

Recipe One:

Spaghetti and cheese bread tartlets

For 8 tartlets

100g Melted butter

8 thin or medium slices White sandwich bread, crusts removed

400g tin Spaghetti in tomato sauce

50g Cheddar-style cheese, grated



1. Preheat oven to 180°C.
2. Butter an 8-hole patty pan tin (or use muffin tins) and place in the freezer for 1 minute to set the butter. Press the bread firmly into each cavity and brush with the remaining butter, making sure you use it all up.
3. Spoon the spaghetti in and top with the cheese.
4. Bake until the bread is crisp and golden; around 20 minutes. Leave in the tin for a few minutes before removing. They're lovely eaten hot or cold.

Recipe Two:

Lamb Shakshouka

For 4 at lunch

3 Tbsp Olive oil
1/4 tsp Cumin seeds
1/2 tsp Sesame seeds
2 Onions, peeled and thinly sliced
2 Red capsicums, deseeded and sliced
2 Cloves garlic, peeled and chopped
1/4 tsp Smoked paprika
150g Minced lean lamb
400g tin Chopped tomatoes
1 1/2 Tbsp Tomato paste
4 Eggs
50ml Plain yoghurt
Picked parsley, mint and coriander



1. Ideally you want to serve this in the dish you cook it in, so a large frying pan with a lid is good. Heat up the pan and add the olive oil, cumin and sesame seeds.
2. 2Once they begin to sizzle, add the onions, capsicums, garlic and paprika. Sauté until the vegetables collapse, stirring frequently.
3. Add the mince and a little salt. Cook until the lamb crumbles, stirring all the time.
4. Add the tomatoes and bring to a boil, then cook over moderate heat for 6–8 minutes, at which point much of the juice will have evaporated.
5. Make four impressions in the mixture and break an egg into each 'hole'.
6. Spoon the yoghurt on, put a lid on the pan and cook until the eggs have begun to set, but still have runny yolks.
7. Scatter with the shredded herbs and serve immediately straight from the pan.

Recipe Three:

Ham, garlic and potato tortilla

350g Potatoes, cut into 2 cm dice (no need to peel them, just scrub the skins)

120ml Olive oil

500g Cooked ham, sliced, alternatively could use sliced salami

6 Garlic cloves, peeled and sliced

8 Eggs

1 small bunch Parsley, shredded

2 Spring onions, sliced

Salt and freshly ground black pepper



1. Boil or steam the potatoes until cooked, then drain in a colander.
2. Heat up a heavy-based 25–30 cm pan (ideally non-stick) and add one-third of the oil. When it's hot, add the potatoes and cook until golden, tossing occasionally.
3. Tip into a bowl and add another third of the oil to the pan.
4. Add the ham and garlic to the pan and fry to colour, then put in the bowl with the potatoes.
5. Add the eggs, parsley and spring onions to the potatoes. Season with salt and pepper and mix well.
6. Put the pan back on the heat, and when it's hot add the remaining oil and count to 10.
7. Pour in the egg mixture and count to 20. Using a spatula, scrape the outer edges into the centre and move the uncooked centre to the outside. Do this for about 20 seconds, then either place the pan under a grill, bake in an oven at 180°C or place a lid on the pan and turn the heat down, and cook until the egg has set completely.
8. Leave to sit in the pan for 5 minutes, then invert onto a plate.
9. To serve, cut into wedges; or small squares, if eating as a snack.

Recipe Three:

Roast parsnips and celeriac, smoky apple compote, haloumi and pistachios

For 6 starter salads

- 600g Haloumi, sliced 1cm thick
- 2 – 3 Eating apples
- 2 strips Orange peel
- 1 tsp Smoked paprika
- 60g Unrefined caster sugar
- 2 Cloves, bashed
- 2 Tbsp Cider vinegar
- 600g Parsnips, peeled, halved and sliced lengthways
- 1 Celeriac (about 600g), peeled, halved and sliced
- 1 Leek, sliced 1cm rings
- 1 Tbsp Chopped mixed fresh hard herbs (rosemary, thyme, oregano, sage)
- 2 tsp Coriander seeds, crushed
- 4 Tbsp Olive oil
- 2 handfuls Baby kale or similar salad leaves
- 50g Toasted pistachios, roughly chopped
- 1 Tbsp Extra virgin olive oil
- 3 Tbsp Lemon juice

1. Preheat the oven to 180°C (350°F/Gas mark 4).
2. Place the haloumi into a wide bowl or dish and pour on enough boiling water to cover by 3cm (1.in.). Soak for 1 hour, then drain and pat dry on absorbent kitchen paper.
3. Peel and core the apples, then cut into chunks. Place in a pan with the orange peel, smoked paprika, sugar, cloves, vinegar and ½ teaspoon of salt. Bring to a simmer, then put a lid on and cook until softened, stirring from time to time. Once the apple is cooked, remove the lid and cook over a low heat to reduce the liquid by half. Turn off the heat and leave in a warm place with the lid on.
4. In a roasting dish, mix together the parsnips, celeriac, leek, herbs, coriander seeds and 2 tbsp of the olive oil and season with salt and pepper. Roast until golden, about 40 minutes, tossing from time to time.
5. Place a frying pan over a medium heat and add 1 tbsp olive oil. Fry half the haloumi until golden on both sides. Transfer to a warm plate and fry the other half in the remaining olive oil.
6. To serve: Toss the salad leaves with the roast vegetables and lay on a platter. Break the haloumi into pieces if the slices are large and sit on top of the vegetables. Spoon on the apple and cooking juices. Scatter with the pistachios, drizzle on the extra virgin olive oil and lemon juice and sprinkle with a little extra salt.



Recipe Four:

Chicken breast en papillote with cherry tomatoes and rosemary

For 2 main courses – serve with vegetables or salad

- 2 Chicken breasts (skin on or off)
- Salt and freshly ground pepper
- Small handful torn parsley leaves
- 1 Tbsp Fresh rosemary leaves, thyme, oregano or sage
- 2 Garlic cloves, peeled and thinly sliced
- 1 Tbsp Olive oil
- 100g Cherry tomatoes

1. Preheat oven to 180°C.
2. Cut 2 pieces of baking paper approximately 30 cm square, then fold each one in half with the fold going north south, to produce a centre seam. Re-open the paper.
3. Season the chicken breasts and sprinkle with the parsley. Place one on each sheet of parchment to the right of the centre seam.
4. Sauté the herbs and garlic over moderate heat in the olive oil until the garlic turns golden. Add the tomatoes and cook until around half of them have popped, shaking the pan from time to time. Spoon one-quarter of the tomatoes on top of each chicken breast then drizzle with the pan juices.
5. Now the origami bit begins. Fold the left side of the paper over the breast and bring it flush to the right-hand side. Take the furthest end of the paper in your right hand and put your forefinger next to the top of the breast. Fold the paper towards the right at a 90° angle. Twist and roll the right-hand edge of the package towards the bottom of the breast, to resemble a pasty, in order to seal it. Don't make it too tight as you need to allow some space for the steam to expand. Once the bag is twisted into a package, it's a good idea to tuck the final fold under itself to keep it sealed or secure with a paper clip.
6. Place the packages on a baking tray and cook for 20 minutes. Take from the oven and leave to rest for 5 minutes. I like to serve the unopened package on the plate and give each guest a pair of scissors to cut their own open.



Recipe Five:

Spice roast cauliflower, garlic, tahini yoghurt dressing

For 8 as a side dish. This can be served warm or at room temperature.

- 1 Large cauliflower, green leaves and excess stalk removed
- 1 Red chilli, chopped
- 4 Garlic cloves, peeled and sliced
- 3 Tbsp s=Sesame seeds
- 2 Tbsp Nigella seeds
- 4 Green cardamom, crushed
- 3 Tbsp Olive oil
- 2 Tbsp Tahini paste
- 1 Tbsp Lemon juice
- 100ml Greek style plain yoghurt
- ½ tsp Finely grated lemon zest
- A small handful parsley leaves, shredded
- A small handful mixed soft herbs – mint, basil, tarragon, whatever takes your fancy

1. Oven at 180°C fan forced.
2. Cut the cauliflower into florets and place in a roasting dish with the chilli, garlic, sesame seeds, nigella, cardamom, half the olive oil and ½ teaspoon salt. Toss everything together and bake until the cauliflower browns at the edges and the garlic become golden, tossing occasionally. It'll take around 30 minutes.
3. If the garlic begins to darken before the cauliflower is ready, add 2 tablespoons water to the roasting dish.
4. Take from the oven and leave to cool unless you're serving it warm.
5. Mix the tahini to a slurry with the lemon juice and 5 tbsp water. Stir in the yoghurt, lemon zest and remaining olive oil. Season with salt.
6. Toss the cauliflower with the dressing and herbs.



Recipe Six:

Lamb and Veggie Meatballs with Spiced Lentils



Ingredients: (Serves 2)

- 200g Lamb mince
- 1 Carrot, grated
- 1 cup Finely chopped mushrooms (portobello or Swiss brown)
- ½ Leek, finely chopped
- ½ cup Chopped parsley, plus extra, to serve
- ½ teaspoon Chilli flakes (optional)
- ½ teaspoon Celery salt
- 1 Tbsp Smoked paprika, plus 1 tsp for lentil mix
- 1 Egg
- 400g Can lentils in spring water, drained and rinsed
- ½ cup Salt-reduced chicken stock
- 1 tsp Ground cumin
- 2 cups Chopped kale or silver beet leaves; large stalks removed
- 2 Tbsp Plain low-fat yoghurt to serve
- Lemon zest to garnish (optional)

1. Preheat oven to 200C. Line a baking dish with baking paper. In a large bowl, thoroughly combine lamb mince, carrot, mushrooms, leek, parsley, chilli, celery salt, 1 tbsp of the paprika and egg. Form mixture into small balls, about the size of a golf ball, and place in baking dish. Cook in the oven for 20-25 minutes, turning half way through cooking time.
2. Meanwhile, in a saucepan, place lentils, stock, remaining 1 tsp of paprika and cumin over a medium heat and bring to a simmer. Simmer gently for 5 minutes. Add water if you need more liquid. Add kale and cook till soft.
3. Serve meatballs with spiced lentils and yoghurt, garnished with parsley and lemon zest if desired.

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