



**INSTASHRED**

PRESENTS

# FLAT BELLY GUT HEALTH COOKBOOK





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**FLAT BELLY  
GUT HEALTH  
COOKBOOK**

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# INTRODUCTION

It's been said that all disease begins in the gut. That must mean that all good health begins in the gut as well.

Managing diabetes, indeed, **has A LOT to do with gut health**. Did you know that negative changes in the gut microbiome, meaning the bacteria which lives inside the lower intestines, has been linked to both rising obesity and diabetes rates?

Your gut microbiome should be, ideally, 85% "good" bacteria to 15% "bad" bacteria. Good bacteria feeds off of probiotic-rich foods so they can supply your body with needed vitamins. Bad bacteria feeds off of simple sugars and can release toxic chemicals into your body. Bad bacteria may actually cause you to develop leaky gut syndrome, which can add to your diabetes risk and diabetic complications.

So, it's essential to not only eat for your health, but for the health of those trillions of organisms living inside of your gut! You have an entire ecosystem living within you, and it's your job to create SYMBIOSIS between you and your little friends.

With that in mind, we've compiled a list of **wonderfully delicious AND nutritious probiotic-rich meals** that will aid the gut health of you and your entire family!

# SALMON & SPINACH FRITTATA



*A delicious frittata high in protein and Omega 3 that can be served as breakfast, lunch, or a light dinner.*

# SALMON & SPINACH FRITTATA

 **PREP** 10 mins

 **COOK** 30 mins

 **SERVES** 4

FAT 2G

## INGREDIENTS

---

7 free range eggs

2 salmon steaks, skins removed

1 bag spinach leaves

Black pepper, to taste

1 cup coconut milk

tomatoes, thinly sliced

1 tablespoon coconut oil

## METHOD

---

Preheat your oven to 360F (180C).

Debone your salmon steaks (if the bones have not already been removed).

Break the salmon up into small chunks using your hands (or slice if preferred).

Crack the eggs into a mixing bowl and add in the coconut milk and some black pepper. Whisk together.

Brush an oven dish with coconut oil. Add half of the spinach to the bottom of the dish and place half of the salmon pieces on top. Repeat this process, so you have two layers of each.

Pour the egg mixture over the salmon and spinach. Use a spatula to push the spinach and salmon down from the sides of the dish and to make sure that the egg mixture has made its way through the whole dish.

Place the tomato slices carefully on top of the frittata and place the tray in the oven to cook for 30 minutes.

Remove from the oven, slice and enjoy!



# CINNAMON KALE CHIPS



*A healthy take on a favorite snack*

# CINNAMON KALE CHIPS

 **PREP** 10 mins

 **COOK** 10 mins

 **SERVES** 8

## INGREDIENTS

---

12 whole large kale leaves, washed & dried

3 tablespoons coconut oil, melted

½ tablespoon rock salt

½ tablespoon ground cinnamon

## METHOD

---

Preheat oven on fan bake to 400F (200C).

Separate each leaf into two by removing the inner stalk and place on a baking tray.

Mix coconut oil, salt and cinnamon in a small jug and drizzle over the kale leaves.

Toss the leaves to fully coat with sauce.

Bake for 5-10 minutes, watching closely as they can burn quickly.

Enjoy!

# CREAMY GARLIC MUSHROOM SOUP



*A thick & creamy soup that will  
hit the spot for mushroom-lovers*

# CREAMY GARLIC MUSHROOM SOUP

 **PREP** 10 mins

 **COOK** 20 mins

 **SERVES** 4

FAT 2G

## INGREDIENTS

---

Extra virgin olive oil, for frying as needed

1 pound (500g) portobello mushrooms,  
sliced

2 garlic cloves, finely chopped

1 brown onion, diced

2 cups (500ml) vegetable stock

1 3/4 cups (400ml) coconut cream

Dried thyme leaves, to taste

Cracked black pepper, to taste

Fresh parsley leaves, to garnish

## METHOD

---

Heat a frying pan with a dash of 2  
tablespoons of olive oil.

Add the mushrooms, onions, garlic, thyme  
and black pepper to the pan and fry until  
the mushrooms are lightly browned and  
the onion is cooked through.

Set a large saucepan over medium heat  
and add the contents of the frying pan.

Add the coconut cream to the saucepan  
and stir.

Add the chicken stock and give it a mix.

Turn off the heat and blend up the soup  
mixture until smooth, using a hand  
blender.

Simmer the blended soup for 10 minutes,  
then garnish with fresh parsley and serve.

Enjoy!

# LEEK & BACON SOUP



*A nice hot winter soup for bacon lovers! Serve this with some delicious toasted Paleo Bread.*

# LEEK & BACON SOUP

 **PREP** 10 mins

 **COOK** 20 mins

 **SERVES** 4

FAT 2G

## INGREDIENTS

---

Olive oil, for frying as needed

2 small–medium size squash, chopped

2 leeks

3 garlic cloves

Cracked black pepper, to taste

6 1/2 oz (200g) of bacon, chopped into small pieces

4 cups (1000ml) fresh chicken stock

1 3/4 cups (400ml) coconut milk

## METHOD

---

Preheat oven to 400F (200C) on fan bake.

Place the squash on an oven proof tray and brush a light layer of olive oil over them.

Place tray in the oven and bake for 30 minutes.

Slice the leeks into rings, using only the white/light coloured part.

Set a large saucepan over medium heat and drizzle in some olive oil.

Add garlic, black pepper and bacon to the saucepan and stir well.

Once the bacon is lightly browned, add the leeks and chicken stock to the pot.

Take the squash out of the oven and remove the skins from them.

Add the squash to the saucepan, then add in the coconut milk and stir.

Simmer the soup mix on a low heat for 5 minutes.

Remove the saucepan from heat. Using a hand-blender, blend up the soup until it's nice and smooth (no chunks).

Serve the soup while it's hot. Enjoy!

# EGGPLANT & TOMATO SOUP



*A deliciously tangy soup you must try!*

# EGGPLANT & TOMATO SOUP

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 5

FAT 2G

## INGREDIENTS

---

2 eggplants, halved

6 large tomatoes, halved

2 onions, peeled & halved

2 tablespoons olive oil

Handful of fresh chopped thyme

10 garlic cloves

4 cups (1000ml) chicken stock

1 3/4 cup (400ml) coconut milk

## METHOD

---

Preheat oven to 400F (200C).

Line 2 oven trays with baking paper. Place the eggplants on one oven tray (skin side down).

In a large bowl, mix the tomatoes, onion and drizzle over the olive oil.

Sprinkle the thyme, garlic cloves, a pinch of salt and some cracked black pepper into the bowl. Mix ingredients together with your hands.

Brush some olive oil over the eggplants on the tray.

Add the tomato and onion mixture onto the other oven tray and place both trays in the oven to cook for 40 minutes.

After 40 minutes remove both trays from the oven and add all of the vegetables into a big pot.

Add in the chicken stock and coconut milk to the vegetable pot and simmer for 5-10 minutes.

Once that starts to boil, remove from heat.

Using a hand blender, blend up all of the vegetables in the pot.

Once smooth, serve and enjoy!



# PUMPKIN SOUP



*This delicious paleo pumpkin soup infused with tangy oranges, a hint of spice and loaded with the goodness of raw almonds, will satisfy your tastebuds & your body's nutritional needs!*

# PUMPKIN SOUP

 **PREP** 15 mins

 **COOK** 45 mins

 **SERVES** 6

FAT 2G

## INGREDIENTS

---

Olive oil, for frying as needed

1 pumpkin, chopped & skin on

1/2 pound (250g) raw almonds

3 oranges, skin on

4 garlic cloves, finely chopped

4 cups (1000ml) fresh chicken stock

2 teaspoons curry powder

1 3/4 cups (400ml) coconut milk

## METHOD

---

Preheat oven to 400F (200C) on fan bake.

Lightly grease an oven tray with olive oil. Lay the chopped pumpkin on the tray and place in the oven to bake for 30 minutes.

Add the almonds into a food processor and pulse until they are finely ground. Set aside in a bowl.

Quarter the oranges and add them to the food processor. Pulse until well blended.

Heat 1 tablespoon of olive oil in a large stock pot. Once hot, add in the garlic and stir. When the garlic is cooked, add the chicken stock.

Remove the baked pumpkin from the oven and place onto a chopping board. Let the pumpkin cool a little then carefully remove the skin.

Add the pumpkin pieces to the stock pot as well as the ground almonds, blended oranges and curry powder. Mix well.

Cook with the lid on for 5 minutes. While it is cooking, boil water in your kettle.

Remove the pot from heat and add in 1/2 cup of boiling water and the coconut milk. Mix well.

Using a stick blender, blend the mixture together until smooth and creamy.

Stir and place the soup back onto a low-medium heat for another 5 minutes.

Season with cracked black pepper, stir and remove from heat. If needed, you can blend the mix again to make sure it is completely smooth.

Serve and enjoy!

# BROCCOLI & LEEK SOUP



*A wonderful hearty soup to tempt your tastebuds.*

# BROCCOLI & LEEK SOUP



**PREP** 10 mins



**COOK** 40 mins



**SERVES** 5

FAT 1G

## INGREDIENTS

---

2 leeks

Olive oil, for frying as needed

1 green onion, white part only

4 heads of broccoli, chopped

4 cups (1000ml) chicken stock

3 cups (750ml) water

1 root of ginger, peeled & finely grated

1 3/4 cups (400ml) coconut cream

Cracked pepper, to taste

## METHOD

---

Cut the dark, green tops off the leeks, and slice the bottom end off. Finely grate the leeks, using a food processor or by hand.

Heat 2 tablespoons of olive oil in a large stock pot.

Place the grated leeks in the pot, and cook until soft. Stir constantly to avoid burning.

Turn the heat down to low.

Chop the white part of the green onion into small pieces, then place in the pot and stir.

Add half the broccoli into the pot.

Mix in the 4 cups of chicken stock.

Add the remaining half of the broccoli to the pot.

Add 3 cups of water to the pot and place the lid on.

Add the ginger to the pot and stir.

Let the pot come to a boil so the broccoli cooks.

Remove the stock pot from the heat and start to blend using a hand-blender.

Once mostly blended add the coconut cream and blend again until smooth.

Place the pot back on the heat to simmer for 2-3 minutes.

Serve and enjoy!

# TOMATO SOUP



*A traditional paleo tomato soup.*

# TOMATO SOUP

 **PREP** 20 mins

 **COOK** 30 mins

 **SERVES** 5

FAT 1G

## INGREDIENTS

---

10 tomatoes, halved

1 tablespoon thyme

1 tablespoon tarragon

1 tablespoon sweet basil

Black pepper, to taste

3 tablespoons olive oil

2 large brown onions, peeled and diced

5 garlic cloves, chopped

4 cups (1000ml) chicken stock

1 3/4 cups (400ml) coconut cream

## METHOD

---

Preheat oven to 400F (200C) on fan bake.

Place the tomatoes in a large bowl and add thyme, tarragon, sweet basil, and 2 tablespoons olive oil. Crack in black pepper and mix well with your hands.

Line an oven tray with aluminum foil and brush olive oil over it.

Place the spice-coated tomatoes on the lined oven tray with their cut side facing upward. Place in the oven for 30 minutes.

Heat 1 tablespoon of olive oil in a fry pan.

Place the onions and the garlic in the fry pan to brown off. Stir constantly to avoid burning.

When the onions have turned brown in colour, remove them from the pan and set aside.

Remove the tomatoes from the oven.

Place a stock pot on the stove, add the chicken stock, coconut cream, tomatoes, onions and garlic. Simmer for 5-10 minutes.

Using a hand-blender, blend until smooth and creamy.

Season with black pepper then serve and enjoy!

# SPICY TURMERIC & CARROT SOUP RECIPE



*A spicy soup containing healthy  
turmeric for swelling and inflammation!*

# SPICY TURMERIC & CARROT SOUP RECIPE

 **PREP** 20 mins

 **COOK** 35 mins

 **SERVES** 5

## INGREDIENTS

---

1 tablespoon coconut oil  
2 tablespoons green onion, chopped  
2 tablespoons ginger, finely grated  
2 garlic cloves, crushed  
1/2 teaspoon ground chili  
1 tablespoon ground turmeric  
1 teaspoon ground cinnamon  
1 1/2 pounds (750 grams) carrots, sliced  
1/2 inch thick  
2 cups (500ml) vegetable stock  
1 cup (250ml) coconut cream  
Ground black pepper, to taste  
Sea salt, to taste  
Fresh cilantro, chopped, to garnish

## METHOD

---

Melt the coconut oil in a medium saucepan over medium heat.

Add in the green onion, ginger, and garlic and cook for 1-2 minutes while stirring constantly.

Then add the chili, turmeric, cinnamon and stir for 20 seconds, or until all ingredients in the pan are well mixed.

Add the carrots into the pan and pour in the vegetable stock, mix well for 1-2 minutes. Add water at this stage for a thinner consistency if preferred.

Bring to the boil, then reduce heat and simmer for 20-25 minutes, or until carrots are soft.

Puree the soup with a hand-blender, until all of the carrots have been blended. Add in the coconut cream and blend for 2-3 minutes, or until you reach your desired consistency.

Add salt & pepper to taste, then garnish with fresh chopped cilantro.



# CHICKEN ZUCCHINI NOODLE SOUP



*A great paleo twist on a family favourite soup.*

# CHICKEN ZUCCHINI NOODLE SOUP

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 5

## INGREDIENTS

---

1 pound (500 grams) chicken thighs,  
diced

2 bay leaves

3 carrots, diced

1 teaspoon dried oregano

1 teaspoon dried thyme

2 garlic cloves, minced

1 small pinch of red pepper flakes

4 cups (1000ml) chicken stock

2 cups (500ml) water

1/2 cup (125ml) coconut cream

4 large zucchinis

## METHOD

---

Place a large soup pot over medium heat and add all ingredients except the zucchinis. Cover and let come to a boil. Once boiling, lower to a steady simmer and cook for 20 minutes.

Slice the zucchinis halfway lengthwise, then spiralize them.

Remove the bay leaves and discard. Add the zucchini noodles to the pot. Cook for 5 minutes, or until zucchini is cooked to your preference.

Serve warm and enjoy!

# SMOKY TOMATO AND BACON SOUP



*This is a great dish to warm you  
up on a cold day, and so tasty.*

# SMOKY TOMATO AND BACON SOUP

 **PREP** 25 mins

 **COOK** 25 mins

 **SERVES** 8

## INGREDIENTS

---

4 tablespoons coconut oil

12 tomatoes, chopped

3 teaspoons smoked paprika

2 onions, diced

4 garlic cloves, crushed

1/2 pound (250 grams) streaky bacon, diced into small pieces

1 3/4 cups (400ml) coconut milk

Fresh cilantro, to garnish

## METHOD

---

Melt 2 tablespoons of coconut oil in a large stockpot.

Add tomatoes to the pot and stir frequently to avoid burning. Add smoked paprika, then place lid on pot and remove heat.

In a separate fry pan, melt 2 tablespoons of coconut oil and add the diced onion and crushed garlic. Cook onion and garlic until tender.

Remove fry pan from heat and add to the stockpot.

Place fry pan back on heat, add the diced bacon and fry until crispy.

Add coconut milk to the tomatoes and blend the mixture with a stick blender until smooth.

Add the cooked bacon into the stockpot, and bring to the boil.

Remove heat, garnish with cilantro, then serve and enjoy!

# TUNA SALAD WITH CHILI DRESSING



*This is a delicious and light tuna dish that will please the tastebuds!*

# TUNA SALAD WITH CHILI DRESSING



**PREP** 15 mins



**SERVES** 5



**COOK** 15 mins

FAT 1G

## INGREDIENTS

### Chili Dressing

1 ½ tablespoons  
squeezed lemon  
juice

3 tablespoons  
apple cider vinegar

½ cup olive oil

1 finely chopped  
red chili

Cracked pepper

### Tuna

6 tuna steaks,  
12 ounces (340  
grams) each

2/3 cup sesame  
seeds

1 tablespoon cumin

1 egg white

2 tablespoons  
coconut oil

### Salad

1 lettuce

1 punnet of cherry  
tomatoes

bunch of celery

1 red pepper

½ cup black olives

## METHOD

### Chili Dressing

Add olive oil, apple cider vinegar, lemon juice, chili, and cracked pepper into the blender.

Blend together until smooth.

### Tuna Salad

Preheat the oven to 400F (200C) on fan bake.

Dip each tuna steak into the egg white, then into the bowl of sesame seeds until they are fully coated.

In a salad bowl, toss together the lettuce leaves, cherry tomatoes, celery, black olives and red pepper.

Drizzle the chili salad dressing over the salad and mix in.

Preheat the frying pan on a medium-high heat with the coconut oil. Add the tuna steaks and cook for 1-2 minutes on each side.

Remove the tuna steaks from the frypan and place into the oven to bake for 2 minutes.

Remove from oven and cut the steaks into big chunks. Serve the tuna chunks on top of your salad.

Enjoy!

# LEMON & GARLIC SHRIMPS



*This zesty dish is a must for anyone one who loves shrimps!*

# LEMON & GARLIC SHRIMPS

 **PREP** 20 mins

 **COOK** 20 mins

 **SERVES** 5

## INGREDIENTS

---

12 zucchinis

1 tablespoon coconut oil

2 garlic cloves, crushed

1 1/2 pounds (700 grams) shrimp, cooked and peeled

1 lemon

1 cup baby spinach

1 punnet cherry tomatoes

Pinch salt

Pinch pepper

## METHOD

---

Using a julienne peeler slice all the zucchini into noodles.

In a fry pan add coconut oil and heat to a medium heat. Add the zucchinis to soften and toss so they don't burn for about 10 minutes

Remove them from the pan and sit to one side, add the crushed garlic to brown and add the shrimps to heat for 5-7 minutes.

Squeeze in the juice of the lemon over the shrimps and toss.

Season with salt and pepper, add the zucchini's back into the pan and toss with the shrimp.

Add the cherry tomatoes and the baby spinach for about 2 minutes and toss.

Serve the shrimps on the zucchini noodle mix and enjoy!



# PALEO PAD THAI



*A Paleo alternative to a Thai favorite!*

# PALEO PAD THAI

 **PREP** 20 mins

 **COOK** 15 mins

 **SERVES** 5

## INGREDIENTS

---

3 tablespoons tamarind paste (optional - purchase from your local Asian supermarket)	3 large chicken breasts, diced
2 teaspoons fish sauce	5 cloves of garlic, peeled and crushed
Juice of ½ a lime	1 tablespoon fresh ginger, peeled and grated
2 tablespoons of honey	5 ounce (150 grams) mung bean sprouts
3 tablespoons hot water	2 1/2 ounce (75 grams) of cashew nuts, to garnish
7 carrots	2 green onions, to garnish
4 zucchinis	A handful of cilantro, to garnish
1 tablespoon of coconut oil	1 lemon, lime, or orange, to garnish
1/2 teaspoon chili powder	
¼ teaspoon cinnamon (optional)	

## METHOD

---

In a small blender, add the tamarind, fish sauce, lime juice, 2 tablespoons of honey, and 3 tablespoons of hot water. Blend to combine. (Note: Watch out for tamarind stones. Remove if you see any. Note 2: If you don't have a small blender, you can skip this step. Blending just makes the sauce more consistent.)

Use a julienne slicer to slice the carrots and zucchini into noodles. Set them aside on a paper towel to absorb some of the moisture.

Heat an electric frypan or wok on low, adding 1 tablespoon of coconut oil, ½ teaspoon of chili, ¼ teaspoon of cinnamon (optional), and the crushed garlic. After a few minutes, turn up the heat to medium and add another tablespoon of coconut oil and the chicken breasts. Keep turning the chicken until just cooked.

Add the tamarind sauce and the grated fresh ginger to the chicken.

With the pan on a high heat, add the julienned carrots and zucchini and cook for 2-3 minutes or until the noodles have softened slightly and mixed with the sauce.

Add the mung bean, and mix. Serve while the mung beans are still crunchy.

Garnish with your choice of green onions, cilantro, chopped cashews, and a squeeze of lime.

**Note:** While mung beans aren't strictly Paleo, they are generally accepted as a Paleo-friendly food.

# CAULIFLOWER PIZZA



*Try a paleo pizza with a twist of flavours.*

# CAULIFLOWER PIZZA

 **PREP** 45 mins

 **COOK** 45 mins

 **SERVES** 8

## INGREDIENTS

---

3 cauliflower  
4 zucchini  
2 eggplant  
4 tomatoes  
2 punnets of cherry tomatoes  
2 red peppers  
2 yellow peppers  
2 tablespoon of tomato paste  
1 teaspoon dried thyme  
1 teaspoon dried basil  
3 eggs  
1&1/2 cup tapioca flour  
1/4 cup olive oil  
Salt and pepper

## METHOD

---

Remove stems from cauliflower, cut into small florets, put into a pot of water and cook till soft.

Drain cauliflower once cooked and allow to cool.

Preheat oven to 350 degrees Fahrenheit.

Chop tomato, 1 punnet cherry tomato, and 1 of each pepper, heat olive oil in a pan, cook chopped peppers, then add chopped tomato and dried herbs, allow to reduce for 10 minutes then thicken with tomato paste.

Place cooked cauliflower into a food processor and blitz till fine, add eggs, tapioca flour and salt and pepper. mix till combined

Form cauliflower into pizza base shape and place on a greased baking tray.

Thin slice all remaining veggies.

Spread tomato sauce over the top of the cauliflower pizza bases, layer veggies over top, bake in the oven for 30-45 minutes.

For a vegan version, replace cauliflower base with a zucchini, slice the zucchini in half length wise and scrape out the center with a spoon, add sauce and veggies and bake.

# CHILLI CHICKEN TACOS



*A spicy delicious paleo take on a classic Mexican meal.*

# CHILLI CHICKEN TACOS

 **PREP** 20 mins

 **COOK** 40 mins

 **SERVES** 6

## INGREDIENTS

---

### Taco Shells

3 cups of tapioca flour  
1 & 1/2 cups of almond flour  
1 tablespoon of sea salt  
2 & 1/4 cups of water  
6 tablespoons of olive oil  
1/2 cup of coconut oil

### Chicken

12 chicken thighs( bone out)  
1 cup of chicken stock  
1/2 cup of olive oil  
1/4 cup apple cider vinegar  
4 fresh chili's de-seeded  
2 tablespoons of coconut oil melted  
1 teaspoon of smoked paprika  
2 tablespoons of coconut oil  
Salt & pepper

## METHOD

---

### Taco Shells

Mix tapioca flour, almond flour and sea salt together in a large bowl.

Mix water and oil together in a separate bowl.

Add wet ingredients to dry and whisk till combined and smooth.

Heat a large frying pan with 1 tablespoon of coconut oil, pour in 2 tablespoons of taco shell mix and cook till golden on each side.

Repeat until all batter is used, setting shells onto a baking sheet once cooked

### Chicken

Place de-seeded chilis and melted coconut oil in a food processor and blitz till almost a liquid consistency.

Combine chili mixture, chicken stock, olive oil, smoked paprika, vinegar and 1 teaspoon of salt and 1 teaspoon of pepper in a large bowl, whisk till combined.

Slice chicken thighs into thin strips, marinate in the chili mixture for around 20 minutes.

Heat a large frying pan with 2 tablespoons of coconut oil, remove chicken from marinate and sear off in the pan (if you wish to use the marinade to braise your chicken ensure that it comes to a strong boil for no less than 3 mins, this will insure any bacteria from the chicken is completely removed).

Cook you chicken for 10 -15 minutes (depending on how large your strips are), remove the large pieces from the pan and cut it half to ensure it is fully cooked.

Remove chicken from the pan and chop into small pieces, this will prevent it from falling out of your taco

**Serving:** These chicken tacos can be served with your preference of lettuce or slaw, fresh salsa and guacamole

# COCONUT CRUMBED FRIED CALAMARI



*Crispy fried light snack or a wonderful crunch component to a seafood salad.*

# COCONUT CRUMBED FRIED CALAMARI

 **PREP** 20 mins

 **COOK** 40 mins

 **SERVES** 8

## INGREDIENTS

---

1 cup tapioca flour

3 cups coconut flour

1 cup shredded coconut

3 cups desiccated coconut

3 cups coconut oil

8 eggs

1/2 cup water (or coconut milk)

1/4 cup lemon juice

1/4 lime juice

salt and pepper

2.2 pounds squid( calamari)

## METHOD

---

Cut calamari into thin ring or strip size portions put into a large bowl.

Add lemon juice and lime juice to calamari and sprinkle with salt and pepper, mix well.

In a separate bowl combine coconut flour and tapioca flour, season with salt and pepper.

In a separate bowl crack eggs and add water (or coconut milk) whisk until fully combined.

In a separate bowl mix together shredded coconut and desiccated coconut.

Dip calamari (1-3 portions at a time) into flour mixture, then egg wash, then coconut mixture, place on a large flat tray until all calamari is coated.

Place a large pot on with coconut oil to heat up.

Fry calamari until golden and crispy (thicker strips of calamari will take slightly longer to cook)



# PALEO BUTTER CHICKEN & SEASONAL VEGETABLES



*A wonderful paleo vegetable infused  
take on a true Indian delight.*

# PALEO BUTTER CHICKEN & SEASONAL VEGETABLES

 **PREP** 30 mins  **SERVES** 6

 **COOK** 30 mins

## INGREDIENTS

---

4 carrots peeled and small diced	2 teaspoons of ground coriander
4 stalks of celery small diced	2 teaspoons of ground cumin
3 red peppers de-seeded and small diced	2 teaspoons of ground fenugreek
5 zucchini diced	2 teaspoons of ground fennel
3 parnips peeled and small diced	1 teaspoon of tumeric
2 pounds of sliced chicken breast (or tenders)	1 teaspoon of ground ginger
3/4 cup tomato paste	1 teaspoon of ground dried garlic( powder)
1 tablespoon of fresh grated ginger	1/2 teaspoon of cardamom
2 cups coconut cream (just the cream from the top)	1/2 teaspoon of ground chili
1 cup chicken stock	1/4 teaspoon of ground cloves
2 tablespoons of tapioca flour & 1 tablespoon of water (makes a slurry for thickening)	1/8 teaspoon of ground aniseed
1/2 cup olive oil or coconut oil	1/8 teaspoon of cinnamon
	1/8 teaspoon of ground dried bayleaves
	Salt & pepper

## METHOD

---

Combine and mix all of your dried spices.

Heat a large frying pan with half of your oil, add carrots, fresh ginger, celery, parnips and peppers, cook till tender, and zucchini, cook till tender, season with salt and pepper.

Remove all veggies from your frying pan into a large bowl.

Add the rest of your oil to the frying pan, add chicken and sear both sides, add your dried spices and mix to coat the chicken.

Add your tomato paste, add chicken stock, add coconut cream to the frying pan with the chicken, mix thoroughly, cover and allow to simmer for 15 mins( check to make sure chicken is fully cooked through).

Add your vegetables back into your pan with the chicken, simmer for 2 mins, taste, season with salt and pepper to desired taste.

Serve over top of cauliflower rice

# PALEO FISH TACOS



*Golden, flaky , crunchy, fresh and delicious.*

# PALEO FISH TACOS



**PREP** 30 mins



**COOK** 30 mins



**SERVES** 5

## INGREDIENTS

---

### Taco Shells

2 cups Tapioca Flour

1 cup almond flour

1 teaspoon of sea salt

4 tablespoons of olive oil

1&1/2 cups of water

### Fish Batter

1&1/2 cups of Tapioca flour

1/2 cup of coconut flour

2 teaspoons of garlic salt

2 teaspoons of sea salt

1/2 teaspoon of black pepper

4 eggs whisked

1/2 cup of sparkling water

### Other Ingredients

2 lbs of cod

1 cup of coconut oil

## METHOD

---

Mix all dry ingredients for the taco shells together, mix water and oil , add water and oil mix to your dry ingredients , whisk till smooth.

Heat a large pan with 1 tablespoon of coconut oil, when hot add 1 tablespoon of taco batter (or slightly more if lager shells are desired) making sure to spread while pouring so the shells stay thin and crispy, cook till lightly golden on each side, 2-4 minutes.

Once cooked remove from pan and set aside on a baking sheet lined with baking paper.

Repeat till all batter is used, (these can be warmed in the oven just before use to keep them nice and warm).

Cut your fish into even size pieces, pat dry with a paper towel( this will help the batter stick).

Add all dry ingredients for your fish batter together and mix, add your whisked eggs and sparkling water then whisk until smooth.

Heat a frying pan with a small amount of coconut oil (about 1 tablespoon), dip your fish into the batter to lightly coat both sides, place flat on your heated frying pan, allow the fish to cook till golden on each side (approximately 3 minutes on each side) turning as few times as possible.

Check to ensure fish is tender and flaky on the inside (over cooking will make it tough and rub berry.

Serve fish inside or on top of the taco shell with your choice of fresh salsa and slaw.

# RICE TRIO TOPPED WITH VEGETARIAN CURRY



*A fantastic and nutritional variation to any rice dish. Colourful and packed with flavour and a wide range of essential vitamins and nutrients.*

# RICE TRIO TOPPED WITH VEGETARIAN CURRY

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6

## INGREDIENTS

---

2 large sweet potatoes peeled and small diced	1 litre of vegetable stock
1 large swede peeled and small diced	1 teaspoon of ground cumin
5 parsnips	1 teaspoon of ground coriander
5 large carrots	1 teaspoon of ground turmeric
2 cauliflower	Salt & pepper
3 zucchini small diced	1 tablespoon of tapioca flour & 2
2 eggplants small diced	tablespoons of water
4 red peppers de-seeded and diced	4 tablespoons of madras curry spice
4 stalks of celery small diced	4 tablespoons of coconut oil
1 litre of coconut cream	

## METHOD

---

Peel and chop parsnips and carrots, remove stems from cauliflower and separate into florets. Place cauliflower, parsnips and then carrots separately into a food processor turning them individually into rice. Set each aside in separate bowls.

Heat two large frying pans each with 1 tablespoon of coconut oil. Combine cauliflower and parsnip rice into one pan with ground turmeric and coriander. In the other add the carrot rice with the ground cumin. Cook each on low heat for 10 mins, stirring regularly to avoid sticking.

Heat a large pot with 1 tablespoon of coconut oil. Once heated add diced peppers, celery and 2 tablespoons of curry spice, stir till coated and cook for 5 minutes until tender. Season with salt and pepper.

Add diced zucchini and eggplant to the pot with peppers and celery, add the rest of the curry spice, stir till coated and cook for 5 mins until tender. Season with salt and pepper.

Add stock to the curry vegetable mixture and reduce heat to a simmer.

Fill a second large pot half full of water and add diced sweet potato and swede. Bring to a boil and cook for 10-15 minutes until tender.

Once sweet potatoes and swede are cooked through strain the water and add them to your curry vegetables and stock. Add coconut cream and thicken with tapioca flour and water mixture.

Taste! Season to your liking both curry mix and veggie rice with salt and pepper if desired.

To plate place Rice into a large bowl keeping the Carrot separate from the cauliflower and parsnip mixture to keep a colour separation. Top with vegetable curry and serve.

Enjoy.

# CREAMY ROASTED GARLIC & MUSHROOM ZUCCHINI PASTA



*A truly aromatic, savory, heart healthy paleo pasta.*

# CREAMY ROASTED GARLIC & MUSHROOM ZUCCHINI PASTA

 **PREP** 40 mins

 **COOK** 30 mins

 **SERVES** 6

## INGREDIENTS

---

2 pounds of zucchini cut into thin strips (for use as pasta)

2 pounds of white button mushrooms sliced

1.5 pounds of brown mushrooms small diced

5 red peppers d-seeded and small diced

3 green peppers de-seeded and small diced

3 stalks of celery small diced

5 carrots peeled and small diced

5 bulbs of garlic

1/2 cup olive oil

3 cups of vegetable stock

2 cans of coconut cream (just the cream from the top)

Salt & pepper

1 tablespoon of tapioca flour mixed with 2 tablespoons of water

## METHOD

---

Fill a large pot 3/4 full of water and bring to a boil.

Preheat oven to 350 degrees Fahrenheit, pour olive oil into a small bowl, roll garlic bulbs through oil and place on a oven tray, season with salt & pepper, cook in preheated oven for 10-15 mins, once golden remove from oven and allow to cool.

Once garlic is cool squeeze into the bowl of olive oil, making sure to not get any skin into the oil.

Heat a large frying pan, add garlic oil, begin sauteing carrots and celery, cook until tender, add diced peppers, cook till tender, season with salt and pepper.

Add diced and slice mushrooms, cook till tender.

Add vegetable stock, stir to mix through, add coconut cream, stir to combine, thicken with tapioca flour mixture, reduce heat to a simmer.

Taste, give a final season with salt and pepper if needed.

Add sliced zucchini to your boiling water and cook for 7-10 mins until tender, strain into a colander

Plating ; put cooked zucchini into the bottom of your bowl, and sauce onto the top.



# LAMB COCONUT CURRY



*Modern twist on a classic curry.*

# LAMB COCONUT CURRY

 **PREP** 30 mins

 **COOK** 45 mins

 **SERVES** 4

## INGREDIENTS

---

3 cans of coconut cream

500 grams of lamb steak  
(boneless cut of lamb)

2 red peppers

2 green peppers

4 carrots

6 asparagus spears

2 sweet potatoes

1 head of broccoli

1 head of cauliflower

1/2 cup of madras curry

1 tablespoon of tapioca flour

4 white onions

4 cloves of garlic

3 cups of water

1/2 cup of olive oil

## METHOD

---

Peel carrots, sweet potatoes, onions and asparagus.

Cut and deseed peppers.

Cut broccoli and cauliflower into florets

Small dice onions , carrots , garlic, asparagus, peppers and lamb.

Heat a large pot with half your olive oil and your curry powder, when hot saute your onions, garlic, and carrots.

Remove veggies from pot, add the remaining oil, when hot brown off your lamb.

Add your diced peppers, carrots, onions, garlic, to the browned lamb.

Saute until peppers soften.

Add your coconut milk and water.

Add your broccoli, cauliflower, sweet potato and asparagus. Allow to cook on high heat for 20 minutes, cook broccoli, sweet potato and cauliflower.

Reduce to a medium simmer until all flavors are combined and lamb is tender.

Add water to your tapioca flour to make a slurry, use slurry to thicken if desired.

Season with salt and pepper to taste.

# WINTER VEGETABLE SALAD



# WINTER VEGETABLE SALAD

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6-8

## INGREDIENTS

---

2 butternut pumpkins peeled, deseeded and small cubed

3 large beetroot peeled and small cubed

1 pound of yams ends removed and medium sliced

1 punnets of cherry tomatoes halve or quartered

500 grams of Arugula

500 grams of baby spinach

1 pound of Brussel sprouts stem removed and halved

Olive oil

1/2 tablespoon of curry powder

Salt and pepper

## METHOD

---

Preheat oven to 350 degrees Fahrenheit. Line two large baking sheets with aluminum foil.

Bring a medium size pot of water to a boil. Add Brussel sprouts and cook for 5-8 mins until vibrant green and tender. Strain and allow to cool.

In a large bowl toss cubed pumpkin with 2 tablespoons of olive oil, curry powder and salt and pepper. Mix till coated. Lay flat along a lined baking sheet. Bake in the preheated oven for 30 mins.

In a separate large bowl toss sliced yams and beetroot with 2 tablespoons of olive oil and salt and pepper. Mix till coated. Bake in the preheated oven for 30 mins.

In a third large bowl toss spinach, arugula, cherry tomatoes and cooled Brussel sprouts.

Once roasted vegetables are tender, remove from oven and allow to cool slightly.

To plate place a layer of mixed greens, tomatoes and Brussel sprouts on the bottom of the plate. Top with roasted veggies add another thin layer of greens then more roasted vegetable.

Serve and Enjoy!

# ROASTED VEGETABLE AND HEALTHY CARB SOUP



# ROASTED VEGETABLE AND HEALTHY CARB SOUP

 **PREP** 20 mins

 **COOK** 30 mins

 **SERVES** 6-8

## INGREDIENTS

---

600 - 700 grams yams ends removed and chopped

2 large parsnips peeled and diced

2 large carrots peeled and diced

1 red onions diced

3 stalks of celery diced

2 heads of broccoli stems removed cut into florets

500 - 600 grams of Brussel sprouts stem removed and quartered

1 teaspoon chili powder

1 teaspoon smoked paprika

Salt and pepper

1 liter of vegetable stock

1 can of coconut cream

Olive oil

6 cups of water

## METHOD

---

Preheat oven to 350 degrees Fahrenheit. Line two large baking trays with aluminum foil.

In a large bowl toss diced yams with 2 tablespoons of olive oil, 2 teaspoons of smoked paprika and salt and pepper. Mix till thoroughly coated. Lay flat on the lined baking sheet and bake in the preheated oven for 30mins.

In a large bowl toss 2 tablespoons of olive oil with chopped yams, chili and salt and pepper. Mix till thoroughly coated. Lay flat on a pre-lined baking tray bake in the preheated oven for 30 mins.

Heat a large pot with 2 tablespoons of olive oil, add onions, celery and carrots. Cook for 3-5 mins on medium-high heat until carrots are tender, and onions are transparent. Season with salt and pepper.

Add brussels sprouts, broccoli and stir regularly to avoid burning.

Add vegetable stock and water. Increase the heat to high to speed up cooking. Cook for 10 mins

Remove veggies from the oven and add to the soup pot. Add coconut cream and stir.

Remove from heat and use an immersion blender to puree the soup.

Serve in a bowl and enjoy

# AVOCADO SMASH



*A fresh and filling springtime delight*

# AVOCADO SMASH

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 8

## INGREDIENTS

---

10 small avacados

4 small lemons

50 grams fresh coriander

Salt

Pepper

## METHOD

---

Cut open avocado and remove stones place in a large bowl.

Cut lemons in half and squeeze the juice through a sieve onto the avos.

Remove stems from coriander and finely dice the leaves and to avos and lemon juice.

Add salt and pepper to taste 5) mash with a masher or hands until fully combined and slightly chunky.

A fantastic side to accompany salads, meat or ever on paleo toast



# BAKED SOLE FILLET WITH PEACH SALSA



*Melt-in-your-mouth sole fillet with a tangy peach salsa.*

# BAKED SOLE FILLET WITH PEACH SALSA

 **PREP** 15 mins

 **COOK** 15 mins

 **SERVES** 6

FAT 1G

## INGREDIENTS

---

### Sole Fillet

1 pound (500 grams) sole fillet, or any white fish

1 teaspoon black pepper

1 lemon

2 tablespoons melted coconut oil

### Peach Salsa

5 peaches

1 red onion, diced

2 fresh limes

1 punnet cherry tomatoes

1 cup of fresh mint leaves, chopped

1 cup of fresh cilantro, chopped

## METHOD

---

### Baked Sole Fillet

Preheat your oven to 400F (200C) on fan bake.

Grease an oven tray with coconut oil and lay the fish out onto it.

Crack some black pepper and the juice of the lemon over the fish.

Put the fish into the oven. They will only take 7-8 minutes to cook so keep an eye on them.

Remove from oven and serve with the peach salsa below.

### Peach Salsa

Cut and remove the stones from the peaches. Slice them into small pieces and place into a mixing bowl.

Add chopped red onion to the peach bowl.

Squeeze the juice from the limes into the bowl.

Cut the cherry tomatoes in half and add to the bowl.

Add in the chopped cilantro and mint.

Serve with the baked sole and enjoy!

# BEEF BOLOGNESE



*This is an easy and delicious Paleo Bolognese,  
served with zucchini noodles.*

# BEEF BOLOGNESE

 **PREP** 15 mins

 **COOK** 20 mins

 **SERVES** 4

FAT 1G

## INGREDIENTS

---

### Zucchini Noodles

6 small zucchinis, sliced into noodles

Sea salt, to taste (Optional)

Black pepper, to taste (Optional)

### Paleo Beef Bolognese

Coconut oil, for frying as needed

1 eggplant, chopped into bite-size cubes

Sea salt, to taste

Black pepper, to taste

1 1/2 pounds (750 grams) ground beef

1 tablespoon dried or fresh basil

3 tomatoes, chopped

1 1/2 cups pureed tomatoes

## METHOD

---

### Zucchini Noodles

In a frying pan, heat some coconut oil and lightly fry the zucchini noodles for about 5 minutes.

Season with sea salt and pepper.  
(Optional)

### Paleo Beef Bolognese

Heat some coconut oil in a large frying pan on a medium-high heat and lightly fry the eggplant until slightly browned. Season with salt and pepper. Once cooked, remove from the pan and set aside.

**Note:** Eggplant absorbs oil so add more coconut oil if you need to.

Using the same pan, cook the ground beef until browned.

Add the eggplant back into the pan along with the chopped tomatoes, basil, and pureed tomato.

Cook Bolognese for about 10 minutes.

Remove from heat and serve with the zucchini noodles. Enjoy!

# BEEF FILLETS WITH BACON & MUSHROOM PUREE



*This is a delicious steak recipe, it's  
one your taste-buds need to try!*

# BEEF FILLETS WITH BACON & MUSHROOM PUREE

 **PREP** 15 mins

 **COOK** 30 mins

 **SERVES** 6

## INGREDIENTS

---

5 large button mushrooms, sliced

1/2 cup fresh thyme

1 tablespoon almond butter

4 tablespoons melted coconut oil

1/2 pound (250 grams) streaky bacon

6 beef tenderloin steaks

Cracked black pepper, to taste

## METHOD

---

Preheat oven to 400F (200C) on fan bake.

In a blender, puree the mushrooms, a handful of fresh thyme, almond butter and the melted coconut oil. Place in a bowl and set to the side.

Lightly fry the bacon for about 2 minutes on each side. Set aside.

Sear the beef fillets for 2-3 minutes on each side. Season with pepper. Once seared, let the meat sit for 5 minutes.

Spread the mushroom puree on one side of each steak, and wrap it with a piece of streaky bacon. Place them in a lined ovenproof dish.

Bake for 20 minutes. Check on the meat at the 10-minute mark.

Serve with a fresh side of greens and sweet potato mash.

# CHICKEN & TOMATO SKILLET



*If you are a fan of tomato based dishes you will love this tasty dish.*

# CHICKEN & TOMATO SKILLET

 **PREP** 15 mins

 **COOK** 20 mins

 **SERVES** 5

## INGREDIENTS

---

2.6 pounds (1.2kg) chicken breast diced

2 cloves garlic - diced

10 white button mushrooms, sliced

8 diced tomatoes 1 teaspoon oregano

1 tablespoon thyme

Salt and cracked black pepper

Fresh coriander

4 tablespoons sesame oil

1 can (400g) coconut milk

## METHOD

---

Add sesame oil in a large skillet/fry-pan place on a medium-high heat.

Add the chicken and brown for 5 minutes.

Remove chicken and set aside on a plate/bowl.

Add some more sesame oil to the skillet/fry-pan if necessary.

Add the garlic and add the sliced mushrooms in to brown for a few minutes per side.

Stir in the oregano, thyme, and season with salt and pepper to taste.

Add tomatoes and sauté for 3 minutes, then add the coconut milk and stir.

Transfer the chicken back to the pan.

Cover and cook for a remaining 4 minutes.

Add in some fresh coriander, and serve.

This dish is best served on a bed of cauliflower rice or swede rice! (in recipe video we used swede rice)



# CHICKEN FETTUCCINE



*A great paleo pasta that tastes so good!*

# CHICKEN FETTUCCINE

 **PREP** 20 mins

 **COOK** 15 mins

 **SERVES** 6

## INGREDIENTS

---

10 chicken thighs, skinless and boneless

7 zucchinis, sliced with a julienne peeler

1/2 pound (250 grams) streaky bacon (optional), diced

20 white button mushrooms, sliced

2 cups chicken stock

1 cup coconut cream

2 tablespoons apple cider vinegar

2 tablespoons cashew butter

1 tablespoon oregano

1 tablespoon dried basil leaves

Cracked black pepper, to taste

Himalayan pink salt (optional)

Sesame oil

## METHOD

---

Turn an electric frying pan on to a medium-high heat with a splash of sesame oil.

Place the chicken in the frying pan and cook with black pepper, salt and oregano and toss.

Turn on another pan or wok to heat to a medium-high heat.

Drizzle in some sesame oil and place in the zucchinis to soften, season with black pepper and salt.

Sprinkle dried basil leaves over the chicken and stir, cook for 3 – 5 minutes.

Remove the chicken from the pan into a bowl and set aside, place the bacon into the pan to cook for about 4-5 minutes.

Remove the bacon from the pan and add to the bowl you've set aside with the chicken. Add in the mushrooms in the pan to fry, add more oil if required for 4-5 minutes.

Remove the mushrooms from the pan and add it to the chicken and bacon.

Take the zucchini noodles off the heat.

To make the sauce, add to the pan the chicken stock, coconut cream, apple cider vinegar and the cashew butter and stir until mix is all smooth.

Once the sauce is all mixed add in the chicken, bacon, and mushrooms into the pan and simmer for 2-3 minutes.

To serve, place the zucchini noodles in a bowl and top with the chicken sauce. Enjoy!

# VENISON SALAD WITH RED WINE SAUCE



*Try this delicious venison dish  
and really surprise the taste buds!*

# VENISON SALAD WITH RED WINE SAUCE

 **PREP** 15 mins

 **COOK** 45 mins

 **SERVES** 4

## INGREDIENTS

---

1 cup (250ml) red wine

6 whole cloves

2 star anise

3 tablespoons honey

Juice of 1/2 orange

1/2 cup (125ml) olive oil

3 cloves garlic

Small handful fresh thyme

4 large portobello mushrooms

8 small venison medallions (2  
for each person)

Salad greens

1/2 cup walnuts, to garnish

2 eggs, hard-boiled

## METHOD

---

Place red wine, cloves, star anise, honey, and orange juice into a pot and bring to boil. Simmer for 10-15 minutes. Pour through sieve and into a small serving jug. Set aside to cool.

Peel the portobello mushrooms and place on an oiled tray.

Mix olive oil, garlic, and thyme together, and brush around the edges of the mushrooms, then brush over mushrooms and place in an oven at 360F (180C) for 30-40 minutes.

Bring venison steaks to room temperature and pat dry. Season with salt and pepper, add to a hot pan and cook each side for 3 minutes.

Take from pan, and slice two medallions for each serving.

Place mushrooms onto a plate on top of salad greens, then add venison on top. Garnish with walnuts and pour red wine sauce over top. Add two quarters of hard-boiled egg before serving.

Enjoy!

# TURMERIC SPICED SALMON FILLETS



*A must for salmon lovers, with an extra flavor kick!*

# TURMERIC SPICED SALMON FILLETS

 **PREP** 10 mins

 **COOK** 15 mins

 **SERVES** 3

## INGREDIENTS

---

- 1 teaspoon ground cumin
- 1 teaspoon garam marsala
- 1 tablespoon ground turmeric
- 3 tablespoons coconut yoghurt
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon coconut oil, melted
- 3 salmon fillets

## METHOD

---

Preheat oven to 400F (200C) on fan bake.

In a small/medium sized bowl, combine the cumin, garam marsala, turmeric, coconut yoghurt, salt and pepper. Mix well until it forms a yellow/brown paste.

Line a baking tray with foil and brush the melted coconut oil over to stop the salmon from sticking.

Place the salmon fillets skin side down on the foil, spoon over enough of the yoghurt mixture on each salmon fillet to cover the top and sides of the fillets.

Bake the salmon for 10-15 minutes, until just tenderly cooked (may need longer depending on thickness).

Serve with a fresh salad or any of your favourite sides.