



RECIPE COLLECTION #2

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).

Putting this second recipe book together has also made me realise that I cook A LOT with chicken! I do cook with other meat (I promise!) but you are always welcome to exchange the chicken for another source of protein. The same goes for any of the carbohydrate sources, and veg for that matter! Just use what you have available in the house.

I've include a list on the next page of common protein and carbohydrate containing foods, as well as veg, for your reference. Feel free to chop and change any ingredients within the same column.

I hope you enjoy the recipes!

Nicola.

Protein

BEEF:

lean mince, steak,
stir fry, casserole

LAMB:

chops, roast, steak

FISH:

fillet, canned tuna,
smoked salmon

EGGS

CHICKEN:

breast, thighs, roast

PORK:

roast, chops, steak

LEGUMES:

lentils, tofu

GOAT

KANGAROO

RABBIT

Carbohydrates

LEGUMES:

kidney beans, chick
peas, baked beans

STARCHY VEG

potato, sweet
potato, corn

PASTA

RICE

NOODLES

BREAD:

multigrain or rye
bread, wraps, rolls,
pita bread

GRAINS:

quinoa, buckwheat,
bulghar, couscous,
barley, polenta

Veg

GREEN VEGETABLES:

broccoli, spinach,
green beans, bok
choy, peas, lettuce,
snow peas,
asparagus, kale,
broccolini, brussels
sprouts

ORANGE

VEGETABLES:

carrots, pumpkin

RED/PURPLE

VEGETABLES:

tomato, capsicum,
beetroot, red
cabbage

OTHER VEGETABLES:

zucchini, celery,
onion, cabbage,
eggplant,
cauliflower,
mushroom,
cucumber, bean
sprouts, avocado



Black Bean Chicken

This recipe is amazing and much easier than it looks! The picture to the right is from the original recipe (Jamie's Quick and Easy Food) however I have made a few adjustments to mine, including more veg - of course!

Serves 4

Ingredients List

- 1 onion, brown, finely chopped
- 4 cups of any vegetables (I use capsicum, broccoli, cauliflower, green beans, zucchini)
- 500g chicken breast or thighs
- 2 tbsp peanuts or crushed nuts (I have also used almonds in this)
- 2 tbsp black bean sauce
- 1 tbsp olive oil plus extra for cooking and to drizzle over at the end
- 1 tbsp red wine vinegar
- Basmati rice to serve



Method

1. Place chicken in a bowl with 1 tbsp each of olive oil, red wine vinegar and black bean sauce. Mix around and leave to rest while you start the meal.
2. Heat a pan over medium heat and add the nuts. Let them cook for a few minutes until they are fragrant then put aside. Further crush (with a knife or pestle and mortar) half the nuts and leave the remaining ones whole. Add a small amount of oil to the pan and cook vegetables until they are almost done.
3. Remove veges from the pan then add the chicken (whole thighs or breast) and dressing. Cook on each side for 5 minutes or until cooked through, then set aside to rest.
4. This part is quick! Add the veges back into the pan with half the nuts (the ones you crushed more), 1 tbsp black bean sauce and 1/3 cup water. Mix around (this will also clean the pan and get the flavour off the bottom), then turn the heat off.
5. Slice the chicken then serve in a bowl with the rice and veges. Top with the leftover nuts and drizzle with olive oil.

Original recipe and picture from Jamie's Quick and Easy Food

Dark Chocolate Swirl Banana Bread

This banana bread is perfect to freeze in individual portions for a quick and delicious snack!

Makes 1 loaf

Ingredients List

3 ripe bananas
2 eggs
1/2 cup (140g) Greek yoghurt
1/3 cup maple syrup
1 teaspoon vanilla
1 cup (125g) plain wholemeal flour
1 1/2 teaspoons baking powder
1/4 cup dark chocolate chunks



Method

1. Preheat oven to 170 degrees Celsius.
2. Mash bananas in a large bowl. Add eggs and combine thoroughly.
3. Then mix in the remaining wet ingredients (yoghurt, maple syrup and vanilla).
4. Next, add the flour and baking powder and mix until fully incorporated (be careful not to over mix).
5. In a medium, microwave-safe bowl, heat the chocolate chunks in 30 second intervals, stirring in between, until melted and smooth.
6. Add one scoop of the banana bread batter to the chocolate, and fold through until mixed well.
7. Poor the banana bread batter and the chocolate mixture alternatively, into a greased 23cmx13cm loaf tin (the layers do not need to be even). Using a knife or a scoop, gently swirl the batters together to create a ripple effect (do not mix together completely).
8. Bake for 40-45 minutes or until a skewer comes out clean from the center of the bread. Allow to cool before serving.

Original recipe from Tasty.com

Traybaked Chicken

This recipe is from one of my favourite cook books, Save with Jamie. The book is all about reducing food waste and is perfect when you're looking to save money on food as well. This recipe is an 'all in one dish', throw together meal, which I am all about!

Serves 4

Ingredients List

4 large ripe tomatoes
2 red onion
1 red capsicum
1 yellow capsicum
6 chicken thighs, skin off, bone out
4 cloves of garlic
1/2 bunch fresh thyme
1 tsp smoked paprika
olive oil
2 tbsp balsamic vinegar



Method

1. Preheat the oven to 180 degrees Celsius. Quarter the tomatoes and place them in a large baking dish or roasting tray. Peel the onions and cut into wedges, then deseed and roughly chop the capsicums.
2. Add all of these into the tray along with the chicken thighs.
3. Squash the unpeeled garlic with the back of the a knife and add to the try, then pick over the thyme leaves and sprinkle over the paprika.
4. Add 2 tbsp of olive oil, the balsamic and season with salt and pepper. Toss everything together then spread out evenly over the tray, making sure the chicken isn't covered by the vegetables.
5. Roast for around 1 hour until the chicken is golden and cooked through, turning it a couple of times while cooking.
6. Serve by itself, with a salad, with some rice or a loaf of crusty bread.

Original recipe and picture from Save with Jamie by Jamie Oliver

Grilled Chicken and Noodle Salad with Satay Dressing

Serves 4

Ingredients List

440g packet shelf-fresh rice noodles

3 large bunches bok choy, sliced

2 shallots, sliced

1 red capsicum, sliced

100g snow peas, sliced

1 large carrot, peeled into ribbons

1/2 bunch coriander, leaves only

400g skinless chicken breast,
chargrilled, shredded

Satay dressing

1/2 cup light smooth peanut butter

2 tablespoons gluten-free sweet chilli
sauce

2 tablespoons white wine vinegar

1 clove garlic, crushed

pinch curry powder



Method

1. Soak noodles in boiling water according to packet instructions; drain and leave to cool.
2. Scatter noodles onto a serving platter or divide among 4 bowls.
3. Put bok choy, shallots, capsicum and snow peas in a salad bowl with carrot ribbons and coriander leaves. Toss salad lightly, place on platter (or in bowls) and top with shredded chicken.
4. Make satay dressing: Put all ingredients in a microwave-safe jug and microwave on high for 1 minute, or until a honey-like consistency forms; stir well.
5. Drizzle chicken and noodle salad with dressing and serve.

Original recipe from the Australian Healthy Food Guide

Sweet and Sour Chicken Noodles

The original recipe for this stir fry comes from Jamie Oliver's 5 Ingredients Cookbook, however, I have adapted it slightly and included more vegetables - of course!

Serves 4

Ingredients List

Olive oil

1 onion, brown, finely chopped

1 clove of garlic, crushed

3 cups vegetables (anything you have in the fridge)

500g chicken thighs, diced

150g fine rice noodles

2 tbsp Worcestershire sauce

2 teaspoons of sweet chili sauce



Method

1. Heat a non-stick pan over medium heat. Add a splash of oil and cook onion and garlic until soft. Add the rest of the vegetables and cook for 5 minutes or until they are almost done to your liking. Remove from the pan.
2. Add chicken and cook until golden and cooked through.
3. Meanwhile, cook the noodles in boiling water according to packet directions. Once soft, drain the noodles, reserving a cup full of cooking water, then refresh under cold water. Use scissors to cut the noodles into short pieces.
4. Add the vegetables back into the pan and stir in the Worcestershire and sweet chili sauce, then add the noodles. Toss over a medium heat for 2 minutes, adding a splash of the reserved water to loosen if needed..

Original recipe from the Jamie Oliver's Quick and Easy Food

Sang Choi Boa

This is a much loved meal in our household, not only because it tastes delicious but it is so fun to eat! No cutlery required.

Serves 4

Ingredients List

1 tbsp peanut oil
500g pork mince
1 garlic clove, crushed
2 tsp finely grated fresh ginger
1 small brown onion, finely diced
1 carrot finely diced
1x 230g can water chestnuts, drained, finely chopped
4 green shallots, end trimmed, finely chopped
60ml (1/4 cup) oyster sauce
60ml (1/4 cup) soy sauce
100g grams bean sprouts
12 iceberg lettuce leaves, washed and trimmed



Method

1. Heat the oil in a large frying pan over medium heat. Cook onion and carrot until soft. Add the garlic and ginger, stirring for 30 seconds or until fragrant.
2. Add mince and cook until browned.
3. Add the water chestnuts and shallots and cook for 1 minute until combined. Stir in the sauces and cook for 2 minutes until heated through. Remove from the heat and add the bean sprouts.

Serve the mince mixtures in the lettuce cups and enjoy.

Original recipe and picture from taste.com

Roast Chicken Fried Rice

This dish is perfect to use up any leftover meat and veges in your fridge!

Serves 4

Ingredients List

1x small roast chicken
4 tbsp vegetable oil
3 cloves of garlic, crushed
1 small brown onion, finely diced
1 small carrot, finely diced
1/2 cup corn kernels
1 cup green peas
5 cups leftover cooked rice, cold
2 tbsp soy sauce
1 tbsp dark soy sauce
2 tbsp tomato sauce
2 eggs
2 spring onions, finely diced



Method

1. Strip the meat from the roast chicken and chop into small pieces.
2. Heat a wok over high heat and add the oil. Add the garlic and onion and fry for 1 minute until fragrant.
3. Add the carrot and toss for 1 minute, then add the corn, peas and chicken pieces and cook for a further minute until the carrot has softened.
4. Add the rice and toss to coat in the oil. Add the soy and tomato sauces and mix well to combine.
5. When the rice softens and begins to toast, move all of the rice to one side and crack the eggs into the open side. Stir the eggs until they are nearly set, then combine with the rice
6. Add the spring onions then toss through until everything is combined.

Original recipe from my mother-in-law, taken out of a magazine!

Chicken Pesto Pasta

This recipe is a made up, mish mash of the leftover ingredients that I had in my fridge! It turned out so well and luckily I managed to get a quick picture before it was devoured by my kids.

Serves 6

Ingredients List

1/2 butternut pumpkin, diced
1/2 tbsp olive oil
500g chicken thighs, diced
90g haloumi cheese, diced
500g packet of pasta
1 head of broccoli, cut into florets
100g pesto (about half a jar)
Parmesan cheese to serve
Fresh basil to serve



Method

1. Pre-heat the oven to 180 degrees Celsius. Place diced pumpkin on a baking tray, drizzle with olive oil, season with salt and pepper, then cook for an hour, turning half way through (you can do this ahead of time and store in the fridge).
2. Boil a large pot of water and cook pasta according to packet directions, adding broccoli for the last 2 minutes of cooking time.
3. Meanwhile, heat a large frying pan over medium heat. Add a small amount of olive oil and cook the chicken until it is golden and cooked through. When the chicken is almost done, move to one side and add haloumi to the pan to brown. Add pumpkin to the pan to heat through.
4. Drain the pasta and broccoli, retaining 1/2 cup of the liquid and return to the pot. Add chicken mixture in to the pasta pot and stir through the pesto sauce. Add as much of the cooking water as needed to get the desired consistency.
5. Serve with grated parmesan and fresh basil on top.

An original recipe by me!

Bircher Muesli

Serves 4

Ingredients List

2 small apples,
grated

Juice of 1 orange

200g rolled oats

2 tbsp cocoa

1 banana

600mL milk

5 dates (optional)



Method

1. Combine apple, orange juice and oats in a bowl.

2. Add cocoa, banana and milk in a blender (or use a stick blender) and combine. Add to the oat mixture and combine.

Optional - chop and add 5 dates.

3. Refrigerate overnight. Mixture will last in the fridge for 3-4 days.

4. Serve into a small bowl and top with anything you like! Eg. bananas, berries, yoghurt, nuts, seeds.

Original recipe and picture by Jamie Oliver

Chicken Pad Thai

I have written the recipe as it appears in the magazine, but I will often just use any veges that I have available in the fridge. You could also swap out the chicken for prawns or tofu for something a little different.

Serves 4

Ingredients List

2 tsp peanut oil
1 onion, brown, finely chopped
1 carrot, peeling and sliced
1 long red chilli, seeded, cut into thin strips
1 red capsicum, thinly sliced
200g green beans, sliced
2 clove of garlic, crushed
1 1/2 cups bean sprouts trimmed
500g chicken breast, thinly sliced
150g rice stick noodles
2 tbsp soy sauce or gluten free tamari
1 tbsp lime juice
1 tsp brown sugar
1 1/2 tbsp crushed unsalted peanuts
to serve



Method

1. Prepare noodles according to packet instructions; set aside. Combine soy/tamari, lime juice and sugar in a small bowl; set aside. Heat half of the peanut oil in a wok over high heat. Cook chicken, in 2 batches, for 2–3 minutes each, or until golden brown. Remove from wok; set aside. Sauté onion, carrot, chilli and garlic in remaining peanut oil for 2 minutes. Add capsicum and green beans; stir-fry for 1 minute. Add reserved noodles and soy/tamari sauce mix; toss lightly for 2 minutes, or until noodles are coated in sauce and heated through. Return reserved chicken to wok with bean sprouts; cook for 1 minute to heat through. Scatter chicken pad Thai with chopped peanuts to serve.

Minestrone Soup

This recipe is a true, tried and tested Minestrone soup that is tasty and comforting. You can sub out any of the veg for the ones you have on hand and it is a great way to use up old veg or leftover pasta.

Serves 4

Ingredients List

3 rashers bacon diced
1 onion small diced
1 carrot small diced
1 zucchini small diced
200g pumpkin, diced
1 small potato, diced
1 tin brown lentils
1 tin kidney beans
 $\frac{3}{4}$ cup any small pasta
2 tins crushed or chopped tomatoes
2 tins of water
1 Tbsp Tomato paste
 $\frac{1}{2}$ chicken stock cube
Salt pepper to taste
1 tsp oil



Method

1. Add oil, onion & bacon to pot, cook until bacon has a little colour and onions are soft.
2. Add other diced vegetables, cook for 2 minutes.
3. Stir through tomato paste.
4. Add tinned tomatoes, refill both cans with water and add to pot, along with chicken stock cube.
5. Cook for 10-15min or until vegetables start to soften.
6. Add pasta, lentils & beans, cook to pasta instructions, approx. 10-15min. Add more water if soup becomes too thick.
7. Sprinkle with Parmesan cheese to serve.

Original recipe passed on from a friend!