

EARTH'S BOUNTY

Teresa Cutter, otherwise known as The Healthy Chef, shares her top tips for an inside-out glow – plus, some of her favourite recipes from her new book, *Earth to Table*.

It's safe to say that Teresa Cutter's journey has been anything but conventional. Originally trained in the classical French tradition alongside some of Australia's best chefs, she went on to become a personal trainer and study nutrition at Deakin University.

After many of her clients asked for healthy recipes to complement their training, Cutter headed back to the kitchen cutting board to develop a range of tasty, nutritious recipes – which won her a triple-book deal, as well as a legion of loyal fans after putting her creations to practice at The Healthy Chef Café in Sydney's Northern Beaches in 2006. "It was a moment of truth," shares Cutter. "People loved my food, and luckily for me, people kept coming back. After six years, I sold the café and went on to design my range of premium, functional wholefoods."



Her latest book release, *Earth to Table*, centres on plant-based eating, the catalyst for which being Cutter's own journey towards embracing a diet centred on wholefoods and plants. "It's wonderful to observe the fast growth globally in plant-based eating – we are becoming more conscious of our food choices and the impact it has on the planet," says Cutter.

Cutter explains that it's also a game-changer for physical and mental health. "A plant-based diet can reduce blood sugar and bad cholesterol levels, boost energy levels and support weight management," explains Cutter. It can provide significant levels of fibre, vitamins, minerals and antioxidants – the best possible nutrients for a healthy digestive system. In turn, your skin glows, your hair is shiny, your mind is clear, and your tummy is less bloated and happy. You basically feel amazing!"

She believes that it's important for people to note that embracing her philosophy towards food doesn't necessarily mean switching to a strictly vegan or vegetarian diet. "Adopting a plant-based diet can simply mean including a good amount of plant-based food sources such as vegetables, salads, fresh fruits and healthy fats into your diet," suggests Cutter. "Some of my favourite foods to incorporate in my meals include cold-pressed olive oil, avocado oil, green tea, berries, carrots, leafy greens, organic tofu, organic eggs and almonds. Just remember to eat real food – focus on plants and keep it simple!"

With her book spanning offerings across the daily three mains, desserts and health substitutes (check out her macadamia parmesan on page 72), Cutter shares with *Gritty Pretty* her top recipes for a healthy gut and glowing skin.

This is an edited extract from Earth To Table by Teresa Cutter, published by Healthy Chef. RRP \$49.95 AU, available at thehealthychef.com.au.

DETOX CAESAR SALAD

A fast and nourishing salad that is rich in antioxidants, minerals and heart-healthy monounsaturated fats. Enjoy sprinkled generously with my macadamia parmesan.

Macademia Parmesan

125g (1 cup) macadamias, cashews or brazil nuts

1 clove garlic

½ teaspoon ground turmeric

Method

BLEND avocado dressing ingredients until smooth.

COMBINE macademia parmesan ingredients in a blender or food processor until the mixture combines and looks crumbly.

ARRANGE lettuce onto serving plates.

SPOON over the avocado dressing followed by parmesan, pumpkin seeds and capers.

SERVE and enjoy.

Health

Low Carb /
Plant Based /
Gluten Free

Benefits

Immune
Support /
Beauty
Boosting /
Healthy
Digestion

Inspiration

Nutritional yeast can be used in place of the macadamia parmesan.



SEEDED RYE, OAT + SUNFLOWER BREAD

Rye is rich in minerals such as magnesium, zinc and iron as well as protein, B vitamins and fibre. I adore baking with rye as it's kind to my digestive system and helps stabilise my blood sugars.

Health

Plant Based /
High Fibre /
Low GI

Benefits

Healthy
Digestion /
Wellbeing /
Wholefood

Serves 12

Ingredients

500ml (2 cups) natural yoghurt

60ml (¼ cup) molasses

60ml (¼ cup) extra virgin olive oil or
avocado oil

140g rye flour

125g wholemeal spelt or kamut flour

60g rolled oats

2 tablespoons ground flaxseeds

90g sunflower seeds

3 teaspoons baking powder

Inspiration

Serve with sliced cheddar and seeded mustard or piccalilli; with smoked salmon, cucumber and yoghurt dressing; with smashed mustardy eggs.

Method

PREHEAT your oven to 160°C fan forced.

COMBINE yoghurt, molasses and olive oil in a mixing bowl.

ADD rye flour, spelt flour, oats, flaxseeds, sunflower seeds and baking powder, mix lightly to form a dough.

SPOON into a baking tin lined with baking paper and sprinkle with sunflower seeds.

BAKE for 45 – 60 minutes until cooked through.

REMOVE from the oven and cool.

SERVE with your choice of yummy toppings.

KALE + ZUCCHINI FRITTATA

This is a delicious meal that I often make for my weekday lunches or dinners. High antioxidants, minerals and proteins to support a healthy metabolism.

Serves 6

Ingredients

1 leek, finely sliced
2 tablespoons extra virgin olive oil
1 bunch kale or cavolo nero, washed, trimmed and finely shredded
3 zucchini (courgette), cut into rounds
90g baby spinach
6 organic eggs
sea salt to taste
90g goats feta

Method

PREHEAT your oven to 180°C fan forced.

SAUTÉ leek in olive oil until softened, then add the shredded kale and cook through for five minutes until wilted. Add the zucchini and spinach and cook for a further five minutes.

BREAK eggs into a bowl, season with a little salt, then lightly whisk and pour over the vegetables in the pan.

CRUMBLE over the feta cheese and bake for 20 - 30 minutes until golden.

SERVE warm or at room temperature.

Health
Low Carb /
Plant Based /
Gluten Free

Benedits
Immune
Support /
Beauty
Boosting /
Healthy
Digestion



Inspiration

Serve with fresh leafy greens
drizzled with lemon and olive oil.

GLOWING SKIN SMOOTHIE

A nourishing smoothie that is rich in protein, antioxidants and minerals to help boost collagen production and hydration.

Serves 1

Ingredients

155g frozen berries

½ small avocado

1 tablespoon Healthy Chef Marine Collagen

250ml coconut water

ice to blend

Method

COMBINE all ingredients into a blender.

BLEND until smooth and creamy.

POUR into a serving glass and enjoy.

Health

Gluten /
Dairy Free /
Low Carb /
Vegan

Benefits

Immune /
Beauty
Boosting /
Healthy
Digestion

Inspiration

Add 1 tablespoon of almond butter for a boost of protein, vitamin E and healthy fats. Sweeten with a few fresh pitted dates or a little bit of honey.

