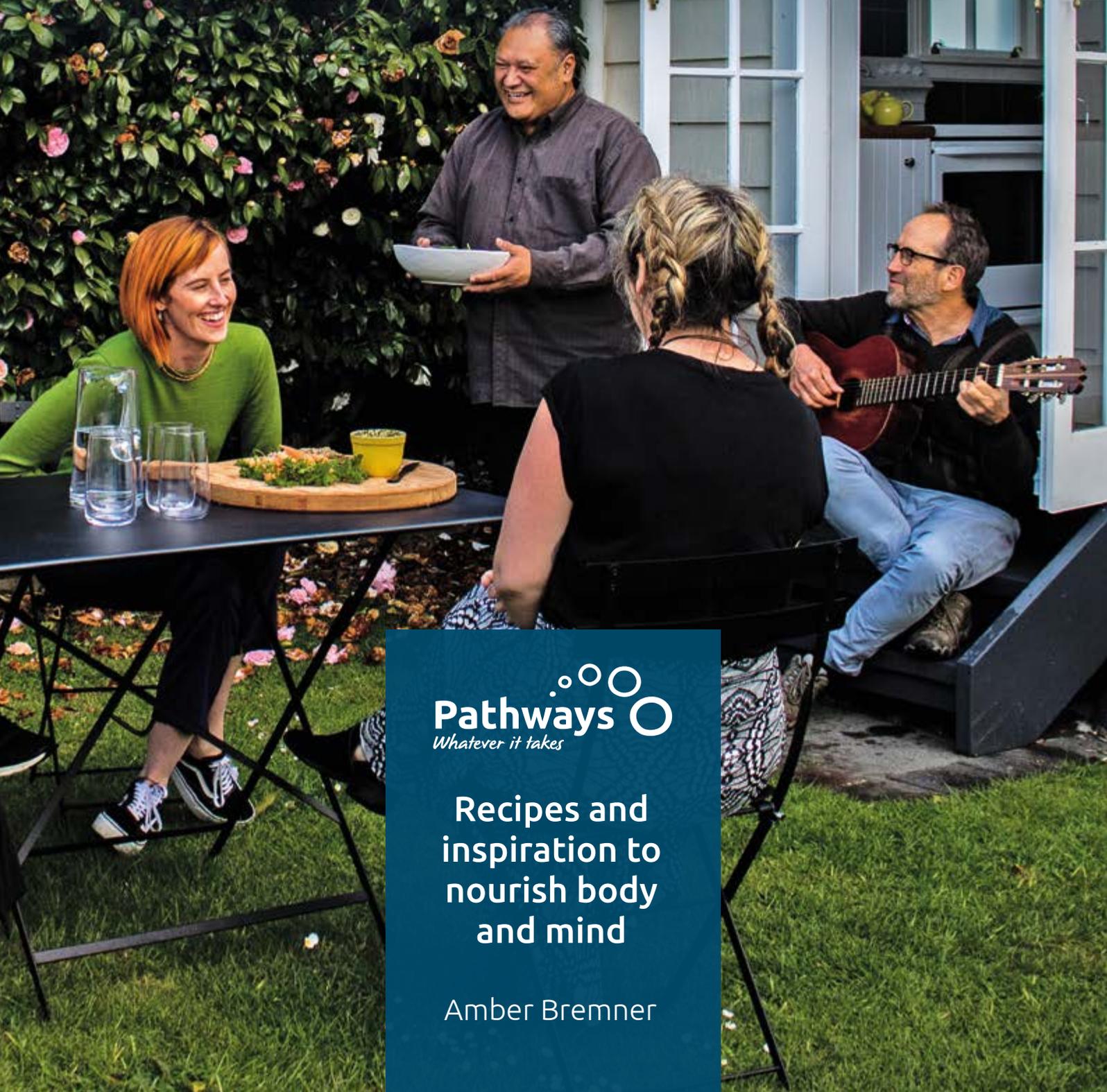


Wholesome




Pathways
Whatever it takes

**Recipes and
inspiration to
nourish body
and mind**

Amber Bremner

Wholesome

Recipes and inspiration to nourish body and mind

Recipes and food photography by Amber Bremner

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Foreword

Pathways provides community-based mental health, addiction and wellbeing services throughout New Zealand.

At Pathways we are passionate about individual outcomes – about people having their needs met in their community of choice. We put people first and think outside the square to provide a range of support services around practical daily living, leading a healthy life, employment and housing.

Our Being Well strategy plays a big part in shaping how we work every day. We know people's recovery will be faster and more successful if they focus on living well in all areas of their life.

Eating well is a big component of our Being Well strategy, which also supports people to be actively well, physically well, spiritually well and to connect and work well.

Eating well means different things for different people. Sometimes there might be big changes to be made to improve your diet, while for others it might be about making a few tweaks here and there. What we do know is that eating well is associated with wellbeing and good nutrition, and should play a key role in everyone's mental health care.

For everyone, there is no better time to start eating well than right now. I encourage you to take the first step, pick one meal from this book and give it a go.

Sally Pitts-Brown

Chief executive, Pathways and Real

Being Well



At Pathways, we don't just focus on people's mental health – total wellbeing is always our goal. We know how important this is, because people with mental health and addiction issues also have poorer physical health outcomes than the rest of the population.

We want to change that. That's why Pathways proudly endorses the Equally Well position paper, the result of more than 40 organisations working together to take action to improve health outcomes for people with experience of mental health and/or addiction issues.

Introduction

Wholesome was created especially for people being supported by Pathways, people facing wellbeing challenges and bravely working on recovery. But this is also a book for everyone.

Eating well isn't only for some of us. It's not just for people who own lots of cookbooks, or who have lots of money, or time to make everything from scratch.

Eating well is something we can all do, by focusing on eating simple, uncomplicated, nutrient-dense whole foods with minimal processing.

This is not a diet book. It's not about losing weight (although you might), and it's not about telling anyone what they can and can't eat. It's about helping you manage your own wellbeing with nourishing food and new skills in the kitchen.

You will notice there aren't a lot of meat recipes in here. That's because almost everyone benefits from eating more vegetables and more plant-based meals in general.

You'll also notice there are a lot of dairy and gluten free recipes, or recipes with gluten free options. That's because many people being supported by Pathways experience gut health problems and choose to reduce or eliminate dairy or gluten to help with healing.

Most recipes include tips and suggestions for ways to make adjustments, to swap out ingredients or change flavours to suit your taste. Please take these recipes and make them your own.

Eat well, be well.

Abbreviations

- GF - Gluten free
- GFO - Gluten free option

Measurements

Please note that the recipes in this book use New Zealand measurements.

- 1 cup = 250 ml
- ½ cup = 125 ml
- ¼ cup = 60 ml
- 1 tablespoon (tbsp) = 15 ml
- 1 teaspoon (tsp) = 5 ml

A wholesome pantry

The recipes in this cookbook use mostly natural, unprocessed whole foods, with herbs, spices and healthy fats to bring out their flavour. You'll already be familiar with some of the ingredients, while others will be new to you.

This section introduces you to some of the commonly used ingredients in this book, along with tips for making good choices when you're shopping.

Most ingredients can be found at the supermarket, though some are easier or cheaper to find at bulk food stores or ethnic supermarkets.

Healthy fats

Good fats are essential to good health, every cell in your body needs them. But not all fats are created equal. It's a good idea to consume more omega-3 fatty acids and avoid highly processed oils or those that are high in omega-6 fatty acids (which most of us get too much of).

Extra virgin olive oil – a heart-healthy fat, best used in dressings, pesto and lower temperature cooking.

Pure olive oil – more processed and with less flavour than extra virgin olive oil, which makes it suitable to use as a standard cooking oil and for high temperature cooking (like frying).

Avocado oil – another heart-healthy fat, this one can be used in dressings and pesto, as well as high temperature cooking.

Coconut oil – high in saturated fat, but relatively unprocessed and good for high temperature cooking.

Butter – high in saturated fat, but relatively unprocessed and better for you than margarine.

Grape seed oil – a reasonable choice when used in moderation as a standard cooking oil, suitable for all purposes.

Herbs and spices

Having a good selection of herbs and spices to choose from is a great way to add more flavour when you're cooking healthier meals. Save money by buying herbs and spices in small amounts from bulk food stores or ethnic supermarkets, and if you're on a tight budget trying buying one new herb or spice a week until you've built up a selection. Here are some that are used in this cookbook.

Dry

Herbs

Mixed herbs
Oregano
Sage
Thyme

Spices

Cardamom
Cayenne pepper
Chilli flakes or powder
Cinnamon
Cloves
Coriander seeds
Cumin
Curry powder
Fennel seeds
Garam masala
Ground ginger
Nutmeg
Smoked paprika
Turmeric

Fresh

Herbs

Coriander
Mint
Parsley

Spices

Ginger
Garlic

Tip:

Try growing your own!



Grains and legumes

Eating a wide range of grains and legumes is a cost-effective way to ensure you're getting plenty of protein, iron and fibre in your diet. Legumes like lentils and beans can often be used instead of meat, or to make a little meat go much further. They're perfect in Mexican or Indian meals. In this book we've mostly used canned legumes for convenience.

Dried

Barley
Oats
Red lentils
Moong dal
(split mung beans)
Rice: basmati,
arborio, brown

Canned

Black beans
Brown lentils
Cannellini beans
Chickpeas
Kidney beans

Flour

Flour of different types is a staple ingredient in bread making and baking. Cooking with gluten free flours is a bit of a science and has entire books devoted to it, so this one doesn't delve into the topic too much. Visit your local library to find out more about gluten free baking.

Standard flour – made with wheat. Avoid if you're following a gluten free diet.

Standard gluten free flour – usually made with a combination of maize and tapioca starch, rice flour and vegetable gums. Standard gluten free flour can be successfully substituted in many recipes, allowing for a little trial and error. Available in the baking section at the supermarket.

Chickpea flour – a gluten free flour made from ground chickpeas (also known as besan, gram or garbanzo bean flour). Chickpea flour is high in protein and has excellent binding properties, which mean it can often be used to replace egg, as in the fritter recipe on page 71. It can't be used as a straight swap for standard flour. Available from bulk bin stores and Indian supermarkets.

Nuts and seeds

Nuts and seeds are a great natural source of vitamins, minerals, protein, fat and fibre. Almonds have more calcium than cow's milk, pumpkin seeds are the highest plant source of iron, while chia seeds and linseed are high in omega-3 fatty acids. You can introduce more nuts and seeds into your diet by adding them to salads and other meals. Nuts are very high in energy, so if you're having them as a snack by themselves limit the serving to a handful (about 1/3 cup).

Nuts

Almonds
Ground almonds
Cashews
Peanuts
Walnuts

Seeds

Chia seeds
Linseed (also known as flaxseed)
Pumpkin seeds
Sesame seeds
Sunflower seeds

Butters

Peanut butter
Almond butter
Tahini (sesame seed paste)



Sauces and vinegars

A collection of different sauces and vinegars add extra flavour to meals and can create totally different results with the same basic ingredients. For example, balsamic vinegar has Italian flavours, while soy sauce is used throughout Asia.

Apple cider vinegar (ACV) – a naturally fermented prebiotic vinegar made from apple, often used in dressings. Look for unpasteurised ACV to enjoy the potential health benefits, though you can substitute with standard cider vinegar for similar flavour.

Balsamic vinegar – a dark, sweet and strongly flavoured Italian vinegar made from grapes, balsamic vinegar is a favourite to dress salads or drizzle over roasted vegetables.

Japanese rice vinegar – a mellow, lightly flavoured vinegar that's suitable for dressings and marinades. Substitute with ACV or white vinegar if needed, though they do have a sharper flavour.

Soy sauce – a fermented Chinese sauce made from soy beans and wheat. Soy sauce is cheaper than tamari and can be used interchangeably in recipes. Avoid if you're following a gluten-free diet.

Tamari – a fermented Japanese sauce made from soy beans, similar to soy sauce but a bit less salty, and gluten free. This is a good choice for people following a gluten-free diet.

Chilli sauce – if you like a bit of spice in your food, having chilli sauce on hand is a great way to pump up the volume. Try smoky chipotle sauce, fiery Thai sriracha or New Zealand's favourite tabasco sauce.



Sweeteners

Sugar naturally occurs in many foods, but too much added sugar can have negative effects on your health. The recipes in this cookbook use limited amounts of sugar, or suggest alternatives like maple syrup or honey. These are still sugar, but they're less refined and have some positive nutritional value.

Maple syrup – a natural sweetener made from the reduced sap of maple trees, real maple syrup contains some minerals and antioxidants and has about 2/3 the sugar content of refined sugar. Watch out for maple-flavoured syrup, which is cheaper but doesn't contain actual maple syrup.

Honey – a completely natural product in its raw form, honey is rich in antioxidants and manuka honey is known for its anti-bacterial healing properties.



Stock

Vegetable or meat stocks are flavoured liquids used in cooking to add taste and the goodness of the ingredients they were made from. When made from scratch, stock is created from simmered animal bones, meat, seafood or vegetables. You can also buy premade liquid stock and stock powders to save time.

Home-made stock – see page 41 for a chicken bone broth recipe, and try saving vegetable scraps in the freezer to make your own vegetable stock.

Store bought liquid stock – available from the supermarket in tetrapaks, or in pouches or pottles of concentrated stock gel.

Store bought stock powder – look for premade stock powders made from natural ingredients, which are often available in the organic section at the supermarket. Stock powder that comes in a tub is very good value and will make many litres of liquid stock.



Milk alternatives

Milk is one of New Zealand's favourite ingredients, used in hot drinks, bowls of cereal and all manner of recipes. However, dairy intolerance is increasingly common and some people choose to reduce or eliminate cow's milk from their diet if they are experiencing gut health problems. A variety of calcium fortified plant-based milks are available from the supermarket.

Soy milk – made from soy beans, soy milk is thicker and creamier than other plant milks. It's also higher in protein and has the most similar nutritional profile to cow's milk. Try a few different brands to find one you like.

Almond milk – can be a good source of calcium, and it's easy to make yourself. Soak 1 cup of almonds in water overnight, drain and rinse, then blend with 4 cups of water until very smooth. Strain through a cheesecloth or other thin fabric, squeezing out as much liquid as possible. Discard the solids and store milk in a bottle or airtight container in the fridge. You can add a pinch of salt, a little sugar or maple syrup, and vanilla if you like. Shake before using. Keeps 3-4 days.

Rice milk – a light and mild flavoured milk, rice milk is very low in protein but usually contains enough calcium. Best used in cooking.

Coconut milk – creamy with a higher fat content and a noticeable coconut flavour, coconut milk is great in smoothies and baking.

Oat milk – creamy and versatile, oat milk is the cheapest DIY plant milk to make yourself. Soak 1 cup of oats in cold water for 15 minutes, then drain and rinse well. Blend the oats with 3 cups of water until smooth, then continue following the same method for almond milk. Oat milk is best used for cereal, smoothies and baking. It also works in hot drinks, but don't heat it by itself - it will thicken like porridge.





Mindfulness

Mindfulness means being consciously present in the moment, paying attention to what is happening right now in a non-judgmental and non-reactive way. It's the opposite of being on autopilot, like when you drive somewhere and can't remember the journey.

Practicing mindfulness boosts wellbeing. Being more mindful can help you feel less stressed, anxious or depressed, and more in tune with what's going on around you.

Everyday mindfulness

There are many ways to practice mindfulness. One way is through meditation, but you can also apply mindfulness in lots of different ways in everyday life.

Awareness: Bring your awareness to the daily activities you usually do on autopilot. Think about the feeling, sight, sound, taste and smell of tasks like having a shower, making a hot drink or watering the garden.

Breath: Take a moment to focus on your breathing, following the breath in and out of your body. You can do this any time you like.

Concentration: Practice concentrating on something from beginning to end without letting your mind wander too much. If your mind does wander, that's ok – notice it and bring your mind back to what you're doing.

Food and mindfulness

Food preparation, cooking, eating and even doing the dishes can be excellent ways to practice mindfulness, while also supporting you to be physically well through eating healthy meals.

Whether you're new to cooking or confident in the kitchen, it's worth thinking about how you can bring mindfulness to mealtimes, to benefit from this time of the day instead of treating it as a chore.

Focus: Plan what you're going to make and organise your ingredients and equipment. Be in the moment and calmly work through the steps of what you need to do. Stop and breathe if you need to.

Food preparation: How do different fruits and vegetables feel in your hands? What is their weight like and how smooth is their skin? When you peel, chop and grate, what smells do you notice? Concentrate on slicing carefully and evenly, noticing how the knife passes through. Is it easy or hard?

Cooking: Bringing together the ingredients you've prepared in a cooked meal can be very enjoyable. Focus on the sounds and smells of cooking. What can you hear? What can you smell? How does it feel when you stir, and how do these things change over time? Making risotto (page 43) is a good mindfulness exercise.

Mindful eating: Take time to sit down and enjoy the meal you have prepared. How does it look? Take note of the colours and shapes. Eat slowly and be aware of the temperature, taste and texture of each mouthful. Chew each mouthful properly, pay attention to your hunger and stop when you're satisfied. Notice how your body feels when you've finished eating.

Gut health

The wellness of both your body and brain depend on the health of your gastro-intestinal system (or gut), and the two are linked. Gut problems can create anxiety and stress, while anxiety and stress can also make gut problems worse.

Your gut is full of bacteria that works hard to power your entire body. Good bacteria help your body digest and absorb nutrients from food and fight back against infection and illness.

Bad gut health can contribute to a range of physical and mental health issues and can include symptoms like bloating, gas and diarrhoea; bad breath; sugar cravings; and skin problems like eczema. Food allergies or sensitivities can be the result of leaky gut, which happens when the intestinal wall is damaged and becomes permeable.

Tips for good gut health

What you eat and drink has a huge effect on the balance of beneficial gut bacteria in your system, and your gut health overall. In general, eating a wide variety of nutrient-dense fresh foods, with lots of fibre and some fermentation, will be good for your gut health.

Fibre

Fibre keeps your digestive system moving and also acts as a prebiotic (feeding the good bacteria or probiotics in your gut). Eat a wide range of vegetables (including plenty of leafy greens), nuts, seeds, lentils and whole grains to get more fibre in your diet.

Fermented foods

Eating fermented foods is a way to provide your body with natural probiotics.

Sauerkraut: Fermented shredded cabbage with a distinctive pickled taste. Look for unpasteurised sauerkraut in the fridge section at the supermarket. Add a little raw sauerkraut to salad bowls or sandwiches.

Kimchi: Similar to sauerkraut, spicy kimchi is a Korean fermented cabbage made with chilli, garlic, ginger and sometimes fish sauce. It's an acquired taste, but you might like it if you enjoy pickled and/or spicy foods. Add a little as a condiment with Asian dishes. Available in the fridge section at the supermarket, or from Asian supermarkets (where it will be cheaper, and stronger in flavour).

Miso paste: Japanese miso paste is made from fermented soybeans, and sometimes rice or barley. It has a savoury or 'umami' flavour and is a great addition to broths, soups or salad dressings for extra flavour. There are different types available, white or shiro miso is the mildest in flavour, while red or aka miso is the strongest. Available from regular or Asian supermarkets.

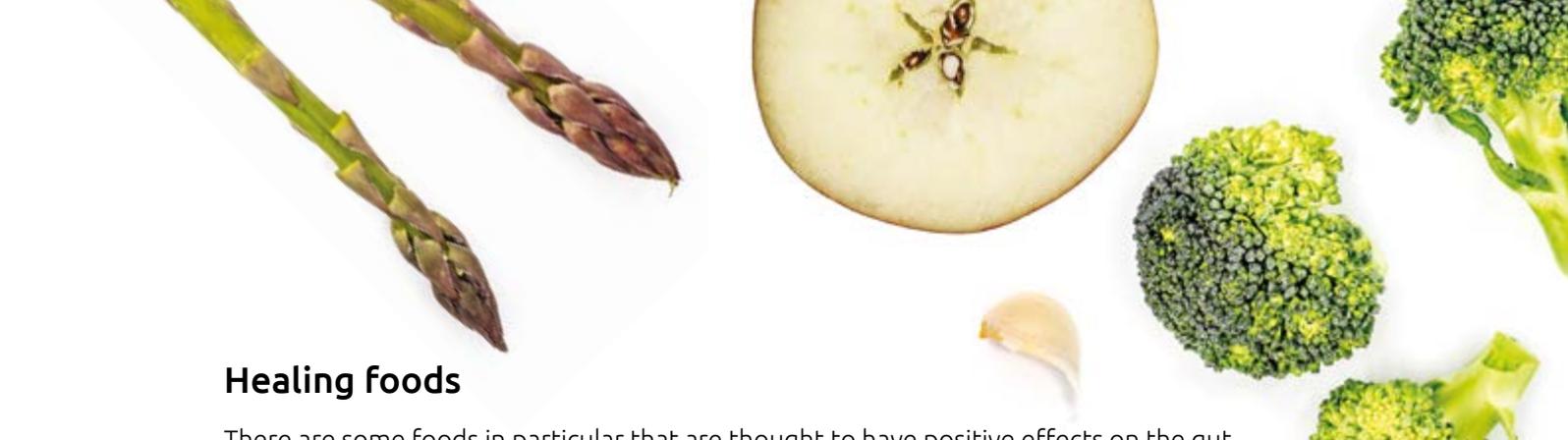


Kefir and kombucha: Naturally fermented drinks that contain probiotic bacteria. Look for kombucha in the fridge at health food or bulk food stores, or ask around to see if you know someone making kefir or kombucha who can teach you how to make it yourself.

Apple cider vinegar (ACV): Try 1-2 tbsp of unpasteurised apple cider vinegar diluted in a glass of water as a gut-friendly way to start the day.

Cultured dairy and non-dairy: Cow's milk, coconut or soy yoghurt with live active cultures can be found in the fridge section at the supermarket.





Healing foods

There are some foods in particular that are thought to have positive effects on the gut.

| | | | |
|-------------|--------------|-----------|------------|
| Apples | Asparagus | Mushrooms | Polenta |
| Bananas | Leafy greens | Seaweed | Oats |
| Blueberries | Garlic | Legumes | Chickpeas |
| Broccoli | Onions | Barley | Bone broth |
| Cauliflower | Cocoa | | |

Bone broth

Bone broth, made from slow cooked beef or chicken bones, contains healing compounds that can help repair the gut lining. See page 41.

What not to eat

Some foods commonly cause digestive stress. These include refined sugar, artificial sweeteners, alcohol, meat, dairy, gluten and soy. But that doesn't necessarily mean you should stop eating them altogether. Try introducing more gut-friendly foods first.

If you're worried about your gut health or experiencing real problems with your digestive system, it's best to talk to a medical professional before making any big changes or removing food groups from your diet.

The power of gut health

A person using Pathways services had been very unwell after a long recovery from a virus contracted in Africa, and eating only oranges for a long period of time. He was very weak and unable to get out of bed for long, and always tired, depressed and anxious. His support worker helped him with gut healing, cooking foods with no wheat, dairy or processed ingredients, introducing him to fermented foods and including bone broth daily. Over four weeks his health improved quickly, progressing from spending more and more time out of bed, to swimming, gardening and feeling stronger every day.



Gardening

Taking care of a garden can be really rewarding. There's nothing like planting a seed and watching its first fronds peek up out of the soil, then over the course of weeks or months grow into a fully formed plant or abundance of vegetables.

Harvesting food you've grown yourself can seem like a small miracle compared to picking something up from the supermarket shelves, and it can save a lot of money. You simply can't get fresher than homegrown produce, which is also higher in nutrition and at its peak in terms of flavour and texture.

Gardening is good for your wellbeing too. It gets you outside and into the fresh air, and many people find purpose and satisfaction in taking responsibility for looking after plants. The routine tasks of digging, planting, weeding, trimming and watering are also good opportunities to practice mindfulness.

What to plant

Try growing from seed (check the packets for instructions), or buy seedlings from the supermarket or garden centre for quicker results. Spring is the best time for planting most vegetables, but some can be grown all year round.

Leafy: Herbs and green leafy vegetables are very useful in the kitchen. Think about planting parsley, mint, sage, thyme, oregano, lemon balm, basil, chives, coriander, lettuce, spinach, rocket, silverbeet and kale. You can pick just what you need, when you need it.

Plentiful: In the right conditions some vegetables are prolific. Tomatoes, courgettes, cucumbers, beans and radishes are easy to grow and you might end up with so many you'll be giving them away.

Expensive: Save money by growing anything you love that's usually expensive, like berries, chillies and capsicums.

Long-term: Planting citrus, fruit or avocado trees will reward you for many years, but they take time to grow and generate their first harvest. Some trees can be planted in large pots and taken with you if you move often.

Pretty things: Try growing your favourite flowers too, they look pretty and they attract bees to the garden, which is important to get a good harvest.

Harvest time

It's exciting when you notice vegetables are ready to pick.

Plan ahead: Think about what's growing and what you can make with it or give away, to ensure nothing goes to waste.

Store: Wash and dry freshly picked vegetables, then store them in the fridge if not using straight away. Use them quickly, while they're still fresh and delicious.

Try lemon balm tea

Lemon balm is a very fragrant herb that's lovely added to salads, and you can make your own calming herbal tea with it too. It smells stronger than it tastes, so use plenty. Try around eight leaves in one mug of boiled water and let it steep for 5 minutes. Strain if you prefer, and add a little honey, sugar or lemon juice if you like.





Tips for eating well on a budget

Buy fruit and vegetables when they are fresh and in season

Or better yet, grow your own! The fresher your produce is, the more nutrition it retains. If you have extra, you can always freeze it or gift it to a friend or neighbour.

Drink water

Don't spend money on sugary drinks. Water costs nothing, is great for your health, and you can take it with you in a reusable drink bottle.

Make extra and freeze it for quick and easy meals

This is a great way to avoid the temptation of unhealthy takeaways for those days when you don't have much time or energy to cook.

Buy 'whole' unprocessed foods as much as you can

Whole foods like grains and beans are better for you than processed foods, and they're usually cheaper too.

Don't let leftovers be boring!

Think about how you can change up leftovers for the next day. One night's roast chicken might be the next night's chicken wraps or chicken curry.

Stock up

Look out for ingredients you use regularly and stock up when they are on special. Buying in bulk can also save money in the long run, especially for things like rice and potatoes.

Don't go to the supermarket when you're hungry

With a full stomach you're less likely to get distracted by fast and unhealthy options.

Shop round the outside of the supermarket

Try and do most of your shopping around the outer walls of the supermarket, which is where most of the fresh ingredients are. The inner aisles have more processed foods.

Try more vegetarian meals

Even if you're not vegetarian, eating vegetarian meals more often is a great idea. Meals with lentils and beans are cheap to make and really good for you too.

Save money on meat

Meat can be really expensive. Buy meat on special and freeze it until you need it, and try reducing the amount of meat you use in meals by adding lentils, beans or more vegetables.

Support your local green grocer or butcher

Sometimes the produce is cheaper and fresher than it is at the supermarket, and it's always nice to support local businesses.

Think outside the square

You don't always have to shop at the supermarket. Try visiting your local Asian or Indian supermarket and bulk bin stores. You'll find some interesting ingredients and great bargains too.



How to cook eggs

Eggs can be a nutritious part of a healthy diet, and they're one of the least expensive sources of high-quality protein. Always versatile, eggs can be enjoyed for breakfast, lunch or dinner. Get comfortable with all the different ways to cook eggs and a quick meal is never far away. Here are some of the easiest ways to cook eggs.

Boiled

Bring a pot of water to the boil and carefully drop in the eggs. Boil for 6 minutes for soft egg yolks, 8 minutes for medium egg yolks, and 10 minutes for hard boiled. Once the eggs are cooked, put them in a bowl of cold water to cool them down and stop them cooking further. Boiled eggs are a good snack, use them to make sandwiches or cut one end off and dip toast fingers into the soft egg yolk for breakfast. Boiled eggs can be stored in the fridge for a few days.

Poached

Crack eggs into simmering water with a tiny splash of vinegar in it (this helps set the egg whites). Cook for about 2 minutes (for soft yolks), then remove from the water with a slotted spoon. Serve on toast with a handful of baby spinach and sliced tomatoes.

Fried

Crack an egg into a greased frypan over medium heat. Cook until the white is set, then serve straight away for soft egg yolks (sunny side up) or flip and cook for another few minutes for firmer egg yolks (over easy). Serve fried eggs with baked beans or fried mushrooms for breakfast, or pop one on top of a vegetable or noodle stirfry.

Scrambled

Whisk together two eggs with a splash of milk (any type) and a pinch of salt. Heat a frypan over low-medium heat with a small knob of butter or splash of oil, add the eggs, then use a wooden spoon or spatula to bring the edges towards the centre, gently turning and folding the eggs as they cook for a few minutes. Turn the heat off when the eggs are set but still a bit wet looking - they'll finish cooking while you serve up. Serve on toast with a handful of baby spinach and sliced tomatoes.

Omelette

Whisk two eggs together with a splash of milk (any type) and a pinch of salt. Pour into a greased medium-hot frypan and sprinkle with your choice of toppings. Cook until egg is set and golden on the bottom. Fold in half and serve. See breakfast ideas on page 18 for an easy recipe.

Free range eggs

Buy free range eggs if you can afford it. The chickens have a better life, and with access to the outdoors they have a more varied and natural diet. Free range eggs are more nutritious too, with higher levels of vitamin A and E and more than twice the quantity of omega-3 fatty acids, which are essential for brain health.



How to cook pasta and rice

Pasta

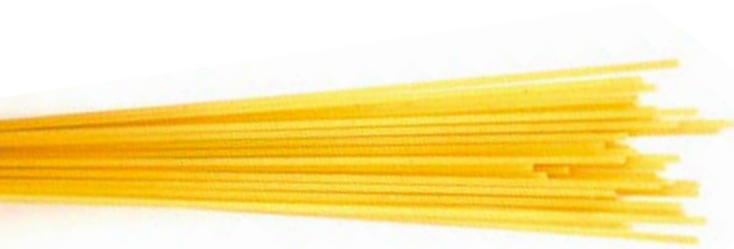
Pasta comes in many shapes and sizes, like spaghetti, penne, macaroni and spirals. You can choose whatever type of pasta you like. Gluten free pasta is available from supermarkets and it's a good alternative if you're following a gluten free diet. Be sure to follow the packet instructions for cooking times, as it tends to disintegrate if overcooked.

How much pasta should I cook?

75-100g of uncooked dried pasta per person or serving is about right. For example, you would need 300-400g of dried pasta to feed four people. Most packages of pasta are 500g and will feed five or six people.

How to cook pasta

1. Bring a large pot of water to the boil and add 1 tsp of salt.
2. Add dried pasta and give it a stir (to stop the pasta sticking together).
3. Boil as per the instructions on the packet, until the pasta is just soft (this is called 'al dente') – usually around 10 minutes.
4. Drain and serve.



Rice

There are many different types of rice, suited to different types of cooking.

Short grain: Short grain rice has a smaller grain. It is usually stickier and creates a creamy texture. Plain short grain rice is used in rice pudding and sushi.

Medium grain: Medium grain rice is suitable for most dishes and is similar to short grain, but a little bigger. Varieties like arborio are used in rice risotto.

Long grain: Long grain rice is longer and thinner, cooks up fluffy and doesn't stick together. Basmati rice is usually served with Indian meals and jasmine rice with Thai meals. Plain long grain rice is suitable to serve with most dishes.

Brown rice: Brown rice is whole grain rice with only its outer hull removed. Brown rice takes longer to cook, stays firmer and has a slightly nutty flavour. Brown rice is higher in fibre and contains more nutrition overall. Brown rice can be used instead of white rice in most dishes that use medium or long grain rice, and it's nice in salads.

How much rice should I cook?

¼ to ½ a cup of uncooked rice per person or serving is about right. For example, you would need 1-2 cups of uncooked rice to feed four people.

How to cook rice

Different types and brands of rice have different cooking instructions, which you will find on the rice packet. Here are some general guidelines in case you don't have the packet on hand.

There are three different ways to cook rice, depending on what you prefer. It's always a good idea to wash the rice first. You can do this by putting it in a sieve and running it under the tap for a minute to give it a good rinse.



Absorption method (the rice soaks up all the water)

1. Use 1 part rice to 2 parts water. For example, 1 cup of rice to 2 cups of water.
2. Bring the water and a pinch of salt to the boil in a pot or electric frypan with the lid on.
3. Add the rice and stir.
4. Replace the lid and cook on low for 15 minutes. Turn off the heat and let it sit for 5-10 minutes before serving. This is the method used for kedgeree on page 57.

Rapid boil method (the rice is cooked in boiling water, then drained)

1. Use 1 part rice to at least 6 parts water. For example, 1 cup of rice to 6 or more cups of water.
2. Bring the water and a pinch of salt to the boil in a large pot.
3. Add the rice and stir.
4. Boil rapidly without a lid on the pot, for 15 minutes.
5. Drain in a sieve and let it stand for 5 minutes before serving.

Microwave method (the rice soaks up all the water)

1. Use 1 part rice to 2 ¼ parts water. For example, 1 cup of rice to 2 ¼ cups of water.
2. Put rice in a large dish with boiling water from the jug and a pinch of salt. Make sure the dish is high enough that it won't boil over.
3. Cover and cook on medium power for 6 minutes.
4. Take out, stir, then put back for another 6 minutes.
5. Let it stand for 5 minutes before serving.

Breakfast ideas

Making a little effort to have a nutritious and tasty breakfast means you'll start your day with plenty of energy. Use these recipe ideas as inspiration to change up your usual habits and try something new.

Avocado toast with seeds

Toast grainy bread or sourdough and top with mashed avocado, sliced tomato and tamari pumpkin seeds (see page 21).

Overnight oats

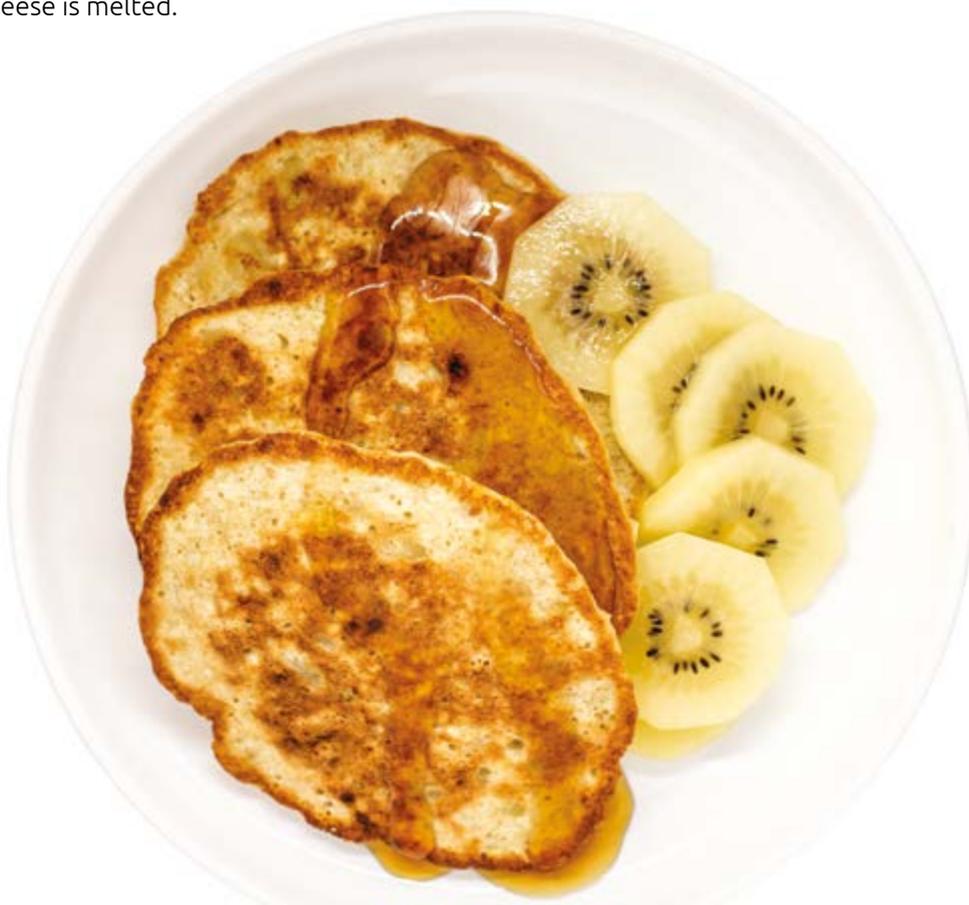
Mix $\frac{1}{2}$ cup of rolled oats with 1 cup of milk (any type), 2 tbsp chia seeds, 1-2 tsp of honey or maple syrup and a pinch of cinnamon and salt. Add your choice of frozen berries, grated apple or dried fruit. Pop it in the fridge overnight and give it a stir before serving. Double or triple the recipe to make enough breakfast for a few days in a row.

Quick omelette

Whisk 2 eggs together with a splash of milk (any type) and a pinch of salt. Pour into a greased medium-hot frypan and sprinkle with chopped spinach, tomato, grated cheese and a slice of ham (if you like). Season with salt and pepper. Cook until the egg is set and golden on the bottom, and cheese is melted. Fold in half and serve.

Banana oatcakes

Mix $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup rolled oats, 1 egg, 1 mashed banana and $\frac{1}{2}$ tsp baking powder with enough milk to form a pancake batter. Cook in a greased frypan until golden, flip and cook the other side, then serve with sliced fresh fruit and yoghurt.





Jazz up your porridge

To make porridge heat ½ cup rolled oats with 1 cup of water or milk and a pinch of salt, per person. Stir over heat until thick.

- Stir ¼ to ½ a cup of frozen berries through your porridge towards the end of cooking time.
- Try topping porridge with sliced banana, a spoonful of smooth peanut butter and a drizzle of maple syrup.
- Make apple pie porridge – peel and cut one apple into chunks, microwave on high for 2 minutes with a splash of water, ½ tsp of cinnamon and 1 tsp of sugar, then stir it through your porridge.

Green smoothie

Blend 1-2 frozen bananas with a handful of spinach, 1-2 dates or 1 tsp of honey, and a cup of almond milk or water. Add some fresh or frozen mango or pineapple for a tropical twist.

Quinoa fruit salad

Toss chopped fresh fruit with ½ a cup of cooked quinoa, a squeeze of lemon juice and a drizzle of honey or maple syrup.

Beans and eggs

Heat 1 can of black beans (drained) with 1 can of Mexican spiced tomatoes. Add 1-2 handfuls of chopped spinach, ½ tsp ground cumin and salt and pepper to season. Top with poached or fried eggs, thinly sliced spring onion and a splash of chilli sauce (if you like) for a high protein, savoury breakfast.



Snack ideas

Healthy snacks during the day will keep your motor running, and they're important if you're on medication that needs to be taken with food. These snacks are high in protein and fibre, and low in sugar.

Rice paper rolls with quick sauce

Soak rice paper rounds in warm water until soft, then wrap up your choice of grated or thinly sliced vegetables like cabbage, lettuce, carrot, capsicum and sprouts. To wrap, place the vegetables on the top third of the rice paper then roll towards you, tucking the edges in as you go so both ends are covered. Make a quick dipping sauce by mixing 1 tbsp of nut butter or tahini with a squeeze of lime/lemon juice (or vinegar), and a splash of soy sauce or tamari.

Cucumber and apple with toppings

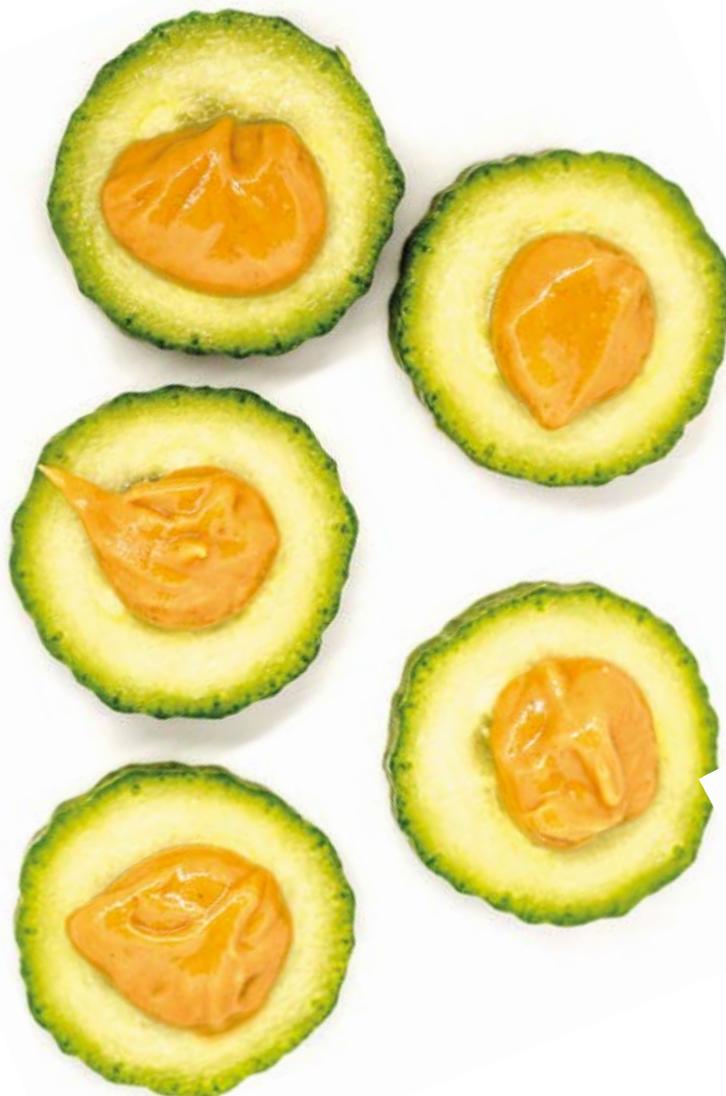
Top slices of cucumber or apple with nut butter or cottage cheese.

Beans on toast

Drain a can of cannellini beans and roughly mash them with a squeeze of lemon juice, some grainy mustard and salt and pepper to season. Spread on grainy toast and top with tomatoes.

Boiled eggs and dukkah

Dip boiled eggs into dukkah for a high protein snack. Make dukkah by toasting $\frac{1}{2}$ cup toasted hazelnuts, $\frac{1}{4}$ cup sesame seeds, 2 tbsp cumin seeds, 1 tbsp coriander seeds and 1 tbsp caraway seeds in a dry frypan. Once cool, whizz them together in a food processor with $\frac{1}{2}$ tsp each of peppercorns and salt, then store in a jar. Dukkah is also great on salads and roasted vegetables.



Crunchy chickpeas

Drain a can of chickpeas, rinse under cold water then dry them off on a tea towel. Toss with 1 tsp of olive oil, some salt and your choice of herbs and spices (smoked paprika is nice). Bake on a rimmed oven tray for one hour at 160°C, then let cool and store in a jar. Enjoy as a snack or salad topping.

Tamari pumpkin seeds

Toss ½ cup of pumpkin seeds with 2 tsp of tamari (or soy sauce) and bake on a rimmed oven tray for 8-10 minutes at 160°C, until the seeds are toasted golden and the tamari is dry. Enjoy as a snack or salad topping.



Vegetable sticks and hummus

Slice up carrot, celery and capsicum to dip into store bought hummus for a very easy, healthy snack. Sliced vegetables can be kept in an airtight container in the fridge for a few days.

Get creative with popcorn

Combine ¼ cup popcorn kernels with 1 tbsp of cooking oil in a large pot with a lid. Cook over medium heat, shaking often, until the corn stops popping. Tip into a serving bowl, sprinkle with a little salt and enjoy it plain or add your choice of flavourings. Here are some ideas.

Ground cinnamon

Cayenne pepper, chilli powder
or curry powder

White or black pepper

Taco seasoning

Grated parmesan cheese



Salads & Sides







Really great green salad

A refreshing crisp green salad is right at home alongside most meals. Leafy greens are high in vitamins A and C, and good for your digestive system. Making your own salad dressing is easy, cost effective and best of all you can choose your own favourite, or get creative with new flavour combinations.

Serves 4 **GF**

Equipment

Small jar or sealed container
Salad bowl

Ingredients

For the salad

4-5 handfuls of mixed salad greens
1 courgette, shaved into ribbons with a vegetable peeler
1 apple, quartered, cored and thinly sliced
1 avocado, sliced or cut into chunks
Tamari pumpkin seeds (see page 21)

Three dressing ideas

Lemon vinaigrette

2 tbsp olive oil
1 tbsp lemon juice
1 tsp sugar
¼ tsp salt
¼ tsp ground pepper

Honey mustard

2 tbsp olive oil
1 tbsp cider vinegar
1 tbsp honey
2 tsp mustard
¼ tsp salt
¼ tsp ground pepper

Chilli and lime

2 tbsp olive oil
1 tbsp lime juice
1 tbsp sweet chilli sauce
¼ tsp salt
¼ tsp ground pepper

Instructions

1. Make your choice of dressing by putting the ingredients into a small jar or sealed container and shaking to combine. Taste and adjust seasoning as needed.
2. Put all salad ingredients except the avocado into a large salad bowl. Drizzle over about half of the salad dressing and toss to combine. Add avocado and gently toss.
3. Sprinkle over some tamari pumpkin seeds and serve with extra dressing on the side.



Tips

Make it seasonal: If courgette is unavailable try replacing it with sliced cucumber, or just leave it out.



Carrot and seed salad

This easy carrot salad has a delicious sweet and sour cumin spiced dressing and a good crunch from toasted seeds and nuts. It's really nice in pita pockets with falafel or meat, and also an excellent barbecue side dish. Pumpkin seeds are the highest plant-based source of iron so getting them into your diet more often is a really good idea.

Serves 4 GF

Equipment

Grater
Mixing bowl

Ingredients

For the salad

3 carrots, peeled and grated
¼ cup pumpkin seeds
¼ cup sunflower seeds
¼ cup sliced almonds
2 spring onions, thinly sliced
Large handful coriander, finely chopped

For the dressing

1 tbsp maple syrup or honey
1 tbsp cooking oil
3 tbsp Japanese rice vinegar, or apple cider vinegar
1 tsp ground cumin
Salt and pepper

Instructions

1. Start by making the dressing. Mix dressing ingredients together, taste and add salt and pepper to your liking. If you're using honey, melt the ingredients together in a pot over low heat, or in a small dish in the microwave for about 20 seconds. Stir to combine and set aside to cool.
2. Toast your seeds and nuts in a dry frypan over medium heat, until golden brown. It's best to do them one kind at a time, as they have different cooking times.
3. Mix all salad ingredients and dressing together in a large bowl and refrigerate until ready to serve.



Tips

Go technicolour: Try adding a raw beetroot, peeled and grated, into the salad. It will turn the salad a bright crimson colour and tastes great too.

Flexible recipe: The most important part of this recipe is the carrot and the dressing, everything else is pretty flexible. If you've got no coriander, try parsley or mint. Got no spring onions? Leave them out. Got no almonds? Use more pumpkin seeds.



Cauliflower and brown rice salad

This cauliflower salad with lots of fresh herbs is light, zingy and somehow cooling – perfect on a hot summer day as a barbecue side dish, or with hummus and bread or crackers for an easy meal.

Serves 4 GF

Equipment

Pots
Colander or sieve
Frypan
Small jar or sealed container
Mixing bowl

Ingredients

For the salad

½ cup uncooked brown rice
½ a cauliflower, chopped very small
½ cup pumpkin seeds
5-6 sprigs fresh mint leaves, chopped (around ⅓ cup)
1 bunch coriander, chopped (around ⅓ cup)
1 spring onion, finely sliced

For the dressing

2 tbsp lime juice (juice of 1-2 limes)
1 tbsp olive oil
1 tsp honey, maple syrup or sugar
¼ tsp ground cumin
Salt and pepper to season

Instructions

1. Cook the brown rice according to package directions, then drain, rinse under cold water and set aside to drain and cool completely.
2. While the rice is cooking bring a large saucepan of water to the boil, drop all of the chopped cauliflower in at once for 30-60 seconds, then drain and rinse under cold water. Set aside to drain and cool completely.
3. Toast pumpkin seeds in a dry frypan until golden brown, then remove and cool.
4. Make the dressing by putting ingredients in a small jar or sealed container and shaking to combine.
5. Combine cooled rice, cauliflower and pumpkin seeds in a mixing bowl. Add the chopped herbs, spring onion and dressing. Taste and adjust seasoning as needed.
6. Serve straight away, or refrigerate until ready to serve.

Tips

Like it raw? Skip cooking the cauliflower if you like it raw.

Blitz it instead: If you have a food processor, chop the cauliflower into florets, then pulse them in the food processor until you have small pieces.

Best fresh: This salad is best eaten on the day it's made, while the herbs are fresh. Halve the recipe if you won't eat it all.

Other herbs: Mint and coriander are a great combination in this salad, but you can use what you have available. Fresh oregano, parsley, basil, chives and other soft green herbs will also work well. The quantity is flexible, but aim for around 1 cup of chopped herbs in total.



Tips

Flexible recipe: Mix and match the vegetables depending on what you have available. The exact types and quantities don't matter too much, just remember that beetroot and carrot have a longer cooking time than vegetables like kumara or pumpkin. Parsnip and potato fall somewhere in between.

Pearl barley: Pearl barley is a chewy and savoury tasting grain that's inexpensive to buy and a good ingredient in soups and salads. Pearl barley is faster cooking than hulled barley.

Make it gluten free: Use cooked brown or green lentils, or brown rice instead of barley.

Make ahead meal: Make more than you need and store undressed leftovers in the fridge to use for easy meals during the week. This salad is great for packed lunches.

Roast vegetable and grain salad

Roast vegetable salads are filling and healthy, and they're great during the change of seasons when you start wanting to eat more salad, but the weather is still a bit cold. This is a flexible recipe, so use what you have on hand, what you like, and what's on special. This salad serves four as the main part of a meal, or up to eight as a side dish.

Serves 4 GFO

Equipment

Pot
Colander or sieve
Roasting dish
Small jar or sealed container
Salad bowl or serving dish

Ingredients

For the salad

1 beetroot
1 large carrot
2 potatoes
1 parsnip
1 kumara (or chunk of pumpkin)
1-2 tbsp olive oil, or olive oil spray
1 tbsp dried herbs of your choice
(try sage, oregano, thyme, basil or mixed herbs)
Salt and pepper
½ cup of uncooked pearl barley
3-4 handfuls of baby spinach or rocket

For the dressing

2 tbsp olive oil
2 tbsp balsamic vinegar (or lemon juice)
1 tsp brown sugar
¼ tsp salt
¼ tsp ground pepper

Instructions

1. Preheat oven to 220°C fan bake (or 230-240°C regular bake).
2. Put the barley in a pot with plenty of salted water and bring to a rapid boil, then turn the heat down to a simmer and cook until tender. It will take around 40 minutes. Drain the barley, cover and let it stand for 5-10 minutes to absorb any excess water.
3. Prepare your choice of root vegetables by peeling and chopping into 2cm chunks. Aim for about 6+ cups of a range of chopped vegetables.
4. Arrange the harder vegetables (beetroot and carrot) in a roasting dish first. Drizzle with a little oil, or spray with olive oil spray, and put them in the oven for about 10 minutes to get a head start.
5. Remove the roasting dish from the oven and add the rest of the vegetables, drizzle or spray with some more olive oil, then sprinkle over the mixed herbs and season with plenty of salt and pepper. Return the roasting dish to the oven for another 30-40 minutes, stirring the vegetables once or twice during cooking time, and roast until the vegetables are tender and golden brown.
6. Remove from the oven and allow to cool for 5-10 minutes for a warm salad, or cool completely for a cold salad.
7. Make the dressing by putting all ingredients into a small jar or sealed container and shaking to combine. Taste and adjust seasoning as needed.
8. Toss together salad greens, roast vegetables and cooked barley in a serving bowl or platter, drizzle over the dressing and serve.

A top-down view of a white bowl filled with a Thai-style chicken and rice stick noodle dish. The dish includes white rice stick noodles, shredded chicken, green beans, broccoli, red chili slices, and fresh herbs. A large slice of lime is placed on top of the noodles. A black fork is visible in the foreground, partially submerged in the noodles. The bowl is set on a dark, textured placemat.

Tips

Make it vegetarian: Try replacing the chicken with fried tofu or a handful of cashew nuts.

Rice stick noodles: Rice stick noodles are uncooked, Thai-style gluten free noodles made from rice flour. You can buy them for a few dollars a packet from the ethnic section of most supermarkets, or from an Asian supermarket. If you're not gluten free, you can substitute with any noodle you like.

Poaching flavours: Other flavours you can try adding to the chicken poaching water: 1 bay leaf and a sprig of fresh herbs; or 2-3 slices fresh ginger, 2-3 star anise and a chopped spring onion.

Safe storage: Once the chicken is cooked, let it cool and either eat it straight away or get it into a sealed container and into the fridge as soon as possible. It can be kept safely for up to two days.

Shredded chicken noodle salad

Poached chicken is low in fat but moist and full of flavour, perfect for adding to salads or using in sandwiches. This recipe teaches you how to perfectly poach a chicken breast and turn it into a delicious Asian style noodle salad. Keep the leftover cooking liquid to use in a soup.

Serves two as a main meal, or four to six people as a side dish.

Serves 2-6 GF

Equipment

Pots (including one with a lid)
Peeler
Colander or sieve
Mixing bowl

Ingredients

For the chicken breast

1 large boneless skinless chicken breast
½ tsp salt
1 tsp whole black peppercorns
1 tsp sesame oil
2 cloves garlic

For the salad

100g rice stick noodles
Handful of snow peas or green beans
1 mango or ½ a pineapple
1 spring onion, green parts thinly sliced
1 fresh chilli, deseeded and thinly sliced (optional)
Large handful fresh coriander leaves, roughly chopped
Handful fresh mint leaves, roughly chopped

For the dressing

¼ cup Japanese rice vinegar, or white vinegar
2 tbsp sugar
¼ tsp salt
2 cloves garlic, crushed or finely grated
1 tsp sesame oil
Pinch of chilli powder or chilli flakes
1 tbsp lime juice

Instructions

1. Put the chicken breast into a pot, sprinkle with a little salt, add black peppercorns, garlic and sesame oil. Pour in cold water to cover the chicken by about 2-3cm.
2. Turn up the heat and bring the water to a boil, then turn down the heat and gently simmer the chicken for 10 minutes. Turn off the heat, cover the pot and leave the chicken to sit in the cooking water for 15 minutes.
3. While the chicken is cooking, make the dressing. Warm the vinegar, sugar and salt in a saucepan, stirring until the sugar and salt are dissolved. Turn off the heat and add the garlic, sesame oil and chilli flakes. Once the mixture has cooled, add the lime juice and stir to combine.
4. Remove the chicken from the cooking water, let it cool until you can handle it, then use your hands or two forks to shred it. If you're not eating it straight away, sprinkle 1-2 tbsp of the cooking water over the chicken to keep it moist.
5. To slice the mango, cut each 'cheek' off the mango then peel them. Slice them thinly, and trim any remaining off the mango stone. If using pineapple, cut away the skin, core and slice.
6. Cook the rice stick noodles and snow peas or beans by dropping them into a pot of boiling water and cooking for 3-4 minutes until tender, then drain and rinse under cold water.
7. In a large mixing bowl, toss the chicken, noodles, snow peas or beans, spring onion, chilli (if using), coriander, mint and mango or pineapple together with the dressing.
8. Serve immediately, or refrigerate until needed. This salad is best eaten on the day it's made.



Vegetable kebabs

Colourful vegetable kebabs are a great summer side dish. Cook them on the barbecue, or in the oven, and serve them with your favourite meat or with salad greens, hummus and wraps for a lighter meal.

Serves 4 GF

Equipment

Pots (including one with a lid)
Peeler
Colander or sieve
Mixing bowl

Ingredients

1 capsicum, chopped into 2cm chunks
1-2 courgettes, halved lengthways and thickly sliced
1 red onion, chopped into chunks
8 button mushrooms, quartered
1 tbsp olive oil
Zest and juice of a lemon
1 tsp thyme, or dried herbs of your choice
2 cloves garlic, crushed or finely chopped
¼ tsp chilli flakes (optional)
Salt and pepper
Lemon wedges, to serve

Instructions

1. If using the oven, preheat to 240°C.
2. If using bamboo skewers, soak them in cold water (this will stop them burning).
3. Put the vegetables into a mixing bowl, add the olive oil, lemon zest and juice, herbs, garlic, chilli flakes, a few pinches of salt and a good grind of black pepper. Toss to combine everything. You can leave the vegetables to marinate for up to a day at this stage if you like, for more flavour.
4. Thread the vegetables evenly onto the skewers, alternating between different types.
5. Arrange skewers in a roasting dish and grill in the oven for about 15 minutes, turning once or twice, or until vegetables are softened and browned on the edges. You can also cook these on a barbecue over medium heat.
6. Serve with lemon wedges for squeezing.

Tips

Make it meaty: Add chunks of chicken, pork or beef, or try using a firm, meaty fish like kingfish. Cook skewers until the meat is cooked through.

Add vegetarian protein: Try adding cubes of marinated tofu, firm feta or halloumi - a type of cheese that can be grilled or fried and still keep its shape. Halloumi is available in the specialty cheese section at the supermarket.

Go tropical: Add chunks of fresh or canned pineapple for a tropical flavour.



Creamy broccoli soup

Broccoli is a superstar vegetable that's a great source of essential vitamins and minerals, including calcium which is good for your bones. The beans and potato help give this green soup a really creamy texture, without using milk or cream.

Serves 4 **GF**

Equipment

Large pot
Blender

Ingredients

2 tbsp olive oil
1 onion, chopped
3 cloves garlic, chopped
4 sticks of celery, chopped
1 tbsp ground cumin
4 cups vegetable or chicken stock
1 can cannellini or butter beans, drained and rinsed
1 potato, peeled and diced (use floury or all purpose potatoes)
1 broccoli, cut into florets and stalks sliced
2 handfuls spinach, roughly chopped
Juice of one lemon
Salt and pepper

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion, garlic, celery and ground cumin. Cook, stirring often, for about 5 minutes or until soft and fragrant.
3. Add the stock, beans and potato, bring to a simmer and cook for 10 minutes.
4. Add the broccoli florets and stalks to the pot and cook for another 5 minutes, or until the potato and broccoli is tender.
5. Add spinach to the pot and stir until it has wilted down. Squeeze in the lemon juice and stir through.
6. If using an upright blender, carefully transfer the cooked vegetables and liquid to the blender jug and blend until smooth. You may need to do this in batches. Alternatively, you can use a stick blender and blend the soup in the pot. Take care if you're blending the soup while its hot.
7. Once blended, taste and adjust the seasoning with salt and pepper to suit your taste.
8. Serve with your favourite bread or toast on the side.

Tips

Freezer friendly: This soup freezes well. Defrost in the microwave or a pot over medium heat.





Potato, leek and white bean soup

Vegetable soups are one of the easiest ways to increase the amount of vegetables you eat, without even noticing. This soup is very cosy and comforting, with mellow savoury flavours. White beans are high in protein, iron and fibre, so it's good for you too. Keep leftovers in the fridge or freezer for an easy healthy meal.

Serves 4 **GF**

Equipment

Large pot

Ingredients

2 tbsp olive oil
1 leek, washed and finely chopped
2 sticks of celery, finely chopped
2 cloves garlic, grated or finely chopped
3 large potatoes, peeled and diced
1 can cannellini or butter beans, drained and rinsed
4 cups vegetable stock
2 handfuls chopped spinach or kale
Juice of a lemon
Salt and pepper

Instructions

1. Heat olive oil in a large pot over low-medium heat.
2. Add the chopped leek, celery and garlic, and cook, stirring often, for 10-15 minutes or until the vegetables are very soft but not browned.
3. Add the potatoes, beans and stock to the pot and turn up the heat to bring the soup to a simmer. Cook for 10-15 minutes, or until the potatoes are tender. If the soup gets too thick, add a little hot water to thin it.
4. Add the chopped spinach or kale and the juice of a lemon, stir to combine and cook for another 1-2 minutes – just long enough for the greens to wilt.
5. Taste the liquid and adjust seasoning with salt and pepper, to your taste.
6. Serve in soup bowls with your favourite bread or toast on the side.

Tips

Freezer friendly: This soup freezes well. Defrost in the microwave or a pot over medium heat.

Prefer smooth soups? No problem, once the potatoes are cooked you can blend this soup until smooth if you like. If you're planning to blend the soup, use floury or all purpose potatoes (not waxy potatoes).



Chicken bone broth

Chicken bone broth is made with chicken bones and vegetables, slow cooked overnight. The slow cooking extracts the maximum amount of nutrition from the bones and cartilage of the chicken. As well as being cosy and comforting, the golden liquid is beneficial as part of a gut healing regime. You can drink the broth, or use it as an ingredient in soups, risottos or other recipes that call for stock.

Makes about 2 litres **GF**

Equipment

Slow cooker
Colander or sieve
Jars or containers to store the broth

Ingredients

1 kg chicken bones (see tips)
2 sticks celery, roughly chopped
1 large carrot, roughly chopped
1 onion, roughly chopped
3 cloves garlic, peeled
2 tbsp apple cider vinegar
1 tsp peppercorns
Pinch or two of salt

Instructions

1. Put all ingredients into a slow cooker and cover with water.
2. Turn the slow cooker on high and leave to cook overnight (12-14 hours).
3. The next day, turn off the slow cooker and let the broth cool enough so that you can handle it safely.
4. Use a sieve or colander to strain the broth, extracting as much liquid as you can from the bones and vegetables.
5. Store in jars or sealed containers in the fridge for 3-4 days, or freezer for up to three months.
6. For food safety, ensure you reheat the stock thoroughly before or during use.

Tips

Chicken bones: Some supermarkets sell fresh chicken bones for \$3-4 per kg from their butchery department, which is an easy and low cost option. You can also use chicken wings, or the carcass left over from roasting a whole chicken.

Close enough: This isn't a precise recipe. It doesn't matter if you don't have quite enough bones, and the cooking time is very flexible. Longer cooking is better to extract maximum nutrition from the bones. Make sure to use some vinegar as this also helps extract nutrients from the bones.

No slow cooker: Using a slow cooker is safe, convenient and lets you forget about the broth while it's cooking. If you don't have one, you can also simmer the chicken bones in a large pot for 4-8 hours, covered. Keep an eye on it, stirring every now and then to make sure the liquid doesn't reduce too much and the ingredients don't catch on the bottom.



Tips

Arborio rice: Arborio rice is a starchy short-grain rice traditionally used to make risotto, due to its creamy texture. It's available in the rice section at supermarkets.

Make it dairy free: Leave out the parmesan cheese, risotto is still delicious without it.

Best fresh: Risotto is best eaten freshly made, but you can store leftovers in the fridge for 1-2 days and reheat in a microwave or pot over low-medium heat. Leftovers will be much thicker as the rice will continue absorbing liquid. If you want it softer, stir through a little hot water when you reheat it. Freezing isn't recommended.

Pumpkin and spinach risotto

Making home-made risotto is a labour of love, because you do need to stand at the oven and stir the whole time. The constant stirring stops the rice from sticking and helps release the starches from the rice to create a really creamy texture. Get organised ahead of time so you don't need to walk away, then enjoy the moment – you can practice mindfulness (or daydream) while you stir, and enjoy the delicious smells of the risotto as it cooks.

Serves 4 **GF**

Equipment

Pots

Ingredients

For the risotto

2 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
3-4 fresh sage leaves, finely chopped
(or 1 tsp dried sage)
1 ½ cups arborio rice
6 cups vegetable stock
500g pumpkin, peeled and diced
(about 1cm)
3-4 handfuls spinach, finely chopped
Pinch of nutmeg
Salt and pepper

To serve

½ cup grated parmesan cheese
(optional)
¼ cup walnuts, chopped (optional)

Instructions

1. Heat vegetable stock in a pot until simmering, then turn down the heat just to keep it hot.
2. Heat olive oil in a separate large pot, over medium heat. Add the onion, garlic and sage and cook, stirring, for about 5 minutes or until soft and fragrant.
3. Add the arborio rice and stir to coat in the oil and onion mixture. Cook for another 1-2 minutes, stirring.
4. Add the pumpkin to the pot, along with a little salt and pepper, and stir to combine.
5. Turn the heat down a bit. Use a ladle or coffee mug to add a scoop or two of hot stock to the rice and stir. Keep stirring, and add another scoop of stock when all the liquid has been absorbed. Repeat the process until all of the stock has been added, which will take about 20 minutes. After this time the pumpkin and rice should be tender and the risotto should be soft but not too runny. If the rice and pumpkin are not tender, or the risotto is too thick, and you've run out of stock, add a little bit of boiling water at a time to continue cooking the rice and/or loosen the risotto a bit.
6. Stir through chopped spinach, a pinch of nutmeg, taste and season again with salt and pepper if needed.
7. If using, stir through about half a cup of grated parmesan cheese and top the risotto with chopped walnuts to serve.
8. Serve the risotto by itself as a cosy meal, or alongside fish or chicken for something more substantial.





Mains





Beef and lentil meatballs

This cosy meatball recipe is healthier than usual, it's hiding a few serves of vegetables and also uses brown lentils. Why add lentils to a meatball recipe? Lentils are high in protein, iron and fibre, and they're very affordable so they're a great way to make a little meat go a lot further. These meatballs are a little softer than regular meatballs because of all the vegetables.

Serves 4 GFO

Equipment

Grater
Mixing bowl
Large oven-safe frypan
Pot

Ingredients

For the meatballs

1 small onion, finely chopped
1 carrot, peeled and grated
1 courgette, grated and excess moisture squeezed out
300g lean beef mince
1 can brown lentils, drained and rinsed
1 tsp ground cumin
1 tsp thyme or mixed herbs
2 tbsp flour
¼ tsp salt
Ground black pepper
2 tbsp cooking oil
500ml jar of store bought pasta sauce
1 cup grated cheese (optional)

To serve

300g spaghetti
Finely chopped parsley

Instructions

1. Preheat oven to 220°C.
2. In a large mixing bowl, combine the onion, carrot, courgette, beef mince, lentils, cumin, mixed herbs, salt and pepper. Mix everything together really well with your hands, then roll into 16 balls about the size of a ping pong ball.
3. Heat 2 tbsp of cooking oil in a large oven-safe frypan over medium heat. Arrange the meatballs in the pan and cook, turning regularly, for about 10 minutes or until browned on most sides.
4. While the meatballs are browning, heat the pasta sauce in a pot.
5. Pour the hot pasta sauce over the meatballs in the pan, sprinkle over the grated cheese then bake for 20 minutes in the oven, until the cheese is golden and bubbling and the meatballs are cooked through.
6. Cook spaghetti according to packet directions.
7. Scatter chopped parsley over the meatballs and serve with spaghetti.

Tips

Make it gluten free: Replace the flour with chickpea flour, and serve with gluten free spaghetti. You could also serve the meatballs with mashed potatoes instead.

No oven-safe frypan? Brown the meatballs in a frypan, then transfer them to an oven-safe baking dish before adding the pasta sauce and cheese.

Freezer friendly: Leftovers can be frozen for up to two months. Defrost in the fridge and reheat well before serving.

How much pasta? If you're not going to use the full batch of meatballs in one meal, cook less pasta. 75g of uncooked dried pasta per person is about right.

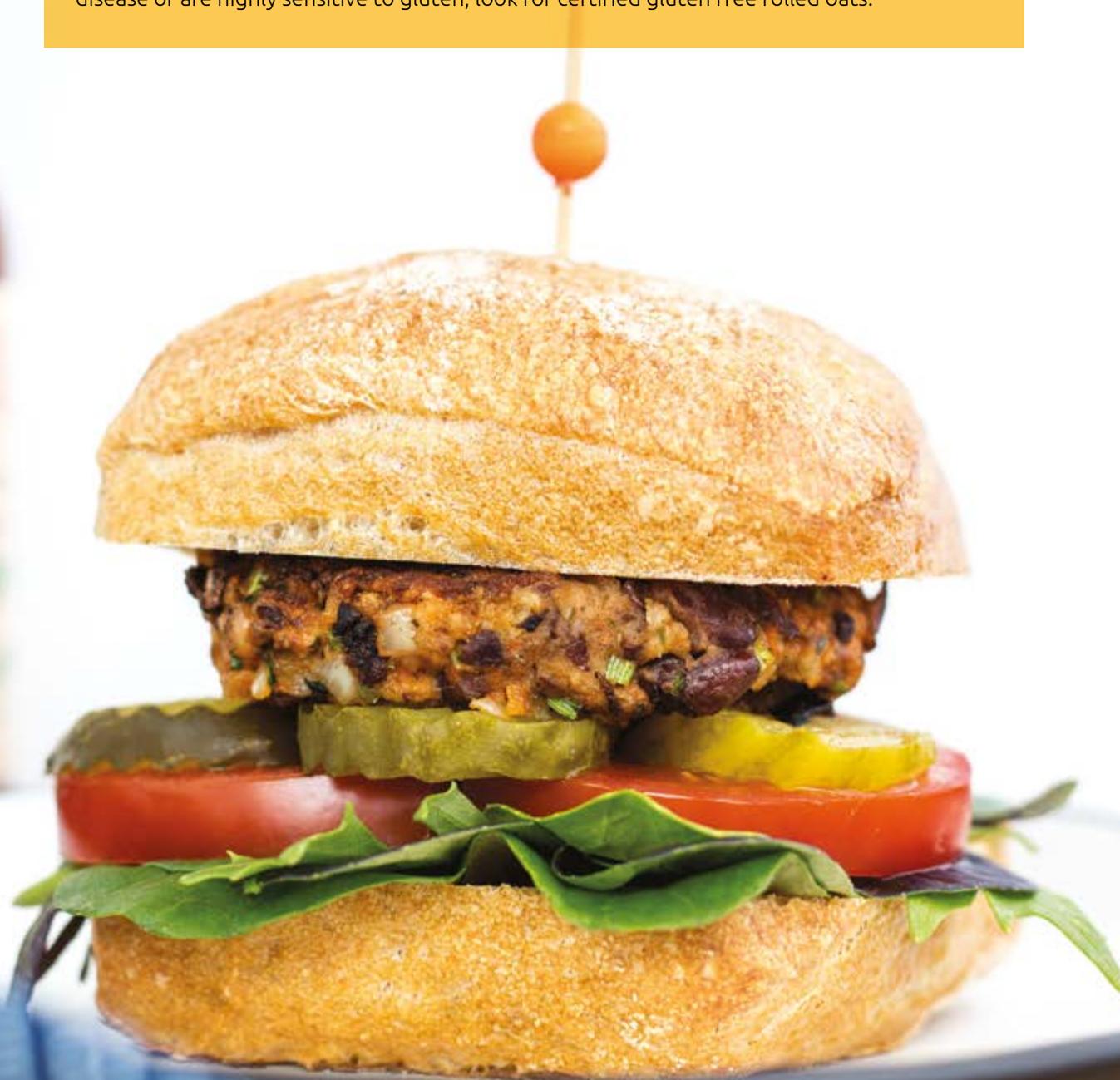
Tips

Chia seeds? Chia seeds are small grey seeds that are a good source of omega-3 fatty acids. They're available from the bulk bins at most supermarkets. When mixed with liquid they form a gel that's very useful for binding and can be used as an egg replacer in some recipes. Chia seeds are important to this recipe – don't leave them out.

Make it gluten free: Use gluten free burger buns and bread crumbs.

Freezer friendly: Uncooked patties can be individually wrapped and frozen for another meal. Defrost them in the fridge before pan frying.

Gluten free oats: Oats themselves are gluten free, however many brands are manufactured in the same facilities as other grains, so they're not 100% gluten free. If you have coeliac disease or are highly sensitive to gluten, look for certified gluten free rolled oats.



Black bean burger patties

Flavoured with paprika, cumin and coriander, these delicious black bean burgers are high in protein, iron and fibre, gluten free, and don't need a food processor to make. Canned black beans are an inexpensive form of protein that makes a nicely textured vegetarian burger patty. Serve the patties in buns with your favourite fillings for a healthy and delicious dinner.

Makes 6

Equipment

Mixing bowl
Potato masher
Frypan

Ingredients

1 tbsp chia seeds
1 can black beans, drained
½ cup rolled oats
1 onion finely chopped
2 cloves garlic crushed or grated
½ cup coriander or parsley, finely chopped
1 tbsp tomato sauce (check label if gluten free)
1 tsp ground cumin
1 tsp smoked paprika
½ tsp black pepper
½ tsp salt
Pinch of cayenne pepper or chilli flakes (optional)
Panko crumbs or bread crumbs to coat (optional)
Cooking oil, for frying patties

To serve

Burger buns
Lettuce or salad greens
Filling ideas: sliced tomato, beetroot, avocado, pickles
Sauce ideas: salad dressing, chutney, tomato sauce, mustard

Instructions

1. Mix chia seeds with 3 tbsp of water and set aside for 5-10 minutes to thicken. Stir to loosen a bit - the mixture will be very thick and gloopy.
2. In a large mixing bowl, roughly mash black beans. They don't need to be perfectly smooth.
3. Add all ingredients (except the panko crumbs and oil) and mix well to combine. You want to make sure the chia seeds are evenly mixed through.
4. Using your hands, roll mixture into six even sized balls and flatten into a patty shape, about 1.25cm (0.5in) thick.
5. If using, press patties into panko crumbs on both sides. Put finished patties on a plate or baking tray, and into the fridge to firm up for an hour or two if you have time (they'll hold together better when cooking).
6. When ready to eat, pan fry in a little cooking oil until golden brown on both sides.
7. Serve in a burger bun with salad greens, fillings and sauces of your choice.





Chicken tray bake with olives and herby dressing

One pan meals are so easy – throw it all in the pan and let it do its thing. This tray bake uses the Italian flavours of herbs and olives, with the juices all combining to make something really delicious. This is an impressive low effort meal that's great for feeding friends and family.

Serves 4 **GF**

Equipment

Large pot
Large roasting dish
Small jar or sealed container

Ingredients

For the tray bake

8 chicken drumsticks
4 large floury potatoes, scrubbed and cut into quarters
1 red capsicum, cored and cut into chunks
2 red onions, peeled and cut into chunks
2-3 cloves garlic, peeled and thinly sliced
1 punnet of cherry tomatoes, or 1 can of cherry tomatoes (drained)
Handful of pitted green or black olives, sliced in half
Olive oil
1-2 tsp regular or smoked paprika
Salt and pepper

For the herby dressing

Zest of a lemon
¼ cup lemon juice
2 tbsp very finely chopped fresh herbs (try chives, parsley, basil or oregano)
2 tbsp olive oil
Pinch of salt and pepper to season

Instructions

1. Preheat oven to 200°C.
2. Pre-cook the potatoes by boiling them in salted water for 10 minutes. Drain and allow to steam dry for a few minutes.
3. Put the chicken into a roasting dish big enough to fit it all in one layer. Add the potatoes, capsicum, onion, tomatoes and olives. Scatter over the garlic, drizzle with olive oil, sprinkle with paprika and season with salt and pepper. Toss everything to coat and spread evenly in the roasting dish.
4. Bake for 45-50 minutes, until the potato is tender and chicken is golden brown and cooked through. To test whether the chicken is cooked, cut into the thickest part of one of the drumsticks and ensure there is no pink meat showing.
5. While the chicken is cooking, make the herby dressing by putting all of the ingredients into a small jar or sealed container and shaking to combine.
6. Once the chicken is cooked, drizzle with the herby dressing and serve immediately with steamed vegetables or salad.

Tips

Chicken options: You can use chicken thighs instead if you like, they might need another 10 minutes to ensure they're cooked properly.

Make it vegetarian: Cook the tray bake without chicken, add more root vegetables and serve with grilled halloumi instead.

Tips

Be organised: Don't worry about the long list of ingredients. Do all your chopping and organising first, then cooking the stirfry will be quick and easy. Chop your vegetables around the same size for each type, so they cook consistently.

Use your noodle: This recipe uses fresh vacuum-packed noodles for convenience. You can find these in the rice and pasta section at the supermarket, or from Asian supermarkets.

Really hungry? Add a fried or poached egg on top when you serve the stirfry.

Make it gluten free: Use tamari instead of soy sauce, and cooked rice noodles instead of udon, hokkien or soba noodles. Or leave out the noodles and serve the stirfry with rice.

Flexible recipe: Mix and match the vegetables depending on what you have available, and what you like. Use about six cups of vegetables in total. Add firmer, slower cooking vegetables to the pan first, and add softer vegetables towards the end of cooking time.



Easy vegetable, noodle and cashew stirfry

This easy stirfry is a great way to eat lots of healthy vegetables in one sitting, and a good recipe to have up your sleeve for busy evenings or times when you want to use up what's left in the vegetable drawer. Serving it with fresh noodles makes it even quicker to get a delicious meal on the table.

Serves 4 **GF**

Equipment

Pot
Colander or sieve
Large frypan or wok

Ingredients

2 tbsp cooking oil
2 cloves garlic, peeled and thinly sliced
1 tsp grated or finely chopped fresh ginger
1 fresh chilli, deseeded and finely sliced (optional)
1 carrot, peeled and chopped into thin sticks
2-3 cups small cauliflower or broccoli florets
Handful of green beans, trimmed and cut into short lengths
1 red or green capsicum, cored and chopped into thin sticks
¼ of a cabbage, thinly sliced
2 tbsp soy sauce
1 tbsp honey
½ cup cashews
2 x 200g packages of fresh noodles (udon, hokkien or soba noodles)
1-2 spring onions, thinly sliced (optional)
Lime wedges to serve (optional)

Instructions

1. Cook noodles by dropping them into a pot of boiling water for about 2 minutes, drain and set aside.
2. Heat cooking oil in a large frypan or wok over medium to high heat.
3. Add garlic, ginger and chilli, and cook, stirring constantly, for about 30 seconds.
4. Add the rest of the vegetables one type at a time, in the order they're listed, cooking for a minute or so before adding the next one.
5. Once the cabbage has begun to wilt, add the soy sauce, honey and a splash of water (2-3 tbsp). Stir to combine, then add the noodles and cashews and stir to combine again. Cook for another 1-2 minutes to ensure the noodles are hot.
6. Serve in bowls, topped with sliced spring onion and lime wedges for squeezing.





Healthy pasta bake

This healthier pasta bake features a creamy sauce made with cashews and cauliflower instead of a traditional white sauce. It's easy to make in a blender and sneaks in an extra serve of vegetables. A seedy crumb topping makes this a crowd-pleasing family favourite.

Serves 4 GFO

Equipment

Large pot
Blender

Ingredients

For the sauce

300g cauliflower (about quarter of a cauliflower or 2 ½ cups of small florets)
¼ cup raw cashews, soaked in hot water for 20 minutes
1 tsp olive oil
1 onion, chopped
2 cloves garlic, chopped
¾ cup water
1 tsp vegetable stock powder
Pinch of nutmeg
Salt and pepper to season
½ cup grated cheese

For the pasta

300g dried penne pasta
2-3 handfuls roughly chopped fresh spinach

For the topping

1 cup grated cheese
¼ cup breadcrumbs
¼ cup sunflower seeds, roughly chopped
¼ cup pumpkin seeds, roughly chopped
1 tsp mixed herbs

Instructions

1. Preheat oven to 220°C.
2. Bring two pots of salted water to the boil.
3. In one pot, cook the pasta for 2-3 minutes less than the packet instructions ask for. Drain and set aside.
4. In the other pot, add cauliflower and cook for 10 minutes, or until soft.
5. While the pasta and cauliflower are cooking, heat olive oil in a frypan. Add onion and garlic and cook over a low to medium heat until golden and soft, but not browned.
6. Drain cauliflower and add to your blender, along with cooked onion and garlic mixture, drained cashews, water, vegetable stock powder, salt, pepper and nutmeg.
7. Blend until completely smooth.
8. Return the sauce to the pot and stir through the grated cheese, until melted and combined with the sauce.
9. Add the pasta and chopped spinach to the pot and stir to combine.
10. Tip the pasta mixture into a baking dish and top with grated cheese, breadcrumbs, seeds and mixed herbs. Season with a little salt and pepper.
11. Bake for 20-25 minutes, until golden brown.
12. Serve with broccoli or a really great green salad (see page 25).



Tips

Make it budget friendly: If fresh smoked fish is outside your budget, you can make this with canned smoked fish. Drain the fish well, remove any bones and skin, then break into chunks and drain again before stirring through the rice. A 450g tin of smoked fish will provide enough meat for this recipe.

Good for you: Fish can be a good source of omega-3 fatty acids, which are great for brain health, heart health and your nervous system. The best source of omega-3 fatty acids is oily fish like salmon, tuna, mackerel and sardines, but they're also present at lower levels in white fish.

Not too hot: Use your choice of mild, medium or hot curry powder depending on how much you like spicy food.

Kedgeree

Kedgeree is a mildly spicy rice dish served with smoked fish and boiled eggs. Originally created for the British during India's colonial days, it's a tasty combination of ingredients that looks spectacular and tastes just as good.

Serves 4 **GF**

Equipment

Mixing bowl
Potato masher
Frypan
Sieve
Large pot with a lid

Ingredients

For the rice

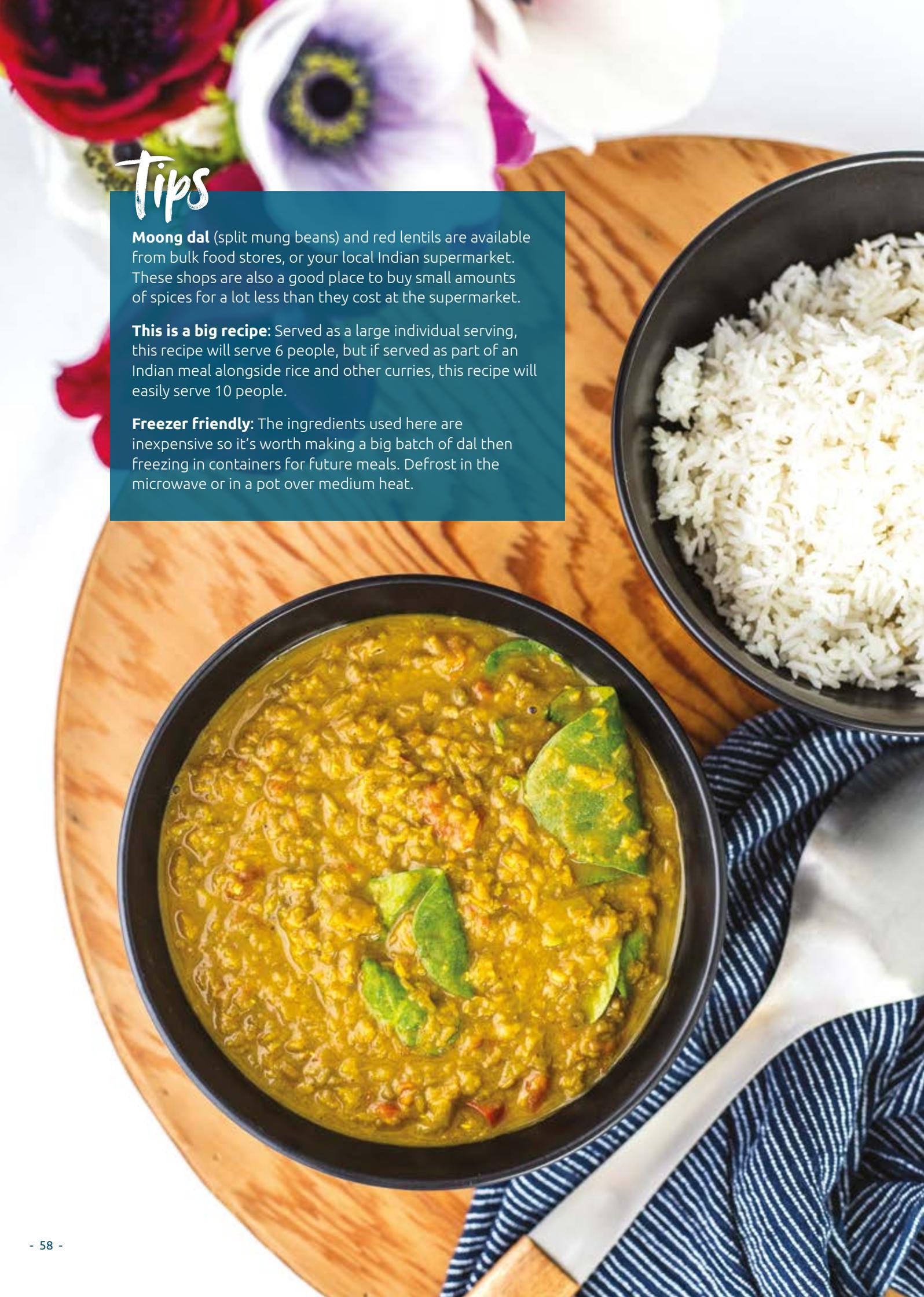
1 cup basmati rice
1 tbsp cooking oil
1 onion, finely chopped
1 clove garlic, grated or finely chopped
Thumb-sized piece of ginger, grated or very finely chopped
1 tbsp curry powder
¼ tsp salt
250-300g smoked fish, or more if you like

To serve

4 hard boiled eggs
3 spring onions, thinly sliced
Handful of coriander or parsley, chopped
Lemon wedges
2-3 tomatoes, chopped
Cucumber, sliced

Instructions

1. Soak the rice in cold water for 15-30 minutes while you're getting everything else ready.
2. Boil a jug of water.
3. Heat cooking oil in a large pot over medium heat. Add the onion, garlic and ginger and cook for a few minutes, until softened and fragrant. Add the curry powder and salt, and cook for another minute or two.
4. Rinse the rice in a sieve until the water runs clear, then add it to the pot along with 2 ¼ cups of boiling water. Stir to combine, then cover with a lid. Turn down the heat to low and cook for 15 minutes, or until the rice is cooked and the liquid has evaporated.
5. Turn off the heat and let the rice sit, with the lid on, for another 5-10 minutes. Remove the lid, and use a fork to gently fluff up the rice. Taste and season with more salt and pepper if needed.
6. Flake the smoked fish into chunky pieces and gently stir through the rice. The heat of the rice will warm the fish.
7. Assemble the kedgeree on a big serving platter, or individual plates, by spreading out the spiced rice and topping it with chopped boiled eggs, spring onions, coriander or parsley, lemon wedges, and sliced fresh tomatoes and cucumber.
8. Serve with a really great green salad (see page 25).



Tips

Moong dal (split mung beans) and red lentils are available from bulk food stores, or your local Indian supermarket. These shops are also a good place to buy small amounts of spices for a lot less than they cost at the supermarket.

This is a big recipe: Served as a large individual serving, this recipe will serve 6 people, but if served as part of an Indian meal alongside rice and other curries, this recipe will easily serve 10 people.

Freezer friendly: The ingredients used here are inexpensive so it's worth making a big batch of dal then freezing in containers for future meals. Defrost in the microwave or in a pot over medium heat.

Lentil dal

Lentils and legumes are a really great store cupboard staple. They're cheap to buy, last for ages, and they're high in protein, fibre and a range of vitamins and minerals. You can enjoy dal as a thick soup, or as part of a traditional Indian meal with rice and other curries. This dal is mildly spiced and suitable for most people.

Serves 6-10 GF

Equipment

Large pot

Ingredients

2 tbsp vegetable oil or coconut oil
2 onions, chopped
4 cloves garlic, crushed or finely chopped
Thumb sized piece of fresh ginger, grated or finely chopped
1 tbsp ground turmeric
2 tsp cumin seeds
2 tsp garam masala
1 tsp fennel seeds
½ - 2 tsp chilli flakes
1 tsp ground cardamom
Pinch of ground cloves
1 cup red lentils
1 cup moong dal (split mung beans)
1 tsp salt
2-3 chopped tomatoes, or 1 can chopped tomatoes, drained of excess liquid
2 cups spinach, roughly chopped

To serve (optional)

Extra chilli flakes or sliced fresh chilli
Coriander leaves
Fresh lemon or lime wedges

Instructions

1. Heat oil in a deep saucepan. Add onions, garlic and ginger and cook until beginning to soften.
2. Add remaining spices and stir until fragrant. If you prefer mildly spiced food, use ½ tsp of chilli flakes, or use 2 tsp if you like a bit more spiciness.
3. Add lentils, moong dal and 9 cups of water to begin with. Bring to a simmer and cook for 45 minutes to an hour, stirring occasionally. The lentils and moong dal soak up a lot of water as they cook, so keep an eye on the pot every 10 minutes or so, give it a stir and add extra water if needed.
4. Once cooked the lentils will have virtually disappeared and the moong dal will be soft but have some remaining texture. The consistency can be quite soupy, or if you want to serve it on rice just add a bit less water so it is a bit thicker.
5. Add salt, chopped tomatoes and spinach. Taste and adjust seasoning if necessary.
6. Serve as a thick soup with toast, or with steamed rice and vegetables for a full meal. Dal is also really nice with mashed potatoes.
7. Garnish with extra chilli flakes or chopped fresh chilli, coriander and a wedge of lemon or lime for squeezing, if you like.

Tips

How much pasta? If you're not going to use the full batch of sauce in one meal, cook less pasta. 75g of uncooked dried pasta per person is about right.

Make it gluten free: Use gluten free spaghetti.

Make it dairy free and vegan: Don't add grated cheese on top.

Freezer friendly: Freeze left over sauce for another meal. Defrost in the microwave or in a pot over medium heat. Add a little more water if the sauce becomes too thick.



Mushroom and lentil spaghetti bolognese

Loaded with vegetables, this meat-free mushroom and lentil spaghetti bolognese is a delicious and nourishing meal. The mushrooms add heaps of flavour and a 'meaty' texture, while inexpensive red lentils bulk it out and add protein. This is a big recipe that's great to feed a crowd, or keep some in the freezer to reheat for an easy dinner.

Serves 6 GFO

Equipment

Large pot
Frypan

Ingredients

2 tbsp olive oil
1 onion, finely chopped
1 carrot, peeled and finely chopped
3 sticks celery, finely chopped
2 cloves garlic, finely chopped
10-12 button or brown mushrooms, finely chopped (about 200g)
1 red capsicum, cored and finely chopped
1 tsp dried sage
1 tsp dried oregano
1 tsp smoked paprika
2 cans chopped tomatoes in juice
2 cups vegetable stock
½ cup dried red lentils
1 tsp sugar
Salt and pepper to season

To serve

500g (1 pack) spaghetti
Chopped parsley (optional)
Grated cheese (optional)

Instructions

1. Heat olive oil in a wide, deep saucepan or frypan. Add onion, carrot and celery and cook over a low-medium heat until softened, then add garlic, mushrooms, red capsicum, sage, oregano and smoked paprika. Season with a small sprinkle of salt to help the mushrooms release their juices. Continue to cook, stirring often, until golden and fragrant. This stage should take about 20 minutes in total.
2. Add the canned tomatoes, vegetable stock, lentils and sugar, along with a little more salt and pepper. Bring to a gentle boil, or fast simmer, and leave to cook over a low heat for 45-60 minutes, stirring occasionally. From about 30 minutes onwards check more often and add more water, half a cup at a time, if needed to stop the mixture from sticking or becoming too thick before the lentils and vegetables have cooked through.
3. When the sauce is done, it will be thick, glossy and richly flavoured. The lentils will have almost disappeared into the sauce, and the vegetables will be tender. Taste and adjust the seasoning with more salt and pepper if needed.
4. Cook spaghetti according to packet directions, drain and serve with a generous ladle of bolognese sauce and a sprinkle of chopped parsley.





One pot spaghetti

The ingredients of this spaghetti meal all cook in one pan together, making its own delicious sauce. You'll need a wide pot or deep frypan that's big enough to take all of the dry spaghetti lying down. It's important to use the right amount of each ingredient so the finished dish has just the right amount of sauce.

Serves 4-6

Equipment

Wide pot or deep frypan
Grater to zest lemons
Tongs

Ingredients

500g dried spaghetti (1 package)
1 punnet fresh cherry tomatoes (200g)
1 can cannellini beans, drained and rinsed
1/3 cup olive oil
3 tbsp tomato paste
Zest and juice of two lemons
2 cloves garlic, finely sliced
1 1/2 tsp salt
Freshly ground black pepper
1 bag of baby kale or spinach (3-4 handfuls)
Parmesan cheese (optional)

Instructions

1. Boil a jug of water and get your ingredients ready.
2. Lie the spaghetti in the pot or frypan, top with the cannellini beans, cherry tomatoes, olive oil, tomato paste, zest and juice of two lemons, garlic, salt and a good grind of black pepper.
3. Pour over 5 cups (1.25 litres) of boiling water, turn up the heat to high and bring to a boil.
4. Once the water is boiling, reduce the heat to medium and cook for 5 minutes, using tongs to turn the pasta every now and then so it doesn't stick.
5. Add the kale or spinach, stir to combine and cook for another 3 minutes, or until the pasta is just cooked (al dente) and the greens have wilted.
6. Taste and season with more salt and pepper if needed.
7. Let the pasta sit for a few minutes for the sauce to thicken, then serve in bowls and top with grated parmesan, if you like.

Tips

Not gluten free: The gluten in the pasta helps thicken the sauce, so this recipe won't work with gluten free pasta.

Make it dairy free and vegan: Don't use parmesan cheese on top.



Roasted cauliflower Tacos

Vegetarian tacos are oh-so-satisfying with oven baked cauliflower and a lime-zingy sweetcorn and black bean salsa that is simple, fresh and healthy. Serve these tacos with your favourite chilli sauce for a bit more heat.

Makes 12 GFO

Equipment

Baking tray
Mixing bowl
Colander or sieve
Sealed container

Ingredients

For the cauliflower

1 cauliflower, cut into small florets
2 tbsps flour
1 tsp ground cumin
1 tsp smoked paprika
1 tsp oregano
Pinch of chilli powder (optional)
¼ tsp salt
Olive oil spray

For the chunky salsa

½ cup frozen corn kernels (or kernels cut from 1 cob of corn)
1 can black beans, drained and rinsed
2 tomatoes, diced
1 spring onion, whites finely chopped and greens thinly sliced
1 tbsps lime juice (juice of about half a lime)

To serve

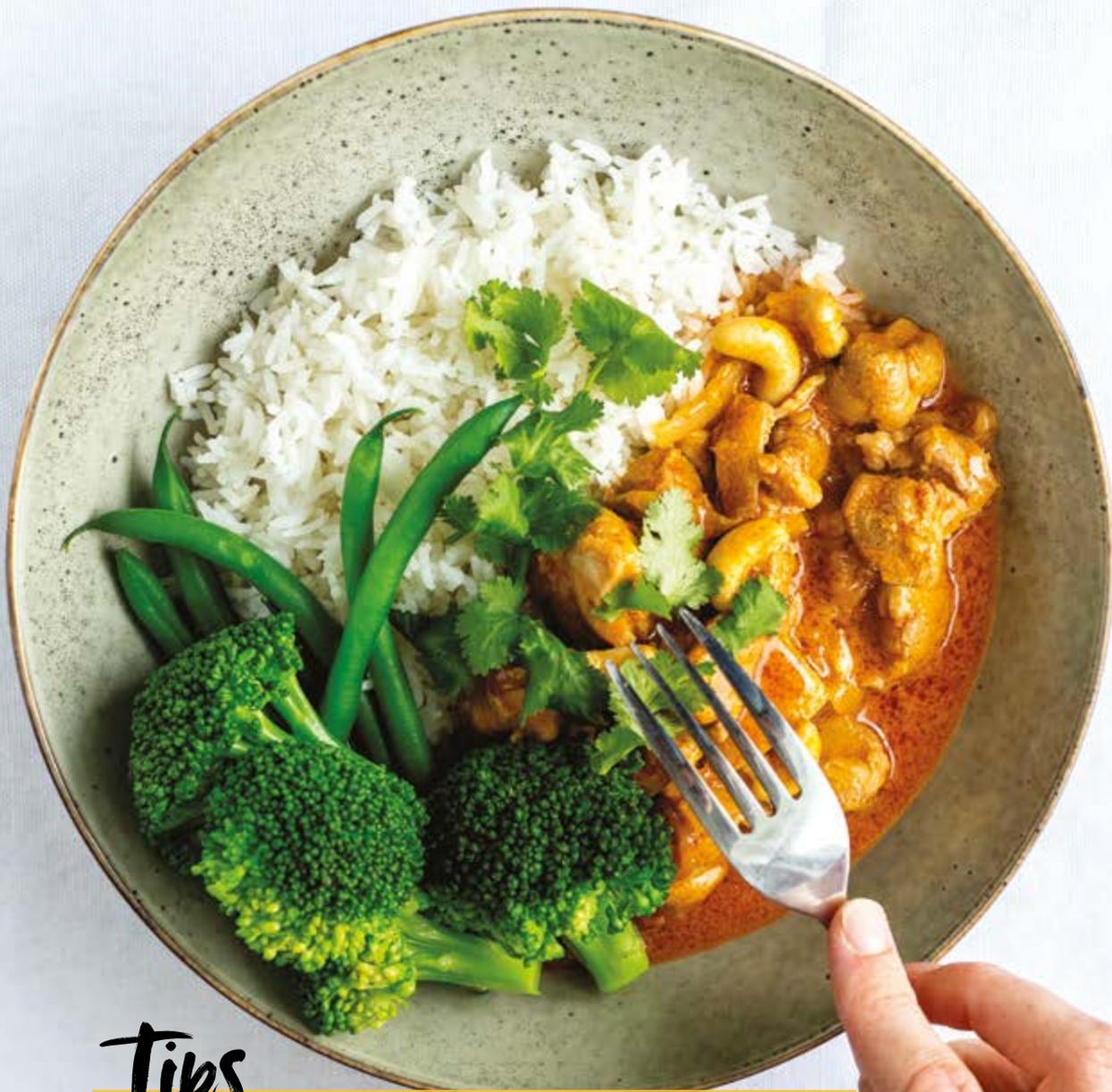
12 taco-sized soft tortillas
¼ red cabbage, thinly sliced
1 carrot, grated
1 avocado, peeled and sliced
Fresh coriander, roughly chopped
Limes to squeeze
Sour cream or natural yoghurt
Chilli sauce

Instructions

1. Preheat oven to 220°C.
2. To make the roasted cauliflower, mix the spices, salt and flour together. Using a sealed container, shake the cauliflower florets with the spice mixture until well coated. Tip them out onto a baking tray, spray with olive oil to coat, then bake for 15-20 minutes, shaking the tray every now and then, and spraying with a little more oil if it looks too dry. The cauliflower is done when it has browned a little around the edges and smells fantastic.
3. For the chunky salsa, bring a saucepan of water to the boil and cook the corn kernels for 2-3 minutes. Drain in a colander or sieve and run under cold water to refresh. In a mixing bowl, combine the corn, black beans, tomatoes, spring onion and lime juice. Season with a little salt.
4. To serve, warm the soft taco tortillas according to packet directions. Serve with thinly sliced red cabbage, grated carrot, fresh coriander, cauliflower fresh out of the oven, chunky salsa, limes for squeezing, sour cream or yoghurt and your favourite chilli sauce.

Tips

Make it gluten free: Swap the flour in the cauliflower spice mix with brown rice flour, and use 100% corn tortillas.



Tips

What type of chicken? For best results use boneless, skinless chicken thighs or breasts, cut into bite sized pieces. You can also use leftover roast chicken, just leave out the water and shorten the cooking time as the chicken is already cooked.

Is it cooked? Cut into a larger chunk of chicken and check to see if the juices run clear, and that the meat isn't pink.

Thai curry paste: You can buy Thai green or red curry paste at the supermarket, or try visiting your local Asian supermarket where it will be cheaper (and more authentic tasting).

Freezer friendly: Leftover curry can be stored in the fridge for 1-2 days, or frozen for up to two months. Defrost frozen curry in the fridge, and ensure any leftovers are reheated until piping hot.

Add vegetables: Add some green beans, baby corn, capsicum or broccoli 3-4 minutes before the end of cooking time, if you like.

Make it vegetarian: Instead of chicken, try using two large potatoes and one package of tofu, diced. Add the potatoes first and cook until tender, then add the tofu and heat through for the last few minutes of cooking time.

Basic Thai chicken and cashew curry

Making your own curry beats takeaways any time. You can control how spicy you like it, and it's better value too. Thai curry paste will keep for ages in the fridge, so you can use it to make more curries. Once you've mastered this basic chicken curry, try adding vegetables or making a fish or vegetarian curry using the same method.

Serves 4 **GF**

Equipment

Frypan or wide pot with a lid

Ingredients

1 tbsp cooking oil
1 onion, finely sliced
2 cloves garlic, grated or finely chopped
1 tsp grated or finely chopped fresh ginger
1-2 tbsp green or red Thai curry paste
1 can light coconut cream
¼ cup water
500g chicken, cut into bite sized pieces
1-2 tbsp lime juice
¼ cup cashews

To serve

Steamed rice
Green vegetables (beans or broccoli)
Fresh coriander, roughly chopped
Sliced fresh chilli (optional)

Instructions

1. Heat cooking oil in a large frypan over medium heat.
2. Add the onion, garlic and ginger and cook for a few minutes, stirring often, until softened and fragrant.
3. Add the curry paste (1 tbsp for mild, 2 tbsp for medium-hot) and a splash of coconut cream and cook for another few minutes until the mixture is well combined.
4. Add the chicken to the pan and stir to coat in the spice mixture.
5. Add the rest of the coconut cream, ¼ cup of water and a pinch of salt. Stir to combine and simmer for 15 minutes, or until the chicken is cooked through. Keep an eye on it, stirring from time to time, and add a splash more water if the sauce gets too thick.
6. Once the chicken is cooked stir through the cashews and the juice of half a lime (about 1 tbsp). Stir through, taste and adjust seasoning with more salt and lime, to suit your taste.
7. Serve with rice and top with fresh coriander and sliced chilli, if you like. Serve steamed greens like beans or broccoli on the side for a complete meal.





Three bean chilli

This three bean chilli is made mostly with inexpensive store cupboard ingredients like canned beans and tomatoes. High in protein, iron and fibre, it's a great thing to have on hand in the fridge or freezer for filling and easy meals. It's yummy by itself, and also makes a great filling or topping for Mexican inspired meals.

Serves 4

Equipment

Large pot

Ingredients

2 tbsp olive oil
1 onion, finely chopped
3 cloves garlic, finely chopped
1 red capsicum, cored and finely chopped
1 ½ tsp ground cumin
½ - 1 tsp chilli flakes
2 cans chopped tomatoes
1 can black beans
1 can kidney beans
1 can cannellini beans
½ cup stock
½ tsp sugar
½ tsp salt

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and garlic and cook, stirring, for about 5 minutes or until soft and lightly golden.
3. Add chopped capsicum and cook for another 5 minutes.
4. Add ground cumin, chilli flakes, canned tomatoes, beans, vegetable stock and sugar.
5. Simmer for about 25 minutes, stirring every now and then.
6. Taste and add salt to season, as needed.

Serving ideas

This three bean chilli is really versatile. You can use it as a filling or topping for Mexican meals like nachos, tacos and enchiladas, or use it as a topping for baked potatoes or alongside potato wedges. Top with a squeeze of lime, chopped coriander and sour cream, if you like.

Tips

Freezer friendly: Freeze in containers for an easy meal. Defrost in the microwave or in a pot over medium heat.

Stock: You can use vegetable or chicken stock in this recipe, or bone broth if you have it available (see page 41).





Vegetable fritters

Inspired by the pakora, or vegetable fritters, you get at Indian restaurants, these vegetable fritters are really tasty and make a great casual dinner with a nice salad or some steamed vegetables.

Serves 4 GF

Equipment

Mixing bowl
Frypan
Fish slice

Ingredients

4 cups grated or finely chopped vegetables
1 ½ cups chickpea flour
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground turmeric
Pinch of chilli powder or cayenne pepper (optional)
1 tsp baking powder (gluten free if required)
½ tsp salt
1 cup water
Cooking oil

Instructions

1. Put all ingredients except for the cooking oil in a large mixing bowl and stir to combine. Add a little more water if the mixture is too thick. You want it to be wet but not runny.
2. Heat a frypan over medium heat and add a thin coating of cooking oil. Once the oil is hot, drop heaped tablespoonfuls of fritter batter into the frypan, leaving some space between each one. Flip fritters once golden brown on the bottom and cook for another few minutes on the other side. Remove cooked fritters from the pan and repeat the process until you've used up all the mixture, adding a little more oil between batches if necessary.
3. Serve fritters with a nice salad or some steamed vegetables, and a dollop of your favourite chutney or sauce on the side.

Tips

What vegetables? Try using grated carrot and courgette (squeeze out any excess liquid first), finely chopped onion and capsicum, thinly sliced spinach, or frozen peas or corn (run them under hot water to thaw them out first).

Chickpea what? Chickpea flour is a high protein, gluten free flour made from ground chickpeas. Chickpea flour can be used to make fritters without eggs or milk, so it's a handy thing to have in the cupboard. You can buy it at bulk food stores or from Indian supermarkets. It is also known as besan, gram or garbanzo bean flour.



Sweet and savoury Treats





Tips

Get creative: You can use different herbs and spices to change the flavour of the crackers. Try 1-2 teaspoons of cajun seasoning; caraway, cumin or fennel seeds; garlic or onion powder; or smoked paprika.

Shop around: Seeds can be expensive to buy in big packets. Try buying the amounts you need from the bulk bins at the supermarket, or from bulk bin stores. This is a big recipe, so you could also halve the quantities to make it more affordable.

About kale: In New Zealand the most common types of kale are cavolo nero, which is very dark green in colour and often sold in bags at the supermarket as baby kale; or curly kale, which is a paler green. Both types are often available from farmers markets, some supermarkets, and they're also very easy to grow yourself. Kale can be a bit tough when it's raw, which is why it's blanched first in this pesto recipe.

Five seed crackers

These high fibre five seed crackers are a healthy snack by themselves, and delicious with hummus, pesto or avocado. The exact amount of the different seeds doesn't matter too much, as long as it all adds up to the same amount in total and you use the right amount of chia seeds, which bind the mixture together.

GF

Equipment

Mixing bowl
Two baking trays
Baking paper
Spatula

Ingredients

1 cup sunflower seeds
¾ cup pumpkin seeds
½ cup chia seeds
½ cup sesame seeds
¼ cup linseed (also known as flaxseed)
1 tsp salt
1 ½ cups water
1 tbsp thyme
1 tsp chilli flakes (optional)

Instructions

1. Preheat oven to 170°C fan bake, or 180°C regular bake.
2. Mix all ingredients together and leave for 10-15 minutes for the seeds to soak up the water.
3. Give everything a good stir, then split the mixture over two baking trays lined with baking paper and use a spatula to spread the mixture out thinly. The ideal thickness is about 3mm.
4. Bake for one hour (switching the trays around halfway through cooking time), or until golden brown and crisp. If the crackers don't feel crisp after an hour, return to the oven for another 5-10 minutes.
5. Remove from the oven, allow to cool, then use your hands to break into pieces.
6. Store in an airtight container.

Kale, almond and sunflower seed pesto

Kale is an anti-inflammatory superfood, high in iron and calcium, and an excellent source of vitamin A and C. It's not most people's favourite vegetable to eat by itself though, so turning it into pesto is a sneaky way to get more of it into your diet. Try this pesto as a snack with crackers or vegetable sticks, or as a meal tossed with pasta or roast vegetables.

Makes 1 cup GF

Equipment

Colander or sieve
Food processor

Ingredients

2-3 cups roughly chopped kale leaves
⅓ cup sunflower seeds
⅓ cup almonds
⅓ cup olive oil
Juice of one lemon
2 tbsp water
2 cloves garlic
¼ tsp salt
Pinch or two of chilli flakes (optional)

Instructions

1. Boil a jug of water.
2. Roughly chop kale and put it in a colander. For larger leaves, trim away any tough stalks and central spines of the leaves. Pour a jug of boiling water over the colander of chopped kale, refresh under cold water, then use your hands to squeeze out the excess liquid.
3. Put blanched kale and all remaining ingredients into a food processor.
4. Blend until mostly smooth but with some remaining texture. Add a little extra water if needed to reach a nice consistency (try adding 2 tbsp to use the pesto with pasta, or 4 tbsp for a more spreadable consistency to have with crackers or vegetable sticks).
5. Taste and adjust seasoning if necessary.



Basic bliss balls

Bliss balls are a healthier sweet treat made with nutritious whole foods. They're still high in energy, so they're best enjoyed one or two at a time as an alternative to more processed treats like biscuits or chocolate. This recipe includes a lemon and a chocolate version.

Makes about 20 GF

Equipment

Grater (lemon flavour only)
Food processor
Spatula

Ingredients

Chocolate

3 tbsp hot water
1 cup pitted dates, roughly chopped
½ cup sunflower seeds
½ cup desiccated coconut
1 tsp natural vanilla extract
Pinch of cinnamon
Pinch of salt
2 tbsp cocoa powder

Lemon

Zest of a lemon
2 tbsp lemon juice, warmed
1 cup pitted dates, roughly chopped
½ cup sunflower seeds
½ cup desiccated coconut
1 tsp natural vanilla extract
Pinch of cinnamon
Pinch of salt

Instructions

1. For the lemon flavour only, use the fine side of a grater to finely grate the skin (zest) of a lemon. Then chop the lemon in half and squeeze the juice into a small dish and warm it in the microwave for 20 seconds. Discard any seeds.
2. Roughly chop dates and put them in the bowl of your food processor. Sprinkle over 3 tbsp hot water (chocolate) or 2 tbsp warmed lemon juice (lemon) and leave to sit for 15 minutes to soften the dates a bit.
3. Add the remaining ingredients for the flavour you've chosen, then whizz in the food processor until everything is well combined. You'll need to stop and scrape down the sides a few times with a spatula.
4. Test the mixture by rolling a small amount into a ball, it's ready if it easily clumps together. If not, process the mixture again until it holds together better.
5. Roll heaped 1 tsp quantities into small balls and store in a container in the fridge.

Tips

Smooth: For a smoother texture, process the sunflower seeds and coconut together first, before adding the other ingredients.

Coatings: You don't need to coat bliss balls in anything, but if you want to, try rolling them in coconut or cocoa powder.



Orange, almond and chia seed muffins

These zesty dairy free orange muffins are easy to make and will fill your home with the delicious smell of orange and sweet spices while they're cooking. Chia seeds are a good source of omega-3 fatty acids, and they're available from the bulk bins at most supermarkets.

Makes 12 GF

Equipment

Grater
Mixing bowl
Spatula
12 hole muffin tin
Baking paper

Ingredients

Dry ingredients

2 cups standard flour
½ cup sugar
¼ cup ground almonds
2 tbsp chia seeds
2 tsp baking powder
1 tsp ground cloves (or cinnamon)
¼ tsp baking soda
Pinch of salt

Wet ingredients

2 oranges
¼ cup cooking oil
1 egg
1 tsp natural vanilla extract

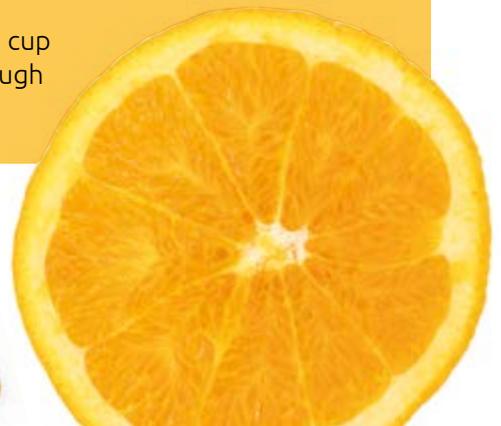
Instructions

1. Preheat oven to 200°C.
2. Grease muffin tin with a little cooking oil and line each hole with a small square of baking paper to ensure they don't stick.
3. Place all dry ingredients in a large mixing bowl and stir to combine.
4. Use the fine side of a grater to zest the oranges, then cut them in half and squeeze the juice into a measuring cup. Add enough water to bring the total quantity of liquid up to 1 cup.
5. Mix the orange juice and water with orange zest, cooking oil, egg and vanilla, then pour into the bowl with dry ingredients and use a spatula to fold everything together. Don't over-mix it.
6. Spoon mixture evenly into each hole of the muffin tin.
7. Bake for 25 minutes, until golden and firm to the touch.

Tips

Ground almonds: Ground almonds are available from the baking section and bulk bins of most supermarkets.

Optional icing: If you like icing on your muffins, try mixing 1 cup of icing sugar with a little finely grated orange zest, and enough orange juice to form a spreadable consistency.





Oaty fruit and chocolate biscuits

These gluten free biscuits are made with wholesome rolled oats and almonds, and have chunks of dried fruit and dark chocolate to make them a little special. Make a batch so you have something to offer visitors, or as a thoughtful home-made gift for a friend.

Makes 15 **GF**

Equipment

Mixing bowl
Baking tray

Ingredients

1 cup gluten free flour
½ cup rolled oats
(certified gluten free if required)
½ cup dried cranberries, raisins,
sultanas or chopped dried apricots
½ cup sliced almonds
½ cup milk (any kind)
¼ cup dark chocolate chips, or roughly
chopped dark chocolate
2 tbsp cooking oil
2 tbsp liquid sweetener like honey,
maple syrup or golden syrup
1 tbsp chia seeds
1 tsp natural vanilla extract
½ tsp ground cinnamon
½ tsp baking soda
Pinch of salt

Instructions

1. Preheat oven to 180°C fan bake, or 200°C regular bake.
2. Line a baking tray with baking paper.
3. Mix all ingredients thoroughly. The cookie mixture will be too sticky to handle, so use a tablespoon to drop 15 heaped spoonfuls onto the baking tray.
4. With wet hands, flatten each cookie a little and even up their shape if needed.
5. Bake for 25-30 minutes, until golden brown and firm to the touch.
6. Remove from the oven and allow biscuits to cool on the tray or a wire rack, then transfer to an airtight container to store.

Tips

Dark chocolate chips: Most dark chocolate chips are dairy free, but check the label if this is important for you.

Chia seeds: Chia seeds are small grey seeds that are a good source of omega-3 fatty acids. They're available from the bulk bins at most supermarkets.

Gluten free flour: Use a store bought gluten-free standard flour mix, available in the baking section at the supermarket.

Gluten free oats: Oats themselves are gluten free, however many brands are manufactured in the same facilities as other grains, so they're not 100% gluten free. If you have coeliac disease or are highly sensitive to gluten, look for certified gluten free rolled oats.



Golden milk

Golden milk, or turmeric latte, is a warming blend of spices heated with milk and a little sweetener to make a comforting caffeine-free hot drink. Turmeric is known for its anti-inflammatory properties, cinnamon helps regulate blood sugar, and ginger settles the stomach. Make this as a single serve, or make a bigger batch of the spice blend so it's even easier to make next time.

Makes about 20 GF

Equipment

Small pot

Ingredients

Single serve spice mix

¼ tsp ground turmeric
¼ tsp ground cinnamon
¼ tsp ground ginger
⅛ tsp ground nutmeg
Small pinch ground black pepper

Bulk spice mix (20 serves)

Combine and store in a sealed jar:

6 tsp ground turmeric
5 tsp ground cinnamon
5 tsp ground ginger
2 ½ tsp ground nutmeg
1 ½ tsp ground black pepper

To serve

Single serve spices or 1 tsp bulk spice mix
1 cup milk of your choice
1-2 tsp honey, maple syrup or sugar

Instructions

1. Put spices, milk and honey into a small saucepan and whisk over low-medium heat until simmering.
2. Pour into a mug and enjoy.



Tips

Any milk: Golden milk can be made with regular cow's milk or any milk of your choice, like almond, soy or rice milk.

Don't leave out the pepper: Ground black pepper helps your body absorb curcumin, the active ingredient in turmeric, so don't leave it out.

Love turmeric? Double the quantity of turmeric in the spice blend for a stronger flavour.



Dark chocolate pots

This simple but decadent three ingredient dessert takes about five minutes to make, plus a little chilling time. Dark chocolate is a good source of antioxidants and minerals, and eating it releases neurotransmitters that make us feel good, so treat yourself every now and then. Be creative with flavourings and toppings.

Serves 4 **GF**

Equipment

Small pot
4 ramekins or tea cups

Ingredients

For the chocolate pots

400ml can of coconut cream
½ tsp natural vanilla extract
Pinch of salt
200g dark chocolate, roughly chopped

Topping ideas

Chopped nuts
Grated chocolate
Coconut flakes
Freeze dried fruit

Instructions

1. Heat coconut cream, vanilla and a pinch of salt in a small pot until it just begins to simmer.
2. Turn the heat down to low, add the dark chocolate to the pot and let it sit undisturbed for a minute to melt.
3. Over the heat, whisk the chocolate and coconut cream mixture together for a few minutes, until the chocolate is completely melted and the mixture is dark, glossy and evenly combined.
4. Tip into 4 ramekins or tea cups and refrigerate for at least 6 hours, or overnight, to set.
5. Sprinkle with your choice of toppings and enjoy.



Tips

Dark chocolate: Dark chocolate is usually dairy free, check the label if this is important for you. Use dark chocolate with over 50% cocoa solids for a rich and full flavoured dessert.

Change it up: Add the zest of an orange to the chocolate mixture, or a pinch of chilli powder and ground cinnamon for a Mexican inspired version. Experiment with putting things like berries, crumbled biscuits, a little jam or caramel sauce in the bottom of the dish, before pouring in the chocolate mixture.

Tips

Dessert or breakfast? This fruity dessert is healthy enough to enjoy for breakfast, and the muesli is nice in a bowl with fruit and milk for breakfast too.

Make it dairy free: Use coconut yoghurt instead of custard or cow's milk yoghurt.

Stewing fruit: Clean, peel (if needed) and chop fruit and put it in a pot, add a little splash of water, 2-4 tbsp of sugar and a small amount of cinnamon or spices of your choice. Bring to a simmer and stir often until the fruit is tender. Most fruit releases water as it cooks, but you can always add more water if you need to. It's a good idea to start with less sugar, then taste and add a little more later on if you need it.

Oats: Use whole or jumbo rolled oats (the large kind) instead of porridge oats for this recipe. They're available in the bulk bin or cereal section at supermarkets.

Gluten free oats: Oats themselves are gluten free, however many brands are manufactured in the same facilities as other grains, so they're not 100% gluten free. If you have coeliac disease or are highly sensitive to gluten, look for certified gluten free rolled oats.



Fruit and muesli parfaits

Parfait is the French word for perfect, and it's used to describe a dessert of creamy custard layered with fruit. It's even nicer layered with a little crunchy home-made muesli. You can be creative with your choice of fruit, depending on what's in season and what you like.

Serves 4 **GF**

Equipment

Mixing bowl
Rimmed baking tray or roasting dish
Pots

Ingredients

Muesli

2 cups rolled jumbo oats
½ cup raw nuts, roughly chopped
(peanuts, almonds, walnuts or pecans are ideal)
½ cup raw seeds (sunflower and pumpkin seeds are ideal)
2 tbsp cooking oil
2 tbsp honey or maple syrup
1 tsp cinnamon
Pinch of salt

Fruit ideas

Sliced fresh strawberries, kiwifruit or banana
Frozen berries cooked with a little sugar until syrupy
Stewed apple with cinnamon
Stewed tamarillos with star anise
Stewed rhubarb
Canned fruit like pineapple, peaches, pears or black doris plums

To serve

Store bought or home-made custard, or greek yoghurt

Instructions

1. Preheat oven to 140°C fan bake, or 160°C regular bake.
2. If using honey, melt in a small dish in the microwave for 10-20 seconds.
3. Mix all muesli ingredients together in a mixing bowl, ensuring they're well coated in the oil and honey or maple syrup.
4. Spread the mixture out evenly on a lined baking tray or roasting dish and bake for 15-20 minutes, stirring every five minutes or so, until the mixture is golden brown. Keep an eye on it to ensure it doesn't burn.
5. Remove the muesli from the oven and allow to cool, then transfer to a jar or sealed container to store.
6. Prepare your choice of fruit.
7. To serve, layer fruit, yoghurt or custard and a little muesli in a glass or serving bowl. You can serve them straight away, or make them ahead of time and store in the fridge until you're ready to eat them – the muesli will just lose a bit of its crunch.



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Wholesome

Wholesome is full of inspiration for eating well and living well. Featuring a range of delicious recipes with an emphasis on whole foods, gluten free and vegetarian options, it also offers tips on building a wholesome pantry, food-related mindfulness, and the importance of gut health.

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