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## FISH CAKES

An easy way to include omega-3 fats – the preferred brain food

Makes 12 fish cakes of burger pattie2, or 24 mini fish balls

1 tin pilchards in tomato sauce (410g) or 1 tin salmon (410g)

400g poached white fish (e.g. hake)

1 medium onion, peeled and finely grated or chopped

30ml fresh parsley / spring onions, finely chopped

1 T Chutney

375ml low GI oats (1 ½ C)

2 eggs

30ml olive oil (2 T)

1. Remove pilchards from the tomato sauce and flake. Reserve the sauce
2. Flake the poached white fish and mix it with the pilchards
3. Add the onion, parsley, oats and some of the sauce from the pilchards to make a firm batter (use extra tomato sauce if using salmon).
4. Mix in the eggs. Be careful not to over mix.
5. Shape the mixture into 12 fish cakes or burger patties, or 24 mini fish balls.
6. Fish balls can be placed on a baking tray and baked in the oven at 200°C for 10 minutes. Serve with a dipping sauce of sweet chilli, light mayonnaise and yoghurt and place a tooth pick in each.
7. Serve with potato wedges or colourful coleslaw, baby new potatoes sprinkled with parsley and plenty of cooked or raw vegetables.

## SESAME CHICKEN SKEWERS

Makes 6 kebabs  
(serves 2 adults & 2 children)

60ml raw honey (4 T)  
60ml soy sauce (4 T)  
5ml oil (preferably sesame) (1 t)  
1,25ml ground cinnamon  
1,25ml black pepper  
A handful of chopped coriander  
30ml lemon juice (1 small lemon)  
450g chicken breasts, cubed (3 chicken breasts)  
6 wooden skewers  
60ml sesame seeds (4 T)

1. Melt the honey in a saucepan over a low heat.
2. Add the soy sauce, sesame oil, cinnamon, cloves, pepper, chopped coriander and lemon juice
3. Place the chicken cubes in a dish and pour the mixture over the chicken cubes and leave to stand for about an hour
4. Preheat oven to 180 degrees
5. Thread the chicken cubes onto the skewers and place them, with the sauce, in an oven proof dish and cover with a lid or foil
6. Sprinkle sesame seeds over the kebabs (roll the skewers in the sesame seeds to ensure that they are covered on both sides)
7. Bake in the oven for 25 minutes
8. Remove the lid or foil and bake for another 5 minutes

## COLOURFUL COLESLAW

Makes 4 servings

2 cups red cabbage  
2 ½ cups green cabbage, finely shredded  
1 ½ cups spinach, finely shredded  
1 cup carrots, finely grated (about 2 carrots)  
175g plain yogurt  
15ml xylitol  
Salt and pepper to taste  
Mix the yogurt and xylitol  
Mix all the ingredients

**BROCCOLI SALAD**- a nice option for lunch – yields 4 portions

### Ingredients

- 1 medium head of broccoli (500g), chopped into chunky pieces
  - 1 small red onion, diced.
  - ¼ cup sunflower kernels or flaked almonds or crushed cashew nuts
  - ¼ cup raisins,
  - ¾ cup plain Greek/double cream yogurt.
  - 1 teaspoon Xylitol
  - 2 TBS white vinegar
  - ¼ wheel reduced fat feta cheese
1. Steam the broccoli by adding ½ a cup of water to the broccoli in a microwave safe bowl. Cover and microwave for 5min. Discard water OR  
Blanche the broccoli in a pot of boiling water for 30 seconds, then drain well
  2. Combine broccoli, sunflower kernels, raisins in a large bowl. Set aside.
  3. Stir together Greek yogurt, Xylitol and vinegar in a small bowl. Pour over the top of broccoli mixture and stir evenly to coat.
  4. Crumb the feta cheese over the salad at the end  
\*Tastes great when served immediately. If you need to refrigerate it for later, you may want to prepare a bit more of the dressing to add in case it gets a little dry

## VEGETABLE BAKE

Recipe yields 4 portions

### Ingredients:

10 ml Olive oil  
1 large onion, chopped  
1 clove garlic, crushed  
500ml finely chopped raw spinach  
125g fresh mushrooms, sliced  
1 medium tomato  
1 medium carrot, grated  
45 ml flour  
310 ml skimmed milk  
4 eggs lightly beaten  
30 ml chopped parsley  
5ml mustard powder  
2.5 ml salt  
125 ml grated cheddar cheese

### Method:

1. Preheat the oven to 180°C and lightly grease a 2 litre ovenproof dish
2. Heat the oil and add the onion and garlic, sauté on medium heat
3. Add the prepared vegetables and stir-fry until cooked. Sift in the flour and stir to moisten all the flour
4. Add the milk and gently stir on low heat until the sauce thickens. Remove from stove
5. Add the beaten eggs into the vegetable mixture and add the chopped parsley. Season with the mustard powder and salt.
6. Spoon into the ovenproof dish with the grated cheese sprinkled on top and bake for 20-30 minutes or until lightly brown and firm.
7. Leave for 10 minutes to set

## GREEN PEA SOUP

1 tsp Olive oil  
1 onion peeled and chopped  
4 rashers back bacon (remove fat) cut into pieces  
200g gem squash diced  
1 big potato peeled and diced  
10ml (2 tsp) chicken stock dissolved in 375 ml boiling water  
250 ml fresh or frozen peas  
1 tin low fat ideal milk  
Pinch of Nutmeg  
Black pepper to taste  
Parsley to use as garnish

1. Heat the oil in a soup pot and fry the chopped onions
2. Add the bacon and cook for 2min
3. Add the diced gem squash, potato and chicken stock mix to the pot
4. Put the lid on and let it simmer for 20-30 min
5. Add the peas and cook together until heated through
6. Puree the mixture in a blender and put back on the stove top
7. Add ideal milk, nutmeg, black pepper and parsley
8. Boil the final mixture together on low heat until heated thoroughly
9. Serves 4

*\*This soup is equivalent to a meal and should not be eaten with bread 😊*

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## LOW FAT WHITE SAUCE

- 1 tablespoon of butter with
- ½ cup of cornflour with
- ½ cup of vegetable water (if available as the water contains nutrients best is to steam the vegetables)
- Salt according to taste
- black/white pepper according to taste
- 1 teaspoon English mustard
- 3 tablespoons brown sugar (optional)
- cayenne pepper according to taste
- chopped parsley
- grated parmesan (optional)

### Instructions:

Heat the milk in a saucepan (not boiling) in a separate jug mix cornflour and water to a smooth paste. Whisk paste into a hot milk and then add salt, pepper, mustard and cayenne pepper. Cook over a low heat, stirring constantly until thickened. Add parsley.

## CABBAGE SOUP

3 cups (750ml) low fat milk  
250 ml water  
2 cloves of garlic  
1 bundle of spring onions  
½ tsp Turmeric  
½ tsp salt  
Black pepper to taste  
1 cabbage (700-800g)  
2 rashers back bacon (remove fat, lean) diced

1. Add the milk and water to a soup pot
2. Peel and dice the garlic and add to the milk mixture
3. Chop the white segments of the spring onion and add to the pot (Save the green pieces for later)
4. Add the cumin, turmeric, salt and pepper
5. Chop the cabbage and add to the soup mix, bring to the boil and then let it simmer on low heat for 20min until the cabbage is cooked soft
6. Fry the bacon in a pan (using non-stick spray) and keep aside
7. Chop the green pieces of the spring onion and set aside
8. Puree the soup and add black pepper to taste, make sure the soup is heated through evenly
9. The green spring onion and the bacon are used as garnish in each bowl
10. Serves 4
11. Serve with 1 slice of whole wheat/Low GI bread

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## CREAMY CHICKEN AND MUSHROOM SOUP

Lower GI oats	180ml (3/4 c)
Canola or olive oil	5 ml (1 t)
Medium onions, peeled and diced	2
Clove garlic, crushed	1
Tin low fat evaporated milk	1 x 380g
1 chicken stock cube or 20ml (4 t) stock powder	
Tins water	1 ½ (630 ml)
2 Chicken breasts, cooked and diced (220g cooked chicken)	
Mushrooms, sliced	250g (1 punnet)
Pinch of marjoram or oregano	
Few drops of soya sauce	

1. In a dry saucepan, stir the oats over low heat until browned. Remove from the saucepan and set aside.
2. Heat the oil in the saucepan and sauté the onion and garlic, stirring constantly, until the onion becomes transparent.
3. Stir in the browned oats, wine, milk and stock.
4. Add 1 ½ tins of water, using the evaporated milk tin. Swirling out the milk left over in the tin.
5. Add the chopped chicken and mushrooms and simmer for 5 – 10 minutes. Stirring to prevent the soup from scorching on the bottom of the saucepan.
6. Season to taste with marjoram and soya sauce.
7. Serve with freshly made Breakfast oat baps, Bran and oat loaf or Healthy oat bread, if desired.

This recipe makes 4 large servings, a serving being a meal. Bread, or rolls, is only required for the very hungry. As a starter it will serve 6.

## CRUSTLESS CHEESE AND VEGETABLE TART

Makes eight snack servings or four meal serving

3 extra large	Eggs, beaten
200 g (1 tub)	Fat free smooth cottage cheese, smooth or chunky
5ml (1 T)	Parmesan cheese, finely grated
1	Clove garlic, crushed, pinch ground cumin, optional
	Freshly ground black pepper
500g	Fresh or frozen vegetables of your choice, finely chopped – not too chunky
8	Spring onions, chopped or ½ small onion, finely chopped
10ml (2t)	Vegetable stock powder
60g	Mozzarella cheese, grated (size of two matchboxes)
2.5ml (1/2t)	Ground paprika, optional

1. Preheat the oven to 180°C. Lightly grease a medium baking dish with non-stick cooking spray.
2. Mix together the eggs, cottage cheese, Parmesan cheese, garlic, cumin and black pepper, and set aside.
3. Peel and chop the vegetables finely and place them evenly in the base of the lightly greased baking dish.
4. Sprinkle with the chopped spring onion and stock powder.
5. Pour the egg mixture over the vegetables.
6. Sprinkle the grated cheese evenly over the vegetables.
7. Dust with paprika, if desired. (This gives a lovely dark brown colour.)
8. Bake for 25 – 35 minutes until bubbling and lightly browned.
9. Spoon the mixture into the muffin pans or paper cups.
10. One meal serving is equivalent to: 2 vegetables + 2 lean protein + ½ low fat dairy + ½ fat.





## SPINACH SOUP

1 Packet of fresh spinach  
1 onion, peeled and chopped  
1L low fat milk  
125 ml Oat bran  
1 ½ tsp salt  
1 ½ tsp mustard powder  
Black pepper to taste

1. Wash the spinach leaves and place it in a soup pot
2. Add the chopped onion to the pot, cover with a lid and let it steam for about 7 minutes until the leaves are soft. No need to add extra water to the pot
3. Dish the leaves into a blender and discard the rest of the fluids. Add 500 ml milk and blend. Put back in the pot and on the stove
4. Mix the Oat bran with the rest of the milk and add it to the spinach mix. Blend well
5. Boil together for 2min and turn down the temperature to let it simmer with the lid on top, until the soup has thickened. Stir frequently
6. Add the salt, mustard powder and black pepper
7. Serves 4
8. Enjoy with 1 slice of whole wheat/Low GI bread

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## CREAMY MUSHROOM SOUP

2 tsp Butter  
2 onions, peeled and diced  
500g chopped mushrooms  
½ packet of mushroom soup powder  
2 tsp vegetable stock dissolved in 500ml boiling water  
500 ml low fat milk  
2 Tbs fresh chopped parsley  
1 Tbs garlic flakes  
1 tin of low fat ideal milk  
Black pepper to taste

1. Melt the butter in a soup pot and fry the chopped onions
2. Add the chopped mushrooms and stir. Cook for 5-10 min
3. Add the mushroom soup powder and stir well
4. Add the dissolved vegetable stock powder and stir
5. Add the low fat milk and mix
6. Add the parsley and let the soup mix simmer until it thickens. Stir frequently
7. Add half of the soup mix to a blender and add the garlic flakes to it, blend well
8. Put the soup puree back in the soup pot and then add the ideal milk
9. Add black pepper to taste and mix well on low heat. Keep an eye on the milk to prevent it from curdling
10. Garnish with remaining parsley
11. Serves 8
12. Serve with 1 slice of whole wheat/Low GI bread

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## GRILLED CHICKEN WITH LIME AND HONEY GLAZE

Serves 4

PREPARE IN ADVANCE, AS THE CHICKEN SHOULD MARINATE FOR AT LEAST ONE HOUR.

### Ingredients:

4 chicken breasts, skinless  
2 limes  
60ml white wine (lite)  
30 ml raw honey  
5 ml fresh crushed garlic  
15 ml olive oil  
2.5ml salt  
Freshly ground black pepper  
2 medium sweet potatoes (400g)

### Method:

1. Put the chicken breasts in an ovenproof dish that can be placed under a grill.
2. Make the marinade: squeeze the juice from one of the limes into a bowl.
3. Add the white wine, honey and garlic and heat over hot water or in the microwave on medium for 30 seconds to melt the honey.
4. Add the oil, salt and pepper and mix well.
5. Pour evenly over the chicken breasts and leave to marinate for at least one hour. Turn at least once.
6. Meanwhile, peel, wash and cube the sweet potatoes into a saucepan or a glass microwave dish. Immediately cover with boiling water (do not add salt) and boil until soft on the stove or in the microwave for 5 minutes. Set aside and leave in the cooking water.
7. When ready to grill the chicken, preheat the grill for 5 minutes and then place the marinated chicken and sauce under the hot grill (with the oven rack placed on its highest position) and grill for 8 minutes. Baste every 3 minutes. Remove, turn all the pieces and grill for another 8 minutes. Again, baste approximately every 3 minutes.
8. Thinly slice the second lime, place a slice on top of each chicken breast and baste with the marinade.
9. Grill the chicken breasts with the lime slices for another 2 minutes until hot and bubbly
10. Remove the chicken breast from the marinade and keep warm on a serving platter.
11. Drain the cooked sweet potatoes and pour half the marinade onto the sweet potatoes and mash them.
12. Pour the rest of the marinade over the chicken breasts just before serving.
13. Serve the lime and honey glazed chicken with sweet potato mash and 2 or 3 cooked vegetables or salads.

## CREAMY CHICKEN AND VEGETABLE CURRY

Serves 4

### Ingredients:

½ cup chicken or vegetable stock  
2 onion, sliced  
5cm knob fresh ginger, peeled and grated  
2 gloves garlic, crushed  
1 tbsp. fresh curry paste  
1 cup grated carrots  
1 cup grated baby marrows  
2 tbsp. lite chutney or diabetic apricot jam  
4 chicken breast fillets, sliced into strips  
½ cup chopped green beans  
1 cup fat-free plain yoghurt  
1 tsp. cornflour

### Method:

1. Heat half the stock in a deep pan, pot or wok. When bubbling, add onion and cook for 2 minutes.
2. Stir in the ginger, garlic and curry paste and cook for 2-3 minutes.
3. Add the carrots and baby marrows and stir well.
4. Add the remaining stock and chutney or jam and sauté for 5 minutes
5. Toss in the chicken strips and beans and cook for 10 minutes.
6. Mix the yoghurt with the cornflour and stir into curry.
7. Cook for 5 minutes until the chicken is tender but still moist, the sauce has thickened, and the beans are cooked but still crunchy.
8. Serve with a sambal or chopped tomato, onion, cucumber and coriander

Other vegetables you can add to the curry include:

- Chopped tomatoes
- Cubed eggplant or cooked butternut
- Drained and rinsed canned chickpeas or butter beans

## CHICKEN AND BROCCOLI BAKE

Serves 4

### Ingredients:

2 cup raw cauliflower crumbles  
2 cup chicken stock  
1 cup broccoli flowerets, cut small  
500g chicken breast, cut into small cubes  
100g grated low fat cheddar (reserve ¼ cup for the top)  
½ cup reduced fat cream  
1.4 cup white wine  
salt and pepper to taste

### Instructions:

1. Preheat the oven to 190 degrees Celsius
2. Cook the cauliflower, covered in the chicken stock until it is very tender, about 10 minutes.
3. Remove the cauliflower but reserve the stock.
4. Add the chicken and broccoli to the stock and simmer until the broccoli is tender and the chicken is cooked through, about 10 minutes.
5. Remove the chicken and broccoli and mix gently into the cauliflower in a large bowl.
6. Add the white wine to the chicken stock and simmer, uncovered, until it is reduced by about ¼.
7. Whisk in the cream and cheese.
8. Simmer, whisking often, until the sauce is smooth and slightly thickened.
9. Taste the sauce and add salt and pepper as needed.
10. Pour over the vegetable and chicken mixture.
11. Spoon into a small, greased casserole dish.
12. Sprinkle with reserved cheese.
13. Bake for 20-30 minutes, or until it is bubbling and golden on the top.

Let stand for 5 minutes before serving.

## ROAST HAKE AND TOMATO

Serves 4

### Ingredients:

400g hake fillets, fresh or frozen  
1 round feta cheese, coarsely crumbled  
125ml fresh basil, torn into pieces  
300g small Rosa tomatoes  
15ml olive oil  
1.25 ml salt  
Freshly ground pepper to taste

### Method:

1. Preheat the oven to 220°C.
2. Spray 200x200 mm ovenproof dish with non-stick cooking spray and place the hake fillets in the dish.
3. Sprinkle the feta cheese on each fillet and arrange the basil and tomatoes around the fish.
4. Drizzle the olive oil over the fish and season lightly with salt and freshly ground black pepper. Bake for 20 minutes.
5. Serve with a corn on the cob or (3/4 cup per person) and two vegetables or a very big salad

## **BEEF STIR FRY**

Serves 4

### **Ingredients:**

1 pack stir fry veggies  
500g lean beef strips  
4 cups pineapple (fresh or canned), cubed

### *Sauce*

3 tbsp. olive oil  
125ml soya sauce  
1 tsp. minced garlic  
2 tsp. minced ginger  
3 tbsp. lite chutney or sweet chilli sauce  
milled pepper

### **Instructions:**

1. In a frying pan or wok, add the oil and fry the beef until brown.
2. Add the vegetables as well as the sauce ingredients and cook until vegetables are tender but still crunchy.
3. Add the pineapple and mix the stir fry so that all the ingredients are coated with sauce.

## **CHICKEN FILLETS**

### **Ingredients:**

4 chicken fillets  
10ml balsamic vinegar  
10ml vital soy sauce  
10ml olive oil  
5ml dry Italian herbs  
Garlic flakes to taste  
5ml olive oil  
Cajun spices  
Salt & pepper to taste

### **Method:**

1. Beat the chicken fillets with a rolling pin until thin. Place on a plate.
2. Mix the vinegar, soy sauce, olive oil and marinate the chicken fillets. Flavour with the herbs and garlic. Marinate for about 20minutes.
3. Heat a frying pan with a little olive oil.
4. Drain the fillets from the marinate.
5. Fry in a heated pan on both sides
6. Flavour.

## SAUTÉED CHICKEN LIVER, APPLE & ONION

Makes 8 portions

### Ingredients:

2 tablespoons butter or coconut oil  
1 onion, peeled and thinly sliced  
100g grated carrot  
125g cleaned chicken livers (not chopped)  
2 apples, peeled, cored and chopped  
125ml chicken stock (ina paarman diluted or homemade)

### Method:

1. In a saucepan melt butter/coconut oil and fry the onion and carrot until very soft
2. Add the chicken livers and apple. Fry for another 5 minutes.
3. Add the chicken stock and the parsley and simmer gently for another 15 minutes.
4. Blend with food processor or stick blender – can also for more advanced eater only use a potato masher to mash it

## HEALTHY SWEET POTATO OR POTATO WEDGES

Serves 4

### Ingredients:

3 small sweet potatoes normal potatoes (about 600g)  
2 tbsp. olive oil  
2 tsp. minced garlic or garlic flakes  
2 tsp. minced fresh rosemary  
½ tsp. salt

### Method:

1. Preheat the oven to 200°C.
2. Peel the potatoes, cut each potato lengthwise into 8 wedges.
3. In a large bowl, combine the potatoes and remaining ingredients and toss until well coated.
4. Arrange the potatoes in a single layer on a baking sheet
5. Bake the potatoes for 30 minutes or until soft and lightly browned, turning the wedges after the first 15 minutes.
6. Serve immediately.



## ROASTED VEGETABLES IN THE OVEN

### Ingredients:

Ready mixed roasted vegetable packs bought at pick n pay or Woolworths

Garlic

Rosemary (fresh or dried)

4 tbsp. olive oil

salt and pepper

other herbs to your liking

### Method:

1. Preheat the oven to 200°C.
2. Place the vegetables in an ovenproof dish.
3. Cover the vegetables with the olive oil.
4. Add the herbs and spices to taste.
5. Bake in the oven for 1 hour.

## ROOT VEGETABLE BAKE

Serves 6 as a side dish

### Ingredients:

2 medium sweet potatoes, scrubbed, unpeeled and thinly sliced

½ medium butternut, peeled and thinly sliced

4 medium beetroot, scrubbed, unpeeled and thinly sliced

½ cup vegetable stock

2 cloved garlic

1 tbsp. chopped fresh thyme

milled pepper

### Method:

1. Preheat the oven to 180°C.
2. Coat an ovenproof dish with a little cooking spray.
3. Arrange the vegetable in alternating layers. Cover with foil and bake for 30 minutes.
4. Stir the tock, garlic, thyme and pepper together and pour over the vegetables.
5. Cook, uncovered for another 30-40 minutes.

## ROAST BEETROOT

### Ingredients:

Quartered beetroot  
Crushed garlic  
Balsamic vinegar

### Method:

1. Toss the quartered beetroot with balsamic vinegar and crushed garlic.
2. Roast in preheated oven until tender.
3. Serve as is or toss with rocket leaves and chunks of ricotta cheese.

## GREEN BEANS

### Ingredients:

Long green beans  
Garlic flakes  
Salt and pepper  
1 tbsp. olive oil  
Lemon juice

### Method:

1. Boil the green beans in clean water until desired texture.
2. Drain the beans.
3. Fry in the oil (for 1 minute) and add the other ingredients to taste.

## CREAMED SPINACH

### Ingredients:

Plain, fat-free smooth cottage cheese  
Fat-free milk or vegetable stock  
Spinach  
Lemon juice  
Grated nutmeg

### Method:

Stir the cottage cheese and little fat-free milk or vegetable stock into just-wilted spinach. Add a squeeze of lemon and little grated nutmeg

## LEMON AND GARLIC BABY MARROWS

### Ingredients:

Baby marrows  
Sliced garlic  
Lemon juice  
Lemon zest

### Method:

1. Slice baby marrows into thin strips and stir-fry with sliced garlic, lemon juice and finely grated lemon zest.
2. Toss with roughly chopped fresh parsley or mint and serve warm.

## MINTED BEETROOT

### Ingredients:

Beetroot  
Mint leaves  
White balsamic vinegar

### Method:

1. Boil beetroot until tender.
2. Peel and toss with chopped mint leaves and a splash of white balsamic vinegar.
3. Serve warm or chilled.

## CAULIFLOWER RECIPES

1. Steam lightly and dress-up with your favourite Italian vinaigrette.
2. Blanch 2-3 cups of cauliflower florets in salted, boiling water for about 5 minutes, until tender. Drain and dry cauliflower. Heat 1 Tbsp. olive oil in a pan. Stir fry cauliflower florets for about 30 seconds. Remove from heat, drizzle with lemon juice and toss with salt and milled pepper, capers, Italian parsley and grated Parmesan.
3. Asian Cauliflower (see recipe)
4. Cauliflower salad – steam cauliflower florets, add grilled and skinned strips of red pepper, black olives, and a chili dressing.
5. Toss cooked cauliflower with peas and crispy lean bacon
6. Puree cooked cauliflower and onion. Add garlic and 1tsp. olive oil. Season to taste.
7. Indian Cauliflower raita (see recipe)

## ASIAN CAULIFLOWER

2 Tbsp. peanut oil  
1 Tbsp. Rice wine vinegar  
Juice of 1 lime  
5 cm piece of grated ginger  
1 stick of finely sliced lemongrass  
1 tsp. brown sugar or xylitol  
2 red chillies (sliced)  
2 Tbsp. water  
a dash of soya sauce  
salt and milled black pepper

1. Steam cauliflower florets.
2. Mix all the ingredients.
3. Season cauliflower with Asian dressing.

## INDIAN RAITA

1 Tbsp. olive oil  
1 Tbsp. Black mustard seeds  
1 Tbsp. cumin seeds  
1-2 cloves crushed garlic  
1 red pepper, sliced  
½ cup low fat unflavoured yogurt

1. Heat olive oil in a pan. Sauté the seeds, cloves, garlic and pepper until aromatic for 2-3 minutes.
2. Coat 2 cups cauliflower with spices, add a bit of water and cook until tender.
3. Cool and stir the yogurt in.
4. Season and serve as accompaniment to an Indian meal.

## ZUCCHINI HUMMUS

### Ingredients

2 cups chopped zucchini  
½ cup tahini  
Juice of 2 lemons  
1 tsp dried cumin  
1 tsp turmeric  
1 tsp dried coriander  
1 tsp salt

Blend everything and store in an airtight container

## SKINNY BROCCOLI SALAD

1 medium head of broccoli (500g), chopped into chunky pieces  
1 small red onion, diced.  
¼ cup sunflower kernels.  
¼ cup raisins,  
¾ cup plain Greek/double cream yogurt.  
1 teaspoon Xylitol  
2 TBS white vinegar.  
4 slices lean bacon, diced and cooked crispy  
¼ wheel reduced fat feta cheese

1. Steam the broccoli by adding ½ a cup of water to the broccoli in a microwave safe bowl. Cover and microwave for 5min. Discard water  
OR
2. Blanche the broccoli in a pot of boiling water for 30 seconds, then drain well
3. Combine broccoli, sunflower kernels, raisins, and bacon in a large bowl. Set aside.
4. Stir together Greek yogurt, Xylitol and vinegar in a small bowl. Pour over the top of broccoli mixture and stir evenly to coat.
5. Crumb the feta cheese over the salad at the end
6. \*Tastes great when served immediately. If you need to refrigerate it for later, you may want to prepare a bit more of the dressing to add in case it gets a little dry

## SPINACH QUICHE

### Ingredients:

1 kg frozen chopped spinach  
2 onions, finely chopped  
4 eggs, beaten  
1 tub cottage cheese ( Chunky)  
1 cup white cheese ( grated)  
1 punnet mushrooms  
1 cup or 250g Bacon ( Lean diced)  
1 teaspoon Coconut or Avocado Oil

### Method:

1. Preheat oven to 180 °C. Lightly grease the pan.
2. Place spinach in a small saucepan. Cook over medium heat, stirring occasionally until soft. Drain off any remaining liquid. Stir in onions, eggs, cottage cheese and White cheese. Pour mixture into prepared pan.
3. Bake uncovered in preheated oven for 45 minutes. If necessary, bake for an additional 15 minutes, until eggs are set.

## COTTAGE PIE

### Ingredients

Serves 4

For the Cottage Pie Filling

500g of minced beef

1 tbsp of ghee or butter

1 large onion/leek finely chopped

2 medium carrots, finely diced

1 stick of celery, finely diced

1 medium courgette, finely diced

1 tsp of dried or 1½ teaspoons of fresh thyme (save some to garnish)

1 tsp of dried or 1½ teaspoons of fresh, roughly chopped rosemary

2 bay leaves

### Method:

1. Brown the mince in half a tablespoon of ghee and set aside.
2. In the same pan, add the remaining ghee and saute the onions, celery, courgette, carrots, bay leaves, rosemary and thyme for 5 minutes.
3. Add the garlic and gently fry for a further minute.
4. Return the mince to the pan and stir in the tomato puree and red wine. Cook on a medium heat for a few minutes until the liquid has reduced.
5. Add the stock and simmer with the lid on for at least 30 minutes – we like to slow cook for up to an hour adding more stock or water if it's starts to get dry.
6. Stir through the fresh parsley and taste for seasoning.
7. Meanwhile preheat the oven to 200°C and roughly chop the cauliflower into equal sized pieces.
8. In a saucepan steam the cauliflower and whole garlic cloves with just a few tablespoons of water, lid on, for 5 minutes or until the cauliflower is tender. Use a knife to check.
9. Remove the pan from the heat, drain any excess liquid and add the butter, grated cheese and mustard. Blend or mash until creamy and smooth. If it's too sloppy or wet allow the mash to evaporate on a low heat.
10. Season to taste and add the spring onions or chives.
11. Take a large oven dish or individual dishes and fill to two thirds of the beef mixture, then top with the cauliflower mash. Use a fork to criss cross over the top and dot with bits of butter. Bake for 25 – 30 minutes until golden. Finish with a sprinkle of chives or some some fresh thyme leaves

## CHOCOLATE BARK

### Ingredients:

200g 70% Dark Chocolate  
2 teaspoons coconut oil  
2 tablespoons butter  
¼ cup macadamia nuts, toasted and chopped  
¼ cup assorted seed, toasted  
A sprinkle of dried and toasted coconut flakes

### Method:

1. In a double boiler, gently melt the chocolate, coconut oil and butter
2. While the chocolate is melting, line a flat baking sheet with silicone baking paper
3. Pour the chocolate onto the lined baking sheet and smooth it out to just less than half a centimetre thick
4. Sprinkle the seeds, nuts and coconut over the chocolate, making sure that they stick into the melted chocolate
5. Either leave the bark in the fridge for a few hours to set or freeze it to set quickly
6. Break up into pieces and serve