

Herb Lamb and Egg Salad

TayHay

Herb Lamb and Egg Salad



Serves one (just add more if you're making for others too 😊).

- 60g lamb stir fry meat
 - 1 hard boiled egg
 - mixed lettuce (or salad of choice)
 - mixed herbs of choice
1. Hard boil an egg
 2. lightly spray hot frypan with oil and add meat and herbs - cook until done
 3. put seasoned lamb and chopped up egg on lettuce

Use a dressing of your choice (from allowed list) or have as is. I didn't add dressing and it was great! For my husband (not on TF) I added cooked chat potatos to the salad and sweet chilli sauce. He loved it.

Baby Spinach Omlette

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Baby Spinach Omlette (sorry blurry pic!)



Serves 1

- 2 eggs
- pepper
- 1/2 of one shallot
- parsley
- 1/2 stick of celery
- handful of baby spinach

1. finely dice celery, parsley and shallot - put into microwave safe bowl
2. add baby spinach and tiny bit of water. Cover and microwave for 40 seconds until spinach wilts.
3. using fork, lightly whisk 2 eggs and pepper together and then add in spinach and other veges from microwave.
4. lightly spray small frypan with oil and pour egg and spinach mixture on.
5. Cook for a few minutes then flip and cook other side.

Serve with salad or veges of your choice!

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

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Garlic Prawns



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

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

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

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

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

Chicken Parmigiana (sort of!!)

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Chicken Parmigiana



- Chicken schnitzels approx 60g each - plain uncoated (or slice breast fillets to make your own)
 - Lite ham
 - tomato paste (optional - I preferred without but my dinner guest liked it!)
 - onion
 - shallots/chives
 - garlic
 - parsley
 - philly cream cheese (optional)
1. Lay the raw chicken schnitzels out on an oven tray
 2. OPTIONAL: spread chicken with tomato paste
 3. Dice ham and onion and sprinkle over each one
 4. finely chop shallots/garlic/parsley/chives (whatever you like - I used them all!) and sprinkle over Ham & onions
 5. OPTIONAL: I put 3 tiny blobs of philly cream cheese on each one (total was less than a teaspoon per serve)

Then pop it into a pre-heated oven for 20 mins at 180 degrees.

One serve was approx 60g chicken so I could use a little light ham to make up the protein portion. I served these with raw baby spinach (tasted just like lettuce) and a little Paul Newmans Caesar dressing. We had guests over for dinner and no one even asked where the potatoes were! It was delicious.

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I was just talking to mum (not on TF) and she had something similar for dinner and it was TF friendly! SOOO... an alternative is this:

Combine diced tomatos & onions in a pan and cook until it reduces and becomes like a sauce. Then add shallots/chives/garlic/pepper and simmer for 5 mins.

Use this sauce over plain cooked chicken or meat of your choice & serve with salad or veges.

