

~~Mountain-Maiden~~

LAMB NOISETTES WITH MUSTARD AND ROSEMARY

serves 4

4 tbsp wholegrain mustard
2tbsp finely chopped rosemary leaves
half a tsp minced garlic
4 lamb noisettes (or lamb steaks) (trim off the fat)

Combine mustard, rosemary leaves and garlic.
Spread over both sides of the lamb
place under a grill and cook for 5 mins on each side, or until cooked
Serve with vegies or salad

also using the same basics you can use to bbq or roast lamb

Beef fillet with wild mushrooms

serves 4

I love my mushrooms (as you probably already know) so here's another favourite - this is the basic recipe, add or remove the mushrooms as you see fit

Ensure your fillets are the correct size and weight to beTF friendly

15 g dried porcini mushrooms (i quite often just use fresh mushies)
Olive oil
4 beef fillet steaks
3 cups mixed fresh wild mushies sliced
1 clove garlic – crushed
1tsp chopped thyme (plus extra to garnish if required)
half cup red wine (NO YOU ARENT DRINKING IT LOL)
half cup beef stock
seasoning as required
preheat the oven to 160 degrees.

*Cover the dried mushrooms with 85ml of boiling water and soak for 15 mins until softened, strain the mushrooms but keep the liquid, then chop the mushrooms

*fry the steaks until browned (2-3 mins usually), and wrap in foil loosely and put in the oven
*add a little oil to the frypan, and add all mushies, garlic & thyme and fry for 4 mins or until the fresh mushies have softened.

*add the wine and increase heat and boil for 1-2 mins (until the sauce has reduced by half)

*mix the mushie liquid with the beef stock then add to the pan and simmer for 3 mins.

*Serve with the steaks, garnish with more thyme

**keep in mind, this has got wine in it so may affect your treats intakes **

Sweet-sour duck with mango

serves 4

225 – 350g duck breasts thinly sliced
45ml soy sauce
1tbsp Chinese rice wine or dry sherry
1 tbsp olive oil

1tsp Chinese 5 spice powder
1tbsp sweetener
2tbsp fibre
3tbsp Chinese rice vinegar
1tbsp tomato ketchup
1 mango – not too ripe
3 baby eggplant (or Lebanese eggplant)
1 red onion
1 carrot
1 clove garlic
2.5cm fresh root ginger – peeled and shredded
75g snow peas

Place the duck in a bowl

Mix 1tbsp of the soy sauce with the rice wine or sherry, olive oil, and 5 spice powder
Pour over duck and cover and leave to marinate for 1-2 hours

In a separate bowl blend together the sweetener, rice vinegar; ketchup and remaining soy sauce, set aside (add the fibre to this mix right before adding to the cooking process)

Peel the mango, slice the flesh from the stone, and cut into thick strips.
Slice the eggplant; onion and carrot into smaller sized pieces

drain the duck reserving the marinade. Stir-fry the duck over a high heat until its crisp and golden, remove and keep warm

Add the eggplant to the pan and stir fry the eggplant until it's nice and golden

Add onion, garlic, ginger, and carrot for 2-3 mins then add the snow peas and continue to stir fry for a further 2 mins

Add the mango and return the duck with the sauce and reserved marinade to the wok, (don't forget to add your TF fibre to help thicken the sauce)

Cook until sauce thickens slightly,
Serve immediately

(i would serve this on cauli rice)

Fish balls with Chinese greens

serves 4-6

450g white fish fillets, skinned, boned & cubed
3 spring onions (scallions) – chopped
1 lean bacon rasher strip – rinded and chopped
1tbsp Chinese rice wine
2tbsp soy sauce
1 egg white

For the vegetables

1 small head bok choy (pak choy)
2/3 cup fish stock
Oil
2 garlic cloves, sliced
1 inch root ginger, cut into thin shreds
75g green beans

175g snow peas (mangetouts)
3 spring onions (scallions), sliced diagonally into 5-7.5cm lengths
Salt and pepper as required

Add fish, spring onions, bacon, rice wine, soy sauce, and egg white in a food processor and process until smooth.

With wet hands form the mixture into approx 24 small balls

Steam the fish balls in batches in a bamboo steamer in a wok for 5-10mins until cooked through and firm, remove from the steamer and keep warm

Trim the bok choy and tear into manageable pieces

Blend soy sauce, and stock and set aside (this is the sauce so if fibre may be needed to thicken it at the end of cooking)

Add garlic and ginger to a hot wok, and stir-fry for 2-3mins, add beans and stir fry for another 2-3mins

Add snow peas, spring onions and bok choy to the wok, and add for another 2-3 mins, add sauce (and if fibre if sauce needs thickening)

Cook stirring until the sauce thickens, season if necessary

**the snow peas and beans can be replaced with broccoli florets – just blanch them before stir frying **

Sweet-sour cucumber with chillies (salad)

serves 4-6

2 cucumbers
2tbsp sweetener
Half cup rice vinegar
Juice of half a lime
2 green Thai chillies, seeded and finely sliced
2 shallots, halved and finely sliced
1 small bunch each of coriander, and mint, stalks removed, leaves finely chopped
Salt
Fresh coriander leaves to garnish
(Perhaps some edible flowers such as nasturtiums to add colour)

Peel the cucumber.

Halve the cucumber lengthways & cut into slices

Place the slices on a plate and sprinkle with a little salt

Leave to stand for 15 mins, rinse well, drain and pat them dry with paper towel

In a bowl, mix the sweetener with the vinegar until it has dissolved, then stir in the lime juice and salt if required.

Add the chillies, shallots, herbs, and cucumber to the dressing and leave to stand for 15-20 mins

Garnish with coriander leaves and a flower if you like

Herb & chili aubergines

(serves 4)

500g baby eggplant
2tbsp oil
6 garlic cloves finely chopped
1 tbsp finely chopped ginger
8 spring onions cut diagonally into 2.5cm lengths
2 fresh red chillies, seeded and sliced thinly
3 tbsp soy sauce
1tbsp Chinese rice wine (or water)
1 tbsp sweetener
Handful of mint leaves
2-3 tbsp coriander leaves roughly chopped

Cut eggplant in half lengthways and place on a heatproof plate

Place a steamer rack in a wok and add 5cm of water. Bring to the boil and lower the plate onto the rack and reduce the heat to low

Cover and steam the eggplant for 25-30min until they are cooked through (check the water level regularly, adding more if necessary).
Set the eggplants aside to cool

Place oil in a clean, dry wok and place on medium heat
When hot add ginger, garlic, spring onions and chillies and stir fry for 2-3 mins

Remove from heat and stir in the soy sauce, rice wine (or water) and sweetener

Add the mint leaves, chopped coriander, to the eggplant and toss.

Pour over the garlic – ginger mix evenly over the veggies, toss gently and serve on a bed of cauli rice or finely chopped stir fried or boiled cabbage

Steamed veggies with chilli dip

1 head of broccoli, divided into florets
1 cup of green beans trimmed
130 g, asparagus, trimmed
Half a head of cauliflower, divided into florets
8 baby corn cobs
130 g snow peas

Dip

1 fresh green chilli, seeded
4 garlic cloves - peeled
4 shallots, peeled
2 tomatoes halved
5 mini eggplants
2tbsp lemon juice
2tbsp soy sauce
Half teasp salt (optional)
One teasp sweetener (optional)

Place the broccoli, green beans, asparagus & cauli in a bamboo steamer and steam over boiling water in a wok for about 4 mins until just tender but still with a bit of crunch.

Transfer to a bowl and add the corn cobs and snow peas

Season to taste & toss to mix

To make the dip

Preheat the grill, wrap the chilli, garlic cloves, shallots, tomatoes and eggplant in a foil package. Grill for 10 mins until the veggies have softened, turning the package over as required.

Unwrap the foil and tip into a mortar or food processor.

Add the lemon juice, soy sauce, salt and sugar

Process into a fairly liquid paste

Place into a serving bowl or 4 individual bowls, and place steamed veggies around the dip

****you can also swap the cauli for bok choy and mushrooms for snow peas for a bit of variety****

Kan Shoa Green Beans

(serves 6)

450g fresh green beans, topped tailed & cut in half

5 x 1cm pieces of ginger, peeled and cut into matchsticks

1tsp sweetener

2tbsp soy sauce

Seasoning as required

Heat oil in a wok, when the oil is very hot and just beginning to smoke, carefully add the beans and fry them stirring constantly for 1-2 mins until they are just tender

Remove the beans onto a plate lined with paper towel.

Remove all of the oil from the wok

Add ginger and stir fry for a min or two, return the green beans to the wok, stirring in the sweetener, soy sauce, seasoning and toss together quickly ensuring the beans are well coated.

Pile on a plate and serve immediately

*** use the same technique for other green veggies such as asparagus or orca****

grilled chicken & mango salad with Sesame Vinaigrette

SERVES 4

Ingredients

4 boneless skinless chicken breasts
1/2 teaspoon ground coriander seeds
1/2 teaspoon ground cumin seeds
1/2 teaspoon ground fennel seeds
1/2 teaspoon cayenne pepper
1/2 teaspoon turmeric powder
Sea salt and freshly ground black pepper
2 tablespoons red wine vinegar
3 tablespoons olive oil
10 drops sesame oil
1 tablespoon green onions,
thinly sliced 4 cups mixed baby salad leaves
1/2 cup cherry tomatoes, cut in half
1 ripe mango, peeled and cut into a large dice

Method

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

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

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

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

Stuffed Mushrooms

Ohh i just have made the best stuffed mushies ever

I wanted something creamy but didn't know what, so i grabbed out some mushies, and a zucchini, half a carrot, half an onion, and a tomato

Anyway, in my extra deadly Tupperware frypan (i love this frypan - everything keeps its shape in it) anyway.....

I tossed in a big dollop of garlic, and some sliced mushrooms -including the stems of the ones I was stuffing(about half a cup) diced onion and tomato

While that was nicely cooking along, miss 4 and i were grating the zucchini and carrot and i tossed that in the pan when it was all grated too

Then I seasoned with cracked pepper (you can add a little salt to - we arent salt fans here)

Then I took the pan off the heat (only needed to keep it on for a couple of mins) and let it sit for a couple of mins

then I added enough ricotta to make all the mixture bind together - probably only about 2 tablespoons - i didn't want the mixture to be runny or thin (you could probably us philli if you wanted to)

Then I pricked the mushies with a fork (like you do when you bake potatoes)

Then I stuffed the mix in my mushrooms, i used one big portabello mushie, and 7 of the smaller mushies (the common ones that you buy)

on my daughters one i put a little grated cheese

In my flavoursavour they went, and i cooked them on 180 degrees for 20mins

They came out so divine!!!!

Next time i make them i am going to try to do a curry mix 😊

*****Just remember that ricotta comes out of your protien serve, so if you add more or less take that into account****

And you know i was thinking, if we can have a shop called create a potato, then why dont we have a create a mushie lol

yeah i know, i must be bored lol

now where's mally -- add this one to your list!! Just in case i forget it

the mix made up heaps and i could only eat two of the small mushies and I was full

Asian Meatballs

480g mince
4 garlic cloves – crushed
2tbsp ginger - grated (i didn't have any of this so used dried herbs)
.5 teaspoon chilli paste
.25 cup chopped coriander
2 spring onions (shallots) finely chopped
1 tbsp rice vinegar (i left this out)
1 tbsp fish sauce (i used maggie seasoning instead)
1 egg lightly beaten
.5 teaspoon sweetener (optional)

preheat oven to 180 degrees
line a baking tray with baking paper
combine all the ingredients together and roll into balls and place on the baking tray
bake for 20 mins or until cooked through

I have made these a few times now, i can tell you they freeze really well, and the whole family like them - i even did them for a bbq we had last weekend 😊

I used bottled garlic, and as i didn't have chilli paste, i actually used a good dollop of two of the deli spreads chilli and sundried tomato (approved by tf so long as you dont go too overboard with it), and i used coriander dried herbs.

The frypan and the bbq is where i cooked mine, and they cooked in next to no time.

If you put them in the freezer you don't even have to worry about thawing them out before using them - as i have used them when the kids have had take out, and i just heat them up in the microwave or i make a gravy and pop them in there - they are great to have as a quick fix in the freezer 😊

You could also hide other veges in them such as grated zucchini, eggplant, mushrooms etc, and use this recipe as a base 😊

Try it, you will absolutely love it 😊

zucchini hash browns

Hey guys

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

Zucchini hash Browns

Ingredients

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

Directions

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

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

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

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

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

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

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

TF friendly deserts

Hey guys, these are in the seasonal cookbook, so we know they are TFfriendly -- feel free to put in your own TF friendly deserts too 😊

Banana ice cream pg 86
200ml can evaporated skim milk chilled
1.5 tsp vanilla essence
1tsp gelatine
1tbs lemon juice
2 bananas peeled and chopped
2tbsp sweetener (optional)

Beat the milk and vanilla with a mixer until very thick and doubled in size (it must be very cold)

Dissolve the gelatine in one tablespoon of boiling water

Add lemon juice (and sweetener if desired) and mix into the milk mixture.

Add bananas to the mixture and churn in an ice cream machine - if you dont have an ice cream machine, freeze the mixture in a shallow container until just frozen break up with a fork and freeze again

POACHED MERINGUES W/BERRY PUREE pg 86

3 egg whites
2tbsp sweetener
300g frozen or fresh berries plus extra to serve (optional)
quarter cup water

to make the sauce, cook the berries with a quarter cup of water for five mins then puree and sieve.

Add a little sweetener if desired

whisk the egg whites until soft peaks form.

Whisk in the sweetener a teasp at a time whisking until thick and glossy.

Half fill a fry pan with water and bring to a simmer

shape tablespoons of meringue into ovals with two spoons and add to the water

cook in batches for 3 mins then lift out and drain well

serve the meringues with the sauce and extra berries if using

Cabbage Pork Rolls

Ingredients

- 120g lean pork mince
- 1 clove garlic, crushed
- 1 celery stick, finely chopped
- 1 small carrot, grated
- 2 teaspoons oyster sauce

Method

2 cabbage leaves, cooked in boiling water for 2 mins, then cooled

Combine pork mince with garlic, celery, carrot, and oyster sauce.

When cabbage leaves are cool remove thick stalk and trim.

Place even amount of pork mixture on each leaf and roll into a parcel, turning in sides to seal filling.

Steam cabbage rolls for 10 minutes. Serve with soy sauce

garlic sauce –

low fat cottage cheese, garlic, mint, cucumber and lemon juice.

This is great served over grilled or baked veges 😊

Mongolian Lamb

Serves: 4

500g lamb strips
cooking spray
2 teaspoons crushed garlic
2 teaspoons crushed ginger
1 brown onion, sliced
2 carrots, peeled and sliced (this is optional as its one of our restricted veges)
1 red capsicum, sliced
1 green capsicum, sliced
1 head broccoli, cut into small florets
2 tablespoons hoisin sauce
2 tablespoons soy sauce
2 tablespoons oyster sauce
1 tablespoon sweet chilli sauce
Tf fibre
1 cup water
2 teaspoons vegetable stock powder

Coat a wok or large non stick frying pan with cooking spray, fry lamb, garlic and ginger for 1 - 2 minutes until lamb is sealed and almost cooked. Remove to a plate.

Add the onion, carrots, capsicum and broccoli to the same pan and stir-fry for 3 - 4 minutes. Add hoisin sauce, soy sauce, oyster sauce, sweet chilli sauce and combine water, and stock powder stirring well. Bring to the boil, return lamb to the pan and add tf fibre as required for thickening, reserving some to sprinkle on top.

****serve with cauli rice****

****ensure when you serve you stay within your protein limit****

crispy ginger fish

1 X 3 second Spray oil
4 white fish fillets (ensure fillets are correct size for your diet)
3 slices fresh ginger, sliced into thin matchsticks
2 tbs (s) soy sauce
2 clove garlic, thinly sliced
1 tsp (s) fresh ginger, finely grated
400 g bok choy, (or a mixture of bok choy and pak choy), trimmed
2 tbs (s) oyster sauce

Place a large non-stick frying pan over high heat. Spray with oil. Add fillets and cook for 2-3 minutes each side. Turn carefully, making sure the fillets don't break apart. Transfer fish to a plate and cover loosely with foil. Place same pan over medium heat and add ginger matchsticks. Cook for 2 minutes, then add 1 tbs soy sauce and cook until all liquid has been absorbed. Remove ginger from pan.

Spray same pan with oil and place over high heat. Add garlic and grated ginger and cook for 30 seconds. Add bok choy (and pak choy if using), and cook, stirring until wilted. Stir

in remaining soy sauce and oyster sauce. You may need to add a little water if sauce is too thick.

Serve vegetables onto plates. Arrange fish on top and sprinkle over some ginger matchsticks. Serve Immediately

Cajun Beef Salad

Serves: 4

400g porterhouse steak, fat removed
1 tablespoon Cajun seasoning
cooking spray
200g mixed salad leaves, rinsed and drained
6 roma tomatoes, quartered
1 Lebanese (or continental) cucumber, sliced diagonally or diced
1 red onion, finely sliced
1 carrot, peeled and grated
1 tablespoon extra virgin olive oil
2 tablespoons white wine vinegar
1 teaspoon Dijon Mustard
1/2 teaspoon sweetener
salt and freshly ground black pepper to taste

To make dressing, combine olive oil, white wine vinegar, Dijon mustard, white sugar in a jug or a screw top jar. Mix or shake to combine. Add salt and freshly ground black pepper to taste. Set aside.

Coat porterhouse steaks in Cajun Seasoning. Heat a large non-stick frying pan and coat with cooking spray. Cook steaks for 3 - 4 minutes each side or to your liking. Remove from pan and allow to rest for 5 minutes.

Meanwhile, arrange salad leaves, tomatoes, cucumber, onion and grated carrot onto either a large serving plate or individual plates.

After the steak has rested, slice into thin strips cutting across the grain. Top salads with the beef strips and serve.

Allow everyone help themselves to the dressing

*****ensure that you stay within your protein serving limits with tf*****

Salmon patties with mango salsa (adapted from ww site)

Serves 4

1 small fresh mango, peeled, finely chopped
1 whole fresh red chilli, (large), deseeded, finely chopped
1 tbs fresh lemon juice

2 tbs fresh coriander, finely chopped
1 large can drained canned red salmon in spring water, broken-up
2 individual shallots, end trimmed, finely chopped
2 1/2 tsp (s) lemon rind
1 whole whole egg, beaten
4 tbs tf fibre

Instructions

Combine mango, chilli, lemon juice and coriander in a medium bowl. Season well with salt and pepper. Toss to combine, then set aside.

Combine salmon, shallots, lemon zest, egg and fibre in a medium bowl. Season well with salt and pepper. Shape mixture into 4 patties and set aside.

Preheat a non-stick frying pan over medium-high heat. Spray patties with oil and cook for 3 minutes on each side, or until golden brown and cooked through. Serve patties with salsa and a green salad

Chilli Salt and Pepper Squid

Ingredients

- 120g small calamari, cleaned and halved
- ¼ teaspoon chilli powder
- ¼ teaspoon salt
- grind of pepper

Method

Mix chilli, salt and pepper together and dust calamari with the mixture. Heat a non-stick pan and quickly cook squid for 30 seconds each side.

Chicken breast saltimbocca

Ingredients

- 1 chicken breast
- 2 slices prosciutto
- 6 whole sage leaves, plus 1 teaspoon finely chopped
- 2 tablespoons cooking oil
- 1/2 clove garlic, sliced
- 1/4 cup white wine
- 5 button mushrooms, sliced
- 1 shallot, finely diced
- 1 teaspoon chives, chopped
- 1 teaspoon lemon juice
- 1 teaspoon extra virgin olive oil
- salt and pepper to taste
- simply fibre

Cut chicken breast in half so you have two full-size breasts, with half the thickness. This will reduce the cooking time.

Lay prosciutto on your cutting board, then place 3 sage leaves on each piece of prosciutto.

Then place the chicken on top of each piece, put the rest of the sage on the breast and wrap the prosciutto around tightly.

In a hot pan, place the cooking oil and chicken. Make sure the prosciutto fold is facing up.

Add the garlic and chopped sage, lower the temperature to medium and cook for 3 minutes or until golden.

Turn and cook for another 2 minutes, or until chicken is cooked.

Deglaze the pan with white wine, off the heat. Then remove chicken, and reduce the liquid by half.

Toss together the mushrooms, shallot and chives, and dress with lemon juice, olive oil and salt and pepper. Serve.

Add a little fibre to thicken the sauce, then return chicken to the pan to coat with hot sauce. Serve with the mushroom salad.

Serves 1

Minestrone Soup

1 tablespoon olive oil (optional)
70 g bacon, diced (optional - this will take from your protein serving for the day)
½ onion, diced
1 clove garlic, crushed
½ carrot, diced
1 stalk celery, sliced
2 cups chicken stock
400 g canned chopped tomatoes
1 tablespoon tomato paste
40 g cabbage, finely shredded
100 g green beans, cut into 2 cm lengths
1 small zucchini, diced
salt and black pepper

Heat olive oil in large saucepan, add bacon, onion, garlic, carrot and celery and cook for 3 minutes until onion is soft and fragrant.

Add chicken stock, tomatoes and tomato paste, bring to the boil, then reduce heat and simmer for 20 minutes or until vegetables are tender, stirring occasionally.

Add cabbage, beans and zucchini and cook for a further 10 minutes. Season with salt and pepper and serve

Sansanella with roast sardines

(serves one)

1 Roma tomato, cut in large chunks
1/4 Lebanese cucumber, sliced
1/4 red onion, sliced
1 small stalk celery, sliced
1/4 red capsicum, cut into strips
4 sardines, butterflied
1 tablespoon fresh oregano, chopped
salt and pepper to taste
1 teaspoon extra virgin olive oil
2 teaspoons sherry vinegar
2 tablespoons parsley, roughly chopped

Preheat oven to 200°C. Toss all the vegetables together in a large bowl.

On a greased baking tray, lay out the sardines, skin-side up. Season with oregano, salt, pepper, olive oil and sherry vinegar.

Roast sardines for 4 to 5 minutes. Keep all the juices that leach out, as these will be your dressing.

Dress the vegetables with the pan juices and parsley. Season and arrange salad on plate, and garnish with sardines.

Serve

Cream of leek and mushroom soup

Serves 4-6

Ingredients

300g Button mushrooms, sliced
300g Oyster mushrooms, sliced
4 Leeks, chopped
8 Bay leaves
3 Shallots, chopped
3 Cloves garlic, crushed
75g Low fat smooth ricotta cheese
1.5 L Vegetable stock
2/ 500ml Cups water
1 Teaspoon olive oil
Salt and pepper to season (optional)

Method

1. Heat olive oil in a medium fry pan on high heat, add all mushrooms cook for 5 minutes or until mushrooms are just brown and a little soft. Stirring continuously.
2. In a large saucepan add garlic, stock and water and bring to the boil, add bay leaves, leeks and mushrooms. Cook for 20-30 minutes, stirring every 5 minutes.
3. Add ricotta cheese, stir through until the cheese has combined well.

4. Reduce heat and simmer for 10 minutes and serve seasoned and topped with shallots.

Serving suggestion: You can have this soup on its own or you can diced up chicken or beef and use it in the soup.

Melindas Cauliflower soup

Ingredients

half cauliflower cut into florets (or more if you like a chunkier soup)

1 litre beef & onion stock + half litre water (or to taste)

2 medium carrots chopped

1 fat zucchini chopped

2 onions chopped roughly

2 tsp crushed garlic

herbs; parsley, chives, basil, coriander (I started a herb /veg garden about a month ago and i picked these today - they are easy to grow and taste fantastic in the soup) - chopped in the blender and added just before processing.

Method

saute onions & garlic in small amt of oil in big pot. Add the cut up veg and saute for a minute or so.

Add the stock and water until the veg are just covered). Bring to the boil and then simmer for about half an hour until all the veg are soft.

Place in batches in your blender and ta da you have a HUGE batch of soup that will last for days! I just had a bowl with a dob of light philly on the top and some ground pepper and it was wonderful and very filling

EASY Portuguese Chicken Salad with avocado

(ready in 15-20 mins)

1/2 chicken breast

spray oil

Portuguese chicken spice (found in coles or woollies in the herbs and spice section)

Make up a garden salad

cut the 1/2 chicken breast into cubes

use spray oil in your fry pan

add the Portuguese spice to chicken

place in fry pan or wok

when chicken is cooked place on top of salad

add avocado slices on top of the chicken

laurens Blackened BBQ Red Snapper

You will want to have your grill as hot as you can get it for this recipe. The idea is to get the seasonings to blacken before you flip the fish. Then serve it up with the lemon-butter sauce.

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

2 red snapper fillets, halved
1/2 cup margarine or butter
2 tablespoons lemon juice
1 tablespoon parsley, minced
1 teaspoon paprika
1/8 teaspoon cayenne
1/8 teaspoon salt
1/8 teaspoon garlic salt
1/8 teaspoon thyme
1/8 teaspoon onion salt
1/8 teaspoon oregano
dash of black pepper

Preparation:

Mix together paprika, cayenne, salt, garlic salt, onion salt, thyme, oregano, and pepper. Sprinkle over each side of the red snapper. Oil grill grate and preheat. Bring lemon juice to a boil. Remove from heat and add margarine. Mix well. Grill red snapper until done. About 4 minutes per side. Remove fish from grill. Add parsley to lemon butter. Spoon about 1 1/2 tablespoons of butter mixture over each piece of fish and serve.

Cajun fish with avocado & chargrilled capsicum salsa

Ingredients (serves 4)

- 1 red capsicum, quartered, deseeded
- Olive oil spray
- 2 tbs Cajun spice mix
- 4 firm white fish fillets
- 1 ripe avocado, halved, stone removed, peeled, cut into 1cm pieces
- 2 green shallots, ends trimmed, thinly sliced
- 1 tbs chopped fresh dill
- 1 tbs fresh lemon juice
- 1 tbs extra virgin olive oil
- Mixed salad leaves, to serve
- Lime wedges, to serve

Method

Preheat a chargrill on medium-high. Spray both sides of the capsicum with olive oil spray. Cook on grill for 5 minutes each side or until tender. Set aside for 10 minutes to cool. Cut into 1cm pieces.

Meanwhile, place the spice mix on a plate. Add fish and turn to coat. Spray fish with olive oil spray. Line the chargrill with non-stick baking paper. Cook fish on grill for 5-6 minutes each side or until the fish flakes when tested with a fork.

Combine the capsicum, avocado, shallot, dill, lemon juice and oil in a bowl. Season with salt and pepper.

Divide the fish among serving plates. Top with salsa and serve with mixed salad leaves and lime wedges.

Onion, ricotta & sage omelette

Ingredients (serves 8)

- 10 eggs
 - 2 tbs olive oil
 - 3 large onions, thinly sliced
 - 2 tbs shredded sage leaves, plus 8 extra sage leaves
 - 1 garlic clove, crushed
 - 80g fresh ricotta
1. Preheat grill to hot. Whisk eggs in a bowl and season with salt and freshly ground black pepper. Heat oil in a 24cm-26cm frypan. Add onion and cook over medium heat, stirring occasionally, for 15 minutes or until soft and golden. Stir in shredded sage and garlic. Pour eggs into onion mixture, crumble ricotta into pan, then shake pan. Top with sage leaves and cook over medium-low heat for 6-8 minutes until almost set. Place pan under a hot grill for 4-6 minutes until golden. Slice and serve

Asparagus, rocket & ham omelette

(serves 4)

Ingredients

- 16 fresh asparagus spears, woody ends trimmed
- Olive oil spray
- 8 eggs, lightly beaten
- 1/3 cup (30g) grated parmesan or reduced-fat cheese
- 80g pkt Woolworths Fresh baby rocket
- 100g sliced lite ham
- Freshly ground pepper

Method

1. Plunge the asparagus into a bowl of boiling water for about 2 minutes, then drain.
2. Heat an 18cm non-stick frying pan and spray with a little olive oil. Pour 1/4 of the beaten eggs into the pan and swirl to coat base. Cook for 2-3 minutes or until just set.
3. Slide the omelette onto a serving plate. Scatter half of the omelette with a little cheese, rocket leaves, a few ham slices and 4 asparagus spears. Scatter over a little

more cheese and season with pepper. Fold over the omelette to enclose. Repeat with the remaining egg and filling ingredients to make 4 omelettes. Serve immediately

***THIS IS A PROTIEN MEAL**

Cajun chicken with avocado, lime & chilli salsa

Ingredients (serves 4)

- 4 chicken breast fillets
- 1 tbs sweet paprika
- Pinch of cayenne pepper
- 1 avocado, flesh cubed
- 2 tbs lime juice
- 1 long green chilli, seeds removed, thinly sliced lengthways
- 2 tbs freshly snipped chives
- Olive oil spray
- 250g steamed green beans

Method

1. Cut each breast into 3 thin escalopes, then toss in the combined paprika and cayenne to lightly coat. Set aside. Place avocado, lime, chilli and chives in a bowl. Season and stir gently to combine. Set aside.
2. Heat a large frypan over high heat and spray with oil. Cook chicken, in 2 batches, for 2 minutes each side until cooked. Stand for 3 minutes, then halve each piece on an angle. Serve chicken on beans and salsa, and drizzle with any resting

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This is for a party or group of people, DO NOT EAT THIS ON YOUR OWN, AS IT MAKES UP HEAPS (reduce recipe for single serve)

## Celery & onion dip

Ingredients (serves 4)

- 2 celery sticks, trimmed, finely chopped
- 1/2 medium red onion, finely chopped
- 1 x 250g container light cream cheese, at room temperature
- 3 tsp sweet soy sauce

### Method

1. Kids' task: Combine 1 tsp of the celery and 1 tsp of the onion in a small bowl and set aside. Combine the cream cheese, remaining celery and onion, and the sweet soy sauce in a medium bowl.
2. garnish with celery curls

## Chicken & pumpkin stir fry

### Ingredients (serves 4)

- 450g butternut pumpkin, peeled, deseeded
- 350g broccoli, cut into florets
- 200g snow peas, halved diagonally
- Olive oil spray
- 2 (about 500g) single chicken breast fillets, thinly sliced
- 1 tbs finely grated fresh ginger
- 2 garlic cloves, thinly sliced
- 60ml hoisin sauce
- 60ml sweet chilli sauce
- 2 tbs rice wine vinegar
- 1 tbs brown sugar
- 1/2 cup fresh coriander leaves
- cauli rice to serve

### Method

1. Cook broccoli in a saucepan of boiling water for 2-3 minutes. Add snow peas and cook for 1 minute. Use a slotted spoon to transfer to a bowl of iced water to refresh. Drain. Add pumpkin to the saucepan and cook for 5 minutes. Transfer to iced water to refresh. Drain.
2. Spray a wok with olive oil spray. Place over high heat. Add chicken and stir-fry for 3-4 minutes. Transfer to a plate. Add ginger, garlic and vegetables and stir-fry for 1 minute. Return chicken to pan with the hoisin sauce, sweet chilli sauce, vinegar and sugar. Bring to the boil and cook for 2-3 minutes. Stir in coriander.

## Hazelnut crusted fish with snow pea & sprout salad

(serves 4)

- 1 tbs olive oil, plus 1 tsp extra
- 4 skinless firm white fish fillets (such as snapper or blue-eye)
- 1/3 cup finely chopped flat-leaf parsley leaves
- 1/2 cup (75g) roasted peeled hazelnuts\*, finely chopped
- 1 tsp Dijon mustard
- 200g snow peas, topped & tailed
- 150g packet mixed sprouts\* (such as alfalfa, mung bean and snow pea)
- 100g cherry tomatoes, quartered
- Lemon wedges, to serve

### Method

1. Preheat the oven to 180°C.
2. Heat 2 teaspoons of oil in a large ovenproof frypan over high heat. Cook fish for 1 minute on each side, then remove pan from heat. Combine parsley, nuts, Dijon and remaining 2 teaspoons oil in a bowl, then press mixture on top of fillets. Transfer pan to the oven for 6-8 minutes until cooked through.

3. Meanwhile, cook snow peas in boiling water for 1 minute, then drain and rinse in cold water. Remove snow pea sprouts from the mix and roughly chop, then place in a bowl with the snow peas, tomatoes, remaining sprouts and extra oil. Season to taste with sea salt and freshly ground black pepper, and toss to combine.
4. Serve fish with salad and lemon wedges.

### Lamb shank & fennel soup

Ingredients (serves 4)

- spray oil
- 4 lamb shanks, visible fat trimmed
- 2 tsp ground fennel
- 1 tsp ground coriander
- 1 tsp mild paprika
- 2L (8 cups) chicken or vegetable stock
- 2 leeks, pale section only, thinly sliced, washed, dried
- 1 dried bay leaf
- 350g butternut pumpkin, deseeded, peeled, cut into 1cm cubes
- 1 large fennel bulb, halved, thinly sliced
- Salt & freshly ground black pepper
- 1 tbs chopped fresh fennel tops, to garnish

### Method

1. Heat pan and cover with spray oil. Add lamb shanks and cook, turning occasionally, for 5 minutes or until brown all over. Transfer lamb shanks to a plate and set aside.
2. Reduce heat to low. Add the fennel, coriander and paprika to the pan and cook, stirring, for 30 seconds or until fragrant. Add the chicken or vegetable stock, leek, bay leaf and lamb shanks, and bring to the boil over high heat. Reduce heat to low and simmer, covered, for 1 1/2 hours or until the lamb is very tender. Use tongs to transfer lamb shanks to a plate and set aside.
3. Add the pumpkin and fennel to the soup and simmer, covered, for 20 minutes or until tender.
4. Meanwhile, remove the meat from the lamb bones. Coarsely chop the lamb and discard any fat. Return lamb to the soup and stir over low heat for 5 minutes. Taste and season with salt and pepper. Dab the surface of the soup with paper towel to remove any excess fat.
5. Ladle soup among bowls or large cups. Sprinkle with fennel tops and serve immediately.

### Buttered squash

Ingredients (serves 4)

200g green button squash, halved  
200g gold button squash, halved  
20ml olive oil  
1/4 cup fresh continental parsley leaves  
Salt & freshly ground black pepper

## Method

1. Place the squash in a steamer over a saucepan of boiling water (make sure the base of the steamer doesn't touch the water). Steam, covered, for 4-5 minutes or until tender. Remove from heat. Melt the butter in a medium non-stick frying pan over medium heat. Add the squash and parsley, and gently toss until combined. Season with salt and pepper. Transfer to a serving bowl and serve immediately

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## Celery, apple & chicken salad

Ingredients (serves 4)

Olive oil spray

3 (about 500g) single chicken breast fillets

1 egg yolk

2 tbs fresh lemon juice

1 tsp wholegrain mustard

125ml olive oil

4 large celery sticks, ends trimmed, thinly sliced

2 red apples, quartered, cored, cut into thin wedges

1 bunch radishes, trimmed, thinly sliced

1 bunch continental parsley, leaves picked

Method

Spray a large non-stick frying pan with olive oil spray to lightly grease. Place over medium heat. Add the chicken and cook for 4-5 minutes each side or until cooked through. Set aside for 10 minutes to cool. Cut the chicken across the grain into 1cm-thick slices.

Meanwhile, place the egg yolk, lemon juice and mustard in the bowl of a food processor and process until well combined. With the motor running, gradually add the oil in a thin steady stream until the mixture is thick and pale. Taste and season with salt and pepper.

Place the celery, apple, radish and parsley in a large bowl and gently toss to combine.

Divide among serving bowls. Top with the chicken and drizzle over the dressing. Season with pepper and serve immediately

## stormies chicken dish

1 tsp oil

35g mushrooms

60g chicken breast

garam masala

onion powder

ginger powder

garlic powder

70g lite philli cheese

water

squeeze of lemon juice

35g spinach

pan fry the mushrooms in the oil in a pan over a low heat. Add chicken and all spices... I don't measure the spices just whack in as I like brown chicken, add about 3 tablespoons of

water to make a sauce.  
Add spinach til it wilts.... lastly add philli.

### **strawberry delight**

100g Strawberries  
30g lite Ricotta Cheese  
chop the strawberries up and add the ricotta to it...mix it up and eat....

You can also add flaked almonds if you like

### **Barramundi with mornay sauce**

Barramundi or Fish fillet of any variety x 105g  
Mornay Sauce:  
Cauliflower x 50g  
Zucchini x 22g  
Lite Philli x 50g  
Chicken Soup x 1

I steamed the vegies in a saucepan with the fish on a small plate on top of the saucepan and the saucepan lid on top of the plate (saves time and dishes). Once both fish and vegies are cooked.

put the fish aside on warm dinner plate and drained the vegies then returned them to the saucepan. I mashed the vegies, added the chicken sachet with two tablespoons of hot water and then add philli cream.

### **Cheesey beef balls**

60g mince  
10g onion  
1 egg  
1 tf beef sachet in 2 table spoon water  
15-20g lite philli  
whatever spices to taste-Oregano, lite salt ,pepper

Mix togther mince, onion, eggs, spices, and sachet  
Form into 2 balls,each ball covering the philli cheese (don't mix the cheese in, just leave it as a dollop)  
Cook in a small amount of olive oil in a non stick frypan

### **carnitas**

120g lean pork, cut into chunks  
smoked paprika  
cumin  
chilli powder  
salt & pepper

Combine meat with spices and brown in a small skillet. Add water to come halfway up the sides of the meat and a teaspoon of vinegar, simmer until the meat is tender (1-2 hours).

Add more water as needed to maintain the correct level. Once the meat is tender, remove from the pan, shred, and put into a 230c oven until the outside browns and crisps a little.

While the meat is browning in the oven, reduce the cooking liquid to a cream-like thickness (coats a spoon). Add your regular daily oil & 1 tbsp vinegar along with 1 tablespoon chopped cilantro to make your sauce.

Top 60 g Romaine lettuce leaves with the meat I used lime instead of lemon in the guac, and added 10 g fresh chile, just personal preference. Then drizzle your sauce over the whole thing and enjoy

### **Pork Chops with Thyme and Mushroom Sauce**

Serves 2

2 pork chops  
20g spring onions, sliced  
70g button mushrooms  
1 tbsp chopped fresh thyme  
100g snow peas (steamed)  
1 tf Chicken Sachet  
90 g capsicum  
5 g Dijon mustard

Add 1 tspn of oil to frying pan. Fry chops 2 minutes either side. Remove and place onto oven tray and bake further 10 minutes. Return pan to heat add Chicken sachet with hot water. Stir until boiling. Then add spring onions, mushrooms, thyme, capsicum and mustard. Cook until tender. Remove from heat. Add lemon juice, cream and parsley and stir. Place chops on plate and serve with sauce and steamed snowpeas

### **Chicken and Spinach Soup**

Serves 2

240 g chicken  
70 g spinach frozen but thawed  
2 stock cubes  
50 g philli cream cheese  
80 g onion  
2 cloves garlic  
ground black pepper  
oil

Brown onion and garlic in oil until soft.

Add chicken and brown.

Add two stock cubes and cover with water. Add spinach and simmer gently for 20 minutes.

Just before serving add philli and stir.

Add black pepper to taste

## **Tofu and Veggie Bake**

Serves 5

1/2 cup water  
2 tbsp soy sauce  
1 clove fresh garlic crushed  
1/4 tsp garlic powder (optional)  
320 g Nigari hard tofu  
1/2 tsp lite salt (optional)  
1 tsp dried rosemary  
1/2 tsp dried sage  
1/2 tsp dried thyme  
180 g onions thinly sliced  
90 g zucchini thinly sliced  
80 g eggplant thinly sliced  
80 g green pepper thinly sliced

Preheat oven to 180C.

Mix soy sauce and garlic's with the water to make marinade for tofu. Slice tofu in slices about 2 cm thick. Place slices on their sides in a small dish and pour marinade over. Marinade for at least 10 minutes.

Mix salt and herbs together in a small bowl. Lightly oil a 20 x 20 cm or larger covered casserole dish then layer ingredients in as follows. Onion (then the following ingredients sprinkled with the salt and herb mixture on each layer). Drained tofu, tomato, vegies then pour tofu marinade evenly all over. Cover and bake at 180C for about 45 minutes until vegetables are tender

## **Guacamole Dip**

50 g avocado, mashed  
1/2 clove garlic, crushed  
60 g tomato, chopped finely  
5 ml lemon juice  
lite salt and pepper to taste

Combine all ingredients in a bowl and blend together with a blender or fork.  
Use with cut up "salad sticks" - celery carrot, zucchini, cucumber, etc

(this is one of my favourite dips which i often have on my soup toast or with my vege sticks )

## **Coriander Chicken with Asian Coleslaw**

Serves: 4

1 small bunch coriander (2 cups)  
1 garlic clove, sliced

5 g ginger, peeled and grated  
3 teaspoons salt free soy sauce  
480 g chicken tenderloins, tendons removed  
150 g Chinese cabbage shredded  
175 g carrot coarsely grated  
80 g red capsicum, thinly sliced  
olive oil cooking spray

Dressing: 2 desertspsn apple cider vinegar,  
4 desertspsn flaxseed oil,  
pepper and lite salt to taste.

Roughly chop half the coriander leaves and stems. Place in a food processor with garlic, ginger and soy sauce. Process until well combined. Transfer to a ceramic bowl. Season with Lite salt and pepper. Add chicken and turn to coat. Cover and refrigerate for 2 hours to marinate.

Remove leaves from remaining coriander. Place two-thirds of coriander leaves in a large bowl with cabbage, carrot, capsicum. Drizzle with dressing. Toss until well combined. Preheat a barbecue grill or chargrill pan on high heat. Reduce heat to medium-high. Lightly spray chicken with oil. Cook for 2 minutes each side or until golden and cooked through. Slice chicken diagonally.

Divide salad between bowls. Top with chicken. Sprinkle with remaining coriander leaves. Serve .....

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I would consider this to be a protien meal, and would serve this with a nice garden or meditarianian salad

Mediterranean Baked Ricotta

Serves: 3

180g fresh ricotta cheese (block form)
80g red capsicum, roasted and chopped
50g semi dried tomatoes, roughly chopped
2 tbspn olive oil
1 tspn fresh oregano or basil
black pepper to taste

\Slice the ricotta cheese in half horizontally, place the bottom half on a tray lined with baking paper.

Place the capsicum, tomato, then some oregano and pepper on the bottom half of the ricotta. Top with the other half of the ricotta.

Pour over the olive oil, sprinkle with some black pepper.

Cover with foil and bake in a 180C for 15 minutes until a pale golden colour. You may wish to place in grill for a few minutes to brown. This dish can be served warm or cold.

Will keep well in the fridge for 1 week

Ratatouille

Ingredients

- 1 eggplant
- 1 onion sliced
- 2 tomatoes sliced
- 1 green capsicum chopped
- 2 zucchini sliced
- Salt and pepper
- 1 tablespoon chopped parsley
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 clove garlic crushed

Method



Slice eggplant, sprinkle with salt and stand for 30 minutes. Rinse well and pat dry. In a heavy bottomed saucepan layer the vegetables. Add seasonings, herbs and about 1 /4 cup of water. Cover and bring to the boil. Simmer gently for 30 minutes.

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### Rolled Veal

#### Ingredients

- 2 thin slices veal
- 1 small clove garlic finely chopped
- 1 teaspoon mustard
- 1 tablespoon chopped parsley
- 1 onion finely chopped
- 1/2 cup tomato juice
- 1 stick celery finely sliced
- 1/2 teaspoon paprika
- 1 teaspoon soy sauce

#### Method

Brown veal in non-stick frypan (NO oil or fat). Remove from pan and spread mustard on veal, sprinkle garlic on top. Place parsley and onion in centre and roll meat up. Secure with toothpicks. Add soy sauce to pan and warm. Add veal, paprika, tomato juice and celery. Cover and simmer for 15 minutes or till veal is cooked through

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Sukiyaki

Ingredients

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500g lean round steak cut into thin strips
125g mushroom sliced
1/2 bunch spinach chopped
1/2 cup sliced bamboo shoots
2 sticks celery sliced

Marinade

1/2 cup hot water
Salt and pepper
1 tablespoon soy sauce
2 tablespoons dry sherry

Combine meat and marinade, cover and refrigerate for 1 hour. Drain meat.

Brown onion and meat in non-stick frypan, add vegetables and toss for 2 minutes

Mustard Chicken Makes 4 servings

Prep: 10 mins
Cook: 20 mins

4 tablespoons Dijon Mustard
2 tablespoons water or vegetable oil
1 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1 pound boneless chicken breasts

1. Mix mustard, water or oil, garlic powder and Italian seasoning in large bowl or plastic bag. Add chicken, mixing to coat.
 2. Place chicken on lightly greased baking sheet. Bake at 180 for 20 minutes or until done.
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TF FRIENDLY - ROASTED TOMATO SAUCE

2KG roma tomatos
1tbsp extra-viurgin olive oil, divided
2 tsp dried basil
2 celery stalks, thinly sliced
1 red onion thinly sliced
2 galic cloves, thinly sliced
1 small bunch basil, leaves picked

preheat oven to 180 degrees, line 2 large baking trays with paper, toss tomatoes in a bowl with half of the oil and dried basil. spread on trays in 1 layer. pour over any juices, season with pepper. cook until tomatoes collapse and colour (approx 30 min), meanwhile heat remaining oil in non stick frying pan over medium heat.

Cook celery, onion, and garlic, stirring, until soft, translucent and starting to colour (approx 10 mins) transfer hot tomatoes and juice from trays to large blender or food processor. Add celery mixture, blend until almost smooth, stir basil into hot sauce
POUR hot sauce into two hot sterilised 750ml jars and seal.
Completely cool at room temperature.

store in a dark, dry place, refrigerate once opened.

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## CHRISPY TROUT WITH LEMON TOMATO SALSA

6 roma tomatoes, deseeded and finely chopped (or crushed tomatoes if you have no fresh)  
2 spring onions thinly sliced  
1 yellow capsicum, deseeded and finely chopped  
zest of 1 lemon  
juice of 1 lemon, plus extra lemon to serve  
quarter of a cup of roughly chopped coriander leaves  
1tbs olive oil  
4 ocean trout fillet portions - skin on, bones removed  
100g baby spinach leaves, washed

combine tomatoes, onion, capsicum, lemon zest & juice, coriander and half olive oil to make a salsa. set aside at room temp for at least 30 mins  
heat frypan over medium - high heat,  
brush trout with oil, cook, skin side down for 3 mins: turn and cook for a further 3 mins, place on serving dishes  
add spinach to same pan & toss until just wilted (about a min), serve trout with the spinach, salsa and lemon wedges.

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Mongolian Lamb

Serves: 4

500g lamb strips
cooking spray
2 teaspoons crushed garlic
2 teaspoons crushed ginger
1 brown onion, sliced
2 carrots, peeled and sliced (this is optional as its one of our restricted veges)
1 red capsicum, sliced
1 green capsicum, sliced
1 head broccoli, cut into small florets
2 tablespoons hoisin sauce
2 tablespoons soy sauce
2 tablespoons oyster sauce
1 tablespoon sweet chilli sauce
Tf fibre
1 cup water
2 teaspoons vegetable stock powder

Coat a wok or large non stick frying pan with cooking spray, fry lamb, garlic and ginger for 1 - 2 minutes until lamb is sealed and almost cooked. Remove to a plate.

Add the onion, carrots, capsicum and broccoli to the same pan and stirfry for 3 - 4 minutes. Add hoisin sauce, soy sauce, oyster sauce, sweet chilli sauce and combine water, and stock powder stirring well. Bring to the boil, return lamb to the pan and add tf fibre as required for thickening, reserving some to sprinkle on top.

****serve with cauli rice****

****ensure when you serve you stay within your protien limit****

I made this tonight, but with a variation - i used lamb mince instead of strips - it was beautiful, and could be used in wraps, tacos, wrapped in lettuce leaves - dont be afraid of substituting items in the recipes 😊

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**Chicken Tikki** **\*\*NOTE THIS RECEIPE WILL USE ONE OF YOUR TF TREATS BECAUSE OF THE YOGURT - PLEASE ALLOW FOR THIS\*\***

(serves 2)

## Ingredients

- 600g chicken
- 1/3 cup plain yogurt
- 2 cloves garlic
- 1 small onion
- 1 Tbsp fresh ginger, grated
- 3 tsp ground coriander
- 2-3 tsp ground cumin
- 3 tsp garam masala
- 1 tsp salt
- 2 tbsp lemon juice
- 12 wooden skewers (soaked)

## Instructions

**B**lend onion, garlic, ginger, coriander, cumin, garam masala, and lemon juice in a food processor. Process until fine, like a paste. Add yogurt and salt and mix until well blended.

**T**oss the chicken cubes with the blend and make sure it is evenly coated. Thread the chicken onto the skewers. (you may prefer to thread the chicken on the skewers and pour on the marinade).

**C**over and put in the fridge for at least four hours. It's best if you leave it in the fridge overnight.

**G**rill on the BBQ or on a broiler, turning every few minutes so that each side turns brown and is cooked evenly.

Serve with roasted or bbq'd veges

## **Ginger-marinated grilled portobello mushrooms**

4 large portobello mushrooms  
1/4 cup balsamic vinegar  
1/2 cup pulped fresh pineapple

2 tablespoons chopped fresh ginger, peeled  
1 tablespoon chopped fresh basil

### **Directions**

Clean mushrooms and remove the stems. Place in a glass dish, stemless (gill) side up.

To prepare the marinade, in a small bowl whisk together the vinegar, pineapple and ginger. Drizzle the marinade over the mushrooms. Cover and let marinate in the refrigerator for about 1 hour, turning mushrooms once.

Preheat the oven or the bbq (pan, grill, flavoursavour etc).

Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Using tongs, transfer the mushrooms to a serving platter. Garnish with basil and serve immediately.

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