

Breakfasts

SWEET CORN FRITTERS WITH AVOCADO SALSA

Serves 4

3 corn on the cob, slice off kernels
1 small red onion finely chopped
2-3 Eggs
3 spring onions finely chopped
½ bunch coriander chopped
sea salt & freshly ground black pepper
1 cup oat flour or buckwheat flour
2 tsp baking powder
3 tbsp olive oil
Salt & pepper to taste

Method- Blitz 2/3's of the corn kernels with a stick blender until most of the corn is chunky and not completely smooth, add the onion, eggs, coriander, salt and pepper in a bowl then stir through remaining corn, flour and baking powder until just combined.
Heat 1 tablespoon of the oil in a fry pan over a medium high heat.
When the oil is hot, using a heaped dessert spoon of mixture per fritter into the pan and cook in batches for 1½ minutes each side, or until golden.
Serve with avocado salsa & lemon wedges.

AVOCADO SALSA

Serves 4 GF, Vegan

2 large ripe avocado, stone removed and diced
1 small tomato, diced
2 tbsp coriander roughly chopped
2 tbsp lemon or lime juice
2 stalks finely chopped spring onions
1 chili seeded & finely chopped
Sea salt & freshly ground black pepper
100ml olive oil

Method- Mix all ingredients in a bowl & taste for seasoning.

SWISS CHARD & ZUCCHINI OMELETTE

Serves 2 GF can be dairy free

3 free range eggs
Handful swiss chard chopped
2 spring onions chopped
1 small zucchini sliced
1Tbsp grated pecorino or nutritional yeast for dairy free
Handful herbs such as parsley or basil leaves
1Tbsp butter (omit for dairy free)
Splash olive oil
Freshly ground black pepper
2 pinches sea salt

Method- Crack eggs into a bowl & gently whisk with a fork.

Heat a heavy fry pan, add olive oil, zucchini & cook till lightly coloured.
Add swiss chard, spring onions, season with salt & pepper.
Add a knob of butter, allow to melt, then pour in eggs & fresh herbs.
Using a wooden spoon, careful lift omelette to allow eggs to cook evenly.
Grate over pecorino, then roll omelette in half & tip onto plate carefully.
Dust with nutritional yeast if desired and eat immediately. Can also be served with a wedge of lemon.

OATS WITH ALMOND MILK, CHIA & WALNUTS

Serves 1 can be vegan

1 cup oats
¾ cup almond milk
6-7 walnuts
1 tablespoon chia seeds
2 tablespoons full fat yoghurt (optional)
1 teaspoon honey (optional)
Seasonal fruit of your choice
2 tablespoons LSA (see recipe below)

Method-Place all ingredients in a medium sized jar the night before, add almond milk in the morning, don't forget to pack a spoon!

LSA- linseed, sunflower seeds & raw whole almonds.

1 cup linseed (flaxseed)
2/3 cup sunflower seeds
2/3 cup almonds

For sweet- add 2 teas cinnamon powder

For savoury- add sea salt and freshly ground black pepper when serving.

Method-Pulse all ingredients in a blender or Vitamix till fine. Only make as much as you need for 3 days, and store in the fridge in a glass jar with lid to keep fresh. Pre-ground store bought LSA may lose it's benefits quickly due to oxidation.

Sprinkle over oats for breakfast, or with full fat plain yoghurt.
Sprinkle over a salad with spinach, sweet potato and chicken.
Add to soups just before serving for added fibre.

Snacks

BABA GANOUSH

Serves 6 GF, Vegan

1 large eggplant
2 Tbsp. lemon juice
2 Tbsp. tahini
¼ cup plain Greek-style yoghurt (omit for vegan)
1-2 garlic cloves, crushed
2 tsp sea salt

Freshly ground black pepper
Fresh parsley, chopped, to serve
Extra virgin olive oil, to serve
Sprinkle Spanish smoky paprika to serve

Method- Pre-heat oven to 180 degrees.

Place eggplant over a gas flame until slightly burnt on all sides.

Place eggplant onto baking tray and into the oven to bake until soft (approx. 10-15 minutes).

Allow eggplant to cool then peel off all the skin and remove the stalk, then place into a colander to drain excess liquid.

Place the eggplant flesh into a food processor with lemon juice, tahini, yoghurt, garlic, salt and pepper. Blend until smooth & taste for seasoning,

Spoon baba ganoush into a serving dish and sprinkle over chopped parsley, smoky paprika, a splash of olive oil and serve with marinated peppers and crunchy iceberg lettuce, sour dough or grilled sweet potatoes.

HAZELNUT DUKKAH

GF, Vegan

2/3 cup hazelnuts, (you can also use almonds or macadamias)

1/2 cup sesame seeds

2 tbsp. coriander seeds

2 tbsp. cumin seeds

2 tsp black peppercorns

1 tsp sea salt flakes

Method- Roast nuts in the oven till light brown for 5-8 mins on 175 degrees When cool, remove skin by rubbing between a tea towel.

Using a food processor or mortar & pestle, or chop nuts with a knife until coarse. Place in bowl.

Add sesame seeds, coriander and cumin to a frying pan and dry fry until aromatic and sesame is golden, and seeds begin to pop.

Remove from heat and place into a mortar and pestle with peppercorns, pound until semi-crushed.

Combine hazelnuts, salt, pepper and seeds. Traditionally served with flat bread & extra virgin olive oil. Or serve with avocado dip, hummus or cos lettuce leaves & EV olive oil.

Store in air tight container in the fridge.

SESAME & NORI LEAVES

GF, Vegan

2 tsps. mirin

2 tsps. extra virgin olive oil

1 tsp toasted sesame oil

4 sheets of nori

30g white sesame seeds, toasted

Method- Preheat oven to 150 degrees (a non-fan forced, or they will blow away!). Tear nori sheets into irregular triangles and lay onto a baking tray lined with baking paper.

Mix oils and mirin together.

Brush nori with oil mix and sprinkle generously with sesame seeds.

Bake for 4 minutes then turn the tray and bake for another 4 minutes. They should curl and become crisp, if not crispy pop them back in for longer.

Salads

GREEN SALAD WITH BROCCOLI & YOGHURT DRESSING

Serves 6 GF

1 head of lettuce washed, picked and arranged on platter.
1 head of broccoli cut into florets & blanched in boiling water for 2 minutes. Allow to cool.
2 red onions sliced finely & marinated in approx. 100ml olive oil & 80 ml apple cider vinegar with salt & pepper to taste
2 tablespoons toasted sunflower seeds
2 teaspoon toasted cumin seeds

Dressing

1 cup full fat natural yoghurt
1 teas ground cumin
1 clove crushed garlic
Handful freshly chopped herbs- parsley, chives or coriander.
2 tablespoons extra virgin olive oil
Zest & juice of 1 lemon
1-2 tablespoons water to thin dressing
Salt & Pepper to taste

GRILLED VEGETABLE SALAD WITH TAHINI DRESSING

Serves 6 GF, Vegan

1 zucchini sliced into rounds
2 peppers sliced into strips
½ cauliflower sliced into steaks
2 cups mushrooms cut in half
2 cups baby spinach
2 cloves garlic crushed
2 tablespoons EV olive oil
1 tablespoon vinegar

Method- Heat grill, cook vegetables separately as they cook at different rates. Place each veg into a bowl & coat with olive oil, salt & pepper. Grill until brown and toss all vegies into a bowl with crushed garlic, vinegar, olive oil, salt & pepper.

Serve with tahini dressing.

Tahini dressing

½ cup unhulled tahini
4 Tbsp water
6 Tbsp fresh orange juice
2 cloves garlic, crushed
Freshly ground pepper
2 tsp Dijon mustard
1 tsp white miso

Method-Mix all ingredients in a bowl with a whisk, taste for seasoning.

BEANS, GOATS CHEESE & HAZELNUT VINAIGRETTE

Serves 4-6 GF, can be vegan

Beans

100g green beans
100g roman beans
100g broad beans
½ bunch parsley chopped
120g goats cheese (omit for vegan)

Hazelnut Dressing

2 tsp Dijon mustard
40ml white wine vinegar
100ml extra virgin olive oil
2 tsp honey (omit for vegan, use rice syrup)
1 eschallot, finely chopped
½ cup hazelnuts, roasted & peeled
Zest of 1 lemon & some juice
Sea salt & pepper to taste

Method Roast hazelnuts in preheated oven at 180 degrees for 8 minutes or till golden. Wrap in a tea towel and rub them together to remove skins whilst hot. Roughly chop and place into a bowl then add remainder of vinaigrette ingredients, mix well and taste for seasoning. Bring a medium sized pot of water to the boil, add a pinch of salt and cook the beans until tender (approximately 2-3 minutes), drain well. Place beans directly onto a serving dish & dress with vinaigrette. Crumble over goat's cheese & chopped parsley.

Main Meals

CAULIFLOWER SOUP WITH PARSLEY & WALNUT SALSA

Serves 6-8 GF

1 head of cauliflower chopped into approx.5cm pieces
1 onion finely diced
500 ml chicken stock
400ml cream
150g butter diced
Salt & Pepper to taste or use nutritional yeast for low sodium

Salsa

1/2 bunch parsley leaves chopped
1/3 cup roasted walnuts chopped
Salt & Pepper to taste
100ml olive oil, squeeze lemon juice or splash vinegar

Method-Mix together all ingredients in a bowl

Method-Heat a wide based pot, add butter & onion and cook till softened, then add S&P, cauliflower and cook for approx.5mins. Add enough chicken stock to just cover cauliflower & simmer till soft & falling apart. Pour into blender & puree till smooth then add cream and &

place back into pot to heat then serve with a spoon of salsa. (The more butter you add to this soup the better, I would normally add extra tablespoon at the same time as adding cream).

CHICKEN IN CASHEW NUT SAUCE

Serves 4 GF

2 onions cut into ¼'s
2 tablespoons tomato paste
½ cup raw cashew nuts
2 teas garam masala
3 cloves crushed garlic
1 teaspoon chili powder
Juice of ½ lemon
1 teaspoon ground turmeric
2 teaspoons sea salt
2 tablespoons full fat natural yoghurt
2 tablespoons coconut oil
¼ bunch chopped coriander for garnish
2 tablespoons sultanas
500g chicken thighs or fillets diced
½ cup frozen peas or 2 cups baby spinach
Freshly ground black pepper

Method-place onion into food processor and blend to a paste. Add nuts, garam masala, garlic, chili, juice, turmeric, salt & yoghurt and process till pureed.

In a wok or large pan, heat coconut oil and add pureed spice mix & fry gently for 2 mins. Add chicken & sultanas and cook for 2 mins. Then add 300ml water and simmer for 10 mins. Check chicken is cooked then reduce sauce till sauce becomes thicker. Add peas or spinach & freshly chopped coriander & pepper. Taste for seasoning, serve with steamed rice.

SPICED ZUCCHINI & CHICKPEAS IN TOMATO SAUCE

Serves 4 as a main course or 6 as a side dish GF, Vegan

2 large zucchinis or 4 small, sliced into rounds
400g chickpeas, cooked
2 Tbsp extra virgin olive oil or coconut oil
2 tsps. cumin seeds
1 tsp mustard seeds
1 onion, finely chopped
2 cloves garlic, crushed
2cm piece freshly grated turmeric or 1 tsp ground turmeric
1 green chilli, chopped (remove seeds if you prefer less heat)
2 tsp ground coriander
2 tsp ground cumin
1-2 tsp sea salt
Freshly ground black pepper, to taste
6-8 medium sized ripe tomatoes, pureed in a food processor (skins & all) or 1 tin chopped tomatoes
½ bunch coriander, chopped
1 tsp garam masala

Method

Heat a large wok over medium heat then add oil, cumin and mustard seeds. Toast until they are aromatic (being careful not to burn them).

Add onion, garlic, chilli, turmeric, coriander and cumin powders, salt and pepper. Cook until softened and aromatic (approx. 3-4 mins).

Add cooked chickpeas and coat in spices.

Add sliced zucchini and toss together with spices. Continue cooking for 1 minute. Add tomato puree and simmer for 10 minutes or until tender.

Taste for seasoning then add garam masala and fresh coriander.

Serve with lemon wedges.

Treats

RAW BEETROOT AND CACAO CAKE

Serves 14 large pieces GF, Vegan

Cake

1 cup Brazil nuts

1 cup cashews

4 medjool dates, pitted and chopped

½ cup raisins

½ cup rice syrup/agave/maple

Pinch sea salt

1 tsp ground cinnamon

3 medium beetroots, finely grated

2 cups desiccated coconut

½ cup cacao powder

3 Tbsp psyllium husks

Method

Combine Brazil and cashew nuts in food processor until breadcrumb like. Set aside in a bowl.

Add dates, raisins, syrup, salt, cinnamon and pulse until combined. Add to bowl of nuts.

Add the grated beetroots and stir through.

Add coconut, cacao powder and psyllium husks to the bowl and stir until well combined.

Transfer all the mix back to food processor and pulse to combine.

Press into a 9inch spring form cake tin, and press evenly.

Put in a fridge for half an hour until firm.

Icing

½ cup cacao butter, melted

1 cup raw cashews, soaked for 2 hours and then drained

½ cup raw cacao powder

½ cup rice syrup/agave/maple

2 tsp fresh lemon juice

1 tsp GF tamari or coconut aminos

Method- Melt cacao butter over a double boiler. Cool.

Place cashews, cacao powder, maple syrup, lemon juice and tamari in high powered blender and process until combined.

With motor running on low, pour in cacao butter and blend until mix is smooth.

Spread icing over cake and place in freezer until set, approx. 15 minutes. Keep in fridge until you are ready to slice and serve.

WALNUT & BANANA BREAD

makes 1 loaf GF

3-4 ripe bananas (300g)
3 free range / organic eggs
1/4 cup sweet almond oil or butter
2 Tbsp honey or maple syrup or agave
1 tsp vanilla
1/2 tsp nutmeg
1 tsp ground cinnamon
1/2 tsp baking soda
1 tsp non-aluminium baking powder
2 cups almond meal
1 cup desiccated coconut
1/2 cup chopped walnuts

Method

Lightly oil bread tin with olive oil & line with baking paper.

Preheat your oven to 170 C.

Mash banana with a fork, add honey, oil, cinnamon, nutmeg, vanilla, eggs, baking powder & bi-carb.

Add the walnuts, almond meal & coconut & mix well.

Spoon into bread tin and bake for 30-40 minutes, poke a skewer in the centre, should come out dry.

Remove from oven, & allow to cool before turning out the loaf.

TAHINI, COCONUT & CACAO SLICE

Makes 14 large portions GF, Vegan

For the Slice

3 cups raw cashews
3 cups shredded coconut
3/4 cup raw cacao
3/4 cup maple /agave syrup or rice syrup for fructose free
1/2 tsp sea salt
1/3 cup + 2 Tbsp tahini
1 vanilla bean scraped

Coconut Cacao Butter

1/2 cup maple/agave syrup or rice syrup for fructose free
1/3 cup coconut oil
1/2 cup cacao
1/2 cup cacao butter
1 1/2 Tbsp tahini

Toppings

Shredded coconut
Pistachios, chopped

Method Line a slice tray with glad wrap.

In a food processor pulse ingredients until combined, but still chunky, may need to do in batches. Press slice into tin using your hands and then place in a freezer to set.

For the coconut cacao butter place all the ingredients in a bowl and mix well with whisk. (You may need to warm if solid, over a water bath).

Pour butter over the top of the slice. Add toppings and leave to set in the freezer for ½ hour.

Cut into pieces while cold with a knife dipped in hot water. Take out 20 minutes before needed to room temp to serve.

Can stay in the fridge for up to a week in an airtight container.