

# **MADE FROM SCRATCH RECIPES**

## **30 SECOND MAYONAISE**

### **INGREDIENTS:**

1 large egg

1 cup 'light' olive oil (if you don't want an olive oil taste)

or another oil such as avocado oil

½ tsp salt

1 tbsp apple cider vinegar (or lemon juice)

Optional: mustard powder, cumin, ginger, garlic (to make aioli), capers, other spices and herbs to vary flavour



Crack the egg into a jar that is just bigger than a stick blender. Add salt, oil and vinegar. Using the stick blender, whizz for a bout 30-40 seconds. Will last up to 5 days in the refridgertor.

## **EASY SALAD DRESSING**

### **INGREDIENTS:**

1 tbsp lemon juice or red wine vinegar

¼ cup olive/avocado oil

1 clove garlic, crushed

1 tbsp dijon mustard



Place all ingredients in a jar, screw lid on and shake until the ingredients are combined. You can double the mixture to make a larger batch. Keep in the refrigerator. Let it reach room temperature and reshake before using.

# CHUNKY GUACAMOLE

## INGREDIENTS:

2-3 avocados (just ripe)

Juice from 1 lemon or lime

1 large tomato or 8 baby tomatoes, diced

½ small red onion or 1 spring onion (finely sliced)

Handful of fresh coriander, roughly chopped

Crack of pepper



Place the avocado flesh in a medium bowl and mash with a fork until semi-smooth, but still chunky. Add all other ingredients and stir to combine.

# ONE CAN HEALTHY HUMMUS

## INGREDIENTS:

1 can chickpeas in brine (rinsed and drained)

Juice of 1 lemon

2 tsp tahini (sesame paste)

3 tbsp hot water

2 tbsp olive oil

1 pinch of following ground spiced: paprika, turmeric, coriander, cumin



In a small food processor( or with a stick blender), blend the chickpeas with the remaining ingredients until very smooth. Taste and adjust with more lemon juice and spices if needed.

# HOMEMADE TOMATO KETCHUP

## INGREDIENTS:

- 2 tbsp olive oil
- 2 cloves
- ½ red onion, finely diced
- 2x 400g tins of chopped tomatoes
- 2 tbsp vinegar
- 2 tbsp tomato paste
- 1 carrot grated
- 2 zucchini grated



Heat the oil and cook the onion on a medium heat until soft but not browned. Add all other ingredients. Simmer for 20 minutes, stirring occasionally. During the cooking, add a tbsp. more olive oil. Remove from heat and puree with a stick blender. The more smooth the better. Sterilise 2 jars by immersing the jar and lids in boiling hot water. Pour the ketchup into the containers while they are still hot and screw the lids on firmly. Keep in the refrigerator; use the sauce within 7-9 days.

# HOMEMADE SATAY SAUCE

*Use this in stir-fries instead of pre-bought dinner sauces*

## INGREDIENTS:

- 6 heaped tbsp. peanut butter (peanuts should be the only ingredient)
- 1 tbsp vinegar/lemon juice
- 2 tbsp soy sauce
- 2 cloves garlic, crushed
- ¼ tsp chili powder (optional)
- ½ cm grated fresh ginger
- ½ cup warm water



Combine all the ingredients in a bowl and stir until well combined. Add more water for a thinner sauce. Use in stir fry's with thin slices of meat and lots of vegetables.

# GREEN PESTO

## INGREDIENTS:

2 cups of packed basil (can use a mix coriander, rocket, watercress)

2 cloves garlic, crushed

$\frac{3}{4}$  cup olive oil

$\frac{1}{4}$  cup grated parmesan

$\frac{1}{4}$  tsp salt and pepper

$\frac{1}{4}$  cup raw or dry roasted walnuts/pine nuts/cashews



Puree all ingredients in a food processor, or use a stick blender in a medium sized bowl. This pesto can be used as a dip with carrot, celery and capsicum sticks.

# CHEESE SAUCE

## INGREDIENTS:

300ml natural unsweetened yoghurt

100g (1/2 block) feta, crumbled

3 egg yolks

Pinch of pepper



Place the yoghurt, feta and egg yolks in a bowl. Whisk until combined. Pour over a vegetable bake, mousakka, ratatouille, roasted cauliflower or broccoli as a cheese sauce. Bake at 180°C for 15 minutes until golden and rest of the dish is cooked.

