

Recipe One:

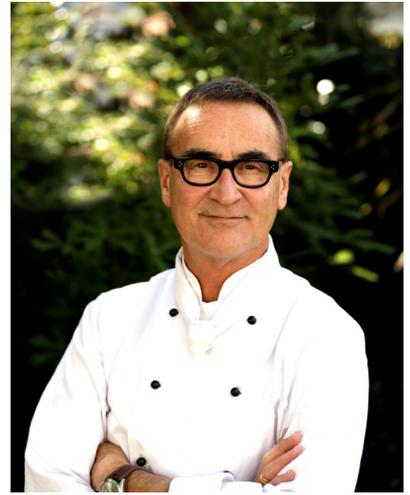
Salmon with Apple, Cucumber and Radishes

Serves 4-6

Ingredients

- ½ Large cucumber, peeled, thinly sliced
- 3 Pink radishes, thinly sliced
- ½ tsp Salt
- 1 Tbsp Extra virgin olive oil
- 700g Skinned boned salmon fillet
- 125g Sour cream
- 3 Tbsp Grated Traditional German Horseradish
- Leaves from 1 small radicchio
- 1 Large apple, thinly sliced off the core, slices sliced into thin sticks
- Juice of a large lemon
- Zest of a lemon

1. Preheat the oven to 200°C
2. Put the cucumber and radishes into a non-reactive bowl, add the salt, mix well, reserve 15 minutes then drain.
3. Line an oven tray with baking paper and brush with half the oil. Place the salmon on the paper and brush with the remaining oil. Add seasoning.
4. Place in the oven for 10 minutes or until just cooked through.
5. Meanwhile put the sour cream and horseradish into a bowl and mix well. Taste and season.
6. Put the radicchio leaves on a serving platter. Break the salmon into pieces and place on top. Put the cucumber, radishes and apple around the salmon.
7. Sprinkle the lemon juice over everything. Dot the horseradish mixture over the salmon, sprinkle with lemon zest and serve.



Recipe Two:

Steak and Green Beans with Thai Flavours

Ingredients

- 1 Small red onion, thinly sliced
- 60ml Fish sauce
- 60ml Lime juice
- 250g Cherry tomatoes, halved
- 20g Caster sugar
- 1 Garlic clove, finely chopped
- Large pinch chilli flakes
- 400g Green beans, stalk ends cut off,
- 30ml Vegetable oil
- 700g Eye fillet steak, fat removed
- 25g Bought fried shallots
- Small handful each coriander and basil leaves
- 2 Limes, halved



1. Put the onion, fish sauce, lime juice, tomatoes, sugar, garlic and chilli flakes into a bowl and mix well so the sugar dissolves. Reserve. This is the dressing.
2. Drop the beans into a large saucepan of boiling water and boil 3 minutes. Drain well and reserve.
3. Heat the oil in a frying pan over moderate heat and panfry the steak the way you like it. Remove from the pan and rest, loosely covered with foil for 5 minutes in a warm place.
4. Uncover and slice the steak on the diagonal across the grain of the meat. Put the beans on a serving platter with the steak on top and the dressing over everything.
5. Serve sprinkled with fried shallots, basil and coriander leaves with lime halves on the side.

Recipe Three:

Heavenly Chicken and Pineapple Salad

Serves 4-6

Ingredients

2 Garlic cloves, finely chopped
½ tsp Ground white pepper
2 Tbsp Finely chopped coriander root and stalks
500g Skinned boned organic chicken thighs
1 Tbsp Vegetable oil
3 Tbsp Fish sauce
4 Tbsp Lime or lemon juice
Large pinch chilli flakes
1 Tbsp Grated palm sugar
2 Tbsp Sesame oil
Leaves from 1 baby Cos lettuce
½ Ripe pineapple, cut into 2cm dice
½ Peeled, seeded cucumber, diced 2 cm
2 Spring onions, thinly sliced
75 g roasted unsalted peanuts, chopped
Mint leaves for serving



1. Mix the garlic, pepper, coriander and vegetable oil and rub all over the chicken. Reserve.
2. Mix the fish sauce, juice, chilli, sugar and sesame oil and reserve. This is the dressing.
3. Put the pineapple, cucumber and spring onions into a bowl and mix.
4. Panfry the chicken until done. Remove from the heat, rest then slice thinly.
5. Place Cos leaves on a serving platter. Put the pineapple mixture on top and place some sliced chicken on top of that.
6. Spoon over the dressing over the everything and finish with some peanuts and mint leaves.

Recipe Four:

Lamb with Peas, Baby Cos, Feta and Sour cream.

Serves 4-6

Ingredients

6 Tbsp Extra virgin olive oil

4 Lamb back straps, trimmed of fat and sinew

small handful thyme leaves

4 Garlic cloves, finely chopped

150ml Plain unsweetened, additive-free sour cream

150g Feta, crumbled

2 Tbsp Tahini

2 tsp Lemon juice

Small handful mint leaves, thinly sliced when needed, plus extra for serving.

300g Frozen peas, thawed

Peel of $\frac{3}{4}$ preserved lemon, finely diced

2 Tbsp Butter

2 Baby Cos lettuces, split in quarters lengthways



1. Put 4 tablespoons of the oil, the lamb, thyme and garlic into a mixing bowl and season with salt and freshly ground black pepper. Mix well and reserve.
2. Put the sour cream, feta, lemon juice and tahini in a bowl and mix well. Taste, season and reserve.
3. Boil the peas in plenty of salted water for 3 minutes. Drain, add the preserved lemon and butter and crush lightly with a potato masher. Taste, season, cover and reserve.
4. Heat a ridged grill, barbecue or frying pan over high heat and cook the about 4 minutes each side for medium. Remove the lamb, rest then slice thinly on the diagonal across the grain of the meat.
5. Brush the Cos with the remaining oil and place it cut side down on the grill or pan until well browned.
6. Serve the lamb with the lettuce, peas and sauce with mint leaves sprinkled on top.

Recipe Five:

Warm Farro with Boiled Eggs, Prosciutto and Salsa Verde

Serves 6

Farro Ingredients

1 cup Semi pearled farro, wheat soaked in cold water for ½ hour
4 Tbsp Extra virgin olive oil
Salt and freshly ground black pepper

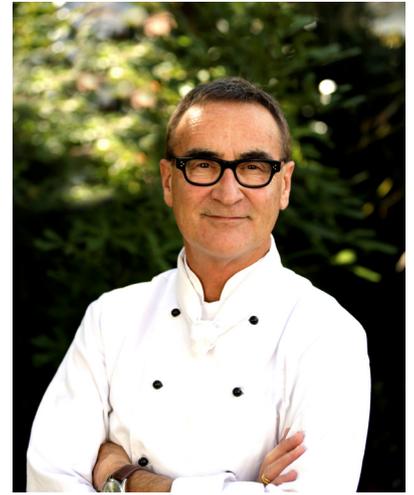
Salsa Verde Ingredients

1 x 2cm Thick crustless slice Ciabatta, ripped into small pieces
1 Tbsp White wine vinegar
6 Anchovy fillets
2 Tbsp Capers
2 Gherkins, sliced
1 cup Tightly packed parsley leaves
75ml Extra virgin olive oil
Salt and freshly ground black pepper

To serve

3 Eggs
6 Thin slices prosciutto

1. Bring a large saucepan of water to the boil. Add the farro and boil until tender (about 20-25 minutes). Remove from the heat, drain, add the oil, season, mix well and reserve.
2. Put the bread into a small bowl and add the vinegar. Squeeze the bread so it soaks up the vinegar.
3. Put all Salsa Verde ingredients into a food processor and purée until smooth.
4. Taste and season. Reserve. Makes about 250mls.
5. Put the eggs in a saucepan with plenty of cold water. Bring to the boil and boil 4 minutes. Remove from the heat, drain and place under cold running water until cold enough to handle.
6. Shell and halve.
7. Serve half an egg on a spoonful of warm farro (this can be reheated in the microwave) with some salsa on top and a slice of prosciutto beside it.



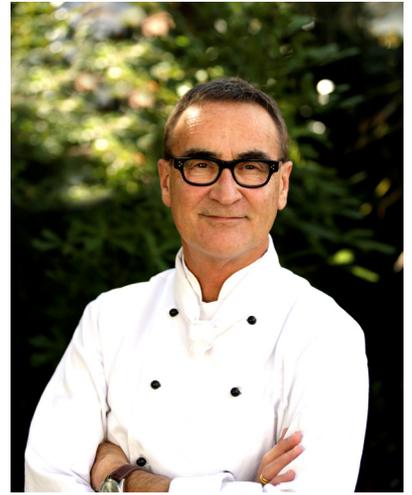
Recipe Six:

St Clement's Tart

Serves 6

Ingredients

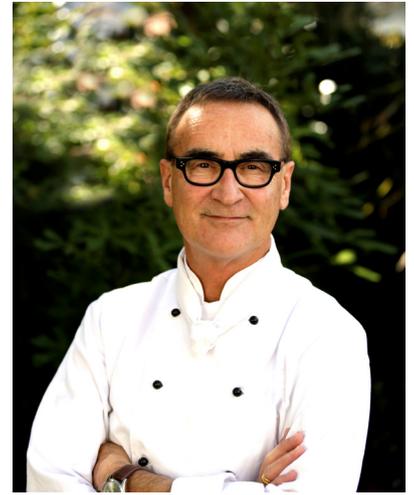
3 Oranges and 1 lemon, thinly sliced, ends discarded
2 cups Water
½ cup Caster sugar
2 tsp Orange flower water
300g Flaky puff pastry
200ml Marmalade, melted over low heat



1. Preheat the oven to 200°C. Place a pizza stone in the oven if you have one. Line a baking tray with baking paper
2. Put the orange slices in a large frying pan. Add the water and sprinkle the sugar and orange flower water on top. Place over high heat and bring to the boil, stirring to dissolve the sugar.
3. Turn the heat down and boil gently for 25 minutes or until the water has almost evaporated and the oranges soft. Remove from the heat and cool.
4. Roll the pastry out and cut a 30cm diameter round. Place on the paper-lined tray.
5. Brush the edge with a little water and fold the edge in towards the centre about 2cm to make a raised edge.
6. Layer the orange slices evenly inside the raised edge, pouring any syrup on top. Place in the oven for 25 minutes or until well browned. Cover loosely with foil if it looks like burning.
7. Remove the tart from the oven and brush the marmalade all over it. Serve in wedges

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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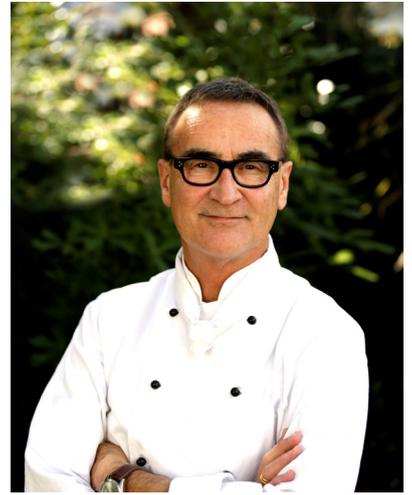
Recipe Seven:

Speedy Leek and Pea Soup

Ingredients: (Serves 2)

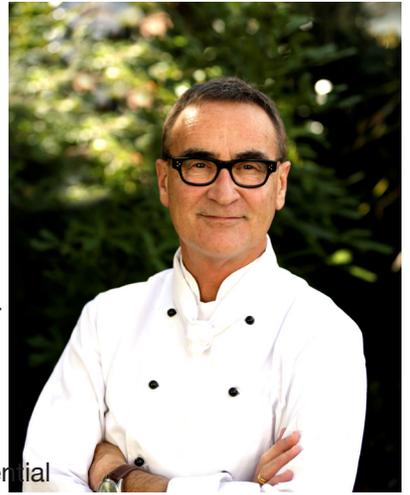
- 1 Tbsp Extra virgin olive oil
- 1 Large leek, finely sliced (rinse and dry to remove all dirt)
- 1 Large onion, roughly chopped
- 500g of Frozen peas, defrosted
- 4 cups Reduced salt stock (vegetable or chicken work well)

1. Heat the oil in a large pan and fry the leeks and onion over a medium heat until soft.
2. Add the peas and stock, bring the boil then reduce to a simmer.
3. Cook for 5-10 minutes until the peas are hot through.
4. Remove from the heat and allow to cool slightly then blend.



Recipe Eight:

Carrot Cake Bliss Balls



Ingredients:

- ¼ cup of Raw almonds or cashew nuts (to make them nut free, just add another ¼ cup of sunflower seeds and omit the almonds/cashew nuts)
- ¾ cup Sunflower seeds
- 1 cup Shredded coconut + 1/3 cup for rolling
- ½ teaspoon cinnamon
- Pinch of Ground ginger and nutmeg (approx. ¼ tsp of each) – optional, not essential
- 12 Soft pitted Medjool dates or 36 pitted dried dates soaked in 3tbsp boiling water
- 1 Very large carrot (120g) peeled
- 1 tsp Vanilla extract

1. Set up your food processor (I use my Kenwood Multipro) with the fine grater disc and finely grate the carrots. Remove from the food processor and set aside in a bowl.
2. Swap the grating disc for the chopping blade and put the sunflower seeds, nuts, spices and coconut in the food processor and pulse until combined and the mixture resembles fine breadcrumbs.
3. Add the dates, grated carrot and vanilla extract then pulse until the mixture combines and sticks together. Add a splash of water if the mixture is too dry, or a little more coconut if it's too wet.
4. Leave on one side for 5-10 minutes to allow the mixture to become firmer then scoop out tablespoons and roll into ball shapes in your hand then roll in the extra coconut.
5. Chill then serve.

Photo acknowledgement: Carly Van Winkle