

**HEALTHY RECIPES PROVIDED BY SINGAPORE
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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=20 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 crudité's or spread on wholegrain bread.

Breakfast

Smoothie

For 1 portion:

1 Apple

2 Dates

1 handful of almonds (abt 10-12)

Milk (or depending on taste/allergy etc rice milk, soy milk, hazelnut milk...)

Cream (this one I added for pregnancy, really satisfying taste and some fat to gain that weight)

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).

Xigo Yi

Ingredients:

1 banana, peeled and sliced

½ cup strawberries, halved

1 cup of low fat milk

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

¾ cup of cooked brown rice

1 cup of milk

3 eggs

1 ½ cups whole wheat flour

2 tsp baking powder

1 ½ tsp baking soda

2 Tbsp sugar

1 ½ tsp salt

Method:

Blend ½ 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

6 Tbsp water

600 ml (3 cups) water

2 Tbsp condensed milk

1 beaten egg, optional

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 peas

50 g frozen sweet corn

6 eggs

1 Tbsp olive oil

1 med onion, thinly sliced

3 ripe tomatoes, finely chopped

1 Tbsp chopped fresh flat leaf parsley

Sea salt and freshly ground black pepper

Salad leaves

Wholegrain bread

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 but 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 (can use whole wheat flour)

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.

Feta, Sweet Potato and Eggplant Frittata

PREP TIME 40 minutes

COOKING TIME: 35 minutes

INGREDIENTS

100g eggplant, sliced

200g sweet potato, peeled and sliced

½ tsp olive oil

¼ onion, chopped

1 garlic clove, chopped

¼ capsicum, diced

5 eggs

¾ cup milk

½ cup hummus

½ low-fat yoghurt

80g low-fat feta, crumbled

Pepper

Sea salt

½ baby spinach

½ zucchini slices

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 apricots

½ cup dried cranberries

1 cup dried apple

3 tsb almonds

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.

Bananas and Milk

Ingredients:

1. Banana, peeled & sliced into round pieces.
2. 200 ml of low fat milk or maternal milk
3. Handful of crushed cashew nuts/almonds

Method:

1. 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/ ½ 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.

Spinach and Parmesan Omelette

Ingredients (per person):

2 eggs
Tablespoon of grated parmesan
Handful of baby spinach leaves (washed)
Pinch of salt and black pepper
Pinch of ground nutmeg
Tablespoon of olive oil

Method:

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
Tsp lemon juice
2 slices wholemeal bread - toasted
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
2 tsp cold pressed linen oil
Mix together

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.

Soups

Tomato Soup

A.

300g tomatoes, in wedges

6 baby corn, in wedges

2 potatoes, in wedges

1 carrot, in wedges

1 big onion, in wedges

B.

400g chicken meat pieces

salt to taste

white pepper 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 tsp cumin

1 bunch asparagus, chopped

1 small broccoli floret

1 cup frozen peas

1 vegetable stock cube

1L water

Cracked pepper

Salt

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.

Sweetcorn Soup with Spiced Butter

Serves 4

Soup

40 g butter

1 clove garlic, chopped

1 large onion, chopped

1 litre water

Kernels from 4 corn cobs

Salt

Spiced Butter

¼ tsp toasted cumin seeds

2 Tbsp finely chopped fresh parsley

1 tsp freshly ground black pepper

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.

Creamy Broccoli Soup

1 c. onion, diced

1 carrot, diced

1 celery stalk, diced

1 clove garlic, chopped

6 c. broccoli, chopped

2 c. low sodium chicken broth

2 c skim milk

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.

Daal – Lentil Soup

Ingredients

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

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

Coriander and Lentil Soup

PREP TIME: 10 minutes

COOKING TIME: 45 minutes

INGREDIENTS

1 can diced tomatoes

1 zucchini diced

1 clove garlic diced

1 brown onion diced

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

1L vegetable stock

1 tbs tomato paste

Salt & pepper to season

1 tsp olive oil

$\frac{1}{2}$ 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.

Serves 2-3 as a main.

Spiced Zucchini Soup

PREP TIME: 10 minutes

COOKING TIME: 25 minutes

INGREDIENTS

1 large onion roughly sliced

½ tsp coriander powder

½ tsp curry powder

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

1 vegetable stock cube

¼ cup short grain rice

1 L water

cracked pepper

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
½ cucumber, peeled
¼ c diced red onion
¼ c Chinese parsley, chopped
½ avocado, diced
¼ c pine nuts, or almonds (optional)
Lime juice to taste – approx ½ squeezed lime
Sea salt
Pepper
(To spice it up, add diced red Thai chili(s))
Dice and mix!

Cold Noodle Salad

2 c spaghetti
2 cucumbers
2 carrots
200 g bean sprouts
4-5 cloves of garlic
1 thumb sized piece of ginger
1 c soy sauce (no msg)
1/3 c sesame paste
Handful of chopped spring onion and Chinese parsley

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)

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.

Beetroot Salad

PREP TIME: 10 minutes

COOKING TIME: 0 minutes

INGREDIENTS

150g rocket leaves

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

1 can beetroot slices

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

2 tbs olive oil

½ tsp cumin

1 tsp fresh oregano

2 tsb pine nuts

sea salt

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.

NB Add dressing just before serving

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.

NB 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 into fingers

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.

NB 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 to desired consistency

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!!

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

NUOC CHAM

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.

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

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

½ c Orange-Oregano Dressing or Creamy Dill Ranch

1 Tbsp red onion, minced

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.

Sandwiches

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.

Chicken sandwich

(Serves 2)

Ingredients:

4 medium pieces of chicken with bone (boneless is also fine but has less flavour)

1 medium onion chopped

1 inch of ginger chopped

1 tbsp of butter (you can omit this if you want it to be healthier)

1 tbsp of corn flour

1 small cup of milk (low fat is better)

1 tsp of fresh ground black pepper

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.

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

INGREDIENTS

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.

Tuna Skewers

PREP TIME: 1 hour

COOKING TIME: 10 minutes

INGREDIENTS

1 tsb freshly grated ginger

1 garlic clove, minced

¼ tsp cayenne pepper

1 tsp ground coriander

1 tsp ground turmeric

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.

Vegetable Lasagne

PREP TIME: 15 minutes

COOKING TIME: 50 minutes

INGREDIENTS

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.

WHITE SAUCE

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

Vegetable Lasagna II

Ingredients

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

Directions

1. 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.
2. 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.
3. 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.
4. 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.
5. Cover dish with foil, and bake for 40 minutes or until bubbly. Remove foil during last 10 minutes of baking.

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.

Lentil Stew

2 tbsp olive oil
2 cups chopped onion
1 sliced raw carrot
½ cup diced celery with leaves
2 tbsp minced garlic
3 ½ cups broth
1 pound dry lentils
½ cup uncooked medium pearl barley
16 oz can crushed tomatoes
1 tsp salt
½ tsp pepper
¼ 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.

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 lengthways 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 (fresh or dried – see note)

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.

Energy = 1060 kJ

Protein = 22g

Fat = 12g

Carbohydrate = 18g

Fiber = 8g

Sodium = 580mg

Fish pie

(Serves 4-6)

Salt & pepper

1 carrot

150g good cheddar cheese

½ fresh red chili

Handful of spinach

Olive oil

1 kg potatoes

2 sticks celery

1 lemon

4 sprigs fresh parsley

2 ripe tomatoes quartered

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
2 lime leaves, torn into pieces
4 salmon fillet (approx 3 cm thick), skinned
45g unsalted butter
1 tsp oil
1 onion, finely chopped
.5 tsp ground coriander
.5 tsp ground cumin
.5 tsp tumeric
225g Basmati rice
3 eggs, hard boiled and quartered
3 tbsp coriander, chopped, plus more for sprinkling
1 lime, juice and zest, plus more lime segments to serve
1 dash of nam pla (Thai fish sauce)

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.

Watermelon, Tomato and Mozzarella Skewers

Ingredients:

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

Directions:

Thread 1 cube of watermelon, one ball of mozzarella and one tomato onto a skewer. Continue for 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.

Poached Salmon and Soba Noodles

PREP TIME: 10 minutes

COOKING TIME: 15 minutes

INGREDIENTS

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.

Ingredients:

1 big slice of Red Snapper (300g)

1 medium tomato

2 slices ginger

2 pieces dried Chinese mushroom or Shitake mushroom

1 stalk coriander

Seasonings:

1 tbsp Sesame oil

1 tbsp soya sauce

¼ tsp salt

1. 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

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

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

4. 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.

Parmesan Crumbed Fish with Minted Risoni

PREP TIME: 20 minutes

COOKING TIME: 20 minutes

INGREDIENTS

½ cup breadcrumbs

1/8 cup finely grated parmesan

Grated lemon rind from 1 lemon

2 x 150g snapper fillets, skin removed

Plain flour for dusting

1 egg, lightly beaten

½ cup risoni (if unavailable substitute with another small pasta, such as macaroni)

½ cup frozen peas, blanched

1 minced garlic clove

60g butter, melted

1/8 cup lemon juice

¼ cup mint leaves

lemon wedges and mayonnaise to serve

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.

Spaghetti with Garlic and Spinach

PREP TIME: 15 minutes

COOKING TIME: 20 minutes

INGREDIENTS

200g spaghetti
40ml extra virgin olive oil
3 garlic cloves, crushed and thinly sliced
1 small red chili, seeded and sliced
40ml white wine
50g baby spinach
sea salt
Small handful finely chopped fresh flat leaf 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.

Mushroom Lasagne with Spring Onion and Frothy Mushroom Stock

Serves 4

12 lasagne sheets
250 g mixed mushrooms, e.g. ceps, oyster mushrooms, shiitake or Horn of Plenty
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.

Ratatouille

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

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.

we usually have ratatouille with plain cous cous, polenta or rice.

Paper Bag Seafood Linguini

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

INGREDIENTS

200g linguini
6 prawns, peeled tails intact
100g white fish, boned, skin off, cut in slices
1 small squid tube, cut in rings
¼ cup dry white wine
1 glove garlic, minced
20g butter
sea salt and cracked pepper
1 tbs lemon juice
Handful flat leaf parsley, chopped
Lemon wedges to serve

Preheat oven to 180°C.

Cook pasta in a saucepan of salted water for 10-12 minutes. Drain and 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

Parmesan cheese

1 little onion peeled and diced

350gr rice for risotto, carnaroli

200 g asparagus cut in pieces of 1 cm

1 glass white wine

1 liter meal soup

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

INGREDIENTS

250g cheery tomatoes, halved

3 small button mushrooms, sliced

1 red onion, finely chopped

2 garlic cloves, finely chopped

2 egg yolks, 8 egg whites

Small handful fresh basil, finely chopped

2 asparagus spears, chopped

4 sheets spring roll pastry

30g low-fat feta cheese

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 Tbs Shoyu or 1 tsp Miso

1 tsp ginger juice

1 clove garlic

Pinch of black pepper/curry powder (optional)

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:

1. Wash potatoes, use fork to poke a few holes, steam until soft, about 15 min.
2. Remove from wok, peel skin and cut into 4 process using juicer
3. Mince garlic after processing potatoes
4. Juice ginger using juicer, remove pulp
5. Mix Shoyu Miso, ginger juice, garlic and black pepper together, then pour into mashed potatoes and mix well.
6. Process raisin in blender, add water if needed. To serve, pour over mashed potato
7. For topping 2, just mix nutritional yeast into plain yoghurt, pour over mashed potato.

Corn Cakes

PREP TIME: 15 minutes

COOKING TIME: 10 minutes

INGREDIENTS

1 1/2 cup corn kernels

2 spring onions, chopped

1 egg

1/2 cup plain flour

1/2 tsp baking powder

Handful coriander

sea salt

cracked pepper

Place all ingredients, including coriander in the food processor bowl, process until blended. On medium heat 1/2 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

INGREDIENTS

250g button mushrooms, sliced

1 leek, sliced

1 cup Arborio rice

Handful fresh flat leaf parsley

2 tsb cream

1.5L vegetable stock

¼ cup grated parmesan

Sea salt

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 Chilli

PREP TIME: 15 minutes

COOKING TIME: 20 minutes

INGREDIENTS

200g penne

20ml extra virgin olive oil

3 garlic cloves, crushed and thinly sliced

1 small red chili, seeded and sliced

200ml tomato pasta sauce, store bought

½ can peeled tomatoes

sea salt

Small handful fresh flat leave 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

INGREDIENTS

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.

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.

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

1 egg

pinch salt

1 tsb brown sugar

Cinnamon

½ c caster sugar

1 cup self raising flour (consider whole wheat flour)

½ milk

1 ½ apples, peeled and cored – 1 grated, ½ thinly sliced

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.

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

Ingredients:

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

1. Preheat oven to 190 C. Lightly grease two baking sheets
2. In a large bowl, stir together the flour and baking powder
3. 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.
4. 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.
5. 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.

* NB 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.