

A different Shepherd's pie.

kinopio

It's always nice to try different recipe's of different things, until you find something you like. So here's the shepherds pie recipe that I made last night. I will upload a pic of it when I get home, if I remember, but believe me when I say, it was absolutely delightful. My mouth was watering at the smell of it cooking. mmm!!!!!!

You will need:

480gms Minced Beef
1 head of cauliflour
1 small head of broccoli
4 flat BBQ mushrooms
4 large tomato's
1 large green capsicum
7 spring onions
Vegeta Gourmet Stock
1/2 cup Soy Sauce
4 cloves of garlic or 3 teaspoons minced garlic
3 teaspoons wholegrain mustard
1tblsp tomato paste
1tblsp traditional curry powder

herbs: oregano, basil, lemon thyme.

Method:

Pre heat your oven to 200°C.

Wash and cut up Cauliflour & Broccoli into thick chunks and place in boiling water.

Dice up tomatoes. Place in saucepan with soy sauce, wholegrain mustard and 2 tablespoons of vegeta vegetable stock. Let simmer on medium to high heat.

Chop up spring onions, capsicum & mushrooms finely. put aside into a bowl.

Place mince into frypan, if it's **not** non-stick, a spray of extra virgin olive oil will be needed. Place your herbs into the frypan with the meat and brown.

Take Cauliflour and Broccoli out from water, set cauliflour aside seperately in a bown to cool off. Cut up broccoli and add to meat in pan. Also add tomatos, spring onions, capsicum and mushrooms. Simmer all of these until it looks nice and soft.

When your meat/veg mix looks good to go, keep it on the stove while you blend your cauliflour up so it looks like mashed potatoes. Letting it cool off a bit before blends it better, so its not just sludge. It's up to you if you want to add philly to your no-tatoes, but I didn't and it turned out lovely.

Once you have blended the cauliflour, set aside for a minute while you work with the meat mix. Place your meat mix into a baking pyrex dish and even out. If you have enough mixture to fill the pyrex dish, leave 2-3cm gap at the top so you don't have overflowage.

Evenly spread your cauli-mash over the top of the meat and evenly springle about 2 tablespoons of vegeta vegetable stock over the top of the cauli-mash. I also like to be a little naughty and sprinkle a little chicken salt on top as well, but

it's entirely up to you.

If you want to get really tricky, you can add 1 serve of ricotta cheese to the top when baking. But please note that this adds as another protein serve, so if you include the ricotta, your shepherd's pie will have to be divided equally to coincide with the extra protein. (EG: females - without ricotta = 1/4 of pie per serve. With ricotta 1/5 of pie per serve)

I didn't add it to mine. 😊

Bake in oven for an hour covered with foil. Then a further 10-15 minutes uncovered to brown the top.

Serve with a sprinkle of cracked sea salt and parsley on top and a nice side salad of your choice -- DELICIOUS & Very filling! 😊

Pyrex Dish

a pasta sauce with out needing any pasta

Dot the base is simple

you choose what and how to add your protein

- 1 red capsicum, slice long ways and thinly
- 1 onion, sliced thinly
- 1 cup mushrooms (more if you want)

(*the more veggies you add the better for you, try thinly sliced snow peas, bean shoots just to name a few)

1. 1 teaspoon tomato paste
2. 1 teaspoon crushed garlic (jar) for dieters use 1 clove garlic crushed
3. 1/8 teaspoon chilli powder (or to taste)
4. 1/2 teaspoon beef stock powder (low salt)

chop all veggies until just cooked but still firm so it will be like long pasta when finished

mix all ingredients from 1 - 4

now to add your protein

1 egg and 1/2 serve of ham **OR**
100 mls milk with a little corn flour **OR**
i think cottage cheese might work
(i did it with milk, it made a very large serve and i was so full after
and all the flavours put together was very nice

almost tacos

Crz7n3

I was craving tacos the other night so I:

cooked some mince, garlic and red onions with some taco seasoning powder and put this in a lettuce leaf and put some sliced tomatos on top. yum. just be careful that you dont eat too much meat. just add more tomatos. you can still taste the meat.

you can get the taco seasoning from coles. its right next to the taco packs. you can buy it on its own and its only like \$1.00.

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## *alternative to pasta*

smoothflip

hi everyone.

my partner and daughter were begging me to cook their favourite pasta tonight, as i've been on strike since starting the diet. anyway, i caved and cooked beautiful sauce and pasta for them and steamed cauliflower with the same sauce for me. it was almost like being there without feeling one bit guilty!!

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An easy mince dish

Curvy Girl

I made a yummy dinner last night - a variation of hedgehogs (mince patties with rice), OBVIOUSLY mine were WITHOUT the rice and can of tomato soup!!

Mix together about 400g of good beef mince, grated zucchini and carrot, diced onion and capsicum, and add any seasoning you like (I used cummin powder, tobasco sauce and dried mixed herbs). Roll into medium size balls and place in a casserole dish. Pour over a tin of diced tomatoes (drain some of the juice as it can get a bit watery) then bake in the oven for approx 30mins.

Serve with vegies of your choice! Yum!

Anga

Nice recipe - you could also wrap the meatballs in cabbage and then pour over the tomatoes ... cabbage rolls (not like mum used to make but I'm sure they'd be nice!)

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## *Baked Cabbage Rolls*

Here is a modified version of cabbage rolls that is TF friendly. The original version has rice and eggs in it but I have left them out and swapped for cauliflower.

I havent tried it yet but its just an idea. If you make them you will have to mess around with the quantities.

Mince  
3-4 cloves crushed garlic  
cauliflower  
Cabbage  
Onion  
Tin of tomatoes  
Herbs (whatever you want)

Simmer cauliflower in stock (for flavour)  
Mash cauliflower when its tender (not all mushy)

Brown mince  
Onion and garlic and other herbs

Add cauliflower mixture

Blanch cabbage leaves till soft but not too cooked. Dip in cold water to stop cooking before you roll them up.

Roll beef mixture up in cabbage leaves

Tightly pack into casserole dish. Top with tin tomatoes and some of the reserved stock mixture.

Bake in oven

I think you could probably add other veges to the rolls if you wanted to or you could add some into the sauce.

If you make them, I remember from mum making them ages ago (the non tf version) that you should place a couple of the cabbage leaves on the bottom of the dish to stop it sticking.

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Beef and cabbage

fruitsalad I know this dish as bilan goreng, but can't seem to find that name on the net.

It usually has at least two tablespoons of soy sauce in it, but I have left that out since starting tf to reduce the salt. You could just use the soy sauce instead of the stock cubes for a diferent flavour.

Serves 4.

1 onion, diced
2 cloves of garlic
400gr lean mince
1 cabage finely shredded, any type is fine, I prefer the sweetnes of wombok
1 egg, lightly beaten
2 tbsp soy sauce and/or,
2 bacon stock cubes

Saute the onions, garlic and mince till browned.
Add the cabbage and stir thoroughly, allow to cook for a few minutes to soften cabage to your liking. (I like mine soft but not mushy!)

Crumble in the stock cubes and stir in the egg.
Add soy sauce to taste and serve.

I love this recipe, my husband does to, although he prefers his with brown rice!
Hope you like it to 🍲

Beef & pak choy stir fry

Jaffafree

Recipe for Beef & Pak Choy Stir Fry

Ingredients:

Beef fillet steak
Slivered almonds
Pak Choy or Bok Choy
Snowpeas
Soy sauce
Oregano (for taste)
Shallots
Mushrooms
Spray form of lite olive oil

Preparation:

Spray a little lite olive oil in a wok or heavy base pan add diced up beef and sliced mushrooms, shallots constantly stirring, then add pak choy/bok choy, soy sauce, almonds & snowpeas sprinkle in oregano for taste

BBQ coriander chicken

MummyKitten

This recipe works perfectly on a flat plate of a barbeque- is not quite the same on the stovetop or in the oven... serves 2.

2x 120-200g skinless chicken breast pieces
1 tblsp finely chopped coriander leaves
1/2 tsp finely chopped coriander roots
1 clove crushed garlic
1/2 tsp finely chopped fresh ginger
1/2-1 tsp crushed chilli (depends on how you like it)
2 tblsp tomato paste (watch the sugar content!)
1 1/2 tblsp fresh lime juice
1 tblsp olive oil
Add small amt of water if too thick

Combine all of the above ingredients, marinade chicken in this for about an hour, cook on a medium hot lightly sprayed bbq for about 20 mins. The outside of the marinade will blacken, but it does not affect the taste, and it is the juiciest chicken you will ever eat!!

Beef chow mein

Krisso i made this concoction tonight for tea. serves 4-

1. 800grms beef mince (or chicken)
2. 1 onion chopped
3. 2 celery stalks finely diced
4. 1/4 cup of water chestnuts (not sure if we are allowed them?? i used them)
5. 2 cloves crushed garlic
6. 1 teaspoon of grated ginger
7. 1/2 cup chicken stock
8. 1 teaspoon of paprika
9. 1/2 teaspoon of ground cummin seeds
10. 1 tablespoon of tomato paste
11. 4 lettuce leaves in-tact like a bowl.

method: lightly grease fry pan and cook off garlic and onion till soft. add mince and ginger and brown. next add paprika, cummin and chicken stock and let simmer for 5 mins stirring frequently. then add in the celery, water chestnuts and tomato paste again let simmer for about 5 mins. then simply serve into your lettuce leaves and enjoy making a mess!! I also served this with a simple vegie stir-fry with allowed vegie and a little soy sauce!! tis nice 🍴

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## *Beef Teriyaki*

**beach\_bunny**

Beef Teriyaki Serves 1

Ingredients:

2tbsps - Soy Sauce  
2tbsps - Lemon Juice  
90ml - Cold Water  
1pinch - Garlic Powder  
120gms - Lean raw ground beef

Method:

Prepare marinade by combining first 5 ingredients together  
Shaking in covered jar or blending in a blender at low speed  
Shape minced meat into patties or meatballs  
Soak meatballs in prepared marinade & leave up to 24hrs -  
turning occasionally  
Cook meatballs on bbq or health grill

You can also make these meatballs into kebabs alternated with mushrooms, onions and green caspicum.

Serve with salad or steamed veggies.

## *Beef or Pork with LEGGOS Ricotta & Spinach...*

chrissy75

We have tried this recipe a couple of times and it just makes it a little gourmet with the way you do it.

500g Lean or HeartSmart Beef or Pork

Leggos Ricotta & Spinach with Pecorino Cheese Sauce

1. Gladwrap each piece of meat both sides (you can reuse your gladwrap for this purpose only) and tenderise until 1/2 cm thick
2. Remove gladwrap
3. Add 1 tablespoon to centre of meat and spread over the meat.
4. Roll the meat and insert toothpicks to hold it together
5. Cook in a hot oven (200C fan-forced) for approximately 10 minutes or cook until desired
6. Serve with vegies (or in my case salad since I don't like vegies!)

It makes for great presentation on your plate...something different! They do appear small but trust me they are beautiful and filling when you add your veg or salad with it!

To be a little posh hubby added a red wine jus to this....but I just don't know if it's allowed.... I guess if you haven't had your fruit for a morning or arvo it can't be too bad surely....

750ml red wine (full-bodied)

4 bay leaves

oregano

1. Boil the wine until thickened (the wine should reduce/disintegrate) - may take around 15 minutes for this process.

Red wine jus is fully optional though and I definitely don't recommend it as an every-nighter! He found out all about jus when he went over to NZ for his brother's wedding in July! Since then he's been raving about it. The first one he made when he got back was divine....I don't know that he's replicated it since but this is definitely still nice to have with the beef or pork as something a little different!

Hope you like this one too....it's like the mango chicken in that it's a great 'entertainer' meal also to keep your non-TF guests happy.

I'll be interested to know what you think!

NOTE: This recipe feeds our family of 4 so you will need to adjust this recipe to suit your own personal requirements!

ENJOY! 

## *Braised Steak and Onions*

Sunnygirl1032

Place your allowance of lean steak in a heatproof dish, I use a baking dish with high sides. Cut up two onions into rings and scatter over the top of the steak. Crumble 2 Massell Beef stock cubes over the lot and just cover with water.

Place in an oven at about 150oC and cook until tender and there is roughly a cup or just over of juices left under the steak. Turn occasionally to keep moist and add a little water if drying out too much.

Take the steak out and place on a plate. Thicken the pan juices with Greens Gravy Granules and replace the steak turning in the gravy to coat.

Serve up with lashings of "No-tatoes", veges of choice (broccoli, beans, carrot allowance etc) and spoon some of the rich gravy over the top.

My husband loves this when he feels like he needs "a real feed" lol. He has lost over 15kg, not bad for a guy who was allergic to green stuff 😊

I usually make enough for four as it fills the dish and feeds the whole family. Is nice without the onions too. Worth a try as everything is on the allowed list. I am not too accurate with the time/temp etc as i usually cook by feel not recipe and every oven is different, but these are the basics.

Happy Losing!



## *Burgers with Ricotta Spread*

Kerrie227

I hope you enjoy these as much as I did.

### **Burgers with Ricotta Spread**

#### Ingredients

250g minced lamb  
2 medium zucchini, grated  
1 medium carrot, grated  
1 onion, chopped finely  
2 tbsp Worcestershire sauce  
Chilli cause to taste (optional)  
1 tspn dried oregano  
Salt & pepper  
1 egg

3 tbspn fresh ricotta cheese  
Cayenne Pepper to taste

#### Method

Squeeze out any liquid from the grated vegetables.  
In a large bowl mix together the first 9 ingredients. Add egg and mix thoroughly.

In a hot fry pan place egg rings & spray with cooking oil, ensure egg rings are coated all over. Place spoonfuls of burger mixture in each egg ring until full. Cook approximately 3 minutes, remove egg rings & carefully turn over and cook a further 2 – 3 minutes.

Mix ricotta cheese & cayenne pepper together.

#### Serving Suggestions

- Place burger on plate top with some ricotta spread, slice of tomato & cucumber.
- Serve above combination in between two slices of grilled eggplant.

#### Notes

Minced beef, chicken or pork could be used instead of lamb  
Add other herbs & spices as desired  
Makes Approximately 12

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Cabbage Bolognese

Use about a quarter of a cabbage, boil it as you would boil pasta.
Fry up some chicken breast or meat of your choice and any other vegies which you might like to add (with a little olive oil.)
When the cabbage is done, drain then add the meat, fried vegies and 1/5 or 1/3 of a jar of the Raguletto Carb Option Bolognese sauce depending on how much sauce you like to have.
Mix everything together and enjoy.

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### *Chow Mein (sort of)*

Tosh

My mum makes a great Chow mein, I have just fiddled with the general idea...

500g lean beef mince  
Curry powder, to taste  
Soy sauce, to taste  
Cabbage, lots of it!  
Onion, small to medium  
Chicken stock, powder or liquid. again do it to taste.

Vegis like: Sno peas, bok choy, carrots, capsicums, zucchini, small flowers of broc and cauli... what ever you like!

Method:

brown off the mince, with diced onion. drain off any fat if necessary.

Return to pan, add any other flavours you like at this point... curry, garlic, ginger, chilli, cumin, corriander....

Add stock, enough so you can cook the vegis but not make a soup, maybe a cup or two, but just remeber to start off small and add more when needed. Its easier this way than trying to reduce too much liquid!

Add vegis to wok and cook till theyre tender and the cabbage is well wilted.

Add soy sauce last, to taste.

If you keep your ratio ok, you will be able to get four serves of protien as well as the required veg serve. just make sure you have a mimimum of 4 cups of veg in there. This might also make it easier for those who aren't thant for of vegis.

### **THE "MY MUM'S, NON TF" WAY....**

Instead of stock, she uses chicken noodle soup, I usually use stock and a pky of broken up 2 min noodles.

Then at the same time you do the soy, she adds a medium size can of pineapple. It really is delish, but only if you want to spoil yourself (and your weightloss!). The other way will work just as well!

Good luck with it, hope you all enjoy it!

PS: Sorry if it sounds a bit vauge, I'm a cook by trade and dont really use recepies so i tend to ramble a bit!!!

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crustless pizza

minced beef (120g females-200g males)
1 tbsp worchester sauce
1/2 tsp garlic powder
salt and pepper to taste
1 tbsp leggos pizza tomato paste
pepperoni slices
red capsicum strips
sliced mushrooms

mix first 4 ingrediants and pat thinly in a pizza tray, bringing the meat mixture as cloase to the edge as possible(the crust will shrink considerably during cooking)

cook at 180 for 30 mins. remove from oven and drain all liquids from tray.pat top of crust with paper towels removing as much of the juice as possible.

spread the pizza sauce over top of crust. top with pepperoni slices, red capsicum strips and mushrooms(or any combination of your fav pizza toppings) return to oven and continue cooking until top is cooked.

serves 1.

By: **natls20**

Cola Lamb Kebabs

She_stitches

I occasionally buy lean lamb leg steaks and have been hunting around for lamb recipes and found a few. Is this recipe ok for the programme?

Crazy Cola Kebabs with bbq Relish

Ingredients

Serves: 8

4 lamb leg steaks, well trimmed (quantity depends on who you are feeding)

200ml Caffeine free Cola

2 tbsp oil

1 medium onion, peeled and chopped

1 garlic clove, peeled and crushed 400g can chopped tomatoes

50g splenda

2 tbsp white wine vinegar

2 medium courgettes

8 closed cup mushrooms

1 red and 1 yellow pepper

Method

Preparation 15 minutes, plus 2-3 hours marinating Cooking 23-25 minutes

Cut the lamb into 3cm pieces and place in a non-metallic dish. Pour over the Cola, cover with cling film and chill for 2-3 hours.

Heat 1 tbsp oil in a medium pan and cook the onion and garlic for 5 minutes, until softened.

Add the tomatoes splenda and vinegar. Simmer gently for 10 minutes until thickened, stirring occasionally. Cool.

Slice the courgettes into 1cm pieces, halve the mushrooms and cut the peppers into 3cm pieces, discarding the core and seeds.

Drain the lamb and Cola through a sieve; discard Cola. Thread lamb onto 8 skewers with the courgettes, mushrooms and peppers

Preheat grill to its hottest setting. Place kebabs on a rack over a grill pan and brush with a little oil. Cook for 8-10 minutes, turning regularly and brushing with more oil

Serve with salad of choice

Hints and Tips

Instead of brushing with oil use spray

If you haven't any metal skewers, use bamboo ones instead. Soak in cold water for 30 minutes before using and they shouldn't burn too much under the grill!

curry mince pie

Krisso

Hi evrey one was playing in the kitchen thie evening this is what i produced
serves 4-5

500gms of mince beef. 1 onion diced. 2 clove garlic crushed. 2 teaspoons curry powder. 1 cup of spinach. 1/4 cup chicken stock. 1 tablespoon of tomato sauce (allowed one), 4-5 eggs.

Turn oven on to 180 degrees. saute onion and garlic in a knob of butter/ oil. add curry powder, mix through add mince and brown off, add in chicken stock and spinach cook for about 10mins until spinach is wilted.

using individual souffle bowls or like. fill with mince mixture untill 3/4 full and press into bowl firmly. then break and egg onto the top and bake in the oven for about 15-20mins. the egg can be cooked untill soft or hard depending on what you like. when cooked a bit harder it atcs like a crust on a pie YUMMY. I know its egg and meat but the bowls i had only hold a small amount so i reckon its ok!!

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Greetings and salutations to all.

I am one of these supposed rare males that loves cooking. I tried a TF friendly Sang Chow Bow the other night and it got me thinking, lettuce leaves hmmm.... I love my mexican food and realised instead of taco shells and tortillas we could substitute lettuce leaves. Still all the great taste but no nasty flour products. And for those other dinner guests they could still have their tortillas.

Here is my

### *Fajita recipe*

split into 3 areas, marinade for the meat, Pico de Gallo (salsa), and extra's.

### *Marinade for 500gm of lean beef strips or chicken*

1/4 cup lime juice  
1/3 cup water  
2 tablespoons olive oil  
4 cloves garlic, crushed  
2 teaspoons soy sauce  
1 teaspoon salt  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground black pepper

In a large resealable plastic bag, mix together the lime juice, water, olive oil, garlic, soy sauce, and salt. Stir in cayenne and black pepper. Place desired meat in the marinade, and refrigerate at least 2 hours, or overnight. Cook as desired.

### *Pico de Gallo (salsa)*

4 ripe tomatoes, seeded, finely chopped  
1 small white onion, finely chopped

1/4 cup fresh coriander leaves, chopped  
4 jalapeños, seeded, finely chopped or your preferred or available chilli  
1 tablespoon fresh lime juice  
salt to taste

Mix tomatoes, onion, coriander, jalapeños and lime juice. Add salt to taste.  
Cover and refrigerate for at least 1 hour, and serve the same day made. Makes 2 to 2-1/2 cups.

#### Extras

Fry up some capsicum, mushrooms and onions.

#### **Now it comes together.**

Cook your meat as desired, I prefer to char-grill mine. Prepare your lettuce leaves in icy water for added crispness. Shake of excess water from the lettuce leaves, spoon in some of the meat, mushrooms, capsicum and onion and then top with the salsa.

This may be time consuming but I suppose you could find store bought salsa if you prefer.

I hope you all enjoy....

Mike 😊

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Fast Veitnamese Chicken Meatballs

Chokolateberry

Serves 6

Cooking time: 30 mins

Per Serve:

Fat total: 2.4g

Carbs: 0.8g

600g chicken breast fillets, chopped roughly
1/2 bunch of coriander, plus extra for garnish
1/2 bunch of mint, plus extra for garnish
1/2 lemon, juiced
1 teaspoon sugar - Splenda, Hermesetas etc.
1 tablespoon sweet chilli sauce plus extra to serve OR Nando's Traditional Peri Peri Sauce

1 tablespoon fish sauce (Maggi Authentic Thai Fish Sauce)

1 teaspoon chopped fresh ginger

1 egg

50ml iced water

1. Process, chicken in a food processor until finely minced. Set aside

2. Add coriander, mint, lemon juice, sugar, sweet chilli sauce, fish sauce and ginger to processor and pulse until roughly chipped.
3. Add chicken mince, egg and iced water and process until smooth
4. Meanwhile, bring a medium pot of water to the boil. Shape chicken mixture with dessert spoons, and drop them in to the boiling water.
5. Cook for 8-10 minutes until firm to touch. Remove with slotted spoon. Repeat with the remaining mixture.
6. Serve with sweet chilli or Nando's sauce and garnish with coriander and mint
7. Serve with steamed vegetables or a salad

Enjoy!

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### **New recipe - I've called it "**

*Faketti &.....*

brissiegirl

I've just made a new recipe tonight, though most TF regulars probably already do their own versions of it - it's like spaghetti & meatballs, except I used shredded cabbage instead of the spaghetti. The recipe turned out so yummy that it'll become a "regular" even when we finish the diet! Here it is - it fed 1 man, 1 woman and 1 very happy dog!

### *Faketti & Meatballs:*

*Meatballs - ingredients:* 500 lean beef mince, 1/2 grated carrot, 1/2 grated zucchini, 1 clove crushed garlic, 6-7 leaves fresh basil finely sliced, 1 egg, salt and pepper. *Method:* Mix ingredients together, roll into small balls, and bake on a baking sheet in a 180 degree oven for 30 minutes.

*Sauce - ingredients:* 1 tin chopped tomatoes, 2-3 cloves crushed garlic, 1 tblsp tomato paste, 1 tblsp worcestershire sauce, 1 teasp Equal, salt and pepper.

*Method:* simmer for 15 mins on low heat.

*Faketti:* Shred 1/2 cabbage (I used a white/green one), stir fry in a little butter until wilted.

Serve meatballs on faketti, topped with the tomato sauce. I also used a **very tiny** sprinkle of parmesan cheese, but I know this isn't allowed on the TF diet. Otherwise, I'm pretty sure the recipe is all ok. Hope you all enjoy it too

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Faux Beef Stroganoff

Ms Demeanor

Hi last night I made a beef stroganoff thats not a stroganoff 🤪

How to

Beef (strips, lean) 300g give or take
 garlic 3 cloves crushed/finely chopped
 tomato paste 1 goodly tablespoon

beef stock 1/4 teaspoon
1 leek (finely sliced)
1 large carrot (grated)
1 large zucchini (grated)
2 handfuls of fresh mushrooms peeled and sliced finely

cook meat in light cooking spray or not stick pan. add garlic, tomato, stock and about 2 cups hot water(or more) cook 2 mins then add veg.

I left out the onion as partner doesn't eat it.

partner loved it, kid loved it and I thought it wasn't too bad.

Forgot to mention to those that prefer their strog ceamy, a tablespoon of philly light is plenty to give it that creamy texture

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## *Grecian Leeks*

**mistyasher**  
**Ingredients**

4 medium leeks, 1tsp dried tarragon, 1 tblsp lemon juice, 1 clove garlic crushed, 1tblsp chopped finely parsley, 1 tomato chopped, pinch dried thyme, 1 bay leaf, 1/2 cup of water or allowed stock

### **Method**

Cut tops of leeks off, leaving 5cm of green tops and wash thoroughly to remove any grit. Cut into halves lengthways. Place all ingredients in a casserole dish and cook in a moderate oven for 30-35 minutes .

*Serve hot or cold.*

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Greek Lamb Souvlaki

anella

What you will need;
400gm Cubed Lamb
2 Tablespoons Olive Oil
2 Lemons, cut into 1cm thick wedges
1/2 bunch Spinach
4 Garlic cloves, chopped
2-4 sprigs of fresh Rosemary

Alfoil & a baking tray

Now, here's the hard part;

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 an hour on 180. The lamb goes tender and fills with all of the flavours. Serve with the spinach and baked lemons (they have an amazing flavour when you squeeze them!!) and potatoes or salad.

Healthy Spring Rolls

supermum

Went to U2 concert last night. I wanted to have a great time without falling off the wagon. And I did it. I made myself good spring rolls. Instead of using the rice wrap, I have used Iceberg lettuce leaves. and I needed my protein, so I used sliced turkey.

Iceberg lettuce leaves

Turkey slices and

All the following ingredients need to be finely diced:

onions, tomatoes, cucumber, grated carrots, avocado.

some mayonnaise or dijonaise or....any sauce that you like (watch out for the carb).

Roll everything together and wrap in some glad wrap.

Keep them cool and enjoy.

San choi Bow,

If you like san choi bow you will like this

Dais_e

I just had a very delicious dinner and I want to share it with you all. Let me know your thoughts, its very easy and very tasty, my hubby even ate it too. The Vegeta (Gourmet Stock Powder) I list below is very low carb and really tasty when cooking many dishes, even on meat chicken on the bbq, I could not live without it.

1/4 cabbage

1 onion

1 zucchini

1/2 small yellow capsicum

1 stick celery

1/2 small can bean sprouts

1/2 cup green beans

1 carrot

120grams lean mince beef

cooking spray

1 teaspoon keens hot curry powder (this is not that low carb for the 100ml, but it says you can have it in the TF book I guess cause its only a little portion.

1 tablespoon vegeta (very tasty vegetable gourmet stock powder, very low carb 0.28g per 100ml)

1/2 cup liquid vegetable stock

1 tablespoon soy sauce

1. Spray pan or wok.
2. Brown the mince
3. Pour in the vegetable stock and add all vegies cook for 5 minutes
4. Add soy sauce, curry and vegeta, cook for about 5-10 minutes and enjoy.



Individual meat pies

I must be feeling very creative today.... just concocted another yummy meal. Once again, I'm not sure if anyone has previously posted something similar to this... but it is soooo yummy 😊

Brown 120gm mince and 1/2 an onion. Add some all-spice, italian herbs and paprika. Stir well. Add 1/2 grated carrot and 1/4 finely chopped capsicum and a chopped tomato. Add 1tsp of gravy powder to 3/4 cup of water, mix thoroughly and add to meat mixture. Cook on low for about 10 minutes, stirring occasionally. Spoon the meat mixture into an individual pie bowl. No make some Notatoes (mashed cauliflower, salt and peper, and I add a little light ricotta) and spoon on top. Back in oven for about 25 minutes..... It is really tasty. I just had mine for dinner with some beans and brocolli, and I am sooooo full 😊

by..Ral



Jo's No Pasta Lasagna

want2b_a_mummy

This was given to me when I went to the clinic at Tuggeranong to get started.

Serves: 4-5

Meat Sauce:

- 1 Large Onion, chopped
- 2 gloves garlic, crushed
- 400g minced round steak
- 1/2 red capsicum, finely chopped
- 4 large tomatoes, chopped
- 3 tablespoons tomato paste
- 1 teaspoon beef stock
- Fresh or dried basil, oregano, paprika, all spice etc

Spray pan with a little olive oil and add onion and garlic, brown. Add mince and cook until brown. Add capsicum and tomatoes and leave to simmer for a few minutes. Add tomato paste, beef stock and herbs and spices to taste. Add sufficient water to bring to a desired consistency.

Lamb Tangine Recipe

Zannish

Thought it was about time I contributed as I have tried many of the recipes posted.

Lamb Tangine

Ingredients (makes 4 serves)

480gr lamb fillet or shoulder cut into 2cm pieces(women) adjust for men

1 onion finely chopped

2 cloves of garlic,roughly chopped

1/2 cup chopped rough leaf parsley

1/2 cup chopped coriander

1 green chilli chopped

2 teaspoon ground cinnamon

1/4 cup pitted dates, roghly chopped

2 teaspoons finely grated lemon zest

i tablespoon olive oil

1 cup of water

1 x 400 g tin of tommatoes

Method

Blend onion, garlic, parsley, coriander, chilli, cinnamon, dates and lemon zest in a food processor until smooth.

Heat a heavy based saucepan over high heat. Coat the lamb with oil and cook, in small batches for 5 minutes, or until browned. Return all lamb pieces to the pan, add paste and stir to coat. Cook for 3 - 5 minutes until aromatic. Add water and tomatoes and mix well. Bring to boil then reduce heat and simmer, covered, for 1 1/2 hours, stirring ocasionaly. Season with black pepper and lite salt if required. Serve with no-tatoes instead of couscous. I also steam beans and asparagus which go really well.

It seems Tf friendly and its a favourite in my household especially when the cold weather hits. Its even better the next day but unfortunately there are rarely any leftovers

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## *Lamb back straps*

Nanny3 (now Mallyflea)

### **Marinade:**

Juice of 1 lime

1/4 teasp. of Paprika pdr

1/4 teasp. of Cayenne pdr

1/4 teasp. of Cumin pdr

1/4 teasp. of Coriander pdr

Small teasp. parsley flakes

Small teasp. Coriander flakes

2 teasp. lite soy sauce

2 teasp. olive oil

1 crushed clove garlic

Mix altogether.....

Place pounded back straps in a ziplock bag with the marinade for 2-4 hours in the fridge...  
When ready to cook carefully lift out and place onto grill pan and cook till doneness.

I serve min with an Avocado Salad on iceberg lettuce

### *Avocado Salad*

1 avocado cubed  
8 cherry tomatoes ½'d  
1 slice of red onion finely diced  
5 olives (not stuffed) finely diced  
Juice of ½ lime  
1 teasp. Allowed Dijon mustard  
1 very small seeded chilli finely diced  
Mix together carefully and refrigerate till needed

Then cook meat, let rest 5 mins and slice thinly (or leave whole choice is yours)  
Place a nice stack of torn iceberg lettuce on the plate and top with the avocado salad...

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Meatloaf with vegies, 'mash' & gravy

justbigboned

the other night i made this dish from a low carb website and it was so tasty i forgot i was on the diet!

i used 500grms of lean beef then put it through a mincer, 1 whole onion, 3 cloves of garlic, 1/2 a chicken stock cube crumbled and 1 egg (this will make 4 serves approx)

mix it all together and place on a non stick baking tray and shape into a log shape with your hands. bake on 180 for 30 mins covered in tin foil, remove foil and bake for further 20 mins.

for the gravy i fried heaps of chopped mushrooms, an onion and some garlic and then just added some greens gravy mix and water (i reckon i got a serve of vegies in the gravy alone!)

i then made potato mash (cauliflower mash) and added a tiny bit of parmesan cheese for taste and then did some normal steamed broccoli & garlic zucchini

let me know if you try it, or if its aloud first!

~~~~~

### *Meatballs*

tiliquagirl

I got some low carb ice-cream and sugar free lollies, do you replace one piece of fruit with one scoop of ice-cream or 5 sugar free lollies?

For dinner tonight I was going to have two small meatballs (mince meat, egg, parsley and weight watchers tomato soup) with cauliflower. The ww soup is 5.1g

per 100g, is that ok? And can I have three cups of cauliflower as my veggies (I love it) is that too much cauliflower?

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## *Meat & Veggie Pie*

**WillBSlim**

Morning Everyone!

OK so last night my hubby decided to cook dinner. He ended up making a meat and veggie pie which was just devine. So here goes:

Ingredients were:

Mince (allowed portion for each of us - I am BMI 40+)  
mixed allowed veggies - whatever you want - he added eggplant, zucchini, 1/2 carrot chopped in slithers, brocolli, mushrooms, onion.

notatoes

2tbs tomato paste

2 fresh diced tomatoes

1 tbs bbq sauce

Salt & Pepper

Mixed Herbs

So he cooked all this up in the frypan and made up the notatoes. Then spooned the mince and veggie mixture into a little pie type dish (individual ones) and topped it with the notatoes. Put it in the oven for 1/2 hour and it was deeeeeeeeeeeeeeeelish! The notatoes started to go a little crunchy on top - I guess the longer in there the crunchier it would get. Would also have been nice with a tiny shaving of parmesan cheese on the top. We will defo be adding this one to our monthly menu plan!!

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## *NoTatoes*

This has to be the best invention ever...god bless whoever thought of this 😊

This is my very quick way of making this- I have it down to a fine art now, it takes about 6 minutes...

1 head cauliflower- cut into florettes, rinse, cover, microwave until soft (do not add water)- about 4 1/2 mins in my microwave, depending on the wattage.

Process in food processor till all broken up. Add 2x 40g mini tubs of philly light ONION AND CHIVE variety, process until smooth.

This makes 4 decent sized serves, and the only extra you have added is about 20g of philly to each serve. It works out nice and creamy and doesn't need any extra flavour after the philly, except maybe a bit of cracked pepper if you like it.

NoTatoes

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## *Mediterranean Sausages*

misha70     **Ingredients**

Onion (cut into wedges)  
Capsicum (diced)  
Lemon x 1 (juice and zest)  
Parsley (chopped)  
Garlic x1 (crushed)  
Seasoning to taste  
½ cup of beans (chopped)  
¼ cup of chicken stock  
Sausages

### **Method**

Brown the sausages and set aside on a plate

Fry the onion, capsicum

In a bowl mix the lemon juice, lemon zest, parsley, garlic and mix well, then mix into the onion and capsicum, add beans and chicken stock and stir and simmer

Slice sausages and add to pan mix, simmer to warm all ingredients

Then serve with a nice salad

**\*\*\*Note:** According to the TF booklet that you get it states the following; Low GI Vegetables - beans (page 11) and vegetarian protein may be used instead of a meat product ( page 10)

Both items were also checked with the TF callcentre staff and was advised that both these items are allowed on the program! as both are stated on the TF website and TF booklet.

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## *Pizza's and pies TF style*

WannaBslinkee     Hi..reading over some recipes has been good. I'll add one of mine. I try not to vary too much from what the family is having...So Pasta night for instance the bol. sauce is totally TF and the children and Daddy have it on pasta with cheese and I have mine on Steamed Cauli and broc. (the kids haven't even noticed! everyones' happy! hehe)

Another trick I love is to use a little crepe pan to dry fry an egg and thinly as I can and use this as my pizza base. I then make mine along side to the others, using tom. puree, heaps of mushies, about 50gms of lean shaved ham spread out, onions sliced thinly, caps, anything from our lists you like, really. I miss the pizza cheese, but make do with a tiny bit of ricotta blended with some allowed f'free mayo sprinkled over in places. It's floppy...but passes.

The thinnly fried egg can even pass for pastry...I use them to line a single serve pie tin, fill with a savory filling using the other half of my protein, water, stock powder, soy, w'ster, mushies, celery...again, anything from our lists is cool. Instead of mashed potato for a shepherds pie, my pie has mashed caulie. I guess it's not quite as nice, but losing this weight 'o mine is so important to me. All the best....

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## *pork san chow bow*

the yoyo  
Hi

I have a great recipe for those who love their chinese food, except this one is great for you.

rather than order san chow bow from the resturant i have made my own. its simply and quick

lean pork allowed amount

1 onion

a bit of soy sauce for flavour

lettuce

add a bit of chill or nandos sauce if you wish

cook meat, add onion and soy sauce till brown, put it on the lettuce and roll up.

~~~~~

Sang Chow Bow - Pork Mince

possum_here I made my own sang chow bow.

Ingredients

120g Pork Mince (Heart smart woolies)

Celery, Carrot, Onion, Zucchini, Broccoli, BuckChoy, capsicum, mushroom, choko

Dice up all allowed vege's to small pieces

Method

Dry fry the mince in fry pan, half way add the vege's place a lid on so they steam a little which will add a little liquid from the vege's.

Add a dash of lightsoy sauce. Spoon into Lettuce cups and roll up and enjoy!

~~~~~

## *Sang Choy Bow*

Fatboy Slim

I am came across this recipe recently and I hope others can enjoy. I love my Sang Choy Bow and it looks very TF friendly. I added some diced capsicum and mushroom to mine and instead of noodles or rice I had it with a salad.

## *Pork Sang Choy Bow*

You need:

2 cloves garlic (crushed)

2 spring onions (sliced)

good bunch coriander, roots on (sliced and separated, roots from leaves)

good handful mint leaves (roughly chopped)

good knob ginger (grated)  
2 chillies (sliced)  
500g minced pork (or chicken if you prefer)  
1 tablespoon sesame oil  
1 tablespoon olive oil  
1 tablespoon soy sauce  
juice of 1 lime  
1 iceberg lettuce (head removed and separated to make cups)

Method:

In a large wok or frypan, over a high heat, combine the sesame and olive oils. Add the crushed garlic, half the spring onions, the coriander roots, grated ginger and the chillies. Stir over the high heat and allow flavours to release (one to two minutes).

Add the minced pork and cook. Once the pork has browned and is close to being cooked, add the soy sauce and the juice of the lime and splash more sesame oil. Add the remaining coriander, spring onion and mint leaves and stir until thoroughly combined, the pork is cooked and the sauce has covered all ingredients.

Serving Suggestion:

Serve, to applause, by placing a small amount in each lettuce cup and garnish with a few coriander and mint leaves and some julienned chillies.

Enjoy.. 😊

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Sausages

mallyflea

Is there anything wrong with home made sausages such as for example: 500g lean diet pork mince and sage powder 1 Tablespoon water (nothing else at all) and mince together in a blender...take out and form into a sausage shape with hands and place a skewer through the centre and grill in a pan lined with bakers secret paper, no oil etc.,

Serve 1 or 2 with salad or steamed vegetables..?

or lean diet mince or lean diet lamb or chicken?????????

I feel they would be better or equal to the keplav from the butcher?

TF Staff Answer....

Hi there,

There is nothing wrong with doing this at all. In fact, it sounds quite delicious and there is no end to what you can create by mincing different lean meats.

Kind regards,

WoodyB 😊

Tony Ferguson Staff

So for 4 people,

Lamb Sausages

500g Lean lamb Mince,

1/2 teasp. each of cumin, coriander, paprika and cayenne powder,

1/2 teaspoon each of parsley and coriander flakes.

and 1 Tablespoon water

Blend in a food processor

Place on a board and divide into 4 large or 8 small equal portions and roll into sausage shapes

place a wet bamboo skewer through the centre and form around it a bit to hold them together

Grill in a non-stick pan or use bake sheet.

Cook till desired doneness. 20-30 minutes.

Drain and serve with Salsa Salad or vegies of your choice....

Pork Sausages

Lean minced pork

1 teaspoon sage powder

1 Tablespoon Water

cracked black pepper

Blend in a food processor....

Make as above.....

Beef Sausages

Lean minced beef

cracked black pepper

1 med opinion finely diced

1 Tablespoon Tomato Paste

1 Tablespoon Water

Blend in a food processor

Make as above.....

These can all be sausages, hamburgers, balls or loafs..

I actually cook them in **muffin tins** and make meat muffins...

With herbs and spices and allowed sauces etc., the scope is endless to what you can create.....

Mal 

Sausages!

fruitsalad

Here is my way of making 'sausages'. Even Hubby an dear Daughter love these.

I also quoted Nanny3 (hope you don't mind) as her way was listed in the 'please check your ingredients' post, and I thought it might get missed, which would be a shame as it is really nice.

Skinless Beef Sausage

(Can also be done with minced chicken breast)

1 tbsp gravy granules
2 tbsp hot water
500gr extra lean beef mince

optional, but gives gormet flavour.

1 or 2 onions chopped
1 tsp dried oregano
3 tsp sweet paprica
groung black pepper

Disolve gravy granules in hot water.

Place half of the mince in blender with all other ingredients and blend.

Mix in the rest of the mince by hand, and roll into sausages. (I think only blending half the mince gives a nicer texture, but you can also do it all in one go)

Cook in nonstick pan or grill.

Maked 4 serves.

Nanny3 (26/08/2006)

I would like to post a recipe for "Sausages"

Use lean minced beef, lamb, pork or chicken

1 egg-white to bind together

1 small onion finely diced

spices or flavourings of your choice

(for lamb I use cumin pdr, coriander pdr, paprika pdr, cayene pdr, parsley flakes and coriander flakes)

(for pork I use sage pdr)

(for beef I use tomato paste)

mix together in a blender

put onto a board in a log shape and cut into 6 pieces

roll each piece into a sausage

Heat a stove-top grill and cook till doneness and serve with steamed vegetables or salad.

Mal 😊

Jess_2090

Wow that sounds great! I bet you could make them spicy as well with a bit of chilli or tabasco...

Now I know what to do with that mince in the fridge!

Texas Chicken Chilli modified so it's TF Approved!

I have modified my fave chilli recipe to suit TF. This makes 4-5 serves I guess, based on the amount of protein.

1 tsp olive oil
500g lean minced chicken
1 large onion, chopped
1 large carrot, chopped

1 red capsicum, chopped
1/2 cup green beans, chopped
3 cloves crushed garlic
2 cups chopped canned tomatoes (watch the sugar content!)
1/2 tsp black pepper
1/2- 1 tsp hot chilli powder (more if you're game!)
6 tsp lemon juice
2 tblsp chopped parsley

Heat oil, brown chicken, add all chopped vegies, cook until tender, add garlic, cook another minute or so. Add tomatoes, pepper and chilli powder, reduce heat and simmer for about 30 mins. If it needs more liquid, just add water. Stir in lemon juice and parsley before serving. Beware that flavour intensifies if eaten the next day!! 😊

TaShA's Mince Creation

im not entirely sure what i would call what i just cooked but by golly its yummy. heres the ingredients

120g of lean beef mince
1 carrot diced
1/2 onion diced
handful of green beans sliced
2 small mushrooms diced
60 mls of greens roast gravy granuals
1 beef stock cube.

ok so i cooked up the mince in a pan while making the gravy then added the stock cube to the gravy and dissolved put that aside and cut up vegies and then place in the pan with the mince cook through till however you like ur vegies (i like mine with a bit of crunch) then add gravy and stock mix and stir then eat.

its not something totally exotic im not the greatest cook but it reminded me of a dish my mum used to make when we were little only she added potato and extra things. but i like this dish and its put me back on track cause i was sliding again but a little experiment never hurts lol.

p.s sorry if anyone has already submitted something along these lines i didnt see anything.

Hungarian Dish

jacquelyn slater

I made this Hungarian meal last night that was quite nice

- 500g meat of your choice, diced (I used veal, but it is also good with pork)
- 4 tomatoes chopped
- 1 onion finely diced
- 1 red capsicum chopped
- 2 tsp sweet paprika

- 1 cup chopped mushrooms
- garlic
- water (approx 1 cup, depends on how much liquid you want)

Cook the onions and garlic in a little bit of oil until the onions start to go clear. Then add the paprika and stir for 30 seconds. Don't leave it on the heat for much longer or the paprika will turn bitter. Add the water, tomatoes and capsicum and simmer for 5 minutes. You may need to add more water now. Add the meat and mushrooms, cook covered over medium heat for 5-10mins until the meat is tender. Traditionally this is served with dumplings, but to make it TF friendly, I had it over mashed cauli with some other veggies on the side.

You can put other herbs in it to taste too. Normally you use salt as well, but I have high BP so can't. It adds extra flavour though.

~~~~~

By Corey.....

## *Jungle Curry*

Serves 4-6

### **Paste**

2 large green chilli's (add more if you want it hotter)  
 1 Tablespoon white pepper  
 1 Lemongrass stem, finely sliced  
 4 cm piece of galangal or ginger, peeled and sliced  
 3 ½ Kaffir lime leaves, shredded  
 2 heaped teaspoons of minced garlic  
 1 very heaped teaspoon prawn paste  
 ½ a large onion  
 4 tablespoons coriander  
 And stock to blend

### **Curry**

600g white meat, cut into bite size chunks  
 1 medium eggplant, cut into ½ inch cubes  
 2 table spoons fish sauce  
 500ml Thai style stock, can buy it in supermarket  
 ½ onion cut into wedges  
 1 table spoon chilli oil.  
 100g straw mushrooms

### **Method**

Combine all ingredients in a small food processor and blend, if to dry add a little stock, careful not to add too much because you can't take it back out.

Heat oil in wok or frying pan until smoking, add all the paste and cook until it is aromatic.

Add the meat to the paste, stirring constantly as to coat the meat and seal it.

Once sealed, add stock and fish sauce, turn heat down and simmer for ten minutes

Using a slotted spoon remove meat and leave as much liquid behind as possible

Add eggplant and onion and simmer uncovered until eggplant nice and tender, and some liquid evaporated

Return meat continue to simmer for 5 minutes

~~~~~

Indian Curry

nikkimaloo

Hi All,

I made this recipe tonight - it's my TF friendly take on a Middle Eastern inspired curry and I thought I'd share because it was YUM.

1 onion chopped
4 cloves garlic - crushed
1/2 teaspoon nutmeg
1/2 teaspoon cayenne pepper
2 teaspoons tumeric
1/2 teaspoon nutmeg
One stock cube (vege stock)
Spinach
1 x 400 gram tin tomatoes (check the label and make sure they don't have too much salt and that the carbs are under 5/100grams.
Lamb
Lemon Juice

Basically chuck the onions, garlic and spices in a wok (sprayed with olive oil spray), then the lamb, let the lamb brown a bit then put in the tin of tomatoes, the vege stock cube and about 1/2 cup of water, let it cook for about 10 mins. Just before you serve it, squeeze a bit of lemon juice in the curry then mix through the spinach and the heat from the curry will wilt it.

It's actually a really quick recipe and it's really yummy. I served this with mashed Notatoes instead of rice.

The above made a meal for two so if you're feeding more, just double the ingredients 🍽️

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## *Moroccan Lamb Patties*

kalindab  
2 garlic cloves, crushed  
2 teas ground cumin  
1 teas ground coriander  
1 teas smoked paprika  
1 small chilli, seeded and chopped finely  
400 g lean lamb mince  
cucumber  
tomato

red onion  
red capsicum  
parsley

1. Combine lamb with garlic, cumin, coriander, paprika and chilli. Blend through carefully.
2. Shape into eight small flat patties.
3. Cook in non stick frypan with a little olive oil or cooking spray. Cook over medium heat for six to eight minutes in total, turning once.
4. Serve with a salad of the finely diced vegetables. sprinkle with parsley