

Grilled Tomato and Scrambled Eggs on Toast



Details		Nutritional details per serve	
Serves :	1	Calories:	211
Total Preparation Time:	10 minutes	Fat:	6.1
Region:	Western	Protein:	19.5
Gluten Free:	No	Carbohydrates:	20.8
Vegetarian:	Yes	Fibre:	2.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Whisk the egg, egg whites and skim milk in a small bowl. 2. Heat a small non-stick frying pan over medium heat and place the bread into the toaster. 3. Pour the egg mix into the frying pan and turn constantly to avoid the egg sticking to the pan. 4. Once the eggs are cooked to your preference, transfer them onto the toast on your serving plate. 5. Place the frying pan back over medium heat, quarter the tomato and place in the frying pan. 6. Flip the tomatoes a few times for about 30 seconds so that all sides are slightly cooked. 7. Transfer the tomatoes to the serving plate and enjoy. 			

Quantity	Ingredient
1	tomatoes, small (approx 100g each)
1	eggs, large (approx 50g each)
2	egg whites (large egg)
60 mls	milk, skim
1 slices	bread, dark rye (approx 30g per slice)

Warm Chicken, Avocado and Spicy Salsa Wrap



Details		Nutritional details per serve	
Serves :	1	Calories:	330
Total Preparation Time:	5 minutes	Fat:	12.4
Region :	Mexican	Protein:	28.1
Gluten Free:	No	Carbohydrates:	24.2
Vegetarian:	No	Fibre:	8.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Warm the tortilla in a microwave oven on high for 20-30 seconds and transfer to a serving plate. 2. Mash the avocado and spread over the warmed tortilla. 3. Slice the chicken and place down the centre third of the tortilla, top with the salsa and rocket leaves. 4. Fold over the outer thirds to make a wrap and eat immediately. Use plain salsa if you don't like spicy foods.			

Quantity	Ingredient
1 Tbsp	spicy tomato salsa
1	tortillas, wholemeal flour, medium (approx 40g each)
100 grams	chicken breast fillet, pre-cooked
1 cups	rocket leaves
0.5	ripe avocado, small

Almond Lamb and Pumpkin Couscous



Details		Nutritional details per serve	
Serves :	1	Calories:	440
Total Preparation Time In :	20 minutes.	Fat:	11.9
Region :	Moroccan	Protein:	37.0
Gluten Free:	No	Carbohydrates:	47.8
Vegetarian:	No	Fibre:	4.8
Dairy Free:	No		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Steam the pumpkin and chop roughly and dice the tomato. 2. Meanwhile, add coriander and cumin to chicken stock and bring to the boil. Pour stock over the couscous, cover and stand for 5 minutes. Remove cover, fork couscous until fluffy and grains have separated. 3. Add steamed pumpkin, tomato, almonds, parsley and sultanas. Toss well to combine and adjust seasoning. 4. Grill lamb steaks on a hot pre-heated grill plate (2-3 minutes) each side until done to your liking, rest (5 minutes) before slicing diagonally and serving. To serve, top the couscous with lamb and drizzle generously with yogurt. 			

Quantity	Ingredient
2 sprigs	fresh flat-leaf parsley
1.5	tomatoes, small (approx 100g each)
100 grams	pumpkin (edible portion)
30 grams	cous cous
0.5 tsp	ground cumin
90 mls	chicken stock, liquid
10 grams	almonds, flaked
90 grams	greek yogurt, low fat
100 grams	lamb, steak, lean
10 grams	sultanas
0.25 tsp	ground coriander

Smoked Ham Bruschetta



Details		Nutritional details per serve	
Serves :	1	Calories:	186
Total Preparation Time:	10 minutes	Fat:	2.0
Region :	Italian	Protein:	14.1
Gluten Free:	No	Carbohydrates:	25.8
Vegetarian:	No	Fibre:	5.1
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. With a sharp knife, score a cross at the base of each tomato then place the tomato in a bowl of boiling water for 1-2 minutes.			
2. Meanwhile, cut the garlic clove in half and mince one half (leaving the other half whole for rubbing over the toasted bread).			
3. Drain the tomatoes and rinse under cold water. Then peel the skin off, roughly chop it and place in a small bowl with the fresh, torn basil leaves, garlic, a dash of Tabasco sauce and season well with sea salt and freshly ground black pepper.			
4. Lightly toast the bread on both sides under a hot grill and then using the freshly cut garlic clove, roughly rub the cut side of the garlic over the entire toast.			
5. Top with the tomatoes then place back under the grill to heat through.			
6. Remove from the grill, place the sliced ham on top and eat immediately.			
Replace the smoked ham for slices of smoked chicken or turkey if preferred.			

Quantity	Ingredient
2	tomatoes, small (approx 100g each)
2 sprigs	fresh basil leaves
1 pinch	black pepper
1 cloves	garlic (approx 3g per clove)
0.25 tsp	hot chilli sauce (eg tabasco)
60 grams	smoked ham, extra lean, sliced
1 pinch	sea salt
1 slices	bread, wholemeal (approx 40g each)

Hungarian Goulash



Details		Nutritional details per serve	
Serves :	1	Calories:	399
Total Preparation Time:	80 minutes	Fat:	4.4
Region:	Hungarian	Protein:	27.0
Gluten Free:	No	Carbohydrates:	53.7
Vegetarian:	No	Fibre:	3.7
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Preheat the oven to 200°C/400°F/Gas Mark 6. 2. Cube the beef. Mix together the paprika and coriander and dust the beef with the mixture. 3. Spray a non-stick oven-ware frying pan twice with cooking oil spray, heat over medium-high heat and add the beef. Season with sea salt and fry until browned on all sides. Remove the meat from the frying pan and set aside. 4. Add the Worcestershire sauce along with 2 tablespoons of water (per serving) to the frying pan. Finely dice the onion, leeks, carrots and celery and add to the frying pan with the garlic and a generous amount of freshly ground black pepper. Cover the frying pan and cook for 1 minute. 5. Uncover the frying pan. Stir in the flour, mixing well, and cook for 30 seconds. Add the tomato paste, hot chilli sauce and red wine, mixing together, and then add the beef stock. 6. Return the beef to the frying pan and cook in the oven for 1 hour, until the beef is tender and the sauce has reduced. When the goulash is ready, slice the gherkins and stir through the goulash. Season with more freshly ground black pepper. 7. Meanwhile, cook the rice as per the packet instructions, then transfer the cooked rice onto the serving plate, top with the goulash and serve sprinkled with chopped fresh coriander. <p>If you prefer, you can serve with 1 medium diced boiled potato instead of rice.</p>			

Quantity	Ingredient
1 sprigs	fresh coriander
20 mls	Worcestershire sauce
0.5	carrots, small (approx 100g each)
200 mls	beef stock, liquid
2 tsp	garlic, minced
3	gherkins, small (approx 20g each)
3 tsp	ground paprika
1 tsp	ground coriander
90 grams	silverside beef
1	celery stalks (approx 30 grams each)
0.5 tsp	hot chilli sauce (eg tabasco)
1 pinch	sea salt
1 pinch	black pepper
15 grams	tomato paste
40 mls	red wine
50 grams	baby leeks
0.5	red onions, small (approx 60g each)
35 grams	rice, basmati, white (boiled weight)
1 tsp	plain white flour

Quick Oat Power Porridge



Details		Nutritional details per serve	
Serves :	1	Calories:	236
Total Preparation Time:	2 minutes	Fat:	4.7
Region :	Western	Protein:	19.4
Gluten Free:	No	Carbohydrates:	27.4
Vegetarian:	Yes	Fibre:	4.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Empty the oat sachet into a small bowl and add the milk. 2. Microwave on high for 90 seconds. 3. Stir in the protein powder and flaxseed meal, adding water if necessary to bring to desired consistency. 4. Serve immediately.			

Quantity	Ingredient
1 sachet (34g)	oats, quick sachets, original
2 tsp	flaxseed meal
150 mls	milk, skim
10 grams	vanilla flavour whey protein powder – OPTIONAL

Stuffed Zucchini



Details		Nutritional details per serve	
Serves :	1	Calories:	320
Total Preparation Time:	30 minutes	Fat:	8.4
Region :	Spanish	Protein:	22.1
Gluten Free:	Yes	Carbohydrates:	38.7
Vegetarian:	No	Fibre:	9.6
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<p>1. First make the filling by putting the turkey mince into a heavy frying pan and cooking over medium heat. Stir with a wooden spoon, breaking up the lumps to brown and separate.</p> <p>2. Chop the onions, celery, capsicums, and mushrooms; add to the frying pan with the remaining ingredients, except for the zucchini, mix well and simmer covered for 5 minutes.</p> <p>3. Meanwhile pre-heat the oven to 200°C/400°F/Gas Mark 6 and prepare the zucchini by cutting the ends off and slicing into two long, boat-like halves. Scoop out the fleshy centre of the zucchini, chop it up and add it to the simmering frying pan.</p> <p>4. Lay out a large square of tin foil (for each serving) on a small baking tray and place the zucchini halves on top. If microwaving, place the zucchini halves on a microwaveable tray without tin foil.</p> <p>5. Taste the filling and adjust seasoning if needed. Spoon the mixture into the zucchini halves, wrap in the foil and bake in the pre-heated oven covered for 15 minutes; if using the microwave, cover with a microwave lid and microwave on full power for 1 minute rest, and then continue cooking 1 minute at a time until tender and bubbling.</p> <p>6. Serve hot.</p> <p>The filling can be cooked in advance and will keep up to 3 days in the fridge or 3 months in the freezer. You can also stuff peppers or potato skins instead of courgettes. You can use any combination of vegetables in place of the celery, peppers and mushrooms.</p>			

Quantity	Ingredient
100 grams	turkey mince, lean
1	celery stalks (approx 30 grams each)
1 tsp	garlic, minced
225 grams	tinned tomatoes, chopped
1	brown onions, small (approx 60g each)
1	zucchini (courgettes), medium (approx 196g each)
1 pinch	sea salt
2	flat mushrooms, large (approx 25g each)
1 tsp	dried mixed herbs
1 pinch	chilli flakes
1 (approx 160g each)	red capsicums (peppers), large

Dill Scrambled Eggs with Smoked Salmon



Details		Nutritional details per serve	
Serves :	1	Calories:	315
Total Preparation Time:	10 minutes.	Fat:	9.2
Region :	Western	Protein:	33.8
Gluten Free:	Yes	Carbohydrates:	20.1
Vegetarian:	No	Fibre:	0.3
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions :			
<ol style="list-style-type: none"> 1. Spray the frying pan lightly with the cooking spray oil and pre-heat over medium heat. 2. Whisk the egg and egg whites together in a small bowl with the soy milk and dried dill. 3. Reduce the frying pan heat to low, pour the egg mixture into the frying pan and stir gently until the mixture is just set. 4. Transfer the scrambled eggs onto a serving plate along with the smoked salmon. Season the eggs to taste with freshly ground sea salt and black pepper and sprinkle the capers over the smoked salmon. 5. Serve with a glass of orange juice. 			

Quantity	Ingredient
1 pinch	sea salt
1 pinch	black pepper
200 mls	orange juice
75 grams	smoked salmon slices
1 pump	cooking oil spray
0.25 tsp	dried dill
1	eggs, large (approx 50g each)
5 grams	capers, in brine
60 mls	soy milk, low fat
2	egg whites (large egg)

Hot Smoked Salmon and Watercress



Details		Nutritional details per serve	
Serves :	1	Calories:	217
Total Preparation Time In:	5 minutes	Fat:	7.0
Region :	British	Protein:	32.8
Gluten Free:	Yes	Carbohydrates:	3.0
Vegetarian:	No	Fibre:	0.4
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions :			
1. Pile the watercress onto a serving plate and scatter the salmon flakes over the top. 2. Mix together the Greek yogurt and lemon juice with lots of freshly ground black pepper and drizzle on top of the watercress and salmon. 3. Drizzle over the sweet chilli dipping sauce and serve.			

Quantity	Ingredient
1 pinch	black pepper
115 grams	smoked salmon flakes, hot
10 grams	Thai sweet chilli sauce, light
15 grams	greek yogurt, low fat
5 mls	lemon juice, bottled
2 cups	watercress

Lemongrass, Asparagus & Sesame Chicken Stir Fry



Details		Nutritional details per serve	
Serves :	1	Calories:	266
Total Preparation Time In:	25 minutes	Fat:	8.7
Region:	Chinese	Protein:	33.0
Gluten Free:	Yes	Carbohydrates:	10.8
Vegetarian:	No	Fibre:	4.3
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Slice the chicken into chunks and combine with the garlic, lemongrass, ginger and a dash of the oil in a medium bowl.			
2. Trim the asparagus and cut into thirds (approx 2 inch lengths) and then boil until just tender. Rinse under cold water immediately, drain and set aside.			
3. Drizzle the remaining oil in a wok and heat on high.			
4. Thickly slice the onion and add to the hot wok, tossing until just soft and then remove from the wok and set aside.			
5. Add the chicken and marinade to the wok and stir-fry until the chicken is browned and cooked through.			
6. Slice the cherry tomatoes in half and add to the wok along with the onion and asparagus; stir-fry until heated through.			
7. Transfer the stir-fry to a serving place, sprinkle with the sesame seeds and extra coriander for garnish.			

Quantity	Ingredient
5 mls	sesame oil
5 grams	sesame seeds
2 tsp	lemon grass, sliced in water
0.5 tsp	garlic, minced
125 grams	chicken breast fillets, skinless and boneless
0.5	brown onions, small (approx 60g each)
1 sprigs	fresh coriander
130 grams	asparagus spears
1 tsp	bottled ginger, crushed
4	cherry tomatoes, small (approx 10g each)

Flavour Burst Bowl



Details		Nutritional details per serve	
Serves :	1	Calories:	300
Total Preparation Time:	5 minutes	Fat:	1.4
Region:	Swiss	Protein:	28.2
Gluten Free:	No	Carbohydrates:	38.5
Vegetarian:	Yes	Fibre:	5.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<p>1. For each serving, put aside 2 raspberries and 3 blueberries; put the remaining berries in a microwaveable dish with the honey and 1Tbsp of water (per serve) and cook on medium-high for 1 minute or until the juices begin to run. Stir well.</p> <p>2. Combine the yogurt with the protein powder.</p> <p>3. Spoon half of the yogurt mix into a serving bowl or suitable glass, then spoon in half the berry mix and a little muesli. Repeat the layer and top with the reserved berries.</p> <p>You can use other berries (e.g. strawberries and blackcurrants) if you prefer.</p>			

Quantity	Ingredient
2 tsp	honey, clear & runny
20 grams	muesli, natural Swiss style
30 grams	blueberries
150 grams	yogurt, natural bio, fat-free
50 grams	raspberries
20 grams	vanilla flavour whey protein powder - OPTIONAL

Oven-Steamed Ocean Trout with Potato



Details		Nutritional details per serve	
Serves :	1	Calories:	332
Total Preparation Time:	25 minutes	Fat:	10.0
Region:	Western	Protein:	32.8
Gluten Free:	Yes	Carbohydrates:	23.0
Vegetarian:	No	Fibre:	3.1
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions:			
<ol style="list-style-type: none"> 1. Preheat oven to 200C. 2. Place the trout fillet on a sheet of square tin foil (large enough to enclose the trout fillet). 3. Top the trout with the lemon juice, capers and a sprig of fennel. 4. Fold the edges of the tin foil to create a parcel or envelope and place in the centre shelf of the oven. Cook for approximately 15 minutes or until fish is cooked to taste. 5. Meanwhile, wash the new potatoes and boil for approximately 15 minutes. If the potatoes are small, cook whole and if they are slightly larger cut in half. 6. When the potatoes are tender, remove from heat and run under cold water until just cool enough to touch. Slice into thick rounds. 7. Remove the trout from the tin foil and transfer to a serving plate. Add the sliced potatoes and season with sea salt and freshly ground black pepper. 			

Quantity	Ingredient
1 sprig	fennel
150 grams	charlotte new potatoes
150 grams	trout, ocean fresh
10 mls	lemon juice, bottled
5 grams	capers, in brine

Black Olive & Spinach Omelette



Details		Nutritional details per serve	
Serves :	1	Calories:	303
Total Preparation Time:	10 minutes	Fat:	8.2
Region :	Italian	Protein:	19.0
Gluten Free:	Yes	Carbohydrates:	41.3
Vegetarian:	Yes	Fibre:	5.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Whisk eggs with philo and milk until smooth 2. Season with salt and pepper 3. Heat non-stick fry pan to medium heat 4. Pour mixture onto pan 5. Sprinkle baby spinach leaves and chopped black olives over cooking mixture 6. After 2 minutes the egg mixture will begin to firm 7. Flip omelette and cook for another 2 minutes Serve with sliced apple and grapefruit 			
<p>If the omelette doesn't turn out quickly stir mixture whilst in hot pan to turn to scrambled eggs. Sprinkle with extra Italian herbs to increase flavour.</p>			

Quantity	Ingredient
1	eggs, large (approx 50g each)
60 mls	milk, skim
2	egg whites (large egg)
1 pinch	black pepper
40 grams	baby spinach leaves
1 pinch	sea salt
3	pitted black olives (approx 4g each)
10 grams	cheese, philadelphia, light
1	yellow grapefruit, medium (approx 200g each)
1	eating apples, medium (approx 138g each)

Vegetarian Pizza Wrap



Details		Nutritional details per serve	
Serves :	1	Calories:	313
Total Preparation Time:	30 minutes	Fat:	13.4
Region :	Italian	Protein:	28.3
Gluten Free:	No	Carbohydrates:	19.5
Vegetarian:	Yes	Fibre:	2.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Preheat oven to 200C / 400F.			
2. Lay bread wrap flat on the chopping board and sprinkle over the shredded mozzarella cheese.			
3. Chop the tomato, capsicum, olives, parsley and artichoke and place on top of cheese. Season to taste with freshly ground sea salt and black pepper.			
4. Fold in sides of bread and carefully roll up. Place on lightly oiled baking tray and bake for 25 minutes.			

Quantity	Ingredient
1 pinch	black pepper
1 sprigs	fresh flat-leaf parsley
0.5	tomatoes, small (approx 100g each)
1 each (approx 25g)	bread wraps, wholewheat, light
0.5	tinned artichoke hearts (approx 55g each)
1 pinch	sea salt
4	pitted black olives (approx 4g each)
1 pump	cooking oil spray
75 grams	mozzarella, light, shredded
0.25	green capsicums (peppers), large

Moroccan Lamb Cutlets with Baba Ghanoush



Details		Nutritional details per serve	
Serves :	1	Calories:	382
Total Preparation Time:	10 minutes	Fat:	19.8
Region :	Moroccan	Protein:	27.2
Gluten Free:	Yes	Carbohydrates:	24.3
Vegetarian:	No	Fibre:	1.0
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Preheat a BBQ or grill on high. 2. Combine all of the ingredients (except the pita bread and cumin seeds) into a lunch bag and coat the lamb cutlets evenly. 3. Place the lamb cutlets under a grill or onto the BBQ and cook to preference. 4. Transfer the cutlets to a serving plate, sprinkle with cumin seeds and serve with the baba ghanoush and pita bread. 			
For gluten and dairy free, check the label of the baba ghanoush to ensure the brand is gluten and dairy free.			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
0.25 tsp	sweet ground paprika
0.25 tsp	garlic, minced
5 mls	extra virgin olive oil
1	bread, pita wholemeal, small (approx 40g each)
0.25 tsp	whole cumin seeds
120 grams	lamb, cutlet, rib loin, lean
10 grams	baba ghanoush (eggplant sesame dip)
0.1 tsp	cayenne pepper
0.5 tsp	ground cumin
0.25 tsp	ground coriander

Mediterranean Vegetable Frittata



Details		Nutritional details per serve	
Serves :	1	Calories:	205
Total Preparation Time	30 minutes.	Fat:	7.1
Region :	Mediterranean	Protein:	22.0
Gluten Free:	Yes	Carbohydrates:	16.3
Vegetarian:	Yes	Fibre:	3.7
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Preheat oven to 180 degrees 2. Defrost frozen spinach. 3. Lightly grease a small shallow non-stick oven proof frying pan or baking dish 4. Beat the eggs, milk and chopped parsley together until well combined. 5. Cut capsicum into thin strips and grate zucchini, chop sun dried tomatoes. 6. Stir in the sundried tomatoes, capsicum, spinach, zucchini and ricotta into the egg mixture. 7. Pour mixture into frying pan, place in oven and cook for 15-20 minutes or until firm. 8. Flip out frittata and cut into desired slices			

Quantity	Ingredient
20 mls	milk, cows, skimmed
1 sprigs	fresh flat-leaf parsley
3 1 piece	tomatoes, sundried, fat free
1	zucchini (courgettes), medium (approx 196g each)
0.5 (approx 140g each)	red capsicums (peppers), medium
100 grams	Spinach, Frozen, finely chopped
1	eggs, large (approx 50g each)
20 grams	cheese, ricotta, light
2	egg whites (large egg)

Watercress, Carrot, Apple and Ham Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	285
Total Preparation Time:	5 minutes	Fat:	4.3
Region :	British	Protein:	17.1
Gluten Free:	Yes	Carbohydrates:	45.3
Vegetarian:	No	Fibre:	7.7
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. Core the apple and finely grate the apple and carrot; then combine in a small bowl with the orange juice and sea salt.			
2. Place the watercress into a serving bowl, top with the carrot and apple mixture, ham slices and finish with the humus on top.			
3. Season with freshly ground black pepper.			

Quantity	Ingredient
1 cups	watercress
1.5	carrots, small (approx 100g each)
1 pinch	sea salt
1 pinch	black pepper
2 tsp	humus, reduced fat
100 grams	smoked ham, extra lean, sliced
40 mls	orange juice
1	eating apples, medium (approx 138g each)

Balsamic Beef & Sweet Potato Mash



Details		Nutritional details per serve	
Serves :	1	Calories:	314
Total Preparation Time In :	25 minutes.	Fat:	5.1
Region :	Australian	Protein:	33.2
Gluten Free:	No	Carbohydrates:	31.8
Vegetarian:	No	Fibre:	3.9
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. Combine half of the balsamic vinegar with the garlic and pepper and pour over the steak; marinate for 15 minutes.			
2. Meanwhile, cut the cherry tomatoes in half and toss with the mixed salad leaves. Transfer to a serving plate and pour over the remaining balsamic vinegar.			
3. Peel the sweet potato and cut into 1 inch cubes. Add to a pot of boiling water and cook for approximately 8 minutes or until tender. Remove from heat, drain and mash using a potato masher. Finely chop the chives and add to the potato along with the coconut cream. Mix well and transfer to the serving plate.			
4. Heat a BBQ or Sandwich Grill and cook the steak over high heat for 1-2 minutes each side or until cooked to your preference. Place the steak on top of the sweet potato mash, top with extra chives for garnish and serve.			

Quantity	Ingredient
1 pinch	black pepper
120 grams	sirloin steak, lean
2 sprigs	fresh chives
0.5 tsp	garlic, minced
1	sweet potato (approx 150g each)
30 mls	balsamic vinegar
20 mls	coconut milk, reduced fat
1 cups	mixed salad leaves
4	cherry tomatoes, small (approx 10g each)



eat with me, train with me

Recipes - Week 7

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