

RECIPE COLLECTION #1



embody

NUTRITION CONSULTING

Disclaimer:

Please know that I am not (and definitely don't claim to be) a foodie! Don't get me wrong, I love food and I love to eat, but I am in no way a recipe developer, nor do I have much interest in making up my own recipes when others - with far more culinary skills than me - are doing this so well.

This is simply a collection of recipes that I cook for my family, or that I recommend to my clients, and I will always do my best to site the original source of the recipe. Most of the photos are also not mine and I will give credit where ever possible. I'm sure you will be able to pick the ones that I have taken myself on my iPhone!

Take particular notice of the notes for each recipe to see how I adapt these to make them my own (it is rare that I have all the ingredients for a recipe in my cupboard at any one time, so I often just make do with what I have).

I hope you enjoy them!

Nicola.

Mexican Beef and Beans

Serves 4

Ingredients List

- 1x onion, brown, finely chopped
- 1 carrot, peeled and diced
- 2x cloves of garlic, crushed
- 500g lean beef mince
- 2 tsp ground paprika
- 1 tsp ground cumin
- 1x tin of tomatoes
- 400g tin kidney beans, rinsed and drained
- ½ cup salt reduced beef stock
- 1 zucchini, trimmed, diced
- 150g green beans, trimmed, sliced



Method

1. Heat a non-stick pan over medium heat. Cook onion and carrot until soft. Add the garlic, paprika and cumin stirring for 30 seconds or until fragrant.
2. Add mince and cook until browned.
3. Add tomatoes, kidney beans and stock. Bring to the boil then simmer on low heat for 10 mins. Add zucchini and beans and simmer for another 5 minutes or until the vegetables are tender.

Serve with Basmati rice and a dollop of Greek yoghurt.

Original recipe and picture from the Australian Healthy Food Guide

The best slow cooked beef...

This slow cooker recipe is so easy and versatile, you just have to try it. I cook it for my family at least once per week to have for dinners and save the leftovers for lunch. You can have it in wraps, with veges or salad, with rice, on top of pasta... the options are endless.

Serves 4

Ingredients List

- 1 can of diced tomatoes
- 2 tbsp tomato paste
- 1 clove of garlic, crushed
- 2 tsp ground paprika
- 1 tbsp Worcestershire sauce
- 500g chuck steak



Method

1. Empty tomatoes into the slow cooker, fill the tin with water and add to the slow cooker as well.
2. Add tomato paste, garlic, paprika and Worcestershire sauce to tomatoes and stir until combined.
3. Add steak to the sauce and cook on low for 8 hours or on high for 4 hours.
4. Shred meat with 2 forks and mix well through the sauce.

One of my favourite ways to eat this is with a simple Mexican style salad of lettuce, coriander, tomato, avocado and cucumber. Top with meat, grated cheese and a handful of crushed corn chips... YUM!

Original recipe and picture from the Australian Healthy Food Guide

Super Simple Peanut Butter Chicken

Serves 4

Ingredients List

- 1 onion, brown
- 500g Chicken Breast, cut into chunks
- 2 large carrots, sliced
- 2 cups broccoli
- 2 cups cauliflower
- 3 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp lemon juice



Method

1. Heat a non-stick pan over medium heat. Cook onion until fragrant.
2. Add chicken and cook until browned.
3. Meanwhile, steam or microwave the carrot, broccoli and cauliflower until tender (you could also stir fry these in the pan if desired).
4. Add the vegetables to the pan with the peanut butter, soy sauce and lemon juice and stir well. Add $\frac{1}{2}$ cup water or enough to achieve desired consistency.

Serve with brown or basmati rice.

Original recipe and picture from the Australian Healthy Food Guide

Sticky Chicken Salad

Serves 4

Ingredients List

500g chicken thigh fillets
1 tsp Chinese five spice
1 tbsp olive oil
1 tbsp sweet chili sauce
1/2 Chinese cabbage
1 carrot
100g snow peas
50g Chang's Original Fried Noodles
2 tbsp Chang's Original Fried Noodle Salad Dressing



Method

1. Heat a griddle pan over medium heat. Sprinkle chicken with Chinese five spice, salt and pepper and rub all over. Add olive oil to pan and cook for 5 minutes each side, or until cooked through and golden. Add sweet chili sauce to the pan for the last 30 seconds of cooking.
2. Meanwhile, chop the Chinese cabbage, grate the carrot and slice the snow peas. Combine in a salad bowl with the noodles and dressing.

Serve the salad between bowls and top with sliced chicken.

This recipe is a miss mash between Jamie Oliver's Sticky Kicking Chicken (from 15 minute meals) and the recipe on the back of the Chang's noodle packet.

Nachos Salad

Serves 4

Ingredients List

- 160g plain corn chips
- 80g grated cheese
- 500g rump steak, cut into strips
- 1 medium capsicum, cut into strips
- 1 small brown onion, sliced
- 10 mushrooms, sliced
- 20g taco seasoning
- 2 cups lettuce
- 12 cherry tomatoes, cut in half
- 1 small cucumber, sliced
- 1/2 medium avocado, cut into cubes
- 1/4 cup chopped coriander



Method

1. Saute onion, capsicum and mushrooms in a non-stick pan for 5 minutes or until soft, Add steak and cook for about 3-4 minutes. Add taco seasoning while steak is cooking (it will turn into a sauce after a few minutes).
2. Meanwhile, mix lettuce, avocado, tomato, cucumber and coriander in a bowl.
3. Spread the corn chips and cheese evenly between 4 bowls and melt in the microwave or under the grill.
4. Top corn chips with salad and 1/4 of the steak mixture.

Sprinkle with coriander or top with a dollop of light sour cream.

This recipe is one of the very few I have made up and the photo is my own!

Corn and Zucchini Fritter

Perfect for breakfast, lunch or dinner

Serves 4

Ingredients List

1/2 cup milk
2 eggs
1 cup self-raising flour
2 cups corn kernels
300g zucchini, coarsely grated,
squeezed of excess moisture
1/2 cup grated cheese
2 tbsp chopped chives
2 tbsp chopped parsley
1 tsp lemon zest
cooking oil spray
4 tsp tomato relish
4 tbsp sour cream
8 cups salad, to serve



Method

1. Whisk together milk and eggs in a large bowl. Gradually whisk in flour until smooth and well combined. Stir through corn, zucchini, cheese, herbs and zest.
2. Spray a large frying pan with oil and place over medium-high heat. Spoon 1/4 cup full of mixture into pan, 3 fritters at a time. Cook for 3 minutes each side, or until golden and cooked through. Spray pan with a little more oil. Continue with batter to make 12 fritters in total.

Serve fritters with tomato relish, sour cream and salad.

Original recipe and picture from the Australian Healthy Food Guide

Meatloaf Muffins

Makes 6-9 muffins (depending on how big you like them)

Ingredients List

1x onion, brown, finely chopped
500g lean beef mince
2 eggs
1 cup bread crumbs
2 tablespoons tomato sauce
1 tablespoon Worcestershire sauce
Salt and Pepper
Optional: Barbecue sauce



Method

1. Heat oven to 180 degrees Celsius. Grease a 12 hole muffin tin.
2. Add all ingredients to a bowl and combine with clean hands until well mixed.
3. Roll mixture in balls and place into muffin tin. If using, top with a small dollop of Barbecue sauce and spread over the top.
4. Cook in the oven for 25 minutes or until cooked through. Allow 5 minutes to cool before serving.

Serve with rice or mash potato and a salad or cooked vegetables.

Roast Tikka Chicken

The recipe is written below exactly the way it appears in the book, so with only 5 ingredients (plus the staples), but when I make this, I just add any vegetables that I have on hand, which is normally at least 5-6 different types.

Serves 4

Ingredients List

800g potatoes
1 small head of cauliflower (600g)
1 bunch of fresh coriander (30g)
1x 1.2kg whole chicken
2 tbsp tikka curry paste
1 tbsp olive oil
1 tbsp red wine vinegar
Salt & pepper



Method

1. Pre heat the oven to 180 degrees Celsius. Wash the potatoes and cut into 3cm chunks. Trim the cauli stalk, remove any of the tough outer leaves, then chop the cauli and the nice leaves the same size as the potatoes. Finely slice the coriander stalks (reserve the leaves in a bowl of cold water).
2. In a 30cm x 40cm roasting tray, toss the veg and coriander stalks with a pinch of salt and pepper and 1 tbsp each of olive oil and red wine vinegar.
3. Sit the chicken in the tray and rub all over with the tikka paste. Place the chicken directly on the bars of the oven, crunch everything in the tray and place directly underneath the chicken to catch all the juices.
4. Roast for one hour (or until everything is golden and cooked) turning the veg halfway.
5. Sit the chicken on top of the veg to rest for 5 minutes, then sprinkle over the coriander leaves and serve, tossing the veg in all the juices before dishing up.

Easy Lamb Curry

This is a really easy dinner to prepare ahead of time and it freezes well too.

Serves 4

Ingredients List

1x onion, brown, finely chopped
1 red capsicum, sliced
1x clove of garlic, crushed
1 thumb of ginger, grated
500g lean lamb fillet, cut into small chunks
2 tbsp curry paste (can use as mild or hot as you like)
1x tin of tomatoes
1 small sweet potato, peeled and cut into small cubes
1 bunch broccolini
Coriander (optional)



Method

1. Heat a non-stick pan over medium heat. Cook onion and capsicum until soft. Add the garlic, ginger and curry paste and cook for 30 seconds or until fragrant.
 2. Add lamb and cook until browned.
 3. Add tomatoes, plus another can full of water and sweet potato and bring to the boil. Simmer on low heat for 20 minutes or until potato is almost cooked. Add broccolini and simmer for another 5 minutes or until the vegetables are tender.
 4. Garnish with coriander leaves if using.
- Serve with Basmati rice and a dollop of Greek yoghurt.

Chicken Enchiladas

Serves 4

Ingredients List

- 1 tsp olive oil
- 1x onion, brown, finely chopped
- 1 red capsicum, diced
- 2x clove of garlic, crushed
- 200g mushrooms, chopped
- 500g chicken thigh fillets, diced
- 2 tbsp taco seasoning
- 1 can tinned tomatoes
- 4 large tortillas (or 8 small if you feel like 2 enchiladas)
- 160g grated tasty cheese
- Sour cream (optional)
- 4 cups mixed salad (to serve)



Method

1. Preheat the oven to 180 degree Celsius.
2. Heat a non-stick pan over medium heat. Add oil, cook onion, garlic, capsicum and mushrooms until soft.
3. Add chicken and cook until brown. Add taco seasoning and coat chicken, then add tomatoes. Simmer for 15-20 minutes until mixture has thickened.
4. Lay out wraps, top with filling, roll and place into an oven proof dish (you may need to stick a toothpick into each one to stop them from unravelling).
5. Spread over some of the remaining sauce and sour cream (if using) and top with the grated cheese. Cook in the oven for 20 minutes or until golden on top.
6. Serve with mixed salad.

I am not sure where the original recipe for this came from but I just know that it is delicious and I am forever grateful that I came across it!

Berry-Misu

A yummy dessert to finish!

Serves 4

Ingredients List

150g fresh low fat ricotta
125g extra-light cream cheese
2 tbsp icing sugar, sifted
150g plain sponge cake, cut
into 2 cm pieces
1/2 cup strong espresso
coffee, cooled
250g assorted berries
30g white chocolate



Method

1. Place ricotta, cream cheese and icing sugar in a food processor with 2 tbsp of cold water; blend until mixture is smooth.
2. Press half of the plain sponge cake gently into the base of 4x 1-cup-capacity serving glasses. Drizzle cake with half of the cool coffee, then top with half of the cream cheese mixture and half of the berries. Repeat layer with remaining cake, coffee, cream-cheese mixture and berries.
3. Use a sharp knife to scrape shavings for white chocolate. Scatter shaving onto the berries. Cover glasses and put in the fridge for 3 hours (if time permits) to let flavours infuse, and serve.