

CURRIED CASHEW AND CARROT SOUP

GF, DF, V, RSF, Vegan

Believe it or not but my husband came up with this recipe! A tasty and creamy soup with a blend of antioxidants, fibre and healthy fats to keep you fuller for longer.

Ingredients:

2 tbsp olive oil

1 onion, roughly chopped

1 tbsp curry powder

600g carrots (about 5–6), chopped

3 cups vegetable stock

100g roasted cashew nuts

salt and pepper to taste

Method:

- Heat the oil in a medium-size saucepan.
- Add the chopped onion and the curry powder.
- Cook for 2 minutes until the onion goes translucent.
- Add the carrots and stock and simmer for 20–25 minutes until the carrots are tender.
- Allow to cool slightly and pour into a food processor (or use stick blender).
- Add the cashews and blitz until the soup is smooth.
- Season to taste. Serve warm.

Serves: 3

Prep Time: 10 minutes

Cooking Time: 25–30 minutes





PEA, FETA AND MINT FRITTERS

GF, V, RSF

A delicious blend of plant protein, fibre and fresh flavours for a quick and simple dinner, lunch or starter. Leave out the feta for a dairy-free version. Serve as a tasty starter or light meal topped with sour cream and beetroot or tomato relish.

Ingredients:

1 cup frozen minted peas

1 small red onion, finely chopped

100g feta, crumbled

2 eggs

½ cup GF self-raising flour (or self-raising flour if not GF)

¼ cup finely chopped fresh mint

salt and pepper to taste

olive oil for frying

Method:

- Gently boil the peas in a small saucepan for 5 minutes. Drain and leave to cool.
- Roughly mash the peas in a large bowl.
- Add the remaining ingredients and mix until well combined.
- Using your hands, form the mixture into fritters.
- Heat the oil in a large non-stick frying pan and cook the fritters on medium heat for 2–3 minutes on each side until browned and cooked through.

Serves: 2

Prep Time: 15 minutes

Cooking Time: 10–15 minutes

AIR FRYER MOROCCAN CHICKEN AND VEGETABLES

GF

Deliciously healthy and cooked to perfection in an air fryer, this is a scrumptious meal that will leave you full and energised. Cook in the oven in a baking dish if you don't have an air fryer (bake for 40–45 mins). You could also use other meats such as pork or lamb, or just use vegetables.

Ingredients:

2 chicken breasts, diced into 2 cm cubes

½ red onion, cut into wedges

1 capsicum, sliced

1 zucchini, sliced

2 tbsp olive oil

2 garlic cloves, crushed

2 tbsp Moroccan seasoning

salt and pepper to taste

Dressing (optional)

⅓ cup plain Greek yoghurt

2 tbsp lemon juice

Method:

- Place all the ingredients in a bowl and toss, making sure everything is covered in spices.
- Tip into the air fryer and cook at 180°C for 20–25 minutes, turning halfway through.
- Mix the dressing ingredients together in a small bowl, if using.
- Spoon the lemon yoghurt dressing over the chicken and vegetables, and serve warm with brown rice or cauliflower rice (page 124) and a fresh salad.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 20–25 minutes





SLOW COOKER LAMB SHANKS

GF, DF, RSF

If you're wanting a comforting, iron-rich winter meal, let the slow cooker do the heavy lifting with this one. Use lamb chops if shanks are unavailable.

Ingredients:

- 4 lamb shanks
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 2 carrots, finely sliced
- 2 stalks of celery, finely sliced
- 1 x 400g tin diced tomatoes
- 1 cup beef stock
- 2 tsp fresh or dried rosemary
- 2 tbs tomato paste
- salt and pepper to taste

Method:

- Place all the ingredients into the slow cooker.
- Cook on high for 4 hours or on low for 8 hours until the meat and vegetables are tender.
- If you would like to thicken the sauce, then make a slurry by mixing a tablespoon of cornflour in a little water and stir through 20 minutes before serving.
- Season with salt and plenty of pepper. Serve hot with steamed greens.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 4–8 hours



LEMON POTATOES

GF, V, RSF

Lemon potatoes, a cherished childhood favourite, are a nutritious delight. Packed with essential minerals, vitamins and micronutrients, they make a delicious and wholesome addition to any meal.

Ingredients:

4 large potatoes, washed

¼ cup lemon juice

3 tbsp butter

½ tsp curry powder

salt and pepper to taste

Method:

- Preheat oven to 190°C (374°F).
- Cut the potatoes into 1–2 cm cubes, but do not peel.
- Cook in boiling water for 8–10 minutes.
- Drain and spread onto a baking paper-lined roasting dish.
- Place the lemon, butter, curry powder and salt and pepper in a microwave-safe jug.
- Cook on high in the microwave for 45 seconds or until the butter is melted, and stir.
- Pour over the potatoes and turn to coat evenly. Bake in the oven for 30–40 minutes.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 40–50 minutes

STRAWBERRY AND CUCUMBER SALAD

GF, V, RSF

Indulge in a refreshing strawberry and cucumber salad – a vibrant medley of antioxidants and hydrating elements. This recipe is a delightful fusion of sweet and crisp, providing a low-calorie, nutrient-packed salad to support your wellbeing. Leave out the feta if you would prefer the salad to be dairy-free.

Ingredients:

- 250g** strawberries, hulled and quartered
- ½** cucumber, diced
- ½** medium red onion, finely chopped
- 100g** feta cheese, crumbled
- ¼ cup** roughly chopped fresh mint
- 3 tbsp** mint sauce
- 2 tbsp** pumpkin seeds, toasted

Method:

- Toss the strawberries, cucumber and red onion together in a large bowl.
- Sprinkle the salad with the feta, mint, mint sauce and pumpkin seeds. Serve chilled.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 0 minutes



QUINOA TABBOULEH

GF, DF, V, RSF, Vegan

Try our gluten-free twist on a Middle Eastern favourite! Elevate any meal with this nutrient-packed, effortless salad. Pair it with succulent lamb, crispy falafels, warm pita and creamy hummus for a mouthwatering feast.

Ingredients:

1 cup quinoa

2 cups water

3 tomatoes, deseeded and diced

½ telegraph cucumber, deseeded and diced

1 cup chopped fresh parsley

⅓ cup chopped fresh mint

salt and pepper to taste

Dressing

¼ cup lemon juice

2 tbsp olive oil

Method:

- Cook the quinoa in a saucepan with the water for 20–25 minutes (or until all the water has absorbed). Leave to cool.
- Place the dressing ingredients in a jar and shake to combine.
- Toss the salad ingredients together and pour over the dressing.
- Toss again and season to taste. Serve chilled or at room temperature.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 20–25 minutes





WHIPPED CHOCOLATE POTS

GF, DF, V, RSF, Vegan

Indulge guilt-free with this nutrient-packed treat rich in antioxidants, protein, and plant-based goodness. Satisfy your sweet cravings while nourishing your body. Top with berries, chopped fruit, yoghurt and grated chocolate, or your favourite topping.

Ingredients:

½ cup aquafaba (chickpea brine)

120g dark (70%) chocolate, melted

3 tbsp pure maple syrup

sea salt to taste (optional)

Method:

- Melt the chocolate and allow to cool for a few minutes.
- In the meantime, beat the aquafaba for 5–6 minutes in a medium-size bowl until soft peaks form.
- Add the maple syrup and beat for another 2–3 minutes until stiff peaks form.
- Fold the chocolate into the aquafaba until combined.
- Fold in the salt to taste (optional).
- Spoon into individual serving dishes and refrigerate for at least 30 minutes to firm up before adding toppings. Serve chilled.

Serves: 4

Prep Time: 10 minutes

Cooking Time: 5 minutes



FLOURLESS BANANA AND NUT BUTTER MUFFINS

GF, DF, V, RSF

These high protein, flourless muffins are so simple to make and are a delicious lunchbox treat. Bananas are easily obtainable, affordable and nutritious, despite the fact they have been given a bad rap of late.

Ingredients:

- 1 cup** any nut butter
- 2** bananas, peeled
- 2** eggs
- ½ cup** pure maple syrup or honey
- 1 tbsp** vanilla extract
- 1 tsp** cinnamon, plus extra for sprinkling
- ½ tsp** baking soda
- ½ tsp** salt
- ½ cup** dark chocolate chips (optional)

Method:

- Preheat oven to 180°C (350°F) and line a muffin tin with paper liners.
- Blitz all the ingredients (except the chocolate chips) in a blender or food processor until well combined.
- Fill each muffin case about $\frac{3}{4}$ full.
- Sprinkle the muffins evenly with extra cinnamon or with chocolate chips.
- Bake for 15 minutes or until golden brown on top.

Makes: 12

Prep Time: 10 minutes

Cooking Time: 15 minutes