

**HEALTHY RECIPES PROVIDED BY SINGAPORE  
HYPNOBIRTHING® MOTHERS**

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## Appetizers

### **Baba ghannouj (aubergine dip)**

This is my mum's recipe which is really delicious and much nicer than the aubergine dip you get in supermarkets! The quantities below are mainly for a large amount, for a party.

3 aubergines (eggplants)  
2-4 cloves of garlic, salt to taste  
2-3 table spoons of tahini paste, more or less depending on size of aubergine, and personal taste (calories!!!!)  
Juice of 2-3 lemons more or less to taste  
Pomegranate seeds or molasses (syrup)  
Olive oil  
Chopped fresh coriander or parsley (depending on personal taste)  
A bit of grated lemon zest.

#### Method:

Cut stem and green sepals (hull) of aubergines, making sure not to reach the flesh, Pierce it form the stem, otherwise it will burst while baking,

Cook it over charcoal or under a gas or electric grill or over an open flame until the flesh is soft and the skin becomes crisp and starts to crack open, Slit it longitudinally and scoop pulp out of the skin. Mash thoroughly slowly add in lemon juice alternately with tahini. Crush 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 or lemon juice and pomegranate syrup, and optional a bit of chopped coriander and lemon zest.

Arrange pomegranate seeds decorate with a few leaves and chopped tomatoes serve cold with olive oil.

### **Bean Pate**

1 tin (400g) kidney beans	2 cloves garlic, crushed
Juice of ½ lemon	2 tsp tomato paste
1 tsp cumin powder	2 tbsps olive oil
Salt & pepper	

Blend all of the above ingredients until smooth paste. Serve with vegetable crudités or spread on wholegrain bread.

## **Apple Slices, Belgian Endive, Flatbreads, and Portobello Mushroom Pate**

### **Ingredients:**

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

### **Method:**

Thoroughly wash the mushroom caps. Scoop out the gills with a spoon and discard. Chop mushrooms. Melt butter in a frying pan over medium heat; add onion, garlic, mushrooms and tarragon. Saute until vegetables are tender and golden. Transfer mushroom mixture to a food processor or to a bowl if using a hand blender. Add almonds, cream cheese, lemon juice and soy sauce, blending to combine. Season with salt and ground pepper.

Slice apples. Separate and rinse Belgian endive leaves.

### **To Serve:**

Spoon pate into a small serving bowl and garnish with a light dusting of tarragon. Serve with sliced apples, Belgian endive, flatbread or crackers and breads of your choice, arranged on a platter around the dish of pate.

The pate can be prepared up to 2 days in advance. Serve cold or warm (heat in microwave)

## Breakfast

### Smoothie

For 1 portion:

1 Apple

1 handful of almonds (abt 10-12)

milk, soy milk, hazelnut milk...)

satisfying taste and some fat to gain that weight)

2 Dates

Milk (or depending on taste/allergy etc rice

Cream (this one I added for pregnancy, really

Soak the almonds overnight. Soak the dates overnight if they're very dry.

In the morning:

Cut up the apple, throw into the blender, add the almonds and dates and pour in some milk (& cream). Turn on blender and add milk until you reach your favourite consistency (thick, creamy, liquid).

### Maryn's Power Pregnancy Smoothie

½ cup milk (almond, raw, whatever you like)

frozen banana, (½-1)

1-2 TBSP almond butter

3 TBSP coconut oil (goodfor regulating blood sugar)

frozen berries to thicken it up (blue/raspberries are good)

cinnamon, or other spice if you like it

1 cup plain, whole-milk organic yogurt

1 TBSP flax seeds

2 raw eggs

Just put everything but the frozen fruit into blender and blend on high. Then add the frozen fruit and blend again. (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). 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 for most of the day. The flax seeds (store in freezer to prevent rancidity) are a source of omega 3's-great for building your baby's brain. Almond butter and eggs are 2 good protein sources, and the berries add some antioxidant power and vitamin C. Also, because eggs contain albumin, they give your stressed pregnancy liver a break in helping to break down your proteins.

### Xigo Yi

Ingredients:

1 banana, peeled and sliced

1 cup of low fat milk

½ cup strawberries, halved

1/s Tbsp honey

Method:

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

## **Pancake Breakfast**

### Ingredients

$\frac{3}{4}$  cup of cooked brown rice  
3 eggs  
2 tsp baking powder  
2 Tbsp sugar

1 cup of milk  
1  $\frac{1}{2}$  cups whole wheat flour  
1  $\frac{1}{2}$  tsp baking soda  
1  $\frac{1}{2}$  tsp salt

### Method:

Blend  $\frac{1}{2}$  of the milk and the 3 eggs, brown rice until it forms a smooth paste. Add the rest of the ingredients and continue to blend. Rub some butter into a hot pan and add a ladle of the mixture. Cook until brown and the turn. Serve with fruit salad and yoghurt.

## **Oatmeal**

6Tbsp Quick cooking oats  
600 ml (3 cups) water  
1 beaten egg, optional

6 Tbsp water  
2 Tbsp condensed milk

Mix oats with 6 Tbsp water. Blend to a smooth paste. Bring 600 ml water to a boil. Add blended oats and bring contents to a boil. Lower flame and simmer oats for 10 min. Add condensed milk and stir briskly for two minutes. Remove from flame and add beaten egg slowly and stir well.

## **Frittata**

Preparation Time: 5-8 minutes    Cooking Time: 15 minutes

50 g baby spinach leaves  
50 g frozen sweet corn  
1 Tbsp olive oil  
3 ripe tomatoes, finely chopped  
Sea salt and freshly ground black pepper  
Wholegrain bread

50 g frozen peas  
6 eggs  
1 med onion, thinly sliced  
1 Tbsp chopped fresh flat leaf parsley  
Salad leaves

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 min. Drain. Put the eggs and 3 tbsp. 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 by not browned. Pour the egg mixture into the pan and cook over med heat for 3 min., 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 min until the eggs are set on the bottom. Put the pan under a preheated grill and cook for 2 min 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.

## Homemade Granola

PREP TIME: 10 minutes COOKING TIME: 25 minutes

### INGREDIENTS

500g rolled oats	200g mixed raw nuts, roughly chopped
80g pepitas	80g sunflower seeds
1 heaped tablespoon cinnamon	1/4 cup of honey
2 tablespoons hot water	

Preheat oven to 170C.

Mix all dry ingredients together in a bowl. Add the hot water to the honey and combine. Pour over the dry ingredients and mix well. If you feel you need a little more just mix and add in. Put the mixture on a baking tray - you may need two trays or to do in batches, depending on the size of your trays and/or oven. Bake for 15 minutes, stir granola around. Bake for a further 10-15 depending on how crunchy you like it.

Store in an air tight container for 4 weeks. Serve with dried or fresh fruit and yoghurt.

## Apple and Berry Muffins

PREP TIME: 15 minutes

COOKING TIME: 25 minutes

### INGREDIENTS

1 tsb cornflour	3 1/2 cups all purpose plain flour (or whole wheat )
2 tsp bi-carb soda	2 apples, peeled, cored and finely chopped
1 cup dates, pitted and chopped	2/3 cup honey
2 cups blueberries or raspberries or strawberries	

Preheat the oven to 180°C. Mix together the cornflour, flour and bicarb 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 into the muffin tray. Spoon mix into the patty-pans. Bake for 25 minutes.

## Bananas and Milk

Ingredients:

Banana, peeled & sliced into round pieces	200 ml of low fat milk
Handful of crushed cashew nuts/almonds	Method:
Add in all ingredients & ready for serving.	

## Breakfast banana smoothie

Ingredients (makes 2 glasses):

1 banana, roughly chopped	1 pint (500 ml) milk
2 tablespoons of yoghurt	50g (2 oz/ 1/2 a cup) muesli
Honey to taste	

Method:

Place all the ingredients in a blender and blitz for around 2 minutes until smooth. Pour into a glass and serve immediately.

## Feta, Sweet Potato and Eggplant Frittata

PREP TIME 40 minutes

COOKING TIME: 35 minutes

#### INGREDIENTS

100g eggplant, sliced

½ tsp olive oil

1 garlic clove, chopped

5 eggs

½ cup hummus

80g low-fat feta, crumbled

Sea salt

½ zucchini slices

200g sweet potato, peeled and sliced

¼ onion, chopped

¼ capsicum, diced

¾ cup milk

½ low-fat yoghurt

Pepper

½ baby spinach

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, lightly fry the onion, garlic and capsicum until soft.

Beat together the eggs, milk, hummus, yoghurt, feta, salt and pepper. Place the cooked vegetables, spinach and zucchini into a shallow square baking dish, pour the egg mixture over the top.

Bake for 35 minutes.

#### Muesli Bars

PREP TIME: 15 minutes COOKING TIME: 0 minutes

#### INGREDIENTS

1 cup rolled oats

½ cup dried cranberries

3 tsb almonds

½ cup dried apricots

1 cup dried apple

2 tsb grapefruit juice

Put all ingredients except the juice in a food processor and mix well. Add the juice a little at a time until the mixture lightly sticks together, add more juice if needed. Press the mix into a small baking tray lined with baking paper. Refrigerate overnight and then cut into small bars. Store in an air-tight container in the fridge.

#### Spinach and Parmesan Omelette

*Ingredients (per person):*

2 eggs

Handful of baby spinach leaves (washed)

Pinch of ground nutmeg

Tablespoon of grated parmesan

Pinch of salt and black pepper

Tablespoon of olive oil

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 a 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 it's easier!) Cook for a couple more minutes until the eggs are set.

#### Avocado Toast

### Ingredients:

Half ripe Avocado  
2 slices wholemeal bread – toasted

Tsp lemon juice  
Salt & Pepper to taste

Mash the ripe avocado and mix in the lemon juice and salt & pepper. Butter the toast – and spread the avocado mash onto the slices. Options: Will also work with white bread. For a richer snack – a thin slice of cheese underneath the avocado is delicious!

### **Budwig Cream**

4 Tbsp Greek Yogurt  
Mix together

2 tsp cold pressed linen oil

Add:

1 freshly squeezed lemon juice or orange juice      1 mashed banana  
Honey to taste  
2 tsp freshly ground cereals (oats, pearl barley, rice soufflé, buckwheat, millet, quinoa...)  
2 tsp freshly ground oils seeds (linen, sunflower, sesame, nuts, hazelnuts, almonds, pumpkin seeds, cashews)  
Seasonal fruits – ground apple, strawberries, mango, melon, berries.

### **Pregnancy Bircher Muesli**

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

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

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

Prunes for fibre  
Almonds for calcium  
Luiseeds for Omega-3  
Sunflower seeds for Vitamin E  
Apricots for potassium

## Soups

### Tomato Soup

A.

300g tomatoes, in wedges

2 potatoes, in wedges

1 big onion, in wedges

B.

400g chicken meat pieces

white pepper to taste

6 baby corn, in wedges

1 carrot, in wedges

salt to taste

50g ikan bilis (dried anchovies)

1. Wash and put ikan bilis in 2.5 litres of water. Bring to boil.
2. Reduce to low heat and simmer 30 mins. Remove ikan bilis.
3. Add (A) and (B) to the soup, bring to boil. Reduce to low heat and simmer 1.5h.

### Minted Asparagus and Pea Soup

PREP TIME: 10 minutes

COOKING TIME: 25 minutes

#### INGREDIENTS

1 leek, washed and sliced

1 bunch asparagus, chopped

1 cup frozen peas

1L water

Salt

1 tsp cumin

1 small broccoli floret

1 vegetable stock cube

Cracked pepper

Small handful of fresh mint leaves

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 and allow to simmer for 20 minutes. Transfer into a stainless steel bowl and blend or into the food processor bowl, process until blended. Serve topped with mint leaves.

### Creamy Broccoli Soup

1 c. onion, diced

1 celery stalk, diced

6 c. broccoli, chopped

2 c skim milk

1 carrot, diced

1 clove garlic, chopped

2 c. low sodium chicken broth

group black pepper to taste

In a large soup pot, combine onion, carrot, celery, and chicken broth. Bring to boil. Add broccoli, cover pot, and cook for 5 – 10 minutes or until broccoli is tender. Allow the soup to cool and transfer the soup to a blender. Add skim milk and blend until smooth. Transfer soup back to the pot and reheat the mixture slowly until heated through.

## **Sweetcorn Soup with Spiced Butter**

Serves 4

### Soup

40 g butter  
1 large onion, chopped  
Kernels from 4 corn cobs  
1 clove garlic, chopped  
1 litre water  
Salt

### Spiced Butter

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

Melt butter in a stock pot or saucepan and sweat garlic and onion for 5 min. 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 soup in a food processor and pass each batch through a coarse strainer resting over a large bowl. Return soup to pan and taste for salt.

To prepare spice butter, grind cumin seeds to a powder in a mortar and pestle. Mix parsley with cumin and ground pepper. Blend well with butter. Serve the soup with some spiced butter in each bowl.

## **Daal – Lentil Soup**

### Ingredients

1 mug of red split lentils  
2 tsps of cumin seeds  
fresh coriander to garnish  
a squeeze of lemon  
1 fresh tomato, chopped  
1 tsp of tumeric powder  
1-2 red chillis (alter by how spicy you like your food)

Wash the lentils thoroughly and leave to sit. Heat 1-2 Tbsp of vegetal oil (not olive) When oil is hot, add cumin seeds and let sizzle for 30 seconds or until you smell them. Add pinch of tumeric and chillis and fry for another 20-30 seconds. Add tomato and fry for another minute Add the lentils and mix well. Put a lid on the pan and steam for a few minutes. Add 3-4 mugs of boiling water and salt. Let boil and simmer for 20 minutes. Garnish with coriander and a squeeze of lemon

## **Vegetable Soup**

1) 4 carrots (chopped)  
2) Onion (1 chopped)  
3) 2 potatoes (chopped)  
4) 1 leek (chopped)  
5) Vegetable stock (1 cube)  
6) Salt  
5) Pepper

Put vegetables into blender and blend till semi refined. Place into large saucepan and add 1 cup of water, salt, pepper and vegetable stock. Heat and stir occasionally.

### **Coriander and Lentil Soup**

PREP TIME: 10 minutes

COOKING TIME: 45 minutes

SERVINGS: 2-3

#### **INGREDIENTS**

1 can diced tomatoes

1 clove garlic diced

$\frac{3}{4}$  cup red lentils

1 tbs tomato paste

1 tsp olive oil

1 zucchini diced

1 brown onion diced

1 L vegetable stock

Salt & pepper to season

$\frac{1}{2}$  cup coriander leaves (cilantro)

In a bowl, cover red lentils with water and soak for 10 minutes. In a large soup saucepan heat the olive oil and sauté onion and garlic for 4 minutes. Add zucchini and cook for a further 2 minutes. Add the can of tomatoes and stir. Drain lentils and add to the saucepan, stir. Add vegetable stock and tomato paste. Season with salt and pepper. Stirring occasionally, allow soup to simmer for 40 minutes. Serve in bowls topped with coriander and a side of crusty bread.

### **Spiced Zucchini Soup**

PREP TIME: 10 minutes

COOKING TIME: 25 minutes

#### **INGREDIENTS**

1 large onion roughly sliced

$\frac{1}{2}$  tsp curry powder

$\frac{1}{4}$  cup short grain rice

3 zucchini sliced (use the peeler to create a few ribbons to topping soup)

cracked pepper

$\frac{1}{2}$  tsp coriander powder

1 vegetable stock cube

1 L water

Place stock cube and water in a deep saucepan and bring to the boil. Place the onions, powders, zucchini, pepper and rice into 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, process until blended. Serve with a dollop of yoghurt and the ribbons of zucchini.

## Salads

### Salsa Salad

2 tomatoes, diced  
¼ c diced red onion  
½ avocado, diced  
Lime juice to taste – approx ½ squeezed lime  
Pepper  
Dice and mix!

½ cucumber, peeled  
¼ c Chinese parsley, chopped  
¼ c pine nuts, or almonds (optional)  
Sea salt  
(To spice it up, add diced red Thai chili(s))

### Cold Noodle Salad

2 c spaghetti  
2 carrots  
4-5 cloves of garlic  
1 c soy sauce (no msg)  
Handful of chopped spring onion and Chinese parsley

2 cucumbers  
200 g bean sprouts  
1 thumb sized piece of ginger  
1/3 c sesame paste

Boil spaghetti until its al dente. Run cooked spaghetti under cold water, place in fridge to cool down. Blanche bean sprouts in boiling water, do not overcook, Place in fridge to cool down. Blend garlic with a little water until it's finely chopped. Grate cucumber into thin strips. Toss seeded core away. Grate carrots into thin strips. Mix soy sauce, sesame paste, ginger and garlic together. When ready to eat, serve spaghetti in big bowl. Pile vegetables on top. Drizzle sauce generously over the veggies, garnish with spring onion and Chinese parsley. (Can add shredded pieces of boiled chicken or hard boiled eggs)

### Spinach Salad

Combine in a bowl:  
2 cups Spinach leaves  
¼ cup Sunflower Seeds  
Comine to mix:  
1 Tbsp Orange Juice  
1 ½ tsp of Red Wine Vinegar  
1/8 tsp freshly ground black pepper  
Blend both together.

1 hard boiled egg, peeled and chopped

2 tsp extra Virgin Olive Oil  
1/8 tsp sea salt

### Beetroot Salad

PREP TIME: 10 minutes  
150g rocket leaves  
2 tbs olive oil  
1 tsp fresh oregano  
sea salt  
150g sugar snap peas (trimmed, blanched and refreshed in cold water)  
2 blood red oranges (or grapefruit), peeled and sliced.

COOKING TIME: 0 minutes  
1 can beetroot slices  
½ tsp cumin  
2 tsb pine nuts  
cracked pepper

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

### **Asparagus Salad & Soy Dressing**

PREP TIME: 15 minutes

COOKING TIME: 0 minutes

#### **INGREDIENTS**

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

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

### **Blood Orange and Fennel Salad**

PREP TIME: 10 minutes

COOKING TIME: 0 minutes

#### **INGREDIENTS**

2 blood oranges, peeled and sliced	1 baby fennel, finely sliced
50g kalamata olives	Large handful wild rocket
1 tsb olive oil	½ tsp ground coriander
sea salt	cracked pepper

Arrange rocket on platter, top with orange and fennel slices. Scatter olives. Combine oil, ground coriander, salt and pepper. Drizzle over salad. Add dressing just before serving.

### **Carrot, Feta and Mint Salad**

PREP TIME: 10 minutes

COOKING TIME: 10 minutes

#### **INGREDIENTS**

500g carrots, peeled, halved and sliced	150g feta cheese
small handful mint leaves	50g kalamata olives
1 tbs olive oil	1 tsp cumin
1 tsp paprika	sea salt

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

### **Kidney Bean Salad**

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

Mix together. Refrigerate, Eat cold.

### **Chicken Noodle Salad with Sesame**

PREP TIME: 15 minutes

COOKING TIME: 20 minutes

#### **INGREDIENTS**

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

Bring a saucepan of water and cracked pepper to the boil. Mix together lime juice, sesame oil and soy sauce – set aside. Add chicken breast into the water and cook for 5-6 minutes or until cooked through. Drain. Meanwhile, cook noodles to packet instructions in saucepan of boiling water. In another saucepan of boiling water blanch 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 remaining dressing and spring with sesame seeds. Serves 2.

### **Helen and Al's Monday to Thursday Salad**

Baby Spinach leaves	Cherry tomatoes
Thinly sliced Spanish onion	French beans – lightly cooked or snow peas
Tin of chick peas	Chopped feta cheese
Roasted pumpkin pieces	Nuts (your choice)

Dressing: Lemon juice, balsamic vinegar, olive oil and honey

Combine all in 2 bowls for a quick and easy mid-week dinner that importantly avoids cooking in hot kitchens!!

### **Brown Rice Salad**

Ingredients:

Brown rice

Any veggies you have in the fridge that go well together: carrots, capsicum, cucumber, corn, avocado, tomato, green beans, peas, red onions, spring onion.

Shredded cheese: cheddar, mozzarella or Mexican cheese

Dressing:

Olive oil

Dijon mustard

Apple cider vinegar

Salt and pepper

## **Vietnamese Prawn Noodle Salad**

PREP TIME: 15 minutes      COOKING TIME: 5 minutes

### **INGREDIENTS**

100g dried rice noodles	100g peeled prawns
½ carrot, peeled and thinly sliced	½ cucumber, thinly sliced
Handful of sugar snap peas, top and tailed	Handful of bean shoots

### **NUOC CHAM**

3 tbs cup fish sauce	1 tbs caster sugar
¼ lime juice	1 clove garlic, minced
1 small red chili, seeds removed, diced	1 tsp hot water

Place sugar in a bowl and add hot water, stir. Add lime juice, fish sauce, garlic and chili. Combine well and stir until sugar is dissolved.

### **SALAD**

Place rice noodles in a bowl and cover with boiling water. Cook prawns in a non-stick fry pan with a small amount of water (no oil), 2 minutes each side or until pink and cooked. Remove from heat. Drain rice noodles and refresh with cold water.

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

Serves 2.

Cook the brown rice and let it cool slightly. Dice the veggies and mix well with the rice.

Top with shredded cheese. Mix ingredients for the dressing and pour over the brown rice salad

## **Warm Vegetable Salad**

PREP TIME: 10 minutes      COOKING TIME: 15 minutes

### **INGREDIENTS**

Juice of 1 lemon	100ml balsamic vinegar
1 red onion, sliced into fine wedges	1 roma tomatoes, 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	

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 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 rocket on a platter and top with the vegetables, feta and a splash of balsamic vinegar. Serves 4.

### **Warm Beef Salad with Spinach and Herb Dressing**

500 g baby new potatoes	600 g rump steak, trimmed
2 tsp celery salt	80 g baby spinach leaves
½ c loosely packed flat-leaf parsley leaves	1 tsp Dijon mustard
2 tbsp olive oil	1 tsp grated lemon rind
1 tsp caster sugar	Salt and freshly ground pepper
200 g rape tomatoes, halved	250 g frozen broad beans, cooked, peeled

Boil, steam or microwave potatoes until just tender; drain. Halve. Meanwhile, rub both sides of beef with celery salt. Cook beef on heated oiled grill plate (or grill or barbecue), uncovered, until cooked as desired. Cover beef; stand 5 min then slice thinly. Blend or process a quarter of the spinach with parsley, mustard, oil, rind, juice and sugar until smooth. Season to taste with salt and pepper. Combine potatoes, beef, remaining spinach, tomatoes and beans in a large bowl. Drizzle with dressing

### **Rainbow Chopped Salad**

Ingredients:

1 ½ c bell peppers, chopped	1 ½ c broccoli florets, chopped
1 c shredded carrots	½ c radishes, diced
1 Tbsp red onion, minced	½ c Orange

Oregano Dressing or Creamy Dill Ranch

Preparation:

Place bell peppers, broccoli, carrots, radishes, dressing and onion in a medium bowl. Toss to coat. Refrigerate until ready to serve. Nutrition: Per Serving: 64 calories, 2 g fat ( g mono), 10 g carbohydrates, 2 g protein, 3 g fiber, 199 mg sodium, 371 mg potassium. ½ serving carbohydrate serving.

### **Simple Mediterrean Salad**

Ingredients

8 baby tomatoes on the vine	100g Mixed leaves
Half a medium sized red onion	Pinch of salt
Pinch of pepper	Olive oil
Balsamic vinegar	

Servings: 2-3 people as a side salad

Steps

1. Finely slice red onions in 'semi circles', put into a bowl and sprinkle some salt onto the onions
2. Cut each baby tomatoes in half or quarters and add to the bowl of onions
3. Sprinkle salt and pepper to the bowl of onions and tomatoes and mix together
4. Wash the mixed leaves and add to the bowl of onions and tomatoes.
5. Prepare the salad dressing - Add 2 tablespoons of olive oil and 1 teaspoon of balsamic vinegar into a separate small bowl, mix together and taste. Adjust according to your own preferred taste.
6. Pour salad dressing into the bowl of vegetables and mix

## Quinoa Salad

2 ½ hour preparation time

### Ingredients

1 cup quinoa

1 cup pumpkin chopped into 2cm pieces

1 large handful of sugar snap peas or snow peas

½ red capsicum sliced

rosemary

1 cup cooked chickpeas

1 or 2 cobs of steamed corn

2 spring onions, finely sliced

¾ cup chopped coriander

### Dressing:

1 clove garlic, crushed

olive oil

dulse flakes to taste (sea vegetable or substitute rock salt)

juice of 1 lemon

cracked black pepper to taste

1. Soak chickpeas in bowl of boiling water for one hour to soften. Be sure to use plenty of water as the chickpeas will absorb it. Chickpeas then need to be brought to the boil on the stove and simmered for another hours. Strain and cool.
2. Preheat oven to 180C. Place pumpkin in bowl and mix with tiny amount of olive oil and rosemary to season. Cook on baking paper in over 20-25 min.
3. Place quinoa and two cups of water in saucepan, bring to boil, then simmer until water is absorbed. Be sure to stir quinoa occasionally so that quinoa is cooked evenly. Drain in colander.
4. Stem snap peas for 1-2 minutes. Cool.
5. Place cooled quinoa, chickpeas, pumpkin, corn and sugar peas in large salad bowl. Add remaining ingredients.
6. Add garlic and lemon juice. Add olive oil to taste. Add cracked black pepper and dulse flakes.

## Lentil Tuna Salad

1 or 2 tin of lentil

2 hard boiled eggs

1/3 of red capsicum cut in little cube

a few spoon of capers

1 tin tuna

1 branch of celery cut in little cube

1 box of white button mushroom

some fresh parsley

### Vinaigrette :

2 tea spoon of mustard fort de Dijon

2 tea spoon of white vinegar

1/2 cup of olive oil

salt and pepper

## Chickpea Pockets and Greek Salad

PREP TIME: 20 minutes      COOKING TIME: 10 minutes

### INGREDIENTS

2 x 400g cans chickpeas, rinsed and drained	3 spring onions, chopped
2 cloves garlic, minced	½ cup flat leaf parsley, chopped
2 tsp finely grated lemon rind	2 tbs self-raising flour
1 tsp ground cumin	1 tsp ground coriander
sea salt & black pepper	1 tbs olive oil
¼ cup sesame seeds	

### Hummus

4 small wholemeal pita pockets, halved. Place 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.

Serve on a platter with pita pockets, hummus and greek salad. Makes 12.

### SALAD

100g pitted kalamata olives	2 small tomatoes, diced
¼ red onion, diced	75g greek feta (pasteurised), crumbled
Juice from ½ lemon	Thyme leaves from 1 sprig
1 clove garlic, minced	

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.

### Summer Chickpea Salad by Jamie Oliver

- 1 small red onion, peeled
- 2 handfuls of ripe red or yellow tomatoes
- 1 x 410g jar or tin of chickpeas, drained, or around 4 large handfuls of soaked and cooked chickpeas
- a handful of fresh mint, chopped
- a handful of fresh green or purple basil, finely ripped
- 1–2 fresh red chillies, deseeded
- 2 lemons
- sea salt and freshly ground black pepper
- 200g/7oz feta cheese

### Mixed Salad

#### Ingredients:

Tomatoes	Cucumber
Bell Peppers (capsicum)	Tuna Flakes
Hard Boiled Eggs	Pine Nuts
Gerkin pickles sliced	Honey mustard, balsamic vinegar

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

## **Tabouleh - Wheat and Herb Salad**

### Ingredients:

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

### Preparation:

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

## **Waldorf Salad and Cinnamon Apple**

Yield : 4 servings

Prep Time : 20 mins, plus at least 30 mins chilling

### Ingredients

1 lb (450g) crisp, red-skinned apples, cored and diced  
2 tbsp fresh lemon juice  
4 celery stalks, sliced  
1/2 cup mayonnaise  
Salt and freshly ground black pepper  
3 oz (85g) walnuts, toasted and coarsely chopped

### Directions

1. Toss the diced apples and lemon juice well in a medium bowl.
2. Add the celery and mayonnaise, and mix. Season with salt and pepper. Cover with plastic wrap and refrigerate.
3. Stir in the walnuts. Transfer to a serving dish and serve well chilled.

## **Potato, Olive & Caper Salad**

1 kg waxy potatoes	1 clove garlic
Bunch parsley	2 Tbsp baby capers
200 g pitted green olives	100 ml olive oil
Lemon zest	2 Tblsp lemon juice

Simmer potatoes in salted water until tender - 20 min. Roughly chop the parsley, capers and olives. Crush the garlic and whisk olive oil, lemon juice and zest together in a bowl. When potatoes have finished looking carefully drain saucepan and toss in oil dressing, season with salt and pepper. Cool potatoes and chop into bite size pieces. Add any remaining dressing, toss and serve.  
Optional add hard boiled eggs and/or walnuts.

## 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
- \* handful of peanuts or cashews, left whole or roughly chopped
- \* Optional: 1 cup cooked chicken (sliced), cooked shrimp, or deep-fried tofu (cut into smaller cubes)
- \* SALAD DRESSING:
  - \* 3 Tbsp. fish sauce, OR 2 Tbsp. vegetarian fish sauce (available at Vietnamese food stores) or substitute soy sauce
  - \* 3 Tbsp. lime juice
  - \* 1-2 Tbsp. brown sugar (to taste)
  - \* 1-2 fresh red chillies, de-seeded and minced, OR 1-2 tsp. Thai chili sauce (or chilli-garlic sauce)

### Preparation:

For a Step-by-Step version of this recipe, go to: [Easy Green Mango Salad Recipe - Step by Step \(with pictures\)](#).

1. Place the coconut in a frying pan or wok (no oil required). "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!

2. Peel off the green skin of the mangoes and discard.

3. 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.

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

5. 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.

6. Add the dressing and toss again. Do a taste-test. If you prefer more flavor or salt, add more fish sauce. If you prefer it sweeter, add a little more sugar. If you prefer more spice, add more chili. If too salty or sweet, add more lime juice.

7. Place on a serving platter. Sprinkle the nuts over top plus the remaining toasted coconut, and enjoy!

**Make Ahead 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. Then when your guests arrive, simply put together, toss, and serve!

## **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

### Preparation

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.

Serves 2.

## **Orange & Almond Freshner**

### Ingredients

2 peeling oranges  
Extra virgin olive oil – 3 tablespoons  
Half a cup of lightly toasted almond flakes (or finely diced cashews)

### Preparation

Peel 2 oranges (right out of the refrigerator so they're chilled, the colder the better)

Arrange evenly on a medium sized plate.

Lightly drizzle cold (refrigerated) extra virgin olive oil on orange segments.

Sprinkle almond flakes or diced cashews evenly.

Serve immediately.

Serves 2.

## Sandwiches

### Chicken sandwich

(Serves 2)

Ingredients:

4 medium pieces of chicken with bone  
1 inch of ginger chopped  
1 tbsp of corn flour  
1 tsp of fresh ground black pepper

1 medium onion chopped  
1 tbsp of butter  
1 small cup of milk (low fat is better)  
Salt to taste

Method:

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 these 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 above, stirring it a bit until it thickens to spreading consistency (about 5 mins). Remove from heat. Add butter if you like (optional) and salt to taste (if you require). Add the freshly ground black pepper and mix.

### Pita bread with chicken and cucumber-dressing

Ingredients: (4 pers)

400 g chicken (fillet)  
1 spoon garam masala  
1 big cucumber  
2 dl yoghurt 10 % (drained)  
½ bundle of coriander  
Salt & pepper  
2 small romaine lettuce  
4 pita breads or flatbread

How to do:

- Chicken: season with garam masala, salt and pepper. Fry on a pan – 5 minutes on each side.
- Dressing: Peel cucumber. Slice it open and take out the seeds with a teaspoon. Shred the cucumber, and press out the moisture. Mix with yoghurt and the chopped coriander. Season with salt and pepper.
- Put chicken, dressing and salad into pita bread and serve.

Energy pr. Pers. : 1600 kJ / 390 kcal

Carbohydrates: 61 g / 244 kcal

Fat: 7 g / 63 kcal

## Main Dishes

### Easy Ratatouille

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 tbsp tomato paste
½ tin water	Sea salt
Pepper	Sugar

Prepare vegetables in advance to shorten cooking time. Gently sauté onion until golden and translucent. Add grated carrots and chopped capsicum and allow to soften (5 min). Add zucchini, eggplant, tinned tomatoes, paste and some water. Cover and simmer for 20 min until vegetables are tender. Add salt, pepper and sugar to taste. Serve hot with chicken or fish and rice or add chickpeas for a lunch. Can also be used as a filling for a vegetarian lasagna.

### Double Flower Combination Dish

This dish is rich in Vitamins A, C, iron and calcium. These nutrients are important during the first trimester of pregnancy.

150 g chicken meat, sliced	1 T abalone sauce
150 g squids, cooked	1 t sesame oil
150 g cauliflower, wedged	1 T shao sing wine
150 g broccoli, wedged	salt to taste
50 g carrot, sliced	pinch of sugar
1 T chopped garlic	½ c broth

Heat 2 T of oil in wok. Stir fry garlic until fragrant. Add in meat and stir fry until cooked. Add in squids, cauliflower, broccoli, carrot and second list ingredients. Stir until cooked. Serve hot.

### Spinach, Leek and Lentil Pasta

PREP TIME: 10 minutes	COOKING TIME: 20 minutes
200g shell pasta	1 tsp 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	handful of spinach, chopped

Cook pasta in a saucepan of salted water for 10-12 minutes. Drain and set aside. Heat 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. Serves 2.

## Vegetable Lasagne

PREP TIME: 15 minutes      COOKING TIME: 50 minutes

### WHITE SAUCE

500g leeks, white part only, chopped      50g cashews  
400ml low fat milk      1 ½ tsp cornflour

### FILLING

200g baby button mushrooms, sliced      2 tsb balsamic vinegar  
2 tsb chopped free basil      150g baby spinach  
6 sheets lasagne      Pumpkin, roasted  
1 onion, sliced      500ml tomato pasta sauce, store bought

Preheat oven to 180°C. Sauté leeks and cashew nuts in a little white until soft. Transfer to a blender and add the milk. Blend until smooth and then return to the pan. Mix the cornflour with 2 teaspoons of water until smooth and then add to the sauce. Bring back to the boil. If the sauce seems to thicken add more milk. If too thin, add more cornflour. Season with salt and pepper.

### LASAGNE

Put the mushrooms, onion and balsamic 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 then 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 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.

## Vegetable Lasagna II

### Ingredients

- 1 (16 ounce) package lasagna noodles
- 2/3 cup diced red bell pepper
- 2/3 cup diced yellow bell pepper
- 1 small yellow onion, diced
- 1 (6 ounce) can tomato paste
- 1 dash crushed red pepper flakes
- 15 ounce container ricotta cheese
- 4 eggs
- 1/4 teaspoon dried oregano, crushed
- 2 teaspoons olive oil
- 2/3 cup diced orange bell pepper
- 2/3 cup diced green bell pepper
- 2 (14.5 ounce) cans diced tomatoes
- 1 1/2 cups water
- 1/4 cup grated Parmesan cheese
- 8 ounce package shredded mozzarella
- 1/4 teaspoon black pepper
- 1/4 cup grated Parmesan cheese

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 bell peppers and onion in olive oil in a large sauce pan until onions are translucent. Stir in diced tomatoes, tomato paste, water, and red pepper flakes. More red pepper flakes can be added if spicier sauce is preferred. 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 remaining ingredients, ending with noodles. Spread reserved sauce over top of 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.

## Mushroom Lasagne with Spring Onion and Frothy Mushroom Stock

Serves 4

12 lasagne sheets	250 g mixed mushrooms,
5 tbsp fine-chopped shallot	1 tsp fine-chopped garlic butter for frying
200 g fresh spinach	4 dl mushroom stock
2 tbsp butter	½ dl milk
2 tbsp truffle juice (optional)	4 spring onions, fine-shredded
salt	fresh-milled pepper

Cook the lasagne sheets for roughly a minute in plenty of salted water. Chill them in ice water. Sauté shallot, 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.

## Open Lasagne With Rocket and Walnut Pesto

Serves 4

### Pesto

100 g walnuts	2 garlic cloves
2 large handfuls baby rocket arugula	1 large handful basil
1 large handful flat leaf parsley	100 ml extra virgin olive oil
80 ml walnut oil	50 g grated pecorino cheese
100g grated parmesan cheese	
375 g fresh lasagna sheets	1 Tbsp olive oil
4 large handfuls baby spinach	1 garlic clove, sliced
2 tablespoons lemon juice	200 g marinated goats feta cheese
2 Tbsp grated parmesan cheese	

First make the pesto, preheat 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. Careful not to burn them. Transfer walnuts to a small processor with the metal tray. Add 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.

Second: 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.

Third: 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.

Fourth: To serve, spoon 1 Tbsp 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 one-third of the spinach over the pasta. Sprinkle with one-third of the goat's feta, 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.

## Moroccan Chicken

*Ingredients (serves 4):*

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 chick peas	200 ml (7 fl oz) vegetable stock
Salt and pepper to taste	

*Method:*

Cut the chicken into thin strips. Heat the olive oil in a large pan. Add the chicken, onion and garlic and cook over a 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 chick peas 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. This recipe is great served with cous cous (make up according to instructions on the packet).

### **Sesame Tofu with Chinese Greens**

2 servings

*Ingredients:*

200g firm tofu, cut into thin slices	2 Tbsp of 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 Tbsp of organic tamari or light soy sauce	

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 until golden brown on both sides and remove. Cut the choy sum into bite size 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!

Note: If using dried shiitake mushrooms soak them in water for 10-15 minutes until soft. If choy sum is difficult to find substitute it with any leafy green vegetable such as bok choy, dale or spinach or mustard greens.

### **Watermelon, Tomato and Mozzarella Skewers**

1 box of cherry or grape tomatoes	1/4 watermelon, cubed
2 bags of mozzarella balls	balsamic vinegar to taste
sea salt to taste	30 wooden or metal skewers

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

## Steak with mango and wasabi salsa

(For 4 persons)

### Ingredients:

4 fillet steaks  
salt and pepper  
2 tbsp olive oil  
juice of 1/2 lime  
1/4 tsp wasabi paste  
1 mango, peeled, pitted and diced  
small handful of fresh coriander, chopped

1 To make the salsa, blend together the lime juice and wasabi in a bowl and the mango and coriander. Then season with salt.

2 Season the steaks with salt and pepper and grill them (or fry them in a pan-but I prefer to grill personally)

3 Serve immediately with the salsa on the top of each steak and some salad.

## Spaghetti with Garlic and Spinach

PREP TIME: 15 minutes

200g spaghetti  
3 garlic cloves, crushed and thinly sliced  
40ml white wine  
sea salt

COOKING TIME: 20 minutes

40ml extra virgin olive oil  
1 small red chili, seeded and sliced  
50g baby spinach  
Small handful finely chopped Italian parsley

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. Add the wine and cook for 20 seconds. Add the drained pasta and spinach and toss to coat it well. Season with sea salt and sprinkle with parsley. Serve with lots of grated parmesan.

## Ratatouille

3 fresh tomatoes  
1 big green zucchini  
1 capsicum green or red (or both, two small)  
2 garlic cloves  
cooking oil or olive oil

1 can of tomato whole  
1 big eggplant or 2 brinjal  
1 medium onion  
2 medium carrots

Heat oil in a large pot over medium heat, add minced garlic and diced onions, cook until translucent. Add 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 and cook covered until the veggies are tender.

## Good Old Chilli Con Carne from Jamie Oliver's Ministry of Food main courses | serves 6

*What a classic this dish is. Most of my mates love the chickpeas, but butter beans or even cubed potatoes will work well in their place. Feel free to pep up this dish with more chilli depending on your taste. This will make enough for six portions, so simply freeze the extra if you're only cooking for four – it's so damn good the next day, even on a jacket potato!*

### INGREDIENTS

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• 2 medium onions</li><li>• 2 cloves of garlic</li><li>• 2 medium carrots</li><li>• 2 sticks of celery</li><li>• 2 red peppers</li><li>• olive oil</li><li>• 1 heaped teaspoon chilli powder</li><li>• 1 heaped teaspoon ground cumin</li><li>• 1 heaped teaspoon ground cinnamon</li></ul> | <ul style="list-style-type: none"><li>• sea salt and freshly ground black pepper</li><li>• 1 x 400g tin of chickpeas</li><li>• 1 x 400g tin of red kidney beans</li><li>• 8 large chopped tomatoes</li><li>• 500g good-quality minced beef</li><li>• 1 small bunch of fresh coriander</li><li>• 2 tablespoons balsamic vinegar</li><li>• 400g basmati rice</li><li>• 1 x 500g tub of natural yoghurt</li><li>• 1 x 230g tub of guacamole</li><li>• 1 lime</li></ul> |
|---|---|

### To make your chilli

- Peel and finely chop the onions, garlic, carrots and celery – don't worry about the technique, just chop away until fine
- Halve the red peppers, remove the stalks and seeds and roughly chop
- Place your largest casserole-type pan on a medium high heat
- Add 2 lugs of olive oil and all your chopped vegetables
- Add the chilli powder, cumin and cinnamon with a good pinch of salt and pepper
- Stir every 30 seconds for around 7 minutes until softened and lightly coloured
- Add the drained chickpeas, drained kidney beans and the chopped tomatoes
- Add the minced beef, breaking any larger chunks up with a wooden spoon
- add about 1 cup of water to the pan
- Pick the coriander leaves and place them in the fridge
- Finely chop the washed stalks and stir in
- Add the balsamic vinegar and season with a good pinch of salt and pepper
- Bring to the boil and turn the heat down to a simmer with a lid slightly askew for about an hour, stirring every now and again to stop it catching

### To serve your chilli

- This is fantastic served with fluffy rice
- Just divide the rice and chilli into big bowls or serve in the middle of the table and let everyone help themselves
- If you don't fancy rice it's equally good with a nice hunk of fresh crusty bread, over a jacket potato or with couscous
- Put a small bowl of natural yoghurt, some guacamole and a few wedges of lime on the table, and sprinkle the chilli with the coriander leaves
- I love to add a nice green salad to round it off

## Spicy Chicken Skewers with Mango Tabbouleh

Servings 4

Chicken Skewers:

400 g chicken breast fillets

1 clove of crushed garlic

½ tsp ground tumeric

fresh mint to garnish

200ml natural low fat yoghurt

1 small red chili, deseeded and finely chopped

the juice and rind of ½ lemon

Pre soak wooden skewers for 30 min. Cut chicken into cubes and place in shallow dish. Mix together yogurt, garlic, chili, tumeric, lemon juice and rind. Pour over chicken, cover and refrigerate for 8 hours. Make skewers by threading chicken cubes onto 8 wooden or metal skewers. Cook over hot grill for 10 minutes. Turn and brush with marinade until chicken is cooked.

Mango Tabbouleh:

175 g of Bulgur Wheat/Quinoa

juice of half a lemon

1 ripe mango chopped

2 Tbsp freshly chopped parsley

Sea salt and pepper to taste

1 tsp olive oil

½ red onion finely chopped

½ cucumber finely diced

2 Tbsp freshly chopped mint

Cook the quinoa with boiling water for 15 min – or – put bulgar wheat in a bowl and cover with boiling water. Place 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 Tabbouleh onto plates and arrange chicken skewers on top. Great hot or cold.

## Fried Beef with Kale

(adapted from The Chinese Pregnancy and Confinement Cookbook by Ng Siong Mui, Landmark books 1990)

*Ingredients*

300g lean beef

2 slices old ginger, shredded

Marinade

1 tspn salt, Chinese rice wine/sherry and sugar each

1 tblspn oyster sauce, oil and cornflour each

300g kale

1 clove garlic crushed

½ tspn light soya sauce

*Method*

1. Slice beef thinly against the grain. Marinate for 15-30 min.
2. Wash kale. Remove fibrous parts of the stem. Cut stems into bite size pieces and divide the leaves in half.
3. Coat wok/ saucepan with enough oil to lubricate. Get smoking hot and fry beef slices till seared on the outside and sealed. Put beef aside for the moment.
4. Add enough oil to keep 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.
5. Add beef back and fry for 30 seconds.
6. Serve with rice.

## **Vietnamese Summer Rolls**

- 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
- Around 20 green beans, cooked for 2 minutes in boiling water
- 1 and 1/2 cup thin glass noodles, cooked in salted water until tender

### **SAUCE**

- 1/2 cup tamarind fruit
- 1/2 cup coriander
- 2 tbsp honey
- salt to taste
- 1 cup water
- 1/2 cup peanuts

### **INSTRUCTIONS**

- Put the tamarind fruit in small bowl, cover with boiling water
- Let sit 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 1/2 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 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**

2 tbsp olive oil	2 cups chopped onion
1 sliced raw carrot	1/2 cup diced celery with leaves
2 tbsp minced garlic	3 1/2 cups broth
1 pound dry lentils	1/2 cup uncooked medium pearl barley
16 oz can crushed tomatoes	1 tsp salt
1/2 tsp pepper	1/4 tsp oregano
1 pkg frozen chopped spinach	

Sauté onions, celery and garlic in oil for 8 min. Add 8 cups water, the broth, lentils and barley. Cover, bring to boil, reduce heat and simmer 1 hour or until very tender. Add crushed tomatoes, carrot, and seasonings. Bring to boil, reduce heat and simmer uncovered for 5 minutes. Add spinach and stir to separate. Simmer 5-7 minutes.

### **Jamie Oliver's "Pete's Lamb Curry"**

2 tablespoons butter  
285ml/1/2 pint stock or water  
1 handful of chopped mint and coriander  
salt and freshly ground black pepper

2 x 400g tins of chopped tomatoes  
1.5kg/3 1/2lb leg of lamb, diced  
285ml/1/2 pint natural yoghurt  
lime juice to taste

#### Hot and Fragrant Rub Mix -

2 tablespoons fennel seeds  
2 tablespoons coriander seeds  
1/2 tablespoon black peppercorns  
1/2 a cinnamon stick  
salt and freshly ground black pepper

2 tablespoons cumin seeds  
1/2 tablespoon fenugreek seeds  
1 clove  
2 cardamom pods

#### Curry Paste Ingredients -

5cm/2 inches fresh ginger, peeled  
10 cloves of garlic, peeled  
1 bunch of fresh coriander

2 large red onions, peeled  
2 fresh chillies, with seeds

Preheat your oven to 170C. Lightly toast the fragrant rub mix in the oven or under the grill. Chop the curry paste ingredients roughly, add the rub mix and puree in a food processor.

In a large casserole pan, fry the curry paste mixture in the butter until it goes golden, stirring regularly. Add the tomatoes and the stock or water. Bring to the boil, cover with kitchen foil and place in the oven for one and a half hours to intensify the flavour. Remove the foil and continue to simmer on the stove until it thickens. This is your basic curry sauce.

Fry the lamb in a little olive oil until golden, then add to the curry sauce and simmer for around 1 hour or until tender. Sprinkle with chopped coriander and mint and stir in the yoghurt. Season to taste and add a good squeeze of lime juice. Serve with spiced breads, steamed basmati rice and lots and lots of cold beer (for daddies rather than new mums!).

Feel free to vary the curry by using diced chicken, prawns or paneer, or vegetables like Swiss chard, spinach, peas, cauliflower, fried aubergine, okra, boiled potatoes, chickpeas or lentils.

## Fish

### Honey-Orange Marinated Salmon

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 or apple juice
1 tablespoon minced fresh ginger root	1 pound salmon fillet

In a large resealable plastic bag, combine the first seven ingredients. Add salmon. Seal bag and turn to coat; refrigerate for 1 hour, turning several times. Line an 8-in. square baking dish with foil; coat the foil with nonstick cooking spray. Drain and discard marinade. Place salmon in prepared pan. Bake at 350 degrees F for 30-40 minutes or until fish flakes easily with a fork.

### Parmesan Crumbed Fish with Minted Risoni

PREP TIME: 20 minutes	COOKING TIME: 20 minutes
1/2 cup breadcrumbs	2 x 150g snapper fillets, skin removed
Plain flour for dusting	1 egg, lightly beaten
1/2 cup risoni (if unavailable substitute with another small pasta, such as macaroni)	1 minced garlic clove
1/2 cup frozen peas, blanched	1/8 cup lemon juice
60g butter, melted	lemon wedges to serve
1/4 cup mint leaves	

Preheat oven to 220°C.

Place breadcrumbs, parmesan and lemon rind in a bowl and mix well. Dust fish in flour, dip in egg and press on the breadcrumb mixture. Place 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 return to the 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. Serves 2.

### Poached Salmon and Soba Noodles

PREP TIME: 10 minutes	COOKING TIME: 15 minutes
0.75L vegetable stock	1 stalk lemon grass, chopped in half
25g ginger, peeled and sliced	1 tbs soy sauce
200 g soba noodles	1 bunch baby asparagus
2 x 120g salmon fillets, skin removed	Coriander leaves

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) / 4 minutes (for well done). Top the noodles with salmon and asparagus and spoon over the broth. Top with coriander leaves. Serves 2.

### **Simple Healthy Chinese Style Steam Fish**

Serve: 2                      Preparation and cooking time: 20 mins.  
1 big slice of Red Snapper ( 300g)                      1 medium tomato  
2 pieces dried Chinese mushroom or Shitake mushroom  
2 slices ginger                      1 stalk coriander  
Seasonings:  
1 tbsp Sesame oil                      1 tbsp soya sauce  
¼ tsp salt

Soak the mushroom till soft, cut into thin shreds. Cut the ginger in thin shreds. Cut the tomato into slices. Cut the coriander into ½ inch sections. Clean the fish, pat dry, rub the salt on both sides. Place the fish on a plate then spread the mushroom, ginger 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. Alternatives: Red Grouper, Threadfin and Pomfret.

### **Restaurant Style Chinese Steamed Fish**

1 live fish                      2 inched ginger (peeled and cut into thin strips)  
1 stalk scallion (cut into 2-inch length, then cut into thin silken threads  
Cilantro leaves                      2 Tbls cooking oil  
1 Tbls shaoxing wine or rice wine  
Steamed Fish Soy Sauce:  
4 Tbls light soy sauce                      2 Tbls shaoxing wine or rice wine  
2 Tbls water                      ¼ tsp sesame oil  
3 dashes while pepper                      2 Tbls rock sugar (ground into powder)

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 Tbls 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 boiling, place 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 steamed fish and discard the fish water and ginger strips. Lay the remaining ginger strips on top of fish.

Heat pan over high heat and add 2 Tbls of cooking oil, swirl until hot. Pour the oil over the steamed fish. Put 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**

Loosely wrap piece of fresh salmon in tin foil with slice of lemon, few springs of dill and salt and pepper to taste (can also add ginger, chili, and/or coriander, depending on personal taste) and bake in the oven on 180°C for 10-15 minutes. You will know when it's cooked as the flesh flakes off.

Mash parboiled new potatoes, leaving skin on, stir in a heaped teaspoon of grainy mustard or a small amount of wasabi. Serve with any green veg of choice.

## **Tuna Skewers**

PREP TIME: 1 hour

COOKING TIME: 10 minutes

1 tsb freshly grated ginger

1 garlic clove, minced

¼ tsp cayenne pepper

1 tsp ground coriander

1 tsp ground tumeric

1 tsp sea salt

2 tsb olive oil

250g tuna, cubed

TO SERVE:

Lime wedges

Fresh coriander leaves

Whole meal mini pitas

Plain yoghurt

Soak 6 wooden skewers in water. Stir together all ingredients except tuna in a bowl. Add the tuna last and marinate for 1 hour in the fridge. Thread 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 mini pitas in half and place in the oven for 5 minutes. Serve on a plate, top with coriander.

Serve with lime wedges, pita and yoghurt.

## **Fish pie**

(Serves 4-6)

Salt & pepper

1 kg potatoes

1 carrot

2 sticks celery

150g good cheddar cheese

1 lemon

½ fresh red chili

4 sprigs fresh parsley

Handful of spinach

2 ripe tomatoes quartered

Olive oil

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

Peel potatoes, cut into chunks and boil until soft. Drain. Meanwhile, get a deep baking tray and stand a box grater in it. Grate celery, carrot and cheddar, use fine side of grater to grate the zest from the lemon and finely chop the chili. Finely chop parsley and add this to the tray. Cut the fish into bite size chunks and add to the tray with the prawns. Squeeze over lemon juice, drizzle with olive oil and add a good pinch of salt & pepper. Add spinach and tomatoes. Mix everything together. Take the drained potatoes, drizzle with olive oil, season and mash until nice and smooth. Spread evenly over the top of fish and grated veg. Bake in oven (200oc) for 40 mins until crispy and golden on top. Serve with a green salad or steamed peas/broccoli

### **Asian-Spiced Kedgeree**

500ml of cold water for poaching the fish  
4 salmon fillet (approx 3 cm thick), skinned  
1 tsp oil  
.5 tsp ground coriander  
.5 tsp tumeric  
3 eggs, hard boiled and quartered  
1 dash of nam pla (Thai fish sauce)

2 lime leaves, torn into pieces  
45g unsalted butter  
1 onion, finely chopped  
.5 tsp ground cumin  
225g Basmati rice  
3 tbsp coriander, chopped,  
1 lime, juice and zest,

Preheat oven to 220°C.

Pour water into roasting dish, add the lime leaves and then the salmon. Cover dish with foil, put in oven and cook for about 15 min. Remove dish and drain the liquid off into a jug. Keep the fish warm by replacing foil over dish. Melt butter in a wide heavy 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 perfume 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 min. At the end of the cooking time, when rice is tender and has lost all chalkiness, turn off the heat, remove lid, cover with a tea towel and then replace the lid. This will help absorb any extra moisture from the rice. Just before you want to eat, drain off any extra liquid from the salmon, then flake the fish with a fork. Add it to the rice, eggs, coriander, lime juice and a drop of two of fish sauce. Stir gently to mix. Sprinkle over the zest and serve.

### **Paper Bag Seafood Linguini**

PREP TIME: 20 minutes COOKING TIME: 30-35 minutes Serves 2.

200g linguini  
100g white fish, boned, skin off, cut in slices  
¼ cup dry white wine  
20g butter  
1 tbs lemon juice  
Lemon wedges to serve

6 prawns, peeled tails intact  
1 small squid tube, cut in rings  
1 glove garlic, minced  
sea salt and cracked pepper  
Handful flat leaf parsley, chopped

Preheat oven to 180°C. Cook pasta in a saucepan of salted water for 10-12 minutes. Drain at set aside. Cut 2 x40cm pieces of baking paper. Use paper to line 2 deep capacity oven proof bowls. Divide pasta between 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 prawns and fish are cooked through. Drizzle with lemon juice and sprinkle with parsley.

## Side Dishes

### Risotto with Asparagus

Serves 4

Butter and oil

1 little onion peeled and diced

200 g asparagus cut in pieces of 1 cm

1 liter meal soup

Parmesan cheese

350gr rice for risotto, carnaroli

1 glass white wine

Fry onion until it becomes transparent. 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 the 1 Tbsp. of soup over a low fire until it evaporates and then add another rest of soup. After 5 min add the points of asparagus. Cook for approx 15 minutes until the rice is cooked. Remove from fire and add a spoon of butter and parmesan for flavor.

### Roasted Cherry Tomato and Feta Tart

PREP TIME: 20 minutes

COOKING TIME: 30 minutes

250g cheery tomatoes, halved

1 red onion, finely chopped

2 egg yolks, 8 egg whites

2 asparagus spears, chopped

30g low-fat feta cheese

3 small button mushrooms, sliced

2 garlic cloves, finely chopped

Small handful fresh basil, finely chopped

4 sheets spring roll pastry

2 spring onion, finely chopped

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 mins. Lightly beat the egg whites and yolks together with the basil and asparagus. Season with salt and pepper. Layer sheets of pastry to cover the base and sides of a shallow square baking try. 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.

### Mashed Potato

Ingredients

250g Potatoes

1 tsp ginger juice

Pinch of black pepper/curry powder (optional)

1 Tbs Shoyu or 1 tsp Miso

1 clove garlic

Topping 1 - 1/3 cup raisins – (soak 2 hours) Top with dried raisins

Topping 2 - 1/3 cup plain yoghurt                      1/2 tsp nutritional yeast

Method:

Wash potatoes, use fork to poke a few holes, steam until soft, about 15 min. Remove from wok, peel skin and cut into 4 process using juicer. Mince garlic after processing potatoes. Juice ginger using juicer, remove pulp. Mix Shoyu Miso, ginger juice, garlic and black pepper together, then pour into mashed potatoes and mix well. Process raisin in 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**

PREP TIME: 15 minutes

COOKING TIME: 10 minutes

1 ½ cup corn kernels  
1 egg  
½ tsp baking powder  
sea salt

2 spring onions, chopped  
½ cup plain flour  
Handful coriander  
cracked pepper

Place all ingredients, including coriander in the food processor bowl, process until blended. On medium heat ½ tsp of oil in a pan place three x2 tablespoonfuls of mixture into the pan, ensuring enough room between each corn cake. Cook until brown on each side. Keep warm in the oven whilst cooking additional batches. Serve with avocado and fresh coriander.

### **Mushroom and Leek Risotto**

PREP TIME: 20 minutes

COOKING TIME: 45 minutes

250g button mushrooms, sliced  
1 cup Arborio rice  
2 tsb cream  
¼ cup grated parmesan

1 leek, sliced  
Handful fresh flat leaf parsley  
1.5L vegetable stock  
Sea salt and pepper

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 remaining stock until it's all absorbed and the rice is cooked. Half way 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.

### **Penne with Tomato and Chili**

PREP TIME: 15 minutes

COOKING TIME: 20 minutes

200g penne  
3 garlic cloves, crushed and thinly sliced  
200ml tomato pasta sauce, store bought  
sea salt

20ml extra virgin olive oil  
1 small red chili, seeded and sliced  
½ can peeled tomatoes  
Small handful fresh Italian parsley

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 it well. Season with sea salt and parsley. Serve with lots of grated parmesan.

### **Zucchini and Ricotta Pasta**

PREP TIME: 10 minutes

COOKING TIME: 15 minutes

400g linguini

2 zucchini, sliced into length-ways ribbons

1 spring onion, sliced

½ cup (100g) ricotta

Sea salt and black pepper

Shaved parmesan and lemon wedges to serve

1 garlic clove, minced

1 tbs olive oil

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. Serves 2.

### **Roasted Root Vegetables**

12 leeks

a few cloves of garlic

2 Tbs olive oil

2 beets

1 turnip

2 carrots

¼ to ½ pumpkin

2 sweet potatoes

salt

Preheat oven 220c. Clean leeks, cut off tops and bottoms and lay complete leeks across a large baking pan with sides. Peel garlic cloves and spread them out in the pan over the leeks. Peel beets and cut into large pieces. Peel turnip and cut into large pieces. Peel carrots and cut into large pieces. Peel pumpkin and cut into large pieces (a bit larger than the beets and turnips). Peel sweet potatoes and cut into large pieces (same size as the pumpkin). 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 lightly covered evenly. Spread the vegetables on the baking pan on top of the leeks and garlic and place into oven. Use spatula or wooden spoon to move around the vegetables every 10 to 15 minutes. Bake until the beets are soft enough to eat – approx 45 min to an hour. Serve without the garlic and leeks.

### **Spinach Stir Fry with Garlic**

350 gram fresh spinach or chinese peashoots (dou miao)

2 Tbs oil

3-5 cloves garlic, thinly sliced

Salt and pepper

Cooking method:

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

Heat oil in 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 according to your taste.

Transfer immediately to serving dish.

Make sure the vegetables are young and tender; trim the ends of the stems, and cut into bite sized pieces.

## Desserts

### Banana Bread

Preheat oven to 350°F

Mix wet ingredients

1 ½ c mashed ripe banana

¼ c oil

½ c honey

1 tsp vanilla

1-2 beaten eggs

Mix dry ingredients

2 c whole wheat flour

½ c wheat germ

1 tsp baking soda

1-2 tsp baking powder

Add dry ingredients into wet, then fold in ½ c chopped walnuts (optional)

Bake in oiled loaf pan for 1 hr.

### Pina Colad Chewies

INGREDIENTS

1 cup pineapple pulp (from juicing)

½ cup raw almonds ground

½ cup fresh or dry unsweetened coconut shreds

2 tbsp honey

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

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

Bake for 4-5 hours on lowest oven setting.

Serves 32

### Stewed Snow Fungus with Beancurd Sheet

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.

50 g snow fungus

20 g lotus seeds

20 g dried lily bulbs

30 g dried longans

10 red dates

2 beancurd sheets

150 g rock sugar

1 piece dried tangerine peel

Wash first list of ingredients and put into stewing pot. Add in 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

## Apple Tea Cake

PREP TIME: 15 minutes

COOKING TIME: 30-45 minutes

### INGREDIENTS

60g butter	½ c caster sugar
1 egg	1 cup self raising flour (consider whole wheat flour)
pinch salt	½ milk
1 tsb brown sugar	1 ½ apples, peeled and cored – 1 grated, ½ thinly sliced
Cinnamon	

Preheat oven at 180°C. Cream butter and caster sugar together. Add the egg, beat well. Add flour and salt, alternating with milk and mix until light and fluffy. Add in the grated apple. Pour mixture into a loaf cake tin, lined with non stick paper. Place thinly sliced apple decoratively on top of cake, sprinkle with brown sugar and cinnamon. Bake for 30-45 minutes, until browned. Remove from tin when cooked and cool on tray.

## Passion Cake

(almost healthy)

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

Preheat oven 190C. In a 20 cm cake tin, cook 35 min (check after 20 minutes)  
Blend eggs, dates and butter in a processor until smooth. Add pear, blend until smooth  
Mix in carrots. Sift dry ingredients, fold into wet mixture. Add berries. Grease/line tin  
Pour mix into tin and bake.

Consider adding orange cream cheese frosting

- Mix cream cheese and orange juice with a bit of icing sugar to taste.

## Lauren's Oatmeal Chocolate Chip Cookies

*(A word of caution, a lot of sugar in these, go easy, especially in the last trimester)*

Makes: 10-12 Baking Time: 8-10 minutes

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

Preheat oven to 190 C. Lightly grease two baking sheets. In a large bowl, stir together the flour and baking powder. In a large mixing bowl and using an electric mixer, cream the butter and sugars together until light and fluffy. Add the egg and beat until combined. Stir in the vanilla. With 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. Flatten each cookie slightly with the back of the spoon. Bake until golden for 12-15 minutes. Remove from baking sheets and cool on a wire rack.

## Lactation Cookies

250g pat of butter	1 cup sugar
1 cup brown sugar	4 tablespoons water
2 tablespoons flaxseed meal (or linseed meal, same thing)	
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

Preheat oven at 180 degrees C. Mix together 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes. Cream (beat well) margarine and sugar. Add eggs one at a time, mix well. Stir flaxseed mixture and add with vanilla to the margarine mix. Beat until blended. Sift together dry ingredients, except oats and chips. Add to margarine mixture. Stir in oats then chips. Scoop or drop about a heaped teaspoon of mix onto baking sheet, lined with baking paper. Leave plenty of space as they will spread. Bake for approx 8-12 mins depending on size until browned.

Chocolate can cause colic in some babies through breastmilk so best to omit until you know either way. How do they work? The cookies are high in omega 3 (through the eggs and the linseed/flaxseed meal) which is proven to boost breast milk supply. Brewers Yeast is also meant to be a milk supply helper, and is high in protein. Brewers Yeast and Flaxseed/Linseed meal can be found at health food stores. Add your own substitution for chocolate if you wish - e.g dried apricots, mashed banana, almonds/cashews, coconut, etc.

## Apple Muffins

- 1.5 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 or concentrated apple juice
- 1/2 cup unsweetened soy milk

Preheat the oven to 180'C

Sift the flour and spices and add sultanas/raisins.

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

### **Mini-Carrot Cake/Muffins – Dairy Free**

2 cups brown sugar	1 $\frac{1}{2}$ cups vegetable oil
4 eggs (beaten)	2 cups grated carrot
3 cups plain flour	2 tsp baking powder
2 tsp baking soda	2 tsp ground cinnamon
1 tsp fresh grated ginger	4 Tbsp coconut milk
$\frac{1}{2}$ tsp salt	

Preheat oven to 180c. Put all the cake ingredients in a large bowl and use a wooden spoon to mix until it becomes a smooth batter. Pour into lightly greased muffin pan or 24cm cake pan. Bake 25 min or 1 hour for cake, until toothpick comes clean.

Icing: Coconut

200 g icing sugar	4 Tbsp coconut cream
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Decoration: Carrot

1 large carrot	$\frac{1}{2}$ cup caster sugar
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$\frac{1}{2}$  cup water

Combine icing sugar with coconut cream to a smooth mixture. Set aside.

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 towel. Drizzle icing on cakes and place a small carrot decoration.