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ALMOND DUKKAH
Makes Roughly ¾ Cup

INGREDIENTS
½ cup almonds, finely chopped
¼ cup sesame seeds
½ teaspoon ground dried garlic
½ teaspoon ground cumin powder
½ teaspoon ground paprika
¼ teaspoon ground oregano
¼ teaspoon ground sea salt
pinch of freshly ground black pepper

INSTRUCTIONS
Place all of the ingredients except for the almonds and sesame seeds into a spice grinder and blend into a fine powder. Alternatively, use a mortar and pestle.

Combine the spice powder, almonds and sesame seeds in a bowl. Store in an airtight container or serve.
BOILED EGGS WITH HAZELNUT DUKKAH

Serves 2-4

INGREDIENTS

4 eggs
Hazelnut Dukkah
¼ cup hazelnuts, skins removed, roughly chopped
2 teaspoons sesame seeds
1 teaspoon cumin seeds
½ teaspoon coriander seeds
pinch of white peppercorns
pinch of Himalayan crystal salt flakes

INSTRUCTIONS

Heat a skillet over low-medium heat and add the hazelnuts. Toss until golden brown then remove from the skillet and place into a bowl. Return the pan to the heat and add the sesame seeds, toss until lightly golden then place to the side in a bowl. Return the pan to the heat once more and add the spices, toss until aromatic then place to the side in another separate bowl and allow to cool.

Place the spices into a mortar and pestle to grind into a powder. Add the spices to a bowl along with the sesame seeds. Place the hazelnuts into the mortar and pestle and grind into small pieces, then combine with the spices.

Place a pan of water on medium heat and add the eggs. Bring the water to a boil then cook for 4-5 minutes. Remove the eggs from the pan and transfer to a bowl filled with cold water for one minute.

Peel the shell from the eggs then slice in half. Sprinkle the dukkah mixture over the top.

Serve.

BOILED EGGS WITH SNOW PEA SPROUTS IN DIJON DRESSING

Serves 2

INGREDIENTS

2 eggs
½ cup frozen green peas
2 handfuls snow pea sprouts / snow pea shoots, ends removed
2 teaspoons olive oil
1 tablespoon apple cider vinegar
1 teaspoon Dijon mustard (optional)

INSTRUCTIONS

Place a pan of water on medium heat and add the eggs. Bring the water to a boil then cook for 4-5 minutes. Remove the eggs from the pan then place to a bowl filled with cold water for one minute, then peel the shell from the eggs then slice in half.

Meanwhile, place the frozen peas in a bowl and cover with boiling water, leave for 3-4 minutes or until defrosted. Drain the peas then place into a bowl along with the snow pea sprouts, olive oil, apple cider vinegar and Dijon mustard.

Serve the boiled eggs on a bed of frozen peas and snow pea sprouts.
**PICKLED EGGS**

Makes 12

**INGREDIENTS**
- 12 hard-boiled eggs, shelled
- 1 ½ cups distilled water
- 3 cups white vinegar
- 8 whole cloves
- 3 bay leaves
- 2 tablespoons ground sea salt
- 1 tablespoon whole peppercorns

**INSTRUCTIONS**

Place the boiled eggs into a large sterilized jar.

Place a pot on low-medium heat then add the distilled water, vinegar, cloves, bay leaves, salt and peppercorns. Bring the liquid to boiling point then turn off the heat and allow the liquid to cool to lukewarm temperature. Remove the cloves, bay leaves and peppercorns from the vinegar then pour the liquid over the eggs to cover them completely. If there is not enough boiled vinegar for the jar, add more vinegar from the bottle and/or water.

Place the jar in the refrigerator for two days to allow the flavors to develop before serving.

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**BEETROOT PICKLED EGGS**

Makes 12

**INGREDIENTS**
- 12 hard-boiled eggs, shelled
- ½ cup distilled water
- 2 cups white vinegar
- 1 ½ cups concentrated beetroot juice
- 1 teaspoon fennel seeds
- 3 bay leaves
- 1 teaspoon coriander seeds
- 1 tablespoon ground sea salt
- 1 tablespoon peppercorns

**INSTRUCTIONS**

Place the boiled eggs into a large sterilized jar.

Place a pot on low-medium heat then add the distilled water, vinegar, concentrated beetroot juice, fennel seeds, bay leaves, coriander seeds, salt and peppercorns. Bring the liquid to boiling point then turn off the heat and allow the liquid to cool to lukewarm temperature. Remove the bay leaves and peppercorns from the vinegar then pour the liquid over the eggs to cover completely. If there is not enough boiled vinegar for the jar, add more vinegar from the bottle and/or water.

Place the jar in the refrigerator for two days to allow the flavors to develop before serving.
GARLIC & ROSEMARY
SALTED WALNUTS

Makes 1 Cup

INGREDIENTS

1 cup roughly chopped walnuts
2 teaspoons smoked garlic pieces
1 teaspoon dried rosemary leaves
½ teaspoon sea salt

INSTRUCTIONS

Place a frying pan on low heat and add the walnuts, toss until lightly toasted then remove from the pan and place to the side to cool. Return the frying pan to the heat and add the garlic, rosemary and salt, toss until aromatic then add to the walnuts and combine.

Serve.
**HERB MARINATED GREEN OLIVES**

Makes 24

**INGREDIENTS**
- 24 green olives
- 1 small onion, finely chopped
- 1 teaspoon finely chopped oregano
- 1 teaspoon finely chopped chives
- 3 tablespoons olive oil
- 1/3 cup apple cider vinegar
- pinch of cayenne pepper

**INSTRUCTIONS**
Place all of the ingredients into a bowl and combine well. Cover the bowl with ClingWrap then place in the refrigerator overnight to marinade.

Serve.

**CURRIED MACADAMIAS & PEPITAS**

Makes 1 1/3 Cups

**INGREDIENTS**
- 1 cup macadamias
- 2 tablespoons olive oil
- 1 tablespoon Paleo-friendly curry powder
- 1/3 cup pepitas
- pinch of sea salt

**INSTRUCTIONS**
Place a frying pan on low heat and add the macadamias, toss until lightly toasted then remove from the pan and place to the side. Return the frying pan to the heat and add the olive oil, curry powder and pepitas, toss until aromatic and the pepitas have warmed. Remove the pan from the heat and combine the macadamia nuts with the pepitas.

Cool before serving and season with sea salt if desired.
SALTED PUMPKIN SEEDS

Makes 1 Cup

INGREDIENTS

1 cup pumpkin seeds / pepitas
1 teaspoon powdered sea salt

INSTRUCTIONS

Place a frying pan on low heat and add the pumpkin seeds, toss until lightly toasted then remove from the pan and place to the side. Combine with the powdered sea salt and allow to cool before serving.
SPICED SEEDS WITH ALMOND SLIVERS

Makes Roughly 1 Cup

INGREDIENTS

½ teaspoon ground turmeric
½ teaspoon ground cumin
¼ teaspoon ground lemon myrtle
pinch of ground cloves
pinch of ground cinnamon
pinch of ground black pepper
¼ cup almond slivers
2/3 cup sunflower seeds
¼ cup sesame seeds

INSTRUCTIONS

Place a frying pan on low heat and add the spices, stir until aromatic then transfer the spices into a spice grinder and blend into a fine powder. Alternatively, use a mortar and pestle.

Return the frying pan to low heat and add the almond slivers, toss until lightly toasted then remove from the pan and place to the side to cool. Return the frying pan to the heat and add the sunflower seeds and sesame seeds and toss until lightly toasted then transfer to a bowl along with the almonds and combine with the spice powder.

Serve.
VINE-RIPENED TOMATOES WITH SPICED SEEDS & BALSAMIC

Serves 2

INGREDIENTS

- 8-12 vine-ripened cherry or Roma tomatoes, halved
- 2-3 tablespoons balsamic vinegar reduction
- 4 tablespoons Spiced Seeds with Almond Slivers (see related recipe)

INSTRUCTIONS

Place the tomato halves on a serving plate then drizzle the balsamic vinegar over the top. Sprinkle with the spiced seeds to serve.
SCORCHED ROMA TOMATOES WITH WHITE ANCHOVIES

Serves 4-6

**INGREDIENTS**
- 24 baby Roma tomatoes
- 3 tablespoons olive oil
- 2 tablespoons white anchovy fillets
- 10 small basil leaves
- 2 tablespoons white wine vinegar
- pinch of salt
- freshly cracked black pepper

**INSTRUCTIONS**
Heat a skillet on high heat and add the olive oil. When the oil is very hot add the tomatoes, shake the pan regularly for 30-60 seconds or until the tomato skins begin to burst. Quickly transfer the tomatoes into a serving plate or bowl.

Place the anchovies and basil leaves onto the tomatoes and drizzle with vinegar. Season with salt and pepper to serve.

DEHYDRATED LEMON ROUNDS

**INGREDIENTS**
- 2-3 lemons

**INSTRUCTIONS**
Using a very sharp knife, remove the ends from the lemons then slice thin rounds out of the lemon, removing all seeds.

If you own a dehydrator, follow the instructions in the manual to dehydrate the lemon rounds. Alternatively, place the rounds onto a baking tray lined with parchment paper and transfer to a preheated convection oven at 100-125 °F. Leave for 6-8 hours or until dehydrated and very hard.
ROMA TOMATOES WITH HEMP SEEDS & TAHINI DRESSING

Serves 2

INGREDIENTS

- 2 tablespoons raw tahini
- 2-4 drops garlic oil
- 8-12 Roma tomatoes, halved
- 2 1/2 tablespoons hemp seeds / hemp hearts
- 1 teaspoon small pieces of Dehydrated Lemon Rounds (see related recipe)

INSTRUCTIONS

In a small bowl combine the tahini and garlic oil.

Place the tomato halves on a serving plate then sprinkle with the hemp seeds. Drizzle the tahini dressing over the top and sprinkle with pieces of dehydrated lemon to serve.
HEMP SEEDS & HEIRLOOM TOMATO MINI-SALAD

Serves 2

INGREDIENTS
- 2 tablespoons tahini
- 1 small garlic clove, minced
- 2 tablespoons olive oil
- ½ cup hemp seeds / hemp hearts
- ¼ small cucumber, coarsely grated
- 8 small heirloom tomatoes, halved
- freshly cracked black pepper

INSTRUCTIONS
In a small bowl combine the tahini with the garlic clove and 1 tablespoon of olive oil.

Divide the hemp seeds across two serving cups. Top with an even portion of the grated cucumber, followed by the heirloom tomatoes.

Serve with a dollop of tahini, a drizzle of the remaining olive oil and some freshly cracked pepper.

CELERY & EGG MINI-SALAD

Serves 4

INGREDIENTS
- 6 celery stalks, thinly sliced
- 2 teaspoons olive oil
- 2 hard-boiled eggs, chopped
- 6 pitted Kalamata olives, sliced
- ½ teaspoon mild mustard
- 2 tablespoons white vinegar
- pinch of sea salt
- pinch of freshly cracked black pepper

INSTRUCTIONS
Place all of the ingredients into a bowl and combine well.

Serve.
SLICED TOMATO WITH SMASHED AVOCADO & CARAMELIZED BALSAMIC

Serves 2-4

INGREDIENTS

- ¼ avocado
- 2 large tomatoes, thickly sliced
- 10-12 almond flakes
- 3-4 tablespoons caramelized balsamic vinegar
- freshly cracked black pepper

INSTRUCTIONS

Place the avocado flesh in a small bowl and mash with a fork.

Place the slices of tomato on a plate. Scoop one heaped teaspoon of mashed avocado flesh onto each of the tomato slices and spread around to create a flat surface. Press two almond flakes into the avocado on every tomato slice then drizzle the balsamic vinegar on top. Serve with a good crack of black pepper.

JERKY

Makes 2 ¼ lbs.

INGREDIENTS

- 2 ¼ lbs. lean red meat steak (beef, lamb, bison, etc), fat removed
- ½ teaspoon onion powder
- ½ teaspoon cumin seeds
- ½ teaspoon rosemary leaves
- pinch of cayenne pepper
- ½ teaspoon smoked garlic
- ¼ cup coconut aminos

INSTRUCTIONS

Heat a skillet over low-medium heat and add the onion powder, cumin seeds, rosemary and cayenne pepper. Toss until aromatic then place to the side and allow to cool.

Place the spices including the smoked garlic into a mortar and pestle and grind into a fine powder. Transfer the ground spices to a large bowl along with the coconut aminos and combine.

Slice the steak against the grain into thin strips then add to the bowl of spices and coconut aminos and coat well. Cover the bowl and place in the refrigerator overnight or for a minimum of 4 hours.

Turn on a food dehydrator to the correct meat setting (generally around 325 °F), then lay the strips of meat onto the tray. Leave for 4-6 hours, or until the meat has dried out completely and turned into jerky.

Store the jerky in a jar, airtight container or vacuum sealed bag for longer shelf life.
MINI-MINUTE STEAK WITH CARAMELIZED RED ONION & FRIED EGG

Serves 2

INGREDIENTS
1 medium red onion, thinly sliced
3 tablespoons ghee
2 x 2 oz. minute steaks
2 eggs
freshly cracked black pepper

INSTRUCTIONS
Heat a skillet on medium heat and cook the onion in one tablespoon of ghee for 8-10 minutes, stirring regularly, until the onions are soft and golden. Remove the onions from the skillet and keep warm.

Return the skillet to the heat with another tablespoon of ghee. Add the minute steaks and cook for 40-60 seconds on each side, or until cooked through. Remove the steaks from the skillet and place onto serving plates.

Return the skillet to the heat one last time with the remaining ghee. Add the minute steaks and cook for 40-60 seconds on each side, or until cooked through. Remove the steaks from the skillet and place onto serving plates.

Return the skillet to the heat one last time with the remaining ghee. Crack the eggs into the skillet and cook to your desired liking.

Place an even portion of the onions on top of each minute steak then top with a fried egg. Serve with a generous crack of black pepper.

MEATLOAF

Serves 6

INGREDIENTS
14 oz. ground beef
5 oz. button mushrooms, stems removed, finely chopped
1 small onion, minced
1 garlic clove, minced
1 teaspoon thyme leaves
½ teaspoon ground paprika
½ teaspoon ground turmeric
2 tablespoons olive oil
pinch of salt and freshly cracked pepper

INSTRUCTIONS
Preheat a convection oven to 350 °F and line a loaf tin with parchment paper.

Place all of the ingredients into a mixing bowl and combine well. Transfer the mixture to the loaf tin and press down to flatten the surface, then cover the loaf tin with aluminium foil.

Place the loaf tin into the oven for 20-25 minutes or until the meatloaf has cooked through. Remove from the oven and allow to cool slightly before cutting into individual slices.
SLICED ROAST BEEF WITH KIMCHI

Makes 6

**INGREDIENTS**
- 6 thin slices of roast beef
- ½ cup kimchi
- 6 tablespoons beef gravy/sauce (optional)

**INSTRUCTIONS**
Place the slices of roast beef onto a plate and use a teaspoon to scoop kimchi into the center. Drizzle a tablespoon of beef gravy or sauce on top. Use your fingers to lift the edges of the roast beef over the kimchi while pressing firmly to hold the kimchi in place to eat.

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SLICED ROAST BEEF WITH CHILI AVOCADO

Makes 10

**INGREDIENTS**
- 10 thin slices of roast beef
- 1 small avocado, chopped
- ½ cup grated zucchini
- Pinch of cayenne pepper
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- Pinch of sea salt

**INSTRUCTIONS**
Place all of the ingredients except for the roast beef into a food processor and blend until a smooth paste forms. Place the slices of roast beef onto a plate and scoop one tablespoon of chili avocado mixture into the center. Roll the roast beef around the chili avocado. Press firmly to hold in place to eat.
PROSCIUTTO-WRAPPED PERSIMMON

Serves 2

INGREDIENTS
1 persimmon (hard variety)
6-8 slices of lamb prosciutto

INSTRUCTIONS
Slice the persimmon into rectangle shaped chunks, then wrap each chunk with a slice of lamb prosciutto.

Serve.
BANANA HALVES WITH SPINACH & PROSCIUTTO TOPPING

Serves 4

INGREDIENTS

½ cup English spinach, finely chopped
2 slices of prosciutto, finely chopped
2 tablespoons walnuts, finely chopped
2 tablespoons homemade mayonnaise
2 bananas, peeled and halved

INSTRUCTIONS

Place the spinach, prosciutto, walnuts and mayonnaise in a bowl and combine well.

Place the banana halves onto a plate and use a knife to spread the flat side of each banana with the spinach and prosciutto topping.

Serve.

MARINATED EGGPLANT SLICES WITH LIME & TAHINI

Makes 6

INGREDIENTS

6 slices of marinated eggplant
3 tablespoons raw tahini
1 tablespoon fresh lime juice
2 teaspoon parsley, finely chopped
pinch of ground sea salt
freshly cracked pepper

INSTRUCTIONS

In a small bowl combine the tahini, lime juice and parsley. Season with salt and pepper.

Place the slices of marinated eggplant onto a plate and use a teaspoon to scoop two teaspoons of the tahini mixture into the center.

Roll the marinated eggplant over the tahini and press firmly to hold in place to eat.
EGGPLANT CHIPS
Serves 2-4

**INGREDIENTS**
- 1 medium-large eggplant
- 1 tablespoon sumac
- ½ teaspoon finely ground sea salt
- 2 tablespoons melted coconut oil

**INSTRUCTIONS**
Preheat a convection oven to 325 °F and line a baking tray with parchment paper.

Slice the eggplant into ¼ inch-thick chips then place onto the baking tray. Sprinkle with sumac and salt and drizzle the coconut oil over the eggplant then use your hands to evenly coat each chip.

Place into the oven for 20-30 minutes, tossing occasionally.

Serve.

GRILLED EGGPLANT SLICES WITH PARSLEY & LEMON
Serves 4

**INGREDIENTS**
- 2 small-medium eggplants, sliced in half lengthwise
- 3 tablespoons olive oil
- 2 small garlic cloves, minced
- 1 teaspoon lemon juice
- 1 ½ teaspoons onion seeds
- ¼ cup fresh parsley, finely chopped

**INSTRUCTIONS**
Score the flesh of each eggplant half in a criss-cross fashion, then lightly coat with 1 tablespoon of olive oil.

Preheat a BBQ grill to medium-high heat.

Place the eggplant halves on the grill and cook for 10-15 minutes on each side, or until soft.

Meanwhile, combine the remaining olive oil, garlic, lemon juice, onion seeds and parsley in a bowl.

When the eggplant is ready, quickly remove from the grill and coat with the olive oil mixture.

Serve.
SLICED HAM WITH WATERCRESS & ALMONDS

Serves 2

INGREDIENTS
- Small handful of fresh watercress, trimmed
- 1 teaspoon small pieces of Dehydrated Lemon Rounds (see related recipe)
- 1 tablespoon olive oil
- 6 almond flakes
- 4 thin slices of roast ham, torn
- Freshly cracked black pepper

INSTRUCTIONS
Place the watercress, dehydrated lemon pieces and olive oil in a small bowl and toss to combine. Place the watercress into the center of two serving plates and top with the almond flakes and torn ham.
Season with cracked pepper to serve.

SMOKED SALMON SLICES WITH FRESH FENNEL & ARUGULA

Serves 2

INGREDIENTS
- 8 very thin slices of baby fennel
- Small handful of arugula
- 4 very thin ribbons of lemon rind
- 1 tablespoon olive oil
- 2 slices of smoked salmon, torn
- Pinch of salt
- Pinch of freshly cracked black pepper

INSTRUCTIONS
Combine the fennel, arugula, lemon and olive oil in a small bowl, then place into the center of a plate.
Place the torn salmon on top of the fennel and season with salt and pepper to serve.
SMOKED SALMON SLICES WITH DILL & LEMON RIBBONS

Serves 2

INGREDIENTS
- 2 slices of smoked salmon
- 1 tablespoon fresh dill, chopped
- 4 very thin ribbons of lemon rind
- pinch of salt
- pinch of freshly cracked pepper

INSTRUCTIONS
Fold each salmon slice over on top of itself. Sprinkle with chopped dill and lay the lemon ribbons on top. Season with salt and pepper to serve.

PROSCIUTTO- & AVOCADO-WRAPPED ZUCCHINI

Serves 2-4

INGREDIENTS
- 2 tablespoons olive oil
- 3 small zucchinis, sliced into quarters lengthways
- 12 slices of prosciutto
- 1 avocado, thinly sliced
- freshly cracked pepper

INSTRUCTIONS
Preheat a grill to medium-high heat.

Wrap a slice of prosciutto around a quarter of zucchini and slice of avocado.

Drizzle the olive oil onto the grill then place the wrapped zucchini quarters onto the hot grill. Cook on each side for 30-60 seconds or until the prosciutto begins to turn crispy.

Serve.
LEMON ROUNDS WITH SMOKED SALMON & CORIANDER

Serves 2-4

INGREDIENTS
6 very thinly sliced lemon rounds
6 small slices of smoked salmon
12 fresh coriander leaves / cilantro

INSTRUCTIONS
Place the lemon rounds onto a plate and fold a slice of smoked salmon on top, followed by the coriander leaves.

Serve.

FRESH LEMON WITH TUNA AND SNOW PEA SPROUTS

Makes 10-12

INGREDIENTS
1 small lemon
3 oz. can of tuna in olive oil
1 small handful snow pea sprouts / snow pea shoots, chopped
freshly cracked Himalayan crystal salt
freshly cracked mixed peppercorns (black, white and green)

INSTRUCTIONS
Using a very sharp knife, remove the ends from the lemon then cut thin rounds from the lemon, removing all seeds.

Place the lemon rounds onto a plate and scoop a tablespoon of tuna on top. Gently place a few snow pea sprouts on top of the tuna.

Serve with cracked salt and pepper.
AVOCADO CUPS WITH TUNA

Serves 2-4

**INGREDIENTS**
- 3 oz. can of tuna in olive oil, drained
- 1 shallot, finely sliced
- 1 teaspoon salted capers, finely chopped
- 4 pitted black olives, chopped
- Pinch of freshly ground black pepper
- 1 avocado, halved

**INSTRUCTIONS**
In a bowl place the tuna, shallot, capers, olives and pepper, combine well.

Place the avocado halves onto a serving plate and scoop the tuna mixture on top to serve.

LAMB PROSCIUTTO WITH SAUERKRAUT

Makes 6

**INGREDIENTS**
- 6 slices of lamb prosciutto
- 2/3 cup sauerkraut
- Freshly cracked black pepper

**INSTRUCTIONS**
Place the slices of lamb prosciutto onto a plate and use a tablespoon to scoop sauerkraut into the center, then crack freshly ground pepper over the top.

Use your fingers to lift the edges of the prosciutto over the sauerkraut while pressing firmly to hold the sauerkraut in place to eat.
FIGS WITH PROSCIUTTO & HONEY DRESSING

Serves 2

INGREDIENTS
4 fresh figs, sliced in half
2 slices of prosciutto, torn
1 tablespoon olive oil
2 teaspoons honey
2 small handfuls of arugula
pinch of ground white pepper

INSTRUCTIONS
Place the fig halves onto a serving plate. Top with torn pieces of prosciutto then drizzle with some olive oil followed by honey. Serve with a small side of arugula and pinch of ground white pepper.

GARLIC & PARSLEY MUSHROOMS

Serves 4

INGREDIENTS
12 button mushrooms, stems removed
2 garlic cloves, minced
3 tablespoons olive oil
2 tablespoons fresh parsley, finely chopped
pinch of salt
freshly cracked black pepper

INSTRUCTIONS
Place a skillet over low-medium heat and add the mushrooms, garlic and olive oil, cook lightly for 6-8 minutes or until the mushrooms have warmed and garlic lightly golden. Add the parsley and stir for 30 seconds then remove from the heat.

Season with salt and pepper to serve.
**ROASTED PORTOBELLO MUSHROOMS WITH GARLIC & TARRAGON**

Serves 2

**INGREDIENTS**
- 2 medium sized portobello mushrooms
- 1 tablespoon olive oil
- 1 teaspoon white wine vinegar
- 1 garlic clove, minced
- 2 teaspoons fresh tarragon leaves
- pinch of salt and freshly cracked black pepper
- small handful of fresh arugula

**INSTRUCTIONS**
Preheat a convection oven to 350 ºF and line a baking tray with parchment paper.

Place the mushrooms on the baking tray and drizzle with olive oil and vinegar. Place an even portion of the minced garlic and tarragon on top of each mushroom then transfer the baking tray to the oven and roast the mushrooms for 10-15 minutes or until tender.

Season with salt and pepper and serve with a small handful of fresh arugula.

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**MAPLE SYRUP & THYME PORTOBELLO MUSHROOMS WITH BACON**

Serves 2

**INGREDIENTS**
- 2 medium sized portobello mushrooms
- 1 tablespoon olive oil
- 2 tablespoons maple syrup
- 2 strips of bacon
- ½ teaspoon fresh thyme leaves

**INSTRUCTIONS**
Preheat a convection oven to 350 ºF and line two baking trays with parchment paper.

Place the mushrooms on the baking tray and drizzle with olive oil and maple syrup. Place the strips of bacon on the second baking tray then place into the oven for 6-8 minutes or until crispy.

Place the mushrooms on the baking tray and drizzle with olive oil and maple syrup. Transfer the baking tray to the oven and roast the mushrooms for 10-15 minutes or until tender.

Place the strips of bacon on the second baking tray then place into the oven for 6-8 minutes or until crispy.

Serve the mushrooms with a sprinkle of fresh thyme leaves and a strip of crispy bacon.
**SWEET POTATO SLICES**

Makes 26-28

**INGREDIENTS**
- 2 cups boiled and mashed sweet potato (roughly 1 ½ lbs. sweet potatoes)
- 3 medium eggs
- ¼ cup orange juice
- ¼ cup coconut cream
- 1 teaspoon chives, finely chopped
- pinch of ground cinnamon
- 2 tablespoons sesame seeds

**INSTRUCTIONS**

Preheat a convection oven to 350 ºF and line a 12 in. x 8 in. baking pan with parchment paper.

Place all of the ingredients in a bowl and combine well with electric beaters. Spoon the mixture into the baking pan and use a spatula to spread out evenly.

Transfer the pan to the oven for 10 minutes then quickly remove and sprinkle the top with sesame seeds. Return the pan to the oven for an additional 10-15 minutes, or until the mixture is firm. Slice into individual slices while hot.

Serve warm or cold.

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**CHIA SEED CRACKERS**

Makes 16-18

**INGREDIENTS**
- 1 cup white chia seeds
- 1/3 cup water
- ¾ cup raw tahini
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 2 tablespoons shallots, finely chopped

**INSTRUCTIONS**

Preheat a convection oven to 325 ºF.

Soak the chia seeds in water for 5 minutes. Add the remaining ingredients and leave for an additional 5 minutes. Place the ingredients into a food processor and blend until a smooth paste has formed.

Scoop the mixture onto a silicone sheet or non-stick parchment paper and use a rolling pin to spread the mixture out to 1/10 inch thickness.

Place the silicone sheet into the bottom shelf of the oven and leave for 15-20 minutes, or until the cracker can be removed from the silicone sheet without breaking (use a large spatula). Place the cracker onto a chopping board and lightly score 16-18 individual crackers. Place the crackers back on the silicone sheet and return to the bottom shelf of the oven for an additional 10-15 minutes or until the crackers are crisp and snap when broken.

Cool before serving or storing in an airtight container for 3-4 days.
MACADAMIA & SESAME SEED CRACKERS

Makes 16-18

**INGREDIENTS**

- 1 cup chia seeds
- 1/3 cup water
- 3/4 cup macadamia butter
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 3 tablespoons white sesame seeds
- 2 tablespoons black sesame seeds

**INSTRUCTIONS**

Preheat a convection oven to 325 °F.

Soak the chia seeds in water for 5 minutes. Add the macadamia butter, lemon juice and honey and leave for an additional 5 minutes. Place the ingredients into a food processor and blend until a smooth paste has formed. Add the white and black sesame seeds and combine with a spoon.

Scoop the mixture onto a silicone sheet or non-stick parchment paper and use a rolling pin to spread the mixture out to 1/10 in. thickness.

Place the silicone sheet into the bottom shelf of the oven and leave for 15-20 minutes, or until the cracker can be removed from the silicone sheet without breaking (use a large spatula). Place the cracker onto a chopping board and lightly score 16-18 individual crackers. Place the crackers back on the silicone sheet and return to the bottom shelf of the oven for an additional 10-15 minutes or until the crackers are crisp and snap when broken.

Cool before serving or storing in an airtight container for 3-4 days.

SMOKED CHICKEN & CARROT CRACKERS

Makes 4

**INGREDIENTS**

- 4 Macadamia & Sesame Seed Crackers (see related recipe)
- 4 slices of smoked chicken
- 3 tablespoons finely grated carrot

**INSTRUCTIONS**

Place a slice of smoked chicken on a cracker and top with some grated carrot.

Serve.
ROSEMARY & BLACK SESAME SEED CRACKERS

Makes 10-12

INGREDIENTS
- 3 tablespoons raw tahini
- 1 small-medium egg
- 2 ½ tablespoons coconut flour
- 2 tablespoons black sesame seeds
- 1 teaspoon dried rosemary leaves, chopped
- pinch of ground sea salt

INSTRUCTIONS
Preheat a convection oven to 325 ºF and line a baking tray with parchment paper.

Place the tahini and egg in a bowl and combine well. Add the coconut flour and combine then add the black sesame seeds, rosemary and salt and use your hands to combine.

Scoop the mixture onto a sheet of baking paper, cover with another sheet of baking paper and use a rolling pin to flatten the mixture to an even thickness of around 1/10 in. Lightly score 10-12 crackers, then transfer the tray to the oven and bake for 12-15 minutes, or until the crackers are lightly browned.

Allow the crackers to cool for 15-20 minutes then return to the oven for an additional 3-5 minutes to crisp. Cool the crackers then use a sharp knife to break the crackers into individual serves along the scored lines.

Cool before serving or storing in an airtight container for 3-4 days.

ARTICHOKE & OLIVE DIP

Serves 4-6

INGREDIENTS
- 2 preserved globe artichokes, chopped
- 2/3 cup pitted green olives
- 1 small garlic clove, minced
- 2/3 cup fresh parsley, roughly chopped
- 1 tablespoon salted capers
- 1 tablespoon lemon juice
- 3 tablespoons verjuice
- 4 tablespoons olive oil

INSTRUCTIONS
Place all of the ingredients except for the olive oil into a food processor and blend until a smooth consistency has formed.

Transfer the dip to a bowl and stir in the olive oil. Add more olive oil and/or verjuice if needed to create a spreadable consistency.

Serve.
CARROT, TAHINI & MACADAMIA DIP

Serves 4-6

INGREDIENTS

- 11 oz. carrots, chopped
- 1 ½ tablespoons raw tahini
- 2 teaspoons macadamia butter
- ground sea salt

INSTRUCTIONS

Place a pot on medium heat and add the carrots, then add enough water to cover the carrots. Bring to simmering point then cover and cook for 15-20 minutes or until the carrots are very tender. Drain the water from the pan then add the tahini and macadamia butter.

With an electric hand mixer purée the ingredients, then season with salt.

Serve.
OLIVE TAPENADE
Serves 4-6

INGREDIENTS
4 oz. pitted Kalamata olives
1 tablespoon garlic oil
1 tablespoon olive oil
1 tablespoon red wine vinegar
2 teaspoons salted capers
1 teaspoon lemon thyme, chopped
1 teaspoon rosemary leaves, chopped
½ teaspoon finely grated orange rind

INSTRUCTIONS
Place all of the ingredients into a food processor and blend until smooth.
Serve.

PARSLEY & ANCHOVY DIP
Serves 4-6

INGREDIENTS
3 tinned anchovy fillets, finely chopped
1 large bunch of parsley, finely chopped
2 tablespoons salted capers, chopped
2 small garlic cloves, minced
4 tablespoons olive oil

INSTRUCTIONS
Place all of the ingredients in a bowl and combine well.
Serve.
ANCHOVY & EGG DIP

Serves 4-6

INGREDIENTS
5 oz. anchovy fillets in oil, drained
1 hard-boiled egg
1 small garlic clove, minced
1 ½ teaspoons salted capers
1 tablespoon fresh sage, finely chopped
3 tablespoons lemon juice
4 tablespoons olive oil
freshly cracked black pepper

INSTRUCTIONS
Place all of the ingredients except the black pepper into a food processor and blend until a smooth consistency has formed. Season with black pepper to serve.

BREAD & BUTTER CUCUMBERS

Makes 1 Jar

INGREDIENTS
14 oz. small cucumbers, thinly sliced
1 small yellow onion, finely chopped
2 teaspoons ground salt
1 ½ cups cider vinegar
½ cup filtered water
2 tablespoons coconut sugar
¼ teaspoon ground fennel seeds
¼ teaspoon ground coriander seeds

INSTRUCTIONS
Place the sliced cucumbers into a small bowl along with the onion and salt then combine. Cover the bowl with ClingWrap and leave for 4-6 hours or until the cucumbers are limp but crunchy. Remove the liquid from the bowl then rinse the cucumbers under cold water until they are no longer salty.

Place a pot on medium heat and add the cider vinegar, water, coconut sugar, fennel and coriander. Bring to simmering point then add the cucumbers and onions and cover. Cook for 3 minutes then remove from the heat.

Transfer the mixture into a sterilized jar. Keep in the refrigerator and serve when chilled.
TOMATO RELISH

Makes Roughly 4 Cups

INGREDIENTS
2 lbs. ripe tomatoes, skinned and roughly chopped
2 onions, roughly chopped
½ cup apple cider vinegar
2/3 cup coconut sugar
1 teaspoon chili powder
1 teaspoon thyme leaves
1 teaspoon ground sea salt
pinch of ground coriander
2 tablespoons arrowroot flour

INSTRUCTIONS
Place all of the ingredients except for the arrowroot flour into a large pot on low-medium heat. Cover and leave to simmer for 60-90 minutes, stirring occasionally.

In a small bowl combine the arrowroot flour with 4 tablespoons of water. Slowly pour into the tomato relish while simmering and stir until the tomato relish has thickened slightly. Add more arrowroot flour if needed to reach a desired consistency.

Place the tomato relish into sterilized jars and keep in the refrigerator.
MEATBALLS WITH CUCUMBERS & RELISH

Serves 4-6

INGREDIENTS

- 11 oz. ground beef
- 3 tablespoons olive oil
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 teaspoon fresh thyme leaves
- Coconut oil for frying

Bread & Butter Cucumbers (see related recipe)
Tomato Relish (see related recipe)

INSTRUCTIONS

Heat the olive oil in a frying pan on medium heat and add the onion and garlic, fry until the onion begins to turn golden brown then add the thyme and stir for another minute.

Transfer the onions, garlic and olive oil into a bowl along with the ground beef and combine well. With the palms of your hands, roll the beef into small meatballs.

Return the frying pan to medium-high heat and add enough coconut oil to coat the base of the pan. Place batches of the meatballs into the frying pan. Toss the meatballs for 6-8 minutes, or until cooked through.

Place the meatballs on a plate lined with a paper towel to remove excess oil.

Place some Bread & Butter Cucumbers on top of the meatballs and use a toothpick to skewer into the center and hold in place. Serve with Tomato Relish for dipping.
APPLE & SPICE MEATBALLS

Serves 6-8

INGREDIENTS
- 14 oz. ground beef
- 1 small onion, finely chopped
- ½ cup dried apple, finely chopped
- 1 egg
- 2 tablespoons parsley, finely chopped
- ½ teaspoon ground cinnamon
- ½ teaspoon ground paprika
- pinch of ground cumin
- pinch of sea salt
- coconut oil for frying

INSTRUCTIONS
Place all of the ingredients except for the coconut oil into a bowl and combine well. With the palms of your hands, roll the beef into small meatballs.

Place the frying pan on medium-high heat and add enough coconut oil to cover the base of the pan. Place batches of the meatballs into the frying pan. Toss the meatballs for 6-8 minutes, or until cooked through.

Place the meatballs on a plate lined with a paper towel to remove excess oil.

Serve.

ROLLED LAMB KEBABS

Makes 6

INGREDIENTS
- 14 oz. ground lamb
- 1 onion, finely chopped
- 3 egg yolks
- ¼ teaspoon saffron soaked in 1 teaspoon water
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- pinch of ground coriander
- pinch of sea salt
- 1 tablespoon olive oil

INSTRUCTIONS
Preheat a grill to medium-high.

Place all of the ingredients except for the olive oil into a bowl and combine well.

Use the palms of your hands to roll the mixture into six sausage shapes around a skewer, roughly 1/3 inch in diameter.

Place the olive oil on the hot grill then add the skewers. Cook on all sides for 2-3 minutes, or until the kebabs are cooked.

Serve.
HONEY LAMB CUCUMBER CUPS
Makes 20-24

INGREDIENTS
- 9 oz. ground lamb
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- ½ teaspoon ground ginger
- 1 tablespoon honey
- 2 tablespoons coconut aminos
- 2 tablespoons arrowroot flour combined with ¼ cup water
- ¼ cup finely chopped parsley
- pinch of sea salt
- 2 green cucumbers

INSTRUCTIONS
Heat the olive oil in a frying pan on medium heat and add the onion and garlic, fry until brown then add the ground lamb, break up the lamb to remove lumps and stir until the lamb has browned.

Add the ginger and stir for 1 minute then add the honey, coconut aminos and arrowroot water. Bring to a simmer and stir for 10-15 minutes or until the liquid has thickened. Stir in the parsley then season with salt. Remove from the heat and cool slightly.

Slice the cucumbers into ½ inch slices and use a teaspoon to scoop out some of the seeds to create a cup. Use a tablespoon to scoop the ground lamb into each of the cucumber cups.

Serve.

ONION & DATE RELISH
Makes Roughly 4 Cups

INGREDIENTS
- 2 tablespoons olive oil
- 2 shallots, diced
- pinch of ground coriander
- pinch of sumac
- pinch of cayenne pepper
- 1 cinnamon stick
- ½ teaspoon freshly grated ginger
- 1 cup Medjool dates, chopped
- 2 cups raisins
- ¼ cup coconut sugar
- 2/3 cup red wine vinegar
- freshly ground salt and pepper

INSTRUCTIONS
Place a pot over low-medium heat and add the olive oil and shallots. Cook until the shallots have softened then add the coriander, sumac, cayenne pepper, cinnamon stick and ginger, fry until aromatic.

Add the Medjool dates, raisins, coconut sugar and red wine vinegar, bring to simmering point then cover and leave for 10-15 minutes, or until the relish has thickened and has a shiny appearance. Remove the cinnamon stick.

Season with salt and pepper.
SEASONED VENISON

Serves 4

INGREDIENTS
2 venison haunch steaks (from the leg of a deer)
½ teaspoon ground sea salt
½ teaspoon ground black pepper
2 tablespoons ghee
1 teaspoon fresh rosemary leaves
4 tablespoons Onion & Date Relish (see related recipe)

INSTRUCTIONS
Rub the venison steaks with salt and pepper.

Heat the ghee in a frying pan on medium-high heat and add the venison steaks, cook for 2-3 minutes on each side until browned and a crust begins to form. Turn the heat down to medium then add the rosemary, continue cooking to your desired liking.

Remove the venison from the heat and allow to cool for 5 minutes before thinly slicing and serving with a side of Onion and Date Relish.

RHUBARB & GINGER CHUTNEY

Makes Roughly 4 Cups

INGREDIENTS
2 tablespoons olive oil
1 white onion, finely chopped
1 teaspoon freshly grated ginger
14 oz. rhubarb, chopped into 1/3 inch pieces
1 apple, cored and diced
¼ cup cider vinegar
2/3 cup coconut sugar
pinch of cayenne pepper
freshly ground salt and pepper

INSTRUCTIONS
Place a skillet over low-medium heat and add the olive oil, white onion and ginger. Cook until the onion has softened then add the remaining ingredients and bring to simmering point. Leave for 20-25 minutes, or until the relish has thickened slightly.

Season with salt and pepper.
PROSCIUTTO WITH TOMATO RELISH & SNOW PEA SPROUTS

Serves 2

INGREDIENTS

- 4 slices of prosciutto
- 4 tablespoons Tomato Relish (see related recipe)
- 1 small handful snow pea sprouts / snow pea shoots, ends removed

INSTRUCTIONS

Place the slices of prosciutto onto a plate. Scoop one tablespoon of tomato relish to one side (but not too close to the edge) of the prosciutto. Place some snow pea sprouts to the side of the relish.

Use your fingers to lift and wrap the edges of the prosciutto around the relish and snow pea sprouts. Press firmly to hold the ingredients in place to eat.
**SPICED CAULIFLOWER FLORET BITES**

Serves 2

**INGREDIENTS**
- ½ small head of cauliflower, cut into florets
- 2 tablespoons olive oil
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- pinch of ground coriander
- pinch of ground cinnamon
- 4 tablespoons currants
- ¼ cup fresh coriander leaves / cilantro
- 2 tablespoons fresh lemon juice

**INSTRUCTIONS**
Preheat a convection oven to 350 ºF and line a baking tray with parchment paper.

Place the cauliflower florets in a bowl along with the olive oil and all of the spices. Use your hands to rub the oil and spices into the cauliflower. Spread the cauliflower florets out onto the baking tray then place into the oven for 10-15 minutes or until the cauliflower is tender. Remove from the oven and sprinkle over the currants and fresh coriander leaves.

Serve with a drizzle of fresh lemon juice.

**MARINATED CAULIFLOWER FLORETS**

Serves 2

**INGREDIENTS**
- ½ small head of cauliflower, cut into florets
- 1/3 cup water
- 4 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons minced red onion
- 1 bay leaf
- ½ teaspoon ground sea salt
- freshly cracked pepper
- ¼ cup parsley, finely chopped

**INSTRUCTIONS**
Place all of the ingredients except for the parsley in a medium sized pot on low-medium heat. Bring to simmering point and cover, cook for 10-15 minutes or until the cauliflower is slightly tender and still holding shape.

Transfer the cauliflower and sauce to a bowl and allow to cool before covering and placing in the refrigerator for 4-6 hours or until chilled.

Remove bay leaf before serving.

Serve with a sprinkle of parsley.
**ROASTED GREEN BEANS WITH PINE NUTS**

*Serves 2-4*

**INGREDIENTS**
- 9 oz. green beans, top and tailed, halved
- 1 red onion, thinly sliced
- 2 garlic cloves, thinly sliced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2-4 tablespoons pine nuts

**INSTRUCTIONS**

Preheat a convection oven to 350 °F and line a baking tray with parchment paper.

Place the green beans, onion, garlic and olive oil on the baking tray and use your hands to coat the beans. Transfer into the oven for 20-30 minutes, tossing occasionally, until the beans are tender.

Drizzle with balsamic vinegar and a sprinkle of pine nuts to serve.

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**SPICED CHICKEN PIECES**

*Serves 6-8*

**INGREDIENTS**
- 12 chicken pieces (i.e. drumsticks, wings, breast pieces)
- ½ teaspoon fennel seeds
- ½ teaspoon cumin seeds
- ½ teaspoon dried oregano
- ¼ teaspoon peppercorns
- ¼ teaspoon garlic powder
- ¼ teaspoon ground paprika
- ¼ teaspoon ground sea salt
- ¼ teaspoon dried chili flakes
- 4 tablespoons olive oil

**INSTRUCTIONS**

Place the fennel seeds, cumin seeds, dried oregano and peppercorns into a spice grinder and blend into a fine powder. Alternatively, use a mortar and pestle.

Place the chicken, ground spices, garlic, paprika, sea salt, dried chili and olive oil in a Ziploc bag and marinate overnight.

Preheat the grill to medium-high.

Grill the chicken pieces for 15-20 minutes, flipping to cook on all sides, until cooked through.

Serve.
POMEGRANATE CHICKEN PIECES

Serves 6-8

INGREDIENTS
12 chicken pieces (i.e drumsticks, wings, breast pieces)
3 tablespoons olive oil
1/3 cup pomegranate molasses
4 tablespoons lemon juice
2 garlic cloves, minced
1 tablespoon Dijon mustard (optional)
2 tablespoons red wine vinegar
freshly cracked salt and pepper

INSTRUCTIONS
Place all of the ingredients except for the chicken in a large bowl and combine well. Add the chicken and use your hands to rub the marinade into the chicken. Cover the bowl with ClingWrap and leave in the refrigerator to marinate overnight.

Preheat the grill to medium-high.

Grill the chicken pieces for 15-20 minutes, flipping to cook on all sides, until cooked through.

Serve.

GRILLED CHILI PRAWNS WITH APPLE & MINT

Serves 4-6

INGREDIENTS
12 fresh green prawns, shelled and deveined
3 tablespoons olive oil
2 tablespoons lime juice
pinch of chili powder
½ green apple, cored and sliced into matchsticks
½ small red onion, thinly sliced
2 tablespoons fresh mint leaves, finely chopped
1 ½ tablespoons flaxseed oil
freshly cracked black pepper

INSTRUCTIONS
Preheat a BBQ grill to medium-high heat.

Rub the prawns with the olive oil, lime juice and chili powder then place onto the grill and cook for 2-3 minutes each side, or until the prawns have changed color and are just cooked.

Meanwhile, combine the green apple, red onion, mint leaves and flaxseed oil in a bowl.

Place the prawns on a bed of green apple and mint and serve with freshly cracked pepper.
GARLIC PRAWNS WITH LEMON & PARSLEY

Serves 4-6

INGREDIENTS
12 fresh green prawns, shelled and deveined
1/3 cup olive oil
6 garlic cloves, minced
2 teaspoons finely grated lemon rind
small handful parsley, finely chopped

INSTRUCTIONS
Heat the olive oil in a frying pan or wok on medium-high heat and add the garlic, cook for 1-2 minutes or until lightly golden. Add the prawns and cook, stirring, for 3-4 minutes or until just cooked.

Remove the frying pan from the heat and add the lemon rind and parsley, toss to combine.

Serve.

GINGER & LEMON PRAWNS

Serves 4-6

INGREDIENTS
12 fresh green prawns, shelled and deveined
2 teaspoons fresh ginger, finely grated
2 teaspoons lemon juice
1 1/2 tablespoons coconut aminos
1 tablespoon olive oil

INSTRUCTIONS
Place all of the ingredients except for the olive oil into a bowl and combine well. Cover and leave in the refrigerator for 1 hour.

Heat the olive oil in a frying pan or wok on medium-high heat and add the prawns and sauce. Cook, stirring, for 3-4 minutes or until just cooked.

Serve.
### Scallops with Bacon

**Makes 15**

**Ingredients**
- 15 scallops
- pinch of ground garam masala
- pinch of five spice powder
- 2 tablespoons olive oil
- 5 strips of bacon

**Instructions**

Place the scallops, garam masala, five spice powder and olive oil in a bowl and combine well then cover and place in the refrigerator for 2 hours.

Preheat a grill to medium heat.

Slice each strip of bacon crossways into 3 pieces then wrap each scallop in a piece of bacon and hold in place with a toothpick.

Place the scallops onto the grill and cook until the bacon has lightly browned.

Serve.

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### Fresh Crab Meat with Grated Brazil Nuts

**Serves 4**

**Ingredients**
- 4 tablespoons olive oil
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 ¾ lbs. fresh crab meat
- 1 tablespoon lemon juice
- small handful finely chopped parsley
- pinch of sea salt
- pinch of freshly ground black pepper
- 2 tablespoons finely grated Brazil nuts

**Instructions**

Heat the olive oil in a frying pan on medium heat and add the onion and garlic, fry until brown then turn the heat to low and add the crab meat. Stir for 5-6 minutes or until the crab has cooked.

Stir in the lemon juice, parsley and season with salt and pepper.

Serve with a sprinkle of grated Brazil nuts.
APPLE CIDER GLAZED CHORIZO
Serves 2-4

INGREDIENTS
- 2 chorizo, thickly sliced
- 2 tablespoons olive oil
- ½ cup apple cider vinegar
- small handful parsley, finely chopped

INSTRUCTIONS
Heat a skillet over medium heat and add the olive oil and sliced chorizo, cook, turning occasionally for 4 minutes or until golden brown. Add the apple cider vinegar and cook for an additional 6-8 minutes, or until the liquid reduces by roughly half.

Remove the skillet from the heat and toss in the parsley.

Serve.

ROASTED SQUASH WITH POMEGRANATE MOLASSES
Serves 4-6

INGREDIENTS
- ½ kabocha squash, seeds removed, cut into wedges
- 4 tablespoons olive oil
- ¼ cup pomegranate molasses
- 3 tablespoons lemon juice
- ½ teaspoon ground sea salt
- 2 tablespoons black sesame seeds
- small handful chopped parsley

INSTRUCTIONS
Preheat a convection oven to 350 ºF and line a baking tray with parchment paper.

In a small bowl combine 2 tablespoons of olive oil with the pomegranate molasses and lemon juice.

Place the squash wedges onto the baking tray and coat with the remaining 2 tablespoons of olive oil and sea salt. Transfer the pan to the oven and bake for 35-45 minutes or until the squash is very tender. Remove from the oven and drizzle the dressing over the squash and toss to coat.

Sprinkle with black sesame seeds and fresh parsley to serve.
ROASTED CHESTNUTS

Makes 2 ¼ lbs.

INGREDIENTS

2 ¼ lbs. chestnuts

INSTRUCTIONS

Preheat a convection oven to 350 °F.

Stab the skin of each chestnut with a fork 2-3 times then spread them out into a roasting pan.

Place the pan into the oven and bake for 25-35 minutes, or until the skin begins to break open and the chestnut flesh is tender.

Allow the chestnuts to cool slightly, then peel and discard the outer skin and pithy white inner skin to serve.

THANK YOU