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## CRISPY SKIN BARRAMUNDI

Serves 4

### What You Need

- 3 pieces of wild caught barramundi fillets (or any wild caught fish with the skin on)
- Fat of choice – butter, ghee, duck fat, coconut oil.
- Salt and pepper

### Preparation

1. Heat a frypan or the BBQ on medium – high heat. To cook all four pieces at once use two pans
2. Add in a generous amount of cooking fat of your choice.
3. If the pan is not hot enough or you don't have enough cooking fat then the skin will stick.
4. Season the skin side of the fish with salt and pepper – just a small amount on each piece is plenty and no need to rub it in.
5. When the fat is hot, place fish in the pan skin side down.
6. Cook on the skin side until the fish is almost cooked through (the flesh will become opaque/white) and the skin is nice and crispy.
7. Flip the fish to the flesh side to finish off just for a minute or two which also gives the other side a nice crispy layer.
8. Serve skin side up on a bed of fresh salad or veggies and add some [fermented veggies](#) on the side too.

**Note:** Any leftover fish is nice in a bone broth with veggies for breakfast or lunch the next day.



## ASIAN-STYLE VEGETABLE AND NOODLE SALAD

Serves 4-5

### What You Need

- 270g organic buckwheat or rice noodles
- 300g broccoli cut into small florets
- 150g green beans, halved
- 1/4 cup sunflower/ pumpkin seeds/sesame seeds (I used a mix) Optional: seeds can be dry roasted on frying pan to create a depth of flavour
- 1 medium onion, sliced
- 1 clove garlic
- 1 tablespoon ginger, grated
- Coconut oil
- ½ tsp sea salt
- 1 teaspoon sesame oil
- Lemon or lime wedges for serving
- Optional: Add thinly seared sliced beef, sliced chicken or pork or prawns



### Dressing:

- 1 tablespoon coconut or rapadura sugar dissolved in 1 tablespoon boiling water
- ¼ cup olive oil
- 35ml apple cider vinegar
- 1 tsp tamari sauce
- 1 tsp sesame oil

### Preparation

1. Cook noodles according to packet, strain and leave to cool.
2. Blanche broccoli and beans in boiling water for 2 minutes then strain and run under cold water to stop the cooking process.
3. In a frypan, sauté the onion in a little coconut oil for a few minutes, add garlic, ginger and salt and continue cooking until onion is soft. Pour mixture into a bowl and stir through the sesame oil.
4. Add more coconut oil to the frying pan and fry, beef, chicken, pork or prawns until cooked.
5. In a jar combine all the dressing ingredients and shake well Taste for seasoning.
6. In a large bowl combine all the components and toss with dressing (use as much or as little dressing as you prefer) and serve with lemon or lime wedges.





## HEALTHY MEXICAN

(Serves 2-4)

Here's a tasty, healthy way to enjoy Mexican without all the cheese, meat and chips that all add up to way too many food intolerances for some people! This is a simple, easy and delicious recipe idea that is perfect for a special family movie night over the weekend or a simple mid-week meal. This is a nice light way to enjoy Mexican flavours! The recipe is already gluten-free and if you serve it with cashew cheese it is dairy-free and vegan as well.

### Mexican Wedges

- 4 large potatoes, washed & cut into thin wedges
- 4 tsp cumin, ground
- 4 tsp coriander, ground
- 4 tsp smoked paprika, ground
- 2 tsp chilli powder
- salt

### Guacamole

- 1 large / 2 small avocados, mashed
- Juice of 1 lemon
- Salt & pepper

### Salsa

- 3 tomatoes, diced
- ½ red onion, finely diced
- 1 bunch coriander, finely chopped
- 1 long red chilli, deseeded & finely diced
- juice of ½ lemon
- salt
- 1 tbs olive oil

### Bean mix

- 1 can pinto/black beans 1 tsp cumin, ground
- juice of ½ lemon
- 2 tbs olive oil
- 4 tbs water salt
- If you want to avoid dairy you can blend 1 cup of raw cashews with 5 tbs – 10 tbs water (depending on desired consistency – add gradually), a good pinch salt, juice of 1 lemon and serve as 'cashew' cheese. Also delicious served with quark (for dairy lovers) and jalapenos



## Preparation

1. Preheat oven to 200°C. Toss potato wedges in spices & salt and spread out on a baking tray. Sprinkle oil all over wedges and bake for approx. 40 mins to 1 hour or until crispy and cooked.
2. For the guacamole mix avocados with lemon juice & seasoning and set aside in a bowl. For salsa mix tomatoes, onion, coriander, chilli with lemon juice, oil, and salt a stir together. Set aside. For the bean mix place beans and other ingredients in a food processor or blender and process until it becomes a puree or paste then set aside.
3. When the potatoes are cooked to your liking then you can top with the guacamole, salsa, beans and serve with some quark and jalapenos or extra chilli sauce depending on how you like it.

**TIPS & TRICKS:** You can also use all sweet potatoes instead of potato or half and half for extra nutrition and colour. You can substitute kidney bean for the black bean or pinto beans.

*This recipe is by Foods-Kool for Alisha Lynch from [Naughty Naturopath Mum](#).*





## HEALTHY FISH FINGERS

Commercial fish fingers are just horrid. Here is the ingredient list for a popular brand of fish fingers:

Hake or hoki fish (53%), water, wheat flour, maize flour, canola oil, wheat starch, maize starch, salt, wheat gluten, yeast, acidity regulators (450, 451).

So, yes, a lot of 'fillers' and only half fish! I am not a fan of the canola oil or the acidity regulators either (or paying for water!!) I know it's easy to whack a few in the oven for the family on nights when you can't be bothered, but this recipe is seriously quick and easy.

### What You Need

- 500g firm white fish fillets
- 1 cup organic tapioca flour
- 4 tablespoons organic sesame seeds
- 1 1/2 tablespoons Herbamare (or to taste)
- Coconut or macadamia oil for frying (or use ghee, tallow, lard if you like)

### Preparation

1. Cut the fish fillets into thick strips.
2. Place the tapioca, sesame seeds and Herbamare onto a plate and combine well with a fork.
3. Roll the fish in the coating, pressing on firmly and then shaking off the excess.
4. Heat your oil or fat (about 1cm deep in your pan) to about medium-high on your hot plate.
5. Add the fish fingers and fry gently on both sides until golden brown and the fish is cooked through.
6. Drain on paper towel and serve immediately.
7. Serve with homemade garlicky mayo with a hint of apple.

**Tip:** These fish fingers are also great to serve on buns for a fish burger or rolled into a wrap with lots of salad.

*Recipe by Sonia Donaldson from [Natural New Age Mum](#).*





## STICKY ORANGE CHICKEN

Serves 4-5

### What You Need

- 10 free range or organic chicken drumsticks
- Coconut Oil, melted, about ¼ cup
- 2 Oranges
- A good drizzle of honey (around 2 tablespoons)
- Sea salt and freshly ground black pepper to season

### Preparation

1. Rinse and pat dry the chicken then place in a baking dish Pour over the coconut oil and massage it in to the chicken Cut one orange in half and squeeze the juice over the chicken
2. Slice the other orange and tuck it in around the chicken pieces, along with the juiced orange
3. Drizzle over the honey and season with salt and pepper Bake at 200C for about an hour, turning once or twice Serve drizzled with the pan juices
4. Serve it with some roasted potatoes and green beans.

Recipe by Kristin Cosgrove from [Mamacino](#).



## ROSEMARY AND GARLIC CHICKEN WITH CAULIFLOWER MASH

Serves 2-3

### Ingredients

- 500g chicken thighs
- Coconut oil or ghee for frying 1 onion, chopped
- 3 cloves of garlic, minced
- 1 lemon, juiced
- ½ cup bone broth
- 2 tablespoons of Dijon mustard
- ½ cup of cream
- pinch each of sea salt and ground black pepper

### Preparation

1. In a frypan over medium heat, add oil
2. Add onion, garlic and rosemary and sauté for 1 minute Add chicken and pan fry both sides 3 minutes each.
3. Add broth, lemon juice, mustard, and cook for about 10 minutes or until cooked through adding cream in the last couple of minutes
4. Remove from heat and serve with a side of cauliflower mash and a green salad, salt and pepper

## CAULIFLOWER MASH

Serves 4

### Ingredients

- 1 head cauliflower, trimmed and cut into florets
- 1 clove of garlic, minced
- pinch each of sea salt and freshly ground black pepper
- 1 tablespoon butter
- Splash of cream or milk
- pinch of ground nutmeg



### Preparation

1. Boil a large saucepan of water and add cauliflower Boil until tender, about 8 minutes
2. Drain the water and return cauliflower to the saucepan
3. Add garlic, salt, pepper and butter and mash with a potato masher OR use a Bamix stick to cream

**Tip:** You can make it half potato and half cauliflower if you think your kids will prefer - That old “something familiar, something new” is always a great way to approach introducing new flavours to a tough crowd!







## TERIYAKI FISH

Serves 4

### Ingredients

- 1/4 cup tamari
- 3 tablespoons chicken stock
- 1 tablespoon fresh ginger, grated 3 cloves garlic, minced
- 4 x 150gm line caught, wild fish fillets
- ½ mango, seed removed, peeled and sliced
- 1 medium red capsicum, sliced finely
- Coconut oil for pan frying

### Preparation

1. In a small bowl, combine the tamari, chicken stock, ginger, and garlic Divide the marinade into 2 medium, shallow bowls
2. Place the fish in one bowl and the mango and capsicum in the other Turn the tuna, mango, and capsicum to coat both sides
3. Cover and refrigerate for 15 minutes
4. Coat a frypan with coconut oil and pop over high heat
5. Place the fish, mango, and capsicum into the pan - discard the marinade from the fish bowl
6. Cook, basting with the marinade from the mango bowl, for about 5 minutes each side, or until the fish is just opaque and the mango and capsicum are heated through and glazed
7. Remove from heat and serve with a crispy salad or serve over steamed greens



## WINNER WINNER CHICKEN DINNER

Serves 6

### What you'll need

- 1 tbs fat of choice (I had beef tallow from the 'tops' of making beef stock, so I used that)
- 8-12 chicken drumsticks or 1 whole 2 kg chook, cut into pieces – save that carcass for stock!
- A big, high edged pan, a crock pot or a slow cooker
- 1 cup water
- 1 cup tomato passata or simply pureed fresh tomatoes if it's summer for you!
- ½ cup homemade high-quality broth / stock
- 2-3 cloves garlic, smashed and rough chopped
- 2 purple onions, rough chopped
- 1 tsp dried herb blend – change this bit up each time for different culinary vibes – Italian, French, Greek, Indian, Moroccan
- 1 tsp each of sweet paprika, turmeric and sea salt
- 4 stalks of spring onion and a bunch of parsley for garnish and freshness at the end



### What to do:

1. Sprinkle salt over the drumsticks.
2. Fry the onions and fat in the pan on high.
3. As soon as there's a bit of sizzle, pop in all the drumsticks.
4. Fry the drumsticks for around 4 minutes, 2 minutes each side.
5. Then sprinkle in the garlic, paprika, turmeric and dried herbs.
6. Then add all the liquids.
7. Then pop in the oven at 170°C / 330°F without a lid for minimum 1.5 hours, maximum 3 hours (3 hours they will be falling off the bone) on.
8. Then pull out and garnish with chopped spring onion and parsley if you have it
9. Serve with rice - soaked brown rice OR white rice.

**NOTE:** If you are super strapped for time – just bung everything in at the same time and slow cook it in a 150°C oven 3 hours, NO LID unless fan forced oven, then do use a lid. It will be delicious.

It's so simple. Takes 5 minutes to pull it all together and get into the oven and then relax – OR do the million and one other things that need doing in the evenings if you're a family person like me.



## SLOW-COOKER BEEF CHEEK CURRY

### Ingredients

- 2 beef cheeks or 700gr of chuck steak or cheap sinewy meat (diced)
- 1 large sweet potato (roughly diced)
- 2 large carrots (cut into rounds)
- 1 brown onion (thinly sliced)
- 400ml coconut cream
- 4 kaffir lime leaves
- 1 tsp of ground cumin
- 1 tsp of ground coriander
- 1 cinnamon stick \*
- 1/4 tsp of ground cloves
- 1/4 tsp of ground cardamom
- 1/4 cup of fish sauce (I use Red Boat brand)
- 1/4 cup of coconut aminos (could substitute with 1/8 cup of tamari plus 1 tbs of coconut sugar)
- juice of 1/2 a lime
- 1 tbs of coconut oil
- a good handful of green beans (trimmed and cut in half)



### Preparation

1. Brown the meat in a couple of batches in the coconut oil in a frypan.
2. Pop meat in your slow cooker and add all the rest of the ingredients except green beans.
3. Pop it on a high heat for 4-5 hours or the lower heat setting for 7-8 hours.
4. 15 minutes before serving, add your trimmed green beans.
5. Serve with cauliflower rice or potatoes. Garnish with some fresh coriander.

\* Don't forget to find your cinnamon stick and remove it so no one gets this crunchy morsel in their meal.

Recipe by Alisha Lynch from [Naughty Naturopath Mum](#).



## POTATO, FETA AND SPINACH FRITTATA

*Serves 4 but I recommend doubling the recipe for a larger group or if you want leftovers*

### Ingredients

- 2 potatoes, peeled, cubed and parboiled
- 7 eggs
- 1 cup of feta, chopped
- 1 cup cheddar or parmesan cheese, grated 2 big handfuls of baby spinach
- 1 handful of basil or flat leaf parsley, finely chopped
- 1/2 cup cream
- 1 red onion, sliced
- salt and pepper to taste

### Preparation

1. Preheat oven to 180°C.
2. Lightly grease a baking dish.
3. Whisk eggs with cream in a large bowl, pop in both cheeses, herbs, baby spinach (rip into smaller pieces), potato, salt and pepper and gently stir.
4. Pour into the baking dish and top with the red onion slices.
5. Pop into oven and bake for approximately 40 minutes.
6. Sprinkle with some extra herbs, cut into wedges or squares and serve with a dollop of hummus and a big garden salad.



## SPICY LAMB WITH BRAISED LENTILS

### Ingredients:

#### Lamb:

- 2 tsp coriander seeds
- 2 tsp cumin seeds
- 1/2 tsp peppercorns, or to taste
- 1/2 herb salt, or to taste
- 2 garlic cloves
- 1 kg lamb chops or cutlets (or 750g lamb fillets) 30g olive oil

#### Lentils:

- 1 red onion, halved
- 30g olive oil
- 1 cup dried Puy lentils (French green) rinsed well 1 bay leaf
- 750g chicken broth
- salt to taste



### Preparation:

#### Lamb:

1. Mill coriander and cumin seeds, peppercorns, and herb salt in Thermomix 20 sec/ speed 9.
2. Add garlic to Thermomix and chop 3 sec/speed 7.
3. Rub spice mixture and seasonings into lamb. Cover and refrigerate. When lentils are almost cooked, remove lamb from fridge.
4. Heat a frying pan on medium heat, then add olive oil.
5. Add lamb and cook until done to your liking. If using fillets, slice thinly to serve.

#### Lentils:

1. Place onion into Thermomix bowl and chop 2 sec/speed 5. Add oil and cook 2 mins/100C/speed 1.
2. Add lentils, bay leaf and chicken broth, and cook at 40-45 mins/100C/rev/speed 1. Lentils should be tender and liquid mostly absorbed. Add salt to taste.
3. Pour into Thermoserver (or serving dish), remove bay leaf, and cover to keep warm.

**To Serve:** Spoon lentils onto plates, top with lamb, and serve with a salad.

**Note:** You can pre-soak the lentils for an hour or two if you want to cut down cooking time. Cooking time will be closer to 30 mins.

Recipe by Jo Whitton from [Quirky Cooking](#).



## ROAST CHOOK

### What you'll need:

- A chook. About 1.2-1.4kg. If yours is bigger, just check the cooking time guide lines below.
- 1 handful of flat leaf parsley
- 10 sage leaves
- Zest of 1 lemon
- 2.5 tablespoons of macadamia oil or soft butter
- 1/2 teaspoon Celtic sea salt or other natural salt
- 1/2 the zested lemon
- 4 garlic cloves
- 1/2 small onion, whatever colour

### What to do:

1. Take your chicken out of the fridge the minute you walk in the door after work, it will need 15-30mins to take the chill off & promote even cooking throughout the bird.
2. Preheat your oven to 200 Celsius. 190 if you have a fan forced oven.
3. Pat your chook dry with a tea towel (remember to pop the tea towel in the clothes basket thereafter!) This allows the skin to get nice and crispy!
4. You could blitz your parsley, sage, lemon zest, salt and macadamia oil in a mini food processor. You could pestle it in a
5. mortar and pestle. Either way, smash thoroughly to make a thick pesto-esque consistency, and then grab it in your hands and give the ol' bird a massage. Then pop the 1/2 lemon, garlic and onion inside the bird and she's ready for the oven.
6. Pop the chook in, Breast side down, for 20 minutes, then breast side up for 40 minutes for a bird around 1.6-1.8kg. Grab the juices with a spoon when you turn her over and baste the new side up.
7. If your chook is a bit bigger than 1.5 kg, add 10 minutes to the cooking time, making it half an hour breast side down, then turn over for a further 40 minutes.

The flavour pops on this and gets right through the meat and juices. The skin is too tempting to leave, and rightly so. Did you know the fats in the skin help you digest the proteins? Nature intends things a certain way and I like to obey nature, especially when it's so delicious! Spoon a little of the pan juices over your dinner for fragrant, herbaceous deliciousness.

### What to serve with the chook?

How about honey roasted carrot purée and some zucchini, spinach and corn! Those you can rustle up after you've popped the bird in the oven, then had a shower, helped the kids with homework and polished off a cheeky glass of red!







## HERB AND MACADAMIA CRUSTED SNAPPER

### Ingredients

- 4 x 150g firm white fish fillets (like snapper)
- 1 cup macadamia nuts
- 1/4 cup parsley
- 1/4 cup basil
- 1/4 cup coriander
- 1 garlic clove, halved
- 2 teaspoons fresh lemon juice 2 tablespoons coconut oil
- 300gm broccoli, cut into florets
- 300 gm cauliflower, cut into florets
- 3 tablespoons milk
- salt and pepper

### Preparation

1. Preheat oven to 180°C.
2. Line 2 baking trays with non-stick baking paper.
3. Place the nuts, parsley, basil, coriander, lemon juice, coconut oil, garlic, salt and pepper in a food processor and process until finely chopped.
4. Place the fish onto baking tray and press the herb crust on top of each fish evenly Bake for approx 20 minutes or until the fish is cooked.
5. Meanwhile, bring a large saucepan of salted water to boil.
6. Add broccoli and cauliflower and cook until tender, around 10 minutes Drain well, reserving ¼ cup of the liquid (full of alkaline goodness).
7. Pop drained vegetables into a food processor, add butter, milk and seasoning and process, adding 1 tablespoon of reserved liquid at a time until you reach your desired consistency.
8. Serve fish on top of mash and with a fresh garden salad.



## VEGETABLE AND LENTIL SOUP

### Ingredients

- 2 T coconut oil
- 1 onion diced
- 2 cloves of garlic, chopped finely
- 2 celery stalks, chopped
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric or 1 tbs of freshly grated turmeric
- 2 carrots, chopped into chunky pieces
- 2 zucchinis, chopped into chunky pieces
- 4 potatoes, peeled and chopped
- A chunk of pumpkin, chopped
- 1/2 sweet potato, chopped
- 4 tomatoes, deseeded and chopped or one tin of crushed tomatoes
- 1 cup of well rinsed, split red lentils
- 2 cups of vegetable or homemade chicken stock
- 2 bay leaves
- Hot water from the kettle
- Parsley to garnish
- Parmesan to garnish



### Preparation

1. To a large pot, add the coconut oil and bring to medium heat Add onions and cook stirring for a good five minutes
2. Add the garlic, celery and spices and cook stirring for another 5 minutes
3. Add the rest of the vegetables and cook, stirring for five minutes, then add the tomatoes, lentils, stock and bay leaf
4. Use hot water from the kettle to top up the liquid ensuring all vegetables are well covered
5. Simmer for around an hour, until the vegetables are soft
6. If you have fussy, non-chunky-soup-eaters in the family, you can blend this soup to a puree if you wish
7. Serve with hot buttered sourdough toast, lots of sea salt and freshly ground pepper, shavings of parmesan, a sprinkle of parsley and a dollop of pesto if you desire. A glass of lovely red wine might help bring it to another level as they say on Masterchef too!

Recipe by Kristin Cosgrove from [Mamacino](#).





## BROWN RICE RISOTTO WITH MACADAMIA CHEESE

### What you'll need

- 1/2 a brown onion
- 2 cloves of garlic
- 30g ghee or extra virgin olive oil
- 200g sliced mushrooms (a mixture is nice)
- 350g brown rice
- 2 tbs vegetable stock paste
- 1100g water (For non TM users, use 1 litre stock instead of vegetable stock paste / water combo)



### What to do

#### Thermomix:

1. Chop onion and garlic in Thermomix for 3-5 seconds on speed 5 Add ghee or oil and cook at 100 degrees for 3 minutes, speed 1.
2. Add the remaining ingredients and cook at 100 degrees for 50 minutes, reverse, speed 1 1/2 and a dash of truffle oil if you have some!
3. Pour the risotto into your Thermoserver, stir through a couple of handfuls of baby spinach, and place the lid on to finish it off to a perfect consistency. Then rinse the bowl to make the macadamia 'cheese'. If you're in a hurry and can't be bothered nicely slicing the mushrooms, just chuck them in after you sauté the onion and give them a quick chop on speed 3-4, just for a few seconds.

#### Non Thermomix:

1. Chop your onions and sauté in the ghee / oil in pan for 3 mins on medium. Then toss in the rice and coat to glisten.
2. Add garlic and half the onions. Then add little by little stock and let the rice absorb the liquid before adding more. Do until nearly all stock is used and on final addition, add rest of mushrooms.
3. Once all water is absorbed, and rice tastes al dente, you can serve with regular grated cheese or for dairy free peeps, try Jo's Macadamia cheese.





## MACADAMIA CHEESE

### What you need

- 1 cup of raw macadamias
- 1 tbs lemon juice
- 2 tbs savoury yeast flakes
- 1 tsp onion powder
- 1/2 tsp sea salt

### What to do

1. Mix all ingredients in Thermomix on speed 6 for a few seconds, just until a crumbly consistency is reached. Don't over process, or you'll have cream cheese!
2. To serve the risotto, stir through a couple of handfuls of the macadamia cheese, then sprinkle some on top of each individual serving. You can also stir through some small pieces of baked pumpkin or serve alongside.

Non Thermomix: Blend all ingredients lightly for a few seconds to combine. Use a stick blender, mini processor or full-sized food processor to mix the ingredients.

Recipe by Jo Whitton from [Quirky Cooking](#).



## SET-AND-FORGET LAMB SHOULDER

*Feeds 6 – to be prepared morning or during the day of your dinner*

### What you need:

- 1 x large lamb shoulder or 2 small ones.
- 20g butter, ghee or coconut oil
- 2 celery sticks, broken in half
- 2 carrots (organic, skin on, chopped into a couple of big chunks each)
- 1 purple onion (I dig the sweetness in a slow roast situation. Use brown if it's what you have, still gorgeous.)
- 4–6 cloves garlic
- 2 bay leaves, 2 stems of rosemary, 1/4 bunch parsley, 4 sprigs thyme, tied roughly together with the thyme sprigs into an easy-to-remove-later bundle
- 1 tablespoon good quality salt (Celtic sea salt or pink Himalayan are fab)

### What to do:

1. At lunch time around midday, or early morning is fine too if you want to do it before work. Preheat oven to 140C for midday cooking, or 120C for early morning all-day.
2. Get a cast iron pot big enough to house your lamb shoulder, or a large, deep frying pan. Do not use a non-stick pan – besides Teflon being a very dubious, toxic surface to cook with, you actually want the meat to stick + get a bit of caramelization to deglaze with for flavour factor!
3. Rub the salt into your lamb shoulder, on both sides. Place pan on medium-high heat and melt butter.
4. Just as butter sizzles, place lamb shoulder into pan and brown just a couple of minutes both sides. While meat is browning, assemble your roughly chopped stock veg, herbs & garlic cloves (un-peeled is fine, and just cut in half) and have 2 cups water ready to pour into the pan
5. Once 2nd side of lamb has browned, leaving the lamb in there, pop the water in to deglaze.
6. Add carrots, celery, onion, garlic and herbs to the water around the shoulder. Cover with lid or foil and pop into your low heat oven for 7-12 hours. Fork the lamb onto plates (trust me, it's that tender!) and top with a couple of spoonfuls of the cooking juices. DONE! Such fantastic peace of mind knowing your dinner will just magically appear out of the oven.

**Serving tip:** You can pour off the liquid and use to 'dress' servings when plating up. I LOVE dousing the platter in pomegranate seeds, lemon juice, goat's feta and fresh mint. So, so tasty!

**Leftovers tip:** With your leftover meat, you can use to put into sandwiches, toasties, wraps, this salad recipe, or to make a fabulous soup with all the leftover juices as your stock base. yum!

**No waste tip:** Make a stock with the shoulder bone to then use for a veggie soup. Read my stock post [here](#).

*This is the before and after of your tiny 10 minutes work >>>*





## ZESTY BUCKWHEAT PASTA

*What you'll need to serve 4 - make 1.5 times the amount for leftover lunchbox loot the next day!*

### Ingredients

- 350g buckwheat pasta – spaghetti or penne. Both work (If you want to use your favourite regular pasta, go for it!)
- 1 small bunch Cavalo Nero / Black Tuscan cabbage, chopped and measure a cup full, tightly packed in to the cup.
- 2 cloves garlic
- 3 spring onion stalks, green bits and all
- 1 big handful fresh parsley
- 1/2 teaspoon lemon zest
- 2 tablespoons goat's cheese (use cream cheese for kids who might not like the tang but go for it I say - why not find out!)
- 1 small head broccoli, cut into florets, then halved again
- 75g quality butter
- 4 thick slices of the best ham off the bone you can afford. Preferably chemical nitrate free. Always from piggies who had happy lives!
- Salt and Pepper to taste
- parmeggiano reggiano or pecorino – as much as you like, to top - OR Jo Whitten's Macadamia cheese

### What to do

1. Get water on to boil. One teaspoon Celtic Sea salt.
2. Cut your broccoli florets, and halve them, so that the stalks aren't too thick. The minute the water boils, dunk the broccoli into the boiling water for a minute, and then take out and set aside.
3. Now, Pasta into the water.
4. In your Mini food processor (or mortar and pestle if you're taking the cave man route!) blend cavalo nero, parsley, garlic, spring onion until a rough, fine chop is created, like so:
5. Then, zest your lemon, pop it in.
6. Cut your ham slices to a fine dice to have them ready. Shave some parmeggiano, ready for topping as you serve.
7. Pasta should be done. Al Dente (chewy texture) is imperative. When cooking with Gluten free pastas, there is a fine line between al dente & falling apart.
8. Strain it off.
9. Pop butter into the pot now until it melts. Then pop ham, cavolo nero blend into the pot and stir through with the butter for 30 seconds tops – Smells Amazing, no?
10. Add pasta, cooked broccoli, goats cheese and stir through. Check for seasoning and add S&P as you wish!



## STICKY SWEET TAMARI MEATBALLS

*Makes enough for 2 adults, 2 kids + 1/2 mince mix left to freeze for 2 adult sized pork burgers in a few days' time. OR roll all for 2 adults, 4 kids.*

Mince is such a brilliant way to get mileage out of your pasture raised, ethical meat budget and absolutely brilliant for batch cooking. See note at the bottom on batching and freezing these and enjoy! It's very uncool for a cook \*(at least in the French culture I was brought up in) to praise their own food, but wow, these really are delicious. Ok there, I said it.

### What you'll need

- 1kg pasture raised pork mince
- 2 cloves garlic (if you're a fodmap diet person, ditch the onion and garlic and use the green tips of 4 spring onions instead for your 'bulb' flavouring)
- 1 small purple onion
- 1 big handful parsley
- 1 big handful coriander
- 1 egg
- 1 heaped teaspoon coconut flour
- ½ teaspoon sea salt
- Optional spice – 1 tsp turmeric + 1/2 teaspoon ground ginger
- Poaching liquid / sauce:
  - 3 tablespoons tamari (wheat free soy)
  - 3.5 tablespoons maple syrup or honey (or rice syrup if fructose intolerant)
  - 1.5 cup homemade if possible beef stock (you could use chicken stock, but the result is a much lighter flavour. Learn about the awesome benefits of making your own stock [here](#))

### What to do

1. In a pan, get your poaching liquid ingredients on and heating on low-medium stove.
2. Then, take your fresh herbs, garlic, onion and sea salt and blitz them to a very fine chop / pesto in whatever type of blitzing contraption you own. You could of course fine chop also, as I've done here.
3. Mix this mix with the egg, coconut flour and pork mince mix really well. If you have a small person, chances are they will love taking on this step.
4. Roll just over half the mixture (600-700g) into golf ball sized meat balls (unless you're a big family doing the lot), or if you're really strapped for time, smaller as they will cook faster.
5. Drop all your meatballs into the slow simmering liquid and cook for 10-15 minutes, turning a couple of times until the liquid has reduced to a thicker, sticky consistency. If it gets too thick and caramelly, just add



- 1/4 cup water and bring back to simmer to incorporate before taking off the heat.
6. Serve the meatballs with a mix of fridge veg, stir fried in a little coconut or macadamia oil with a drizzle of tamari and a squeeze of lime. So yummy and simple. If you're doing carrots in the mix, remember to chop them finely and give them a minute's head start, so they cook at the same speed as the other veggies. You could also serve with my cool as a cucumber mango salad for a summer vibe. So good!
  7. If you didn't roll and cook it all, put the remaining 300g or so mince mix in the fridge to do a couple of quick pork burgers later in the week when it's just 2 people eating. Or, pre-cook and take to work for lunch...

Voila. So easy and delicious. A great one for involving the kids if you have little ones. Can't wait to hear how you enjoyed them.





## THE MEXICAN STACK

### What you'll need

- 1 tbs coconut / macadamia oil
- 1 large purple onion, finely chopped (leave out for FODMAPPERS and replace with a few green stalks from spring onions)
- 1kg grass fed beef mince
- 1 can diced tomatoes (Eden or Global organics... both BPA free)
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 tsp sweet paprika
- 1 handful coriander leaves
- 1/2 cup high quality grass fed beef stock celtic sea salt, to taste
- Accompaniments – use what you have. All of them, 6, 4... (as long as you have 4 or more of anything below in the cupboard / fridge, you can make a 'stack')
  - Gruyere cheese, grated (if use gruyère if I'm using cheese, because it's a raw milk cheese and unprocessed. a good quality mild cheddar is fine if you can't get it or if you're non-dairy, go for some nutritional yeast flakes. They've a fab cheesy taste and are great to sprinkle on top and add B vitamins)
  - Avocado - smashed or cubed. ripe grape / cherry tomatoes fresh coriander
  - Soaked and cooked red kidney beans which you can read about here / refried bean purée (Amy's Organic, an American brand is BPA and additive free)
  - Fresh lime
  - Raw corn, chopped off the cob thinly sliced purple onion
  - Baby cos lettuce, fine chopped
  - Organic corn chips – make sure they're made with NON hydrogenated oil to avoid trans fats. I scrunch up a few and sprinkle onto each plate for crunch, literally 6-8 chips per person, yet still giving hubby and son the feeling of the treat. hehe. \*they'll never know\*
  - Smoked chipotle tabasco – it's awesome. Grown-ups only most probably as it's spicy - try with your teens. Mild, large red chilli



### What to do

1. To make the mince, brown the onion and mince together in the oil with the spices. Add tomato tin, salt and stock and simmer down on low heat, with the lid off until it's a luscious, thick and rich mince, adding the coriander at the end and stirring through once or twice. This takes usually about an hour. It's great to do this the day before, while you've got something else on the go, as it's so easy. Then you can serve it the next day and make a 'cook free dinner'. Let's face it – these things always taste better the next day with all that time for the flavours to infuse.





2. Then, to serve basically all you have to do, is build the stack of your choice. Grate the cheese, cut up the avocado, dice the tomato whatever you're adding from the list. The lime really makes the flavours pop, so I'd suggest leaving that in for sure, to squeeze over the dish as you serve it.

**CHICKEN VARIATION:** Cut slivers of breast and tenderloin. Blend the onion, spices, coriander and tomato to make a sauce and fry off for 20 minutes in 2 tablespoons macadamia or coconut oil. Add 1/2 cup chicken or veggie stock also. Then, fry the chicken pieces in it for 10 minutes. Done. Delicious.

**THERMOMIXERS** can blend the sauce in the TM but I urge you to allow for caramelization that comes from doing this in a frying pan. Very, very yummy!





## SLOW COOKED LAMB SHANK & BARLEY SOUP WITH GREMOLATA

### Ingredients

- 2 tbs olive oil
- 4 small lamb shanks
- 100 g pancetta
- 2 carrots, peeled, finely chopped
- 2 celery sticks, finely chopped
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp chopped fresh rosemary
- 1L (4 cups) chicken stock
- 400g passata
- 70g (1/3 cup) pearl barley, rinsed
- 2 dried bay leaves



### Gremolata:

- ¼ cup chopped fresh continental parsley
- 1 tsp finely grated lemon rind
- 1 garlic clove, crushed

### Instructions

1. Heat half the oil in a stock pot over medium-high heat. Add the lamb and cook, turning, for 4-5 minutes or until browned. Transfer to a plate.
2. Heat the remaining oil in the pot. Add the pancetta, carrot, celery and onion. Stir for 8 minutes or until soft. Add the garlic and rosemary and stir for 1 minute. Add the lamb.
3. Add the stock, tomato, barley and bay leaves to the stockpot. Cover and bring to the boil. Reduce heat to low and simmer for 2 hours or until lamb is tender and falls apart when tested. Transfer the lamb to a plate. Discard bones and coarsely shred meat. Skim and discard any excess fat from soup. Add the shredded lamb and season.
4. To make the gremolata, combine the parsley, lemon rind and garlic in a small bowl.
5. Divide the soup among serving bowls and sprinkle with gremolata.

### Notes

The pearl barley in this soup is a great source of dietary fibre. The low GI content of barley means it releases its carb energy slowly which may leave you feeling fuller for longer.



## BONE BROTH BOLOGNESE

### Ingredients

- 500 gr of beef mince (you could use any preferred mince here or a mix but I find organic beef mince easy, tasty and affordable for this recipe)
- 2 tins of organic diced tomatoes (I like Spiral brand)
- 2 cups of bone broth (recipe here)
- Some good quality cooking fat that is heat stable for frying (tallow, lard, ghee, coconut oil)
- 2 carrots
- 1 medium sweet potato
- 1 large zucchini
- 1 large brown onion (finely diced)
- 3 stalks of celery (finely chopped)
- 2 tbs each of oregano, thyme and cinnamon
- 2 tbs of stock concentrate (I use a stock concentrate recipe from the thermomix EDC, use 1 tbs of good quality salt as substitute)
- 4 tbs of tomato paste
- 2 bay leaves
- 3-4 garlic cloves (crushed and goes in at the very end!)

### Method

1. Prepare your veggies (except onion and celery) into a mince-like substance by using your thermomix, blender or food processor. Add your roughly chopped carrot, sweet potato and zucchini and blend or pulse until you have it all chopped up finely but not so much that it's mush! Set aside.
2. If you are using your homemade broth, you would have a layer of fat that has cooled on top of your broth jar. Use this fat disc to fry your first ingredients. You be the judge of how much you would like (more fat = more flavour), and I used about half of the fat disc from my jar. Otherwise, pop your tallow, lard, ghee, butter, coconut oil etc (2-3 tablespoons) in your big pot on high heat.
3. Add onion and saute until transparent and then add your mince. When mince is about half browned, add your cinnamon, thyme and oregano.
4. Stir this all in and then add your 'minced veggies', tinned tomatoes, tomato paste, stock concentrate or salt, finely chopped celery, bone broth and bay leaves. After this is all stirred through, turn heat to a simmer.
5. Leave to cook for 3-4 hours (minimum) on low heat so you still have that simmer going. Leave uncovered for a thicker sauce or leave lid on for a 'soupier' sauce. The reason I like to cook this recipe for a while is to thoroughly cook the sweet potato as this is the 'sweet' part of your dish. As there is no sugar in this recipe, I find the sweet potato a very important element.
6. Just before serving, add your crushed garlic. I add my garlic at the end of cooking my dishes and just leave the heat of the dish to slightly cook it and disperse the flavour. This will allow the anti viral, anti bacterial and general immune-boosting goodness of the allicin intact. Allicin is the medicinal component of your garlic that is released when crushed (in the juicy bits).

**Serving suggestions:** Serve with zoodles and sprinkle with cheese, make into a nachos, use in lasagna with layers of cooked veggies.

Recipe from [Naughty Naturopath Mum](#).

