

Pina Colada Pudding

[Cura te ipsum](#)

Just had to share this one....

Pina Colada Pudding

This recipe makes 2 puddings

1x French Vanilla Shake
1x Banana Shake
1x Aeroplane Jelly Lite Pineapple flavour
1/2tsp Coconut Essence

In one bowl or pyrex jug, make up the jelly as per packet instructions then add the coconut essence.

In another bowl dry combine FVanilla and Banana shake sachets and slowly whisk in the jelly liquid.

Pour mixture into jelly moulds or little bowls and leave to set in the fridge.

As this recipe contains 2 full shakes, one pudding would be considered a "meal"; We had a vegetarian dinner and had this for dessert!

I hope you like it as much as hubby and I did 🤪

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## Fruits of the Forest Pudding

[Cura te ipsum](#)

Hi again fellow Tfer's,

I experimented a bit and it paid off with this one; i hope you like it 🤪  
Just had to share this one....

## Fruits of the Forest Pudding

*This recipe makes 2 puddings*

1x French Vanilla Shake  
1x Wild Berry Shake  
1x TF Raspberry Jelly  
1/2 serve of blueberries  
1/2 serve of blackberries

In one bowl or pyrex jug, make up the jelly as per packet instructions.

In another bowl dry combine French Vanilla and Wild Berry shake sachets and slowly pour in the jelly liquid combining with a whisk.

Divide berries into little bowls or jelly molds.

Pour mixture over berries and leave to set in the fridge.

As with the Pina Colada Pudding, this recipe contains 2 full shakes, one pudding would be considered a "meal" and remember to take into account that this one also contains a fruit serve!

We had a vegetarian dinner and had this for dessert! YUM!

I think I'm gonna try making a Creme Caramel type pudding with one of the new Caramel Shakes next.

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Slow roasted tomatoes, spinach with pesto...

[Karazmatic](#)

Preparation Time 15 minutes

Cooking Time 120 minutes

Ingredients (serves 6)

12 ripe egg tomatoes, halved lengthways
2 tbs extra virgin olive oil
1 tsp salt
2 garlic cloves, thinly sliced
24 fresh oregano leaves
100g baby spinach leaves, ends trimmed, washed, dried
50g shaved Parmesan

pesto dressing

2 tbs extra virgin olive oil

1 tbs balsamic vinegar

2 tbs purchased basil pesto

Salt & ground black pepper, to taste

Method

Preheat oven to 150°C. Line a large baking tray with foil or non-stick baking paper.

Place the tomatoes, olive oil and salt in a large bowl. Toss well to coat the tomatoes in the oil mixture. Place the tomatoes cut-side up in a single layer on the lined tray and sprinkle evenly with the garlic and oregano.

Roast the tomatoes in preheated oven for 2 hours or until shrivelled around the edges. Remove from the oven and set aside for 10 minutes to cool.

To make the dressing, place the olive oil, balsamic vinegar and pesto in a small screw-top jar. Shake well to combine and season with salt and pepper.

Place the spinach leaves in a large salad bowl. Add the roasted tomatoes and Parmesan. Pour the dressing over and toss gently to combine. Serve immediately.

Notes & tips

Note: The tomatoes can be roasted up to 2 days ahead. Store in an airtight container in the fridge.

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### 'Sweet freak on TF' recipes

[Leeda35](#)

I got the original recipe for *Snow Pudding* from my friend in Milwaukee USA when I was visiting last year and substituted sugar for splenda & the traditional custard sauce for a berry sauce which I made from scratch (blending madness!).

What do you think? Allowed?!? Horrid?! Haha! 😄

### **Snow Pudding - makes 8 serves!**

- 3 egg whites

- 1 Tablespoon plain gelatin powder with 1/4 cup cold water
- 1 cup of boiling water
- 1 cup of spoon-for-spoon Splenda
- 1/4 cup lemon juice

**Preparation:**

1. Mix gelatin with cold water in a large mixing bowl. Let it sit for a couple of minutes to soften then add boiling water, stirring to dissolve.
2. Add splenda and lemon juice. Place uncovered in refrigerator to cool. Stir every 10 minutes or so until it begins to thicken (up to an hour).
3. With mixer on high & preferably with a whisk attachment, beat the mixture until it's fully frothy (usually a couple of mins).
4. Add egg whites and beat until stiff. Leave in the bowl (or transfer to a molds or individual serving bowls if you want!) & refrigerate! Should be fully set in 15-20mins.
5. Serve with sauce drizzled on top 😊

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Dessert

[rachh](#)

My boyfriend got creative and made the following dessert:
 For the base he mixed up some of our chocolate with fibre
 For the rest he processed strawberries, blueberries, philadelphia and vanilla essence and put it on top of the chocolate and put it in the freezer for 30 mins - 1 hour.
 It was really delicious.

Last night he also made it without the base and added the fibre to the food processed fruit.

Thought I would share as it was really nice 🍪

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**Angeled eggs**

[maddysmum](#)

A mayonnaise free version of deviled eggs.

**Ingredients**

- [6 large hard-boiled eggs](#)
- [1/4 cup pureed avocado](#)
- [2 tsps vinegar](#)
- [1 dash salt](#)
- [1 dash black pepper](#)

**Directions**

1. Remove the eggs from the shells and then bisect lengthwise.
2. Carefully remove and save the yolks.
3. Blend all other ingredients with the yolks until smooth.
4. Spoon equal portions of the mixture into the egg white halves.

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BBQ salads

Lilac

Was going to go on a picnic, so made up a TF friendly version of potato salad and rice salad.

Looks like rice salad, tasted more like KFC coleslaw. Black stuff was my slightly burnt chicken 🤔



Notato Salad:

The stalk of one whole cauliflower, cut into cubes, (use the base and stems without florette)
2 heaped teaspoons of Philly cream cheese
1 teaspoon of chopped chives
water

Method:

Steam cauli stems until just soft.

Mix Philly cream cheese with a small amount of water, just enough to turn into a thick yoghurt consistency.

When cauli is steamed, wash with cold water to cool, shake off excess water and toss into cream cheese dressing. Add chopped chives.

Refrigerate over night.

Rice salad:

1/4 cauli florettes, grated
1/4 cup of red capsicum, cut into small squares
1/4 cup of green capsicum, cut into small squares
2 shallots, cut into thin pieces
1 pkt TF Italian dressing

Method:

Place all dry ingredients in a bowl. Add the TF Italian dressing starting with half packet and adding to taste. Leave over night in fridge.

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## Pavlova

\*Lilac\*

had a go at making a TF friendly pav.

1 egg white  
4 splenda tablets or sachets  
pinch salt

Pre-heat oven to 110 degrees.

Beat the eggs until they were throthy then added the splenda (I crushed the tablets) and pinch of salt. Continued beating until stiff peaks formed. On a lined baking tray, spray with oil then gently tip out egg whites to make a round shape. Try to heap it up. Bake in over for 15-20 minutes then let cool. Allow to cool then top with fruit equal to 1 serve.

1 egg white is equal to 1/4 of protein serve. The salt acts as a stabliser for the eggs instead of cornflour.

If you would like to add 'cream', then take a tablespoon of philly cream cheese and soften in microwave. Add 4 splenda sachets/crushed tablets and 1 drop vanilla essence and mix thoroughly then place in fridge to cool. Give a quick stir before putting on top of pav. This will be equal to roughly 1/4 of protein serve as well.

Sorry, no pic to show, but it turned out really well. Not as sweet as the real thing, but still hit the spot.

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Various Recipes - Dips, Breakfasts,...

[rachh](#)

Hi guys,

I went through the two '4 Ingredients' cookbooks and found a few TF friendly recipes. Just remember to measure how much protein you are allowed for things such as pies etc. Hope they bring some excitement 😊

Grilled Apple, Banana and Ricotta Stack – Serves 1

Ingredients: 1 apple, 1 banana, 2 tbs. reduced fat fresh ricotta.

Method: Slice and grill the apple for 3 minutes. Layer the apple and banana. Top with ricotta.

Zucchini Fritters – Serves 2

Ingredients: 2 eggs, ¼ red onion, ½ zucchini, 2 tbs. grated carrot.

Method: Beat eggs and add remaining ingredients, season for taste. Heat a small non-stick frying pan over medium heat. Spoon 2 x 2 tbs. of mixture into the pan, leaving room for spreading. Cook for 2 minutes each side.

Avocado Salsa

Ingredients: 1 large ripe avocado, ½ vine ripened tomato, ½ red onion, 3 tbs. chopped coriander.

Method: Dice avocado (reserving the seed), tomato and onion. Add coriander and mix well. Place the seed back into the deep to help prevent discolouration and refrigerate until needed.

Garlic Avocado Dip

Ingredients: 2 large ripe avocados, 2 large cloves fresh garlic, 1 tsp. sea salt, 1 lemon.

Method: Peel and de-seed avocado, reserving seed. Place salt and garlic into a mortar and pound

until well combined. Place avocado and garlic salt mix into a food processor together with the juice of ½ a lemon. Blend well and check seasoning. Place the seed back into the dip to help prevent discolouration and refrigerate until needed.

Curried Eggs

Ingredients: 6 hardboiled eggs, 2 tbs. whole egg mayonnaise, ½ tsp. curry powder, ½ tsp. finely chopped parsley.

Method: Peel eggs and cut in half lengthwise. Remove yolks and mash. Add mayonnaise, curry powder, parsley and season with sea salt and pepper. Place yolk back into the egg halves and chill before serving.

Prawn and Avocado Salad

Ingredients: 100 g mixed lettuce, 1 large peeled and sliced avocado, 200 g prawns, 2 tbs. Thousand Island dressing.

Method: Arrange lettuce, avocado and prawns on 2 plates and drizzle with dressing.

Garlic Mushrooms – Serves 4

Ingredients: 500g mushrooms, 2 tbs. olive oil, 1 or 2 crushed garlic cloves, ¼ cup fresh flat-leaf parsley

Method: Preheat oven 180c. Place mushrooms in large baking dish, drizzle with oil and garlic. Roast in oven for 15 minutes or until mushrooms are tender and browned lightly. Stir in parsley.

Lemon Broccoli – Serves 4-6

Ingredients: 1 tbs. fresh lemon juice, 1 head broccoli cut into medium sized florets.

Method: Bring 1 cup water to boil and add broccoli. Return to boil and simmer for 3 minutes. Remove from heat and drain. Drizzle with lemon juice.

Stuffed Capsicum – Serves 6

Ingredients: 500g mince, 6 capsicums, 1 medium onion

Method: Preheat oven to 150C. Scrape out capsicums. Cook the mince and onion season generously with pepper and a little sea salt. Spoon into capsicum. Bake for ½ hour on a lined baking dish.

Zucchini Hash Browns – Makes 4

Ingredients: 1 cup grated zucchini, 2 tbs. oil, 2 eggs slightly beaten, mixed seasoning.

Method: Heat oil in pan. Mix all ingredients together and gently drop 1 tbs. of mixture in hot oil. When brown on one side, turn over and cook on the other side.

Cajun Chicken Kebabs – Serves 1

Ingredients: 140g cubed chicken breast fillet, ½ red capsicum, ½ brown onion, 2 tsp. cajun seasoning.

Method: Preheat grill on high. Thread cubes of chicken, capsicum and onion onto skewers (soak in water first). Sprinkle with seasoning then grill for 2 minutes on each side, or until cooked through

Garlic Spinach

Ingredients: 375g spinach, 1 tbs. butter, 1 clove crushed garlic

Method: Cook spinach in a small amount of salted water for 3 minutes, then drain. Heat butter in saucepan, add garlic and fry for 1 minute. Add spinach and cook stirring for 5 minutes. Season with sea salt and pepper.

Herbed Zucchini

Ingredients: 3 zucchinis cut into thick diagonal slices, 1 tbs. butter, 1 tbs. finely chopped parsley

Method: Boil zucchinis for 3 minutes in salted water then drain well. Heat butter in saucepan, add zucchinis and season well. Sauté over low heat stirring occasionally until zucchinis are golden brown. Sprinkle with chopped parsley.

Zucchini Casserole

Ingredients: 1 tbs. extra virgin olive oil, 1 diced onion, 3 sliced zucchinis, 1 tsp. dried oregano

Method: Mix all ingredients together. Place in a small casserole dish, cover and let marinate overnight in fridge. Preheat oven to 180C and cook for 10 minutes.

Mango Chicken - Serves 4

Ingredients: 2 chicken breasts sliced into strips, 3 tbs. oil, 1 chicken stock cube in 1 cup boiling water, 1 peeled and sliced fresh mango

Method: Heat oil in a wok or frying pan. Add chicken and fry til golden brown. Reduce heat and add stock and mango slices. Simmer for around 15 minutes.

Baked Ricotta Pie – Serves 6-8

Ingredients: 1 kg fresh ricotta, 3 lightly beaten eggs, 3 tbs fresh thyme leaves, oil spray.

Method: Preheat oven to 200C. Spray oil around a 22cm round spring form cake tin. Place ricotta and eggs in bowl and stir to combine. Using a spatula, pour mixture into tin, sprinkle generously with thyme and season with pepper. Bake for 35-40 minutes or until firm and golden. Allow to cool before removing from tin.

Spinach Pie – Serves 2

Ingredients: 2 cups shredded spinach, 250g cottage cheese, 2 whisked eggs, 2 crushed garlic cloves

Method: Boil spinach for 5 minutes, drain and then in a small oven proof dish, layer spinach, cottage cheese and garlic. After each layer spoon over a little egg. Continue until all ingredients are used, ensuring the final layer is cottage cheese and seasoned with pepper. Bake in 180C oven for 20 minutes or until slightly brown on top.

I will go through some more cookbooks soon. 😊

Let us know if you try any and what's good etc as I haven't cooked any yet!!

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## **Chicken and Pumpkin pizza**

[Tinatomuch](#)

well i was pretty impressed for my first effort.

if i have gone wrong anywhere, can someone please point me in the right direction???

I had some left over bbq chicken, so decided to experiment

1 tf wrap

1 palm size piece of bbq chicken breast

1/2 cup pumpkin diced into about 2 cm squares

1/4 capsicum finely diced

1/4 onion finely diced

approx 1/4 tomato finely diced

Leggo's pizza sauce

tablespoon of ricotta cheese

dried bolognese herbs

roast the pumpkin squares ( i thought it might add a bit of flavour) when they are roasted, slice them in half again (i just did that so that all surfaces hadn't been roasted)

then simply decorated and split the ricotta into about 6 small dollops and dropped evenly around the pizza. sprinkled a small amount of the herbs on top and put in the oven for about 5 - 10 minutes

all in all it was pretty delish, probably could have done with one more thing to give it a bit of a kick. but i would definitely make it again any suggestions for an addition to give the flavour a bit of zing??? was thinking maybe next time to roast a clove of garlic with the pumpkin. oh and it filled me up too, which is awesome since i am a big eater

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Chicken Stack Recipe

[Nikki34](#)

Hi Everyone,

I created this one the other night and wanted to share. I hope it is TF friendly for everyone, Im pretty sure it is.

Chicken Stack

Ingredients:

1 serve chicken breast (smashed flat like a schnitzel)

Moroccan Seasoning

1 teaspoon ricotta cheese

big handful baby spinach

handful cherry tomatoes, halved

handful mushrooms, quartered or sliced

Olive oil spray or oil to cook

Directions: Using a very small amount of oil, sauté mushrooms and when done remove from frypan. Sprinkle Moroccan seasoning on both sides of chicken and cook in frypan until cooked. This should only take a couple of minutes. Add spinach, tomatoes and mushrooms. When spinach has sweated down it is ready to serve.

Plate up with chicken on the bottom,

then ricotta,

then the rest.

YUMMO, and it only takes minutes!! I like to serve with no-potatoes and salad.

Hope you enjoy it!

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~~Mountain-Maiden~~

grilled chicken and mango salad with Sesame Vinaigrette

SERVES 4

#### Ingredients

4 x 120g skinless chicken breasts (females)

4 x 220g skinless chicken breasts (males)

1/2 teaspoon ground coriander seeds

1/2 teaspoon ground cumin seeds

1/2 teaspoon ground fennel seeds

1/2 teaspoon cayenne pepper

1/2 teaspoon turmeric powder

Sea salt and freshly ground black pepper

2 tablespoons red wine vinegar

3 tablespoons olive oil

10 drops sesame oil

1 tablespoon green onions,

thinly sliced 4 cups mixed baby salad leaves

1/2 cup cherry tomatoes, cut in half

1 ripe mango, peeled and cut into a large dice

#### Method

1.Pre-heat a grill or grill pan to medium high heat. On a clean work surface, stack four 30cm square sheets of plastic wrap. Place 1 chicken breast on the stacked plastic sheets. Cover the chicken with another stack of plastic wrap. Using a meat mallet, lightly pound the chicken breast until it is thinned to about a 6cm thickness, being careful not to rip or tear the chicken breast. Remove the pounded chicken breast and repeat with the remaining chicken breasts.

2.Mix the ground coriander, cumin, fennel, cayenne pepper and turmeric in a medium mixing bowl. Season both sides of each chicken breast generously with the spice mixture and sprinkle with salt and pepper. Save any of the remaining spice mix for a later use. Drizzle with a little olive oil and rub the spice mixture to coat the entire surface of the chicken breasts. Lay the chicken breasts on the grill and cook until brown grill marks form and the chicken is just cooked through, about 2 minutes per side. Transfer the chicken to a plate and let rest for 2 minutes.

3.While the chicken is resting, whisk the vinegar in a large mixing bowl and slowly drizzle in the olive and sesame oil while whisking. Season to taste with salt and pepper and add the green onions. In a separate large mixing bowl combine the greens, tomatoes and mango and mix well. Toss with enough vinaigrette to coat and mix well. Season to taste with salt and pepper.

4.Using a large sharp knife, cut the chicken into thin slices. Mound the salad onto the centre of 4 serving plates and fan 1 sliced chicken breast next to each salad. serve immediately.

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### Tasmanian Salmon with Grilled Broccolini & Orange Sauce

SERVES 4

#### Ingredients

8 (about) oranges

16 pieces broccolini, trimmed

1 tablespoon olive oil

4 x 120g salmon fillets, skin on (females)

4 x 220g salmon fillets, skin on (males)

#### Method

1. Cut off the top and bottom of 2 oranges. Using a small, sharp knife, cut away the peel and white pith from the oranges, following the curve of the oranges from top to bottom.
2. Working over a bowl and holding 1 orange in your hand, make 2 cuts within the membrane on either side of a segment, then lift the segment out of the membrane and place it in the bowl. Repeat to remove all the segments from both oranges. Squeeze the membranes to release as much juice as possible.
3. Transfer the accumulated juices to a 2-cup measuring cup. Set the segments aside. Squeeze the remaining 6 oranges into the measuring cup until you have 2 cups of juice total.
4. Bring the orange juice to a simmer in a medium saucepan over medium high heat and reduce until the juice has a syrupy consistency. Watch to make sure orange juice does not over reduce and burn.
5. Remove from the heat and keep warm, you will have about ½ cup.
6. Preheat a char grill or grill pan over medium-high heat.
7. Drizzle a little olive oil over the broccolini and season to taste with salt and pepper.
8. Grill the broccolini until it is crisp-tender and slightly charred, turning as needed, about 8 to 10 minutes.
9. Using a sharp knife, make 4 to 5 small shallow cuts along the skin.
10. Sprinkle the salmon fillets with salt and pepper.
11. Preheat a heavy large nonstick skillet over medium-high heat for 1 minute.
12. Add 1 tablespoon of olive oil to the pan and place the salmon fillets skin side down and cook until the skin is golden brown, then using a thin spatula flip the salmon over and cook until the salmon is opaque around the sides but not quite opaque in the center, about 3 minutes per side.
13. Transfer the salmon fillets to a plate and let rest for 2 minutes.

#### To Serve

Divide the grilled broccolini among 4 serving plates. Place the salmon atop of the broccolini. Drizzle the warm orange reduction over and around the salmon and

garnish with the orange segments and serve.

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### Tasha 78

Something different.....

Chicken Mango Rissole Recipe - Deeeelish!

500g Chicken mince  
1 egg  
1 mango chopped up or Tin of mangoes (juice not used)  
1 Onion  
2 cloves garlic  
1-2 tablespoons of Thyme  
splash of Worcestershire Sauce  
1 tablespoon tomato paste  
salt & pepper  
1/2 - 1 cup Simply fiber (replaces the breadcrumbs) depends if you like a soft or hardish consistency to your rissoles - add how ever much you want....

Sautee the onion and garlic till soft and set aside to cool - i do this cause i don't think it cooks properly if you chop it and put it straight in the mix...

Mix all in a bowl and then make your rissoles.....YUMMMMO! 🍴

### Tasha 78

Hi there,

Here are some recipes that I have found to make while looking through my 3 shelves of cookbooks!  
YES I love to cook which makes it hard to diet and why I am back for a 3<sup>rd</sup> time!!! ☹️

Lamb Eggplant and Zucchini Stack (serves 4)

1 tsp dried basil

2 Garlic Cloves diced

1 tbs Olive Oil

800g Lamb Fillet (or Lamb seaks, could use beef steaks or chicken too)

1 Onion finely diced

1 Can chopped/crushed Tomatoes strained (juice reserved)

1 large eggplant or could use 4-6 baby eggplants cut into thick slices

2 Zucchini, cut into thick slices on the diagonal

It says to use yoghurt for the dressing but I thought you could use the philly cheese and Make it runny by adding a bit of water and lemon juice to taste until runny consistency.

1. Combine the basil, half of the garlic and half of the oil in a bowl. Add lamb, turning To coat. Season
2. Heat remaining oil in frying pan on med heat. Cook onion and remaining garlic Until soft. Add tomatoes and 1/4 cup of reserved juice and simmer for 5 min (I added Some mixed herbs to give it some flavour and a dash of red wine) and season.

3. Meanwhile, spray another frying pan with oil and cook the eggplant and zucchini in Batches until golden and tender on each side. Remove and keep warm in an oven on 100 degrees while you cook the rest of the eggplant and zucchini. Once that is all cooked Spray pan again and cook your lamb or other meat to your liking (I like mine med rare).
4. Let the lamb sit while you plate up the rest of the food. Layer tomato, eggplant, zucchini And then the sliced lamb on the plate. Drizzle with a bit of the Philly dressing.... YUMMO!!

Also found this on taste, suppose you could add mince to it as well

<http://www.taste.com.au/recipes/3086/eggplant+ricotta+rolls>

<http://www.taste.com.au/recipes/15754/beef+tomato+eggplant+rolls>

<http://www.taste.com.au/recipes/14243/balsamic+lamb+with+eggplant+and+spinach>

<http://www.taste.com.au/recipes/15046/barbecued+salmon+with+lemon+and+herbs>

this one is soooooo yummy minus the potatoes.... can maybe add some beans or eggplant, carrots,

or what ever other veg you want...

<http://www.foodnetwork.com/recipes/jamie-oliver/crispy-and-sticky-chicken-thighs-with-squashed-new-potatoes-and-tomatoes-recipe/index.html>

My Marinade - Lamb chops, steak, kebabs or even beef fillet

Salt, Pepper, Rosemary, chopped garlic, decent splash of Balsamic Vinegar, worcestershire sauce, soy sauce and if you want a splash of red wine (you can leave that out). Let the meat soak for about 2-3 hours.

HAPPY COOKING 😊 and if i think of anymore or come across anymore i will post them up hehere

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Tasha 78

This is another one that i made up last night!!!

Stuffed Chicken Breast with Mushroom Ragu! Yummy!!!
Serves 2

Ingredients

2 Chicken Breasts

Low fat ricotta cheese (enough to fit in the pocket of the chicken)

Nutmeg (little shake – depending on your taste and liking of it)

Grated Lemon rind (then finely chop)

Salt and Pepper (to taste)

4 Basil leaves (finely chopped)

6 Baby Spinach leaves (finely chopped)

2 Cups sliced button mushrooms

5 dried porcini mushrooms chopped

Garlic

½ Veg stock

Butter (tinny knob)

Little Splash White wine (it's allowed as long as you don't cook with it all the time – I checked 😊)

Method

Mix ricotta, lemon rind, nutmeg, basil, spinach, salt & pepper in a bowl and set aside in the fridge for the flavours to infuse.

Chop the porcini mushrooms and soak in a bowl with hot water for 10 min (enough to make a half cup of stock) and then chop the rest of the button mushrooms and set aside in a bowl.

Cut a pocket in the chicken breasts and stuff the ricotta mix in there and then secure the opening with a toothpick. Put chicken in a ceramic baking dish (lightly sprayed with oil) and then drizzle some of the porcini stock on the bottom so the chicken doesn't stick and it saves it drying out. Place in the oven on around 200 (mine is not fan forced) for 25-30 min or until chicken is cooked)

Ragu – lightly spray a frying pan with oil and sauté the garlic on a low heat till soft. Chuck in the mushrooms (reserve the porcini stock) and cook down till they are just tender. Then add the porcini stock, veg stock and wine and simmer till reduced to half. When it has reduced add the tinny knob of butter and cook till it thickens a bit (if it's simmered down too much so there is no sauce just add a bit of water from the kettle and cook for 1 minute)

Place Chicken on the plate and place the mushrooms and sauce over the top of the chicken, serve with some asparagus and salad.... Mmmmm delish!!!!

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**Tasha 78**

Another one i did last night was....

Serves 2

3 Lamb Steaks (1 steak for me and 2 for my partner)  
1 tablespoon Tikka Masala Paste  
Tin chopped Tomatoes  
1/2 finely diced onion  
2 cloves garlic  
1/4 cup water

Rub the Tikka paste all over the lamb steaks and put in the fridge to marinate for 3hours.

Spray a frying pan with oil and sauté the garlic and onion till soft on a low heat. Add tin of tomatoes and 1/4 cup of water salt and pepper to taste and simmer for 5 min. Then add steak to the pan and cook them to your liking (I like mine a little pink in the middle) with the tomato mix, making sure you spread the tomatoes on the steak as they cook to get some of the curry flavour. Once steaks are cooked, place the tomato mix on the plate and the steaks on top – serve with some beans, broccoli and cauliflower... or whatever veg you would like.

Tonight i am going to try the chicken pizza's on the forum - the look yummy 😊

Happy Cooking! 😊

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Tasha 78

Here is a real nice fresh salad for summer time that I came up with.....

1 bag of baby spinach
1 bag of rocket
1 mango thinly sliced
1 avocado thinly sliced

1 pear thinly sliced

Wash and drain spinach & rocket, lay it on a platter. Arrange mango, pear & avocado on top and serve with a drizzle of olive oil and balsamic vinegar!

mmmmm think i am going to make it for tonights BBQ 😊

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~~Mountain-Maiden~~

Hey guys

i woke up a little hungry this morning (well famished) so i went through all my recipes and came across this one

### Zucchini hash Browns

#### Ingredients

1 Cup grated zucchini, blanched before grating, 1 tablespoon minced onion, 1 clove garlic minced, 2 eggs worth of egg substitute

#### Directions

Peel and chop zucchini into large chunks, place in boiling water for 3 minutes, then drain and rinse with cold water. Cast iron works best for cooking hash browns, heat oil for frying. Mix all ingredients together in medium sized bowl. Use ladle to measure out batter, place onto pan, press down with spatula to form hash brown. Cook till browned then flip and repeat till batter is done

Well i followed it to the letter (and added cracked pepper) and my first two did not work out, they just fell apart.

i thought they might because the mixture even though it made up heaps, was way too wet, so what i did was add a CAP (lid full) and a half of \*\*TF FIBRE \*\*to the mixture, mixed it up and let it sit for a min before adding to a hot teflon pan which had a little oil in it and leave until it was solidly cooked on the bottom before flipping

i used 3 smallish type zucchinis and this mix made up heaps, the ingredients i used were the same as above except i used 2 eggwhites, not egg substitute. I also grated my zucchini raw which really gave the hash browns the right texture and flavour.

These would be really good with a fish dish as something different.

the last bit of the mix I added a tomato and basil herb mix which gave the last couple a really nice texture too 😊

Keep in mind that egg is protein and may affect your daily protein intake. As i have just come back from thumping the bitch-n-men i needed a bit of a boost, and this was just what the doc ordered (as we know, if you exercise you need to increase your fruit & protein intake).

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Tinatoomuch

Salsa chicken

this is a delicious slow cooker recipe that i fell upon. if there are any no's in it, please let me know. it is SUCH a simple recipe, and great for the whole family

this will feed 4 - 6 people depending on size portions

4 chicken breasts

1 packet low salt taco seasoning

1/4 - 1/2 cup water

1 jar of salsa (be careful as the carb content varies greatly in each jar) or if you go to this link Sandy has kindly given some awesome varieties.

you can add sour cream to it as well (but i don't think thats allowed), but i dish mine up and then add the sour cream to everyone elses, and it still tastes delicious.

Place Chicken Breasts in the bottom of the Slow cooker and add water.

Sprinkle taco seasoning mix over chicken and top with the salsa. (Think of it as "marinating" the chicken)

Cook on LOW for 5-6 Hours.

When ready to serve, remove the chicken breasts and place on their designated plates. Stir sour cream into the remaining salsa in the slower cooker, until all through and creamy. Spoon over chicken breasts

i then usually serve with the notatoes and some steamed broccoli. or i guess you could serve on a bed of cauli rice.

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[moomug](#)

### Thai-spiced shrimp kebabs recipe

I made these last night and they were extremely delicious and extremely filling! Makes 12 skewers, so about 2 or 3 skewers per serve. Sorry if a similar recipe has been posted before, but I was just blown away by this because it was a different way to have prawns. 🍤

### Thai-Spiced Shrimp Kebabs (Teage Ezard's recipe)

#### Ingredients:

- 600g green prawns, peeled and de-veined (so the recipe serves 4-5 people)
- 1/2 tsp dried red chilli powder
- 4 coriander roots
- 4 cloves garlic, finely chopped
- 2-3cm piece fresh ginger, finely chopped
- 1 tbs fish sauce
- 1/2 tbs light soy
- skewers

- Preheat oven to 200C

- Place prawn meat in a food processor and process to a coarse paste

- Remove the prawn meat from the processor and put the red chilli, coriander, garlic, ginger, fish sauce and soy sauce in the processor and blend. Mix into prawn meat to combine.

- Divide the prawn mixture into 12 equal portions. Wrap each portion around the base of a skewer to make 12 kebabs.

- Place the kebabs on an oiled or lined baking tray and bake in a hot oven for 8 minutes (or until they're not mushy anymore - mine took about 20 mins because my oven is crap). Alternatively, grill on an oiled flat grill plate.

- Serve with fresh lemon wedges

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Steak and Onion PIE

I made this the other night and thought I should share as I usually get most of my recipe ideas from this site. Hopefully something similar hasn't been posted before, apologies if it has

500gm rump steak chopped up really small (remove all traces of fat)

lots of mushrooms sliced thin

2 onions sliced thin

cook in non-stick fry pan (or use little oil spray)

mix some greens gravy (std 3 tblsp) in 1 1/2 - 2 cups water and pour in frypan

add half cube beef stock

add spices that you like (i used garlic pepper, chilli, mixed herbs, basil,oregano,etc)

let simmer until its quite thick

I then put some cabbage leaves in hot water for a few minutes just to soften them.

Line a casserole dish with cabbage leaves, (make sure you spray dish with oil first or they'll stick) then pour in beef mixture

Top with no-tatos (it tastes better if you put some phili in the cauli mix)

cook in oven for 10-15minutes

was just like a real pie.....only healthy. I had a quarter and i think that ok for my protein serve.

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