



DINNER DILEMMAS

NO MORE

WHAT TO MAKE ON THE WEEKEND



ROASTED CHICKEN

WHAT YOU NEED:

- One whole chicken (organic free-range if you can afford it)
- Olive oil
- Good quality salt
- Water

WHAT YOU DO:

- Preheat oven to 180 degrees.
- Rinse the inside of the chicken.
- Prick the lemon all the way around with a skewer.
- Place inside the chicken.
- Put the chicken on a baking tray and cover with olive oil.
- Massage a few pinches of salt all over the chicken.
- Fill the bottom of the tray up with water (approx. 1cm high).
- Place chicken in oven (cook for approx. 1 hour per kg).
- After half an hour, remove chicken from oven and baste with the juices from the pan to stop it going dry. Add more water to the bottom of the pan if required.
- Please back in oven to continue cooking.
- To check if chicken is cooked, poke a skewer in various places around the chicken. Juice should come out clear if cooked, if it's still pink - place it back in the oven. If there is no juice, you may have overcooked!
- Enjoy your chicken x



BOLOGNESE

WHAT YOU NEED:

- 1 tbs olive oil
- 3 garlic cloves, thinly diced
- 1 onion, diced
- 500g beef mince
- 1 tin chopped tomatoes
- 1 1/2 cups tomato passata
- 2 tbs tamari
- 2 tsp Italian herbs
- 1 tbs rapadura sugar

WHAT YOU DO:

- Warm the oil over medium heat in a pan.
- Add the onion and garlic and cook until onion is translucent – don't burn the garlic! Then add mince to pan.
- Once cooked through add the rest of the ingredients, bring to the boil and simmer for 15-20 minutes (turn down the heat if you need to). You want a really good reduction.
- Serve on top of your pasta of choice with a little parmesan cheese (buy the block and grate yourself – the pre-grated variety has weird stuff added)



SLOW-COOKED LAMB SHANKS

WHAT YOU NEED:

- 3 large shanks (or four-six small shanks)
- 3 zucchini cut into chunks
- 3 carrots cut into chunks
- 3 sticks of celery cut into chunks
- 1 onion cut into quarters
- 4 cloves of garlic, halved
- 1/3 cup tomato paste
- 1/4 cup tamari
- 1/4 cup honey
- 1 tin tomatoes
- 2 cups of water

WHAT YOU DO:

- Mix up the marinade (all the liquid ingredients) first.
- Add all the other ingredients to the bowl.
- Pour liquid over the top.
- Cook for 6-7 hours on high.
- Serve as soup, stew, on top of mash – whatever you desire!



ZUCCHINI SLICE

WHAT YOU NEED:

- Four large zucchinis – grated
- Three pieces of (organic, free-range/best quality you can find) bacon – sliced
- One chopped brown onion
- 1 cup wholemeal spelt flour (or gluten-free flour)
- 5 eggs
- 2 tbsls savoury yeast flakes (for dairy free) or two handfuls cheese, grated
- 1/2 cup olive oil
- 1 tsp dulse flakes (optional)
- salt and pepper

WHAT YOU DO:

- Add everything to a large bowl and stir until fully combined.
- Pour into a baking tray and cook at 180 degrees for 25 minutes or until browned on top and cooked through.
- Slice into pieces and freeze in portions perfect for lunch boxes!

FIVE STAPLE DINNERS



SIMPLE STIR-FRY

WHAT YOU NEED:

- 1 tbs olive oil or coconut oil
- 1 onion
- 2 cloves of garlic
- 500g chicken thigh strips or beef strips
- 2 tbs peanut butter
- 4 tbs tamari (if you don't have it, use soy sauce)
- 1 tbs honey
- 400ml tin coconut cream
- Veggies of choice – broccoli, carrot, peas, capsicum, etc.

WHAT YOU DO:

- Warm the oil over medium heat in a wok.
- Add the onion and garlic and cook until onion is translucent.
- Then add chicken or beef strips.
- Once cooked add peanut butter, tamari and honey to the wok and mix until meat is fully coated.
- Add all vegetables (but if using peas only add them in the last two minutes of cooking) and coconut cream.
- Simmer until reduced and thicker in consistency and veggies are soft. Around 10 minutes.
- Serve over rice or rice noodles.



SWEET POTATO AND ZUCCHINI FRITTERS

WHAT YOU NEED FOR ROLLS:

- One massive sweet potato, grated
- Two zucchinis, grated
- One red onion, thinly diced
- 1 1/2 cups wholemeal spelt flour
- 1/2 cup olive oil
- 3 eggs
- 1/2 tsp salt

WHAT YOU NEED FOR DIPPING SAUCE:

- Add all ingredients to a large bowl and stir to fully combine.
- Heat 2 tbs olive oil, coconut oil or ghee in a pan over moderate heat.
- Create balls of mixture with your hands, place in pan and flatten.
- Cook well on both sides.
- Remove from pan and top with avocado, tomato and feta.



SAUSAGE AND VEGGIES

WHAT YOU NEED:

- Enough sausages to feed your family
- Vegetables for roasting – any of these work beautifully – sweet potato, potato, beetroot, broccoli, zucchini, tomato, onion, pumpkin, parsnip. Add enough portions to pack the plates of your family!
- Olive Oil/tallow/bacon fat/duck fat
- Salt or Herbamare

WHAT YOU DO:

- Preheat oven to 180 degrees.
- Cut vegetables into cubes – make sure they are cut in a similar size for even cooking.
- Add vegetables to a baking tray or roasting pan. Coat with the olive oil, or animal fat, and sprinkle with salt or herbamare (herb and salt sprinkle found at supermarket).
- Place into oven for half an hour for 'just cooked', or 45 minutes to one hour for a crispy and caramelised effect.
- While the vegetables are cooking away, there are two ways you can cook your sausages. You can either add them to a baking tray and cook in the oven along with the vegetables or cook on a pan on the stovetop over a moderate temperature. I use a little olive oil to coat the pan but ensure that it doesn't get too hot.



SALMON PATTIES

WHAT YOU NEED:

- 6 potatoes, peeled and cubed
- 2 x medium tins (210g) of sustainably caught red salmon
- 3 spring onions, sliced
- 1 cup oats OR 1 cup quinoa flakes/GF bread crumbs for gluten-free option
- 1 cup cheese, grated
- 1 1/2 tsp dill – fresh or dried
- juice of 1/2 lemon
- 1/2 tsp salt
- 3 tblp coconut oil or olive oil – and more if required

WHAT YOU DO:

- Steam your potatoes in a pot of boiling water until they are soft all the way through. Remove and drain.
- Add to a bowl with the rest of the ingredients and mash together until fully combined.
- Heat oil in a fry pan over moderate heat and once warm, add small handfuls of mixture into the pan and flatten. Once browned on one side, flip and cook on the other side.



SURPRISE PLATE

WHAT YOU NEED:

- Boiled eggs
- Leftover protein
- Vegetable sticks
- Homemade dip like guacamole (2 avocado, juice of half a lemon, pinch of salt, 1 garlic clove)
- Drained and rinsed tin of chickpeas or beans
- Cherry tomatoes
- Slices of sourdough bread
- Pieces of cheese

WHAT YOU DO:

- Put on a plate to share amongst your family!