

MOROCCAN CHICKEN WITH PUMPKIN AND CORIANDER

SERVES 6

Prep time: 10 minutes

Cook time: 75-90 minutes

12	skinless chicken thigh fillets	2	handfuls coriander
2	cups pumpkin (about 300g) or sweet potato, cut into 3cm chunks	8	tablespoons low fat ricotta or low fat plain yoghurt (optional)
1	large leek, cut into 2cm slices, or 2 red onions, cut into wedges, retaining base	4	handfuls rocket or spinach
1	red pepper, cut into 3cm pieces		Moroccan paste
½	cup cooked great northern cannellini or flageolet beans (optional)	1	teaspoon ginger powder
		1	teaspoon cumin
3-4	cups chicken stock	1	teaspoon paprika
1	cup snow peas or sugar snaps	1	teaspoon sambal oelek
1	handful freshly chopped parsley	1	teaspoon water

Preheat oven to 200°C. Mix spices and add water to make a paste. Remove any visible fat from chicken and arrange in a large casserole dish or backing tray (about 30cm x 35cm) in a single layer. Spread paste over chicken pieces. Place pumpkin, leek, pepper and beans around chicken and add stock to just cover ingredients. Bake for 1 ¼ - 1 ½ hours. After 40-45 minutes, turn vegetables that are browning. Cover with foil if contents start to burn. Roughly chop half the coriander. Five minutes prior to removing from oven, add snow peas, parsley and chopped coriander and gently mix.

To serve, place a handful of rocket on each plate with chicken on top and ladle vegetables over chicken. Dollop a tablespoon of ricotta on top and sprinkle over remaining coriander.

Note: The pumpkin and beans are not strictly low carbohydrate fare. If you are trying to shed kilos and reduce your carbs, replace beans with Puy lentils or soy beans and instead of pumpkin try zucchini, turnip or carrot. The quantity of stock used will depend on the size of the dish or tray but try to have the chicken and vegetables fitting snugly in single layer.

THAI GREEN CHICKEN CURRY WITH SPINACH AND BEAN SPROUTS

SERVES 4

Prep time: 15-20 minutes

Cook time: 10 minutes

- 8 mini pappadums (optional)
- 1 cup pumpkin (about 150g) chopped into 2cm cubes
- 500g skinless chicken thigh fillets
- 2 teaspoons peanut oil
- ½-1 teaspoon green curry paste
- 1 cup low fat coconut milk
- ½ cup chicken stock
- 1 tablespoon fish sauce
- 2 handfuls basil, roughly chopped
- 2 handfuls fresh bean sprouts (about 200g)
- 3 handfuls spinach (about 100g)

Cook pappadums in microwave following instructions on the pack or for 2 minutes on high. Lightly steam pumpkin until just soft on the outside. Remove any visible fat from chicken and cut into 3cm chunks. Heat a wok or large non-stick frying pan over medium to high heat. When hot add oil and curry paste. Combine well and heat for a few seconds. Increase heat, add chicken and cook for 2-3 minutes. Add pumpkin and cook for a further 2-3 minutes. Reduce heat, add coconut milk, stock and fish sauce. Simmer for a further 2 minutes or until chicken is cooked. Add basil, bean sprouts and spinach and stir gently for 1 minute.

Serve immediately in deep soup bowls with pappadums on top.

Note: The quantity of curry paste used will vary greatly depending on the brand. Be guided by the instructions. It's a good idea to tread cautiously and start with as little as half a teaspoon. Do not boil coconut milk as liquid will separate.

Variations: Add 2 finely sliced lemongrass stalks (first 6-7cm) to the oil and curry paste mixture. Add 2 handfuls of green or snake beans, topped and lightly steamed. Make this easy salsa to give the dish an extra dimension: finely chop ½ red onion, 2 tomatoes, 1 continental cucumber and a handful of coriander and dollop on top with a drizzle of low fat coconut milk or cream.

TURKEY WITH PROSCIUTTO AND SAGE

SERVES 2

Prep time: 5 minutes

Cook time: 35-40 minutes

- 2 turkey breast fillet slices or schnitzels (about 150g each)
- 3 sage leaves
- 2 vine ripened tomatoes, cut into 1cm slices
- 2 slices prosciutto
- 1 leek, cut into 1cm slices
- ½ cup vegetable stock
- olive oil
- sea salt
- cracked pepper

Preheat oven to 200°C. On half of each fillet stack 2 sage leaves and 1 slice tomato. Fold other half over sage and tomato. Wrap 1 slice prosciutto around turkey to secure filling and tuck ends under. Wrap a second slice across fillet to form a cross and again tuck the ends under. Place leek and remaining tomato in a small non stick rectangular cake tin. Place turkey parcels on top of leek and tomato and add stock. Bake for 35-40 minutes or until cooked.

To serve, place leek on each plate with tomato on top. Arrange turkey on vegetables and serve.

Variation: Use veal scaloppini instead of turkey breast

TURKEY, ORANGE AND MINT WITH WILTED SPINACH

SERVES 2

Prep time: 5 minutes

Cook time: 10 minutes

- 2 turkey breast fillet slices or schnitzels (about 150g each)
- sea salt
- cracked pepper
- olive oil/olive oil spray
- 1 tablespoon orange zest
- ¼ cup fresh orange juice
- 1 clove garlic, finely chopped
- 2 tablespoons mint, finely chopped
- ¼ cup chicken stock
- 1 teaspoon freshly grated ginger
- 8 handfuls spinach
- 8 baby carrots, with 2cm stalks intact

Lightly season turkey with salt and pepper. Heat a non stick frying pan over medium to high heat. When hot, brush or spray with oil and add turkey. Cook for 2 minutes each side or until golden and just cooked. Remove and keep warm. Lightly steam or microwave baby carrots. Combine orange zest, juice, garlic, mint and chicken stock and whisk. Heat a large saucepan over medium heat. Add 2 teaspoons water and spinach and cook, covered for 2 minutes or until spinach has collapsed, stirring regularly to stop spinach sticking. Add orange mixture to original frying pan and bring to the boil. Reduce heat and return turkey to frying pan for 1-2 minutes.

To serve, place spinach on each plate and arrange turkey on top. Drizzle with orange sauce and scatter baby carrots around.

Variation: Serve on pumpkin and ginger mash or sweet potato mash for a slightly higher carbohydrate meal, and serve spinach in a separate bowl.

SHAVED BEEF ON BROCCOLI AND PARSNIP MASH

SERVES 6

Prep time: 10 minutes

Cook time: 15 minutes

700g sirloin or fillet steak	3	tablespoons roasted tomato sauce or tomato paste
sea salt		
cracked pepper	2	teaspoons peanut butter
2 tablespoons olive oil	2	tablespoons Dijon mustard
2 cloves garlic, minced	3	tablespoons dill pickle, finely sliced
1 onion, sliced	1/2	cup light Carnation milk broccoli and parsnip mash
300g mushrooms	350g	green beans
1/2 cup red wine		
1 cup beef stock		

Finely slice steak and then cut each slice into 2cm widths. Lightly season with salt and pepper. Heat a large cast iron casserole over high heat. Add 1 tablespoon oil and when hot add beef in small batches, placing each piece separately in pan. Sear for a few seconds on each side, then remove to kitchen paper. Add additional oil (if required) and repeat until all beef is cooked. Reduce heat and add garlic and onion. Cook for 2 minutes or until onion has softened. Add mushrooms and cook for further 3 minutes. Increase heat and add wine. Bring to the boil and reduce liquid slightly. Add stock, tomato sauce, peanut butter and mustard and stir until combined. Return meat and pickles to pan and stir. Simmer for 2 minutes or until meat is warm. Add milk and stir. Do not boil, as liquid will curdle and separate.

To serve, dollop mash into large shallow soup bowls and spoon beef and mushrooms over mash. Serve with green beans.

Variation: Serve with a simple green salad instead of mash. This will reduce the total carbohydrates of the dish.

BROCCOLI AND PARSNIP MASH

SERVES 4

Prep time: 5 minutes

Cook time: 15 minutes

1/2	head broccoli (about 300g), roughly chopped
1	large parsnip (about 200g), peeled and roughly chopped
2	carrots (about 200g), peeled and roughly chopped
1/4	cup chicken or vegetable stock
1	tablespoon butter
	sea salt

Microwave all vegetables in stock or steam until very soft, about 10-15 minutes. Strain, reserving liquid if microwaved. Add butter and salt to taste. Blend or process, adding more stock if needed.

Variation: Parsnips are not a low carb vegetable so replace with 1/4 ripe head of cauliflower (about 200g) to reduce your carbs.

BEEF, LEMONGRASS AND BROCCOLINI STIRFRY

SERVES 4

Prep time: 10 minutes

Cook time: 15 minutes

- 2 tablespoons cashews or slivered almonds
- 1 red pepper
- 1-2 tablespoons peanut oil
- 400g eye fillet or sirloin, finely sliced
- 2 cloves garlic, finely chopped
- 3 stems lemongrass, finely sliced (first 6-7cm only)
- 1 small red chilli, seeded and finely sliced
- 8 spring onions, finely sliced
- 3 cups chopped broccolini (about 200g)
- 3 tablespoons fish sauce
- 1 tablespoon light soy
- 1 large handful of mint, freshly chopped
- 1 small handful Vietnamese mint, freshly torn

Preheat oven to 200°C. Place cashews on a non stick baking tray or tray lined with baking paper and bake for 10 minutes or until golden. Remove when cooked and lightly crush. Slice pepper into 2cm strips and then diagonally into 2cm pieces. Heat a non stick wok or a large non stick frying pan over medium to high heat. When hot add or brush with a little oil. Add eye fillet in small batches, placing each piece separately in pan. Sear each side quickly and remove onto kitchen paper. Repeat until all meat is cooked. Add a little more oil to pan and when hot add garlic, lemongrass and chilli. Cook for 1 minute, then add spring onion, red pepper and broccolini. Cook for 1-3 minutes and then add fish sauce and soy. Reduce heat and simmer for 1-2 minutes, then return beef to pan. Add mint and toss gently.

To serve, spoon stir-fry into large soup bowls and sprinkle with Vietnamese mint and cashews.

Variation: Substitute 1 tablespoon grated ginger for lemongrass. Use broccoli if broccolini is unavailable or 20 thin asparagus spears (about 300g) cut diagonally into 5cm pieces. Add 2 handfuls bean sprouts that have been soaked in cold water.

VEAL WITH OLIVES AND LEMON ON EGGPLANT SLICES

SERVES 4

Prep time: 10 minutes

Cook time: 20-25 minutes

- 1 large or 2 small eggplant, cut vertically into 1cm slices
- olive oil/olive oil spray
- sea salt
- cracked pepper
- 4 veal loin steaks
- 1 tablespoon capers
- 12 olives, pitted and halved lengthways
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest
- 2 tablespoons flat leaf parsley, finely chopped
- 3 cloves garlic, crushed
- 3 vine ripened tomatoes, sliced into 1cm widths
- 4 handfuls rocket or spinach

Preheat oven to 200°C. Place eggplant on a non stick tray or tray lined with baking paper. Brush or spray with olive oil and sprinkle with a little salt. Bake for 20-25 minutes or until golden. Lightly salt and pepper veal. Heat a non stick frying pan over medium to high heat. Brush or spray with olive oil and when pan is hot add veal. Cook for 2-3 minutes on each side, or longer according to taste. Remove and keep warm. Add a teaspoon of olive oil to same pan. Add capers and olives and cook for 1 minute over medium heat. Remove from heat and add lemon juice, parsley and garlic to pan. Stir well.

To serve, stack eggplant slices in the middle of each plate with tomato slices, pile with rocket and arrange veal on top. Drizzle sauce, capers and olives over veal and sprinkle with lemon zest. Serve with simple green vegetables.

Variation: Use veal scaloppine instead of steaks or serve on broccoli and parsnip mash instead of eggplant. This will mean a few extra carbs, but it's a delicious change.

Minestrone with Meatballs

Meatballs

*¼ onion, finely chopped
200g lean minced beef
½ slice of bread made
into breadcrumbs
1/2 cloves garlic, crushed
2 teaspoons canola oil*

Soup

*1 teaspoon canola oil
¼ teaspoon garlic, crushed
¼ onion, chopped
¼ stick celery, chopped
½ carrot, chopped
125g can chopped
tomatoes
250ml beef stock
1 tablespoon chopped
fresh basil*

Combine onion, mince, breadcrumbs and garlic and mix well. Roll mince mixture into a balls.

Heat oil in a large frying pan over a high heat. Cook meatballs until golden, place on paper towel to drain.

Heat oil in a large saucepan over a medium heat. Add garlic, onion, celery and carrot and cook until onion is soft. Add tomatoes and stock, bring to the boil and simmer, covered, for 10 minutes.

Add meatballs to the saucepan, simmer, uncovered for about 3 minutes to heat through.

The use of breadcrumbs in this recipe is equal to ½ slice of bread. Please adjust daily allowance.

Coriander and Chilli Lamb Kebabs

¼ onion, chopped
½ clove garlic, crushed
¼ cup roughly chopped coriander leaves and stems
30ml lemon juice
3 teaspoons canola oil
½ teaspoon ground coriander
¼ teaspoon garam marsala
Chilli flakes, to taste + Pinch turmeric
200g diced lamb

Soak bamboo skewer in warm water for at least ½ hour before required. This will stop them burning.

Place all ingredients except meat in the bowl of a food processor and process until well combined.

Thread meat on to skewers and place in a shallow dish. Pour over marinade and coat kebabs on all sides. Cover and marinate for at least ½ hour.

Grill or barbecue kebabs on medium heat, turning occasionally, until cooked through. Brush kebabs with marinade left in dish during cooking time.

Serve with a selection of salad or vegetables.

Warm Salad of Moroccan Lamb with Roasted Roma Tomatoes

200g lamb steaks

2 ripe Roma tomatoes

1 teaspoon mild paprika

½ clove garlic, crushed

½ teaspoon ground cumin

½ teaspoon garam marsala

2 teaspoons canola oil

Dressing:

1 teaspoon canola oil

1 teaspoon Balsamic vinegar

2 teaspoons lemon juice

Freshly ground black pepper

Salad:

¼ Spanish onion

¼ Lebanese cucumber

¼ bunch rocket lettuce

Preheat oven to 180°C.

Remove eye from Roma tomatoes and halve. Season with pepper, then bake in oven for 20 minutes, remove and allow to cool.

Combine paprika, garlic, cumin, garam marsala and oil and mix thoroughly. Coat meat evenly with spice mix. Cook meat on barbecue or grill until medium.

Gradually add oil to Balsamic vinegar while whisking. Season dressing to taste, with lemon juice and pepper.

Chop onion and cucumber and place in a bowl with rocket lettuce. Add dressing and toss to combine.

Arrange salad on serving plate and place lamb on top. Garnish with roasted tomatoes. Serve with other salads or vegetables.

Poached Beef Salad with Vietnamese Dressing

*200g sirloin or rump, whole piece
1 star anise
500ml litre beef stock
2 strips of orange peel*

Dressing:

*3 teaspoons canola oil
2 teaspoons fish sauce
1 teaspoons rice wine vinegar
1/4 clove garlic, chopped
2cm stalk lemon grass, thinly sliced*

Bring the stock to boil in a saucepan over a medium heat. Add star anise and orange peel. Infuse for a few minutes.

Add meat and poach quickly and cook meat to rare, remove and drain.

Combine lettuce, herbs and sprouts in a bowl. Add onion, carrot and capsicum to salad. Toss to combine.

Combine all dressing ingredients in a bowl and whisk together.

Combine meat, salad and dressing and toss well.

Serve with vegetable or salad.

Marinated Lamb Kebabs with Yoghurt Sauce

*** Please note that the amount daily amount of yoghurt needs to be reduced by 60g because of yoghurt in the recipe.*

<i>200g lamb leg steaks, cubed Zucchini pieces Red capsicum pieces ½ onion, cut into chunks 3 teaspoons canola oil ¼ teaspoon dried oregano ¼ teaspoon dried basil ½ clove garlic, crushed 1 tablespoon white wine</i>
<i>Yoghurt sauce: ** 1 teaspoon lemon juice 60g plain diet yoghurt ¼ clove garlic, crushed 1 teaspoon water</i>

Soak bamboo skewer in warm water for at least ½ hour before required. This will stop them burning.

Thread meat and vegetables alternatively on to skewers.

Combine oil, herbs, garlic and white wine and mix well. Brush onto kebabs and marinate in refrigerator until required.

Cook kebabs under grill or barbecue on medium heat for 7-10 minutes, turning during cooking time.

For yoghurt sauce, combine all ingredients and mix well. Serve over kebabs. Serve with a selection of salad.

Thai Beef Salad

200g boneless sirloin
2 teaspoons oil
4 butter lettuce leaves, torn
1/4 red capsicum, cut into thin strips
30g bean sprouts
1 spring onion, finely sliced
1 tablespoon chopped coriander leaves
1 tablespoon chopped fresh mint

Dressing:

20ml fresh lime juice
1/2 teaspoon fish sauce
1/2 teaspoon soy sauce
1/4 clove garlic, crushed
1 fresh chilli, deseeded and chopped

Heat a char-grill or barbecue grill.

Brush meat with oil and add the beef and cook for 3-4 minutes each side for medium-rare or until cooked to your liking.

Transfer to a plate and set aside for 15 minutes to rest. Cut across the grain into thin strips, set aside.

Combine all the dressing ingredients and mix well.

Place the beef, lettuce, capsicum, bean sprouts, spring onions, coriander and mint into a large bowl.

Pour over dressing and gently toss. Serve immediately.