



INSTASHRED

PRESENTS

**THE NEXT LEVEL
FAT LOSS
COOKBOOK**





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FAT-LOSS
COOKBOOK**

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INTRODUCTION

Welcome to **The Next Level Diabetes-Fighting Cookbook**, your recipe companion to take you from novice cooker to kitchen expert of all things nutritious and delicious!

This book has you covered for all the healthy carb, fat, and protein-rich meals you'll want to prepare for you and the whole family. We've strived to create delicious dishes that are bursting with flavor while, at the same time, avoid all of those unhealthy and unneeded added sugars, extra salt, and harmful chemicals used in most store-bought, packaged food products.

Before we go any further, a quick **CONGRATULATIONS** is in order!

But now that you've graduated from the first level of diabetes knowledge, it's time to implement these powerful insights into your every day lifestyle. So what does that mean, when it comes to these recipes, exactly?

- Well, with these meals, you'll find that only healthy carbohydrates and whole grains will make it on to your plate.
- You'll discover an extensive library of natural, wholesome, and delicious ingredients and nutrient-rich spices and herbs to help you up your diabetes-fighting regime.
- You'll learn to drastically cut down on the amount of cooking oil, and to only use the healthiest types of cooking oils.
- Portion size should also be at the forefront of your mind. These recipes will reveal that you and your loved ones don't need those huge amounts of meat or grains you may have become acclimated to consuming over the many years you've lived under the western diet umbrella.

It's time to break free from those heavy and hurtful food corporation chains. To eat healthfully and cleanly, and to fight against and **PREVENT DIABETES**, along with many other diseases, means learning to cook with natural, whole foods, cutting down on your cooking oils, and by training your body and mind in the art of **MODERATION**.

Yes, changing your lifestyle is never done, it will always be an ongoing battle. However, each new day that you eat and live healthy is another **VICTORY!**

So, please enjoy these recipes and equip them in your ever-expanding **ANTI-DIABETES ARSENAL!**

HEALTHY CARB B.L.A.T.



HEALTHY CARB B.L.A.T.

 **PREP** 20 mins

 **COOK** 40 mins

 **SERVES** 4-6

INGREDIENTS

5 tomatoes core removed and sliced

1 bunch asparagus spears

2 large sweet potatoes (red or orange kumara), sliced thin

3 avocado stone removed, and flesh smashed

100 grams of mixed greens

4 parsnips peeled and sliced

6 strips of turkey bacon (1 per person)

1/4 cup of olive oil

2 teaspoons of chili flakes

1 teaspoon of turmeric

1 lemon

Salt and pepper

METHOD

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.

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.

Place avocado flesh in a large bowl, add the juice from 1 lemon and season with salt and pepper. Mash till slightly chunky.

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.

To plate add mixed greens to the bottom of the plate, layer on fresh tomato, sliced kumara, parsnips, bacon and asparagus.

Serve and enjoy!

HONEY MUSTARD LAMB VEGGIE SALAD



HONEY MUSTARD LAMB VEGGIE SALAD

 **PREP** 30 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

2 heads of broccoli stem removed, and florets cut off

2 bunches of asparagus peeled and chopped

4 tomatoes seeds removed and sliced

3 large sweet potatoes (orange or red kumara), peeled and diced

250 grams of baby spinach

3 red onion ends removed and large chopped

4-6 small lamb steaks

1 tablespoon of honey

2 tablespoons of Dijon mustard

Olive oil (marinade)

1/4 cup apple cider vinegar

Salt and pepper

1 tablespoon smoked paprika

1 tablespoon of ground ginger

3/4 cup of olive oil

METHOD

Preheat oven to 350. In a large bowl add diced kumara, 2 tablespoons of olive oil, smoked paprika and salt and pepper. Mix till thoroughly coated with oil and seasoning. Lay flat across baking sheets and bake for 30-40 mins until golden and tender.

In a separate large bowl add broccoli floret, chopped asparagus and onions. Add ground ginger and 2 tablespoons of olive oil. Season with salt and pepper. Lay flat on a baking sheet and bake in the preheated oven for 20-30 mins.

In a medium bowl whisk together 2/3 cup olive oil, 1/3 cup apple cider vinegar, Dijon mustard, honey and season with salt and pepper. Whisk this until fully emulsified. Use half to marinade the lamb steaks and the other half as salad dressing.

In a shallow dish lay lamb steaks flat and cover with marinade (allow to marinade for 15mins or more). Heat a large skillet and cook lamb for 3-5 mins on each side (to desired degree rare, med rare etc.)

To plate: place a thin layer of spinach on the bottom, top with roasted kumara, add more spinach, top with roasted broccoli asparagus and onions. Slice lamb thinly and place on top. Drizzle with dressing.

Enjoy!

WHITEFISH CURRY



WHITEFISH CURRY

 **PREP** 30 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

500 - 600 grams fresh whitefish, chopped

1 head of broccoli stem removed and chopped

1 head of cauliflower stem removed and chopped

2 bunches of asparagus peeled and chopped

1 red onion, diced

2 red peppers diced

4 courgettis ends removed and chopped

2 carrots peeled and diced

4 cloves of garlic minced

1 liter of chicken stock

Olive oil

3 tablespoons madras curry powder

Salt and pepper

METHOD

Heat a large pot with 2 tablespoons 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.

Add monkfish to the pot and stir to coat. Cook until the outside of the fish begins to sear.(3-5mins)

Add courgetti 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.)

Cook for 6-10 mins until broccoli and cauliflower are tender. Serve as is or on cauliflower rice. Enjoy!

COCONUT CHICKEN & TURMERIC VEGGIE SALAD



COCONUT CHICKEN & TURMERIC VEGGIE SALAD

 **PREP** 40 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

4 zucchini ends removed and chopped

8-12 chicken drumsticks

1 large head of cauliflower stem removed and chopped into florets

2 heads of broccoli stem removed and chopped into florets

4 parsnips peeled and chopped

200 grams baby spinach

2 bunches of asparagus peeled and chopped

1 can coconut cream

Olive oil

2 tablespoons apple cider vinegar

Salt and pepper

2 tablespoons siracha chilli sauce

1 tablespoon of turmeric

1/2 tablespoon smoked paprika

1/2 tablespoon of ground ginger

METHOD

Preheat oven to 350 degrees Fahrenheit.

In a large bowl whisk together 1/4 cup of olive oil, apple cider vinegar, coconut cream, siracha chili sauce and salt and pepper. Use 1/2 to 3/4 of this to marinade the chicken drumsticks in a shallow dish.

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.

In a separate large bowl add 2 tablespoons of olive oil, zucchini, 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.

Heat a large frying pan with 2 tablespoons of olive oil, remove the chicken drumsticks from the marina 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.

To plate layer spinach with roasted vegetables and top with roasted chicken. Drizzle with dressing (the one not used to marinade the chicken). Serve and enjoy!

ROASTED CHICKEN & HEALTHY CARB ROASTED VEGGIES



ROASTED CHICKEN & HEALTHY CARB ROASTED VEGGIES

 **PREP** 30 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

Chicken drumsticks 8-12 (2 per person)

2 large sweet potatoes (red or orange 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

Olive oil

2 tablespoons apple cider vinegar

2 tablespoons siracha chili

1 tablespoon of chili flakes

Salt and pepper

METHOD

Preheat oven to 350degrees 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.

Whisk together 1/4 cup of olive oil, 2 tablespoons apple cider vinegar, 2 tablespoons 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 1/2 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.

In a large bowl add broccoli florets, sliced parsnips, asparagus spears, 2 tablespoons of 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.

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.

Serve and enjoy!

CRUMBED COD & ROASTED VEGETABLES



CRUMBED COD & ROASTED VEGETABLES

 **PREP** 40 mins

 **COOK** 40 mins

 **SERVES** 8-10

INGREDIENTS

2 cauliflower blitzed into “Rice”

2 bunches of asparagus peeled

6 zucchini stems removed and sliced

4 large eggs

2 cups of tapioca flour

500-600 grams fresh cod, cut into portions

2 lemons

1 bunch of fresh dill

1 tablespoon of chili flakes

Olive oil

2 heads of broccoli cut into florets

1 cup almond meal

1/4 cup coconut flour

METHOD

Preheat oven to 350 degrees Fahrenheit.

Place almond meal, coconut flour, zest of 2 lemons, chopped dill, salt and pepper, into a medium-sized bowl. Mix thoroughly.

Place a baking sheet atop a baking tray. Whisk eggs into one small bowl. Add the tapioca flour to a separate bowl. Bread your cod by thinly coating in flour, dipping into the egg wash, and finally coating in the almond-coconut crumb mix. Place the breaded fish on the baking sheet. Continue until all fish is crumbed.

In a large bowl place broccoli florets, sliced courgetti, asparagus, chili flakes, 2 tablespoons 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.

Heat a large frying pan with a 1 teaspoon 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.

Heat a large frying pan with a 1 teaspoon of olive oil. Add cauliflower rice, salt and pepper. Cook for 8-10 mins until tender. Stir while cooking to prevent sticking.

To serve place “rice” on the bottom of the plate. Lay the crumbed fish over top and place the roasted veggies beside.

Enjoy!

CHILI ROASTED YAMS & SPINACH SALAD



CHILI ROASTED YAMS & SPINACH SALAD

 **PREP** 20 mins

 **COOK** 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

1/4 cup of olive oil

1/2 tablespoon of chilli flakes

Salt and pepper

METHOD

Preheat oven to 350 degrees Fahrenheit.

Line 3 baking sheets with aluminum foil.

Pour olive into a bowl with the chilli flakes and some salt and pepper.

Lay vegetables flat separately on each tray, brush with infused olive oil on each side.

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.

Plating; fill a plate or bowl with fresh spinach, top with roasted vegetables. Add your choice of dressing(Healthier is better)

Enjoy!

VEGGIE FRITTERS & BEETROOT SAEURKRAUT



VEGGIE FRITTERS & BEETROOT SAEURKRAUT

 **PREP** 40 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

12 zucchini (medium size)
grated

4 parsnips peeled and grated

4 tablespoons of ground
flaxseed

8 tablespoons of water

1 ½ -2 cups of tapioca flour

1 tablespoon of chili powder

1 bulb of garlic minced

1 bunch of kale chopped

1 pound of Brussel sprouts
stem removed and quartered

Salt and pepper for seasoning

Beetroot sauerkraut

3 large avocados peeled, and
seed removed

Olive oil

1 lemon

METHOD

Preheat the oven to 350 degrees Fahrenheit. Grate courgetti and parsnips into a large bowl. Sprinkle with salt, to taste, 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.

Mix ground flaxseed with water and stir. Let sit for 5 mins to thicken.

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.

Line a large baking sheet with baking paper. Heat a large pan with 2 tablespoons of 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 the large baking sheet.

Place the baking sheet into the oven. Cook for 30 mins to ensure the center is cooked.

Heat the same or a separate large frying pan with 1 tablespoon 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.

Place avocado flesh into a large bowl, add the juice of a lemon, salt and pepper and mash it together.

To plate place the fritter in the center of a plate, top with sautéed greens, add beetroot sauerkraut and avocado smash

Enjoy!

COCONUT CHILI VEGGIE STIR FRY



COCONUT CHILI VEGGIE STIR FRY

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

3 cauliflower stems removed and blitzed into "Rice"	3 heads of broccoli stem removed and cut into small florets
6 zucchini slice medium thick	2 small fresh chilis deseeded and blitzed
2 red onions diced	½ cup of coconut aminos
3 red peppers deseeded and diced	1 tablespoon of fresh ginger (grated or finely chopped)
4 parsnips (1 peeled and diced) 3 peeled and thin sliced	4 cloves of garlic peeled and minced
3 stalks of celery diced	Olive oil
1 pound of Brussel sprouts stem removed and halved	Salt and pepper

METHOD

Heat 1 tablespoon olive oil in a fry pan on medium-high heat. Add brussel sprouts and broccoli and cook for 4 - 6 minutes, stirring occasionally. Remove cooked veggies from pan.

Remove stems from cauliflower and blitz into rice.

Heat two large frying pans to medium high heat with 2 tablespoons of olive oil each.

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.

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.

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.

Plate with the cauliflower rice as the base, stir-fried vegetables on top. Enjoy!

STRAWBERRY PEAR AVOCADO SALAD



STRAWBERRY PEAR AVOCADO SALAD

 **PREP** 20 mins

 **SERVES** 6-8

INGREDIENTS

3 pears, thinly sliced

2 large avocado flesh removed and small diced

1 punnet of strawberries thin sliced

1/4 cup toasted sunflower seeds

1/4 cup toasted pumpkin seeds

500-700 grams mixed leafy greens

2 tablespoons olive oil

1/2 tablespoon balsamic vinegar

1 lemon juiced

Salt and pepper

METHOD

In a small bowl whisk together olive oil, balsamic vinegar, lemon juice and season with salt and pepper.

In a large bowl place leafy green. Add pears, avocado, strawberries and toasted seeds. Toss to mix through.

Serve on a plate with a fanned strawberry for garnish and dress with balsamic vinaigrette.

Enjoy!

HEALTHY CARB CARROT PASTA



HEALTHY CARB CARROT PASTA

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 8-10

INGREDIENTS

2 pounds of carrots

1 pound of Brussel sprouts stem removed and quartered

8 courgettis medium diced

1 red onions small diced

1 bulb of garlic minced

3 stalks of celery small diced

1 litre of vegetable stock

1 can of coconut cream

6 large tomatoes stem removed and halved

1 punnets of mixed cherry tomatoes, halved

Olive oil

Salt and pepper

METHOD

Peel all carrots and pass them through a spiralizer to turn them into “noodles”. Heat 2 tablespoon of olive oil in a large fry pan on medium-high heat. Add the carrot noodles, season with salt and pepper, and cook, stirring occasionally, for 12 - 16 minutes, or until the noodles are tender.

Preheat an oven to 350 degrees Fahrenheit, place halved tomatoes on a baking tray, season with salt and pepper, cook for 12-15 mins. Heat a large frying pan with 1 tablespoon of 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.

Add cherry tomatoes and zucchini to the frying pan and cook for 6-8mins until tender.

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)

Strain off the carrot “noodles”, serve them in a bowl topped with the vegetable-based sauce.

Enjoy!

LOW CARB VEGGIE TACOS



LOW CARB VEGGIE TACOS

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

2 large eggplant diced
2 red onions diced
3 red peppers deseeded and diced
6 zucchinis diced
250 grams mixed greens
250 grams baby spinach
1 punnet of cherry tomatoes halved
3 avocados mashed
1 lemon
Olive oil
Salt and pepper
Paleo chili sauce

Taco shells

2 Cups tapioca flour
1 cup of almond flour
1 teaspoon of sea salt
4 tablespoons of olive oil
1&1/2 cups of water

METHOD

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.

Heat two separate large frying pans with 1 tablespoon of olive oil. In one ladle in 1 scoop of the taco shell mixture. Cook for 3-5 mins on each side till crispy.

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.

Place avocado flesh in a large bowl, add the juice from 1 lemon. Season with salt and pepper and smash to a pulp.

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.

Enjoy!

MANDARIN VEGGIE STIR-FRY



MANDARIN VEGGIE STIR-FRY

 **PREP** 40 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

4 zucchini slice to medium thickness
3 parsnips peeled and sliced to medium thickness
1 red onion, thinly sliced
3 stalks of celery thin sliced
3 carrots peeled and thin sliced
2 heads of bok choy washed and medium chopped
1 head of cauliflower, riced
2 heads of broccoli stem removed, and florets halved
2 mandarins juiced
3 tablespoons coconut aminos
2 tablespoons fresh ginger, minced
4 cloves fresh garlic, minced
Olive oil
Salt and pepper

METHOD

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.

In a small bowl mix together 1 tablespoon of minced ginger, coconut aminos, and the juice from 2 mandarins. Season with salt and pepper and whisk till combined.

Heat two large frying pans to medium high heat. Add 1 tablespoon olive oil to each pan.

In one pan sauté 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.

In the second pan, begin by sautéing 1 tablespoon minced 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 zucchini. 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)

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.

Lay cauliflower rice flat on a large plate, place stir-fried vegetables over top.

Enjoy!

SPRING HEALTHY CARB SALAD WITH AVOCADO SMASH



SPRING HEALTHY CARB SALAD WITH AVOCADO SMASH

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

6 sweet potatoes (red or orange kumara)

1 pound of white button mushrooms
quartered

1 pound of portabella mushrooms spores
removed and large diced

1 punnet of cherry tomatoes, halved

3 Avocado skin & stone removed and
mashed

500 grams of baby spinach

500 grams of arugula

1 teaspoon dried rosemary

1 teaspoon of dried thyme

Salt and pepper

Olive oil

1 lemon juiced

METHOD

Preheat an oven to 350 degrees
Fahrenheit. Line 2 baking sheets with
aluminum foil.

In a large bowl toss together diced
kumara, rosemary, thyme and salt and
pepper with 2 tablespoons of olive oil.
Mix till coated. Lay kumara flat on a lined
baking tray and bake in the preheated
oven for 30 mins.

In a large bowl too together 2 tablespoons
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.

In a separate bowl mash, the flesh from
the avocados with the juice from 1
lemon and salt and pepper.

In a large bowl mix together arugula, baby
spinach and cherry tomato halves.

To plate line the bottom of a plate with
mixed greens and cherry tomatoes. Top
with roasted kumara and mushrooms.
Garnish with avocado smash.

Serve and enjoy! (Can be served either
warm or cold) with your choice of
dressing.

SWEET POTATO CLUB STACK



SWEET POTATO CLUB STACK

 **PREP** 30 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

4 medium sweet potatoes
(red or orange kumara),
washed and sliced

1 pound of Brussel
sprouts stem removed
and quartered

1 pound of yams chopped

3 avocado stone and skin
removed, flesh smashed

6 tomatoes medium
sliced

500 grams of arugula

1 lemon juiced

1 teaspoon of chili
powder

Salt and pepper

Olive oil

METHOD

Preheat oven to 400 degrees Fahrenheit. Line two large oven trays with baking paper or aluminum foil.

In a large bowl, add sliced sweet potatoes, 2 tablespoons olive oil, salt and pepper, to taste, and chili powder, and mix together until potatoes are thoroughly coated.

Bake in the oven for 30 - 40 minutes until golden brown.

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.

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.

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.

Once Brussel sprouts are cooled mix them in a large bowl with the arugula.

In a separate bowl add the flesh from the avocados and juice from 1 lemon. Season with salt and pepper and mash together.

To plate place roasted kumara flat on the plate, top with arugula 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.

Serve and Enjoy!

ORANGE AND AVOCADO SALAD



ORANGE AND AVOCADO SALAD

 **PREP** 25 mins

 **COOK** 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
3 avocados peeled and halved (slice $\frac{3}{4}$ of the way through to fan it out)
1 lemon
1/3 cup olive oil
1/4 cup apple cider vinegar

METHOD

Remove the stem from the fancy lettuce and tear and wash.

Preheat an oven to 350 degrees Fahrenheit, toast cashews, sunflower and pumpkin seeds separately for 5-10 mins until slightly golden.

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.

Place the salad mixture on a plate, add three pieces of slice pear together to form a fan and place on the salad.

Add sliced avocado fan to the salad.

Garnish with toasted seeds and cashew nuts.

To make the dressing, in a small bowl, add the juice of 1 lemon, the olive oil, the apple cider vinegar, and salt and pepper, to taste. Mix together well and drizzle the dressing atop your salad.

Enjoy!

ROASTED TOMATO VEGGIE SOUP



ROASTED TOMATO VEGGIE SOUP

 **PREP** 30 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

12-15 large tomatoes core removed and halved

4 red onions skin removed and halved

6 zucchini (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

2 tablespoons apple cider vinegar

1/4 cup of olive oil

METHOD

Preheat an oven to 350 degrees Fahrenheit.

Line 2 large baking sheets with aluminum foil. Lay tomato halves, onion halves, zucchini 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 apple cider vinegar.

Season all vegetables with salt and pepper. Bake in the preheated oven for 30 mins.

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)

Add roasted vegetables to the pot, stir well to mix thoroughly (add all the juices as well as the veggies).

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.

Serve in a large bowl and garnish with fresh herbs.

Enjoy!

CREAMY VEGETABLE SOUP



CREAMY VEGETABLE SOUP

 **PREP** 20 mins

 **COOK** 20 mins

 **SERVES** 6-8

INGREDIENTS

2 heads of broccoli cut into florets

3 parsnips peeled and small diced

1 bulb of garlic minced

1 pound of Brussel sprouts stems removed

1 large white onion

1 litre of vegetable stock

4 zucchini diced

Salt and pepper

2 cans of coconut cream

1.5 litres of water

2 tablespoons olive oil

2 stalks of celery diced

1 tablespoon apple cider vinegar

METHOD

Heat a large pot on medium high heat with the olive oil

When hot add garlic, onion, parsnip, and celery. Season with salt and pepper. Cook till onions are transparent. 3-5 mins

Add stock, add broccoli and brussels sprouts. Use enough water to slightly submerge all the vegetables.

Bring heat up to a boil and allow to cook for 10-15 mins.

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.

Taste, season with salt and pepper if needed. Simmer on low heat for 3-5 mins.

Serve and Enjoy!

SUMMER FRUIT AND VEGGIE SALAD



SUMMER FRUIT AND VEGGIE SALAD

 **PREP** 20 mins

 **COOK** 10 mins

 **SERVES** 6

INGREDIENTS

1 mango peeled and diced
1 apple, sliced
1 punnet Strawberries stem removed sliced
1 cup frozen mixed berries
1 cucumber deseeded and diced
2 stalks of celery diced
1 bunch of kale (250Grams)
1 bunch of spinach (250 grams)
1 iceberg lettuce
2/3 cup olive oil
1/4 cup balsamic vinegar
1 tablespoon apple cider vinegar
Salt and pepper
1 cup toasted walnuts

METHOD

Preheat oven to 350 degrees Fahrenheit.

Tear and wash spinach, kale and lettuce

In a large bowl, add mango, apples and strawberries.

Place baking paper on an oven-safe baking sheet. Place the walnuts on the baking sheet and toast in the oven for 6 - 10 minutes.

Toss greens into the large bowl with the diced fruit and veggies

In a blender combine frozen berries, balsamic vinegar, apple cider vinegar, olive oil and salt and pepper. Blend till smooth and fully emulsified(combined)

To serve place greens and tossed fruit and veggies onto a plate. Garnish with toasted walnuts and drizzle with dressing.

Enjoy!

SWEET POTATO ROSTI WITH MUSHROOM RAGOUT



SWEET POTATO ROSTI WITH MUSHROOM RAGOUT

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 6

INGREDIENTS

3 large sweet potatoes (orange or red kumara), peeled and grated

1 red onion diced

1 pound of white button mushrooms sliced

1 pound of portabello mushrooms, sliced

1 cup baby spinach

2 cans of coconut cream

1 cup of vegetable stock

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)

METHOD

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

Squeeze liquid out of the kumara after 5 mins

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.

Fry off the Kumara patties on medium high heat till golden on each side. Place onto an oven tray and bake for 25 mins..

In the second pan add mushrooms and fresh herbs cook for 5 mins on medium high heat until tender. Deglaze pan with stock. Add coconut cream and baby spinach. Season with salt and pepper. Add Dijon mustard. Mix through and reduce to a simmer.

Serve mushrooms on top of roasted kumara pattie.

Enjoy!

HEALTHY CARB MEDITERRANEAN SALAD



HEALTHY CARB MEDITERRANEAN SALAD

 **PREP** 15 mins

 **SERVES** 6

INGREDIENTS

1/3 cup extra virgin olive oil

1/4 cup apple cider vinegar

1 lemon juiced

1 cup kalamata olives pitted and sliced

1/2 cup sundried tomatoes sliced

1 punnet of cherry tomatoes halved

1 cucumber deseeded and sliced thin

500 grams of baby spinach

1 head of iceberg lettuce

Salt and pepper

1 apple, sliced

1 red onion, sliced

METHOD

Tear and wash lettuce. Place in a large bowl with baby spinach.

Add all sliced and chopped fruit and veggies to the greens. Mix thoroughly.

In a separate bowl whisk olive oil, lemon juice and apple cider vinegar with salt and pepper until emulsified.

Serve salad drizzle with dressing

Enjoy!

ROAST CURRY VEGETABLE MEDLEY



ROAST CURRY VEGETABLE MEDLEY

 **PREP** 30 mins

 **COOK** 45 mins

 **SERVES** 6-8

INGREDIENTS

2 large orange sweet potatoes peeled and diced	4 beetroots peeled and sliced
2 pounds of yams (ends removed, sliced in half then chopped into thirds)	2 tablespoons madras curry spice
1-pound white button mushrooms quartered	Extra virgin olive oil
1-pound swiss brown mushrooms quartered	Salt and pepper
500 grams portobello mushrooms quartered	250 grams of kale stem removed and chopped
1 bulb of garlic peeled and minced	250 grams of spinach stem removed and chopped
	100 grams pumpkin seeds toasted
	100 grams sunflower seeds toasted

METHOD

Preheat oven to 350 degrees Fahrenheit.

Place diced sweet potato, diced pumpkin, and chopped yams into a large bowl. Pour 3 tablespoons of olive oil and the madras curry spice over the diced vegetables and mix till fully coated.

Line a large baking tray with aluminum foil and lay curried vegetables flat and bake in the preheated oven for 40 mins. Until tender.

In a separate bowl place cut mushrooms, minced garlic and 2 tablespoons of olive oil and season with salt and pepper. Mix till fully coated.

Line a second baking tray with aluminum and lay seasoned mushrooms flat on the tray. Bake in preheated oven for 20 mins.

Lay peeled and slice beetroot on an oven tray and bake for 20-30 mins until tender.

Heat a large frying pan with the remaining 2 tablespoons of olive oil. Sautee kale and spinach on low heat with salt and pepper until slightly wilted and bright green.

Plating, layer all roasted vegetables with veges, greens, mushrooms and toasted seeds

Enjoy!

VEGAN CAULIFLOWER TORTILLA BURRITO



VEGAN CAULIFLOWER TORTILLA BURRITO

 **PREP** 40 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

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

METHOD

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.

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.

In a separate large bowl mix together the tapioca flour, ground linseed, 2 teaspoons of salt and baking powder. Stir till fully mixed.

In a separate bowl, measure 2&1/4 cups of water, add 6 tablespoons of olive oil and mix.

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).

Fold blitzed broccoli and cauliflower into the tapioca mixture. Mix till fully combined.

Heat a large frying pan with 1/2 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.

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.

Heat a large frying pan with 2 tablespoons olive oil. When hot add diced peppers and onion, Sautee until onions are translucent. Add mushrooms and zucchini. Cook until zucchini are tender, add chilli sauce, season with salt and pepper.

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.

Enjoy!

MUSHROOM STIR-FRY WITH CAULIFLOWER RICE



MUSHROOM STIR-FRY WITH CAULIFLOWER RICE

 **PREP** 40 mins

 **COOK** 30 mins

 **SERVES** 6-8

INGREDIENTS

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

METHOD

Preheat oven to 350 degrees Fahrenheit. Place sliced yams in a bowl and add 2 tablespoons olive oil and salt and pepper, to taste. Mix well until yams are thoroughly coated. Place in an oven-safe baking dish and bake for 30 minutes.

Heat two separate large frying pans with 2 tablespoons olive oil per pan. In one cook the blitzed cauliflower. Stirring regularly to keep from sticking and burning. Season with salt and pepper

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.

Serve greens and vegetables on top of the cauliflower rice and garnish with the crispy roasted yams.

Enjoy!

ROASTED MUSHROOM BEETROOT SALAD



ROASTED MUSHROOM BEETROOT SALAD

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 5-8

INGREDIENTS

1-pound white button mushrooms
quartered

1-pound swiss brown mushrooms
quartered

5 beetroots peeled and diced

250 grams pumpkin seeds

250 grams sunflower seeds

1 bunch of kale 500grams

1 Bunch of spinach 500 grams

2 punnets of cherry tomatoes

1/4 cup apple cider vinegar

Extra virgin olive oil

1 lemon

1 bulb of garlic minced

1/2 cup olive oil

Salt and pepper

METHOD

Preheat oven to 350 degrees Fahrenheit.
Toast seeds in the oven for 5-10 mins
stirring regularly to prevent burning.

Pick and wash kale and spinach. Tear into
bite sized pieces and set aside.

Mix together garlic, 2 tablespoons of olive
oil, salt, pepper and mushrooms. Lay
mushrooms on a baking tray and Roast
mushrooms in the oven for 20mins.

Toss diced Beetroot in a large bowl with 1/2
cup of olive oil and season with salt and
pepper. Roast in the oven for 20 minutes.

Slice cherry tomatoes in half and mix
together with salad greens.

In a large bowls Wisk together 1/3 cup
olive oil, juice from 1 lemon, 1/4 cup apple
cider vinegar and salt & pepper.

Allow mushrooms and beetroot to cool
slightly, toss together with salad greens
and cherry tomatoes. Garnish with
toasted seeds and dress with vinaigrette.

Enjoy!

PARSNIP CHILLI RISOTTO



PARSNIP CHILLI RISOTTO

 **PREP** 20 mins

 **COOK** 20-30 mins

 **SERVES** 8-10

 **DIFFICULTY** Medium

INGREDIENTS

8 large parsnips
2 eggplant, diced
2 Zucchini, diced
2 red peppers, diced
2 yellow peppers, diced
1 onion, diced
3 garlic cloves, minced
2 red chilli peppers, minced
2 tablespoons of dried chilli flakes
1 litre of vegetable stock
2 carrots, diced
3 stalks celery, diced
Extra virgin olive oil
2 cans coconut cream
Water
Salt and pepper

METHOD

Peel parsnips and cut off root end, place parsnips in a food processor and blitz until it is the consistency of rice

Heat a large pot with 2 tablespoons olive oil.

Sautee onion, carrot, celery, peppers, zucchini, eggplant and chillies. Cook until slightly soft, remove from pot into a bowl

In the same pot, saute off the blitzed parsnips until slightly browned. Add salt and pepper, to taste, and chilli flakes. Slowly add in vegetable stock in stages (stirring constantly), allowing the parsnips to absorb as you add the stock.

Add in just the cream from the coconut cream, stir in , season

If extra thickening is desired mix tapioca flour with water to create a slurry and slowly add while stirring

SLOW ROASTED TOMATO PASTA



SLOW ROASTED TOMATO PASTA

 **PREP** 30 mins

 **COOK** 30 mins

 **SERVES** 4-6

 **DIFFICULTY** Medium

INGREDIENTS

200 grams of button mushrooms, diced
2 roasted red peppers
4 asparagus spears, chopped
1 pound fresh tomatoes, quartered
500 grams cherry tomatoes, halved
2 eggplants, diced
5 zucchini
1 red onion, diced
2 tablespoons apple cider vinegar
Extra virgin olive oil
100 grams fresh basil
1 teaspoon dried chilli flakes
4 red chilli peppers, de-seeded and diced
1 stock of celery
1/2 cup veggie stock
1 tablespoon tomato paste
Salt and pepper

METHOD

Preheat oven to 350 degrees Fahrenheit, cover a baking tray with aluminium foil. Mix 1/4 cup olive oil, apple cider vinegar and chilli flakes in a large bowl.

Toss cherry tomato and fresh chilli peppers in balsamic mixture (keep remaining liquid), place on baking tray then cook in preheated oven for 10 mins. Reduce oven to low heat and allow it to continue cooking for 20 mins.

Heat a frying pan with 2 tablespoons of olive oil, sautee onions, mushrooms, celery, red pepper and asparagus. Season with salt and pepper, add tomato and cook for 5 mins until soft. Add remaining liquid from marinade. Reduce heat. Add fresh basil. Allow to simmer.

Slice eggplant and zucchini into long thin broad slices, put a large pot of water on to boil, add veggie stock to water, once boiling add "noodles" (veggies)

Thicken sauce with tomato paste, serve on top of veggie noodles, top and garnish with roasted tomato and chilli

VEGGIE LOADED SWEET POTATOES



VEGGIE LOADED SWEET POTATOES

 **PREP** 20 mins

 **COOK** 40 mins

 **DIFFICULTY** Easy

INGREDIENTS

6 large sweet potatoes
2 eggplants, diced
3 zucchini, diced
2 carrots, diced
4 garlic cloves, minced
1 onion, diced
1 teaspoon ground coriander
1 teaspoon cumin
1 teaspoon tumeric
Extra virgin olive oil
Salt & pepper

METHOD

Slice sweet potatoes in half length wise.
Preheat oven to 380 degrees Fahrenheit

Brush the inside of the sweet potatoes
with olive oil and sprinkle with spices and
salt & pepper

Place flat on an oven tray skin side down
and bake in preheated oven for 30 mins

Heat a large fry pan with 2 tablespoons
olive oil. Sauté all remaining veggies for
6-8 minutes, stirring occasionally.

Scoop the inside of the sweet potatoes
into a large bowl. Mash, add sauteed
veggies and scoop back into potato skins.
Bake for another 10 mins

HERB ROASTED VEGGIE STACK



HERB ROASTED VEGGIE STACK

 **PREP** 40 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

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

METHOD

Preheat the oven to 350 degrees Fahrenheit. Line 2-3 large baking trays with aluminum foil.

In a bowl whisk together olive oil, minced garlic, vinegar and dried herbs.

Toss all prepared vegetables (excluding spinach and kale) through the oil mixture, taking the time to coat them but shaking off any excess.

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.

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.

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.

Enjoy!

FRESH FISH CHOWDER



FRESH FISH CHOWDER

 **PREP** 30 mins

 **COOK** 40 mins

 **SERVES** 6-8

INGREDIENTS

1 pound of fresh cod chopped
1 pound of fresh hoki chopped
1 pound of brussel sprouts quartered
2 sweet potatoes (orange or red kumara)
2 red kumara peeled and medium diced
1 red onion diced
2 carrots peeled and diced
3 stalks of celery diced
4 cloves of garlic minced
1 head of broccoli florets halved
1 liter of vegetable stock
4-6 cups of water
2 cans of coconut cream
2 tablespoons of tapioca flour (mixed with
3 tablespoons of water to make a slurry)
Salt and pepper
Smoked paprika
Extra virgin olive oil

METHOD

Boil a medium size pot of water and add diced kumara, cook for 5-10 mins until tender. Strain and cool.

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

Add chopped fish to the large pot and cook for 3-5 mins to sear the fish. Stir regularly to prevent sticking. Add stock and 4 cups of water. Add brussel sprouts and cook for 5 mins on medium high heat.

Add broccoli and cook for 3-5 mins. Add cooked kumara (and more water if needed).

Add coconut cream and bring to a slow boil. Thicken with tapioca slurry and taste to check seasoning. Add more salt and pepper if desired. Reduce to a simmer for 3-5 mins to allow flavors to combine.

Serve in a large soup bowl and garnish with smoked paprika.

Enjoy!

HEALTHY CARB THAI BEEF SALAD



A tasty, light salad with a thai flavor kick!

HEALTHY CARB THAI BEEF SALAD

 **PREP** 5 mins

 **COOK** 5 mins

 **SERVES** 4

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INGREDIENTS

Marinade

4 garlic cloves, crushed
4 teaspoons fresh ginger, grated
2 red chilli peppers, de-seeded and diced
3 tablespoons sesame oil
3 tablespoons fresh lime juice
2 tablespoons fish sauce
1/2 tablespoon raw honey
1 teaspoon sea salt (Optional)

Thai Beef Salad

500 grams rump steak
Extra virgin olive oil, for frying as needed
1 cos lettuce leaves
1 cucumber, diced
1 orange pepper, sliced
1 punnet cherry tomatoes, halved
1 bunch fresh mint, chopped
1 bunch fresh cilantro, chopped
4 kaffir lime leaves, chopped

METHOD

Beef Marinade/Dressing

In a mixing bowl, combine the garlic, ginger, chilli peppers, sesame oil, lime juice, fish sauce and honey. Separate part of the mixture to be used as dressing later on.

Use the remaining mixture as marinade. Add the steak and cover the container with plastic wrap. Refrigerate for 1-2 hours.

Thai Beef Salad

Take the marinated steak out of the fridge and pan fry with 2 tablespoons of olive oil, for 3-4 minutes on each side. Let the steak rest for a few minutes after cooking, then cut it into thin strips.

On a serving plate, arrange the lettuce, cucumber, pepper and tomatoes. Top with fresh herbs, kaffir lime leaves and sliced beef. Drizzle the dressing prepared earlier.

SAUTÉED CHILLI AND GINGER GREENS



SAUTÉED CHILLI AND GINGER GREENS

 **PREP** 20 mins

 **COOK** 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 red chilli peppers 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

Olive oil

METHOD

Fill 1 large pot with water and bring to a boil. Add brussel sprouts and cook for 5-8 minutes, until bright and vibrant green. Drain and set aside to cool.

Heat 2 tablespoons olive oil in a large fry pan. Add broccoli, diced dinger, and fresh chilli peppers. Cook until ginger begins to golden. Add 1 tablespoon olive oil, chopped kale and spinach, and cook until greens begin to wilt. Add cooked brussel sprouts, season with salt and pepper, mix all ingredients together well, and continue cooking for 1-2 minutes.

Enjoy!

BARBEQUED BALSAMIC VEGETABLE MEDLEY



BARBEQUED BALSAMIC VEGETABLE MEDLEY

 **PREP** 30 mins

 **COOK** 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

1/4 cup of balsamic vinegar

1/4 cup of olive oil

Salt and pepper

METHOD

In a large bowl whisk together balsamic vinegar, olive oil, minced garlic and salt and pepper.

Toss all Vegetables in the marinade to coat thoroughly. Let sit for 5-10 minutes to allow the flavor to absorb.

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.

Serve and Enjoy!

ALMOND & SEED CRUSTED MONK FISH



ALMOND & SEED CRUSTED MONK FISH

 **PREP** 20 mins

 **COOK** 25 mins

 **SERVES** 4-6

INGREDIENTS

1/2 cups of sunflower seeds

1/2 cup of pumpkin seeds

1 cup sliced almonds

1.5 pounds of monk fish

3 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

METHOD

Preheat your oven to 180 degrees celcius.

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.

Set up a breading station in seperate bowls, flour mixture , eggs and coconut milk whisked together, crushed seeds nuts and spices.

Portion your fish to desired size cuts.

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.

Heat a fying pan with your coconut oil, once hot add 1 to 2 pieces of fish at a time and cook till slightly gilden on each side. Continue till all fish is seared.

Place all seared fish on a baking tray and finish in preheated oven for 12-15 mins

LAMB SALAD WITH AVOCADO MAYO



LAMB SALAD WITH AVOCADO MAYO

 **PREP** 2 hrs

 **SERVES** 6

 **COOK** 10 mins

INGREDIENTS

Lamb Marinade

1/4 cup olive oil

1/2 tablespoon raw honey

Juice of 1 lime

Handful of fresh mint leaves, chopped

Pinch of salt

Lamb Salad

4 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

2 avocados, pitted and diced

1/2 cup pine nuts

1/2 cup pumpkin seeds

Avocado Mayo

2/4 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

METHOD

Mix marinade ingredients together in a large bowl.

Add lamb steaks into the bowl and make sure they are covered in the marinade.

Cover and place in the fridge for at least 2 hours before cooking.

Add all of the mayonnaise ingredients into a tall jar and blend using a hand blender until it reaches a smooth, creamy consistency.

Heat olive oil in a fry pan.

Remove lamb steaks from fridge, drain off excess fluid, and fry the steaks in the pan for 3-4 minutes, or until cooked to medium-rare.

Mix salad greens, chopped mint, pepper, cherry tomatoes and avocado together in a large bowl (you may need to use two bowls).

Serve the salad mix onto individual plates.

Scatter pine nuts and pumpkin seeds overtop.

Drizzle the avocado mayo over the top of each salad.

Slice the lamb steaks into thin slices and lay over each salad. Enjoy!