



BASICS

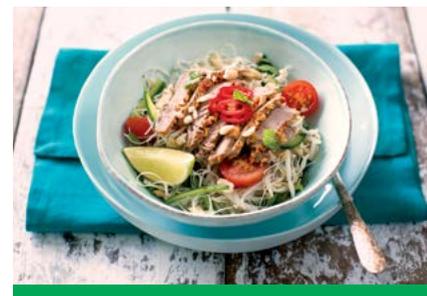
- 12** Five spice powder
- 13** Curry powder
- 14** Curried almonds
- 15** White balsamic reduction
- 16** Lemon and caper aioli
- 17** Yoghurt and jalapeño dressing
- 18** Indulgent hot chocolate
- 20** Spiced hot chocolate
- 21** Dairy free hot chocolate

- 6** Introduction
- 7** The four basic principles
- 8** Tips for a smaller household
Symbols and standards
- 9** Sample meal planner



BREAKFAST

- 24** Green smoothie
- 25** Apple pie smoothie
- 26** Peach, raspberry and banana smoothie
- 27** Beetroot smoothie
- 28** Breakfast bars
- 30** Coconut and quinoa porridge with toasted almonds
- 32** Potted scrambled eggs with asparagus



LUNCH

- 36** Chicken and port pâté
- 38** Traditional chicken broth with angel hair pasta
- 39** Lamb and barley soup
- 40** Spicy cauliflower soup
- 42** Tuscan bean soup
- 44** Ham and cheese quinoa muffins
- 46** Turkey and lemon aioli wraps
- 48** Quinoa salad with mango salsa
- 50** Thai beef salad with noodles
- 52** Shredded chicken and sweet potato salad with cranberry dressing
- 54** Pork san choy bau
- 56** Prawn stir-fry
- 58** Broccoli and three cheese pasta bake
- 60** Pancetta, pine nut and ricotta pappardelle



DINNER & SIDES

- 64** Spice-rubbed chicken with maple glaze
- 66** Turkey breast roulade with apricot and hazelnut stuffing
- 68** Pork and apple cider stew
- 70** Pocket roast beef with seeded mustard sauce
- 72** Prawn and saffron risotto
- 74** White fish and lemon risotto
- 76** Asparagus risotto
- 78** Mediterranean vegetable bake
- 80** Spinach and ricotta patties with tomato sauce
- 82** Steamed salmon with broccoli pesto
- 84** Miso chicken and rice
- 86** Asian-style mussels
- 88** Five spice duck with mushrooms and Asian greens
- 90** Lemon chicken with crispy potatoes
- 92** Bolognese sauce for two
- 94** Slow-cooked Mexican beef
- 96** Lamb and feta meatballs
- 98** Shepherd's pie with butter bean mash
- 100** Lamb rack with port sauce and parsnip purée
- 102** Beef spezzatino
- 104** Salmon, asparagus and potato salad
- 106** Brussels sprouts with lime crumb
- 108** Carrot, pumpkin and ginger purée
- 109** Mashed potatoes for two
- 110** Rosemary and thyme polenta chips



BAKING

- 114** Pearl barley bread rolls
- 116** Fig and apricot tea bread
- 117** Chocolate zucchini mini-loaves
- 118** Banana berry mini-loaves
- 120** Spiced pumpkin mini-loaves with cream cheese frosting



DESSERT

- 124** Cloudy apple cider jelly
- 126** Saffron and cardamom poached pears
- 128** Stewed apples with walnut crumble topping
- 130** Frozen strawberry mousse with cream cheese topping
- 132** Baked chocolate ricotta with blueberries and cream
- 134** Steamed pistachio cheesecakes with mango
- 136** Pecan, apple and carrot pudding
- 138** Chocolate mousse soufflés
- 140** Creamed rice pudding with apple and pear compote
- 141** Custard