

Low carb pizza

1 egg
3 egg whites
2 tsps ghee or coconut oil
30g button mushrooms, finely sliced
5 cherry tomatoes, chopped
a pinch of sea salt and ground black pepper
½ tsp dried oregano or fajita seasoning
1 tbsp tomato purée
20g cooked ham, finely chopped
15g Cheddar cheese, grated (use dairy free if preferred)
to garnish:
a few fresh basil leaves (optional)

SERVES 1

Crack the eggs and egg whites into a large jug and beat with a fork.

Prepare a medium grill.

Melt half of the ghee / oil in an ovenproof frying pan or skillet over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally until soft.

Add the tomatoes and fry for 2 minutes, stirring occasionally. Add the salt, pepper and oregano and stir well. Transfer the contents of the pan to a plate.

Heat the remaining ghee/oil in the pan. Pour the egg mixture into the pan. Cook for 4-5 minutes or until the edges are firm.

Remove the pan from the heat. Using a teaspoon, dot the tomato purée around the 'pizza'. Top with the cooked vegetables, ham and cheese, distributing evenly.

Place the pan under the grill and cook for several minutes, until the cheese has melted. Serve garnished with fresh basil (if using).

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:
326 Calories
7g Carbs
25g Protein
22g Fat



Salmon hash

350g white potatoes, scrubbed and cut into small bite-sized pieces
2 tsps butter or coconut oil
1 small white onion, finely chopped
150g cooked skinless salmon fillet, flaked
2 tbsps fresh chives, chopped
40g fresh spinach leaves, chopped
a pinch of sea salt and ground black pepper
4 eggs

SERVES 2

Place the potatoes in a saucepan of boiling water and simmer gently for 20-25 minutes, or until tender. Remove from the pan and drain well.

Melt the butter/oil in a skillet or heavy-based frying pan over a medium/low heat. Add the onion and sauté for 3-4 minutes, stirring occasionally. Add the potatoes and cook for 3-4 minutes, stirring frequently.

Add the flaked salmon, chives, spinach, salt and pepper. Cook for 2 minutes, or until the salmon is heated throughout.

Make 4 small wells in the mixture and crack one egg into each well. Cover and cook for 3-4 minutes, or until the whites are set but the yolks are still slightly runny. Serve.

Consume immediately.



PER SERVING:
427 Calories
41g Carbs
32g Protein
15g Fat

Enchilada-inspired chicken

1 tsp coconut oil
300g chicken mini fillets, cut into bite-sized pieces
½ a small red onion, sliced
½ a capsicum (any colour), diced
1 tsp ground cumin
1 tsp ground coriander
120g tinned refried beans
50g (drained weight) tinned sweetcorn, rinsed and drained
a small bunch of fresh coriander, finely chopped
200g tinned tomatoes, blended (or use passata)
½ tsp hot chilli powder
½ tsp garlic powder
2 tsps brown sauce (optional)
20g Cheddar cheese, grated (use dairy free if preferred)
60g ripe avocado, sliced

SERVES 2

PER SERVING:

469 Calories

29g Carbs

59g Protein

13g Fat

Heat the oil in a frying pan over a medium heat. Add the chicken and fry for 6-8 minutes, stirring occasionally until cooked. Transfer to a plate and set aside.

Add the onion, capsicum, ground cumin and ground coriander to the frying pan. Stir well and cook for 2 minutes.

Add the chicken back into the pan. Add the refried beans, sweetcorn, fresh coriander, tinned tomatoes, chilli powder, garlic powder and brown sauce (if using). Cover and cook for 3-4 minutes, stirring occasionally.

Serve topped with cheese and avocado.

Store any leftover sauce in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed rice.



Chicken & Indian slaw salad

¼ tsp cumin seeds
140g carrot, coarsely grated
150g red cabbage, finely shredded
50g red onion, finely sliced
7 tbsps Greek yoghurt (use dairy free if preferred)
juice of ½-1 lime or lemon
½-1 small red chilli, finely chopped (optional)
½ tsp ground turmeric
3 tps fresh coriander, finely chopped
½ tsp black mustard seeds
for the topping:
30g salted peanuts or cashews
200g deli roast chicken, shredded

Place a frying pan over a medium heat. Add the cumin seeds and toast gently for 30 seconds, or until aromatic. Remove frying pan from heat and allow to cool.

In a large bowl, mix the cumin seeds, carrot, cabbage, onion, yoghurt, lime/lemon juice, chilli, turmeric, coriander and mustard seeds.

Transfer to two serving bowls or plates and top with the chicken and peanuts.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

SERVES 2



PER SERVING:
373 Calories
24g Carbs
31g Protein
17g Fat



Spicy satay curry

1 tsp coconut oil
2 tbsps Thai red curry paste
200ml coconut milk
1 small red onion, sliced
1 red capsicum, sliced
1 yellow capsicum, sliced
3 garlic cloves, finely chopped
1 inch piece ginger, finely chopped
2 red or green chilli peppers, finely chopped
500g chicken breast, diced
150g (drained weight) tinned chickpeas, rinsed and drained
40g crunchy peanut butter
100g green beans, ends trimmed
juice of 1 lemon

SERVES 4

Melt the coconut oil in a large saucepan over a medium heat. Add the red curry paste with a splash of coconut milk. Cook for 1 minute, stirring.

Add the onion and capsicums and fry gently for 4 minutes, stirring occasionally. Add the garlic, ginger and chilli peppers. Fry for 2 minutes, stirring frequently.

Add the chicken and cook for 8 minutes, stirring occasionally.

Add the remaining coconut milk, chickpeas and peanut butter. Stir well and bring to a gentle simmer.

Add the green beans. Cover and cook for 4-5 minutes or until the beans are almost tender. Stir in the lemon juice and remove pan from heat. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
410 Calories
24g Carbs
38g Protein
18g Fat



Chermoula chicken

20g fresh coriander
20g flat-leaf parsley
3 garlic cloves, peeled
2 tsps ground cumin
2 tsps ground coriander
2 tsps smoked paprika
1 tsp sea salt
½ tsp ground black pepper
juice of ½ lemon
2 tbsps olive oil
650g fresh chicken breasts
500g white potatoes, scrubbed
500g large tomatoes
60g pitted Kalamata olives

to serve:

a small handful of rocket leaves
(per person)
a drizzle of balsamic vinegar
(per person)

SERVES 4

Place the fresh herbs, garlic, dried spices, lemon juice and half of the olive oil into a blender and blend well.

Place the chicken breasts in a large bowl. Add the blended mixture and rub it into the chicken. Allow to marinate for 30 minutes.

Preheat oven to 180°C/350°F. Prepare a large wide-based ovenproof dish. Cut the potatoes and tomatoes into thick discs.

Pour a little oil into the bottom of the ovenproof dish and add the potatoes and tomatoes in several layers, seasoning with salt and freshly ground black pepper, and scattering with olives.

Lay the chicken breasts over the potatoes and tomatoes. Drizzle with the remaining oil. Cover loosely with foil and bake for 1-1½ hours. The chicken should be cooked throughout and the potatoes tender.

Serve with rocket leaves and a drizzle of balsamic vinegar.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
460 Calories
37g Carbs
42g Protein
16g Fat

