



# That Diabetes Cookbook

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**Simple, healthy** and **balanced** recipes  
perfect for everyday

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## Deconstructed B.L.A.T



Prep Time  
20 Mins



Cook Time  
40 mins



Serves  
4-6

## INGREDIENTS

|  |                                      |
|--|--------------------------------------|
| 5 tomatoes core removed and sliced         | 8-12 rashers of bacon (2 per person) |
| 2 large orange kumara sliced thin          | $\frac{3}{4}$ cup of olive oil       |
| 6 avocado stone removed, and flesh smashed | 2 teaspoons of chili flakes          |
| 100 grams of mixed greens                  | 1 teaspoon of turmeric               |
| 4 parsnips peeled and sliced               | 1 lemon                              |
|  | Salt and pepper                      |

## PROCEDURE

1. Preheat the oven to 350 degrees Fahrenheit. Line 2 large baking trays with aluminum foil. Lay thin sliced kumara flat on the lined baking tray. Brush each side with olive oil then season with chili flakes, salt and pepper. Place in the oven and cook for 40 mins.
2. Place thinly sliced parsnips into a large bowl, drizzle with olive oil and season with turmeric, salt and pepper. Mix till coated and lay flat on a lined baking tray, bake in the preheated oven for 30 mins.
3. Place avocado flesh in a large bowl, add the juice from 1 lemon and season with salt and pepper. Mash till slightly chunky.
4. In a large frying pan add 1 teaspoon of oil and heat. Cook off the bacon to desired degree. Remove bacon onto a plate with paper towel to absorb extra grease. Add 1 tablespoon of olive oil to the bacon pan and heat. Add peeled asparagus and cook till tender.
5. To plate add mixed greens to the bottom of the plate, layer on fresh tomato, sliced kumara, parsnips, bacon and asparagus.
6. Serve and enjoy!



## Lamb Salad



Prep Time  
30 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

- |   |                                |
|---|--------------------------------|
| 2 heads of broccoli stem removed, and florets cut off | 6-8 small lamb steaks          |
| 2 bunches of asparagus peeled and chopped             | 2 tablespoons of Dijon mustard |
| 4 tomatoes seeds removed and sliced                   | 1 cup of olive oil (marinade)  |
| 3 large orange kumara peeled and diced                | 1/3 cup white wine vinegar     |
| 250 grams of baby spinach                             | Salt and pepper                |
| 3 red onion ends removed and large chopped            | 1 tablespoon smoked paprika    |
|   | 1 tablespoon of ground ginger  |
|   | ¾ cup of olive oil             |

## PROCEDURE

1. Preheat the oven to 350 degrees Fahrenheit. Line 2 large baking trays with aluminum foil. Lay thin sliced kumara flat on the lined baking tray. Brush each side with olive oil then season with chili flakes, salt and pepper. Place in the oven and cook for 40 mins.
2. Place thinly sliced parsnips into a large bowl, drizzle with olive oil and season with turmeric, salt and pepper. Mix till coated and lay flat on a lined baking tray, bake in the preheated oven for 30 mins.
3. Place avocado flesh in a large bowl, add the juice from 1 lemon and season with salt and pepper. Mash till slightly chunky.
4. In a large frying pan add 1 teaspoon of oil and heat. Cook the bacon to desired degree. Remove bacon onto a plate with paper towel to absorb extra grease. Add 1 tablespoon of olive oil to the bacon pan and heat. Add peeled asparagus and cook till tender.
5. To plate add mixed greens to the bottom of the plate, layer on fresh tomato, sliced kumara, parsnips, bacon and asparagus.
6. Serve and enjoy!





## Monkfish Curry



Prep Time  
30 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

- 1kg of fresh monkfish chopped
- 2 heads of broccoli stem removed and chopped
- 1 head of cauliflower stem removed and chopped
- 2 bunches of asparagus peeled and chopped
- 3 red onions diced
- 2 red peppers diced
- 7 courgettes ends removed and chopped
- 2 carrots peeled and diced
- 4 cloves of garlic minced
- 1 liter of chicken stock
- ¼ cup olive oil
- 3 tablespoons madras curry powder
- Salt and pepper

## PROCEDURE

1. Heat a large pot with 1/4 cup of olive oil. Add curry powder and stir constantly to avoid burning. Add onions, garlic, carrots and peppers. Cook for 3-5 mins until onions go transparent.
2. Add monkfish to the pot and stir to coat. Cook until the outside of the fish begins to sear.(3-5mins)
3. Add courgettes and asparagus to the pot, season with salt and pepper. Cook for 3-5mins. Add chicken stock, broccoli and cauliflower. ( top up with water if needed.)
4. Cook for 6-10 mins until broccoli and cauliflower are tender. Serve as is or on cauliflower rice. Enjoy!



## Coconut Chili Chicken With Roasted Vegetable Salad



Prep Time  
40 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

- |   |                               |
|---|-------------------------------|
| 6 courgettes ends removed and chopped                             | 1 ½ cups olive oil            |
| 12-16 chicken drumsticks  | 1/3 cup white wine vinegar    |
| 1 large head of cauliflower stem removed and chopped into florets | Salt and pepper               |
| 2 heads of broccoli stem removed and chopped into florets         | ¼ cup siracha chilli sauce    |
| 4 parsnips peeled and chopped                                     | 1 tablespoon of turmeric      |
| 200 grams baby spinach  | 1 tablespoon smoked paprika   |
| 2 bunches of asparagus peeled and chopped                         | 1 tablespoon of ground ginger |
| 1 can coconut cream   | 1 tablespoon of turmeric      |
|   | 1 tablespoon smoked paprika   |
|   | 1 tablespoon of ground ginger |

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl whisk together 1 cup of olive oil, white wine vinegar, coconut cream, siracha chili sauce and salt and pepper. Use ½ to ¾ of this to marinate the chicken drumsticks in a shallow dish.
3. In a separate large bowl add 2 tablespoons of olive oil, cauliflower, broccoli, turmeric and salt and pepper. Mix until thoroughly coated, lay flat along a baking sheet and cook in the oven for 25-30 mins.
4. In a separate large bowl add 2 tablespoons of olive oil, courgettes, asparagus, ground ginger and salt and pepper. Mix until thoroughly coated. Lay flat along a baking sheet and cook in the oven for 20-25 mins.
5. Heat a large frying pan with the remaining olive oil, remove the chicken drumsticks from the marinade and sprinkle with smoked paprika, salt and pepper. Dispose of the marinade. Sear the chicken drumsticks in the frying pan then lay flat on a baking sheet. Cook in the oven for 30-40 mins.
6. To plate layer spinach with roasted vegetables and top with roasted chicken. Drizzle with dressing (the one not used to marinate the chicken). Serve and enjoy!



## Roasted Chicken Drumsticks With Roast Seasonal Vegetables



Prep Time  
30 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

Chicken drumsticks 12-16 ( 2 per person)

3 large kumara sliced

3 bunches of asparagus spears peeled and chopped

2 heads of broccoli stem removed cut into florets

200 grams of mixed greens

4 parsnips peeled and sliced

1 ½ cups of olive oil

1/3 cup white vinegar

¼ cup siracha chili

1 tablespoon of chili flakes

Salt and pepper

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit. Line a flat baking sheet with aluminum foil. Brush both sides of the sliced kumara with olive oil and season with salt, pepper and chili flakes. Bake in the preheated oven for 40 mins.
2. Whisk together ½ cup of olive oil, 1/3 cup vinegar, 1/4 cup of siracha chili and season with salt and pepper. Use this to marinade the chicken drumsticks for more than 20 mins. After marinating, heat a large frying pan with 1 tablespoon of olive oil. Sear both sides of the chicken drumsticks until golden. Lay flat on a baking sheet and bake in the oven for 40 mins.
3. In a large bowl add broccoli florets, sliced parsnips, asparagus spears, 1/3 cup olive oil and season with salt and pepper. Toss till thoroughly coated. Line 2 flat baking sheets with aluminum foil. Spread season vegetables evenly over both. Bake in the preheated oven for 25-30 mins.
4. To plate lay a small amount of mixed greens on the base of the plate. Lay roasted kumara beside, build up with chicken drumsticks, parsnips, broccoli and asparagus.
5. Serve and enjoy!



## Paleo Crumbed Red Cod With Seasonal Vegetables



Prep Time  
40 mins



Cook Time  
40 mins



Serves  
8-10

## INGREDIENTS

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| 2 cauliflower blitzed into “ Rice”   | 1 kg of fresh cod cut into portions  |
| 2 bunches of asparagus peeled        | 2 lemons                             |
| 2 loaves of paleo bread              | 1 bunch of fresh dill                |
| 6 courgette stems removed and sliced | 1 tablespoon of chili flakes         |
| 5 large eggs                         | 1¾ cup olive oil                     |
| 2 cups of tapioca flour              | 2 heads of broccoli cut into florets |

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit.
2. In a food processor blitz the paleo bread into bread crumbs. Add crumbs to a bowl with lemon zest, chopped dill, salt and pepper.
3. With 3 separate bowls make a breeding station, flour in one, whisked eggs in one and bread crumbs in one. Bread your cod by thinly coating in flour, dipping into the egg wash then coating in bread crumbs. Set breaded cod aside on a baking sheet. Continue until all fish is crumbed.
4. In a large bowl place broccoli florets, sliced courgetti, asparagus, chili flakes, ¼ cup of olive oil and salt and pepper. Mix till thoroughly coated. Lay flat on a lined baking sheet and bake in the oven for 30 mins.
5. Heat a large frying pan with a thin layer of olive oil to medium high heat. When hot begin searing crumbed fish on both sides until golden. When golden remove fish from the pan onto a lined baking sheet. Continue until all fish is golden. Bake in the preheated oven for 20mins.
6. Heat a large frying pan with a thin layer of olive oil. Add cauliflower rice, salt and pepper. Cook for 8-10 mins until tender. Stir while cooking to prevent sticking.
7. To serve place “rice” on the bottom of the plate. Lay the crumbed fish over top and place the roasted veggies beside.
8. Enjoy!





## Spinach Salad With Chili Roasted Pumpkin, Yams and Eggplant



Prep Time  
20 mins



Cook Time  
40 mins



Serves  
6

## INGREDIENTS

2 butternut pumpkins Peeled,  
deseeded and sliced into 6 even strips  
2 large eggplant sliced medium thick  
1 pound of yams ends removed and  
quartered

500 grams of fresh baby spinach  
1 cup of olive oil  
1 tablespoon of chilli flakes  
Salt and pepper

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit.
2. Line 3 baking sheets with aluminum foil.
3. Pour olive into a bowl with the chilli flakes and some salt and pepper.
4. Lay vegetables flat separately on each tray, brush with infused olive oil on each side.
5. Put the pumpkin in the oven first and roast for 30 to 40 mins until tender. At the 15 min mark add the yams, at the 20 min mark add the eggplant. This will let all vegetables cook evenly.
6. Plating; fill a plate or bowl with fresh spinach, top with roasted vegetables. Add your choice of dressing (Healthier is better)
7. Enjoy!



## Parsnip And Courgette Fritter With Sautéed Greens And Beetroot



Prep Time  
30 mins



Cook Time  
40 mins



Serves  
4-6

## INGREDIENTS

- |   |   |   |
|---|---|---|
| 12 courgettes (medium size) grated                                      | 3 | 1 pound of Brussel sprouts stem removed and quartered |
| 4 parsnips peeled and grated  |   | Salt and pepper for seasoning                         |
| 4 flax eggs (4 tablespoons of ground flaxseed & 8 tablespoons of water) |   | Beetroot sauerkraut                                   |
| 1 ½ -2 cups of tapioca flour  |   | 4 large avocados peeled, and seed removed             |
| 1 tablespoon of chili powder  |   | Olive oil   |
| 1 bulb of garlic minced   |   | 1 lemon   |
| 1 bunch of kale chopped   |   |   |

## PROCEDURE

1. Grate courgetti and parsnips into a large bowl. Sprinkle with salt (1 tablespoon) and mix through. Allow to sit for 5 mins so the salt can draw out the moisture. Drain of extra moisture by squeezing it out with a tea towel or cheesecloth.
2. Mix ground flaxseed with water and stir. Let sit for 5 mins to thicken.
3. Add rested flaxseed to the courgettis and parsnips, add garlic, chili and salt and pepper to taste. Add tapioca flour and mix through to thicken.
4. Heat a large pan with olive oil to medium high heat. Form courgetti mixture into patties or "discs" of the desired size. Fry on each side till golden brown then move to a large baking sheet.
5. Once all the mixture is fried off move it into a preheated oven at 350 degrees Fahrenheit. Cook for 30 mins to ensure the center is cooked.
6. Heat the same or a separate large frying pan with ¼ cup of olive oil to medium high heat. Add chopped kale and Brussel sprouts. Cook through for 10 mins reducing heat if necessary to prevent burning. Season with salt and pepper.
7. Place avocado flesh into a large bowl, add the juice of a lemon, salt and pepper and mash it together.
8. To plate place the fritter in the center of a plate, top with sautéed greens, add beetroot sauerkraut and avocado smash.
9. enjoy



## Ginger Chili And Coconut Amino Stir-Fry



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

3 cauliflower stems removed and blitzed into "Rice"  
6 courgettes slice medium thick  
2 red onions diced  
3 red peppers deseeded and diced  
4 parsnips (1 peeled and diced) 3 peeled and thin sliced  
3 stalks of celery diced  
1 pound of Brussel sprouts stem removed and halved

3 heads of broccoli stem removed and cut into small florets  
2 small fresh chilis deseeded and blitzed  
½ cup of coconut aminos  
1 table spoon of fresh ginger (grated or finely chopped)  
4 cloves of garlic peeled and minced  
½ cup olive oil  
Salt and pepper

## PROCEDURE

1. Place a large pot of water on to boil, add Brussel sprouts and broccoli, cook until both become a bright vibrant green(4-6mins). When tender remove from heat and drain.
2. Remove stems from cauliflower and blitz into rice.
3. Heat two large frying pans to medium high heat with ¼ cup of olive oil each.
4. Place cauliflower rice into one and cook for 10-12 mins stirring regularly to avoid sticking to the bottom. Season with salt and pepper, reduce heat and stir periodically.
5. In the second frying pan, heat the olive oil then add, garlic, ginger and all diced vegetables. Stir to avoid sticking. Season with salt and pepper. Cook for 3-5 mins until the onions are translucent. Add sliced vegetable and cook till tender, 6-10 mins.
6. Add broccoli and brussels sprouts to the cooking vegetables. Stir. Add coconut aminos, stir to mix through. Add blitzed chilis small amounts at a time to achieve the desired degree of spice. Mix through.
7. Plate with the cauliflower rice as the base, stir-fried vegetables on top. Enjoy!



## Tomato Courgetti And Brussel Sprout On Carrot



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
8-10

## INGREDIENTS

|   |  |
|---|--|
| 2.5 pounds of carrots                                 | 1 litre of vegetable stock               |
| 1 pound of Brussel sprouts stem removed and quartered | 1 can of coconut cream                   |
| 10 courgettis medium diced                            | 6 large tomatoes stem removed and halved |
| 2 red onions small diced                              | 2 punnets of mixed cherry tomatoes       |
| 1 bulb of garlic minced                               | ¼ cup olive oil                          |
| 3 stalks of celery small diced                        | Salt and pepper                          |

## PROCEDURE

1. Peel all carrots and pass them through a spiralizer to turn them into “noodles”. Place in a large pot of water and cook for 15-20 mins, until tender.
2. Preheat an oven to 350 degrees Fahrenheit, place halved tomatoes on a baking tray, season with salt and pepper, cook for 12-15 mins.
3. Heat a large frying pan with olive oil to medium high heat. Add garlic, onions, celery and brussels sprouts. Cook for 6-8 mins until onions begin to go transparent. Season with salt and pepper.
4. Add cherry tomatoes and courgettes to the frying pan and cook for 6-8mins until tender.
5. Add oven roasted tomatoes and vegetable stock to the pan, reduce heat to a simmer, add coconut cream and taste and season with salt and pepper. (can be thickened with tapioca flour and water if desired)
6. Strain off the carrot “noodles”, serve them in a bowl topped with the vegetable-based sauce.





## Eggplant And Zucchini Tacos



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

|                                     |                            |
|-------------------------------------|----------------------------|
| 2 large eggplant diced              | ¼ cup olive oil            |
| 2 red onions diced                  | Salt and pepper            |
| 3 red peppers deseeded and diced    | Paleo chili sauce          |
| 6 zucchinis diced                   | Taco shells                |
| 250 grams mixed greens              | 2 Cups tapioca flour       |
| 250 grams baby spinach              | 1 cup of almond flour      |
| 1 punnnet of cherry tomatoes halved | 1 teaspoon of sea salt     |
| 4 avocados mashed                   | 4 tablespoons of olive oil |
| 1 lemon                             | 1&1/2 cups of water        |

## PROCEDURE

1. Mix all dry ingredients for the taco shells together in a large bowl. In a separate bowl mix together the water and olive oil. Combine the two and whisk till smooth.
2. Heat two separate large frying pans with 1 tablespoon of olive oil. In one laddle in 1 scoop of the taco shell mixture. Cook for 3-5 mins on each side till crispy.
3. In the second frying pan began by cooking the onions and peppers. Season with salt and pepper. Cook for 3-5 mins until onions are translucent. Add in diced zucchini and eggplant. Cook for 8-12mins until tender. Add two tablespoons of chili sauce and mix through. Season with salt and pepper.
4. Place avocado flesh in a large bowl, add the juice from 1 lemon. Season with salt and pepper and smash to a pulp.
5. Place taco shells on a plate, cover the center with mixed greens and spinach. Scoop chili coated vegetables over the greens. Top with avocado smash and garnish with cherry tomatoes.
6. Enjoy!



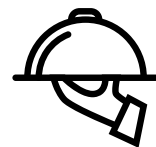
## Vegetable Styr- fry With Mandarin Coconut Aminoe Sauce



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

|  |   |
|--|---|
| 5 courgettes slice to medium thickness           | florets halved                                  |
| 3 parsnips peeled and sliced to medium thickness | 2 mandarins juiced                              |
| 2 red onions thin sliced                         | ½ cup coconut aminoes                           |
| 3 stalks of celery thin sliced                   | ¼ cup of fresh ginger peeled and finely chopped |
| 3 carrots peeled and thin sliced                 | 5 cloves of fresh garlic peeled and minced      |
| 2 heads of bok choy washed and medium chopped    | ¼ cup of olive oil                              |
| 3 heads of cauliflower blitzed into “rice”       | Salt and pepper                                 |
| 2 heads of broccoli stem removed, and            |   |

## PROCEDURE

1. Remove stems from cauliflower and place florets into a food processor. Blitz until it resembles “rice”. Place into a large bowl and repeat until all cauliflower is blitzed. Set aside.
2. In a small bowl mix together half of the chopped ginger, coconut aminoes, and the juice from 2 mandarins. Season with salt and pepper and whisk till combined.
3. Heat two large frying pans to medium high heat. Add half of the olive oil to each pan.
4. In one pan Sautee the cauliflower “rice” until tender. Heat can be reduced to low if desired. Be sure to stir regularly to avoid sticking and burning on the bottom of the pan.
5. In the second pan, begin by sautéing the remainder of the chopped ginger and all the minced garlic. Cook for 1-2 mins until it begins to golden. Add onions, carrots, and celery. Cook for 2-3 mins. Add parsnips, broccoli and courgette. Cook for 3-5 mins stirring regularly to allow for even cooking. Season with salt and pepper. Add chopped Bok Choy and mix through. Cook Until all veggies are slightly tender. (4-6 Mins)
6. Taste vegetables to see if additional seasoning is required (they should still be slightly firm). Add sauce and mix through. Allow sauce to heat (2-3 mins) and serve.
7. Lay cauliflower rice flat on a large plate, place stir-fried vegetables over top.
8. Enjoy!



## Winter Vegetable Salad with Curried Pumpkin, Roast Yams & Beetroot



Prep Time  
30 mins



Cook Time  
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

2 punnets of cherry tomatoes halve or quartered

500 grams of rocket

500 grams of baby spinach

1 pound of Brussel sprouts stem removed and halved

½ cup of olive oil

2 tablespoons of curry powder

Salt and pepper

1 ½ cups olive oil

1/3 cup white wine vinegar

Salt and pepper

¼ cup siracha chilli sauce

1 tablespoon of turmeric

1 tablespoon smoked paprika

1 tablespoon of ground ginger

1 tablespoon of turmeric

1 tablespoon smoked paprika

1 tablespoon of ground ginger

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit. Line two large baking sheets with aluminum foil.
2. 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.
3. In a large bowl toss cubed pumpkin with ¼ cup 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.
4. In a separate large bowl toss sliced yams and beetroot with the remaining olive oil and salt and pepper. Mix till coated. Bake in the preheated oven for 30 mins.
5. In a third large bowl toss spinach, rocket, cherry tomatoes and cooled Brussel sprouts.
6. Once roasted vegetables are tender, remove from oven and allow to cool slightly.
7. 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.
8. Serve and Enjoy!



Spring Salad With Herb Roasted Kumara,  
Mushrooms Cherry Tomatoes And Avocado Smash



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

6 small kumara (or 3 large) peeled and medium diced

1.5 pound of white button mushrooms quartered

1.5 pound of portabella mushrooms spores removed and large diced

2 punnets of cherry tomatoes halved

6 Avocado skin & stone removed and mashed

500 grams of baby spinach

500 grams of rocket

1 teaspoon dried rosemary

1 teaspoon of dried thyme

Salt and pepper

½ cup olive oil

1 lemon juiced

## PROCEDURE

1. Preheat an oven to 350 degrees Fahrenheit. Line 2 baking sheets with aluminum foil.
2. In a large bowl toss together diced kumara, rosemary, thyme and salt and pepper with ¼ cup of olive oil. Mix till coated. Lay kumara flat on a lined baking tray and bake in the preheated oven for 30 mins.
3. In a large bowl too together ¼ cup of olive oil with quartered white mushrooms and dice portabellas. Season with salt and pepper and mix till coated. Place on a lined baking sheet and bake in the oven for 20-30 mins.
4. In a separate bowl mash, the flesh from the avocados with the juice from 1 lemon and salt and pepper.
5. In a large bowl mix together rocket, baby spinach and cherry tomato halves.
6. To plate line the bottom of a plate with mixed greens and cherry tomatoes. Top with roasted kumara and mushrooms. Garnish with avocado smash.
7. Serve and enjoy! (Can be served either warm or cold) with your choice of dressing.





## Kumara Club Stack



Prep Time  
30 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

6 medium size red kumara washed and medium sliced

1 pound of Brussel sprouts stem removed and quartered

1 pound of yams chopped

6 avocado stone and skin removed, flesh smashed

6 tomatoes medium sliced

500 grams of baby rocket

1 lemon juiced

1 teaspoon of chili powder

Salt and pepper

½ cup of olive oil

## PROCEDURE

1. Preheat oven to 400 degrees Fahrenheit. Line two large oven trays with baking paper or aluminum foil.
2. Lay sliced kumara flat along the baking sheet. Brush each side with olive oil and lightly sprinkle with salt, pepper, and chili powder. Bake in the preheated for 30 -40 mins until golden brown.
3. In a large bowl place, the sliced yams add 2 tablespoons of olive oil, season with salt and pepper and mix until fully coated. Place flat along a baking sheet and bake in the oven for 30 mins until tender and golden.
4. Line a medium baking tray with baking paper. Lay the medium thick sliced tomatoes flat along the tray. Brush with olive oil and season with salt and pepper. Bake in the oven for 20 mins.
5. Fill a medium sized pot with water and bring to a boil. Add quartered Brussel sprouts to the boiling water and cook for 6-8 mins until bright green and tender. Strain and allow to cool.
6. Once Brussel sprouts are cooled mix them in a large bowl with the baby rocket.
7. In a separate bowl add the flesh from the avocados and juice from 1 lemon. Season with salt and pepper and mash together.
8. To plate place roasted kumara flat on the plate, top with baby rocket and Brussel sprouts. Sprinkle on some roasted yams and place a roasted tomato on top of the greens. Place another roasted kumara on top of the tomato and repeat the layering process to build up and create a “tower” or “stack”. After the second layer top with a third roasted kumara and a tablespoon of avocado smash.
9. Serve and Enjoy!



## Roasted Vegetable And Greens Soup



Prep Time  
20 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

1.5 pounds of yams ends removed and chopped

3 large parsnips peeled and diced

3 large carrots peeled and diced

2 red onions diced

3 stalks of celery diced

3 heads of broccoli stems removed cut into florets

1 pound of Brussel sprouts stem removed and quartered

2 teaspoons chili powder

2 teaspoons smoked paprika

Salt and pepper

1 liter of vegetable stock

1 can of coconut cream

½ cup of olive oil

6 cups of water

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit. Line two large baking trays with aluminum foil.
2. In a large bowl toss diced yams with 1/3 of the 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.
3. In a large bowl toss 1/3 of the remaining 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.
4. Heat a large pot with the remaining 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.
5. Add brussels sprouts, broccoli and stir regularly to avoid burning.
6. Add vegetable stock and water. Increase the heat to high to speed up cooking. Cook for 10 mins
7. Remove veggies from the oven and add to the soup pot. Add coconut cream and stir.
8. Remove from heat and use an immersion blender to puree the soup.
9. Serve in a bowl and Enjoy



## Citrus And Avocado Salad



Prep Time  
25 mins



Cook Time  
10 mins



Serves  
5-8

## INGREDIENTS

500 grams of baby spinach

2 heads of fancy lettuce torn and washed

500 grams of toasted cashews

100 grams of toasted sunflower seeds

100 grams of toasted pumpkin seeds

4 pears core removed, 2 small diced

and 2 thinly sliced

4 mandarin oranges peeled, and pith removed

2 telegraph cucumbers deseeded and thinly sliced

4 avocados peeled and halved (slice  $\frac{3}{4}$  of the way through to fan it out)

## PROCEDURE

1. Remove the stem from the fancy lettuce and tear and wash.
2. Preheat an oven to 350 degrees Fahrenheit, toast cashews, sunflower and pumpkin seeds separately for 5-10 mins until slightly golden.
3. In a large bowl add washed lettuce, baby spinach, diced pears, mandarins (gently remove excess pith by scraping it off with a knife) and cucumber. Toss to mix thoroughly.
4. Place the salad mixture on a plate, add three pieces of slice pear together to form a fan and place on the salad.
5. Add sliced avocado fan to the salad.
6. Garnish with toasted seeds and cashew nuts.
7. Drizzle with your choice of dressing.
8. Enjoy!



## Roasted Tomato And Balsamic Vegetable Soup



Prep Time  
30 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

12-15 large tomatoes core removed and halved

4 red onions skin removed and halved

6 courgettes (small) ends removed and halved

4 red peppers deseeded and halved

1 liter of vegetable stock

1 bulb of garlic minced

3 parsnips peeled and small diced

3 stalks of celery small diced

Salt and pepper

500 milliliters of coconut cream

¼ cup balsamic vinegar

½ cup of olive oil

## PROCEDURE

1. Preheat an oven to 350 degrees Fahrenheit.
2. Line 2 large baking sheets with aluminum foil. Lay tomato halves, onion halves, courgettes and red peppers evenly along the baking sheets. Drizzle each with a small amount of olive oil and drizzle the tomatoes with olive oil and balsamic vinegar.
3. Season all vegetables with salt and pepper. Bake in the preheated oven for 30 mins.
4. Heat a large pot with the remaining olive oil, add diced parsnips, celery and minced garlic. Cook for 3-5 mins until garlic begins to color. (Remove from heat if more time is needed for the oven Vegetables to finish roasting)
5. Add roasted vegetables to the pot, stir well to mix thoroughly (add all the juices as well as the veggies).
6. Add vegetable stock and bring to a boil for 3-5 mins. Remove from heat. Blend till smooth with a stick blender. Add coconut cream blend to incorporate. Season with salt and pepper.
7. Serve in a large bowl and garnish with fresh herbs.
8. Enjoy!





## Creamy Broccoli And Vegetable Soup



Prep Time  
20 mins



Cook Time  
20 mins



Serves  
6-8

## INGREDIENTS

- |  |                                  |
|--|----------------------------------|
| 3 heads of broccoli cut into florets     | 4 courgettes diced               |
| 3 parsnips peeled and small diced        | Salt and pepper                  |
| 1 bulb of garlic minced                  | 2 cans of coconut cream          |
| 1 pound of Brussel sprouts stems removed | 1.5 litres of water              |
| 1 large white onion                      | ¼ cup olive oil                  |
| 1 litre of vegetable stock               | 2 stalks of celery diced         |
|  | 1 tablespoon apple cider vinegar |

## PROCEDURE

1. Heat a large pot on medium high heat with the olive oil
2. When hot add garlic, onion, parsnip, and celery. Season with salt and pepper. Cook till onions are transparent. 3-5 mins
3. Add stock, add broccoli and brussels sprouts. Use enough water to slightly submerge all the vegetables.
4. Bring heat up to a boil and allow to cook for 10-15 mins.
5. Check to ensure greens are soft when poked with a knife, add coconut cream and apple cider vinegar, blend till smooth with a stick blender.
6. Taste, season with salt and pepper if needed. Simmer on low heat for 3-5 mins.
7. Serve and Enjoy!



## Kumara Rosti Topped With Mushroom Ragout



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
6

## INGREDIENTS

- 3 large orange kumara peeled and grated
- 1 red onion diced
- 1 pound of white button mushrooms sliced
- 1 pound of portabella sliced
- 1 cup baby spinach
- 2 cans of coconut cream
- 1 cup of vegetable stock or white wine
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme chopped
- 1 tablespoon fresh rosemary chopped
- 3 tablespoons ground flaxseed
- 1 cup olive oil
- 6 tablespoons of water
- ½ cup of tapioca flour
- Salt and freshly ground pepper (to taste)

## PROCEDURE

1. Mix ground flax seed with water and allow to rest for 5 mins to make flax egg. Sprinkle grated kumara with salt and mix through to draw out the liquid
2. Squeeze liquid out of the kumara after 5 mins
3. Add flax egg, onion and tapioca flour to drained kumara. Season with pepper. Form into round patties. Preheat an oven to 350 degrees Fahrenheit. Heat two large frying pans with half the olive oil each.
4. Fry off the Kumara patties on medium high heat till golden on each side. Place onto an oven tray and bake for 25 mins..
5. In the second pan add mushrooms and fresh herbs cook for 5 mins on medium high heat until tender. Deglaze pan with stock or white wine. Add coconut cream and baby spinach. Season with salt and pepper. Add Dijon mustard. Mix through and reduce to a simmer.
6. Serve mushrooms on top of roasted kumara patty.
7. Enjoy!



## Mediterranean Salad



Prep Time  
15 mins



Serves  
6

## INGREDIENTS

- |   |                                     |
|---|-------------------------------------|
| 1 Cup extra virgin coconut oil          | 1 punnet of cherry tomatoes halved  |
| 1/3 cup balsamic vinegar                | 1 cucumber deseeded and sliced thin |
| 1 lemon juiced                          | 500 grams of baby spinach           |
| 1 cup kalamata olives pitted and sliced | 1 head of fancy lettuce             |
| 1/2 cup sundried tomatoes sliced        | Salt and pepper                     |

## PROCEDURE

1. Tear and wash lettuce. Place in a large bowl with baby spinach.
2. Add all sliced and chopped veggies to the greens. Mix thoroughly.
3. In a separate bowl whisk olive oil, lemon juice and balsamic vinegar with salt and pepper until emulsified.
4. Serve salad drizzle with dressing
5. Enjoy!



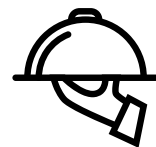
## Roast Curry Vegetables & Mushroom Medley



Prep Time  
30 mins



Cook Time  
45 mins



Serves  
6-8

## INGREDIENTS

2 large orange sweet potatoes peeled and diced

2 pounds of yams (ends removed, sliced in half then chopped into thirds)

1-pound white button mushrooms quartered

1-pound swiss brown mushrooms quartered

500 grams portobello mushrooms quartered

1 bulb of garlic peeled and minced

4 beetroots peeled and sliced

¼ cup madras curry spice

¾ cup of olive oil

Salt and pepper

250 grams of kale stem removed and chopped

250 grams of spinach stem removed and chopped

100 grams pumpkin seeds toasted

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit.
2. Place diced sweet potato, diced pumpkin, and chopped yams into a large bowl. Pour 1/3 of a cup of olive oil and the madras curry spice over the diced vegetables and mix till fully coated.
3. Line a large baking tray with aluminum foil and lay curried vegetables flat and bake in the preheated oven for 40 mins. Until tender.
4. In a separate bowl place cut mushrooms, minced garlic and 1/3 cup olive oil and season with salt and pepper. Mix till fully coated.
5. Line a second baking tray with aluminum and lay seasoned mushrooms flat on the tray. Bake in preheated oven for 20 mins.
6. Lay peeled and slice beetroot on an oven tray and bake for 20-30 mins until tender.
7. Heat a large frying pan with the remaining 1/3 cup olive oil. Sautee kale and spinach on low heat with salt and pepper until slightly wilted and bright green.
8. Plating, layer all roasted vegetables with veges, greens, mushrooms and toasted seeds
9. Enjoy!





## Vegan Burrito With Broccoli And Cauliflower Tortilla



Prep Time  
40 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

|                             |  |  |
|-----------------------------|--|--|
| 2 heads of broccoli         | Salt and pepper                          | 1 bunch of fancy lettuce                               |
| 1 large head of cauliflower | 1 cup coconut oil for frying             | 6 avocados   |
| 3 cups of tapioca flour     | 1 pound of White button mushrooms sliced | 5 tomatoes deseeded and small diced                    |
| 2 teaspoons of sea salt     | 3 red peppers deseeded and small diced   | 1 lemon  |
| 1½ cups of ground linseed   | 4 courgettes chopped                     | 10-20 grams of parsley                                 |
| 2 & ¼ cups of water         | 2 red onion small diced                  | ½ cup of homemade chilli sauce or Siracha chilli sauce |
| 6 tablespoons of olive oil  | 500 grams of rocket                      |  |
| 1 teaspoon baking powder    |  |  |

## PROCEDURE

1. Remove stem from cauliflower. Cut the remaining cauliflower into small pieces to be put in the food processor. Blitz in the food processor until it resembles grains of rice. Put into a large bowl and set aside.
2. Remove the bottom part of the broccoli stem, chop the remaining broccoli into small pieces to be put into the food processor. Blitz the broccoli until it is roughly the size of grains of rice. Place into the bowl with the cauliflower.
3. In a separate large bowl mix together the tapioca flour, ground linseed, 2 teaspoons of salt and baking powder. Stir till fully mixed.
4. In a separate bowl, measure 2 & ¼ cups of water, add 6 tablespoons of olive oil and mix.
5. Add the water and oil mixture to the tapioca and linseed and stir till fully combined. Allow to rest for 3-5 minutes so the linseed and water can thicken (becomes Flax egg).
6. Fold blitzed broccoli and cauliflower into the tapioca mixture. Mix till fully combined.
7. Heat a large frying pan with 1 tablespoon of coconut oil. Pour in 1 ladle of the "pizza batter". Fry for 3-5 mins on medium to high heat on each side till golden. Remove from pan onto a baking sheet. Repeat until all "batter" is cooked.
8. Cut the avocados in half and remove the stone. Scoop out the avocado and place in a separate bowl. Add the zest & juice from the lemons (careful no seeds) and fine chop the herbs, add to the avocado. Season with salt and pepper. Smash it all together leaving a little bit of chunks for texture. Add diced tomato and mix.
9. Heat a large frying pan with coconut oil. When hot add diced peppers and onion, Sautee until onions are translucent. Add mushrooms and courgettes. Cook until courgettes are tender, add chilli sauce, season with salt and pepper.
10. To Serve; place "tortilla" flat on the plate, top with rocket and fancy lettuce. Scoop vegetable mixture on top of the lettuce, top with the avocado smash. Garnish with tomatoes and herbs.
11. Enjoy!



## Green Styr Fry o Cauliflower Rice



Prep Time  
40 mins



Cook Time  
30 mins



Serves  
6-8

## INGREDIENTS

- |   |   |
|---|---|
| 2 bunches of kale 500grams                    | 2 cauliflowers remove stem and blitzed into rice  |
| 1 bunch of spinach 250 grams                  | 2 heads of bok choy end removed and sliced        |
| 1 pound of white button mushrooms sliced      | 1 pound of Brussel sprouts end removed and sliced |
| 1 bunch of radishes peeled and small diced    | 1-2 fresh chilis deseeded and small diced         |
| 2 white onions small diced                    | 1 cup coconut oil                                 |
| 200 grams of fresh ginger peeled and grated   | ¼ cup olive oil                                   |
| 1 pound of yams remove ends and slice in half | Salt and pepper                                   |

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit. Toss slice yams in olive oil and salt&pepper and cook in the oven for 30 mins.
2. Heat two separate large frying pans with coconut oil. In one cook the blitzed cauliflower. Stirring regularly to keep from sticking and burning. Season with salt and pepper
3. In the other frying pan add grated ginger, onions, chilis and radishes. Cook for 2-4 minutes until onions are transparent. Stir regularly. Add sliced mushrooms, cook till tender, add spinach, kale, brussel sprouts and bok choy. Season with salt and pepper. Cook until greens begin to wilt and stir regularly to mix the flavors through.
4. Serve greens and vegetables on top of the cauliflower rice and garnish with the crispy roasted yams.
5. Enjoy!



## Roasted Beetroot And Mushroom Salad



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
5-8

## INGREDIENTS

|  |                              |
|--|------------------------------|
| 1-pound white button mushrooms quartered | 2 punnets of cherry tomatoes |
| 1-pound swiss brown mushrooms quartered  | 1/3 cup balsamic vinegar     |
| 5 beetroots peeled and diced             | 1 cup olive oil              |
| 250 grams pumpkin seeds                  | 1 lemon                      |
| 250 grams sunflower seeds                | 1 bulb of garlic minced      |
| 1 bunch of kale 500grams                 | ½ cup coconut oil melted     |
| 1 Bunch of spinach 500 grams             | ½ cup olive oil              |
|  | Salt and pepper              |

## PROCEDURE

1. Preheat oven to 350 degrees Fahrenheit. Toast seeds in the oven for 5-10 mins stirring regularly to prevent burning.
2. Pick and wash kale and spinach. Tear into bite sized pieces and set aside.
3. Mix together garlic, coconut oil, salt, pepper and mushrooms. Lay mushrooms on a baking tray and Roast mushrooms in the oven for 20mins.
4. Toss diced Beetroot in a large bowl with ½ cup of olive oil and season with salt and pepper. Roast in the oven for 20 minutes.
5. Slice cherry tomatoes in half and mix together with salad greens.
6. In a large bowls Wisk together 1 cup olice oil, juice from 1 lemon, 1/3 cup balsamic vinegar and salt & pepper.
7. Allow mushrooms and beetroot to cool slightly, toss together with salad greens and cherry tomatoes. Garnish with toasted seeds and dress with Balsamic vinaigrette.
8. Enjoy!



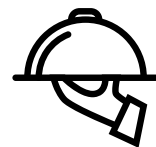
## Sautéed Chilli And Ginger Greens



Prep Time  
20 mins



Cook Time  
30 mins



Serves  
5-7

## INGREDIENTS

2 Pounds of Brussel sprouts stem off and halved

4 heads of broccoli stem removed cut into florets

2-3 fresh red chilis deseeded and diced (or 1-2 tablespoons of dried chilis)

Based on how spicy you like it

2 tablespoons of fresh diced ginger

2 bunches of kale (approximately 400-500 grams) chopped

500 grams Fresh spinach chopped

Salt& pepper

¼ cup Coconut oil

## PROCEDURE

1. Fill 1 large pot with water and bring to a boil. Add Brussel sprouts cook for 2 minutes, add broccoli. Cook for 3-5 minutes until bright and vibrant green. Drain and set aside to cool.
2. Heat a large frying pan with coconut oil, add diced ginger fresh chilis, cook till ginger begins to golden, add chopped kale and spinach, cook till greens begin to wilt, add cooked brussel sprouts and broccoli, season with salt&pepper, mix to coat all greens with ginger and chilli.
3. Enjoy!





## Barbequed Balsamic Vegetable Medley



Prep Time  
30 mins



Cook Time  
30 mins



Serves  
5-8

## INGREDIENTS

4 red peppers deseeded and halved  
3 large eggplants end removed and thick sliced  
4 courgettes ends removed and quartered length wise  
2 yellow peppers deseeded and halved

8 portabella mushrooms spores removed  
1 bulb of garlic minced  
½ cup of balsamic vinegar  
½ cup of olive oil  
Salt and pepper

## PROCEDURE

1. In a large bowl whisk together balsamic vinegar, olive oil, minced garlic and salt and pepper.
2. Toss all Vegetables in the marinade to coat thoroughly. Let sit for 5-10 minutes to allow the flavor to absorb.
3. Preheat your barbeque or grill to medium high heat. Shake excess oil off your vegetables before placing on the grill to avoid flame ups. Cook on each side for 5 minutes until tender. Season with salt and pepper.
4. Serve and Enjoy!



## Herb Roasted Vegetable Tower



Prep Time  
40 mins



Cook Time  
40 mins



Serves  
6-8

## INGREDIENTS

- |   |  |
|---|--|
| 3 red peppers deseeded and quartered                  | 250 grams of spinach sliced                |
| 3 yellow peppers deseeded and quartered               | 4 tomatoes stem remove and cut into thirds |
| 8 portabella mushrooms spores removed                 | 1 bulb of garlic minced                    |
| 5 beetroots peeled and sliced                         | 1 cup of olive oil                         |
| 3 eggplants sliced thick                              | 1 tablespoon apple cider vinegar           |
| 4 red onions skin removed and halved                  | 1 tablespoon of dried rosemary             |
| 2 large sweet potatoes peeled and sliced medium thick | 1 tablespoon of dried thyme                |
| 1 bunch of kale 200grams sliced                       | Salt and pepper                            |

## PROCEDURE

1. Preheat the oven to 350 degrees Fahrenheit. Line 2-3 large baking trays with aluminum foil.
2. In a bowl whisk together olive oil, minced garlic, vinegar and dried herbs.
3. Toss all prepared vegetables (excluding spinach and kale) through the oil mixture, taking the time to coat them but shaking off any excess.
4. Lay them all flat across the baking trays. Season with salt and pepper. Bake in the preheated oven for 30-40 minutes until all are tender.
5. Heat a large pan with the remaining olive oil mixture. Sautee the spinach and kale (season with salt and pepper) in the pan until it begins to soften and wilt. 3-5 minutes.
6. Plating; use the wilted greens as a base to hold your tower up, build by alternating vegetables as you stack them. A skewer can also be used to hold them in place.
7. Enjoy!



## Almond & Seed Crusted Monk Fish



Prep Time  
20 mins



Cook Time  
25 mins



Serves  
6

## INGREDIENTS

1/2 cups of sunflower seeds  
1/2 cup of pumpkin seeds  
1 cup sliced almonds  
2.2 pounds of monk fish  
4 eggs  
2 cups of almond flour  
1 cup of coconut flour  
1/4 cup of coconut milk

1/2 cup of coconut oil  
1 teaspoon of dried rosemary  
1 teaspoon dried sage  
1 teaspoon ground tumeric  
1 tablespoon dried thyme  
4 cloves crushed garlic  
Salt and pepper

## PROCEDURE

1. Preheat your oven to 180 degrees celcius.
2. Mix and toast your seeds and nuts for 10 mins,add salt and pepper to seeds blitz them in in a food processor or rough chop with a knife, add spices and herbs.
3. Set up a breading station in seperate bowls, flour mixture , eggs and coconut milk whisked together, crushed seeds nuts and spices.
4. Portion your fish to desired size cuts.
5. Dust your fish in flour mixture, dip into egg wash, coat with your seeds and nuts, set aside and repeat until all fish is coated.
6. Heat a fying pan with your coconut oil, once hot add 1 to 2 pieces of fish at a time and cook till slighty gilden on each side. Continue till all fish is seared.
7. Place all seared fish on a baking tray and finish in preheated oven for 12-15 mins



## Lamb Salad with Avocado Mayo



Prep Time  
2 hrs



Cook Time  
10 mins



Serves  
6

## INGREDIENTS

### Lamb Marinade:

1/2 cup (125ml) olive oil

Juice of 1 lime

Handful of fresh mint leaves, chopped

Pinch of salt

### Lamb Salad:

6 small lamb steaks

Olive oil, for frying as needed

2 bags mixed salad greens, washed

2 bunches fresh mint, leaves roughly chopped

1 large yellow pepper, thinly sliced

10-15 cherry tomatoes, halved

3 avocados, pitted & diced

1/2 cup pine nuts

1/2 cup pumpkin seeds

### Avocado Mayo:

3/4 cup olive oil (add another 1/4 cup if the consistency is too thick)

1 egg

Juice of 1 lime

1 avocado, pitted & halved

Handful of fresh mint leaves, chopped

Pinch of salt & pepper

## PROCEDURE

1. Mix marinade ingredients together in a large bowl.
2. Add lamb steaks into the bowl and make sure they are covered in the marinade.
3. Cover and place in the fridge for at least 2 hours before cooking.
4. Add all of the mayonnaise ingredients into a tall jar and blend using a hand blender until it reaches a smooth, creamy consistency.
5. Heat olive oil in a fry pan.
6. Remove lamb steaks from fridge, drain off excess fluid, and fry the steaks in the pan for 3-4minutes, or until cooked to medium-rare.
7. Mix salad greens, chopped mint, pepper, cherry tomatoes and avocado together in a large bowl (you may need to use two bowls).
8. Serve the salad mix onto individual plates.
9. Scatter pine nuts and pumpkin seeds overtop.
10. Drizzle the avocado mayo over the top of each salad.
11. Slice the lamb steaks into thin slices and lay over each salad. Enjoy!