



# STANDARD MEDITERRANEAN FOOD GUIDE

STANDARD, NO GRAIN AND  
VEGAN OPTIONS

WEEK 1 MEAL PLAN, RECIPES  
AND SHOPPING LIST

MÖDERE

# WEEK 1 STANDARD MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Sweet Potato with Leek Frittata and 1 slice wholemeal toast	Breakfast Crepe and 1 slice wholemeal/multigrain toast	1 cup Apple and Quinoa Muesli and 1 cup almond milk	Breakfast Casserole and 1 slice wholemeal toast	Poached Eggs on Roasted Mushrooms and 1 slice seed toast	Ratatouille Breakfast and 1 slice wholegrain toast	Organic haloumi and avocado on toast
MORNING TEA	1 apple	1 cup celery and carrot sticks and 1/3 cup hummus	20g unsalted cashews and 1 apple	100g blueberries	1 cup carrot and cucumber sticks and 20g almonds	20g unsalted almonds	100g strawberries
LUNCH	Grilled Chicken with Tomato and Mint Salad	Lean Beef Kebabs with grilled zucchini	Grilled Barramundi with couscous salad	Kumara Fritters with Haloumi	Pesto Chicken with Quinoa	Zucchini Lasagne with Cashew Cheese	Honey Mustard Lamb Cutlets
AFTERNOON TEA	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Falafel and tabouli	Tofu Vegetable Stir Fry and Prawn Shaslick	Chargrilled Lamb with Olive and Cucumber Salad	Sesame Chicken with Apple and Pomegranate Slaw	All-in-One Pork Tenderloin	Grilled Fish Steak	Chicken with Couscous Salad
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea



## SWEET POTATO WITH LEEK FRITTATA

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

25g sweet potato, sliced 5mm  
1 leek, sliced  
1 clove garlic, crushed  
1 tbsp fresh sage, chopped  
2 free range eggs  
2 free range eggs whites  
125mL almond milk  
20g low-fat cheddar cheese, grated  
1 tsp fresh parsley, chopped  
Olive oil cooking spray

### DIRECTIONS

Preheat oven to 190°C. Coat 25cm round flan dish with cooking spray. Boil, steam or microwave sweet potato until tender; drain and set aside.

Heat a 25cm frying pan, coat with cooking oil spray and when hot, add leek and garlic. Stir fry for 3 minutes, cover, reduce heat and cook until leek is tender, stirring occasionally. Stir in the sage. Combine eggs, egg whites, milk, cheese and parsley in another bowl.

Arrange half the sweet potato over base of prepared baking dish, top with leek mixture, then arrange another layer of the remaining sweet potato. Pour the egg mixture over the second layer of sweet potato. Sprinkle with the remaining sage.

Bake, uncovered, in moderate oven for approximately 35 minutes or until frittata is firm.

Serves 2

## BREAKFAST CREPE

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

3 free range eggs  
1 tbsp almond milk  
Salt and pepper  
1/2 tsp coconut oil  
1 avocado, sliced  
4 slices of smoked salmon  
1 tbsp flat-leaf parsley, chopped  
Juice of half a lemon  
100g rocket leaves, washed and dried

### DIRECTIONS

In a large bowl, whisk the eggs, almond milk, salt and pepper.

Add coconut oil to a 20cm frying pan and set it over a medium heat. Pour half of the egg mixture into the pan, tilting the pan to ensure it covers the base of the pan and cook until golden brown. Flip the crepe to cook the other side. Transfer to a plate then do the other half of the egg mixture.

Arrange the avocado and rocket in a line down the middle. Top with the smoked salmon, parsley and drizzle with lemon juice. Roll the crepe carefully and cut in half.

Serves 2



## APPLE AND QUINOA MUESLI

### INGREDIENTS

- 1/2 cup quinoa seeds
- 1/2 cup water
- 1 medium apple, coarsely chopped
- 1/4 cup low-fat yoghurt
- 1 tbsp honey
- 2 tbsp walnuts, coarsely chopped

### DIRECTIONS

In a small bowl, combine quinoa and water, cover and refrigerate for an hour or until quinoa is soft.

Add chopped apple into the quinoa mixture, drizzle with honey, add chopped walnuts and top with yoghurt to serve.

Serves 2

## BREAKFAST CASSEROLE

### INGREDIENTS

- 2 large free range eggs
- 2 large free range egg whites
- 1/3 cup almond milk
- 1 tbsp Dijon mustard
- 1/2 tsp fresh rosemary, minced
- 1/8 tsp freshly ground black pepper
- 1 handful of baby spinach
- 2 cups wholegrain bread, crusts removed if desired, cut into 1-inch cubes
- 1/2 cup poached chicken breast, diced
- 1/4 cup roasted red capsicum, chopped
- 1/2 cup Swiss cheese, grated
- Cooking spray

### DIRECTIONS

Preheat oven to 190°C. Grease a 7x11 inch glass baking dish with cooking spray.

In a large mixing bowl, whisk eggs, egg whites and milk. Add mustard, rosemary and pepper; combine well. Toss spinach, bread, chicken and roasted red peppers. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.

Bake for 40 - 45 minutes or until set. Uncover, sprinkle with cheese and continue baking until golden on top, 15 to 20 minutes more. Transfer casserole to a wire rack and cool for 15 minutes before serving.

Serves 2

*TIP: Prepare casserole through to step 2; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in step 3.*

*TIP: To wilt spinach, rinse thoroughly with cool water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Squeeze out excess moisture before adding the spinach to the recipe.*





## POACHED EGGS ON ROASTED MUSHROOMS

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

2 large flat mushrooms  
1 clove garlic, crushed  
1 tbsp olive oil  
2 tbsp fresh flat-leaf parsley, finely chopped  
Handful of baby spinach  
2 tsp white wine vinegar  
Salt and pepper  
2 free range eggs

### DIRECTIONS

Preheat oven to 200°C.

Trim stems from mushrooms. Place mushrooms, bottom side up on oven tray. Combine parsley, garlic and oil in a small bowl; brush mushrooms with oil mixture, season. Bake mushrooms for about 25 minutes or until tender.

Meanwhile, steam spinach until wilted. Season.

To poach eggs: half fill a small saucepan with water, add vinegar; bring to the boil. Break 1 egg into a whirlpool in the water. Allow water to return to the boil. Remove from heat, leave in water to cook for 4 minutes or until firm. Using a slotted spoon, remove egg, drain on absorbent paper. Repeat with the remaining egg.

Serve mushrooms topped with spinach and egg. Season to taste.

Serves 2

## RATATOUILLE BREAKFAST

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

120g eggplant, sliced  
90g button mushrooms, sliced  
150g capsicum, discard seeds and membranes; quartered  
50g red onion, coarsely chopped  
90g zucchini, sliced crossways  
2 roma tomatoes, diced  
1 clove garlic, crushed  
2 tsp olive oil  
2 free range eggs  
Himalayan salt  
Pepper  
1 tbsp fresh basil leaves, finely chopped

### DIRECTIONS

Preheat grill.

Arrange capsicum, skin side up, on oven tray; grill for around 10 minutes until skin blisters and blackens. Cover capsicum and set aside for 10 minutes then peel off the skin. Dice flesh coarsely.

Heat oil in medium frying pan; sauté onion and garlic, stirring until softens. Add eggplant, zucchini, mushroom and tomato to pan; stirring occasionally. Cover until vegetables are just cooked. Add capsicum and chopped basil; season to taste.

Make indents in the ratatouille mixture with the back of a spoon and carefully break eggs into indents. Cook, covered for about 2 minutes or until egg whites are set. Sprinkle with basil leaves.

Serves 2



## ORGANIC HALOUMI AND AVOCADO TOAST

### INGREDIENTS

1 ripe avocado, pitted  
1 tsp lemon juice  
2 slices wholemeal bread, toasted  
125g organic haloumi; thinly sliced  
1 tbsp olive oil

### TO GARNISH

Olives, sliced  
Sesame seeds  
Zest of a lemon  
Red onion

### DIRECTIONS

Pan fry haloumi until golden brown on both sides.

In a small bowl, mash avocado with lemon juice, season with salt if desired. Divide the mixture between the bread. Carefully arrange slices of haloumi, garnish with herbs, red onion and seeds as desired.

Serves 2

## GRILLED CHICKEN WITH TOMATO AND MINT SALAD

### INGREDIENTS

GRILLED CHICKEN  
2 x 200g chicken breast  
1 medium lemon, halved  
2 tsp lemon juice  
Zest of 1 lemon  
1 tsp fresh oregano, finely chopped  
1 tsp sumac  
1 tsp olive oil  
1 large wholemeal pita bread

Salt and pepper

### TOMATO AND MINT SALAD

1 lebanese cucumber, sliced  
200g cherry tomatoes, halved  
½ cup firmly packed fresh flat-parsley leaves  
½ cup firmly packed fresh mint leaves  
½ tsp fresh oregano, finely chopped  
3 spring onions, thinly sliced  
1 medium lemon  
1 tbsp olive oil

### DIRECTIONS

Marinate chicken with lemon juice, oregano, sumac and half the oil in a large bowl. Cover and refrigerate for 3 hours or overnight.

Cook chicken over a heated barbecue grill plate until browned on both sides and cooked through. Stand for 5 minutes, then slice thickly.

Cook lemon, cut-side down until browned lightly. Brush bread, both sides with remaining oil; brown lightly on barbecue, break into coarse pieces.

For the salad: combine all ingredients except lemon and olive oil. Whisk lemon juice, olive oil, salt and pepper in a bowl or shake it in a jar to mix well and set aside.

Combine salad and bread; drizzle with dressing and serve with chicken and lemon.

Serves 2



## LEAN BEEF KEBABS

### INGREDIENTS

125g beef sirloin, cut into cubes  
1 garlic clove, minced  
1 tsp fresh lemon zest  
1 tsp fresh parsley, minced  
1/2 tsp fresh thyme, minced  
1/2 tsp fresh rosemary, minced  
1/2 tsp dried oregano  
1 tbsp olive oil  
1 tbsp fresh lemon juice  
Sea salt and freshly ground black pepper  
Wood or metal skewers

### DIRECTIONS

Marinate beef with all ingredients. Season with salt and pepper. Leave to marinate for 15-20 minutes in the fridge.

Preheat your grill to medium-high. Arrange marinated meat on skewers, adding 4-5 pieces per stick.

Cook on the grill to your liking. Remove from the heat and rest for 5 minutes before serving.

Serve with grilled zucchini.

Serves 2

## GRILLED BARRAMUNDI

### INGREDIENTS

2 x 115g barramundi fillet  
1 tsp coriander, finely chopped  
1 tsp parsley, finely chopped  
1 clove garlic, minced  
Pinch of salt  
1/2 tsp paprika  
Zest of half a lemon  
Juice of half a lemon  
1 1/2 tbsp olive oil

### DIRECTIONS

Mix the coriander, parsley, garlic, salt, paprika, olive oil, lemon juice and zest. Set aside.

Arrange the fish in a glass baking dish and pour half of the mixture over the top. Cover with plastic wrap, refrigerate and allow to marinate for at least an hour.

Preheat grill to medium-high heat. Grill the fish, turning once, until firm, approximately 6-8 minutes. Transfer to a platter, spread with the remaining sauce mixture and stand for 5 minutes

Serve with a couscous salad.

Serves 2





## KUMARA FRITTERS WITH HALOUMI

### INGREDIENTS

350g sweet potato, peeled and grated coarsely  
1 egg, lightly beaten  
25g all-purpose flour, sifted  
1/2 tsp dried oregano  
40mL olive oil  
90g haloumi  
125g cherry tomatoes  
20g baby rocket leaves  
1 tsp toasted sesame seeds  
Salt and pepper

### DIRECTIONS

Add sweet potato to a medium bowl. Stir in sifted flour and oregano. Mix well then add lightly beaten egg. Season with salt and pepper.

Heat 2 teaspoons oil in a large frying pan. Shape sweet potato mixture evenly into 4 patties. Cook patties in batches for about 2 minutes each side or until golden browned and cook through. Transfer to plate; cover fritter to keep warm.

Cut haloumi into 4 slices. Cook in heated medium frying pan until both sides are light brown. Remove from pan.

Heat remaining oil in the same pan; cook tomatoes, stirring until skins begin to split.

Serve fritters topped with haloumi, tomatoes and rocket.

Serves 2

## PESTO CHICKEN WITH QUINOA

### INGREDIENTS

80g quinoa  
1/2 tsp extra virgin olive oil  
1 chicken thigh fillet, skinless and boneless, cut into 2 cm pieces  
1 handful of rocket  
25g mozzarella cheese, torn into pieces  
10g parmesan cheese  
1 tsp toasted sesame seeds  
Small handful of alfalfa sprouts  
1/2 tsp olive oil, to serve  
2 tbsp pine nut pesto

### DIRECTIONS

Place the quinoa in a saucepan and pour in 350ml of water. Bring to the boil, then reduce the heat. Simmer for 15-20 minutes or until tender and all the water has been absorbed. Remove from the heat and set aside. Cover with a lid to keep warm.

Heat the oil in a large, deep-sided saucepan and add the chicken. Cook over a medium heat for 12-15 minutes, stirring frequently until golden brown and cooked through. Add the pesto to the pan and stir in to coat the chicken pieces.

Add the pesto chicken to the cooked quinoa. Add the rocket and mozzarella. Combine well.

Sprinkle grated parmesan and sesame seeds.

Scatter the alfalfa sprouts over the quinoa/chicken mix then drizzle with olive oil to serve.

Serves 2



## ZUCCHINI LASAGNE WITH CASHEW CHEESE

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

2 large zucchini

Pinch of salt

Handful of basil leaves, torn

2 tbsp olive oil

Handful of alfalfa sprouts (optional)

### CASHEW CHEESE

1 cup cashews, soaked for 2-6 hours or overnight then rinsed

1/4 cup filtered water

1/4 cup nutritional yeast

2 tbsp lemon juice

2 cloves garlic

1 tbsp dijon mustard

Sea salt and freshly ground pepper

### SUN-DRIED TOMATO PESTO

2 roma tomatoes

40g macadamia nuts

3 tbsp semi sun-dried tomatoes

5 fresh basil leaves

3 tbsp olive oil

Sea salt and freshly ground pepper

### DIRECTIONS

Slice zucchini lengthways (really thinly) on a mandolin or with knife, then lay the zucchini 'pasta' slices on paper towels, sprinkle with salt and set aside.

For cashew cheese: place all ingredients into a blender and whirl, adding water until you have the desired creamy consistency.

For pesto: pop all ingredients into a blender and whirl, if it needs thinning out, you can add a little water.

To assemble: Place on a serving plate or 2 dinner plates. Start with a layer of the zucchini 'pasta', then the cashew cheese, then the tomato pesto. Repeat these layers 2 or 3 times. When you get to the final layer of pasta, finish with a handful of alfalfa sprouts, some freshly torn basil leaves and a nice drizzle of extra virgin olive oil.

Serves 2

## HONEY MUSTARD LAMB CUTLETS

### INGREDIENTS

4 lamb cutlets, french trimmed

2 tsp dijon mustard

2 tsp wholegrain mustard

1 tbsp honey

2 tsp apple cider vinegar

1 tbsp olive oil

Salt and pepper

1 carrot, peeled and chopped

1/2 head broccoli, washed and cut in florets

### DIRECTIONS

Mix honey and mustard together in a bowl until thoroughly combined.

Combine half of the mixture with the cutlet in a large bowl. Set aside.

Heat olive oil in a large skillet over medium-high heat, cook to your liking. Brush the remaining sauce mixture on cooked meat; on both sides, carefully coating the meat before taking them out of the skillet.

Using a steamer, cook carrots and broccoli, carefully timing so the broccoli won't be overcooked.

Serves 2







GRILLED LAMB CHOPS WITH MINT

## FALAFEL WITH TABOULI

### INGREDIENTS

250g can chickpeas, rinsed and drained

2 cloves garlic, minced

2 spring onions, chopped

1 tsp ground cumin

1 tsp ground coriander

2 tbsp fresh parsley, chopped

2 tbsp fresh mint, chopped

2 tbsp polenta

Cooking oil spray

1 small lebanese cucumber

4 cos lettuce leaves; shredded

2 packet wholemeal lebanese bread

### TABOULI

1/4 cup bulgur wheat

1 bunch parsley, finely chopped

4 fresh mint leaves, no stems, finely chopped

2 spring onions, finely chopped

1 roma tomato, finely chopped

1/4 continental cucumber, finely chopped

1 tbsp lemon juice

2 tbsp extra virgin olive oil

### YOGHURT SAUCE

1/2 cup low fat yogurt

1 clove garlic, minced

1 tsp lemon juice

1/2 tsp reduced salt soy sauce

1 tsp fresh mint, finely chopped

### DIRECTIONS

For the falafel: preheat oven at 220°C for 10 minutes. Using a food processor, combine chickpeas, garlic, shallots, cumin and herbs and blitz until well mixed. Coat an oven tray with cooking spray, shape level tablespoons of mixture into patties, roll in polenta and arrange patties for cooking. Coat falafel with cooking oil spray. Bake, uncovered, in a hot oven for about 30-40 minutes until golden brown.

For tabouli: Place bulgur in a small bowl, cover with boiling water. Stand 10 minutes. Drain well and blot dry with absorbent paper. Combine bulgur with remaining ingredients in a bowl; mix well, set aside.

For yoghurt sauce: Combine all ingredients in bowl; mix well.

Using a vegetable peeler, peel cucumber into strips lengthways. Divide lettuce, tabouli, cucumber, falafel and yoghurt sauce between bread and fold over filling.

To serve: arrange shredded lettuce in the opened lebanese bread. Arrange 3-4 falafel patties, lebanese cucumber and top with yoghurt sauce.

Serves 2



## TOFU VEGETABLE STIR FRY

### INGREDIENTS

125g firm tofu, drained  
2 Chinese dried mushrooms  
1 small carrot, cut in long strips  
1/2 yellow capsicum, cut in long strips  
2 tsp sunflower oil  
1 tsp sesame oil  
1 tsp fresh ginger, grated  
1 clove garlic, minced  
1/2 cup bean sprouts  
1/2 bunch baby bok choy, shredded  
1/4 cup water chestnuts, drained and sliced  
1 tbsp oyster sauce  
2 tsp cornflour  
1/4 cup water

### DIRECTIONS

Place mushrooms in boiling water for 20 minutes, drain and discard liquid and stems, slice into strips.

Dissolve corn flour in cold water. Set aside.

Cut tofu into 1cm cubes. Heat oils in wok or large frying pan. Add garlic and ginger, stir fry for 1 minute. Add carrot and pepper, stir fry until vegetables are just tender. Add mushrooms, sprouts, bok choy, chestnuts, oyster sauce. Cook for another minute then add blended cornflour and water. Give it a quick gentle stir until sauce boils and thickens; stir in tofu.

Serves 2

## CHARGRILLED LAMB WITH OLIVE AND CUCUMBER SALAD

### INGREDIENTS

2 x 200g lamb backstraps  
1 sprig rosemary  
5 sprigs thyme  
3 sprigs oregano  
30mL olive oil  
1 clove garlic, sliced  
130g green olives, pitted and chopped  
1 small lebanese cucumber, chopped  
2 tbsp mint leaves, torn  
1 tbsp white balsamic vinegar  
Sea salt and cracked black pepper  
50g low fat yoghurt (optional)

### DIRECTIONS

Create a herb bunch by tying the thyme, rosemary and oregano together with kitchen string.

Heat the oil in a large non-stick frying pan over medium heat. Add the herb bunch and garlic and cook, stirring occasionally until fragrant, around 4-5 minutes. Remove from the heat and set aside.

Place the lamb on a tray, sprinkle with salt and pepper and brush with some of the herb oil. Using the herb bunch as a brush.

Preheat a grill pan or barbecue over high heat. Cook the lamb for 2-3 minutes each side for medium rare or until cooked to your liking.

For salad: place the olive, cucumber, mint, vinegar and 1 tablespoon of the herb oil in a bowl and toss to combine. Season with salt and pepper to taste.

Slice the lamb, arrange on a platter, serve with cucumber salad and a dollop of yoghurt if desired.

Serves 2



## SESAME CHICKEN WITH APPLE AND POMEGRANATE SLAW

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

2 x 150g chicken thigh fillets  
1 tbsp sesame seeds  
1 clove garlic, minced  
1/4 small green cabbage, trimmed, shredded  
1 large red apple, cored, julienned  
2 large celery stalks, trimmed, julienned  
1/2 tbsp chopped fresh chives  
1/2 tbsp reduced salt soy sauce  
Juice of half a lemon  
1/2 tsp caster sugar  
1/2 tsp sesame oil  
2 tbsp pomegranate seeds  
Cooking spray

### DIRECTIONS

Season chicken with garlic, salt and pepper. Place the sesame seeds on a plate. Press 1 side of the chicken into the sesame seeds to coat. Set aside.

Place the cabbage, apple, celery, radish and chives in a large bowl. Stir the soy, lemon juice, sugar and sesame oil in a small bowl until sugar dissolves.

Place a large non-stick frying pan over high heat. Coat with cooking spray. Cook the chicken, sesame side down until golden, approximately 2 minutes. Turn and cook for a further 2 minutes or until cooked.

Divide slaw among plates. Top with the chicken, drizzle with the dressing and sprinkle with pomegranate seeds.

Serves 2

## ALL-IN-ONE PORK TENDERLOIN

### INGREDIENTS

PORK  
1/2 pork tenderloin, trimmed  
1/2 tbsp olive oil  
Salt and pepper  
1/2 tsp apple cider vinegar  
1/4 cup chicken stock  
1 tsp cornstarch  
1/4 cup water  
CAPSICUMS  
1/2 tbsp olive oil  
1 tsp chopped fresh thyme, divided  
2 cloves garlic, minced  
2 anchovy fillets, drained and finely minced  
1/4 red capsicum, cut into long thin strips  
1/4 yellow capsicum, cut into long thin strips  
1/4 green capsicum, cut into long thin strips  
1 tbsp fresh flat-leaf parsley leaves, torn

### DIRECTIONS

Preheat oven to 225°C for 10 minutes.

Heat a large ovenproof frying pan/skillet over medium - high heat. Coat pan with 1/2 tablespoon olive oil. Season pork with salt and pepper. Place pork on hot pan to cook for 4 minutes, turn over and cook for a further minute. Cover pan with foil and bake for 5 minutes.

Uncover pork and bake for additional 5 minutes. Place pork on a cutting board; let stand 10 minutes. Cut across the grain into slices, arrange on a serving platter, set aside, keep warm.

Dissolve cornstarch in chicken stock and vinegar in a small bowl, season with salt and pepper, mix well, set aside.

Return pan over medium - high heat. Saute garlic, thyme, anchovies and capsicum; cook for 1-2 minutes, stirring frequently. Arrange on the platter, next to pork. Using the same pan, add stock mixture into pan, bring to a boil, stirring frequently until sauce thickens. Remove sauce from pan; drizzle sauce over pork and pepper mix.

Serves 2



## GRILLED FISH STEAK

### INGREDIENTS

2 x 120g white fish fillets  
1 large sweet potato, peeled and chopped into 1 inch pieces  
3 cloves garlic, peeled and minced  
2 1/2 tbsp olive oil  
1/4 red onion, sliced  
Zest and juice of 1 lemon  
Salt and pepper  
1 tbsp teaspoon dried thyme  
1 red capsicum, quartered  
1 small zucchini, diagonally cut into 1 inch pieces  
1 slice sourdough bread, crust removed  
2 tbsp plain Greek low fat yogurt

### DIRECTIONS

Place sweet potato in a large saucepan and cover with cold water. Add garlic and cook over high heat for 15 minutes or until potatoes are easily pierced with a fork. Drain sweet potatoes and garlic when cooked, reserving cooking liquid.

Tear the bread coarsely in a bowl, spoon 1 - 2 tablespoons cooking liquid from potatoes over bread. Stir with a fork until smooth. Add yoghurt, 1 tablespoon olive oil, lemon zest and juice. Stir until a smooth paste forms.

Transfer sweet potatoes to bread mixture and mash until smooth. Add reserved cooking liquid, if necessary, a spoonful at a time, until mixture takes on the consistency of loose mashed potatoes. Season with salt and drizzle with a tablespoon of olive oil. Cover and keep warm until ready to serve.

Preheat grill pan over medium-high heat. Drizzle fish with olive oil and season with salt and thyme. Cook fish 2 to 3 minutes on each side until fish flakes when tested with a fork or until cooked to your liking. Transfer to a plate; cover and keep warm until ready to serve.

Place capsicum, zucchini and red onion in a large bowl. Drizzle with remaining 1/2 tablespoon olive oil; toss to coat. Arrange capsicum in grill pan and cook for 5 minutes over medium heat. Add zucchini and onion; cook 10 minutes.

Serves 2

## CHICKEN WITH COUSCOUS SALAD

### INGREDIENTS

2 x 200g chicken breast, skinless and boneless  
1 tsp Moroccan seasoning  
125g couscous  
150mL boiling water  
25g shaved almond  
1/4 cup fresh coriander, coarsely chopped  
1/4 cup Low-fat yoghurt  
salt and pepper

### DIRECTIONS

Combine couscous with water in large bowl, cover, stand about 5 minutes or until water is absorbed, fluffing with fork occasionally.

Roast nuts in small frying pan until lightly brown. Stir nuts and coriander into couscous, season to taste.

Season chicken with salt and pepper, cook in heated and oiled large frying pan for 4-7 minutes until golden brown and cooked through.

Divide couscous into serving bowls; top with chicken and yoghurt

Serves 2









## **MEDITERRANEAN FOOD GUIDES**

WEEK 1 NO GRAIN MEAL  
PLAN, RECIPES AND  
SHOPPING LIST

MÖDERE

# WEEK 1 NO GRAIN MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Steamed omelette	2 Protein Packed Muffins and 100g strawberries	3/4 cup No Grain Breakfast Cereal and 1 cup almond milk	Frittata in a Cup and 1 slice of grain-free toast	Eggs on Mushrooms and 1 slice grain-free toast	Breakfast Fit For A King with 1 slice grain-free toast	Sunshine Smoothie Bowl and 1 gluten-free scone
MORNING TEA	1 cup celery and carrot sticks, 1/3 cup hummus and 20g almonds	1 pear and 40g walnuts	100g blackberries and 20g almonds	1 cup carrot and cucumber sticks and 20g almonds	1 banana and 20g unsalted almonds	40g unsalted almonds	100g fruit blueberries
LUNCH	Mediterranean Chicken Soup and 2 slices grain-free bread	Beef Sticks with Spicy Sauce	Zucchini Noodles in Tomato Sauce	Fish Parcel with carrots and asparagus	Salmon and Kelb Noodle Bowl	No Rice Fried Rice	Black Sesame Stir Fry
AFTERNOON TEA	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Pineapple Honey Prawns	Stuffed Eggplants with quinoa	Hearty Roast Chicken and Vegetable Soup and 1 gluten-free roll	Pumpkin and Haloumi Delight	Grilled Lemon and Herb Chicken with sugarsnap peas and squash	Spiced Barramundi with broccolini	Spicy Beef Cups with Carrot Salad
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea



## STEAMED OMELETTE

### INGREDIENTS

1/4 cup firmly packed fresh basil leaves  
1/4 cup firmly packed flat-leaf parsley leaves  
210g canned navy beans  
50g fresh champignon mushrooms, quartered  
65g roma tomatoes, quartered  
50g haloumi, coarsely grated  
4 eggs  
Salt and pepper

### DIRECTIONS

Chop up all the herbs finely, season and set aside.

Rinse, drain beans and add to bowl. Quarter mushrooms, tomatoes and grate haloumi.

Divide half the mushroom mixture into ovenproof dishes. Carefully break one egg into each dish. Top with remaining mushroom mixture, then break remaining eggs into dishes; one into each.

In a bamboo steamer over a wok of simmering water, steam dishes covered for about 10 minutes or until eggs are cooked through.

Serves 2

## PROTEIN PACKED MUFFINS

### INGREDIENTS

1 cup cauliflower cut into bite size florets  
3 large eggs  
1 cup spinach lightly packed and torn  
3/4 cup cooked up shredded chicken  
Cooking spray  
Salt and pepper

### DIRECTIONS

Preheat oven to 200°C and spray muffin tin with cooking spray. Set aside.

Blitz the cauliflower using a food processor until it resembles rice. Set aside.

Whisk eggs in a large bowl, add in the chicken, cauliflower, spinach and season with a pinch of salt and pepper. Mix well.

Pour the mixture into the six muffin tins and bake for 20 minutes or until cooked through.

Let them cool in the pan.

Serves 2 - 3

*TIP: Leftovers are great for snack or can be refrigerated for 2 days.*

## NO-GRAIN BREAKFAST CEREAL

### INGREDIENTS

200g chopped almonds  
100g coconut flakes  
50g pepitas  
100g sultanas  
100g dried apple  
100g dried cranberry  
200ml almond or coconut milk, to serve

### DIRECTIONS

Mix all dry ingredients in a large bowl then store in an airtight container.

Using 3/4 cup of mixed cereal, add either coconut or almond milk for a nutritious breakfast.

You can use your favorite nuts in the recipe. Depending on how much sweetness you desire you could also add more or less dried fruit. You can use raisins, dried chopped apricots or cherries or top with fresh seasonal fruits.

Serves 1



## FRITTATA IN A CUP

### INGREDIENTS

200g small leek, thinly sliced  
90g button mushrooms, quartered  
2 tsp olive oil  
2 roma tomatoes, sliced  
1 egg  
3 egg whites  
60g soft low-fat bocconcini cheese

### INSTRUCTIONS

Preheat oven to 200°C.

Trim and wash leeks. Heat oil in medium frying pan; cook leeks, stirring, until softened. Add mushrooms, cook, stirring occasionally until tender. Spoon mixture into two 1 cup ovenproof dishes.

Combine egg, egg whites and cheese in a small bowl and season. Pour into dishes. Top with tomato slice.

Bake frittatas for 25 minutes or until set.

Serves 2

## EGGS ON MUSHROOMS

### INGREDIENTS

4 large portobello mushrooms,  
stem removed and wiped cleaned  
4 large eggs  
1 clove garlic, minced finely  
30g parmesan cheese, grated  
4 tbsp flat-leaf parsley for garnish  
Salt and pepper  
Cooking spray

### DIRECTIONS

Preheat grill. Line a baking tray with baking paper. Set oven rack in the middle of the oven.

Coat the mushroom caps with cooking spray on both sides.

Season with salt and pepper, grill for approximately 5 minutes. Flip the mushrooms over and cook the other side for 5 minutes.

Remove mushrooms from oven. Tip out any liquid and turn the oven settings to 204°C.

Break an egg into each mushroom. Sprinkle with the cheese. Bake for approximately 15 mins or until egg is white. Garnish with parsley and serve with grain-free toast.

Serves 2





EGGS AND CINNAMON WAFFLES

## BREAKFAST FIT FOR A KING

### INGREDIENTS

2 x 120g salmon fillet  
1 tsp garlic powder  
2 tsp olive oil  
2 tsp dried dill  
Salt and pepper  
2 eggs (optional)  
Cooking spray

### DIRECTIONS

Preheat oven to 180°C.

Coat an ovenproof baking dish with cooking spray.

Wash, drain and pat dry salmon, then place it flesh side up in the baking dish. Drizzle fish with olive oil.

In a small bowl, mix garlic powder, dill, salt and pepper.

Sprinkle a thin layer of the mix over the salmon fillet. Store the remaining herb mixture in an airtight container for future use.

Bake in the oven until salmon is cooked through, for approximately 15-20 minutes.

Serve with either a fried or poached egg if you wish.

Serves: 2

## SUNSHINE SMOOTHIE BOWL

### INGREDIENTS

1 large banana, chopped  
2 cups fresh ripe papaya, chopped  
1/2 cup unsweetened pineapple juice  
1 cup coconut water  
1 tsp cinnamon  
1 scoop Modere Vanilla Shake Pea Protein

### TOPPING

Blueberries  
Desiccated coconut flakes  
Pistachios, coarsely chopped  
Sesame seeds

### DIRECTIONS

Place all ingredients in a blender, whiz up until smooth and creamy.

Divide into 2 bowls. Top with suggested toppings.

Serve immediately.

Serves 2



## MEDITERRANEAN CHICKEN SOUP

### INGREDIENTS

3 cups chicken broth or stock  
1 1/2 tbsp olive oil  
2 cloves garlic, minced  
1 spring onion, chopped  
Zest of 1/2 a lemon  
Juice of 1 lemon  
1 cup cauliflower, chopped  
1 chicken breast, skinless and boneless  
1/2 tsp red chilli, finely chopped  
60g feta, crumbled  
1/3 cup chives, chopped  
Salt and pepper

### DIRECTIONS

Process the cauliflower through a food processor to resemble rice. Set aside.

Heat a pot over low-medium heat. Add olive oil and once hot, saute garlic and spring onions until translucent.

Pour in the chicken stock, turn the heat up to high, cover the pot and bring to a boil. Add chicken breast, lemon zest and crushed chilli. Once boiled, reduce heat to medium, then simmer for 5 minutes.

Add cauliflower, 1 teaspoon salt and pepper to taste. Simmer for another 5 minutes, then turn the heat off.

Remove the chicken breast from the pot. Shred the chicken then return it to the pot. Stir in the crumbled feta and chives. Season with salt and pepper as needed.

Serves 2

## BEEF STICKS WITH SPICY SAUCE

### INGREDIENTS

350g extra lean beef mince  
1 large handful of mint leaves, finely chopped  
2 large handfuls of coriander leaves and stems, finely chopped  
1 red onion, finely chopped  
2 tsp ground coriander seeds  
1 tsp grated ginger  
1 tsp ground cumin  
Juice of half a lime  
1 egg  
1 tbsp tomato paste  
1 long green chilli, finely diced  
2 tbsp olive oil  
1 tsp sea salt  
Chopped tomatoes to serve  
Coriander leaves to serve

### CORIANDER SAUCE

3 large handfuls of coriander leaves and stems, chopped  
2 handfuls of mint leaves, chopped  
1 tsp sea salt  
Juice of half a lime  
1 small red chilli, halved, seeded and sliced  
3 tbsp olive oil

### DIRECTIONS

Soak 8 bamboo skewers in water for 20 minutes, or use metal skewers.

For Beef Sticks: place all the ingredients except the tomatoes and coriander leaves in a large bowl and mix well by hand or with a large spoon. Shape the mixture into small sausage shapes around the skewers. Arrange them on a tray, cover and rest in the fridge for at least an hour.

For Coriander Sauce: put the coriander, mint, salt, lime juice, chilli and olive oil in a blender. Add 2-3 tablespoons of water; you want to just moisten the mixture, then blend to make a sauce. Transfer to a bowl, cover and set aside.

When you are ready to cook, heat the barbecue or grill to low-medium and cook the skewers for around 10 minutes, turning frequently until cooked through and nicely browned.

Serves 2





## ZUCCHINI NOODLES IN TOMATO SAUCE

### INGREDIENTS

2 medium to large zucchini  
1 tomato, roughly chopped  
1 red pepper, roughly chopped  
5 green olives, pitted and roughly chopped  
5 semi-dried tomatoes  
60g swiss brown mushroom, roughly chopped  
1 handful of basil leaves, torn  
1 tsp rosemary leaves, finely chopped  
1 clove garlic, minced  
1 small red chilli, sliced (optional)  
Juice of half a lemon  
40ml olive oil  
1 tbsp flat-leaf parsley, finely chopped  
Freshly ground black pepper  
1 large handful of baby spinach leaves  
Toasted pine nuts to serve  
Sunflower seeds to serve  
Pumpkin seeds to serve

### DIRECTIONS

Wash and dry zucchini, peel thinly to resemble wide noodles. Set aside.

Place the semi-dried tomatoes in a food processor, along with the fresh tomatoes, pepper, olives, mushrooms, basil, rosemary, garlic and lemon juice. Pulse until combined but still chunky. Transfer to a bowl, drizzle on 3 tablespoons of olive oil, then set aside for 5 -10 minutes at room temperature.

To serve, combine the zucchini noodles with the chunky tomato sauce and baby spinach leaves. Sprinkle with pine nuts, sunflower seeds and pumpkin seeds.

Serves 2

## FISH PARCEL WITH CARROTS AND ASPARAGUS

### INGREDIENTS

2 x 200g white fish fillets  
2 carrots, sliced  
1 bunch asparagus, trimmed  
Juice of half a lemon  
1 tbsp olive oil  
2 cups baby spinach  
Lemon wedge to serve

### DIRECTIONS

Preheat oven to 200°C.

Place four large squares of baking paper on top of 4 large squares of aluminium foil. Layer carrots and asparagus on squares; top with fish. Drizzle with lemon juice and olive oil. Season to taste.

Fold parcel to enclose fish and vegetables in foil; place on oven tray.

Bake parcels for about 15 minutes.

Arrange parcels on a separate dinner plates, serve with lemon wedge and a cup each of baby spinach.

Serves 2



## SALMON AND KELP NOODLE BOWL

### INGREDIENTS

350g salmon fillets, cut in 1 cm thick cubes  
270g packet kelp noodles, cooked following packet directions  
2 spring onions, thinly sliced lengthways  
150g frozen edamame or broad beans  
1 carrot, peeled, julienned  
1 cucumber, thinly sliced diagonally  
4 radishes, thinly sliced crossways  
80ml Japanese dressing (recipe below)  
2 tbsp sesame seeds

### MARINADE

4 tbsp soy sauce - salt reduced  
4 tbsp rice wine vinegar  
Juice of half a lemon  
1 tbsp sesame oil

### JAPANESE DRESSING

2 spring onions, trimmed thinly sliced  
1 tbsp lemon juice  
1 tbsp salt reduced soy sauce  
1 tsp sesame oil  
1 tbsp rice wine vinegar  
1 tsp ginger, finely grated  
1/4 tsp toasted sesame seeds (garnish)  
Mix all ingredients except for the sesame seeds in a tight jar and gently shake.

### DIRECTIONS

Marinate salmon fillets in marinade mixture for 10 minutes. Drain and sprinkle with sesame seeds.

Place spring onions in a bowl. Cover with iced water. Stand for 15 minutes. Drain. Divide noodles among serving bowls. Top with carrots, radish, broad beans, cucumber, spring onions and salmon.

Drizzle with dressing. Sprinkle over sesame seeds.

Serves 2 - 3

## NO RICE FRIED RICE

### INGREDIENTS

300g cauliflower heads, separated into florets  
30g chicken mince  
60g small raw prawns, shelled and deveined  
1 egg, whisked  
1 tbsp olive oil  
1 tbsp coconut oil  
1 garlic clove, finely chopped  
1 spring onion, finely sliced  
30g shiitake mushrooms, sliced  
1.5 cm knob ginger, finely grated  
2 asparagus, chopped  
1 small carrot, chopped  
1 tbsp gluten free soy sauce  
1 handful of bean sprouts  
1 tbsp flat-leaf parsley, chopped  
Sea salt and freshly ground pepper  
1 small red chilli, finely sliced (optional)  
Fish sauce to serve (optional)

### DIRECTIONS

Pulse the cauliflower in a food processor until it resembles rice. Set aside.

Heat a large wok and sauté half of the onion and garlic in olive oil, then add the chicken mince. Stir fry for approximately 5 minutes or until cooked, occasionally stirring to separate the mince. Add prawns and cook until opaque and firm. Remove from pan and set aside.

Pour the egg into the same wok and let it set for a minute then stir quickly so eggs are not overcooked and resemble the size of the cooked mince. Remove from pan and add to the mince mix.

Heat the remaining coconut oil in the pan over high heat, add the onion and garlic and cook for a few minutes or until softened. Stir in the ginger and mushrooms and cook for another few minutes. Add the carrots and asparagus, cover and cook for 1 minute. Add the cauliflower and cook for 2-3 minutes, or until tender. Add the chicken, egg, soy sauce, bean sprouts, spring onion, chilli and parsley. Season with salt and pepper to taste and cook for 2 more minutes, or until everything is heated through and well combined.

Serve with your favourite condiment.

Serves 2



## BLACK SESAME STIR FRY

### INGREDIENTS

2 chicken breast, skinless and boneless cut in 2 x 4 cm chunks

1 tbsp olive oil

1 carrot, diagonally sliced

2 spring onions, diagonally sliced

1 small bunch broccolini, cut into pieces

Handful snow peas, sliced diagonally

Handful of bean sprouts

Juice of half a lime

1 tbsp gluten free soy sauce

1-2 tbsp corn flour, dissolved in 1/2 cup water

### MARINADE

1 fresh red chilli, finely chopped

1 garlic clove, minced

Small handful of fresh coriander, chopped

1 1/2 cm knob of fresh ginger, peeled and finely grated

Juice of half a lime

1 tbsp gluten free soy sauce

1 tbsp sesame seeds to garnish

### DIRECTIONS

Place all the marinade ingredients in a bowl. Add chicken, refrigerate and leave to absorb the flavour for around 20 minutes.

Heat oil in a wok and add the marinated chicken. Stir fry over medium heat for 10 minutes. Set aside.

Add the carrot, spring onions, broccolini, snow peas and bean sprouts to the wok with lime juice and 1 tablespoon of water. Cover with a lid, simmer for 3-5 minutes, giving the vegetables a toss a couple of times. Add soy sauce. Make a well in the vegetables and pour the dissolved corn flour, stirring frequently until it thickens. Mix sauce in with the vegetables and remove from the heat. Garnish with 1 tbsp black sesame seeds and fresh coriander.

*TIP: For a vegetarian option, replace the chicken with tofu.*

Serves 2

## PINEAPPLE HONEY PRAWNS

### INGREDIENTS

1/2 a small pineapple, coarsely chopped

400g uncooked green prawns, shelled and deveined, tails intact

75g snow peas, trimmed

1 spring onion, sliced lengthways

1/2 of red capsicum, coarsely chopped

1 clove garlic, minced

100g canned bamboo shoots, rinsed and drained

1 tsp peanut oil

1 tbsp tamarind concentrate

1/2 tbsp honey

### DIRECTIONS

Heat oil in wok over medium-high heat; stirfry garlic, spring onions, prawns, capsicum and snow peas until prawns have changed colour.

Add remaining ingredients; stir occasionally until well done. Season to taste.

Serve with half a cup of steaming hot brown rice or our No Rice Fried Rice.

Serves 2



## STUFFED EGGPLANTS WITH QUINOA

### INGREDIENTS

2 medium - large eggplants, cut in half lengthways  
2 tbsp olive oil  
180g quinoa  
350-400ml vegetable stock  
1 red onion, coarsely chopped  
2 handfuls of spinach  
2 cloves garlic, minced  
15g parmesan cheese, grated

### DIRECTIONS

Preheat the oven to 210°/190 °C fan forced.

Place eggplants, cut side up, on a baking tray. Drizzle with olive oil and bake for 20 minutes or until tender.

Place the quinoa in a pan and add vegetable stock. Bring to the boil, reduce the heat and simmer for 20 minutes. Cook covered for the last 5 minutes. Take off the heat and let cool in the pan.

Scoop out the insides of the eggplant when cooled, leaving the shells on the tray. Transfer the flesh to a food processor and add the onion.

Blanch the spinach with hot water for a couple of minutes and drain well. Add to the processor with garlic and blitz until smooth. Place in a large bowl and stir in the quinoa.

Add the cheese to the quinoa mix before spooning back into the eggplant shells. Bake for another 5 minutes to melt cheese or serve immediately.

Serves 2

## HEARTY ROAST CHICKEN AND VEGETABLE SOUP

### INGREDIENTS

2-3 cups leftover shredded roasted chicken or 500g uncooked chicken breast  
100g kent pumpkin, peeled and cubed  
2 cloves garlic, minced  
100g carrots, peeled and diced  
100g sweet potato, peeled and diced  
100g baby spinach  
1/2 white onion, quartered  
2 tbsp olive oil  
1 lt chicken stock  
3/4 tsp dried parsley  
1 tsp sea salt  
1/2 tsp dried thyme  
1/2 tsp dried rosemary  
1/4 tsp dried oregano  
1/4 tsp cracked pepper  
1 cup water

### DIRECTIONS

Preheat oven to 220°C. Coat a large roasting pan with olive oil, add the vegetables, except onion, and season with salt and pepper. Roast until the vegetables are tender and slightly brown on the edges.

While roasting the vegetables, bring the chicken stock to a boil in a large pot. Once boiled, reduce the heat to simmer. Add the shredded chicken, herbs, salt and pepper. Cover and cook for about 15 minutes. For raw chicken breasts, cook for about 45 minutes until chicken is cooked through and tender enough to shred with a fork.

Add half the vegetables to the soup and place the other half in a blender. Make sure to put all of the onion quarters in the blender. Puree the vegetables with 1 cup of water. Add the vegetable puree and baby spinach to the soup. Simmer for 5-10 minutes until the spinach is wilted. Taste and season accordingly.

*TIP: Half of the quantity can be frozen*

Serves 4



## PUMPKIN AND HALOUMI DELIGHT

### INGREDIENTS

325g kent pumpkin, cut into thin wedges  
100g green beans, halved crosswise  
1 tbsp olive oil  
1 tbsp red wine vinegar  
1/2 cup fresh coriander, loosely packed  
1/2 cup fresh flat-leaf parsley leaves, loosely packed  
50g baby spinach  
25g toasted pepitas  
125g haloumi, sliced thickly  
Cooking spray

### DIRECTIONS

Heat a 28cm frying pan over medium – high heat. Coat the pan with cooking spray and cook haloumi until browned on both sides. Set aside.

Blanch beans in cold water; drain well. Steam pumpkin and beans separately until almost tender. Set aside.

Heat the barbecue grill plate or grill, coat with cooking spray and cook pumpkin on the hot plate until wedges are tender.

Place oil, vinegar, herbs, spinach and pepitas in a large bowl; toss gently to combine.

Add haloumi, pumpkin and beans to spinach mixture; toss gently to combine.

Serves 2

## GRILLED LEMON AND HERB CHICKEN

### INGREDIENTS

2 chicken breast, boneless, skinless, halved

### MARINADE:

1 tbsp extra virgin olive oil  
2 cloves garlic, minced  
1/2 tsp salt  
1/4 tsp pepper  
1 tbsp fresh parsley, finely chopped  
1 tbsp coriander, finely chopped  
1/2 tsp fresh thyme, finely chopped  
1/2 tsp fresh oregano, finely chopped  
1/2 tsp fresh rosemary, finely chopped  
Juice of half a lemon  
Zest of half of a lemon  
Sunflower oil for grilling

### DIRECTIONS

Mix all the marinade ingredients in a large bowl. Massage the marinade into the chicken breast until evenly coated. Cover and refrigerate for at least 2 hours.

Heat up the grill to high temperature.

Coat the grill with sunflower oil, using tongs, carefully rub over grates several times until glossy.

Place chicken breast on the grill and cook until cooked through, approximately 2-3 minutes per side.

Serves 2



## SPICED BARRAMUNDI

### INGREDIENTS

2 x 120g barramundi fillets (or another firm white fish)

Lemon wedges to serve

½ tbs coconut oil

### SPICE MIX

1 tbsp fennel seeds

1 tbsp cumin seeds

½ tsp freshly ground black pepper

½ tsp sea salt

Bunch of broccolini

### SAUCE

1 tbsp sweet chilli sauce

½ tsp fish sauce

Juice of half a lime

1 tbsp water

### DIRECTIONS

For spice mix: place all the spices in a spice grinder or mortar and pestle and grind to a fine powder. Mix in the salt and pepper.

For sauce: place all ingredients in a bowl or a jar with a lid and mix or shake to combine.

Coat the fish in the spice mix. Heat a large frying pan or skillet over high heat. Melt the coconut oil and when hot, sear the fish for approximately 2-3 minutes each side or until golden brown.

Serve on a bed of steamed broccolini.

Serves 2

## SPICY BEEF CUPS WITH CARROT SALAD

### INGREDIENTS

250g lean beef mince

2 large tomatoes, diced

½ red onion, finely chopped

2 garlic cloves, finely chopped

1 red hot chili, minced

1 tsp cumin seeds, crushed

1 tsp paprika

2 tbsp olive oil

Juice and zest of 1 lime

Sea salt and freshly ground pepper

### TO SERVE

4-6 perfectly shaped romaine lettuce cups

½ avocado, sliced into long slivers

½ bunch of coriander, stalks removed, chopped

Extra virgin olive oil

### CARROT SALAD

4 carrots, grated

Leaves of ½ bunch of coriander

4 tsp poppy seeds

Seeds from 1 fresh pomegranate

Juice and zest of 1 lime

Sea salt and fresh ground black pepper

3 tbsp extra virgin olive oil

### DIRECTIONS

For beef: heat a large frying pan over medium heat. Coat with olive oil, then saute onions and garlic until translucent. Stir in the mince (make sure to break it up) then add the tomatoes, cumin, paprika, lime juice (reserving a little for serving) and zest. Pop the lime peel halves into the pan and let it all simmer away until the mixture has reduced by a third. Discard the lime peel. Add the chopped red chilli.

For carrot salad: add grated carrots into a bowl, then add the coriander, poppy seeds, pomegranate seeds and lime juice and zest. Season with sea salt and freshly ground pepper to taste and drizzle with extra virgin olive oil.

To assemble: take a lettuce cup and pop in some carrot salad, then spicy beef mix. Top with a few slivers of avocado, some coriander leaves, a drop of lime juice and a drizzle of olive oil.

Serves 2







## **MEDITERRANEAN FOOD GUIDES**

WEEK 1 VEGAN MEAL PLAN,  
RECIPES AND SHOPPING LIST

**MÖDERE.**



# WEEK 1 VEGAN MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Vegan Big Breakfast with Scrambled Tofu and 1 slice of wholegrain bread and 2 slices vegan cheddar cheese	1 cup Baked Bean Delight on toast and 1 banana	1 Cup Overnight Chia and Nut Breakfast Blend with 1 cup almond milk	Omelette du Chickpea and 1 cup rockmelon with 1/2 cup Vegan/Soy yoghurt	Fruit and Nut Rice Porridge	Baked Sunshine Granola and 1 cup rockmelon	Muesli with Fruit Yoghurt
MORNING TEA	1 cup celery and carrot sticks and 1/3 cup hummus	1 pear and 40g walnuts	100g blackberries and 20g almonds	1 cup carrot and cucumber sticks plus 20g almonds	1 banana and 20g unsalted almonds	40g almonds	100g blueberries and 20g walnuts
LUNCH	Mexican Arriba Burger	Spiced Cabbage Soup and 2 slices wholemeal toast	Lemon and Lime Corn Salad	Quinoa and Fig and Green Salad	Beetroot and Avocado Open Toast	Thai Cold Rolls with dipping sauce	Roast Pumpkin with Couscous
AFTERNOON TEA	Pea Protein Shake	Pea Protein Shake		Pea Protein Shake	Pea Protein Shake	Pea Protein Shake	Pea Protein Shake
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Vegetarian Pho	Roast Pumpkin Rounds	Kelp Noodles in Peanut Miso Sauce	Mediterranean Sweet Potato Boat	Lemon, Lentil and Spinach Soup with Turkish Bread	Root Vegetable Tower	Braised Vegetables with Cheesy Polenta
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea



## VEGAN BIG BREAKFAST WITH SCRAMBLE TOFU

### INGREDIENTS

150g firm tofu, well drained  
1 tsp curry powder  
1/4 tsp sweet paprika  
1 tbsp water  
Olive oil spray  
1 clove garlic, minced  
1 spring onion, finely diced  
1 tbsp red capsicum, chopped into small squares  
1 tbsp parsley, very finely chopped  
Pinch sea salt black pepper  
Handful baby spinach, chopped into thin strips

### SIDES

1 medium tomato, cut in half  
8 small or 6 medium mushrooms, sliced thinly  
1/4 tsp onion powder  
1/2 tsp dried oregano  
1/2 tbsp parsley chopped

### DIRECTIONS

Preheat oven on low heat 180°C.

Spray or brush fry pan with olive oil and heat. Add the tomatoes, sprinkle with onion powder and oregano. Cook for two minutes, turning over half way through.

Add sliced mushroom and cook, stirring occasionally for a further 3 minutes.

Remove from heat and transfer tomato and mushrooms into an ovenproof bowl, sprinkle with parsley and keep warm.

Respray the pan with olive oil and return to heat.

In a medium bowl, break up the tofu until it resembles scrambled egg. Add the curry powder, paprika and water.

Fry the garlic, spring onion and capsicum until soft, approximately 2 minutes.

Add tofu mixture and stir well with the onion and garlic. Cook for two minutes before adding the parsley, spinach, and seasoning to taste with salt and pepper.

Stir occasionally for another 2 minutes.

Serve with the tomato and mushrooms.

Serves 2

## BAKED BEAN DELIGHT

### INGREDIENTS

1240g tin cannellini beans, drained  
100g canned diced tomatoes  
1/2 onion, finely diced  
2 cloves garlic, minced  
1 tbsp tomato purée  
1/2 tsp smoked paprika  
1/4 tsp dried thyme  
1 tbsp brown sugar  
1 tbsp soy sauce  
Black pepper

### DIRECTIONS

Heat the oil in a saucepan and add the onion and garlic. Cook over a medium heat for 5 minutes until soft and translucent. Add the tomato purée, paprika, thyme, brown sugar and soy sauce and cook for a couple more minutes.

Add the beans and diced tomatoes and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little. Season generously with black pepper. You probably won't need salt because of the soy sauce, but add it if you think it needs it.

Serves 2



## OVERNIGHT CHIA AND NUT BREAKFAST BLEND

### INGREDIENTS

15g chia seeds  
20g almonds  
60g raw cashew nuts  
1/4 tsp vanilla essence  
3 drops stevia liquid or 1 tbsp maple syrup  
1/4 tsp nutmeg  
1/4 tsp ground cinnamon  
350mL water

### DIRECTIONS

Put the chia seeds in a mixing bowl.

In a food processor, blend the almonds, cashews, vanilla, stevia/maple syrup, nutmeg and cinnamon with 350mL of water until smooth.

Add to the chia seeds and mix well.

Place into two serving bowls or jars and refrigerate overnight.

In the morning, add a little almond milk or your favourite nut milk, scatter a few slices of your favourite fruit: berries, kiwi fruit, banana, peach over the top, along with some crushed nuts and you are done!

Serves 2

## OMELETTE AU CHICKPEA

### INGREDIENTS

CHICKPEA BATTER  
3/4 cup chickpea flour  
3/4 cup and 1 tbsp your choice of nut milk  
2 tsp apple cider vinegar  
1/4 tsp turmeric powder  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/4 tsp bicarb soda  
Salt and pepper

### STUFFING OPTIONS

1 tbsp olive oil (1/2 tbsp for frying vegetables, 1/2 tbsp omelette)  
1/4 of a red onion, finely chopped  
2 cloves garlic, minced  
1/2 medium tomato, chopped  
1/4 cup sliced mushroom  
1 tbsp capsicum, finely chopped  
1/4 cup baby spinach, chopped  
1 tbsp parsley, chopped

### DIRECTIONS

In a medium bowl, whisk together the batter ingredients to resemble pancake consistency.

Heat 1/2 tablespoon oil in a non stick frypan and saute the garlic and onion until soft and translucent. Add the mushroom and capsicum, stir occasionally. Add the tomato and stir for an additional minute, then remove from pan onto a plate.

Scatter the baby spinach over the cooked vegetables. Set aside.

Return the non stick frypan to stove top, add 1/2 tablespoon of olive oil and heat. Pour the batter into the pan. Place the vegetable mixture over one half of the batter only. Leave to cook for approximately two minutes until the omelette sets around the edges.

Gently fold the the omelette over the vegetable side. Cover the pan and continue cooking for a further minute. Remove from heat and allow to sit for 3 minutes.

Serves 2





## FRUIT AND NUT RICE PORRIDGE

### INGREDIENTS

3/4 cup brown rice  
1 cup water  
1 cup rice milk  
1 tsp maple syrup  
1/4 tsp ground cinnamon  
1/2 apple cored and cut into small pieces  
1/2 tbsp sultanas  
2 tbsp slithered almonds  
1/2 tsp vanilla essence  
1 tbsp pepita seeds for sprinkling  
2 cups almond milk (optional)

### DIRECTIONS

Combine rice, water, milk, maple syrup, cinnamon and apple in a saucepan. Bring to the boil stirring occasionally.

Reduce heat to medium/low.

Add sultanas, almonds and vanilla essence.

Stir occasionally until rice is soft or liquid is absorbed.

Serve porridge sprinkled with pepitas.

Add extra milk if needed.

Serves 2

## BAKED SUNSHINE GRANOLA

### INGREDIENTS

1/2 cup rolled rice or oats  
1/2 tbsp sunflower oil  
1/2 tbsp maple syrup  
1/2 tbsp orange juice  
1/4 tsp vanilla essence  
40g sunflower seeds  
1/2 tbsp sesame seeds  
50g pepitas  
2 tsp flaked almonds  
1/4 tsp mixed spice (or 1/4 tsp cinnamon and 1/4 tsp nutmeg)  
30g dried cranberries  
15g dried apples, finely chopped  
2 tbsp sultanas

### DIRECTIONS

Preheat oven to 200°C.

In a bowl mix the rice or oats, oil, syrup, essence, seeds, almonds and spice. Spread over baking paper on an oven tray. Bake for 15 minutes, stirring at least once.

Remove from oven and sprinkle the dried fruit over the mixture, gently stirring through. Put back in oven for 5 minutes more.

Remove from heat and cool.

Store in an airtight container in the fridge for up to 2 months.

Serve with the milk of your choice.

Serves 2



## MUESLI WITH FRUIT YOGHURT

### INGREDIENTS

25g sunflower seeds  
25g pepitas  
30g linseeds  
30g rolled oats  
1 tsp sesame seeds  
25g dried cranberries  
25g walnuts, finely chopped  
375mL almond milk  
1/2 tsp ground cinnamon  
1/4 tsp nutmeg  
1/2 tbsp maple syrup  
Raspberries to serve  
VEGAN YOGHURT  
250g vegan yoghurt  
1 banana or mango, pureed

### DIRECTIONS

In a large bowl mix together all ingredients: sunflower seeds, pepitas, linseeds, oats, sesame seeds, cranberries and walnuts, milk, cinnamon, nutmeg and maple syrup. Place in fridge overnight.

In another bowl, mix the yoghurt and pureed fruit to combine.

Serve with a dollop of yoghurt to each and scatter berries over the top.

Serves 2

## MEXICAN ARRIBA BURGER

### INGREDIENTS

1/2 can chickpeas  
1/2 small red onion, diced finely  
1/2 zucchini, grated  
1 medium beetroot, cooked and grated  
1 clove garlic, finely chopped  
1/2 cup of rolled oats  
2 tbsp red wine vinegar  
2 tbsp peanuts  
2 tbsp coriander, finely chopped  
2 tsp salsa  
1 tbsp olive oil  
Salt and pepper to taste

### TO SERVE

1/2 avocado  
1 tbsp extra tomato salsa or taco sauce  
4 large spinach or lettuce leaves

### DIRECTIONS

Drain, rinse and mash the chickpeas in a medium bowl. Add the red onion, zucchini, coriander, red wine vinegar and salsa. Add to beetroot and garlic to food processor and blend to combine. Add peanuts, oats and pulse to combine. Mix in with the chickpea mixture.

Shape into 2 burger patties then place on a tray lined with baking paper. Chill in the fridge until ready to cook.

Pour oil into a frying pan over a medium heat. When hot, add the burgers and sear on each side for 3-4 minutes. Remove from frying pan, top with a mashed avocado or avocado dressing. Spoon 1/2 tablespoon of salsa on each patty. Wrap in a leaf to serve.

Serves 2



## SPICED CABBAGE SOUP

### INGREDIENTS

250g cabbage, chopped  
1 celery stalk, chopped  
1 carrot, sliced  
1 brown onion, chopped  
1 clove garlic, minced  
1500mL vegetable stock  
1 bay leaf  
1/4 tsp sweet paprika  
1/4 tsp dried thyme  
1/2 tbsp olive oil  
1 tbsp coriander, chopped  
1 tbsp parsley, chopped  
Salt and pepper to taste  
Tabasco to taste

### DIRECTIONS

Heat oil in a large saucepan. Add onion, garlic and saute until onion is translucent and garlic is a little brown. Add bay leaf, thyme, paprika and stir for a minute.

Add to the pot the cabbage, celery, carrot and vegetable stock. Bring to the boil and reduce heat to a simmer for approximately 20 minutes. Stir occasionally.

Place 5 cups of the soup into a food processor and blend. Return to the saucepan and stir through. This provides a nice thickening to the soup.

Season to taste with salt, pepper and tabasco.

Stir in the fresh herbs just before serving.

Serves 2

## LEMON AND LIME CORN SALAD

### INGREDIENTS

2 baby cos lettuces, shredded  
1/2 cup corn kernels  
1 avocado, diced  
1/2 can red kidney beans, rinsed  
1/2 red onion, thinly sliced  
1/2 cup fresh coriander  
LEMON/LIME DRESSING  
2 tbsp olive oil  
1 tbsp lime juice  
2 tbsp lemon juice  
4 drops of tabasco sauce  
1/4 tsp ground cumin  
Salt and black pepper

### TO SERVE

45g tortilla or corn chips

### DIRECTIONS

Combine the dressing ingredients in a jar and shake till blended.

Combine all the salad ingredients.

Shake the dressing again just before pouring over salad.

Divide the salad into 4 bowls.

Scatter the chips over each serve.

Serves 2







## QUINOA AND FIG AND GREEN SALAD

### INGREDIENTS

1/2 cup quinoa, rinsed  
2 cups of salad greens (rocket, baby spinach, kale or lettuce)  
2 fresh figs, quartered  
50g walnuts, chopped  
1 tbsp pine nuts

### DRESSING

50mL olive oil  
Juice of 1 orange  
1 tbsp maple syrup  
1 tsp dijon mustard  
Salt and black pepper to taste

### DIRECTIONS

Bring 2 cups of water to boil in a saucepan. Add the quinoa, stir and reduce the heat to low. Cover pot until the liquid has been absorbed, approximately 15 minutes.

Remove from heat and allow to cool.

Preheat oven to moderate (180°C). Place walnuts and pine nuts on oven tray and bake for 5 to 10 minutes.

Meanwhile whisk or shake the dressing ingredients together.

Add the nuts, figs and dressing to the quinoa. Stir gently to combine.

Divide the mixed greens between 4 serving plates.

Dish the quinoa mixture evenly across the four plates.

Serves 2 as a main or 4 as a side dish

## BEETROOT AND AVOCADO OPEN TOAST

### INGREDIENTS

2 small - medium beetroots, roasted, peeled and sliced  
4 tsp olive oil  
2 cloves garlic, chopped finely  
1 large ripe avocado  
1 tbsp lime juice  
2 spring onions, chopped  
2 tbsp sesame seeds  
1 - 1 1/2 cups cherry tomatoes, quartered  
2 tbsp balsamic vinegar  
Salt and pepper  
1 cup alfalfa sprouts  
1 cup baby spinach  
1 tbsp basil, roughly chopped  
1 tbsp parsley, roughly chopped  
4 slices sourdough or vegan bread

### DIRECTIONS

Preheat oven to 200°C.

Top, tail and peel beetroot. Place on aluminum foil sheet large enough to cover all beetroot. Pour a teaspoon of olive oil over each beet. Sprinkle with garlic and lightly season.

Bake in oven for 1 hour.

Meanwhile mix the tomato with the balsamic and lightly season with salt and pepper.

Separate the avocado flesh from the skin and seed and place in food processor with the lime juice and spring onions.

Once the beetroot is cooked, cut into quarters and allow to cool before adding to the food processor. Blend the contents.

Transfer the beetroot and avocado mixture to a bowl. Mix in the sesame seeds.

Toast the bread.

Spread a quarter of the beetroot and avocado mixture generously onto each slice.

Layer the spinach leaves on next, followed by the tomatoes and alfalfa.

Serves 2



## THAI COLD ROLLS

### INGREDIENTS

- 8 cold roll wrappers
- 1 cup green cabbage, chopped finely
- 2 spring onions, chopped
- 1/2 cup pre-cooked rice noodles
- 1/4 cup coriander, basil and mint chopped
- 1/4 cup carrots, finely julienned
- 1/4 cup cucumber, finely julienned (seeds removed)
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1/4 tsp fresh ginger, grated
- 1/4 tsp garlic, finely minced

### HOISIN DIPPING SAUCE

- 1/4 cup hoisin sauce
- 1 tbsp natural peanut butter
- 1 tbsp rice wine vinegar
- 2 tbsp water

### SOY DIPPING SAUCE

- 1 tbsp soy sauce
- 1 tbsp lime juice
- 1 tsp rice wine vinegar
- 1/4 tsp minced garlic
- 2 tsp maple syrup
- 1 tsp crushed peanuts
- Sprinkle of finely chopped red chilli

### DIRECTIONS

Place all ingredients, except the wrappers, into a bowl and mix thoroughly.

To make the rolls pliable so they are able to be folded, place them, one at a time, in a bowl of warm to hot water for a few seconds. Take the wrapper out and leave for a minute before placing approximately 2 tablespoons of mixture on the bottom third of a diamond point of the wrap, leaving enough of the wrap to pull up and over filling. Then fold in the two sides and continue rolling firm and tight, while ensuring the filling remains close to the middle.

Serve with dipping sauces.

Makes 8 (2-3 per person)

## ROAST PUMPKIN WITH COUSCOUS

### INGREDIENTS

- 350g pumpkin, diced into bite size pieces
- 1 small or 1/2 medium red onion, diced
- 1/2 tbsp olive oil
- 1 tsp Moroccan seasoning
- 1/2 cup quinoa seeds, cooked
- 1 cup baby spinach, chopped
- 125g can chickpeas, drained, rinsed
- 1/4 cup toasted pine nuts
- 1/4 cup coriander, chopped
- 1 tbsp parsley, chopped
- Salt and pepper to season

### DIRECTIONS

Preheat oven 200°C .

Place pumpkin, onion, oil and Moroccan seasoning in a bowl and mix well.

Prepare 2 baking trays by lining them with baking paper. Arrange the pumpkin mixture evenly on one tray. Bake until tender and cooked through, approximately 20 to 30 minutes. Remove and cool.

On the second tray arrange the pine nuts and place in oven until they start to brown, approximately 5 minutes.

Transfer the cooked pumpkin into a salad bowl, add quinoa, chickpeas, spinach, parsley and coriander. Season with salt and pepper to taste. Sprinkle with pine nuts and toss gently to combine. Serve.

Serves 2



## VEGETARIAN PHO

### INGREDIENTS

1 litre homemade or low sodium vegetable broth  
1 spring onions, thinly sliced  
1 tbsp olive oil  
1 tsp fresh ginger, peeled and grated  
Salt to taste  
50g shiitake mushrooms, tough stems removed  
1 tbsp hoisin sauce  
1 tsp sesame oil  
100g rice noodles, cooked according to package instructions  
1 cup bean sprouts  
2 red chillies, thinly sliced

### FOR SERVING

Quarter of a bunch fresh coriander,  
Basil leaves  
1 lime, cut in wedges  
Extra hoisin sauce, chilli, garlic sauce or similar for serving

### DIRECTIONS

Combine the vegetable broth, spring onion, grated ginger and salt in a large pot. Bring to a full boil, then reduce the heat and simmer for 20 minutes.

Place olive oil into a large skillet or wok over medium heat. Sauté mushrooms until tender, stir occasionally. Add hoisin sauce and sesame oil, keep cooking until mushrooms are well coated with sauce. Remove from heat.

Divide the rice noodles between 2 or 3 large bowls. Add mushrooms, bean sprouts, fresh basil, and coriander and chilli then fill each bowl with the broth and serve with lime wedges, hoisin, and chili garlic sauce in separate dishes.

Serves 2-3

## ROAST PUMPKIN ROUNDS

### INGREDIENTS:

200 g butternut pumpkin  
1 tbsps olive oil  
1 small red onion  
1 clove garlic, minced  
¼ red capsicum, diced  
1 tbsp semi-dried tomatoes, chopped  
1 tbsp black olives, chopped  
¼ cup pine nuts  
½ cup brown rice, pre-cooked  
½ cup baby spinach, chopped  
25g dried cranberries  
1 tsp Italian dried herbs  
2 tbsp orange juice  
Juice of half a lemon  
Sea salt and black pepper to taste

### DIRECTIONS

Preheat the oven to 180°C.

Wipe skin of butternut with a damp cloth.

Cut in half lengthways. Scoop out the seeds and discard. Create a 'trench' along the length of both pieces to make room for the stuffing. Chop up any flesh you have removed.

In a frying pan, heat 2 tablespoons of the olive oil. Add the onion and garlic and stir until fragrant. Now add the pumpkin flesh, capsicum, semi-dried tomatoes, olives, pine nuts, cranberries and Italian herbs.

Lastly add the rice, spinach, orange juice, salt and pepper to taste. Cook for a further 2 minutes, stirring.

Place the pumpkin halves on a large layer of aluminum foil. Stuff the mixture firmly into the pumpkin 'trenches'. Put pumpkin back together. You may need to tie kitchen string around pumpkin to hold together.

In a small bowl mix 1 tablespoon olive oil with lemon juice and extra salt and pepper. With a basting brush, brush the oil over the skin.

Wrap securely in foil. Bake for a minimum of 2 1/2 hours.

Serves 2



## KELP NOODLES IN PEANUT MISO SAUCE

### INGREDIENTS

2 tbsp olive oil  
340g seaweed (kelp\*) noodles  
1 brown onion, quartered  
1 carrot, julienned  
1 celery stalk, sliced into diagonal pieces  
1 small sized broccoli, broken into even sized flowerets  
1 small size or half cauliflower broken into even sized flowerets  
150g baby corn spears  
10 snow peas, halved

### SAUCE

1/4 cup miso\*\*  
1/2 cup natural peanut butter  
2 tbsp of rice wine vinegar  
1 tsp sesame oil  
1 tsp brown sugar  
1/4 cup water  
1 tbsp sesame seeds to sprinkle

### DIRECTIONS

Combine the sauce ingredients in a bowl and whisk. Set aside.

Heat oil in a wok or large fry pan.

Add onions and stir fry until translucent. Then add all vegetables, except the snow peas and continue with the frying for 5 minutes or until vegetables are softening.

Break noodles into approximately 10cm lengths and add to vegetables. Stir until noodles have softened and vegetables are cooked.

Add sauce and snow peas to noodles and vegetables. Stir through to warm.

Divide into serving bowls and sprinkle with sesame seeds.

Serves 2

NOTE: \*Kelp noodles should be available from your supermarket either in the health or Asian section, from an Asian grocer or online.

\*\*Miso is a Japanese flavouring made from fermented soybeans. It is readily available in supermarkets, Asian grocers or online.

## MEDITERRANEAN SWEET POTATO BOAT

### INGREDIENTS

2 medium sweet potatoes, washed, cut in half lengthways  
215g can chickpeas, rinsed and drained  
2 tsp olive oil  
1/4 tsp cumin  
1/4 tsp smoked paprika  
Pinch of sea salt

### DIRECTIONS

Preheat oven to 205°C. Line a large baking sheet with foil.

Combine chickpeas with olive oil and spices. Rub the sweet potatoes with a bit of olive oil/chickpea mix and place face down on a foil lined baking sheet. Roast potatoes for 20-25 minutes or until slightly brown and fork tender.

In the meantime, prepare the sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to thin so it's pourable.

Taste and adjust seasonings as needed.

Serves 2



## LEMON, LENTIL AND SPINACH SOUP

### INGREDIENTS

1 tbsp olive oil  
1/2 large onion, finely chopped  
1 clove garlic, minced  
1/2 cup dried brown lentils  
350mL vegetable liquid stock  
1/2 bunch English spinach, washed, coarsely chopped  
Zest and juice of 1 lemon  
2 Turkish bread to serve

### DIRECTIONS

Heat olive oil in a saucepan over medium - high heat, saute onion and garlic until translucent. Add lentils and stock. Bring to the boil. Skim any residue from the surface of soup with a ladle.

Reduce heat to medium-low. Simmer, covered until lentils are tender, approximately 25 minutes. Remove from heat, add spinach and lemon juice. Season with salt and pepper.

Stir until well combined. Ladle into bowls. Top with lemon rind.

Serve with bread

Serves 2

## ROOT VEGETABLE TOWERS

### INGREDIENTS

#### FOR THE VEGETABLES

1 medium sweet potato, sliced 5mm thin  
1 medium beetroot, sliced 5mm thin  
1 large red onion, sliced 5mm thin  
1 large potato, sliced 5mm thin  
3 tbsp olive oil  
1 tbsp vegan butter  
Cooking spray

#### FOR THE MASH:

1 medium carrot, halved lengthways  
1 medium parsnip, halved lengthways  
1 large clove of garlic, sliced  
1 tsp dried rosemary  
1 tsp vegan butter  
1 tbsp almond milk  
1 tablespoon freshly chopped parsley  
Salt and pepper to taste

#### OPTIONAL:

Crushed nuts or dukkha mix

### DIRECTIONS

Preheat oven to 180°C.

Wash and dry all vegetables. Top and tail the beetroot, parsnip and carrot. Peel if preferred but they are best with the skins left on.

Put a tablespoon of olive oil on an oven tray and place in the oven to heat. Meanwhile cut the parsnip and carrot in halves lengthways. Peel and slice the garlic cloves. Remove oven tray and put the carrot, parsnip and garlic on the tray.

Sprinkle with rosemary and lightly with salt and pepper. Turn the vegetables over a couple of times to coat and place in oven to roast until tender, approximately 20 minutes.



While the mash vegetables are cooking, cut the stacking vegetables into 5mm thin slices with a mandolin. If cutting by hand you may find it easier to cut to 1 cm rounds. If the vegetable slices are very uneven in width, you could use a cookie cutter to match the sizes up.

Spray a muffin tray with oil in preparation for stacking. Melt the butter and oil in a small frypan or pot. Place the sweet potato and potato into a large bowl. Pour the melted butter and oil over. Season lightly and stir.

Now layer the vegetable slices alternately: potato, onion, beetroot, sweet potato, until you reach the desired height. If you would like added flavour and texture you could sprinkle some crushed nuts or dukkha mix every so often in the layering process.

Put the towers into the oven to roast for 45 minutes.

Remove the carrot and parsnip from the oven. Place into a bowl with the potatoes. Mash the vegetables. Add all the other mash ingredients and combine. Taste to see if more seasoning is needed.

15 minutes before the towers are ready, put the carrot mash into the oven to warm.

When ready, spoon the mash onto serving plates. Scoop out your towers from the muffin pan and sit on the mash.

Serves 2

## BRAISED VEGETABLES WITH CHEESY POLENTA

### INGREDIENTS

3 large tomatoes, chopped

1 small or half a medium eggplant, coarsely chopped and soaked in water

1/2 green capsicum, chopped

1 red onion, diced

2 tbsp olive oil

5 fresh basil leaves

Salt and pepper

### CHEESY POLENTA

1/2 cup polenta

2 1/2 cups water

1/2 cup vegan parmesan cheese, finely grated

### DIRECTIONS

Heat a cast iron pot over medium heat. Coat with olive oil and place onion and tomatoes in and cook until soft. Drain eggplant then add with capsicum to mix and cook until tender and juice has reduced to a thick sauce.

For cheesy polenta: bring water to the boil in a saucepan. Gradually stir in polenta. Stir occasionally until all liquid has been absorbed.

Reduce heat and cook for a further 10 minutes, stirring occasionally until polenta thickens and looks ready to serve. Remove from heat, stir in cheese, season to taste.

Stand for 3-5 minutes.

Serve with a couple of spoonfuls of the braised vegetables.

Serves 2



