

ROAST CAULIFLOWER

This dish serves 4 generously and be eaten warm or cold. Recipe adapted from www.kitchen-maid.blogspot.co.nz

INGREDIENTS:

- 1 tsp each of: ground cumin, ground coriander, turmeric & garam masala
- 1 head of cauliflower
- 1 tin chickpeas (drained + rinsed)
- 3-4 tbsp olive oil
- 3 handfuls baby spinach (or leafy greens)
- Juice of 1 lemon
- ¼ cup plain yoghurt
- Handful of fresh coriander leaves (optional)



Heat the oven to 200°C. Put all the spices in a bowl and stir well. Wash and dry the cauliflower and cut the whole vegetable into medium sized chucks.

Transfer the cauliflower into a large bowl, tip in the chickpeas, spices and olive oil. Mix well until the cauliflower is well coated. Line a large roasting dish with baking paper. Tip cauliflower into roasting dish and bake in the oven for 25-35 minutes until the cauliflower is crisp and starting to turn golden. Once cooked, set aside to cool.

When cool, squeeze juice of lemon over the cauliflower, toss through spinach/leafy greens. Dollop yoghurt over the dish and garnish with fresh coriander leaves (optional).

RAW ENERGY

Recipe adapted from Ripe Deli cookbook

INGREDIENTS:

- 2-3 medium sized beetroot, peeled and grated
- 4 carrots, peeled and grated
- Handful of fresh mint leaves, roughly chopped
- ¼ cup each: raisins, sunflower seeds (toasted) and pumpkin seeds (toasted)

DRESSING:

- 2 tbsp balsamic vinegar
- Juice of 2 oranges
- ¼ cup olive oil



To prepare dressing place all ingredients in a jar with a lid, shake well. To prepare the salad, combine all ingredients and pour dressing over, toss again when ready to serve.

4 WAYS WITH CANNED TOMATOES



1. VEGE AND BEAN MEDLEY

In a medium sized pot, add 1 can of canned tomatoes/tomato puree. Add approximately 2-3 cups of any coloured vegetables you have (broccoli, carrot, capsicum, zucchini, cauliflower etc) and ½ can of beans (butter bean, kidney beans, mixed beans etc). Add 1stp each of ground cumin and coriander and any other spices that tickle your fancy. Cook on a medium heat until veges are tender.

2. PUMPKIN, LENTIL & TOMATO SOUP

Cut 1 pumpkin in half. Wrap and store one half in the fridge and remove the skin from the other half, chop into 2cm cubes. Dice 3 carrots into 1cm rounds. Rinse 1 cup of uncooked red lentils. In a large pot, cook 1 chopped onion with 1tbsp of oil until soft and clear. Add 2 cans of chopped tomatoes, lentils and pumpkin. Dissolve 1 vege stock cube in 2 cups of water and add to the soup pot. Simmer for 30-40 minutes, stirring occasionally. You can leave the soup chunky or puree with a wizz stick/blender. Garnish with a spoonful of plain yoghurt.

3. RED BAKED EGGS

In a small/medium fry pan cook up ½ chipped onion until it is clear. Add 1 crushed clove of garlic. Add 1 can of canned tomatoes and some paprika. Cook until bubbling gently. Crack in 2 eggs and poach until the eggs are just cooked (may have to put a lid on). Garnish with fresh coriander (optional). You can double the recipe to serve 2 people.

4. TOMATO AND CHICKPEA CURRY

Heat 1 tbsp of oil in a large saucepan. Add 1 chopped onion and 1 clove crushed garlic. Fry until golden. Add ½ tsp each of ground cumin, coriander, turmeric and ¼ tsp of chili powder if you want some heat. Add 1 can of chickpeas, stir then add 1 can of chopped tomatoes. Grate in a 3cm piece of fresh ginger for extra flavour. Garnish with fresh coriander (optional).

BLISS BALLS

These bliss balls can be eaten instead of other sweet treats and make a great snack if you feel like something sweet. Store them in the fridge so they stay fresh! Recipe adapted from www.juliaandlibby.com

INGREDIENTS:

1 cup raw almonds
15 dried dates
2 tbsp cocoa powder
Zest and juice of 1 orange
½ tsp cinnamon
Desiccated coconut for rolling



Grind the almonds in a food processor until fine, add the dates, cocoa powder, orange zest, orange juice and cinnamon. Pulse the mixture until it forms a ball. I find the mixture is too wet, add some desiccated coconut or ground almonds. Take small amounts of mixture and roll into small golf ball sized balls. Roll in desiccated coconut, cocoa or other chopped nuts.

KALE CHIPS



Preheat your oven to 180°C. Line a large baking tray with baking paper. Holding the kale by its stem (upside down), run a knife down the stem to remove the thick stem. Do this to the other kale leaves. Tear leaves into bite sized pieces. Wash and dry the kale. Place kale on a baking tray and drizzle about 1 tbsp of olive oil over the kale. Using your hand rub the oil all over the kale. Spread the kale out evenly and bake for 10-15 minutes. Keep a close eye on the kale to check it doesn't burn. *You can also make beetroot leaf chips.*

NUTTY COLESLAW

Recipe adapted from the Sunday Star Times



INGREDIENTS:

½ red cabbage
¼ green cabbage
1tsp salt
1 carrot, grated
1 cup mung bean sprouts
Handful of fresh coriander leaves
Handful of fresh mint leaves

PEANUT DRESSING:

1/3 cup raw peanuts
2 tbsp soy sauce
1 tbsp vinegar
1 clove garlic, crushed
1cm ginger, grated
2 tsp sesame oil



Preheat oven to 180°C. Line a baking tray with baking paper and spread peanuts out evenly. Dry roast for 15-20 minutes, tossing occasionally. When peanuts have cooled, place all dressing ingredients in a food processor and whiz until smooth. (if you don't have a food processor, whisk together everything but the peanuts, and use the peanuts as a garnish).

Slice the cabbage finely (use a breadknife) and toss with salt. Toss through the carrot, bean sprouts, fresh herbs and peanut dressing just before serving.

AVO, TOMATO & TUNA SALAD

Drain a small can of tuna (80-95g in spring water), add ¼ of a finely diced red onion, the juice of half a lemon and 2 tsp of olive oil. Add 2 chopped tomatoes, ¾ of an avocado (sliced into chunks) and a handful of fresh chopped parsley.

