

Salmon Steaks in Curry Sauce

200g salmon steak
2 tsp curry powder
1 tsp turmeric
½ tsp pepper
1 cup chicken stock (Salt free)

Place salmon in shallow baking dish covered with curry powder, turmeric, pepper and chicken stock. Cover in foil and bake for 20-30mins.

Serve with steamed Asian greens and 1 cup pumpkin cubes baked.

Tuna and Egg Salad

1 can or tuna in brine
1 boiled egg
½ red onion chopped
1 cup celery chopped
1 cup lettuce, shredded
1 tablespoon of flaxseed oil
1 tablespoon of lemon juice
1 teaspoon paprika
½ tsp freshly ground pepper

Beef and Spinach Scramble

1 tablespoon of olive oil
200g lean ground beef
1/2 clove of garlic
½ tsp black pepper
½ tsp basil
1 cup fresh spinach, washed and steamed
1 egg

Heat oil in a pan. Add beef garlic, pepper and basil. Cook on low heat until meat is browned. Turn up the heat and add spinach and egg stirring until well cooked.

Serve with large garden salad.

Stuffed Zucchini – serves 4

1 tablespoon olive oil
1 red onion, chopped
2 cloves garlic, minced
800g lean ground beef
1 tsp pepper
1 tsp cumin
6 medium tomatoes, diced
½ cup sliced black olives soaked to remove any salt
2 large zucchinis cut in half lengthwise
1 tablespoon flaxseed oil

Heat oil and sauté onion and garlic until browned. Add ground beef, pepper and cumin. Cook on low heat and stir until meat is browned. Spoon meat, onion and garlic into a bowl and mix with tomatoes and olives. Scrape seeds from zucchini halves to form a cavity and then rub with flaxseed oil. Fill cavity with meat mixture and bake in a covered dish with flaxseed oil and a little water for 25-30 minutes

Nut milk

1 cup nuts (eg almonds, walnuts, pecans or macadamia)
2 cups water
1 banana
½ tablespoon raw honey

Blend and mix all ingredients together

Carrot and Apple salad

200g carrot, grated
150g Pineapple pieces
½ cup raisins
¼ cup ground walnuts
½ cup fresh orange juice

Serve with 200g white fish grilled.

Salmon Sashimi and seaweed salad

150g salmon sashimi
250 seaweed salad

Veal – serves 4

¼ cup walnut oil
600g veal cut into cubes
1 red onion, sliced
½ cup orange juice
2 cloves of garlic, minced
1 tsp pepper

Heat oil in saucepan and sauté veal until brown. Add onion, garlic and pepper. Pour in orange juice Cover and simmer for 30 minutes

Serve with large greek salad (no feta, soak black olives to drain salt)

Scrambled Basil Eggs topped with Salsa

2 eggs
1 tsp dried basil

Crack eggs into small bowl, add basil and mix thoroughly with a fork. Scramble eggs in a nonstick frypan. Remove eggs when cooked and top with Salsa

Salsa

2 garlic cloves
1 large yellow onion
3 jalpeno peppers
6 tomatoes, peeled, seeded and chopped
1 tsp ground cumin
Freshly ground pepper to taste

Mince garlic, onions and peppers in a blender. Add tomatoes and continue blending until all ingredients are mixed but slightly chunky. Add cumin and pepper.

Chicken Vegetable Soup

6 cup water
1 whole chicken, diced
1 yellow onion, diced
1 bay leaf
1 tsp black pepper
6 fresh tomatoes, diced
2 small zucchini, sliced thin
3 carrots, diced

In a large pot, combine water, chicken, garlic, onion, bay leaf and pepper. Bring to a boil. Reduce heat, cover and simmer for 2 hours. Remove and discard bay leaf. Add remaining ingredients and bring to boil. Reduce heat and cover. Simmer for 20 minutes until vegetables are tender

Waldorf Salad

2 cup dice, unpeeled red apples
2 tablespoon lemon juice mixed with 2 tablespoon flaxseed oil
1 cup thinly sliced celery
½ cup chopped walnuts
½ cup raisins
2 cup iceberg lettuce leaves, chopped

Toss together first five ingredients. Serve on top of lettuce bed. Serves two.

Almond Chicken Salad

1 cup cooked, diced chicken breast meat
1 cup romaine lettuce, chopped
1 cup butter leaf lettuce, shredded
½ cup chopped red cabbage
½ cup sliced almonds
½ cp chopped medjool dates
2 tablespoons flaxseed oil
2 tablespoons orange juice

Combine all ingredients except liquids in a large serving bowl. Toss with flaxseed oil and freshly squeezed orange juice. Serves two.

Ratatouille

2 large onions, chopped
2 cloves garlic, minced
4 tablespoons olive oil
2 green capsicum, seeded and cut into strips
1 diced eggplant
4 large tomatoes, skinned and wedged
3 tablespoons fresh parsley, chopped
½ tsp oregano
¼ tsp pepper

Saute onions and garlic in olive oil until tender. Add remaining ingredients and bring to a boil. Reduce heat, cover and let simmer until vegetables are tender (30- 45 minutes). Serves 6.

Served with 200g grilled chicken breast

Pork Chops

4 tomatoes, quartered
1½ cup eggplant, peeled and diced
2 cup zucchini
1 cup mushrooms, halved
1 clove garlic, minced
1 bay leaf
¼ tsp thyme
½ tsp basil
¼ tsp chopped parsley
½ tsp pepper
1 tablespoon
4 lean pork chops

Combine all ingredients except oil and pork chops. Grease a baking dish with oil. Then layer the vegetable and spice mixture on bottom and place pork chops on top. Cover and bake for 1hr. Serves 4

Serve with ½ cup mashed pumpkin and carrot.

Strawberry- Blueberry Treat

1 cup fresh strawberries
1 cup fresh blueberries
½ tangerine, sectioned
1 tablespoon freshly squeezed orange juice
1 tsp natural vanilla extract
Ground nutmeg
Fresh mint

Mix the fruit into a bowl. Drip with orange juice and vanilla and sprinkle with nutmeg. Serve chilled and garnished with mint. Serves 3

Treat – Baked Walnut-Cinnamon Apples

4 apples
1 cup raisins
¼ cup walnuts
½ tsp cinnamon
½ tsp natural vanilla extract
½ cup water

Heat oven. Core and pierce apples with a fork in several places around the center, to bursting. Mix raisins, nuts, cinnamon and vanilla in small bowl. Fill center of each apple with mixture. Place in baking dish and pour water into pan. Cover with foil and bake for 30 minutes. Serves four