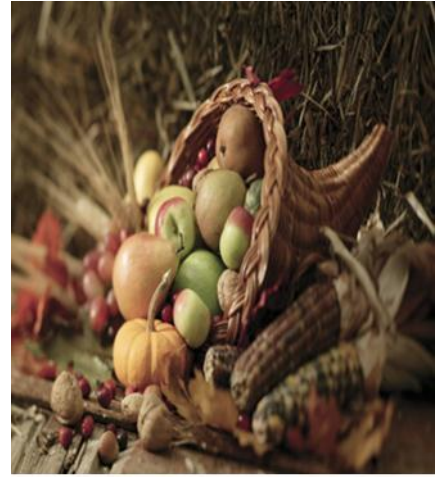
Take to the table.

Potato salad:

Drain the potatoes and leave them to steam dry for 2 minutes while you finely chop the dill.

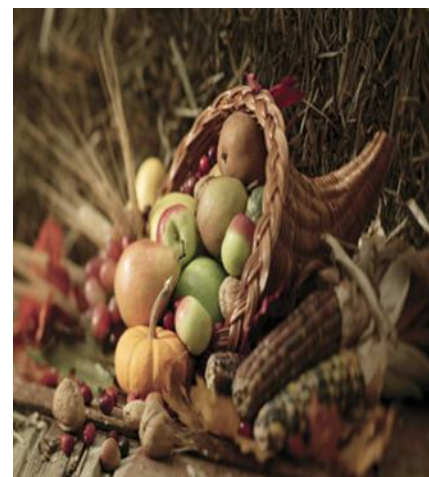
Tip the potatoes into a bowl with all the dill, a knob of your homemade butter, plus a good drizzle of extra virgin olive oil, a pinch of salt & pepper and the juice of ½ a lemon. Toss and take to the table.

To serve, snip the cress on top of the salmon. Serve with chilled white wine or bitter and any leftover wedges of lemon.



Main Dishes

SHEPHERD'S PIE



Main Dishes

Ingredients

1 head cauliflower
2 tablespoons butter
1-3 tablespoons cream (optional)
Salt & pepper, to taste
3 tablespoons olive oil
1 medium onion, chopped
1 cup frozen organic peas & carrots, thawed
3/4 cup frozen organic green beans, thawed
1 pound ground grass-fed beef or bison
1 tablespoon coconut flour or almond flour
3/4 cup beef stock or broth
1 tablespoon chopped fresh thyme or 1 teaspoon dried
1 tablespoon chopped fresh rosemary or 1 teaspoon dried
2 tablespoons butter

Directions

Preheat oven to 400 degrees Fahrenheit.

Break the cauliflower into chunky pieces and steam until just tender.

Put in the food processor with 2 tablespoons butter and process until smooth. Add salt & pepper to taste. Optional: Add cream 1 tablespoon at a time until smooth but still fairly thick. Set aside.

Heat oil in a skillet over medium-low heat. Add onion and sauté several minutes until soft. Add beef and cook for about 5 minutes, stirring to break up the meat so it browns evenly. Add peas, carrots and green beans and cook another five minutes. Stir in the coconut flour. Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes. Add salt and pepper to taste. Remove from skillet and put into a 9-inch pie pan. Spread the cauliflower over the top.

Scatter 2 tablespoons of butter cut into small pieces on top of the cauliflower. Bake 30-35 minutes.

VEGETARIAN OPTION: Substitute the beef for zucchini which you can soak in extra virgin olive oil first before frying in the pan.

SIDE DISHES

RISOTTO WITH ASPARAGUS

Ingredients

Butter & oil

Parmesan cheese

1 small onion, peeled & diced

350g rice for risotto, carnaroli

200g asparagus, cut in pieces of 1 cm

1 glass white wine

1 litre meal soup



Side Dishes

Directions

Fry the onion until the pieces become translucent.

Add the rice to the onion and mix for a short time with high fire.

Mix the wine in with a high fire until the wine evaporates.

Gently add 1 tablespoon of soup over a low fire until it evaporates and then add the rest of the soup.

After 5 minutes, add the points of asparagus.

Cook for approximately 15 minutes until the rice is cooked.

Remove from the heat and add a spoon of butter and parmesan for flavor.

ROASTED CHERRY TOMATO & FETA TART

Contributor's comments: 'This tart requires 20 minutes of preparation & 30 minutes of cooking!'

Ingredients

250g cherry tomatoes, halved
3 small button mushrooms, sliced
1 red onion, finely chopped
2 garlic cloves, finely chopped
2 egg yolks, 8 egg whites
a small handful fresh basil, finely chopped
2 asparagus spears, chopped
4 sheets spring roll pastry
30g low-fat feta cheese
2 spring onions, finely chopped

Directions

Preheat oven to 170°C.

Put tomatoes, mushrooms and onion on a paper-lined tray.

Sprinkle the garlic and a pinch of salt and pepper over the top and bake for 20 minutes.

Lightly beat the egg whites and yolks together with the basil and asparagus. Season with salt and pepper.

Layer the sheets of pastry to cover the base and sides of a shallow square baking tray.

Spoon the roasted vegetables into the tray and pour the egg mixture over the top. Sprinkle with the feta and spring onions and bake for 30 minutes or until set.



Side Dishes

MASHED POTATO

Ingredients

250g potatoes

1 tablespoon Shoyu or 1 teaspoon Miso

1 teaspoon ginger juice

1 clove garlic

A pinch of black pepper/curry powder (optional)



Side Dishes

Topping ① - 1/3 cup raisins (soak for 2 hours), topped with dried raisins OR

Topping ② - 1/3 cup plain yoghurt, 1/2 teaspoon nutritional yeast

Directions

Wash potatoes, use a fork to poke a few holes, steam until soft, for about 15 minutes.

Peel the skin, quarter and process using a juicer.

Mince the garlic, juice the ginger using the juicer, remove pulp.

Mix Shoyu Miso, ginger juice, garlic and black pepper together, then pour into mashed potatoes and mix well.

Process the raisins in a blender, add water if needed. To serve, pour over mashed potato. For topping ②, just mix nutritional yeast into plain yoghurt, pour over mashed potato.

CORN CAKES

Contributor's comments: '15 minutes preparation & 10 minutes cooking!'

Ingredients

1½ cup corn kernels
2 spring onions, chopped
1 egg
½ cup plain flour
½ teaspoon baking powder
a handful coriander
sea salt & cracked pepper



Side Dishes

Directions

Place all the ingredients including the coriander in the food processor bowl, process until blended.

Over medium heat, heat ½ teaspoon of oil in a pan.

Place 3 lots of mixture (each 2 tablespoonfuls) into the pan, ensuring enough room between each corn cake.

Cook until golden brown on each side.

Keep warm in the oven whilst cooking additional batches.

Serve with avocado and fresh coriander.

Nutri-tip

The use of coriander dates back to 5000 B.C., making it one of the world's oldest spices! While coriander is often used for garnishing and to add a touch of flavour to meals, its nutritional profile is lesser known.

Coriander controls blood sugar & cholesterol levels, & provides anti-inflammatory protection. Coriander also contains an antibacterial compound, possibly offering a natural means of fighting foodborne illnesses.

MUSHROOM & LEEK RISOTTO

Contributor's comments: 'Takes 20 minutes to prepare & 45 minutes to cook!'

Ingredients

250g button mushrooms, sliced
1 leek, sliced
1 cup Arborio rice
A handful fresh flat leaf parsley
2 tablespoons cream
1½ litre vegetable stock
¼ cup grated Parmesan
sea salt & pepper

Directions

Sauté leeks in a large pan with a small amount of water.

Add the mushrooms and cook for 5 minutes.

Add the rice, dry and stir until the rice turns opaque.

Add a cup of vegetable stock, stirring until absorbed.

Continue with the remaining stock until it's all absorbed and the rice is cooked.

Halfway through adding the vegetable stock, add half of the parsley and season with salt and pepper.

Just before turning off the heat, add cream and parmesan and stir through. Top with remaining parsley and extra parmesan.



Side Dishes

PENNE WITH TOMATO & CHILI

Contributor's comments: 'Preparation time is 15 minutes & cooking time is 20 minutes.'

Ingredients

200g penne
20ml extra virgin olive oil
3 cloves garlic, crushed & thinly sliced
1 small red chili, seeded & sliced
200ml tomato pasta sauce, store bought
½ can peeled tomatoes
sea salt
a small handful fresh Italian parsley

Directions

Cook the pasta in a large pan of boiling water for 11 minutes.
Meanwhile, put the olive oil, garlic and chili in a frying pan and cook for 5 minutes, stirring often until the garlic is golden.
Add the pasta sauce and tomatoes.
Cook for 5 minutes, stirring regularly.
Add the drained pasta and toss to coat well.
Season with sea salt and parsley.
Serve with lots of grated parmesan!



Side Dishes

ZUCCHINI & RICOTTA PASTA

Contributor's comments: 'This easy dish takes 10 minutes to prepare, 15 minutes to cook and serves 2.'

Ingredients

400g linguini
2 zucchinis, sliced into length-ways ribbons
1 spring onion, sliced
½cup/100g ricotta
sea salt & black pepper
shaved parmesan & lemon wedges, to serve
1 garlic clove, minced
1 tablespoon olive oil

Directions

Cook the pasta in a large saucepan of salted, boiling water for 10-12 minutes. Drain and return to the saucepan.

Add the zucchini, spring onion, ricotta, salt and pepper, garlic, olive oil.

Toss to combine, top with shaved parmesan and serve with lemon wedges.



Side Dishes

ROASTED ROOT VEGETABLES

Ingredients

1 or 2 leeks
a few cloves of garlic
2 tablespoons olive oil
2 beets
1 turnip
2 carrots
1/4 to 1/2 pumpkin
2 sweet potatoes
Salt

Directions

Preheat oven to 220°C.

Clean the leeks, cut off the tops and bottoms, and lay complete leeks across a large baking pan with raised sides.

Peel the garlic cloves and spread them out in the pan over the leeks.

Peel the beets, turnip, carrots, pumpkin and sweet potatoes; cut them into large pieces.

Put all of the cut vegetables into a large bowl and sprinkle olive oil and a bit of salt. Mix them so the vegetables are evenly and lightly covered.

Spread the vegetables on the baking pan on top of the leeks and garlic and place into the oven.

Use a spatula or wooden spoon to move around the vegetables every 10 to 15 minutes.

Bake until the beets are soft enough to eat, for approximately 45 minutes to an hour. Serve without the garlic and leeks.



Side Dishes

SPINACH STIR FRY WITH GARLIC

Ingredients

350g fresh spinach or Chinese pea shoots (dou miao)
2 tablespoons oil
3-5 cloves garlic, thinly sliced
salt & pepper



Side Dishes

Directions

Wash and rinse the spinach, then place it on a colander to drain.

Heat the oil in a wok over high heat

Add the sliced garlic, then the spinach.

Stir-fry for about 1 minute or until the leaves are wilted and have turned dark green.

Season by adding salt and pepper to taste.

Transfer immediately to serving dish, ensuring that the vegetables are tender; trim the ends of the stems, and cut into bite sized pieces.

DESSERTS

BANANA BREAD

Ingredients

Wet ingredients (mixed together):

1 1/2 cup mashed ripe banana

1/4 cup oil

1/2 cup honey

1 teaspoon vanilla

1-2 beaten eggs

Dry ingredients (mixed together):

2 cups whole wheat flour

1/2 cup wheat germ

1 teaspoon baking soda

1-2 teaspoons baking powder

Directions

Preheat oven to 180°C. Add dry ingredients into wet ingredients, then fold in 1/2 cup chopped walnuts (optional).

Bake in oiled loaf pan for 1 hr.

Nutri-tip

Wheat germ offers the many benefits of whole wheat & is a concentrated source of many essential nutrients, including Vitamin E, folate, phosphorus & essential fatty acids. It is also a good source of fibre.

Wheatgerm can be added to baked foods such as breads, cakes & biscuits & to other foods such as yoghurt & pancakes.



Desserts

PINA COLADA CHEWIES

Contributor's comments: 'This makes 32 chewies.'

Ingredients

- 1 cup pineapple pulp, from juicing
- 1/2 cup raw almonds, ground
- 1/2 cup fresh or dry unsweetened coconut shreds
- 2 tablespoons honey

Directions

Add ingredients to food processor or blender and blend for 45-60 seconds.

Form into 2" round patty shapes on a greased cookie sheet.

Bake for 4-5 hours on the lowest oven setting.



Desserts

STEWED SNOW FUNGUS WITH BEAN CURD SHEET

Contributor's comments: 'This dessert helps to nourish the lungs and whiten the skin. It is also good for babies. Pregnant women could drink this soup after the fourth week of pregnancy.'

Ingredients

①

50g snow fungus
20 g lotus seeds
20 g dried lily bulbs
30 g dried longans
10 red dates
2 beancurd sheets

②

150g rock sugar
1 piece dried tangerine peel

Directions

Wash ingredients in ① and put into stewing pot.
Add in the rock sugar and tangerine peel, then pour in 2 litres of hot water.
Put stewing pot in double boiler. Cover and cook for 3 hours.



Desserts

APPLE TEA CAKE

*Contributor's comments: 'Preparation time: 15 minutes,
Cooking time: 30-45 minutes.'*

Ingredients

60g butter

½ cup castor sugar

1 egg

1 cup self raising flour (consider choosing whole wheat flour)

pinch of salt

½ cup milk

1 tablespoon brown sugar

1 ½ apples, peeled & cored – 1 grated, ½ thinly sliced
cinnamon

Directions

Preheat oven at 180°C.

Cream the butter and castor sugar together.

Add the egg, beat well.

Add the flour and salt, alternating with milk; mix until light and fluffy.

Add in the grated apple.

Pour the mixture into a loaf cake tin, lined with non-stick paper.

Place the thinly-sliced apple decoratively on top of the mixture, sprinkle with brown sugar and cinnamon.

Bake for 30-45 minutes, until browned.

Remove from the cake tin when cooked and cool on wire tray.



Desserts

PASSION CAKE

Ingredients

3 medium eggs
50g stoned dates or raisins
50g unsalted butter
1 ripe pear
150 g carrot, coarsely grated
150g graham or plain flour
1 tablespoon baking powder
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
½ teaspoon allspice
50g dried berries

Directions

Preheat oven to 190°C.
Blend the eggs, dates and butter in a processor until smooth.
Add the pear, blend until smooth
Mix in the carrots.
Sift the dry ingredients and fold into the wet mixture.
Add the berries.
Grease/line a 20-cm cake tin.
Pour mix into tin and bake for 35 minutes (check after 20 minutes).
Consider adding orange cream cheese frosting
- Mix cream cheese and orange juice with a bit of icing sugar to taste.



Desserts

Nutri-tip

Blueberries are a great choice of berry for the recipe above! They contain Vitamins C, E & fibre. Most importantly, they contain antioxidants known as *flavonoids*. Flavonoids play an important part in preventing wear & tear in tissues, particularly in the brain.
In addition, blueberries have anticancer, antioxidant & anti-inflammatory qualities. They promote healthy heart function. They also have antibacterial properties & like cranberries, decrease the risk of urinary tract infections.

LAUREN'S OATMEAL CHOCOLATE CHIP COOKIES

Contributor's comments: 'A word of caution, these cookies contain a lot of sugar! Go easy, especially in the last trimester! The quantities here make 10-12 cookies and need 8-10 minutes to bake.'

Ingredients

150g plain flour
1 teaspoon baking powder
175g unsalted butter, softened
75 g soft dark brown sugar
75 g sugar
1 large egg, at room temperature
2 teaspoons vanilla
250g rolled oats
50g plain chocolate chips

Directions

Preheat oven to 190°C, lightly grease 2 baking sheets.
In a large bowl, stir together the flour and baking powder.
In a large mixing bowl, use an electric mixer to cream the butter and sugars together until light and fluffy. Add the egg and beat until combined. Stir in the vanilla. With the mixer on low speed or using a wooden spoon, gradually add the flour mixture until combined. Stir in the oats and chocolate chips.
Drop rounded tablespoonfuls of the dough, well spaced apart onto the baking sheets. Leave space between each for spreading and expanding while baking. Flatten each cookie slightly with the back of the spoon.
Bake until golden for 12-15 minutes. Remove from the baking sheets and cool on a wire rack.

Tip: Variations include adding raisins, chopped nuts, wheatgerm or using wholewheat flour.



Desserts

LACTATION COOKIES

Contributor's comments: 'How do these cookies support lactation? They are high in omega-3s (eggs and flaxseed meal). The oats and Brewers Yeast increase milk supply. Brewers Yeast and Flaxseed/Linseed meal can be found at health food stores. Substitute the chocolate if you suspect sensitivities in your breastfed baby - e.g. dried apricots, almonds/cashews, coconut, etc.'

Ingredients

250g pat of butter
1 cup sugar
1 cup brown sugar
4 tablespoons water
2 tablespoons flaxseed/linseed meal
2 large eggs
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
1 teaspoon salt
3 cups oats
1 cup or more chocolate chips
2 heaped tablespoons of Brewers yeast

Directions

Preheat oven at 180°C.

Mix together 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes.

Cream (beat well) the margarine and sugar.

Add the eggs one at a time, mix well.

Stir the flaxseed mixture and vanilla into the margarine mix, beat thoroughly.

Sift together the dry ingredients, except the oats and chips, add to the mix.

Stir in oats, then chips.

Scoop or drop about a heaped teaspoon of mix onto baking sheet, lined with baking paper. Bake for about 8-12 minutes until golden-brown.



Desserts

APPLE MUFFINS

Ingredients

1½ cups wholemeal self raising flour
1/2 teaspoon mixed spice
1/2 teaspoon ground cinnamon
1/2 cup sultanas/raisins
2 egg whites
1 tablespoon cold-pressed almond oil
1 cup cooked chopped apple
1 tablespoon honey/concentrated apple juice
1/2 cup unsweetened soy milk

Directions

Preheat the oven to 180°C.

Sift the flour and spices, and add the sultanas/raisins.

Beat the egg whites and add the oil, apple, honey and soy milk, blend thoroughly.

Add to the dry ingredients and stir until thoroughly mixed.

Spoon into a lightly greased muffin tin and bake in the oven for 17 minutes or until cooked.



Desserts

MINI-CARROT CAKE/MUFFINS (DAIRY-FREE)

Ingredients

2 cups brown sugar
1 ½ cups vegetable oil
4 eggs, beaten
2 cups grated carrot
3 cups plain flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon fresh grated ginger
4 tablespoons coconut milk
½ teaspoon salt

Directions

Preheat oven to 180°C.

Put all the cake ingredients in a large bowl and use a wooden spoon to mix until it becomes a smooth batter.

Pour into a lightly greased muffin pan or 24-cm cake pan.

Bake for 25 minutes or an hour for cake, until a toothpick inserted comes out clean.

Icing: Coconut

Combine 200g icing sugar with 4 tablespoons coconut cream to form a smooth mixture. Set aside.

Decoration: Carrot

1 large carrot

½ cup castor sugar

½ cup water

Use a zester to make long shreds of the carrot.

Put the sugar and water in a small pan over low heat, stir to dissolve the sugar. Then bring to boil to reduce to thicken. Add the carrot and cook for a further 5 minutes until thick and caramelized. Drain on paper towels.



Desserts

Drizzle icing on cakes and place a small carrot decoration.

HEALTHY PREGNANCY COOKIES

Contributor's comments: 'My husband has baked these for me every week of my pregnancy as a healthy snack! This recipe makes approximately 16 cookies.'

Ingredients

125g wholewheat flour

100g whole oats

75g brown sugar

50g butter (optional, but they can be a little dry without)

50g wheatgerm

1 egg

2-3 tablespoons chopped nuts (walnuts, almonds, hazelnuts etc)

2-3 tablespoons dried fruit (apricots, prunes, raisins, cranberries etc)

2 teaspoons chia seeds

1 tablespoon honey

½ teaspoon baking soda

½ teaspoon baking powder

1 teaspoon vanilla extract

1 teaspoon cinnamon

Directions

Mix together the dry ingredients, till the fruit and nuts are well distributed.

Add the butter, beaten egg and honey to bind.

Form golf ball sized balls of mixture and put on a baking sheet evenly spaced then flatten slightly with your fingers.

Bake for 12-15 minutes at 220°C.



Desserts