



Living Light 5:2 Recipe Book



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Side Dishes

Salsas	4
Salads & Dressings	5
Vegetables	11



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Mexican Tomato Salsa

1 medium tomato, finely diced
1 spring onion, finely chopped
1 tsp garlic flakes
1/4 cup fresh coriander, finely chopped
1 tsp lime juice
Tiny pinch of stevia
Pinch of chilli flakes
1/4 medium cucumber, diced finely

Method:

Combine well and let rest for 10 minutes for flavours to develop

Tomato, Cucumber and Mint Salsa

8 cherry tomatoes, cut in half
1/4 medium telegraph cucumber, very finely diced
1 spring onion, finely sliced
2 tbsp chives
1 tbsp lemon juice
1 tsp garlic flakes, chopped
1/4 cup fresh mint, finely chopped
Sea salt and cracked pepper

Method:

Combine well and let rest for 10 minutes for flavours to develop



Tomato and Cucumber Salad

1/2 medium telegraph cucumber (don't need to peel telegraph cucumbers... and the green colour adds to the visual deliciousness), diced
1/4 red onion, finely sliced
2 tbsp Bragg's apple cider vinegar
1 medium tomato, finely diced
Pinch oregano or 1 tsp finely chopped mint

Method:

Combine and let salad sit for 5 minutes.

Red Slaw

1 cup red cabbage, finely sliced 2 radishes, finely sliced 1 medium stalk of celery, finely diced 1 spring onion, finely sliced 1/4 cup of parsley, chopped 1 tbsp lemon juice

Method:

Combine and let salad sit for 5 minutes.



Tomato and Spinach Salad

1 cup baby spinach leaves, washed
 Pinch cumin seeds
 1/4 red onion, finely sliced
 1 tsp fresh ginger, grated
 1 tsp garlic flakes
 2 tbsp lemon juice
 1/2 medium tomato, diced
 1/4 cup fresh mint and coriander, finely chopped
 Sea salt and cracked pepper

Method:

Toast cumin seeds in dry pan, then mix with garlic, ginger, lemon juice, stevia, salt and pepper. Whisk together to form dressing. Toss all other salad ingredients together and pour dressing over salad.

.....enjoy

Middle Eastern Salad

1 cup salad greens
 1/2 medium tomato, diced
 1/4 medium cucumber, diced
 1/4 cup fresh mint leaves, finely sliced
 1 tbsp of lemon juice

Method:

Combine together and serve.



Orange, Red Onion and Celery Salad

1/2 orange, peeled with all pith removed finely sliced
1/4 red onion, finely sliced lengthways 1 medium
stalk of celery, finely diced
1/4 cup fresh basil,
shredded 1 tbsp orange juice

Method:

Combine together and serve

Asian Salad

1 cup green cabbage, finely sliced
1 spring onion, finely sliced
2 radishes, finely sliced
1 tbsp lemon juice
1 tsp mustard seeds
1/4 cup fresh coriander (or mint)
1 tsp fresh ginger, finely grated
Tiny pinch of stevia

Method:

Whisk lemon juice, mustard seeds, stevia, ginger, coriander, salt and pepper to form a salad dressing. Prepare salad vegetables and combine with dressing.



Wild Weed Salad

2 cups of wild weed salad greens. These can consist of anything edible out of your vegie garden or local farmers market.

Method:

I use mustard leaves, large and small, rocket, mizuna, cos, various red and green lettuces, fresh cress, mesclun mixes and basically anything exotic and interesting that's edible.

I use borage flowers, calendula petals, heart tease flowers etc. for colour and toss it all together.

It's both pretty and tasty... and with a juicy citrus dressing... delicious.



SALAD DRESSINGS: (Each makes 3-4 serves)

Lemon Vinaigrette

Juice of whole lemon
Tiny pinch of stevia
Pinch of mustard powder
Pinch of garlic flakes
Sea salt and cracked pepper

Method:

Blend in your blender till completely emulsified or put in a screw top jar and shake, shake shake.

Green Goddess Dressing

Total Calories 32.5

1/4 cup of your favourite green herbs e.g. basil, flat-leaf parsley, chives, etc
Juice of 1 large orange
2 tbsp organic apple cider vinegar
Pinch mustard powder
Sea salt and cracked pepper

Method: Blend in your blender till completely emulsified or put in a screw top jar and shake, shake, shake.



Asian Dressing

Juice of one large lime (or lemon)

2 tbsp soy sauce

Tiny pinch of stevia

Pinch of mustard

Sea salt and cracked pepper

Method: Blend in your blender till completely emulsified or using a screw top jar and shake, shake, shake.



Stuffed Tomato

1 medium tomato
1/4 red onion, finely diced
1 cup spinach, washed, chopped finely and quickly steamed
6 fresh basil leaves, finely chopped
Tiny pinch of stevia
Sea salt and cracked pepper

Method:

Cut the top off the tomato, scoop out the pulp and dice finely. Mix together tomato pulp, steamed spinach, basil, stevia and salt and pepper . Fill tomato case with mixture and bake for 10 minutes at 200 degrees Celcius.

Grilled Tomato

1 medium Beefsteak tomato
Tiny pinch of stevia
Pinch of thyme or oregano
Sea salt and cracked pepper

Method:

Cut the tomato in half across, sprinkle stevia, herbs, salt and pepper on 2 halves and grill in George Foreman or under oven grill for 5 minutes on high.



Sauteed Bok Choy

with Ginger

2 baby bok choy
Pinch of garlic flakes
1 tsp fresh ginger, grated
Pinch of chilli flakes
1 tbsp lemon juice
1 tbsp soy sauce

Method:

Wash and cut bok choy into quarters lengthwise. Saute garlic, chilli in lemon juice for a few seconds just to soften and then add bok choy and soy sauce. Place lid on pan so the bok choy can steam. Cook for 5 minutes till softened but still crunchy.

Gutsy Silverbeet

1 tsp fresh rosemary, finely chopped
1 tsp garlic flakes
3 cups of washed silverbeet (aka swiss chard)
chopped and stalks removed
Sea salt and cracked pepper

Method:

In a saucepan put garlic, rosemary and 2 tbsp of water, and cook for 1 minute. Add washed silverbeet and salt and pepper. Cook further 5 minutes till tender.



Sauteed Asparagus

8 asparagus spears
1 tbsp soy sauce
1 tbsp lemon juice
Tiny pinch of stevia
Sea salt and cracked pepper

Method:

Steam asparagus for 3-5 minutes in pan big enough for asparagus to lie flat. Add asparagus and all other ingredients. Turn up to medium high and sauté for 2-3 minutes, till all liquid has evaporated. They should be tender but with a little crunch.



Main Dishes

Soups	15
Egg	18
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Chicken	30
Beef	37
Venison	44



Tom Yum Soup

50g chicken breast, finely sliced
 50g shrimp or prawns
 2 spring onions (peeled), finely sliced
 2 cups water
 1 medium tomato, diced
 2 tbsp tamari or Bragg's soy sauce
 1 tsp fresh ginger, grated
 1 tsp garlic flakes
 Tiny pinch of stevia
 2 tbsp lemon or lime juice
 Pinch of chilli flakes
 1/4 cup fresh coriander or fresh basil, chopped
 1 cup either green cabbage, spinach or bok choy

Method:

Place all in a saucepan and simmer till meat is tender and vegetables cooked 10-15 minutes. Basically you can add or delete preferred vegetables and meat and make a larger quantity if required.

Other Meat options: (All fat removed)

Beef schnitzel	100g
Porterhouse	100g
Chicken Breast	100g



Korean Meat Ball Broth

100g chicken breast, minced
1 tsp garlic flakes
2 spring onions, finely sliced
1 cup spinach, washed and chopped
1 medium stalk of celery, finely sliced
1/4 cup parsley, finely chopped
2 cups water
2 tbsp soy sauce
1 medium tomato, finely diced
Pinch of chilli flakes
Sea salt and cracked pepper

Method:

Using a blender mince together the chicken breast, 1 spring onion, garlic and parsley, salt and pepper. Wet your hands and form into walnut sized balls. Place into water with soy sauce, spinach, celery, 1 spring onion, diced tomato and pinch of chilli, salt and pepper. Bring to the boil, reduce to simmer, cook for further 10 minutes.

Meat options: (All fat removed)

Porterhouse 100g



Chunky Chicken, Tomato & Basil Soup

100g chicken breast, cut into strips
1/2 brown onion, finely diced
1 tsp garlic flakes
100g canned tomatoes, chopped (no additives)
1 cup water
1/4 cup fresh basil, shredded
1/4 cup fresh parsley, chopped
Tiny pinch of stevia
Sea salt and cracked pepper

Method:

Saute chicken strips, onion and garlic with 2 tsp of water on medium heat in non-stick pan for 2 minutes with lid on. Add the rest of the water and the remaining ingredients and simmer for 10-20 minutes. Puree in blender. Sprinkle with parsley if desired. For those cold days add a pinch of chilli flakes.

Meat options: (All fat removed)

Porterhouse steak 100g
Schnitzel steak 100g



Singaporean Egg Roll

2 egg whites 1 whole egg
4 medium asparagus (if not available use half cup broccoli)
2 spring onions, finely sliced
1 cup spinach, finely chopped
1 tsp garlic flakes
Pinch of chilli flakes
2 tbsp tamari or Braggs soy sauce
1/4 cup fresh basil, shredded

Method:

Blanch asparagus for 2 minutes in salted water and drain well. Whisk eggs with salt, pepper and fresh herbs.

Heat non stick pan, add spring onions, garlic, washed, chopped spinach and soy sauce, cook for 2 minute. Add egg mixture and cook further 2-3 minutes till egg is set.

Gently remove omelette from pan on to plate. Place asparagus or blanched broccoli into centre of omelette and roll up.



Ooh La La French Omelette

2 free-range egg whites
1 free-range whole egg
1 spring onion, finely sliced
1/4 cup green herbs, chopped
1 cup spinach, washed and chopped
1 medium tomato, diced
Sea salt and cracked pepper

Method:

Beat eggs, add salt, pepper and green herbs. Sauté onion and spinach in 1 tbsp of water for 5 minutes to soften. Remove from non-stick pan and set aside. Pour egg mixture into pan. The secret to a good omelette is gentle handling. Once you see the eggs start to set in the pan, quickly using a wooden spoon or spatula gently push the egg mixture to one side while tipping pan. Repeat this two or three times.

Don't overcook egg, keep it soft, 3 minutes should do it.

At this point place filling back onto omelette and gently fold omelette in half.

Serve this with a cup of salad leaves.



Crab Salad

100g canned, water-packed crab
1/4 cup parsley, roughly chopped,
or half and half basil and parsley
1 spring onion, finely sliced
2 tbsp lemon juice
1 medium tomato, finely diced
1/4 medium cucumber, finely diced
1 medium stalk celery
Sea salt and cracked pepper
2 iceberg lettuce leaves or 1 cup wild salad leaves

Method:

Mix thoroughly and serve in iceberg lettuce cups or a bed of tasty ‘wild weed’ salad leaves from your garden.

Meat options: (All fat removed)

Tuna (canned, water packed only)	100g
Chicken Breast	100g



Warm Thai Beef

with tomato and cucumber salad

100g of prime porterhouse steak (cut into strips)

Marinade:

2 tbsp tamari soy sauce
Pinch of chilli flakes
1 tsp garlic flakes
Tiny pinch of stevia
2 tbsp lemon juice
2 tbsp water

Salad:

1 cup salad leaves, include rocket if possible
1/4 red onion, sliced finely
1/4 cup fresh coriander and fresh basil, roughly chopped
1 medium tomato, dice
1/4 cucumber, diced
1 grissini stick, crumbled

Method:

Marinate steak in soy sauce, chilli, garlic, stevia, lemon juice and water for 10 minutes while preparing salad bed. Heat non-stick pan to medium heat and sear steak for two minutes. Add back the marinade and heat through for two minutes to create a sauce. Pile steak and marinade sauce onto salad bed and add crumbled grissini stick.

Meat options: (All fat removed)

Chicken breast 100g



Chicken, Rocket and Strawberry Salad

100g chicken breast, sliced
1 tbsp Bragg's or tamari soy sauce
2 cups salad, rocket leaves or similar
1/4 red onion, sliced
1/2 cup fresh basil, shredded
1/4 medium cucumber, diced
1 medium tomato, sliced
4 strawberries, quartered

Lemon vinaigrette:

2 tbsp lemon juice
Pinch stevia
Cracked pepper

Method:

Sauté sliced chicken breast in pan with soy sauce, in non stick pan till cooked through, 5 minutes approx.

Assemble salad: Place salad rocket on plate, pile on cooked chicken and remaining salad ingredients and pour over lemon vinaigrette.

Meat option: (All fat removed)

Schnitzel steak 100g
Porterhouse steak 100g



Baked John Dory Parcel

with lemon, thyme and asparagus

100g John Dory fish fillet
1/2 lemon, thinly sliced
2 sprigs of fresh thyme
1/2 tsp mustard powder
2 tbsp organic cider vinegar
2 tbsp fresh tarragon or flat-leaf parsley
Sea salt and cracked pepper
Tiny pinch of stevia
6 medium asparagus spears
Baking paper

Method:

Heat oven to 220 degrees Celsius; lay a square of baking paper on a baking tray. Place John Dory fillet on paper, top with lemon slices and sprig of thyme, salt and cracked pepper. Fold edges of paper to form edges. Bake for 15 minutes.

Meanwhile, whisk the mustard, vinegar, stevia and fresh herbs. Set dressing aside.

Blanch asparagus in salted water for 4 minutes. Drain well. Remove fish from parcel. Arrange fish and asparagus and drizzle over the herb dressing.



Athenes Special Fish

with Tomato, Cucumber and Mint Salsa

100g gurnard fish fillets
Sea salt and cracked pepper
1/2 tsp of dried oregano

Salsa:

Tomato, cucumber and mint salsa - see recipe page 15

Method:

First prepare the salsa, combine and let sit for 15 minutes. Pat the fish fillet with the salt, pepper and oregano, let it sit for 5 minutes. Pan fry the fish adding 1 tbsp water. Cover pan and cook for approximately 5-10 minutes depending on thickness of fish.

Don't overcook the fish, let it be juicy! Cook in pan with the lid on.

Serve this with the "wild weed" salad. (see page 8)

Meat options: (All fat removed)

Chicken breast 100g



'Fab' Grilled Fish Kebabs

100g firm white fish, blue cod is ideal
1/4 red onion, cut into pieces to thread onto skewers
8 cherry tomatoes
1 tbsp lemon juice
1 tsp dried oregano
Sea salt and cracked pepper
Bamboo skewers

Method:

Soak bamboo skewers in water, cut fish into 2 cm cubes and marinate in lemon juice, oregano, salt and pepper for 10 minutes. Prepare salad and set aside while cooking kebabs. Thread marinated fish onto skewers alternating with the cherry tomatoes, and red onion pieces. Heat grill; cook for 10-15 minutes, turning over to ensure both sides are cooked

Serve this meal with a side of your choice - see recipe index

Meat Options: (All fat removed)

Porterhouse steak 100g
Chicken breast 100g



Pedro's Fried Fish

with Mexican Tomato Salsa

100g white fish of choice
2 tbsp lemon juice
Sea salt and cracked pepper
Pinch of Mexican spices (gluten free) or pinch of cumin

Salsa;
Mexican tomato salsa - see recipe page 4

Method:
Prepare salsa and combine together, let it sit for ten minutes.

Heat non stick frying pan to medium heat, sprinkle fish with the spices, salt and pepper. Cook fish in pan for one minute each side. Squeeze lemon juice over fish and cook with lid on pan to retain moisture for further 3 minutes.

Serve with 1 cup of salad greens

Meat options: (All fat removed)

Chicken breast 100g



South Sea's Special-Marinated Fish

100g white fish, diced
2 tbsp lemon juice
1/4 red onion, sliced
Pinch of chilli flakes
Tiny pinch of stevia
1 medium stalk of celery, diced
2 tbsp fresh chives, finely chopped
1/4 cup parsley, finely chopped
Sea salt and cracked pepper
1/4 cucumber, finely diced
1 medium tomato, finely diced
1 cup salad greens

Method:

Mix all of the above ingredients (except for the tomato, cucumber and salad greens) and marinate for half an hour till fish is opaque. Add tomato and cucumber and serve on bed of salad greens.



'Snappy Snapper' Parcel

100g snapper or similar white, non-oily fish
2 cups spinach, washed and finely chopped
1 tbsp lemon juice
Pinch of chilli flakes
Pinch ground cumin
Sea salt and cracked pepper
Baking paper

Method:

Prepare a square of baking paper, lay flat and place fish. Pile spinach mixed with spices and lemon juice on top of fish. Fold up parcel and cook in George Foreman grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index



Thai Fish Cakes

100g white fish
1/4 cup fresh coriander, chopped
Pinch of chilli flakes
Cracked pepper
1 tbsp Bragg's or tamari soy sauce
1 tsp Thai fish sauce
1 tsp lemon or lime juice
1 spring onion, finely sliced

Method:

Blend the first seven ingredients in blender, then remove from blender, wet your hands and fold in finely chopped spring onion. Shape into walnut size flattened balls. Cook in a non stick frying pan with a little water.

Serve this meal with a side of your choice - see recipe index.

Meat options: (All fat removed)

Minced chicken breast 100g



Braised Chicken

with tomato and fennel

100g chicken breast, sliced
1/4 red onion, finely chopped
Pinch of chilli flakes
1 tsp garlic flakes
1/4 fennel bulb, with outer leaves removed, finely sliced
100g canned tomatoes, chopped (no additives)
1 tsp orange zest
Tiny pinch of stevia
Pinch of thyme
1/2 cup water
1/4 cup fresh parsley, chopped

Method:

Heat non stick pan, add onion, thyme, chilli flakes, garlic and 2 tbsp of water. Place lid on pan and sauté for 2 minutes till onion is softened. Add sliced fennel and cook further 5 minutes. Add chicken and cook further 2 minutes. Add tomatoes, zest, stevia, salt and pepper then add the rest of the water and cook for further 5 minutes till chicken cooked through. Sprinkle with parsley.

Serve this meal with a side of your choice - see recipe index

Fennel... you either, love it or hate it... you can substitute for asparagus if you prefer.

Meat options: (All fat removed)

Porterhouse steak sliced 100g



Chicken Kofte

100g chicken breast mince
Pinch ground cumin, cinnamon and ground coriander
or alternatively a good pinch of Middle Eastern spice
1/4 red onion, finely diced
1 tbsp parsley, finely chopped
1 tbsp mint, finely chopped
Sea salt and cracked pepper
3-4 bamboo skewers, soaked in water

Method:

Mix all ingredients together in a food processor except the onions. Add onions last and pulse a few times only. Using wet clean hands form 3-4 sausage shapes and push skewers through skewers through each. Let them sit in fridge for 10 minutes to set. Cook under grill turning once or twice, or on George Foreman Grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

Lean beef mince 100g



'Sweet-Chick' Kebabs

100g chicken breast
1/4 red onion, diced into 2 cm pieces
6 cherry tomatoes
2 tbsp Braggs or tamari soy sauce
Tiny pinch of stevia
Pinch of chilli flakes
A good pinch of Chinese five spice
1 tbsp orange juice
3 bamboo skewers

Method:

Soak three skewers in water. Cut chicken into 2cm pieces and marinate in soy sauce, stevia, chilli flakes, Chinese five spice and lemon juice for 10-20 minutes. Thread chicken alternatively with tomatoes and onion onto skewers. Heat George Foreman Grill or grill in oven turning once or twice ensuring chicken is cooked thoroughly for 15-20 minutes.

Serve this meal with a side of your choice - see recipe index

Another one for the summer Barbecue.

Meat options: (All fat removed)

Porterhouse steak 100g



'Flash' Chicken and Asparagus Stir Fry

100g chicken breast, sliced
2 tbsp Braggs or tamari soy sauce
1/2 small brown onion, finely sliced lengthways
1 tsp garlic flakes
1 tsp fresh ginger, grated
1/2 tsp Chinese five spice
Tiny pinch of stevia
1 tbsp lemon or lime juice
2 cups bok choy, washed and chopped
3 asparagus spears, diced into 2 cm lengths
1 medium stalk of celery, diced diagonally
1/2 cup hot water
1/4 cup fresh coriander, chopped

Method:

Marinate chicken in 1 tbsp soy sauce, garlic, ginger, five spice and lemon juice for 10 minutes. Meanwhile turn on non stick wok or pan to medium heat, sauté chicken for 2 minutes, remove from pan.

Place onions, celery, asparagus in the pan and cook 1 minute. Add bok choy, and 1 tbsp tamari then cook a further minute. Turn pan up to medium high heat. Add back all of chicken with the marinade to form the sauce then sauté for 1 minute, adding hot water. Scrape all the tasty morsels off the bottom of the pan.

Sprinkle with chopped herbs and serve... yum yum!

Meat options: (All fat removed)

Porterhouse steak 100g



Moroccan Chicken

100g chicken breast, sliced
Pinch of cumin,
turmeric, paprika and cinnamon or Moroccan
spice (half a tsp)
2 tbsp orange juice
Tiny pinch of stevia
1 tsp garlic flakes
1/2 red onion, finely diced
1/2 cup hot water
100g canned tomatoes, chopped (no additives)
Sea salt and cracked pepper
1/4 cup flat leaf parsley, chopped

Method:

Marinate sliced chicken in spices, orange juice, stevia and garlic for half hour. Heat non stick pan, sauté onions in a little of the hot water to soften, with lid on. Add rest of the ingredients and simmer for 10 minutes till cooked. Sprinkle with chopped flat leaf parsley.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

Porterhouse steak 100g



Maria's Chicken Balls

in tomato and basil sauce

Meatballs:

- 100g chicken breast mince
- 1 spring onion, finely sliced
- Pinch oregano and sage or an Italian herb mix
- 1 tsp garlic flakes, finely chopped
- Sea salt and cracked pepper

Tomato and Basil Sauce

- 1/4 onion, finely diced
- Pinch of garlic flakes
- 100g canned tomatoes, chopped (no additives)
- 1 tsp of organic tomato paste
- 1/2 cup water
- 3 tbsp fresh basil, shredded
- Sea salt and cracked pepper
- Tiny pinch of stevia
- 3 tbsp flat leaf parsley, chopped

Method:

To prepare the meat balls first wet your hands and mix all the meatball ingredients into small round balls. Set aside in fridge. Heat non stick frying pan to medium heat, add onions, garlic and 2 tbsp of water and saute for 2 minutes till softened and simmer 5-10 minutes. Add rest of the sauce ingredients, except parsley and simmer for another 5-10 minutes. Add a little more water if too dry, and then place in meat balls and simmer till cooked through, for further 5 minutes. Top with flat leaf parsley.

Serve with a 'Wild Weed' salad - see recipe page 8

Meat options: (All fat removed)

Minced lean Beef 100g



Chicken 'Aroha'

100g chicken breast
Pinch of smoked paprika
1/2 tsp of fresh rosemary, finely chopped
2 tbsp orange juice
Tiny pinch of stevia
Sea salt and cracked pepper

Method:

Now we begin with a tricky little manoeuvre! Place chicken breast flat on the chopping board i.e. (half a heart shape)... and you are going to slice it NOT QUITE through so that it opens out half the thickness, but double the size. Flatten with a mallet or use the heel of your hand. Rub paprika and rosemary into the flattened chicken breast, let it rest for 10 minutes. Add orange juice, stevia, salt and pepper and marinate for half hour if possible (or 5 minutes if you are in a hurry!!!) Place in George Foreman Grill and cook through for about 10 minutes.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

Porterhouse steak 100g



'Luscious Laos'- Beef Laab Cups

100g minced lean beef
1 spring onion, very finely diced
Pinch of garlic flakes
2 tbsp of lime or lemon juice
1/4 cup fresh coriander, chopped
Pinch of chilli flakes
2 tbsp of Bragg's or tamari soy sauce
Tiny pinch of stevia
2 washed iceberg lettuce leaf cups

Method:

Using a non stick frying pan, add onion, garlic, chilli, 1 tbsp of water and sauté for 1 minute with lid on pan. Add minced beef, soy sauce, stevia and 2 tbsp of lime or lemon juice and cook till browned. Add fresh coriander at last minute.

Pile beef mixture onto 2 prepared lettuce leaf cups, form into parcels and eat.

Meat options: (All fat removed)

Minced chicken breast 100g



Beef Kibbeh

100g lean beef mince

1/4 cup fresh parsley and chives, finely chopped

A good pinch of Middle Eastern kibbeh spice.

Or a pinch of cinnamon and cumin

1 tsp garlic flakes, finely chopped

Sea salt and cracked pepper

Bamboo sticks

Method:

Soak sticks in water; combine ingredients, then using clean wet hands roll meat mixture into cigar shapes. Push skewers through meat and form the meat around skewers. Cook in hot George Foreman Grill for 10 minutes.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

Chicken breast minced 100g



Big Country Steak with stuffed tomato

The best 100g piece of porterhouse steak you can get

1/2 tsp oregano

Cracked pepper

1 tsp garlic flakes

Pinch of chilli flakes

1/2 tsp mustard powder

1 tbsp Braggs or tamari soy sauce

Stuffed tomato - see recipe page 11

Serve with a handful of rocket salad leaves.

Method

Heat oven to fan bake at 200 degrees Celsius,

Marinate steak in oregano, garlic powder, chilli flakes, mustard, cracked pepper and 1 tbsp soy sauce for 20 minutes.

Place beef and tomato in hot oven. Bake for 10 mins.



Bad Boy Beef Burger Stack

with Grilled Tomatoes

Patties:

100g lean ground beef
1/4 red onion, finely diced
Pinch of garlic flakes
Pinch of thyme
1tsp Braggs or tamari soy sauce
1 tbsp tomato paste
1/4 tsp mustard powder
1/4 cup parsley, finely chopped

Grilled Tomatoes - see recipe page 18

Method:

Using clean, wet hands mix all ingredients thoroughly and let sit for half an hour. Divide meat into two hamburger patties. Cook patties and tomatoes in hot George Foreman Grill for 10 minutes.

Serve with a handful of salad greens



'Bangalore' Beef and Vegetable Curry

100g prime rump steak
1/4 small brown onion, finely chopped
1 tsp of garlic flakes
1 tsp good quality tasty curry powder
1 medium tomato, finely diced
1 cup spinach, chopped
1/2 cup cauliflower, finely sliced
Pinch of chilli flakes
1/4 cup water
Sea salt and cracked pepper.

Method:

Cut steak into small cubes, heat non stick pan to low heat, add onion, garlic and curry, chilli, salt and cracked pepper, and cook for 2 minutes to soften the onion. Bring heat up to medium and add steak, tomato, all remaining vegetables and water. Cook with lid on for 5 minutes to form sauce.

Meat options: (All fat removed)

Chicken breast 100g



Asian Cabbage Rolls

100g lean minced beef
Pinch of Chinese five spice
2 savoy cabbage leaves
1 spring onion, finely chopped
1 tsp garlic flakes
1 tsp grated fresh ginger
2 tbsp Braggs or tamari soy sauce
Pinch of chilli flake
Cracked pepper
3 tbsp fresh coriander, finely chopped

Method:

Steam two inner cabbage leaves for approx 5 minutes and set aside. To make filling: Sauté onion, garlic flakes, ginger, chilli and a little water for 2 minutes, add minced beef, soy sauce, Chinese five spice and coriander. Cook for further five minutes. Lay cabbage leaves out flat, divide filling in half, roll both leaves into a parcel with ends tucked in. Place in George Foreman Grill (or pan fry with a plate sitting on top of rolls to help seal them). Cook the rolls for 2-3 minutes.

These are for those spring rolls lovers.. tasty tasty.

Meat options: (All fat removed)

Chicken breast 100g



Asian Beef

with Bok Choy and Ginger

100g good quality porterhouse steak
2 tbsp Bragg's or tamari soy sauce
1 tsp ginger, grated
1 tsp garlic flakes
Pinch of chilli flakes
2 tbsp lime or lemon juice
1/4 cup coriander or basil, chopped
2 spring onions, finely sliced
2 cups bok choy (or equivalent in spinach), chopped
1/2 cup broccoli, finely sliced

Method:

Cut beef into small strips, then marinate beef in soy sauce, ginger, garlic, chilli and lime or lemon juice for 10 minutes. Meanwhile prepare vegetables. Sauté beef strips and marinade for 5 minutes. Add spring onion, herbs and vegetables. Cook on medium heat for a further 3 minutes till vegetables are just cooked through but still crunchy.

Meat options: (All fat removed)

Chicken breast 100g



'Saucy' Venison

100g venison, cut into strips
1/2 medium tomato, finely diced
1 tsp tomato paste
1/2 tsp smoked paprika
1/4 brown onion, finely diced
Pinch of dried thyme
1/2 cup water
1 tsp garlic flakes
1/4 cup fresh parsley, chopped
Sea salt and cracked pepper

Method:

In non stick pan, sauté the onion, garlic and smoked paprika for 2 minutes with 1 tbsp of water.

Add venison, and sear quickly for 1 minute adding thyme, diced tomato, tomato paste, salt, pepper and half a cup of water.

Simmer for 5-10 minutes till a little sauce has formed.

Sprinkle with roughly chopped parsley.

Serve this meal with a side of your choice - see recipe index

Meat options: (All fat removed)

Porterhouse steak 100g

Chicken breast 100g

