

## *Cajun Fish*

shelzy

I had a very tasty meal tonite. Just fresh fillets of fish rolled in cajun spices (Masterfoods..i think!). Light spray of oil, cooked in a pan on medium temp. When it was cooked I added a small dollop of cream cheese on top. It tasted delicious and also took the heat out of the cajun spice. I reckon it almost tasted Indian. 🍽️

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## *Catch of the Day*

**\*\*\* Dragonfly \*\*\***

What you will need;

1 fish fillet (your choice, perch or salmon are great for this!) per person

2 Lemons or Limes, cut into wedges

1/2 bunch bok choy, or choy sum

1 clove garlic

2 tablespoons soy sauce

Lemon Pepper

Alfoil & a baking tray

Again, just as above line the baking tray lengthways with the Alfoil, leaving about 10cm on each side overhang, then do the same thing widthwise.

Place all of the ingredients above in the middle of the foil, and then fold the foil over like a parcel, and rip a tiny hole in the top (to let the steam escape). Stick the parcel (still in the baking tray) in the oven for about 40 minutes on 180.

The fish is steamed to perfection and goes tender and fills with all of the flavours.

Serve with the bok choy/choy sum, the sauce at the bottom of the parcel and salad. If you want to cheat with this one, you could also use a tablespoon of sweet chilli sauce.

Enjoy!

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## *carla's signature dishes*

### *butterbug*

i was cooking my boring grilled prawns for tea one night when it suddenly dawned on me.

as most of u know already, i was a cook and my mother owns a successful kitchen so by altering some sauces, i came up with, in my opinion, something that is worth trying and also sellable.

the three sauces, take your pick, PLEASE NOTE THIS IS A RECIEPE FOR 2

### *Creamy Garlicv Sauce*

100g philly cheese

3 tblesp water

1 tblesp crushed garlic

parsley (optional)

## *Sweet Chilli and Curry Sauce*

100g philly cheese  
3 tblesp water  
1tblersp sweet chilly sauce  
1/2 teasp curry power

## *Sweet Mustard Sauce*

100g philly cheese  
3 tble sp water  
2 tblesp seeded mustard

ok, so throw in all the ingredients together on high and stir, when cheese melts, leave for 1min for sauce to thicken and wella! i left mine just plain cheese and water to test first and it was a nice cheese sauce that i had on the boring fish and was worth it. just remember this is a once or twice a week treat. Bon-appetite

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## *Crab and Prawn Cakes*

Fatboy Slim

The following recipe has approx 1200gms of protien so reduce the ingredients accordingly or maintain portion control and have dinner with some non TF participants. 🍱

200g of firm white fish fillets  
500g of fresh crabmeat, chopped coarsley  
1 egg white  
1 fresh small red thai chilli, quartered & seeded if you dont want it too hot  
2cm peice of fresh ginger, grated  
500g uncooked prawns, shelled and chopped coarsley

Blend or process fish, crab, egg white, chilli and ginger until mixture is smooth. Stir in prawn and then using your hands make the mixture into balls. Either make them palm sized and have 1 with your meal or make them smaller so you can have more.

Cook cakes on a heated and oiled(sprayed) frypan turning them as required until cooked through.

Enjoy with a nice salad

Mike 😊

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## *Calamari Salad*

### Autumn Breeze

I submitted this recipe so a nutritionist could have a look at it but to date there has been no response so thought it might be quicker if I posted it here and if one of staff could have a look through it to see if it is ok.

#### Ingredients

1 box Sealord Simply Natural Tender Calamari Rings, thawed  
2 tbsp fresh lemon juice  
1 tbsp red-wine vinegar  
1/3 cup extra virgin olive oil  
2 garlic cloves, minced  
1/2 tsp salt  
1/4 tsp black pepper  
1/3 cup pitted Kalamata olives, halved lengthwise  
1 small red onion, thinly sliced  
2 cups cherry or grape tomatoes, halved or quartered  
2 celery ribs, 1/4 inch thick slices  
1 cup italian parsley leaves

#### Method

Cook thawed calamari rings in a pot of boiling salted water, uncovered, until just opaque (approx. 40 to 60 seconds). Drain and immediately transfer to a bowl of ice and cold water to stop cooking. When it is cool, drain and pat dry. Whisk together lemon juice, vinegar, oil, garlic, salt and pepper in a small bowl, then stir in onion and let stand for 5 minutes. Meanwhile, combine calamari, olives, tomatoes, celery and parsley in a large bowl. Toss with dressing and season with salt and pepper. Let stand for at least 15 minutes to allow flavours to develop. Chill for up to 8 hours then remove from fridge and allow it to come to room temperature for 1 hour before serving.

This recipe serves 6 people.

It sounds really delicious and I can't wait to try it if the recipe is appropriate.

I have pulled out all my cookbooks and am going through them to find appropriate recipes for the TF program. When I have a chance I will post them in here.

*\*\*\*\*Omit the olive oil use a bit of oil spray instead, and halve the quantity of olives to make this TF Friendly\*\*\*\**

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## *Calamari Recipes*

### Fatboy Slim

Following is a recipe for Cajun Calamari so you need to like spicy food. It is based on 600gm's of calamari so dine with some no TFers or exercise portion control. This is also for full hoods not rings but you could always use rings.

600g Large Calamari hoods  
1/4 cup of lemon juice  
2 cloves of garlic, crushed  
2 teaspoons of tomato paste  
1 teaspoon of garam marsala  
2 teaspoons of ground coriander  
2 teaspoons of paprika  
2 teaspoons of seasoned pepper  
2 teaspoons of caster suger (but TFers use artifical sweetner)  
1 tablespoon of grated fresh ginger  
1 tablespoon of olive oil  
1/4 teaspoon of ground nutmeg  
pinch of chilli powder

Wash calamari, removing any membrane, pat dry with a paper towel. Use a sharp knife and cut through one side of the hood to make a large flat peice. With inside facing up score the flesh diagonally, in a criss-cross pattern, taking care not to cut all the way through.

Then against the grain of this scoring slice flesh into long strips about 2cm's thick.

Combine all the ingredients, except the squid, in a bowl and mix well. Then add the squid and stir in. Cover and refrigerate for several hours or overnight.

Prepare and heat BBQ for 1 hour before cooking.

Cook the calamari and marinade on a hot, lightly greased BBQ plate for 2 minutes or until flesh curls and turns white. Remove from the heat and serve immediately.

I hope this helps.

Mike 🤔

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## *Calling Seafood Lovers - Prawn Salad Recipe!*

### Angelpacific

I totally love this this recipe and thought I would share it with you great bunch of fellow TFers!

120g - Green Raw Prawns (Deli section of Coles, BiLo or Woolworths).

Cook the prawns in a frypan until pink. Use a non stick frypan. Does not need oil or spray cook as prawns are slimy enough! Salad - consisiting of tomato, snow peas, mushrooms, lettuce, green capsicum, red capsicum, cucumber and half and avocado. When the prawns are cooked mix it all together and drizle over the Kraft Carb Well Frech Herb dressing!

You can also add some chilli powder or paprika to the prawns while cooking to give it a kick.

This is a great recipe i put together myself this week! I dont have to worry about any excess fat on the protein! Easy and fast to cook after a long day at work! AND It tastes great!! Real Cafe style delicatetsy!

PS - The prawns for 120g only work out to be about \$2. 🤔

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## *Chilli tuna & egg salad*

### vision

I found a jar of Continental Chilli concentrate (fits carb 5/100g rule) and I was very excited (still learning the ropes) when I realised we could mix our protein as long as the weight stayed the same, 120g. I've been struggling to eat tuna (love Sirena tuna in oil with chilli) so I decided to make my own. Here goes:

### Ingredients:

- 1 small egg (59 gram)
- 1 small tin tuna in springwater (drained weight 70g... oops just a little over!)
- capsicum
- onion
- vinegar (you could use egg mayo if you prefer creamier dressing, just go easy)
- spices to taste - I used salt, pepper, touch of garlic and cumin
- lettuce

Method: 1. Boil your egg, set aside to cool. 2. Fry up your capsicum and onion (oil spray of course) 3. Combine chilli concentrate (to your taste), fried capsicum, onion, vinegar and spices and blend together. 4. Fill your bowl with lettuce, top with tuna, grate egg over the top then pour on your dressing! YUM... I quite enjoyed this one, and you can substitute or add to however you fancy... Chilli chicken, here I come! 🍗

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## *Crab and Prawn Cakes*

### Fatboy Slim

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- 500g of fresh crabmeat, chopped coarsley
- 1 egg white
- 1 fresh small red thai chilli, quartered & seeded if you dont want it too hot
- 2cm peice of fresh ginger, grated
- 500g uncooked prawns, shelled and chopped coarsley

Blend or process fish, crab, egg white, chilli and ginger until mixture is smooth. Stir in prawn and then using your hands make the mixture into balls. Either make

them palm sized and have 1 with your meal or make them smaller so you can have more.

Cook cakes on a heated and oiled(sprayed) frypan turning them as required until cooked through.

Enjoy with a nice salad

Mike 🤪

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### *"Fish and zucchini stacks on tomato salad"*

#### Lift off

I did today "Fish and zucchini stacks on tomato salad". Just firm white fish fillet, green and yellow zucchini sliced with peeler, sliced tomato, bit of balsamic vinegar, pepper and baby basil leaves. Put on slightly oiled alu foil: fish, top up with zucchini ribbons, tomato, drizzle vinegar, add pepper and basil. Fold foil, place in baking dish and bake in very hot oven about 10 min or until fish is cooked through. Nice and quick. Bon appetite!

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### *fish with mango salsa*

serves 4

what u need:

- 1 mango
- 1/2 lebanese cucumber
- 1/2 small spanish onion
- 2 tbpn olive oil
- 1 tspn groun paprika
- 4 fish fillets
- 1/3 cup low fat yogurt

1. peel the mango, remove flesh and chop finely.
2. chop the cucumber and onion finely and combine with mango.
3. combine the oil and paprika and brush over the fish
4. cook the fish on a greased char grill pan (or in frypan), on medium for 3 minutes each side or until just cooked
5. serve with the mango salsa and the yoghurt

per serve

1,200 kj(285cal)- 13g fat (2g sat)- 1g fibre -8g carbs -34g protein

and i thought it would be nice with chicken instead of fish

not sure if this recipe would be allowed so was hopin if someone would let me know thanks

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## *Garlic Prawns (or flake/fish of your choice)...*

TayHay

### **Garlic Prawns**



I made this tonight for my hubby who reckons my new 'diet' is limiting in what you eat.

I used about 200ml of Campbells chicken real stock (I saw on another post here that this stock was ok!) and a little water and brought it to the boil. I added onion, celery, bok-choy, carrots, beans, broccoli, shallots, one clove of crushed garlic and some pepper. And let it simmer until the stock was almost gone and veges soft but not soggy!

While that was simmering, I got a frying pan and put the remaining 50ml of real stock (I used a small 250ml carton in total, but most evaporates) and a handful of cooked/peeled prawns in it for hubby and a flake fillet for me. To this I added chopped parsley, 2 cloves of crushed garlic and some salt and pepper. It took about 3-4 minutes for the seafood to cook and the stock to reduce to almost nothing.

Then I put the veges in a bowl with a little of the stock they cooked in (not much was left in the pan though) and topped with the prawns/fish. Great for you garlic lovers!!

Oh, let me tell you this was restaurant quality food! It was so good and all the veges were so filling. I'd do the seafood part again maybe just served on a garden salad. Hubby loved it too 🍴.

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## *Garlic and Chilli Prawns*

lissypops1982 Does this sound ok or not?

Serves 4 as an entrée, or 2 as a main course

### **Per serve:**

- As an entrée - 1g carbs and 35g protein
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- As a main - 2g carbs and 70g protein

### **Ingredients:**

- 2 tablespoons extra virgin olive oil
- 1 large red chilli, sliced thinly
- 8 gloves garlic, peeled and thinly sliced
- 500g raw prawns, shelled, leaving the tails intact
- salt to taste

### **Method:**

1. Heat the olive oil in a large pan over medium heat, then add the chilli and cook until it starts to colour.
2. Add the garlic and cook for a further few moments, but do not let it go brown.
3. Toss in the prawns and sear until pink.
4. Season with the salt and serve immediately.

### ***Melissa***

This sounds ok but instead of the espresso coffee use the decaf coffee.

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## *Grilled Prawn Salad*

Lil Ness

### **Ingredients**

16 individual raw/green king prawns without shell, deveined  
1/2 tsp dried oregano  
1 tsp dried thyme  
1 clove garlic, peeled, crushed  
1 whole lettuce, (radicchio and witlof)  
1 3 second spray Always Fresh Extra Virgin Olive Oil Spray  
3 tbs balsamic vinegar

### **Instructions**

1. Toss the prawns with the oregano, thyme and garlic. Season with salt and pepper. Cover and refrigerate for at least 1 hour or overnight.

2. Cut the head of radicchio and witlof in half lengthwise, leaving the root end intact, so that the leaves are held together by the roots.
3. Spray a griddle or a large grill pan with oil. Place over medium-high heat.
4. Place the prawns on the grill and cook for 2-3 minutes or until pink and firm, about 3 minutes. Turn once, then transfer to a large serving bowl.
5. Add the radicchio and witlof cut side down on the grill. Grill for 30 seconds or until slightly wilted, pressing down with a pair of tongs to achieve grill markings.
6. Roughly chop the radicchio and witlof then add to the bowl. Toss with the vinegar and salt and pepper. Serve at once.

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### *Grilled Dill Salmon with Lemon Philly Sauce*

#### kinopio

The philly in this dish is considered an EXTRA. If you have this dish with the sauce, you will need to substitute it for one piece of fruit. You can only have an extra a couple of times a week.

#### **Ingredients**

Allowed size salmon filet  
1 1/2 lemons  
2 teaspoons chopped fresh or dried dill  
a handful of fresh parsley  
75gms philly cream cheese  
a pinch of sea salt

#### **Method**

Line a tray suitable to go under the grill and place the salmon fillets in it. Cut 1 lemon in half and squeeze 1 half over the salmon then sprinkle with half the dill. Place under a medium grill for 4 minutes then remove, turn over and coat the other side of the salmon with the other half of the lemon juice and dill. Cook under the grill for a further 4 minutes.

Whilst the salmon is cooking, chop the other 1/2 lemon and the parsley into small pieces ready to be added to the philly.

Mix the lemon & parsley together with the philly and a pinch of salt and serve as an accompaniment for the salmon.

Lovely with a nice fresh green salad on the side!

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## *Grilled tuna salad*

### **MummyKitten**

Serves 4

4x 120-220g fresh tuna steaks  
6 cups mixed lettuce

#### DRESSING-

1 clove crushed garlic  
1 tsp french mustard  
1 tsp olive oil  
1/2 tsp salt reduced soy sauce  
2 1/2 tblsp fresh lemon or lime juice  
4 tsp dry white wine

sprinkle of diet salt and fresh ground black pepper

Preheat a grill or BBQ to high. Combine all dressing ingredients. Brush tuna with half of dressing. Grill tuna approx 4 mins on each side or until it flakes with a fork. Cut tuna into chunks. In a large bowl, toss mixed lettuce with remaining dressing. Place tuna on top. Enjoy!

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## *Mustard-Seed Chilli Prawns*

### **Fatboy Slim**

The following recipe is for approx 1kg of prawns so TF participants eat your fill and leave the rest for others.... or tomorrows meal. 🍷

20 large or 30 medium uncooked prawns (1kg)  
1/4 teaspoon of ground tumeric  
2 red thai chillies, seeded and chopped finely  
2 tablespoons of oil  
2 teaspoons of black mustard seeds  
2 cloves of garlic, crushed  
2 tablespoons chopped fresh coriander

1. Shell ,devein and butterfly the prawns.
2. Rub tumeric and chilli into prawns in a bowl.
3. Heat oil in a large frying pan or wok; cook mustard seeds and garlic, stirring until seeds start to pop. Add prawn mixture; cook, stirring until prawns just change colour. Mix in coriander.

Serve with your own selection of vegetables or salad. I prefer asian greens like bok choy sprinkled with a little chicken stock powder and steamed.

Enjoy.

Mike 🍷

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## *Prawn lemon and grilled zucchini salad* jasmin

Prawn, lemon & grilled zucchini salad  
Ingredients (serves 4)

- \* 2 small lemons, peeled, flesh roughly chopped
- \* 1/4 cup (60g) light philli
- \* 2 tsp Dijon mustard
- \* 2 tsp olive oil, to brush
- \* 2 large zucchini, halved, cut into chunks
- \* 20 green prawns, peeled (tails intact), deveined
- \* 3 cups baby salad leaves

1. Mix the lemon, Philli, mustard and 1 tablespoon warm water in a large bowl, then season.
2. Put 1 tsp of oil and heat on high heat. Add zucchini and cook, turning once, until slightly softened. Add zucchini to the bowl with the dressing.
3. Put remaining oil. Cook prawns, for 5 minutes or until cooked through. Add the prawns and salad leaves to the bowl with the zucchini, then toss and serve.

Enjoy

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## *Rosti stacks with prawns and mint aioli*

### **Missy85**

Hi Guys,

I was browsing through a few of my cook books to plan my meals for the next week and came across this one. It sounds Delish! I'll be trying it tomorrow night, tell me what you think 😊

### **Rosti stacks with prawns and mint aioli**

Preparation Time: 30 Minutes

Cooking Time: 20 Minutes

Serves: 4

- \* 16 Uncooked medium king prawns (720g)
- \* 800g cauliflower coarsely grated (recipe says potato, have altered for TF)
- \* 1 Tsp finely chopped fresh rosemary
- \* 2 cloves garlic, crushed
- \* 2 Tbsp olive oil
- \* 30g baby rocket leaves

MINT AIOLI:

- \* 1/3 cup coarsely chopped fresh mint
- \* 1 clove garlic, quartered
- \* 1 egg
- \* 1 Tbsp dijon mustard
- \* 1/2 cup (125ml) olive oil

1. Make mint aioli.
2. Shell and devein prawns, leaving tails intact.
3. To make rosti, squeeze excess moisture from cauliflower; combine in medium bowl with rosemary and garlic. Divide into eight portions.
4. Heat half oil in large frying pan; cook rosti, in batches, flattening slightly, until browned both sides. Drain.
5. Heat remaining oil in pan; cook prawns until just changed in colour.
6. Serve rosti stacked alternately with prawns, mint aioli and rocket.

MINT AIOLI: Blend or process mint, garlic, egg and mustard until mixture is pureed. With motor operating, add oil in a thin, steady stream until aioli thickens.

Sounds soooo yummy, can't wait till tomorrow night!!

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### *salmon patties*

Honeybee

I made salmon patties the other day and they tasted ok.

I used a 200g tin of red salmon  
1 egg  
1/2 cauliflower  
30g light philly  
handful of beans  
1/2 carrot  
1 grated zucchini  
1 small onion  
minced garlic, salt and pepper

I steamed the cauliflower, carrot & beans then mashed them with the philly

I drained the salmon then mixed the onion (grated) and garlic, then added this to the vegies. I added the egg then combined the lot and made patties and cooked them in the oven for 20mins. This made about 10 so I ate 2 with a salad and froze the rest.

I hope you enjoy

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## *Salmon on Seared Asparagus*

Lil Ness

175 g asparagus, ends trimmed  
1 3 second spray Always Fresh Extra Virgin Olive Oil Spray  
50 g fresh watercress, trimmed  
50 g fresh english spinach, (preferably baby spinach)  
50 g fresh rocket leaves  
400 g salmon, (2 fillets), skinned, bones removed  
1 tbs vinegar, (balsamic)  
1 tbs fresh lemon juice

### **Instructions**

1. Preheat the grill over high heat. Spray the asparagus with oil and chargrill for 3-5 minutes, or until tender but crisp. Allow to cool for a few minutes.
2. Meanwhile, spray the salmon fillets with oil. Grill for 6-8 minutes, turning once, or until almost cooked through. Season with salt and freshly ground pepper.
3. Arrange the salad leaves on two plates. Divide the asparagus between them. Place the salmon fillets on top, then serve at once. Drizzle with the balsamic vinegar and lemon juice.

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## *Salmon Mousse ?*

Pambo Hey guys and Gals i found this recipe and i am sure it should be ok,what do you think?If we can have it it would be great for a party as it serves 20 as an appetiser or could have the recipe .Here goes

250g low fat cottage cheese,1 415g can red salmon,(drained),one third of a cup shallots finely chopped,1 tsp wholegrain mustard (masterfoods),1 tsp lemon juice,2 tablespoons flora light margarine,1 and half tablespoons gelatine,quarter cup boiling water,peper to taste cooking spray.

Blend cottage cheese in a food processor or blender until smooth,Add drained salmon and combine.Add shallots,mustard,lemonjuice,and margarine,blend well.Dissolve gelatine in boiling water,add to mixture.Blend until ingredients are well combined.

Coat a small loaf tin with cooking spray then pour mixture into tin.Refrigerate until set.Turn out onto a serving plate (place the loaf tin in a little hot water for approx 1 minute to allow to turn out easily)Serve with sliced veges.

Can we have it Can we have it PLEASE lol;s and if so how much per serve? would be yummy for a snack or to take with veges for party 🤔

WoodyB Hi Pambo,

Sounds great to me 🤔. Given that it has two types of protein in it (the cheese and the salmon). you'd just need to figure out a good portion size..... without

wanting to eat the whole thing! Around 1/4 a serve should be okay but try to have it more like a treat than a weekly meal.

Kind regards,

Tony Ferguson Staff

Kind regards,

WoodyB

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### *Salmon Loaf/Dip*

Flake a 220 tin of salmon & add the following:  
tabasco ( as hot as you like)  
1/2 cup finely chopped celery  
3 tsp finely chopped parsley  
1/2 finely diced onion  
250 gm cottage cheese  
1 clove garlic  
2 tsp tomato paste  
2 tsp gelatine dissolved in 4 tbl hot water.

Place mixture in loaf tin & chill for one hour. Slice & serve as a main meal or use as a pate type dip.

This really is yummy, especially on melba toast 🍞 (maintenance).

Enjoy, Pat

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### *Salmon and prawns*

#### A Bugs Life

This Sunday we are having both our mothers over for lunch and i found this recipe which i am definitely going to do...doesn't it sound yummy?? What salads do you think i could make to go with it as even though i love these ladies to bits, i don't love them enough to blow my diet lol!! Mindy xxx

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### *Lemon & Lime BBQ Prawns & Atlantic Salmon*

#### Ingredients

1kg green king prawns  
1 Atlantic salmon steak per person  
1/2 cup good quality virgin olive oil  
2 lemons, juiced  
2 limes, juiced

1 tsp freshly chopped garlic  
cracked pepper  
basting brush

#### Method

1. Remove legs and heads leaving the shell intact on the back of the prawn.
2. Mix lemon and lime juice with garlic and oil. Brush prawns and Atlantic salmon steaks with mixture and barbecue on a medium heat.
3. Baste again with oil mixture. Remove prawns from heat when opaque, and salmon steaks when cooked.

Lil Ness Hi Mindy

Here is my two cents worth. I think a Garden salad, and also cut up slices of tomato and onion, with seafood I just keep salads simple.

Enjoy what you are cooking sounds delicious and I am drooling already.

spunky lady Hi Mindy,

I cooked salmon last night and here's what I did. I scattered a layer of spinach leaves on the plates, topped with a layer of thinly sliced tomato, topped with a layer of thinly shaved red onion, drizzled over some balsamic vinegar and lots of ground black pepper. Placed the salmon on top and voila!! It tasted great and looked pretty good too. Even if I do say so myself. Oh, also served some asparagus on the side. (just microwaved with a bit of lemon and pepper).

Hope this helps. Most importantly enjoy.....

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### *Salmon!*

Purrvn

Hi Everyone!

I was wrapped to find one of my favourite meals to cook could be TF'd into a healthy meal!

Here is how it goes...

Marinate some atlantic salmon cuts in lemon lime and garlic for approx 30 mionutes before cooking. Lightly spray oil on a frying pan and heat to high temperature.

Slap the salmon in the pan while you have cauliflower being steamed.

Add some marinade into the the frying pan every now and then to get it sizzling! After 10 minutes flip over the salmon and let it sit for another 10 minutes frying nicely on each aside.

Throw in some asparagus and place a lid over ove the fry pan to steam the asparagus while the Salmon is cooking.

Mash your cauliflower with a little lite philly...

Place your No-tatoes on a plate, then your asparagus on top of the no-tatoesm then your sizzling yummy salmon on top of the asparagus.

PRESTO!

A very scrumptious TF meal! 🍽️

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## *Smoked Cod*

invertigofreak

any suggestions on how to cook it?

We usually have it cooked in milk. Can we cook it in skim milk?

And if no, any other suggestions?

tonster **I have always just cooked it in water.**

patko I add a tiny bit of water, cover with glad wrap and microwave.

invertigofreak

Hi guys, just coming back to update, we ended up having this for dinner tonight...

Cooked it in the frying pan.

Sprayed the frying pan with a bit of olive oil cooking spray and cooked for a bit on each side... (I also put a couple of drops on lemon juice on it for some taste)

I made up a sauce to go with it... I used Praise Whole Egg Mayo, lemon juice, pepper and some parsley... Just mixed it all up and had about a teaspoon with the fish.

Was very yummy. (Apart from the steamed vegies mum cooked, because she burnt the pot and the vegies tasted like smoke, so I couldn't eat them)

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## *Smoked Tuna Salad*

justnatural

I dont usually like salad but this tasted great, the smoked tuna tasted like chicken.

Ingredients:

125g Tin John West Smoked Tuna Slices in vegetable oil  
1/2 cup cherry tomatoes  
2-3 mushrooms diced  
good handful of baby salad leaves

1-2 celery sticks finely sliced  
20-40ml Paul Newmans own Salad Dressing

Method:

put all ingredients into a salad bowl, toss so tuna is mixed into salad and dressing is over the salad and enjoy!

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## *Soy , Ginger and Garlic Stirfry*

beebee20

Hi Guys ,

Well I put together a stirfry tonight and I thought I would share the recipe with you , even though its pretty simple.

Serves 2

Ingredients

300g Lean Pork strips ( I used pork you could use lamb , chicken or beef)  
2 Tbls light soy sauce  
4 garlic cloves crushed  
Ginger ( To your discession)  
Assorted stir fry veges ( I used bok choy , carrot , cauli , broccoli , onion , beans)

Method

Mix soy sauce , garlic and grated ginger In a bowl stir well . Add meat and marinate for at least an hour.

Prepare veges , stir fry meat I 2 batches for a few mins , dont over cook .  
Remove . Stir fry veges and add meat . Cook for a few more mins and serve. I added a smidgen more soy sauce to dish when down.

This was really yum and filling.

Enjoy

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## *Soy and Ginger Steamed Fish w/ Chinese...*

**Miss B**

Hi everyone

Just thought I'd tell you about a simple but tasty dish I whipped up the other night for dinner.

You will need:

- one small fillet (120g for women, 220g for men) of white, boneless fish
- soy sauce
- ginger (I use the paste that comes in a tube - you can buy it in the fresh veges section of the grocery store)
- wombok (also known as Chinese cabbage)
- a rice cooker (with steamer tray) or a steamer

Instructions: (this is how I do it with my rice cooker, you can adapt the method to suit)

- line the steamer tray with alfoil and place the fish on the tray
- mix a small squeeze of ginger paste with 3-4 tablespoons of soy sauce
- pour the soy sauce/ginger mix over the fish
- steam the fish until tender and flaky, generally around 8-10 minutes

While the fish is steaming, boil a pot of water. Cut the wombok into thick strips and chuck a handful or two into the boiling water. Reduce the heat slightly and cook for about 4-5 minutes, until the wombok is tender. You can also substitute with bok choy if you prefer.

Drain the wombok and place on a plate. Then simply pop the fish on top. Scoop up some of the soy mixture from the steamer tray and drizzle it over the fish and wombok. Serve immediately. Yum!

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### *steamed salmon with thai sauce*

#### **Imogensmummy**

here is a recipe i have altered as it was one of my favorites. serves 4 adults

- 4 X serves of fish ( so 120gms for woman and 180 for a man )
- 1 clove of garlic sliced
- 1 X 2cm piece of fresh ginger finely chopped
- 1 stalk lemon grass white part only
- 4 lime leaves finely sliced
- 1 tsp oil
- 4 spring onions ( scallions) finely sliced
- 4 slices lime
- 1/3 cup roughly chopped coriander
- 1 large red chilli, finely sliced

1. Place a bamboo steamer in a large frying pan or wok, then pour a little water into the pan. Bring water to the boil.
2. Meanwhile, place fish on a small plate that fits into the steamer ( you may need to cook the fish in 2 batches)
3. In a small bowl, mix together garlic, ginger, lemongrass, lime leaves, oil, and half the spring onions. Spoon the mixture over fish, then lay the lime slices on top.
4. carefully transfer plate with the fish into the steamer and steam, covered, for 10 mins. Remove from heat, transfer fish to serving plates and spoon over cooking juices. 5 Garnish further with coriander, chilli, and the remaining spring onion, and serve with carb free vegies.

## *Tangy Seafood Salad*

**Serves 2**  
**anella**

### Seafood

100gms Prawns  
100gms Calamari or Squid, cut into rings  
50 gms Sea Scallops  
1 clove garlic, chopped  
2 Lemons, juiced  
1 tablespoon lemon pepper (or if not, just ground pepper)  
1 tablespoon Moroccan spice mix

### Salad

Baby Spinach & Rocket  
1 Tomato, quartered  
¼ Capsicum, cut into cubes  
½ Avocado, diced

### Method

Make Salad with salad items listed, plate up (or put into big bowls) – it's important that you do this first!

Spray a non stick pan with olive oil spray and turn to high heat. Add garlic and brown off, then add Prawns, Calamari, Scallops, Lemon juice, Lemon Pepper and Moroccan Spice mix. Stir (or flip) and cook for about 2 minutes, or until Seafood is cooked. Serve on top of salad & enjoy!

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## *Thai Style Salmon Fillet*

### **MummyKitten**

I used a boneless piece of atlantic salmon to do this tonight, but it would work well with most varieties of fish. (weigh it to make sure it is the correct portion for you)

I sprayed a piece of foil with some spray oil, and placed the salmon portion on it skin side down, then on top of the salmon I put 1/2 tsp minced garlic, 1/2 tsp minced coriander, 1/2 tsp minced chilli and a splash of lime juice. Fold the foil in to seal and cook at about 200 degrees for 20-25 minutes. I served mine on top of wilted choy sum (you could use bok choy or any other similar variety), cherry

tomatoes and chopped shallots. Then I added the cooking juices from the foil, another splash of lime juice and some cracked pepper.

It was delicious!! 😊

PS- Another way to cook this would be to wrap it in banana leaves and cook in a bamboo steamer if you have one. Serve still wrapped in the banana leaves and let everyone open their own

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## *Thai-Style Tuna Patties*

### Chickacino

185gram tin tuna in spring water, drained

- 1 tsp red curry paste
- 1 whole egg or 2 egg whites
- 1 spring onion sliced
- 1 stick celery, finely chopped
- 2 tabs sweet chilli sauce or hot chilli, whatever you like

Combine the tuna, curry paste and egg. Fold in the celery and spring onion. Heat a non-stick frying pan over medium heat and spray lightly with a little olive oil. Place spoonfuls of the fish cake mixture into the pan and cook for 2-3 minutes each side or until golden brown and cooked through. Serve immediately with steamed veg or salad. Enjoy :-)

**\*\*\*More suited for Maintenance but you could substitute curry paste for allowed powder and use a fresh chilli instead of sauce to make it TF Friendly\*\*\***

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## *Tuna delish dish*

### Jaffafree

ingredients:

- 1 x tin of Green Seas tuna chunks in brine (ensure to drain liquid off)
- 1 x Logan Farm (or other type) frozen spinach  
(or use fresh bok choy or baby bok choy cut up into bite size pieces) if you don't like spinach.
- mushrooms (chopped up into small bite size pieces)
- the allowed amount of slithered almonds (not many)
- spices: oregano, pepper, chives, parsley
- cook spinach (stirring it) in pan on stove
- spray lite olive oil in another pan (not too much)
- add tuna, mushrooms and slithered almonds and spices to this pan
- mix in spinach when ready eat, it is a very tasty and healthy meal

## *Tuna Wraps*

Lisalix

Hello I came up with a spin on a Tuna Wrap and I tell you better than I thought

### **Tuna Wraps**

- Iceberg Lettuce Leaves ( as many as you can handle)
- 1 can of 100g Tuna ( I used John west Light Tuna with Tom and Basil 2.1 carbs per 100g)
- 1 medium egg
- Splash of milk ( I havnt been having any milk as not into coffee anymore)
- 1/2 spanish onion
- a yellow capsicum
- clove of garlic
- 1 fresh Roma Tomato
- 5 Button Mushrooms (Fresh)
- little squeeze of Italian herbs (the one in the tube)

### **Method**

In a cup I mixed the egg, tuna, garlic, vegetables and herbs, and added a dash of milk.

In a teflon pan I lightly sprayed with olive oil, and added the contents to the pan. I tried to keep this like an omlette but it didnt work, so sort of scrambled and by default turned out better. when that was done I placed the tuna concotion into lettuce leaves and then rolled the leaves to look like spring rolls. I had a teaspoon of Paul Newmans Caesar Dressing and used that sparingly as a dipping sauce. served of the side with cucumber. Now this was soo good and very easy.

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## *Yummy dinner with Salmon*

Klutzy Made this last night & thought you might be interested in the recipe. I'm trying to have more fish because of my low "good cholesterol", so I made up this dish. I had a small 1/5, hubby a big 1/5 (he is on TF too) & the kids the rest. Hope I worked the protein out right, I'm sure someone will let me know if I haven't.

Salmon Slice

210g tin Salmon

2 carrots grated

2 zucchini grated

1 onion finely chopped or grated

2 sticks celery finely chopped

7 eggs

sprinkle of parmesan cheese (I know we aren't supposed to & you could leave it out)

Pepper & Fresh herbs to flavor (I used oregano, parsley & garlic chives)

Whisk eggs, add rest of ingredients. Spray rectangle pyrex dish with oil, tip mix in. Bake approx 40mins or until set & starting to brown. Serve with Salad.

Serves 5. 🤪

## *Warm Squid Salad*

pisces75

Baby spinach leaves  
Cherry tomatoes cut in half and pan roasted  
Spanish onion sliced  
Marinated squid in lemon juice and garlic...

Put spinach leaves, tomatoes and onion in bowl  
Cook squid until cooked, toss through the salad  
Eat straight away.....

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## *Warm Seafood Salad*

**cubjo**

Serves 4

4 x 60g Large Prawns – cooked, peeled and de-veined (women)  
4 x 60g Crayfish meat/crab meat –cooked and ready to eat, Hubby is a diver so  
it's yummy with crayfish when I am able (Women) OR

4 x 110g Large Prawns - cooked, peeled and de-veined (men)  
4 x 110g Crayfish meat/crab meat - cooked and ready to eat (men)

Aromatic salad leaves – available in the packaged salads in woollies/coles

Button mushroom – I go overboard on these, as I love them  
3 Yellow squash diced  
½ zucchini diced  
1 bunch spring onions – chopped  
1 avocado sliced  
Bok Choy- I used around ½ a bunch  
Baby Spinach – large handful  
Snow Peas – large handful  
1 bunch Asparagus – chopped

**1.** Stir fry all prepared vegies

**2.** Whilst waiting for vegies, mix seafood in a large bowl with 2 large TBS of  
Goldyna - Coriander, Lime and Chilli Mayonnaise or other allowed preferred  
mayonnaise

**3.** When vegies cooked to your liking add to seafood mix whilst still hot, stir  
through until mayonnaise is mixed through.

**4.** Prepare salad leaves on plate for serving and top with seafood salad

Let me know what you think

cheers Jo

## *Warm prawn salad*

Lee-Anne

This will take you about 10 minutes to throw together, quick easy and very yummy

### Ingredients

Mixed Lettuce leaves  
baby Spinach leaves  
cherry tomatoes  
capsicum  
asparagus  
mushrooms  
cucumber  
chilli (to taste)  
garlic (to taste)  
green prawn meat

Pile lettuce and spinach leaves on plate - dribble over some of your favorite dressing (i use some balsamic vinegar)

throw on some cherry tomatoes, cucumber and chopped up capsicum.

spray wok with oil, throw in finely chopped chilli and garlic, heat till you can start to smell - throw in the prawn meat and cook til almost done (about 2 minutes) add chopped mushrooms and chopped asparagus.

cook for another minute - you don't want to cook the vege's thru just warm them.

While still hot layer prawn and warm vege's onto cold salad - eat while still warm - sounds strange but it is really good!!!

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## *Warm Calamari Salad*

BrisVegas\_Girl

This is a really quick and easy meal but tastes amazing.

I used 2 calamari hoods and cut them into small squares then scored them on one side (make sure that you use a sharp knife as they are really tough). I tossed these with salt, pepper and crushed garlic and then put them aside to marinate while I made the salad.

Salad was mixed lettuce leaves, cherry tomatoes, grated carrot, sliced mushrooms, a couple of olives, and a small amount of ricotta. You could use anything from our allowed salad list really. I also used a small amount of salad dressing (any low carb style would do, I used Paul Newman classic).

I threw the calamari into a hot pan that had been sprayed with cooking oil. The pieces only took about 1 minute to curl up and be ready. Then throw them onto the salad and it is ready to eat.

By Corey

## *Spicy Squid Salad*

This salad is extremely simple; I made a stir with it. Other combinations of veges should work well like kohlrabi, celeriac, galangal and possibly even a green mango.

Let me know any new combinations as I am sure to do.

### **Ingredients**

300g Squid tubes (Tentacles are best)  
¼ cup finely julienne young ginger  
1 cup Shredded mint  
2 sticks celery finely sliced on angle  
1 chilli  
1 cup finely sliced Spanish onion  
2 Table spoons coriander  
1 table spoon lime juice

### **Method**

Wash the squid, if using tubes score them and cut into bite size pieces, if using tentacles cut into groups of 2 or 3

Put a large pot of water on the stove to boil continue to slice other ingredients.

Once pot is boiling dump the squid into the water, leave for approx 30 seconds this will cook the squid, if you leave for to long it will become very rubbery.

Drain the squid and allow to cool marginally then toss through the salad with lime juice.

