

## *Mexican Ideas*

Squeek

I had nachos (kinda) last night. I cut up an Empower wrap, grilled it and used it in place of corn chips (have used one as a burrito before as well), with a bit of avocado and some small dabs of philly on top. I also found a mild taco sauce at Coles which came in under the 5g/100g limit, and mixed that into the mince.

The only thing you have to be careful of is the taco seasoning. All the ones I have seen in the shops have been WAY to high in carbs. So I made my own seasoning a few weeks ago and keep it in an airtight container.

2 teaspoons paprika

1 1/2 teaspoons salt

1 teaspoon onion powder

1 teaspoon chili powder

1 1/2 teaspoons cumin

1/2 teaspoon garlic powder

Place in a baggie or a small airtight container; shake to mix.

As I mentioned, I have adapted this recipe to make burritos as well. I imagine you could use the Empower wraps to make some yummy quesadillas as well.

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## *Zuchinni Carbonara*

\*BLONDE

240 Grams Chicken

Little bit of oil spray

400g zuchinni

2 eggs

1 Tablespoon parmesan cheese

100g onion

salt & pepper to taste

1. dice chicken and cook with the onion in a frypan
  2. while chicken and onion is cooking, prepare the zuchinni by peeling it with a vegetable peeler to get a long "fettuccini" strips
  3. put the zuchinni peelings into the pan with the chicken and onions, cook over medium heat until cooked al-dente
  4. add a little more oil
  5. take pan off stove
  6. pour beaten eggs over the peelings and toss till coated
  7. add parmesan cheese toss well
  8. grind some pepper over the top and serve hot
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## *almost a brownie... Original Biki Recipe*

gigi\_a\_go\_go

take one chocolate shake

mix with 50mls water into thick consistency

microwave for 40seconds and let stand a bit.

mix hardens a little and is like a hot brownie or chocolate pudding. Texture isnt fabulous, but it is a nice change and reminded me of cake.

### TayHay's Cookie Version

YAY Fab, you're a legend. The little chocolate cookies I made worked. Got a screaming kid here now, so will post details and pics here tomorrow.

Basically, choc sachet into a cup and add a drizzle of water until you can mix it into a dough type consistency. Then I put 6 little blobs (all the mixture) onto baking paper and into a hot oven (approx 180 for 5-7 mins). I ate them when they were warm and softish. Would need to let them cool to see if they went crispy. Tomorrow I guess...

Thanks to the groundbreaking post on how to make shakes into brownies by gigi\_a\_go\_go i have discovered heaven....

I mixed a mocha shake with only 40 mls water (just with a fork) in a rammikin dish then into the oven (200 Degrees) for about 15 mins and then left it to stand for ages so it went hard then i melted two 'Double D' Caramel Chews in the microwave and poured it over my brownie (gotta be quick before the caramel sets) then i just slipped a knife down the sides of the rammakin and lifted out my gorgeous, tasty, better than sex brownie! YUMMMMMMMMM

Here it is fresh out of the oven (a bit puffed up, it shrinks unfortunately)



Drizzled with melted caramel chews



It doesnt look like Jamies Kitchen material but it sure is tasty!

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An idea for the Simply Fibre

### *Macaroons*

BeeBee

Ok... now macaroons are made with coconut, sugar, vanilla essence and egg white... right?

Soooo... in theory anyway... you should be able to mix Splenda, Simply Fibre, a couple of drops of vanilla essence and egg white and make something similar

Would that be forbidden? I **\*\*HATE\*\*** having the Simply Fibre in anything but the Asian Curry soup. You'd only need your daily two teaspoons, one egg white and a teaspoon of Splenda is basically null... I'm going to try it tommorrow.

Will post the result tommorrow

oooooooooooo! Didn't think of coconut essence I'm on my way out shopping very shortly and will grab some eggs... forgot we'd run out

I just made the chocolate shake cookies... a suggestion... **ADD YOUR SIMPLY FIBRE!!** They come out like a very moist, wholemeal cake... (if Philly was added would be even better!) and more importantly, because you need more water and the fibre bulks it out...

We have a winner!!! The macaroons (let's make it official and call them Simply Fibre Mock-aroons) came out perfectly!!! (Let's call the muffins Simply Fibre Nuffins)

Remember to tally all ingredients into your daily allowences - with this being your daily SF serve!

Beat one egg white until soft peaks form then beat in 1-2 sachets of either Splenda or Equal. Beat until thick and creamy then fold in two heaped teaspoons of Simply Fibre. Place 4 blobbies on a non-stick baking tray and bake for 10-12 minutes at 180C.

They are AWESOME!!! See pic! Crunchy on the outside and cakey/goeey in the middle... you could add either coconut, vanilla or even strawberry essence... they are just like a little cake... YUMMMMM

Mallyflea... On testing this recipe and it's texture, yes, you should add a little beaten egg white to the muffins!



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Back again (have you guys worked out I am really missing my deserts by now?)

Another idea for your 100 calorie snack - melt one line of No Sugar Blues Chocolate in a little container (20 seconds in the microwave, stir at 10 seconds and remove if melted by then) stir in your two teaspoons of Simply Fibre and spread out into a round on greaseproof paper - pop in the fridge... you get:

More chocolate... and a COCONUT ROUGH!

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### *MORE BICKIES*

Mix up as per original bicke recipe, then add 2 teaspoons of SF, mix in well then add a couple of tablespoons more of water. Let sit for 10 minutes to bulk out, then add a little more water if necessary. Spread onto a baking tray 'bickie size' about 1cm thick. Bake for 10-12 minutes at 180C

Currently playing around with a mock muffin idea (with left over mix)... back in 10 minutes!

Hoping to find us all a "flour-substitute" with the Simply Fibre!

Ok... muffins attempted

Added a bit more water to make the mix "muffin-mix-like" and dropped blobby teaspoonfuls into non-stick mini muffin trays. Worked out you would get 9 mini muffins to a shake.

Baked in the oven 12 minutes at 180C... they puffed up beautifully, but collapsed when I took them out. Thing is, they went to a cake texture, not gooey in the middle... YUMMY!

BUT... there is always a solution I've worked out that if you used one egg white, they would stay fluffy... but haven't tried that theory yet. Maybe even a tiny touch of Splenda as well...

Sooooooooo.... one shake mix of your choice (just think Berry Fibre Muffins for breakfast!!!), 2 teaspoons SF and about 100ml (added bit by bit to check and wait 10 minutes to bulk out) and one egg white (use from your extra protein allowance).... MUFFINS!! Maybe even a dollop of Philly Lite would help - like the bikies

Of course, very happy for anyone else to improve on this!

Gimme five and I will post some pics!

This is fun

Pic of the thicker bickie mix ready to go in the oven (only pic)



Pic of mix



Mix in tin



In oven at 12 minutes

Deflated muffin.. but look at the



texture!



## *Apple Cinnamon Ricotta*

**(Serves 1)**

### Ingredients

- 150 - 200g of low fat ricotta cheese
- 1 Medium Apple, chopped into 1cm cubes
- $\frac{3}{4}$  Cup of boiling water
- 1 Cinnamon stick
- 1 Tablespoon of Simply fibre
- 2 Tablespoons of artificial sweetener

### Method

1. Put a small saucer pan on medium heat, add half a cup of boiling water and sweetener and mix well to dissolve the sweetener, then add the cinnamon stick and simmer for 5-10 minutes.
2. Add the chopped apples and cook until almost at just soft or desired softness. You may need to lower the heat to low and put the lid half on the saucer pan.
3. Once apples are soft add the Simply fibre and remaining  $\frac{1}{4}$  cup of water and stir well to combine.
4. Cook for a further few minutes until the sauce just thickens and then remove from the heat immediately. You can either cool this down or serve warm.
5. In a serving bowl, add the ricotta cheese.
6. Divide the apple cinnamon mixture in half. Add half to the ricotta and combine well. Add the remaining half on top of the ricotta and serve while the apple is still warm or when chilled.

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## *Shake a Cake*

MaShelly

Shake a Cake

1 Chocolate TF Shake

1 English Toffee TF Shake

Gelatine

Simply Fibre

Place 2 teaspoons of fibre into 1 chocolate shake , add 100mls of water stir and cook in 4 ramakin dishes for 5 to 7 minutes.. let cool.

Mean while place 2 teaspoons of fibre into 1 English Toffee Shake and add 200mls of water& into 50 mls of hot water at 1 heaped teaspoon of gelatine let it dissolve then add to the shake and blend..it goes very thick..pour over the baked choc muffins and refridge..2 desserts=1shake. they taste like a butterscotch cake .I have to be totally honest and tell you i won't hurry to make them again but if i really was hanging for cake these are like a very dense moist cake.you need to drink a lot of water afterwards.

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## *Savoury Mushroom Muffins*

By: Jenny Fisher

Makes 4 muffins Serves 1

1 TF Mushroom Soup sachet  
3 teaspoons Simply Fibre  
3 medium mushrooms diced  
½ carrot finely shredded  
¼ red capsicum finely diced

1. Preheat oven to 180C
2. Place 4 muffin papers in a muffin tray
3. Place all ingredients in a bowl and add 2 Tablespoons of water, Stir until mixture thicken
4. Allow the mixture to sit for 10 minutes to bulk out, add more water if necessary
5. Place mixture into muffin papers evenly between the 4 and bake for 30 minutes
6. When the muffins cool, the outside is crispy and the inside is soft.
7. Serve with salad

Note: the 4 muffins are equal to 1 sachet meal for 1 person.....

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## *Rhubarb Mousse*

A Suggestion Emailed to us by a Customer  
WoodyB  
Hi All,

A fellow Tfer has emailed us this suggestion and asked us to share it. He stews up some rhubarb (unlimited) and apple with a couple of sweetners and adds it to the vanilla sachet but makes it as a mouse..... sounds pretty good to me and it also sounds like it would be more filling than a normal mousse made from the sachets.

Kind regards,

WoodyB 😊

Tony Ferguson Staff

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### *Rhubarb and Strawberry Compote*

mistyasher

Ingredients

6 cups chopped rhubarb  
2 sachets sugar substitute  
1/2 tsp fresh grated ginger(optional)  
1/2 cup water  
1 punnet of strawberries or 2 bananas or 2 apples

Method

Simmer rhubarb with sugar, ginger and water for 5-7 minutes. Cool.  
Add sliced fruit and served chilled.

Heart Foundation Recipe 1982

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ksim

### *English toffee truffles.*

1 english toffee shake

1 big teaspoon of simply fibre

dash of water.

mix dry ingredients together adding drop of water to really firm consistency.  
spoon mixture onto plate and set in fridge for a few hours.

They reminded me of little rum balls (different flavour of course) and I thought I'd try chocolate after weigh in and restocking sachets tomorrow. They were a really sweet treat.

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## *Nana berry nuffins*

Snow\_White

I am missing my berries SO badly

SO this morning I decided to make NANA berry nuffins (hope you dont mind me also using that awesome name)

Recipe

1 Banana Shake

1 Egg white (whiped till just fluffy)

1 small handful of frozen berries (that your allowed - taking it away from your daily fruit!

2 tsp TF fiber

100 mls cold water

Preheat oven to 180

Whip eggs till fluffy. Add shake mix till dissolved and gooey. Add water and mix, sprinkle over the fiber and allow to expand for a few minutes. Tumble in berries and gentle stir to combine.

Cook (WITHOUT OPENING THE DOOR 🤪) for 12 mins

See piccies below 📷



yummo needs a little sugar but they are great

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## *Crumpets/Roll using TF shake and SF Pics...*

Lisalix

Hello everyone, so I was toying about with my shakes making muffins etc, and came across this which is Identicle to crumpet toast..I noticed once cooked that the French Vanilla shake is'nt very sweet, and you can not really taste it...anyway It was YUMMY..and Totally TF friendly

Here is the recipe

1. 1 packet of French Vanilla TF shake
2. a pinch of Baking Powder
3. 2 Teaspoons of Simply Fibre
4. 20mls of water (approx)

Method

I mixed the dry ingredients until they were well combined, then slowly I incorporated the water a drop at a time, till I had a thick consistancy...not runny like the muffin batter but not as thick as a dough...I then placed the mix into a non -stick small baking loaf tin...10cm by 4cm (you can get these most places

but i got mine from BIG W for 6 dollars for 3 of them)..I then baked in a pre heated fan forced oven at 180 degrees for 10 minutes or until then top was golden (or hard)...I then took it out of the pan and noticed it was rubbery underneath, so I flipped the crumpet having the rubbery side up and then baked for a further 5 - 10 minutes....and this is the result...it was sooo nice and closer to any bread I have had..only prob is you can not exactly have and protein with it...but I toasted mine in the toaster and had a smear of philli cheese (low fat) and sliced tomato.....and ohh soo good, only tasted a tiny bit sweet...but imagine what we can make, Berry bagels with the Wildberry shake, choc crumpets, banana crumpets...or even more svaoury with the soups.....hmmm I am thinking I may even make garlic bread next...or bruschetta using the mediterranean Tomato...I will post more pics and let you know how it goes 😊



I cooked a batch today and it was a bit more runny in consistency than last time, and it turned out more sweet (vanillary), I also had a bit less SF....so the trick is to make the batter almost dough like..and combine mixture well together.....I have made the tomato bread using the soup and a coffee choc cake....using the above method as in my recipe for the crumpets....I will post the pics soon

Well I made a banana bread loaf yesterday using the banana shake and it was delicious. Just tasted like BANANA BREAD.

This morning I was craving cinnamon pancakes as I make them for hubby and bubby nearly every day. SO...

I made the same thing as yesterday but added some cinnamon, means you have to add a little more water depending on how much cinnamon you put in. But oh my gosh it's just divine! So Good! Obviously it tastes like Banana Cinnamon Bread.

Edit: I was going to take photos but I was just in so much of a hurry to eat it while it was hot! YUM!

## *Tomato Bread (Bruschetta)*

Follow the crumpet recipe and method

<http://forum.tonyferguson.com/Topic374181-10-1.aspx> but instead, use Mediterranean Tomato SoupTF, once cooled slice in half and then pop under grill for a further 3 minutes or until crunchy 😊



You can add any roasted vegetable on top that you like...goes well with philli as the Bread is very tomato in flavour

Squeek

Can I just say..... YYYYYUUUMMMM.

I just made one with the vanilla shake and some cinammon, put some Philly cheese on top and it was AWESOME (It did turn out a little heavy in the middle but I think that was because I didn't put enough baking powder in). I'm always a little disappointed in the way that the shakes turn out when you try cooking/baking them - but this one was fantastic and will probably become a regular feature in my menu 😊

Thanks so much for the brilliant recipe!

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## *Chocolate Banana Cake*

ksim

Hi all, Felt like chocolate cake so I just made this -

2 sachets chocolate shake  
1/4 cup simply fibre  
2 small bananas mashed  
1 tablespoon artificial sweetener  
1 tablespoon oil  
1 teaspoon bi-carb soda  
50ml (approx) water

Combine ingredients with water until cake consistency. Pour into greased or lined cake tin. Cook in preheated oven (150 degrees) for approx 50mins. Turns out fantastically. Allow to cool and cut into slices. 1/2 this cake equals one shake and one fruit serve.

It is very fudgy in the middle and moist. Tastes terrific, smells enticing. Not at all bad for my first 'invention'. Enjoy and have a great day. Cheers, Kim.



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### *Choc Shake Cookies*

Hi, This is the recipe that came out on the latest TF newsletter. Issue no 3 Summer 2008

Choc shake cookies - 1 shake makes approx 9 cookies

1. Add enough water in a bowl to make the chocolate shake powder into thick dough like mixture
2. Add 2 teaspoons of simply fibre and mix well
3. Gradually mix in a couple of tablespoons of water and allow the mixture to sit for 10mins to bulk out. Add a little more water if necessary. Mixture should be thick consistency so it holds a peak.
4. Spread the mixture in to bite size pieces about 1cm thick on to a non stick oven tray.
5. Bake for 10 - 12 mins on 180c (be mindful to watch them)
6. when the biscuits cool - they will be crispy on the outside and soft on the inside. enjoy!

Hope you enjoy them  
Kerry

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### *choc chip muffins...*

Lisalix

Hey everyone, well I tried out BEEBEES recipe...however I altered slightly, and yeah they stayed risen, and tasted just like a chop chip MUFFIN 🍪

The secret is BAKING POWDER can you believe it

This is what I did.....

- 1 sachet of TF french vanilla
- 75mls of water
- 1 small egg
- 1 tbsp of TF simply fibre
- 1/4 tsp baking powder

3 squares of cadbury carb (smashed)  
and the other secret ingredient 1 Tbsp of LSA (powdered)  
1 tsp of Vanilla extract  
1 Tbsp of Equal spoon for spoon 😊

I mixed these all together and let the baking soda sit for a bit, then put it in the oven for about 15 min fan forced on 180 degrees..

and these are how they turned out...ohhh soo yum 😋



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### *Chicken Biscuit*



#### Ingredients:

1 sachet of TF Mushroom Soup  
1 cube of Chicken Stock  
1/4 teaspoon Baking Powder  
1 tablespoon of Simply Fibre  
3 Tablespoons of Water

#### Method:

Combine dry ingredients and mix until even.

Add 3 tablespoons of water (cold or room temperature) and mix until it is a dough-like consistency.

Line a oven tray with foil and spray with extra virgin olive oil.

Add mix and flattern out to desired size and thickness (a little tricky as it's sticky)

Spray dough mixture with oil.

Cook for 15 - 20 minutes at 180 degrees.

When cooked, remove and let cool slightly.

ENJOY!

Once cooked it has the consistency of a soft, yet crunchy biscuit

When I get to TF next, I'll grab a pumpkin soup sachet and try making a pumpkin scone type think...

You could use the chicken soup mix too I'm sure, but I only had a sachet of mushroom soup in the house.

Anyone got a clever name for this?? post in the comments section!

NOTE: This counts as your 1 shake/soup meal replacement for the day

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## *Cakey Mocca Fingers with pics*

Lisalix

I have been playing with shakes again, and today decided I would use my 10cm by 4cm cake loaf pan to make something sweet....

### Ingredients

1. Choc Shake TF
2. pinch Baking Powder
3. 2 teaspoons artificial sweetener (spoon for spoon)
4. Dash of Vanilla Essence
5. a teaspoon of decaf coffee (instant)
6. 1 Tablespoon of Simply Fibre
7. 20mls of water

### Method

Combine all dry ingredients well, slowly combine water and Vanilla until it makes a thick batter. Preheat oven to 180 degrees FF

Bake for 10 minutes, then flip cake out of tin and bake bottom side for a further 5 minutes (time varies, so turn cake when the top is slightly hardened). Take out of Tin and let cool. Then once chilled slice into finger shapes...if your feeling naughty you can add diet carb free choc to the recipe or even dip the fingers in the choc and let cool...They go great with a Decaf Coffee 😊



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## *Berry Bagels with cream cheese*

Lisalix

Here is my very oh so yummy Berry Bagel (N.B..very similar to crumpet accept I didn't flip it this time)

### Ingredients

1. 1 Packet of wildberry shake or strawberries and cream shake
2. 2 Table spoons of Simply Fibre
3. 1 Teaspoon of Strawberry Essence
4. 15 - 20mls of water (approx)
5. pinch of baking powder (small)
6. 2 Teaspoons of Philli Lite Cream Cheese
7. Small heart shaped baking tin or a mini bunt tin (these are readily available in supermarkets for about 3 - 5 dollars).

N.b - You can use any shape you like, but this looks better in the heart shape

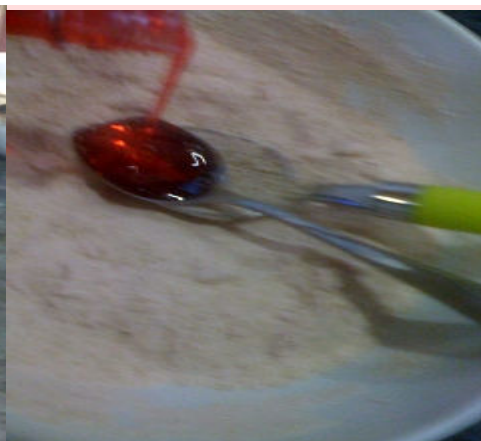


### Method

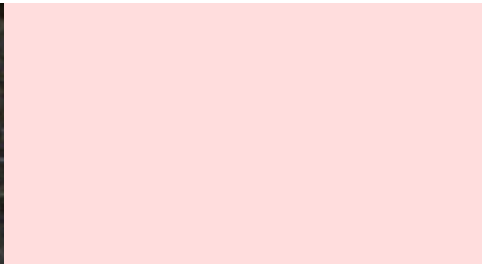
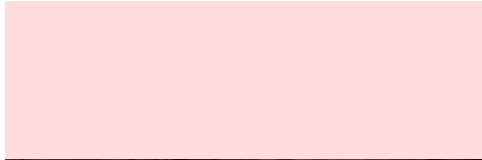


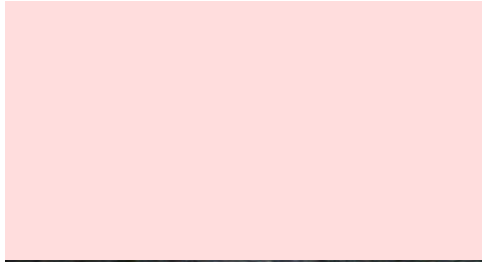
Pre heat a FF oven to 220 degrees. Add 1 packet of the desired shake, Baking Powder(mix dry ingredients well together), next add essence into the middle of the mixture combining the dry ingredients in it (best way to do this is to make a well mixing and letting the dry ingredients fall into the essence).now it is time to add the water a drop at a time until it is to a thick consistency. Into the Baking dish add the mixture (helps if you lightly grease the pan first). Then decrease the oven to 180 degrees celsius and add the Bagel in for approx 20minutes on the middle shelf until the mixture is cooked and the top is slightly hardened (you can check with a skewer make sure there is no

runny bits). Then leave to cool on a wire rack....Then slice in half and top finally with the cream cheese. This would have also been nice with some fresh wildberries but I didn't have any.









## *Banana Slice*

TinyCourageous

I am not a big fan of the Banana Shake so I thought I would try this slice with the Banana shake instead of Vanilla to use them up. It was so delicious I will definatly be trying it again, I liked it better than the apple version actually - pitty we can't have banana's every day.

### Banana Slice

4 TF Shakes (Banana)  
2 Apples (peeled & Grated)  
2 Bananas (I used the only just ripe ones and mashed them up)  
1/2 cup Fibre (I used Natural Metamucil 'Granular' cause that's what I had)  
2 tbsp Olive Oil  
1 tsp Vanilla Ess (no added sugar type)  
1 tsp Chocolate Ess  
1 tsp Cinnamon  
3 tbsp sweetner

As with the Apple slice - I put grated apples and mashed banana into a large bowl then added all 4 sachets of Shakes (mixing well with each shake added). I added the sweetener, flavours and oil. Then gradually mixed through the fibre.

Spread evenly over a 20cm x 20cm non-stick pan (I used grease proof paper) and then bake in the oven at 140-160c for 45-55 mins.

Once cooked divide into 4 serves with each serve = 1 shake + 1 fruit.

If I have added anything that wasn't allowed - let me know. I would definatly keep buying Banana shakes just to make this Slice, thankyou to whoever made up the original recipe!!

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## *T.F. Apple Cinnamon Slice*



Enjoy this delicious spicy slice without ruining your daily intake.

(Serves 4)

Ingredients

- 4 Tony Ferguson Vanilla shake sachets
- 4 Small to medium apples, peeled
- ½ Cup Tony Ferguson Simply Fibre
- 2 Teaspoons Cinnamon
- 2 Tablespoons of olive oil
- 2 - 3 Tablespoons of sweetener (ensure it's a suitable for baking type)

#### Method

1. Pre-heat oven to 140 - 160°C (note: the low temperature is to prevent the slice from burning).
2. In a large bowl, grate all four apples.
3. To grated apples, add the contents of all 4 Tony Ferguson sachets, combining well as you add.
4. Add sweetener, cinnamon and olive oil and combine.
5. Gradually add Simply fibre, combining well to make a thick dough.
6. Grease a non - stick loaf tin with olive oil (you may want to add a greased baking paper) and add apple mixture.
7. Place apple mixture in the oven and cook for 45 - 55 minutes.
8. Remove from the oven and cool. Slice into 3cm squares. Makes about 12 squares.
9. This can be served warm or cold or even heated up later.

#### Note:

- Each serve (approximately 3 squares) is equal to one shake and one fruit serve.



### *Anzac Day Cookies: Vanilla and Apricot Cookies*

1 shake makes approximately 3 medium cookies. Eat as an alternative to your morning/lunchtime shake and a serve of fruit.

#### Ingredients

1 Vanilla Shake  
 5 Dried Apricots  
 Simply Fibre  
 Water  
 Sweetner (Equal/Splenda)

#### Method

1. Pre-heat the oven to 180c

2. Add enough water in a bowl to make the vanilla shake powder into thick dough-like mixture.
3. Cut up 5 dried Apricots and add them to the mix
4. Add 2 teaspoons of Simply Fibre and mix in well.
5. Allow the mixture to sit for 10 minutes
6. Gradually mix in enough water until the mixture can hold a peak.
7. Line a baking tray with baking paper and spread the mixture into three flat circular shapes.
8. Bake for 10 - 12mins on 180c (be mindful to watch them!)
9. When the biscuits cool – they will be crispy on the outside & soft on the inside.
10. Sprinkle with sweetner (Equal/Splenda) if desired.

Have a Great Anzac Day!

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Stumwick

### *TF friendly Wraps*

1 Cauliflower,

3 desertspoons of Psyllium Husks ( I am sure simply fibre would work too)

one egg.

I add a little water as I blend it in my food processor to just help it mix.

Put spoonfuls on baking paper on a dinner plate, and then put another ontop to squash it down as flat as you can without leaving holes in it. Take the top piece off and microwave for 4 minutes for a dinner plate size one. If it isn't firm put it back in for longer.

Cool slightly. Peel off the paper gently and Whala!! It is so like a wrap it is great. If you make them a bit thicker they are like pancakes. I put avacado on one.

I made 6 but some of them were so thick I could have made more. I prefer them thin.

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## *Baby crab cakes*

Ingredients (serves 8)

- 1 x 200g carton Stewart's fresh crab meat
- 2 green shallots, ends trimmed, finely chopped
- 1 celery stick, finely chopped
- 2 egg whites
- 1 tbs chopped fresh dill
- 2 tsp Worcestershire sauce
- 70g (1 cup) fresh breadcrumbs (made from day-old bread)\*use Fibre instead\*
- 1 tbs vegetable oil
- 1 small ripe avocado, halved, stone removed, peeled, finely chopped
- 1 fresh red chilli, deseeded, finely chopped
- 1 tbs finely chopped fresh chives
- 2 tsp fresh lime juice

Method

1. Combine the crab, shallot, celery, egg whites, dill, Worcestershire sauce and breadcrumbs in a medium bowl. Season with salt and pepper.
2. Heat the oil in a large non-stick frying pan over medium heat. Spoon six 1-tablespoonful portions of crab mixture into the pan. Use an egg lifter or small palette knife to gently flatten. Cook for 1-2 minutes each side or until golden brown. Transfer to a plate lined with paper towel. Repeat, in 3 more batches, with remaining crab mixture, reheating the pan between batches.
3. Combine the avocado, chilli, chives and lime juice in a small bowl. Taste and season with salt and pepper.
4. Place the crab cakes on a serving platter. Top with avocado mixture to serve.

Notes & tips

- Prepare to the end of step 3 up to 1 hour ahead. Store in separate containers in the fridge. Continue from step 4 just before serving.



## *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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## *Baked eggplant and ricotta rolls*

Pixi  
Hi Guys,

I found this recipe in a woolworths recipe magazine, I havn't tried it as yet (making tonight) but thought I'd share as it sounds delish!

Serves 4

Olive oil spray  
2 medium eggplants  
480g fresh ricotta (would be 4 servings for a female)

1/2 cup chopped fresh basil  
1 x 575g jar of pasta sauce (pick a TF friendly one)

The recipe also states to add parmesan and mozzarella however as this is not TF it's at your discretion whether you want to use it or not.

1. Preheat oven to 200. Spray 2 large baking trays with olive oil. Cut the eggplant into sixteen 1cm-thick slices length ways.

Arrange eggplant, in single layers, on the prepared trays. Lightly spray with olive oil and bake for 10mins or until golden brown.

2. Place ricotta and basil (and parmesan if using, not TF) in a bowl and stir until well combined, season with pepper.

3. Place 1 tablespoon of ricotta mix on 1 eggplant slice, roll up firmly to enclose filling. Place roll stem side down.

Repeat with remaining ricotta mixture and eggplant. Pour the pasta sauce evenly over the rolls. (sprinkle with some mozzarella and parmesan again not TF, optional) Bake in the oven for 10mins,

Plate with a side of TF vegies and mmmmm I'm hungry!! Enjoy.

---

### *Baked Salmon and tomato sauce*

Serves 4

#### Ingredients

- 4 x 120g Salmon (fresh or steaks) (women) OR
- 4 x 220g Salmon (fresh or steaks) (men)
- Olive oil spray
- 4 x whole tomatoes, seeded and diced
- 1 x 400g tin tomatoes
- 1 large zucchini, diced
- 1 medium onion, sliced
- 1 teaspoon crushed garlic
- 1/2 teaspoon chilli powder
- 2 tablespoons lemon juice
- 2 tablespoons lime juice
- 1 teaspoon lemon grass
- 1/2 cup fresh basil, shredded
- Salt and pepper to season
- 4 sheets of foil

#### Method

1. Pre heat oven to 220c.
2. In a large bowl combine whole tomatoes, zucchini, onion, garlic, lemon and lime juice. Add tinned tomatoes, break up tomatoes with potato masher or fork, add lemon grass, basil and chilli, combine all ingredients together well.
3. Lightly spray the sheets of foil with oil, place fish in the centre of foil and spoon sauce mixture on top of the fish. (turn up the sides of the foil a bit so when spooning in sauce it does not go everywhere)
4. Place fish into oven for 20-30minutes or until fish is cooked through and tender.

5. Once the salmon is cooked place in to a shallow bowl and spoon over sauce from the foil.

Note: You can serve this dish with salad or on it's own and you can use any type of fish for this dish.



## *Balsamic Chicken*

Serves 4

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 clove of garlic, crushed
- 2 tablespoon extra virgin olive oil
- 4 x 120g lean chicken breast pieces (females)
- 4 x 220g lean chicken breast pieces (males)
- 1 cup of button mushrooms, sliced
- 1 cup salt reduced chicken stock
- 2 teaspoons fresh thyme leaves
- 1 tablespoon fresh chopped parsley
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 small zucchini sliced

### Method

Combine balsamic vinegar, garlic and 1 tablespoon of oil and mix. Coat each chicken breast in the vinegar mixture.

Heat 1 tablespoon of oil in a large frying pan. Cook chicken for 3 minutes each side. Remove chicken from the pan.

Add mushrooms to the pan and cook for 2 minutes until soft. Add stock and bring to the boil. Simmer until reduced by half. Return chicken to the pan until heated through and stir through herbs.

Steam vegetables and serve with chicken, mushrooms and sauce.

## *Balsamic strawberries*

Angie06 This is a great dinner party dessert! Wash and dry and then slice your strawberries into 3 slices. For a punnet of strawberries I would use 1 - 2 tablespoons of balsamic vinegar and (before TF equal amounts of castor sugar) but now replace the sugar with 1 - 2 teaspoons of Splenda and marinate for 1 hour.

Place strawberries in a small bowl and top with a SMALL scoop of carb modified icecream.

Of course this will take up both your "fruit" servings for the day as well as the extras allowance.

---

## *Banana Pancake*

sunshine\_n\_stars  
Shake 1 banana shake,  
Add two teaspoons of simply fibre  
and let sit until it gets thick!

When thick enough, pour into saucepan and make a yummy banana pancake! I'm just about to try this for the first time!

Divata  
I tried this, and it was pretty good!

I mixed a banana shake with my 2 tsp fibre and about 50ml of water to make a batter, then cooked 2 pancakes and topped it with a mashed banana and a sachet of splenda.

I think i have found my new weekend breakfast 🍌



renster

## *home made icy poles/ ice blocks??*

I was reading somewhere you can have unlimited home made icy poles made from diet cordial. Does anyone know how to make them or where to get the moulds, paddle pop sticks?

Also I was wondering to make an icy pole/cream could you somehow mix the diet jelly with the new Peters No added sugar ice cream then put them in the ice icy pole moulds with pop sticks and create a nice icy pole/cream? Im not very good creating made up things but maybe it would work? and also reduce the calories/carb count of just eating Peters ice cream on its own?

ms4off100

Hi

Those plastic mould things seem to come and go in the supermarkets. I do know that Tupperware has them but they are a bit pricey. I personally never liked them they always ended up too hard and icy.

My doctor's office does them for the littlies just out of icecube trays with a paddle pop stick in it. You can get paddle pop sticks at craft stores or even at some Go-Lo or other \$2 shops that have craft items.

~~~~~

## *Mashies*

Carb-aholics, you will LOVE this!!!

Angelina

Mash cauliflower balls! AKA Mashies!!! (remember the KFC mashies?) 🍷🍷🍷



Ingredients:

2 heaped teaspoons simply fibre (this is needed to stick them together - don't worry, you don't taste it)

1/2 teaspoon garlic powder

1 - 1 1/2 teaspoons all purpose seasoning

1/4 teaspoon of pepper (optional)

1/4 - 1/2 of a chicken stock cube (crumbled)

Mashed cauliflower/notatoes (cold -put in the fridge to 'set' a bit, makes them easier to form balls)

(This coats about 12 balls)

Method:

Mix spices & simply fibre together

Get 'blobs' of notatos and roll/shape into a ball

Roll the notato balls around in the mixture, making sure to coat all over.

line a oven tray with alfoil and lightly spray with extra virgin olive oil spray.

place the notato balls on the tray and lightly spray a tiny bit more oil over the top (don;t worry about coating them though - and you could probably get away with not spraying the tops... not sure haven't tried it yet)

Cook in the oven at approx 200 degrees for about 20 - 30 mins.

There you go! Simple, and oh so delish!!! You don't even need salt on them, as the chicken stock gives them a salty taste!

Add any (allowed) dry herbs and spices you like... you'll find a combo that suits your taste buds!

Let me know what you think!!! 🤪

(I don't think anyone has posted a recipe like this)

You could also try it with other vegies inside with the notatos (or a mash of mixed puree vegies...)

My mind is now wandering to mash-patties... would be lovely with salad...

HINT: boil or steam cauliflower until soft, then mash... it should stick together. If not, you could try using a bit of light philli. then you just shape them into ball-like shapes.

Forgot to mention, you should probably put the mashed notatoes in the fridge to cool before trying to roll them into balls, it helps it 'set' a little.

New tatse sensation for mashies

comfort

I tried the mashies last night but they were a bit mushy, so tonight I did not cook cauli so much. I added philly and a teaspoon of pesto. I rolled the mashies like croquettes and coated them in SF with a few spices added. SOOOO good.

~~~~~

## *Apple Pie!!!*

Angelina

Ok, so you may have read my post on bread/pizza base... this is taking it to the next level! 🤪

This is more an apple pizza-pie, but my taste buds were convinced it was a fairly close match. :wow:

serves 1

Ingredients:

for the pie base:

1 cup of mashed cauliflower

1 - 2 tablespoons of simply fibre

1/4 - 1/2 of a 55g egg, beaten (keep in mind this counts towards your protein)

dash of light milk (like a tablespoon or so)

for the apple-mix:

1 green apple, cut into small cubes

diet cordial (I used diet-rite fruit cocktail) (just enough to cover the apple, undiluted)

cinnamon spice (not cinnamon sugar - naughty!)

splenda spoon for spoon sugar

Method:

Mix simply fibre into mashed cauliflower, stir until combined.

Add egg to mixture and stir until combined (when using only half an egg, scoop it in using a measuring spoon so you don't accidentally tip the whole egg in)

Add milk little by little and mix until combined.

Line a baking tray with alfoil, and spray lightly with extra virgin olive oil.

add mixture to alfoil and shape into desired shape (ie circle, square...) (try to keep the mixture at a thickness of about 3/4 of 1cm... so basically, not thin like a crepe & not quite as thick as bread)

place in oven and bake at 180 degrees for an hour, turning over halfway through (this is important, otherwise one side will be sloppy lol)

when the bread has 10 minutes left to cook, dice apple into cubes and put into a small pot. pour in undiluted cordial, and cook until boiling and stir occasionally (watch this, you don't want it to burn or stick to the bottom of the pan, which it might do if left unattended)

when bread is cooked, pull out from oven and place on a plate or bowl, add apple mix and top with a sprinkle of cinnamon & splenda spoon for spoon

YUM!

Sure, it doesn't look like an apple pie, but it sure tastes divine! It's quite filling too.

I love my vegies, but I'm not a 'fruit person' and I found this to be divine... now if only there was a substitute for thickened cream, hehe... I suppose you could have it with your 'treat' icecream if you like.

NOTE:

- the bread takes an hour to make.
- the apple counts towards your fruit serve of the day.
- the egg in the bread counts towards your protein for the day.

Feel free to improvise or improve this recipe, and make sure you let me know what you think!

Check out my TF recipe blog: <http://angelzfood.blogspot.com>

~~~~~

### *cauliflower & Broccoli Soup*

sami\_j

Hi I made this soup yesterday that my mum makes but adjusted it a little

1 cauliflower  
Half the amount of broccoli to cauliflower  
1 Med/Lge Zucchini  
1 Lge Onion  
1 tbs curry powder  
Pepper  
8 cups water  
6 chicken stock cubes

Once all the vegies are boiled and blended serve with extra pepper

This soup is really yummy I used to eat it b4 TF but it had a few potatoes in it and served with grated cheese sprinkled through it but without those its still really really good

~~~~~

### *BBQ Salmon with Celeriac & Spinach Mash*

Serves 2

2 x 150g salmon fillets  
700g celeriac, peeled to remove all the knobbly skin and cut into chunks  
2 teaspoons coarse grain mustard  
2 teaspoons lemon juice  
100g (one big handful) baby spinach leaves  
Olive oil cooking spray

Method

Preheat BBQ or grill.

Spray the salmon with olive oil cooking spray and season with salt and pepper and set aside.

Place the celeriac in a pan with cold water to cover, add a pinch of lite salt and when at boiling point, lower the heat, cover and simmer for 12 to 15 minutes until tender.

Whisk the mustard, lemon juice and pepper together and set aside.

Grill the salmon for 3-4 minutes on each side, until just pink in the centre. It will continue to cook once removed from the heat so don't overcook, otherwise it will end up too dry.

Drain the celeriac, reserving 1 tablespoon of the cooking water. Return the celeriac to the pan and mash until fairly smooth. Add the spinach, stirring occasionally over a low heat until wilted. Stir in the reserved cooking water and half of the mustard dressing.

Spoon the mash onto two plates, top each with a salmon fillet and drizzle the remaining dressing over the top. Serve with steamed asparagus and / or green beans.

\*\*\*

This is based on a French recipe but healthy enough for the TF diet...

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### *Caramel Microwave "baked" Apple*

Tilltoo0

I got this recipe from (I think her name is Michelle) at Wynnum Plaza Terry White... well me mum gets them and scans and emails them to me. I tried this one tonight and it was fantastic 🤪🤪🤪

\* 1 Apple peeled and cored (as I don't have a corer I just cut it into wedges)

\* 2 sugarfree chewy caramels (I used the hard choc filled caramels and they worked too)

\* cinnamon

place the apple in microwave safe bowl. Put the caramels on the apple pieces (or stuff it into the core if you have cored the apple). Dust with cinnamon. Microwave on high for around 2min or until apple is soft, I covered the bowl. The caramels melt mmmmmmmmm.

I have a very small amount of the allowed icecream with it.

Just a warning it is very hot when you get it out!!!!

Hope you enjoy

---

## *Caramel Cinnamon Apple Prune Bake*

ms4off100

I'm not the best cook but threw this together the other night and it tasted really yummy.

Granny Smiths I think are best for baking  
1 apple peeled and chopped into slices say in 8-10 pieces  
2 pitted prunes - chopped up  
generous sprinkle of cinnamon  
1 double d caramel chew lollie

I just got a good piece of alfoil put the sliced apple on it sprinkled the cinnamon, then stuck the caramel in the middle and evenly put the chopped prunes on top.

Then I bundled it up into a sealed parcel and sat it in on a tray.

I guess you can use your own judgement as to how long to cook in your own oven but I had the kids chips 🙄 were in the oven at 210 degrees so I just popped it in at that temperature for about 10 mins then down to about 150 for 5 mins. My oven is fan forced.

I unwrapped the parcel put it in a nice dessert plate and spooned a tablespoon of Peters low carb icecream on top.

---

## *Cauliflower Bread Crepes with Banana and...*

FatCat99

I was fiddling around with the Cauliflower Bread recipe and thought that it might work quite well as a crepe. And it does!

Recipe:

1/2 cauliflower, 1 egg, 2 tablespoons simply fibre, dash of milk.

For Filling: 1 Banana, mashed, cinamon to taste, perhaps a little creme cheese with splenda or allowed low carb icecream

Method:

Boil and mash cauliflower, mix in fibre, mix in egg, add dash of milk. Don't make the mixture runny, it should be the consistency of mashed potato.

Lightly spray a baking tray and spread about two tablespoons of the mixture out in a circle; your crepe should be thinner than a slice of bread. I had enough mixture to make five "crepes". Lightly spray the top of each cauliflower crepe. Bake in the oven, till the top is lightly browned and then flip them over. (My oven isn't working properly, so I'm guesstimating that its about fifteen minutes till you flip, then ten minues for the other side). I'm going to experiment if these can be made in a non-stick pan, too.

While warm, spread each crepe with banana filling and fold. Absolutely delicious (Hubby liked them too). I'm thinking these would also be yummy with berries, if those are allowed.

---

## *Cauliflower cous cous*

Cherri

Hi all, borrowed the not fried rice, I cut up cauliflower, stalks and all, and processed it in a food processor till it looked a bit like rice, then I steamed it, and used it as a base for turkey stroganoff and it was very edible, DH says he would eat it once a week.

He said it was more like couscous than rice, I only steamed it for 10 minutes so it still had a little crunch and I drained it well before serving it on to the plate.

I made the "Stroganoff" using Continental low fat creamy Chicken and Mushroom simmer sauce which states it has 4.3G Carbs per 100 ml. which I think, meets TF guidelines.

---

## *Cauliflower Muffins!*

BabyDoll

A friend put me on to this!

1/4 of a cauliflower (florets) chopped

1 x mini tub of light philli cheese onion and chive flavour (from the 4 pack)

1 egg

salt & pepper

mixed herbs

melt the philli cheese and mix with the egg, add cauliflower, mixed herbs and seasoning to taste. Pour into muffin tins and cook in the oven at 180C until egg has completely set. I served with other allowed vegies and just lessened our protein to allow for the egg.

---

## *Cauliflower Popcorn*

Ingredients

2 cups cauliflower florets (200g)

Cajun seasoning

Method

Place cauliflower florets in a large bowl with Cajun seasoning, salt and pepper and toss to coat.

Place onto an oiled baking tray and spray lightly with olive oil spray, adding extra seasoning if required.

Bake in a moderate oven 180c for 15-20 minutes or until golden

Tip:

For different flavours try adding chilli powder or any other spices...

## *Cauliflower Rice*

Franca

### INGREDIENTS:

1 head cauliflower (or however much you want)

### PREPARATION:

To make this dish the most easily and to have it come out the best, three pieces of equipment are very helpful:

- A food processor
- A microwave
- A covered (or fairly tightly coverable) microwave-safe dish

Process fresh cauliflower until it is the size of rice, either using the plain steel blade or the shredder blade. Alternatively, you can shred it with a hand-held grater

Microwave it in a covered dish. DO NOT ADD WATER. Cauliflower absorbs water like crazy, and the "granules" will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work.

~~~~~

## *Ceasar Salad*

Squeek

Firstly pan fry off a little Philly cheese in small rounds to make some soft Philly chips. I use these instead of parmesan. The chive one works well with the salad and last night I also tried the garlic one (which I think you can't get in the individual tubs yet). It's a little fiddly but it works. Next time I am going to try putting them in the oven to see if it makes it less fiddly.

Secondly, and this was the big discovery of the night (and thanks to my sister who suggested it!), I got some chicken breast, sprayed it lightly in light olive oil spray and then sprinkled it with chicken stock. I then pan fried it for a couple of minutes on both sides (be careful the stock coating doesn't burn), then sliced it up for the salad. The stock coating somehow makes the chicken sooooo tender and gives it that extra little hit.

I also pan-fried a slice of prosciutto (probably going a little over my protein allowance but I'm happy to do that once or twice a week, and the TF staff said one slice occasionally is fine) and put it on top, and then drizzled some Paul Newman dressing over the top of it all.

~~~~~

## *Celeriac Mash*

Olive oil spray

4 cloves of garlic

2 red chillies

fresh thyme

700g celeriac, peeled to remove all the knobby skin and cut into chunks

250 ml chicken stock

Heat olive oil on a medium low heat and add garlic, cook the garlic until soft.

Add chopped and seeded red chillies, fresh thyme and peeled and chopped celeriac. Pour in chicken stock and simmer until stock is absorbed and celeriac is cooked.

Roughly mash and season with pepper, to taste.

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Bones (30/03/2007)

*cheese cake filling and banana.*

the allowed philly cheese portion (75g) I used light philly cheese  
a half a juicy lemons juice  
a couple of teaspoons of spoon sweetner

mix all together and eat with a chopped up banana

I would omit both servings of fruit for the day to have this 🍌

I hope you can cause it is sooooooooooooooooooooo good 😋

thanks for your answer in advance 😊

I would suggest that you have this no more than once per week, as the 75g of philly adds an extra 100cal/420kj to your daily intake. Philly is used as a last resort option when you are still hungry after you have eaten as much vegetables and diet jelly as you, however philly can occasionally be used in some recipes such as this or notatoes. TF Staff...

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*Cheesecake recipe that has been given the ok..*

gotta\_get\_thin

Shorty has said that the following recipe is allowed- providing we only have half

🍌 So either share it with a friend or have it over a couple of days- I imagine sharing it would probably be easier than trying to stop eating it all 🍌🍌🍌

Cheesecake

100ml lemon juice (fresh squeezed)  
1 tbsp gelatine  
200g ricotta cheese  
150g lite Philadelphia cream cheese  
2 tbsp Equal Spoon for Spoon  
1 tsp grated lemon rind  
1 egg white

Heat the lemon juice and sprinkle with the gelatine. Stir well with a fork. Cool. Whisk the ricotta cheese, Philadelphia cheese, Equal Spoon for Spoon and lemon rind together until smooth. Swish the gelatine mixture. Beat the egg white until stiff peaks form, then fold into the cheese mixture.

Refrigerate until set- put into ramekins or similar- as there is no crust/base

When shared with one other person it works out to be : three-quarters of a protein serve (equal to 100g ricotta, and half an egg white) and 75grams of Philly peekie



I made them this morning!!!!!!!!!!!!!!



### *CHEESY CHICKEN RISOTTO* - Serves 2.



sammymac

#### INGREDIENTS

1/2 large Cauliflower processed (grate it if you don't have a processor)  
1 Purple onion diced  
2 cloves of Garlic chopped  
100gm Mushrooms chopped.  
1 Zucchini diced  
Allowed Chicken portions – diced  
1/2 Jar of Leggos Spinach, Ricotta and Pecorino stir through sauce.

## METHOD

Brown the Onion and Garlic in a large non-stick pan on high heat.  
Add Zucchini, cook until soft.  
Add Mushrooms, stir through well.

Use another pan to cook chicken until browned.

Add the processed Cauliflower to the rest of the vegetables, stir and mix well. Make sure it is heated through.

Now add the 1/2 jar of sauce. Stir through well.

Now serve it, and add the correct amount of chicken to each bowl. Now its ready to eat! YUMMO!

~~~~~

## *Chicken & Mushrooms Provencale*

Serves 2  
anella

2 Chicken Breasts  
3 Cups Mushrooms, chopped into cubes (button mushrooms cut into quarters)  
1 Tomato with seeds  
1 bunch asparagus  
1/2 Cup water  
1 clove garlic chopped  
1/2 Fresh Chilli, Chopped & de-seeded  
Fresh Basil & Coriander (as much as you like)

### Method

Spray a non stick pan with some olive oil spray. Put the garlic & chilli in the pan and let it fry off.

Once it is fragrant, add the chicken and brown. Once brown put the mushrooms, tomato & water in the pan and let it boil. Add the asparagus and keep it boiling until the tomato is reduced. Add the herbs and simmer for about 5 minutes.

Serve over steamed Bok Choy and with a side of steamed Zucchini.

Hi all.... I've been lurking in the forums for a while now but decided that I just HAD to share this delightful chicken recipe with you! It's something that I cooked before starting TF but now I just omit the honey in the sauce and the side dish of potato mash!

~~~~~

## *Chicken & Veg parcels:*

My quantities of veg are approximates but this is what I prepare for my partner & I.

Chicken breast (per person - remembering allowable protein serve requirements)  
1 x zucchini and 1 x carrot - sliced as julienne  
2 x large sticks of celery - sliced as julienne

1 x medium size onion  
2 x cloves of garlic - chopped finely  
1 x large piece of ginger - chopped finely  
Black pepper to season

Several generous tablespoons of soy sauce and a good drop of sherry! (You don't have use the sherry but it adds a beautiful flavour to the chicken & veg)

Place a chicken breast on a large piece of foil (one per parcel) and top with the vegies. Fold the foil up around the chicken so it's like a parcel, but don't seal yet. Mix the soy, sherry, garlic, ginger and pepper together and distribute into the parcels. Don't overflow the parcel, about 4 tablespoons is enough.

Place in a baking dish (incase of any leakage) and bake in the oven for about 25-30mins (we are on electric so it takes a bit longer), just check to make sure your chicken is cooked all the way through.

Serve with other vegies of your choice - a good idea is to omit the carrot from the parcel and make a carrot mash (add a clove of garlic for a bit more flavour!).

I guarantee it is absolutely delicious!!

---

### *Chicken & Vegetable bake*

thx to mindy :)  
tarryn

#### Ingredients

\*1 large bbq chicken \*1 bottle Continental Sizzle & Stir Creamy Mushroom & Garlic (on allowed list) \* 2 onions \* half cauliflower \*1 red capsicum \*2 zucchini  
\* 10 button mushrooms.

#### Method

remove all skin/fat from chicken and chop into approx 1-2cm pieces, chop 2 onions and combine with the sizzle sauce as per the bottles instructions (basically heat/stir fry). Grate cauliflower including the core, thinly slice zucchini & mushrooms, dice capsicum. In a large oven tray or baking dish spray lightly with olive oil spray (or similar) and place the grated cauliflower on the bottom, then the mushrooms and zucchini, cover with the chicken/sauce combo and top with the diced capsicum. I put fresh parsley and pepper on the top as well. Bake in moderate oven for approx 30 mins or until all cooked through.

---

### *Chicken and Grape Salad*

chellie89

Ok, so this is a recipe for Chicken and Grape Salad. I got it from this months Woolworths Frech magazine but altered it a little to be TF friendly with the dressing.

What I used was:

- 60grams of BBQ chicken diced
- iceberg lettuce
- Half a red apple
- 5 grapes
- 1/4 of avocado
- Paul's Ranch salad dressing
- Ground pepper on top

It was the best salad I have ever had, and so filling too. You can have it twice a day but not use as much avocado if you want it in both salads. The salad with the apple and grapes so sooo yummy because the fruit was so much sweeter, it was absolutely YUM!!!

Fab40

Chellie that sounds yummo...I always add fruit to my salads- mango, orange segments etc. The only thing I would suggest is to add 60g more chicken, your protein amount is too low or alternatively add a boiled egg instead to make up your 120g protein total.

~~~~~

## *CHICKEN AND VEG SCALLOPINI !! YUMMO*

jtlc

- 1 jar of leggo's chicken scallopini sauce
- 1 chicken breast cooked and shredded
- 3/4 onion finely sliced
- 2 hand fulls of precooked cauliflower
- 2 hand fulls of precooked finely sliced cabbage
- 1 handful of mushrooms finely sliced
- 1/4 of zuchinni finely sliced in to strips
- lots of cracked pepper

fry up onion , zuchinni and mushrooms until cooked through crack in some pepper .then add precooked cauliflower ( give it a bit of a smash with the spatular to separate)and cabbage fry all up for a couple of minutes . then add chicken and Leggo's sauce, stir through. add extra pepper simmer with a lid on for about 5 minutes...serve with a crisp garden salad .

this recipe tastes great . 🍽️

enjoy !!! 😊

\*\*\*can use veal as well...



## *CHICKEN AND VEGETABLE RISOTTO*

### INGREDIENTS

1/2 large Cauliflower processed  
1 Brown onion diced  
2 cloves of Garlic chopped  
1 Carrot chopped very fine  
100gm Mushrooms chopped.  
200gm Broccoli broken into very small pieces.  
1 cup chicken stock (I used 2 stock cubes in 1cup water)

### METHOD

Brown the Onion and Garlic in a large non-stick pan on high heat.  
Add the processed Cauliflower, stir and mix well.  
Add Mushrooms, stir through well.  
Then add Carrot and Broccoli, stir though well.  
Gradually add stock, 1/4 cup at a time. Make sure all stock is absorbed before adding more.  
You don't necessarily need to add all the stock.  
Now serve it and eat it! Serves 2 (or more, depending on how hungry you are!)

This recipe can also use 1/2 a diced Zucchini or 1 small eggplant in replace, or as well as the mushrooms.

Your allowed serve of protein (i have used chicken), can also be used in this recipe. Just dice the chicken and cook with the Onion and Garlic until browned.

~~~~~

## *Chicken burgers*

InfiniteDreams

Last night I made some delicious chicken burgers:

Ingredients:

2 carrots (tiny biit too much will use 1 or 1.5 next time)  
1 onion  
parsley

simply fibre  
chilli flakes  
700g premium chicken mince

I put carrot and onion in a processor till it was fine, mixed it into the mince, with the parsley and chilli and a shake of simply fibre and a dash of lite salt and pepper

(much as you make any kind of burgers/rissoles etc)

rolled them into burgers and that was it. (or divide and put into muffin trays)

it made 8 decent burgers and one mini burger... for my partner and i, i had two smaller burgers nad he had two larger ones and the mini one. which roughly added up to our amounts of protien

they were delicious, it was the first meal my partner was so wrapped with since starting TF. I just served it with some salad.

hope you enjoy

~~~~~

### *Chicken Chips anyone?*

Squeek

I'm absolutely loving this - so sorry if someone has already come up with it before... but I'm going to claim credit now 😊

1. Use a veggie peeler to peel a couple of carrots - after discarding the 'peel' keep peeling the carrot so that you end up with a stack of carrot ribbons (the bigger the carrot... the wider the ribbons... the better).
2. Put all the ribbons of carrot in a bowl and spray them with some light olive oil so that they are lightly covered.
3. Using a small sieve sprinkle powdered chicken stock over the ribbons and use your hand to make sure the stock is well spread throughout the ribbons.
4. Spray a little more oil spray into a small fry pan, heat and then add the ribbons. Let them pan fry for a minute or two until undersides start turning brown. Toss ribbons trying to make sure they cook evenly (the ribbons probably will bunch together - that's fine).
5. When they have stiffened a little remove pan from heat and VOILA - Chicken Chips 😊 They taste great either hot or left to cool (when they go a bit crunchier).

They taste GREAT 😊

## *Chicken Chow Mein*

Serves 1

### Ingredients:

120gms - Chicken breast - cooked & diced (one protien serve)  
150ml - Chicken Stock  
1/2 cup - Cabbage  
1/2 cup - Celery, sliced diagonally  
1/4 cup - Mushrooms - sliced  
1/8 cup - Onion  
1/2 cup - Zucchini  
1/4 cup - broccoli  
1/4 cup - Cauliflower  
1/4tbsp - Olive Oil  
1 tsp - Soy Sauce

### Method:

Saute all vegetables in oil until soft  
Add soy sause, stock & diced chicken to pan  
Cook quickly - stirring constantly

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## *Chicken in Lime & Chilli Marinade*

Klutzy I posted this under Weightloss discussions in response to a post there & then thought I should put it here as well. I use this recipe for chicken breasts/tenderloins (does approx 500g) and if you use them you cook the chicken in a little oil and serve it with coriander sprinkled over & steamed veges:

### Lime & Chilli Marinade (for Chicken)

1/3 cup Lime juice  
1 teaspoon finely chopped garlic  
2 teaspoons finely chopped ginger  
1 Tablespoon soy sauce  
1 teaspoon finely chopped red chilli (I don't use this much cause our chilli's are HOT)  
2 green onions finely chopped.

Whisk all together to combine. Marinade chicken cover & refrigerate for 1 hour (if time permits)

~~~~~

## *Chicken in Samfaina Sauce*

zackcat

Chicken in Samfaina Sauce

### INGREDIENTS:

8 X Chicken Pieces {get your chicken shop guy to take the skin off}  
2 large brown onions, chopped  
1 eggplant, roughly peeled and chopped into 2cm cubes  
3 garlic cloves, crushed  
4 x zucchini cut into strips  
3 small green/red capsicums, cut into 1cm strips  
2 table spoons of olive oil  
2 x 400g tins chopped/diced tomatoes  
3 x bay leaves  
1/2 cup fresh chopped herbs {I used flat leaf parsley, oregano and thyme}  
1/2 cup white wine

### Method:

Season chicken pieces with salt and pepper  
Heat oil in a large heavy based pan over medium heat, add chicken in batches and brown on all sides. Remove chicken from pan and reduce heat to low/medium  
Add onions and cook for 10min until softened. Add eggplant, garlic, zucchini and capsicum and cook for 10min until soft.  
Stir in tomato, bay leaf, herbs and wine and return chicken to pan. Bring to the boil, cover and simmer over very low heat for around an hour or until the chicken is tender and veggies soft.  
Voila - it's ready to serve!

~~~~~

## *Chicken Lasagne*

Chicken Mince

1 jar of Dolmio pasta sauce for chicken, Creamy Mushroom) (7.7g total carbs per 100g)  
Greens Chicken Gravy Granuales  
Eggplant  
Mushrooms

### Method:

Brown chicken mince in a fry pan (using a tiny squirt of olive oil spray), add 3 tablespoons of gravy granuales and slowly add water bit by bit, stirring. You want the consistansy to be thick not runny.

In a oven dish add a thin layer of the chicken mince gravy, Add a layer of very thinly sliced eggplant. Then add a layer of the sauce and another layer of sliced mushrooms. Repeat layering until all mixture is used, finishing with the sauce on top. Place in the oven and cook for 20 - 30 mins at about 200 degrees.

(layers: meat, eggplant, sauce, mushrooms, meat, eggplant, sauce mushrooms...

etc... then top layers of mushrooms and sauce)

It's not your traditional lasagne, but it was so delish & my partner enjoyed it too. It is very sloppy though, so take care when serving it. Sorry I don't have a pic, but it wouldn't really help anyway... as I said, it's very sloppy!!!

Theres also a cheese sauce for lasagne (II think it's Dolmio aswell), I will try that next time and let you know how it is.

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## *Chicken Nuggets with Tomato Sauce*

LizzyLou

Chicken Nuggets:

cut up your 120g chicken breast into nugget-sized pieces.

coat in a mixture of simply fibre, All Purpose Seasoning, garlic powder and chicken stock cube (like mashies)

fry in a little olive oil till golden

serve with...

Tomato Sauce:

steam/boil one large tomato till mushy, remove skin

blend with a tbsp tomato paste, a tbsp splenda and a dash lite salt

if needed, microwave/simmer to reduce to desired thickness

Enjoy your kids' meal! 🍽️

Oh and I had mine with "chips" of zucchini straws fried in the leftovers of the chicken frypan, with salt and pepper.

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## *Chicken wraps*

Kris1981

This has probably been placed on here before (or a slightly different version but just thought I'd share)

Chicken Wraps

(serves 2)

Ingredients

- Sliced up chicken breast
- 1 Lettuce (I used Iceberg but I think Cos may be better)
- 2 Tomatoes (diced)
- 1/2 to 1 Red Capsicum (sliced up)
- Half Avocado (mashed or sliced)
- Tomato Salsa (You can make your own if you like)
- Sour Cream (think we are occasionally allowed to have a tiny bit of this as a treat)
- Herbs and spices for seasoning chicken

## Method

After all veggies are sliced, put them into small bowls (I did this so that people could make their own, like burritos) and the separated lettuce leaves on a plate (try to keep them in big pieces as you need to wrap everything in them like a burrito)

Add chosen herbs and spices to chicken and then put in frying pan with a little oil and cook until browned (you could also add a little garlic for flavour if you like).

Once this is cooked put chicken pieces in a small bowl or plate.

Once all is on the table people are able to just make up their own like normal burritos. With the sour cream and salsa on them they taste delicious!

I am also going to try them out with some mince (cooked with tin tomatoes and some onion and garlic) so hopefully that'll be just as nice!

~~~~~

## *Chilli Chicken recipe*

son69

Just thought i'd post this cooked it the other night and it was delicious....

120g Chicken fillets - flattened with mallet

diced mushroom, green capsicum, onion, avocado

chilli powder, tomato paste

Put all diced ingredients in a bowl and sprinkle with chilli powder to taste, mix well

Spread fillets with tomato paste, put diced veges on top and bake in oven at 180 for 20-25 minutes.

Serve with steam veges of choice

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## *Chilli Lime and Herbed Beef Strips*

Chilli, Lime and Herbed Beef Strips

Serves 2 - 1 female & 1 male

Ingredients:

Lemongrass

2 red chillies (finely diced)

1 - 2 crushed garlic cloves

corriander

basil  
ginger (optional)  
1/4 -1/2 Cabbage  
1/8 cup (extra virgin) olive oil  
1/8 cup of lime juice  
1 x 120g beef/veal/chicken strips (per female)  
1 x 220g beef/veal/chicken strips (per male)  
(340g of beef or veal in total)

Method:

Combine the garlic, basil, coriander, lemongrass, chili and ginger and mix into a paste until combined.

Add the olive oil and lime juice.

Add uncooked beef strips and stir to coat.

Cover and refrigerate for 30 minutes (or 2 hrs if time permits).

Slice Cabbage into strips and boil until cooked.

Preheat a frying pan on high heat.

Add the marinated beef/veal mix to the pan.

Cook until the meat is cooked through.

Serve the Beef/Veal strips on top of Cabbage.

NOTES:

The cabbage makes a no-carb option instead of rice or pasta.

You could use whatever meat you like really: Chicken, Beef, Veal, Prawns (Maybe ever Lamb or Pork - not sure, I don't eat either, but you might like it)

Chilli Stir Fried Veggies

Kathryn Helen

Hi everyone. I just made dinner and it was so nice I thought I would tell you what I did.

In the food processor I chopped a half a cauli, one zucchini, two tomatoes, 4 mushrooms and about 3 sticks of celery. In the electric frypan I sprayed oil then stir fried all the veges together with a clove of garlic some cracked pepper and a pinch of chilli powder. You could use fresh chillies but I didnt have any. The cauli is unrecognisable and the zucchini and mushroom make it a really nice meal. I have had two serves and there is enough for another two serves tomorrow.

~~~~~

*Chips and Gravy?*

rachh

Hi,

Just thought I'd share with you what I just had for dinner because it was very delicious.

I made up some carrot chips (which are just carrot rounds with some chicken salt or chicken seasoning and oil spray) and had some Greens Gravy on it.

Tasted so yummy and naughty, and beat my chips and gravy craving I've had for

a few days.

I wouldn't eat them very often but once a week should be fine 🍷

An alternative to chips-crisps

liteprincess

I was playing with an idea and it worked well.

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## *Autumn Leaves*

Bag of baby spinach leaves

Spray oil

salt or allowed flavouring of your choice

1. Preheat oven 200C
2. Spray flat baking sheet with oil
3. Place single layer of leaves, make sure the leaves aren't piled on each other.
4. Spray top of leaves with oil and sprinkle with flavouring
5. Place in oven for about 7 minutes (time will vary between different ovens)
6. They are done when they sound like Autumn Leaves (crunchy)
7. Let cool in tray and then either eat or put in airtight container.

Would be great to take to the movies.

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## *Eggplant chips*

Sweepea

Hi All you have all inspired me to get creative in the kitchen and I came up with Eggplant chips. Heres how it works;

Slice eggplant really thinly (the thinner it is the quicker it cooks and crispier it gets. Place in hot pan (mine is a non stick pan so no oil needed but I guess you could use a tiny amount of oil if you had to or spray on). Sprinkle a tiny itsy bit of lite salt on the top of each slice and flip them over after a little while. They get crispy on both sides and are a nice savoury change. It feels like you are being naughty but really its counting towards your 3 cups of vegies! he he he I was thinking you could probably do the same with zucchinis etc

## *Eggplant chips in the microwave.....*

Dot

I just made these and they worked out really good.....

1 eggplant, sliced very thin, I used a V-Slicer

place on cooking paper, single layer

lightly spray with cooking spray

sprinkle with garlic powder and VERY little salt (if any)

my second lot I used only masterfood Thai Seasoning

so you can try some of your own flavours

cook in microwave for 2-3 min

they will shrink in size and go a little brown

allow to cool which will make them go crispy  
I find this helps with the 3.00pm munchies



## *Chocolate Strawberries*

misha70

- Strawberries
- Atkins Indulge Chocolate Bar

Melt chocolate and dip strawberries in and let set  
1 bar will do 10 strawberries  
Chow Mein Again

Here's mine not as exciting as some of them..

I bought a pkt continental Chicken noodle soup (3.4carbs per 100g) and there was a chow mein recipe on the back.

I made up the recipe for my lunch.. BUT I seived out the noodles and added heaps of extra veges.. It was soooo yummy..



## *CHOW MEIN*

1 tbl sp oil  
500g mince (optional)  
1 teaspoon curry powder  
1 onion sliced  
2 sticks celery (Chopped)  
1 cup sliced green beans  
1/4 cabbage, finelyshredded  
1 pkt chicken noodle soup or equivelant  
1 1/2 cups of water.

I added broccoli, cauliflower, mushrooms, spinach, extra beans... And spring onions when serving..



## *Dinner Party Ideas*

sweetdreams

Hi

i had for an entree

grilled eggplant wrapped with a bit of cream cheese, wedge of roma tomato, thin slice of spanish onion and avocado rolled then drizzled with balsamic vinegar salt & cracked pepper

Also dessert i've tried

whipped cream cheese with poached allowed fruit like peach or pear, some equal and made jelly with extra gelantine Continue to whip until light. Put in wine

glasses then top with extra jelly and put in fridge until set. ive done this for a dinner party and everyone on or off TF loved it. It tasted sooo good I felt guilty

You also don't need to much so its about 1 fruit allowance and your cream cheese extra

Good luck



### *Ricotta Dip on Cucumber Boats*

Book 2

Serves 4

#### Ingredients:

Ricotta Dip.....

250g low fat ricotta

1 Tablespoon lemon juice

1 garlic clove crushed

Fresh basil chopped

1 red chilli chopped (optional)

Cucumber Boats.....

1 medium lebaneese cucumber

#### Method:

Ricotta Dip....

Combine all ingredients and season well

Serve on thick cucumber slices

Cucumber Boats...

Cut the cucumber into 2.5cm slices

Using melon baller or teaspoon scoop out up to  $\frac{3}{4}$  of the centre of each slice ensuring you leave a base to hold the filling

Fill with ricotta dip



## *STUFFED MUSHROOMS*

(from book 2)

Serves 4

### Ingredients:

300g button mushrooms stems removed  
150g low fat ricotta  
1 clove of garlic crushed  
4 Tablespoons mixed chopped herbs  
(parsley, basil, mint, oregano)  
2 teaspoons lemon juice

### To Serve:

extra chopped fresh herbs

### Method:

Pre-heat oven to 180C

Place the mushrooms in a baking dish in a single layer

Combine the remaining ingredients. Fill the mushroom cups with the Ricotta Mix

Bake in the oven for 15-20 minutes or until mushrooms are lightly golden on top and cooked.

Sprinkle with chopped herbs and serve



## *Faux Gnocchi*

PrincessNarz

Faux Gnocchi

Serves 4 + (depending on how big you make the gnocchi)

### Ingredients

1 Medium Cauliflower  
Simply Fibber

### Method

Cut your cauliflower into florets

Steam the florets until crunchy (do not completely cook)

Once cooked put into mixer and whiz them as you would for no potatoes

Put mixture into mixing bowl

Add 1 tablespoon of simply fibber for every half a cauliflower

Mix well.

Teaspoon cauliflower mixture into a ball.  
Place on grease proof paper.  
Spread some simply fibre on to another piece of grease proof paper  
Roll the ball over the simply fiber.

Repeat this process for all balls.

Lightly fry off the gnocchi balls (this step can be omitted but please be aware that cauliflower will fall apart a little if it goes straight to the water)

Once a slightly golden place in boiling water  
When gnocchi is cooked it will rise to the surface. ( only cook 4-5 at a time depending on size of saucepan.)  
Serve with Bolognese sauce and enjoy

NB: water may get cloudy due to cauliflower.

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### *Fruit Straps*

will\*get\*there

Fresh fruit straps that you and the kids will love



A cheap and healthy way to make preservative free fruit straps that are yummmmm. This works best with pears and apples, just boil them up, then puree them, making sure there isn't much water left.

Once you have done this, spread it out in equal portions onto baking paper and bake in the oven for a few minutes. Allow them to cool and there you have it freshly made fruit straps with no extra preservatives in them. Healthy and fun for you and the kids to help prepare. You may need to add a little sweetening agent if you are using more sour tasting fruit.

Gnocchi (not TF approved)

Squeek

I made some gnocchi a few weeks back using ricotta. It was an atkins recipe I came across. It was OK. Not the greatest thing in the world... but totally edible. And I didn't have it with bolognese (I had pesto) so that might have made a difference (although I think it would tip you over your protein to have it with bolognese anyway). I also didn't add the parmesan cheese.

It's below. Let me know how you get on with it 😊 Maybe I did something wrong!

Oh, and by the way a few other recipes say to drain the ricotta in a sieve overnight to take out as much of the water as you can.

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### *Spinach and Ricotta Gnocchi*

250g Frozen Spinach Thawed and well drained  
250g Ricotta Cheese  
50g Fresh parmesan grated  
2 eggs well beaten  
Salt & pepper  
Pinch nutmeg

Thoroughly mix together (I used a stick mixer a bit to get out the cheese lumps it helps it cling together when cooking)  
Roll into balls and then roll in finely ground (dry?) parmesan

Boil a large saucepan of salted water and cook 3-4 at a time until they rise to the surface.

Drain and serve with melted butter and cheese

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### *Gourmet Spanish Omelette with Balsamic Rocket Salad*



(Serves 2)

#### Ingredients

##### Omelette

- 4 Eggs
- 4 Mushrooms, finely sliced
- ¼ Medium Spanish Onion, finely chopped
- ½ Small red capsicum, finely sliced
- 2 Cloves of garlic, crushed
- 2 Teaspoons of olive oil
- Salt and pepper
- 1 Cup of Eggplant, chopped into 1cm by 2cm pieces
- Olive oil cooking spray

##### Balsamic Rocket Salad

- 2 Cups of rocket
- 10 Cherry Tomatoes, halved
- 6-8 Large basil leaves, torn
- 1 Teaspoon olive oil
- 1 Tablespoon of Balsamic vinegar
- Salt and pepper to taste

#### Method

1. Put a small non-stick fry pan on medium low heat and spray with olive oil.
2. Add half the omelette vegetables and garlic clove, then toast until golden.
3. While the vegetables are toasting, beat eggs in a small bowl.
4. Once vegetables are golden, add to them 1 teaspoon of olive oil and mix.
5. Reduce the heat to low and then add half the beaten egg mixture, salt and pepper to taste. Ensure it is evenly spread.
6. Cook the omelette until golden on one side and then turn over and cook until golden on the other side.

7. Once done remove from the heat and repeat with the other half of the ingredients.
8. While the omelette is cooking, prepare the salad. Obtain a large salad bowl and add all the salad ingredients and combine well.
9. Once the omelette has cooked and salad has been prepared, on each plate, serve one omelette with half the balsamic and rocket salad.



## *Homestyle Pumpkin and Vegetable Soup*

(Serves 1)

### Ingredients

- 1 Tony Ferguson Pumpkin soup sachet
- 1 Clove of garlic, crushed
- 1 Small carrot, chunkily chopped
- 1 Cup of cauliflower florets
- ½ Cup of celery, chunkily chopped
- ¼ Red capsicum, finely chopped
- ½ Small onion, finely chopped
- ½ Small zucchini, chunkily chopped
- 1 Tablespoon of fresh herbs to top
- 400ml Water
- Garlic and Herb seasoning
- Olive oil spray
- Cracked pepper
- Salt (optional)

### Method

1. Place the carrots, cauliflower, celery, zucchini in a steamer and steam until soft and tender.
2. While the vegetables are steaming, place a small to medium pot on medium heat, spray with olive oil spray and add the onion, garlic and capsicum and toast until golden. Once toasted put aside.
3. Once steaming vegetables are soft, remove from the heat and place in a blender and puree to a smooth consistency.
4. Add the pureed vegetables to the toasted onion mix that was put aside.
5. Obtain a Tony Ferguson Pumpkin soup sachet and make up using 250ml of water. Add this plus 150ml of water, cracked pepper, garlic and herb seasoning and salt to the vegetable mix and combine well.
6. Place the pot of vegetable plus pumpkin soup mix on medium heat and simmer stirring continuously until just hot but not boiling.
7. Serve immediately

Note:

- This serves one and incorporates 1 sachet meal plus 1 ½ - 2 cups of vegetables.

Tip:

- Make sure to taste test the soup when all ingredients are combined to check whether you are happy with the seasoning.

~~~~~

### *Krisso's savoury puffs...*

Krisso

WoW break through in the fake bread experiment this is great!

all i did was whip up 2 egg whites untill soft peaks formed added some onion powder and garlic powder and parsley flakes. dolloped them on a tray sprayed with non stick cooking spray and baked them at 160 degrees for about 20-30 mins. they stayed puffy and taste pretty good. they would have some amount of protein serve in them not sure how much. though you could play around with the flavours, maybe you could bake jelly ones?? have a go i reccomend them for a change!

### alchemy

That sounds yum! I really like egg whites as an omelette in their own right too. Just whip them up like you would for a pavlova, add some lean ham, mushrooms, etc. It makes the most delicious meal.

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### *Lemon Pepper Chicken* oshuas\_girl

chicken breast thighs cut into largish wedges, heat light olive oil in pan, add chicken, whilst cooking cut one lemon into wedges and squeeze as much lemon juice as possible onto the chicken whilst cooking, crack black pepper over chicken. It is soooooo delish and soooo simple and sooo tender and tastes like the chicken has been injected with lemon and is absolutely fab with garden salad as a warm chicken salad. You'll also find that the chicken cooking in the lemon juice gives the chicken a beautiful golden colour and starts to caramelise. YUM  
Meatballs in a tomato based sauce with...

kirbee

Yum, yesterday I cooked up some meatballs. I thought i would share the recipe.

Add mince, an egg and salt and pepper together and mix. Roll the mixture into tiny balls. Cook in a little bit of olive oil. Remove the meatballs when cooked.

Then cook together onion, zucchini, mushrooms, cans of tomato and tomato paste with whatever herbs you like. and cook until cooked. Add the meatballs back in and heat.

While you cooking the above stuff cook some lovely cabbage. Use the cabbage as the base and then add the meatballs on top. Yum 🍴🍴🍴o!