

SIMPLE HEALTHY RECIPES

BY
TERESA
CUTTER

The Healthy Chef

INTRODUCTION

One of my fondest memories takes me back to when I was very young, watching my Ciocia make a glorious semolina porridge on a cold winter's morning. It wasn't like your typical sweet porridge, but a hearty savoury version made simply from water, semolina and a pinch of salt. Ciocia would serve it to me and my sister topped simply with a generous knob of butter or with a soft coddled egg, that you would lightly mix into your semolina before devouring. I still eat her porridge and remember the simplicity of her cooking that nourished our body and made us feel good.

This book is all about simplicity and taking it back to basics, just like Ciocia did. Food made with love for the people you love, to fortify the soul and nourish the body. I draw from my Polish heritage from my Ciocia and my mother, people who ate modestly and who cooked every day, that delighted our family. The recipes in this book are inspired by family, friends and what I love to cook at home. Based around simple wholefoods, with minimal fuss and using what's in season.

Keep it simple, make it yourself and know what's in the food you eat. I cook on a daily basis, and I don't over complicate things. Seasonal, simple and affordable to make without having to use a tonne of ingredients. 20th Century French food writer Curnonsky once said, "Simplicity is the sign of perfection". I also love part of a quote from 19th century French chef Alexis Soyer who went onto say "It matters not how simple the food, but let it be of good quality and properly cooked, and everyone who partakes of it will enjoy it".

I hope you enjoy cooking from these recipes in my cookbook. To be inspired, to be nourished and to delight your family and the ones you love.

Enjoy.

Teresa Cutter

CONTENTS



GOOD MORNING	10
FROM THE GARDEN	82
SOUPS + BROTHS	150
WHAT'S FOR DINNER	178
SMALL BITES + GRAZING PLATES	288
DAILY BREAD	342
CAKES + DESSERTS	396
COOKIES + BISCUITS	462
CELEBRATIONS	494
LIQUID NOURISHMENT	524
BASICS + INCIDENTALS	560

GOOD MORNING



Chapter One

EGGS
SALMON
BERRIES MILK
APPLES
BREAD YOGHURT
PANCAKES
MUFFINS **VEGAN**
PORRIDGE
BANANA HONEY
OATMEAL
POLENTA



FRENCH TOAST PUDDING W/ BANANA + BLUEBERRY

Ingredients

350 g (12 oz) leftover bread (your choice, challah, brioche, gluten free, fruit bread)

5 large organic eggs

625 ml (2 1/2 cups/21 fl oz) milk, your choice

2 teaspoons vanilla extract

2 tablespoons raw honey
pinch of nutmeg

2 Lady Finger bananas, halved

125 g (4 oz) blueberries

Serves 6-8.

PREHEAT your oven to 160°C (320°F) fan forced.

SLICE the bread and place in a baking dish.

COMBINE the eggs, milk, vanilla, honey and nutmeg in a bowl and whisk well.

POUR the egg mixture over the bread and allow to sit for 15 minutes, which allows the bread to soak up the milk.

ARRANGE the banana on top and sprinkle over the blueberries.

BAKE FOR 45-50 minutes until the egg has set. If necessary, cover with foil halfway during cooking to prevent over browning.

REMOVE from the oven and serve at the table. Delicious hot or cold.

Notes & Inspiration

Add other fruits such as sliced pear, blackberries, etc.

Glaze the top with maple syrup.



WELLBEING



ENERGY BOOSTING



ALL NATURAL



BREAKFAST APPLE LOAF

Ingredients

180 ml (¾ cup/6 fl oz)
milk, your choice
1 large organic egg
125 ml (½ cup/4 fl oz)
extra virgin olive oil
2 teaspoons vanilla extract
125 ml (½ cup/4 fl oz)
raw honey or pure
maple syrup
1 teaspoon ground
cinnamon
200 g (7 oz)
buckwheat flour
100 g (1 cup/3 ½ oz)
almond meal
3 teaspoons gluten free
baking powder
600 g (21 oz) pink lady
apples, cored and cut
into small dice

Makes 1 loaf.

PREHEAT your oven to 160°C (320°F) fan forced.

COMBINE milk, egg, olive oil, vanilla, honey and cinnamon into a mixing bowl.

ADD the buckwheat flour, almond meal and baking powder and mix to form a dough.

FOLD IN the apples and pour into a prepared baking tin.

BAKE for 60 minutes or until the loaf is cooked through. If necessary, cover with foil to prevent the crust from burning.

REMOVE from the oven to cool.

ENJOY generous slices with a pot of your favourite tea.

Notes & Inspiration

Decorate with slices of apple before baking.

Add a few handfuls of chopped walnuts.



GLUTEN FREE



HEART HEALTHY



HIGH FIBRE



BEETROOT W/ RADICCHIO, FETA + BLACKBERRY

Ingredients

1 red onion, thinly sliced
juice from 1 lemon
pinch of sea salt
1 head of radicchio,
leaves separated
500 g (17½ oz) roasted
beetroot, peeled and
halved
200 g (7 oz) Persian
or goat's feta
250 g (8 oz) fresh
blackberries
60 ml (¼ cup/2 fl oz)
extra virgin olive oil
3 tablespoons
red wine vinegar

EMBELLISHMENTS

blood oranges, basil
leaves, pomegranate
molasses, walnuts

Serves 2-4.

COMBINE the onion with the juice of 1 lemon and a generous pinch of salt, then set aside for 15 minutes to pickle.

ARRANGE the radicchio leaves on a serving plate.

TOP with the beetroot, feta and pickled red onion.

SMASH the blackberries with a fork and combine with the olive oil and vinegar.

SPOON the dressing over the salad leaves and garnish with extra blackberries and other embellishments if you desire.

Notes & Inspiration

Use thick Greek yoghurt or labneh in place of feta.

Spread over the base of a serving plate and top with the salad ingredients.

Garnish with a handful of roasted walnuts.



HEART HEALTHY



ANTIOXIDANTS



SUPERFOOD



PASTA E FAGIOLI

Ingredients

3 tablespoons extra virgin olive oil + extra to serve
1 onion, diced
1 carrot, finely diced
1 stick celery, finely chopped
2 cloves garlic, sliced
1 potato, peeled and diced
500 ml (17 fl oz) hot water from the kettle
250 ml (8 fl oz) tomato passata
2 generous tablespoons tomato paste
2 x 400 g (14 oz) tin cannellini beans, drained
120 g (4 oz) gluten free short pasta
sea salt and white pepper, to taste

EMBELLISHMENTS

grated Parmesan,
olive oil, chopped parsley

Serves 4.

FRY the onion, carrot, celery and garlic with the olive oil for 5 minutes until softened.

ADD the water, passata, tomato paste, potato and beans then bring to the boil. Reduce the heat to a simmer.

SIMMER for 20 minutes until the potato is tender, adding a touch more water if needed.

COOK the pasta until al dente in plenty of salted boiling water, drain then fold into your soup. It should be thick and glorious.

SEASON your pasta e fagioli with sea salt, white pepper and fresh parsley.

SERVE the soup in bowls, drizzled with olive oil and a sprinkle of Parmesan.

Notes & Inspiration

Pasta e Fagioli basically translates to pasta and beans. Use borlotti beans in place of cannellini beans if you wish.



ENERGY BOOSTING



HIGH PROTEIN



LOW GI



FATTOUSH

Ingredients

1 large red onion,
thinly sliced
1 teaspoon sea salt
juice from 2 lemons
3 Persian cucumbers,
halved and sliced
60 g (2 oz) baby spinach
leaves or torn iceberg
lettuce
2 capsicum, chopped
250 g (8 oz) cherry
tomatoes, halved
1 bunch mint, chopped
1 bunch parsley, chopped
2 tablespoons
pomegranate molasses
2 tablespoons
extra virgin olive oil
1 teaspoon sumac
250 ml (1 cup/8 fl oz)
Greek yoghurt
60 g (2 oz) pine nuts
or walnuts, chopped
Lavosh Flat Bread (p321),
to serve

EMBELLISHMENTS

1 pomegranate,
lavosh flat bread

COMBINE onion, salt, and the juice of 2 lemons then allow to sit for 10 minutes at room temperature to pickle.

COMBINE cucumber, spinach, capsicum, tomato, mint and parsley.

DRAIN the lemon juice from the onions into a separate bowl and mix with the pomegranate molasses and olive oil.

ADD the sliced onions to the salad with the sumac.

COMBINE pomegranate molasses with the strained lemon juice and olive oil. Taste and adjust if needed, adding a little more pomegranate molasses if required, pour half over the salad.

LAVISHLY SPREAD the yoghurt onto the base of a serving platter and pile over the salad.

TOP WITH pine nuts and extra embellishments, such as pomegranate jewels, if using.

DRIZZLE over the rest of the dressing and serve with the lavosh on the side then devour.

Notes & Inspiration

There are many versions of this Middle Eastern salad that are full of flavour and goodness. My version is our go-to dinner party favourite and rich in flavour and goodness.

Serve with whipped tahini in place of the yoghurt.

Use walnuts in place of the pine nuts.

Mix in chickpeas for added protein.

Serves 4.



GUT FRIENDLY



HEART HEALTHY



HIGH FIBRE



LENTILS IN PARIS

Ingredients

2 tablespoons
extra virgin olive oil
2 onions, diced
2 stalks celery, diced
3 cloves garlic, sliced
2 carrots, diced
250 g (8 oz) French lentils
1.5 litres (6 cups) hot
water from the kettle
3 bay leaves
sea salt and white pepper,
to taste
1 bunch spinach, sliced
1 bunch parsley, chopped
3 tablespoons pistou,
see notes

EMBELLISHMENTS

grated Parmesan, boiled
potato, rustic sourdough.

COMBINE the onions, celery, garlic, carrot with the olive oil in a large pot.

COOK for 5 minutes over a medium heat.

ADD the lentils, hot water and bay leaves, then bring to the boil.

SIMMER with the lid on for 30 minutes or until the lentils are tender, adding more water if needed.

ADD the spinach, parsley and fold in the pistou. Season with salt and pepper then taste. Your lentils will be plump and luxurious, and the final dish should look like a thick soup.

SERVE the soup in bowls, drizzled with extra pistou and enjoy with your choice of embellishments.

Notes & Inspiration

Pistou is the French version of a pesto. Combine 2 bunches of basil leaves into a food processor, along with 1 clove garlic, 60 g (2 oz) grated Parmesan, 80 ml (3 fl oz) extra virgin olive oil and a pinch of sea salt. Blend until you have a lovely emulsion, adding a touch more olive oil if needed. I also love to caress with a hint of chardonnay vinegar or lemon for that touch of acidity.

Serves 4-6.



VEGETARIAN



HIGH FIBRE



HIGH PROTEIN



5 MINUTE GAZPACHO

Ingredients

750 g (24½ oz) ripe tomatoes, chopped
½ small red onion, sliced
1 Persian cucumber, chopped
1 stick celery
½ clove garlic, just a slither
1 red capsicum, seeded and chopped
2 tablespoons cold-pressed olive oil
2 tablespoons red wine or sherry vinegar
250 ml (8 fl oz) cold water
handful basil leaves
sea salt and white pepper, to taste
handful of ice, to keep soup cool

EMBELLISHMENTS

olive oil, chopped avocado, crunchy croutons, basil, red onion, ice

COMBINE the tomatoes, red onion, cucumber, celery, garlic, capsicum, olive oil, red wine vinegar, cold water, basil, salt, pepper, ice and cold water in a blender.

BLEND until smooth, adding more water if needed for consistency, then taste the soup for seasoning etc.

SERVE CHILLED in bowls drizzled with olive oil and fresh basil leaves.

ADD any embellishments you love such as avocado and croutons.

Notes & Inspiration

A vitamin pill in a bowl, this delicious, cold soup is rich in antioxidants and minerals to support a healthy body. Benefits include skin health, cardiovascular health, immune health, and weight management.

I also love to boost the protein and serve the chilled soup over thinly sliced gravlax or cannellini beans.

Serves 4.



SUPERFOOD



HEART HEALTHY



ANTIOXIDANTS

WHAT'S FOR DINNER

Chapter Four

RISOTTO
PIZZA PASTA
SCHNITZEL
RATATOUILLE
STROGANOFF
PARMIGIANA
CURRY NACHOS
GNOCCHI
COQ AU VIN
MEATBALLS
COTTAGE PIE



ROASTED SALMON W/ TOMATO + BASIL SAUCE

Ingredients

2 x 250 g (8 oz)
portions salmon fillet,
bones removed
rice flour, to dust
pinch of sea salt
1 tablespoon extra
virgin olive oil

TOMATO + BASIL SAUCE

2 tablespoons
extra virgin olive oil
1 onion, finely sliced
250 g (8 oz) cherry
tomatoes, halved
1 clove garlic, sliced
pinch of sea salt
and white pepper
6 basil leaves,
finely sliced
1 tablespoon capers
6 black olives,
pitted and halved
2 teaspoons aged
balsamic or red wine
vinegar

Serves 2.

PREHEAT your oven to 200°C (400°F) fan forced.

START by making your tomato and basil sauce so you have everything prepared to serve.

SAUTÉ the onion over a gentle to medium heat for 10 minutes until golden and softened. Add the tomatoes, garlic and season with salt and white pepper. Cook over a gentle heat for another 10 minutes until the tomatoes have collapsed and are wonderfully creamy. Add the capers, basil, olives and vinegar, then set aside.

TO COOK SALMON, heat a cast iron pan over a medium heat with the olive oil. Dust the salmon skin with a little rice flour. Put the salmon in the hot, lightly oiled pan, skin side down, pressing down on the fish with a spatula or fish weight, this prevents the skin from buckling, so you keep a nice flat surface.

COOK the salmon for 2-3 minutes without moving, season the top with a little salt.

TRANSFER the fish to your hot oven.

ROAST the salmon for another 6-8 minutes until it's done to your liking then remove from the oven. The salmon should still be pink in the middle.

SERVE the salmon topped with the tomato and basil sauce spooned over the top.

Notes & Inspiration

Serve with a side of iceberg or gem lettuce. Spoon on a dollop of yoghurt.



HIGH PROTEIN



SUPERFOOD



OMEGA 3



ZUCCHINI + RICOTTA TART

Ingredients

650 g (23 oz) zucchini, thinly sliced
1 teaspoon sea salt
1 tablespoon extra virgin olive oil
250 g (8 oz) firm ricotta
100 g (10 1/2 oz) Danish feta
juice from 1 lemon
2 tablespoons chives, chopped
60 ml (1/4 cup/2 fl oz) milk, your choice
leafy greens, to serve

THE PASTRY (your choice)

1 x quantity Spelt Puff Pastry (p587) or
1 x quantity Foolproof Pastry (p585)

Serves 4-6.

PREHEAT your oven 200° (400°F) fan forced.

COMBINE zucchini and salt in a bowl, then place in a colander for 15 minutes to allow any excess moisture to drain out.

PLACE the pastry on a sheet of baking paper and roll out until about 30 cm (12 inches) diameter. Transfer pastry and baking paper onto a baking tray. Refrigerate before using.

SMASH ricotta and feta into a bowl, then mix through the chives.

SPREAD the ricotta mixture onto the pastry, leaving a 3 cm (1 inch) border around the edges.

ARRANGE the zucchini on top of the ricotta.

FOLD OVER the pastry to enclose the filling and brush with a little milk to glaze.

BAKE the tart for 45 minutes or until golden.

SERVE and enjoy with leafy greens and a good vinaigrette.

Notes & Inspiration

Top with rocket leaves lightly coated with lemon juice and olive oil before serving.



WELLBEING



ENERGY BOOSTING



ALL NATURAL



VEGETARIAN COTTAGE PIE

Ingredients

2 onions, finely chopped
2 tablespoons extra virgin olive oil
sea salt and white pepper, to taste
600 g (21 oz) mushrooms, sliced
2 cloves garlic, peeled
1 x 400 g (14 oz) can peeled Roma tomatoes, squished with your hands
60 g (2 oz) tomato paste
125 ml (1/4 cup/4 fl oz) hot water from the kettle
1 x 400 g (14 oz) can borlotti beans, drained
2 - 3 generous tablespoons good Worcestershire sauce
100 g (3 1/2 oz) green peas
small bunch parsley, chopped

OLIVE OIL MASH

800 g (28 oz) potatoes, Dutch cream or desire, peeled and quartered
3 tablespoons extra virgin olive oil
60 - 125 ml (1/4-1/2 cup) water from the potato cooking pot
generous pinch of sea salt

FRY the onions with the olive oil and a pinch of salt until golden.

ADD the mushrooms and garlic, then cook for 10 minutes until browned.

POUR IN the squished tomatoes and water, then stir in the tomato paste.

ADD the borlotti beans, Worcestershire sauce and a good pinch of salt and pepper to taste. Simmer, partially covered for 10 minutes until the sauce has thickened and tastes delicious. Remove from the heat and add the green peas and a handful of parsley. Make your mashed potatoes.

BOIL POTATOES for 15 minutes until tender, then drain reserving the water.

ADD the olive oil and a splash of the reserved water.

MASH with a potato masher, adding more water if needed. Season to taste.

BEAT the potatoes with a wooden spoon to combine to create smooth mashed potato.

POUR the mushroom and bean filling into a 20 x 26 cm (8 x 10 inch) baking dish. Dollop over the mashed potato and spread over the pie. Use a fork to make a nice rough surface on the top. Drizzle over a little olive oil.

BAKE for 25 minutes in a preheated 180°C (350°F) fan forced oven until hot and golden. Serve immediately and enjoy.

Notes & Inspiration

Serve with grated Parmesan and enjoy with a side salad.

Serves 6.



PLANT BASED



GLUTEN FREE



HEART HEALTHY



UGLY SCONES

Ingredients

280 g (2 cups/9 ¾ oz)
spelt flour
½ teaspoon sea salt
15 g (3 teaspoons)
baking powder
250 ml (1 cup/8 ¾ oz)
Greek yoghurt
125 ml (½ cup/4 fl oz)
milk, your choice
1 tablespoon raw honey

Makes 8 ugly scones.

PREHEAT your oven to 180°C (350°F) fan forced.

COMBINE the spelt flour, baking powder and salt in a bowl.

IN A SEPARATE BOWL, combine the yoghurt, milk and honey.

POUR the yoghurt mixture into the flour.

MIX lightly with a fork or knife until you achieve a soft sticky dough.

SCOOP OUT 8 portions onto a lined baking tray, using an ice cream scoop or just dollop on with a spoon or your hands.

BAKE for 15 minutes until golden.

SERVE warm with jam and a dollop of yoghurt.

Notes & Inspiration

Scoop out portions onto a heated non-stick pan and cook over a gentle heat with the lid on for 3-4 minutes each side until golden.

Add raisins or blueberries or for a savoury scone, omit the sugar and add chopped chives, grated zucchini and a handful of cheddar.



GUT FRIENDLY



ENERGY BOOSTING



ALL NATURAL

GENIUS 15-MINUTE PIZZA

Ingredients

200 g (7 oz) spelt flour
2 teaspoons baking powder
pinch of sea salt
125 ml (1/2 cup/4 fl oz)
warm water
1 tablespoon
extra virgin olive oil
1 tablespoon pure maple
syrup or raw honey
semolina and rice flour,
for dusting

TOPPING

3 generous
tablespoons passata
1 tablespoon Parmesan,
grated
1 ball buffalo mozzarella
6 basil leaves
extra virgin olive oil,
to drizzle
aged balsamic vinegar
to drizzle, (optional)

Makes 1 large pizza.

PREHEAT your oven to 250°C (480°F) fan forced.

COMBINE spelt flour, baking powder and salt in a mixing bowl.

POUR IN the warm water, olive oil and maple syrup and start mixing immediately until combined and until you have a soft, sticky dough. Dust with a little extra flour if required.

ROLL + STRETCH the dough into a round circle about the size of the frying pan you are using to cook your pizza. Sprinkle the base of your frying pan with a little semolina or rice flour to prevent any sticking.

CAREFULLY place the dough in the frying pan.

SPREAD a spoonful or two of passata over the top of the dough followed by a little grated Parmesan.

ARRANGE over fresh mozzarella then caress the top with a little drizzle of olive oil.

COOK the pizza on top of the stove for 3 minutes or until the bottom is golden and the top starts to puff up.

PLACE THE PAN into the oven and cook for another 6-8 minutes or until the cheese has melted and the top is crisp and golden brown.

SERVE IMMEDIATELY garnished with fresh basil.

Notes & Inspiration

A quick and easy pizza recipe that you can cook in around 15 minutes.

The result will be a purely delicious pizza dough, which you can embellish with tomatoes, mozzarella and fresh basil.



ALL NATURAL



ENERGY BOOSTING



VEGETARIAN



OMG CHOCOLATE CUPCAKES

Ingredients

250 ml (1 cup/8 fl oz) hot water from a recently boiled kettle
120 g (4 oz) coconut sugar
60 g (2 oz) dark cocoa powder
125 ml (1/2 cup/4 fl oz) extra virgin olive oil
2 large organic eggs
1 teaspoon vanilla extract
180 g (6 1/4 oz) spelt flour or gluten free flour
2 teaspoons baking powder
1 teaspoon sea salt
Ganache (p569), to garnish

Makes 12 cupcakes.

MAKE the chocolate ganache the day before.

PREHEAT your oven to 160°C (320°F) fan forced.

COMBINE hot water, coconut sugar and cocoa powder in a bowl.

ADD the olive oil, eggs and vanilla and whisk well until combined.

ADD the flour, baking powder and salt.

SPOON the batter into lined muffin or cupcake tins.

BAKE for 25-30 minutes, remove from the oven and cool.

GARNISH with ganache and enjoy.

Notes & Inspiration

Pipe over the ganache using a disposable piping bag fitted with a star tube.

Serve with blackberries on the side.



GLUTEN FREE



ANTIOXIDANTS



ALL NATURAL

SEMOLINA + OLIVE OIL SYRUP CAKE

Ingredients

150 g (1 1/2 cups/5 oz)
almond meal
60 g (2 oz) semolina
90 g (3 oz)
unrefined raw sugar
1/2 teaspoon
cinnamon powder
2 teaspoons
baking powder
4 large organic eggs
2 teaspoons
vanilla extract
zest from 1 orange
250 ml (1 cup/8 fl oz)
extra virgin olive oil

ORANGE SYRUP

250 ml (1 cup/8 fl oz)
orange juice, freshly
squeezed
1 tablespoon lemon juice
60 ml (2 fl oz)
pure maple syrup
3 whole star anise
2 cinnamon sticks

Makes 1 cake.

TO MAKE THE CAKE

PREHEAT your oven to 160°C (320°F) fan forced.

COMBINE the eggs, olive oil, sugar, vanilla, and the zest of 1 orange into a mixing bowl.

ADD the almond meal, semolina, baking powder and mix well to form a smooth batter.

POUR the cake batter into a prepared 10 x 20 cm (4 x 8 inch) loaf tin lined with baking paper.

BAKE for 45 minutes or until cooked through.

REMOVE the cake from the oven and pierce all over with a skewer or knife.

TO MAKE THE ORANGE SYRUP

MEANWHILE make the orange syrup and combine the orange juice, lemon juice, maple syrup, star anise and cinnamon into a saucepan.

SIMMER for 5 minutes on a gentle heat until the syrup has reduced slightly, and the aromatics have infused into the syrup.

POUR the hot syrup over the cake and leave it in the tin for 30 minutes to soak up the syrup.

SERVE at room temperature or chilled and devour.

Notes & Inspiration

Serve on a platter with orange segments, bay leaves and cinnamon to garnish.



HEART HEALTHY



ALL NATURAL



WELLBEING



VANILLA CUSTARD CREPE CAKE

Ingredients

FILLING

1 x Crème Pâtissière (p563)
250 g (8 oz) mascarpone

CREPES

5 large organic eggs
500 ml (2 cups/16 fl oz)
milk, your choice
150 g (5 oz) rice flour
30 g (1 oz) tapioca flour
pinch of sea salt
1 tablespoon unrefined
raw sugar

Makes 1 crepe cake.

TO MAKE THE CREPES

COMBINE crepe ingredients to form a smooth batter.

COOK crepes in a non-stick pan over a medium heat until all the crepes have been used up. Cool completely.

TO MAKE THE VANILLA CUSTARD CREAM

PLACE the chilled custard into a mixing bowl fitted to a stand mixer with the whisk attachment.

WHISK for a minute or until the custard is smooth and creamy.

MIX IN the mascarpone until combined.

TO ASSEMBLE

LAY a vanilla crepe onto a serving plate.

SPREAD OVER a little of the custard cream with a palette knife.

REPEAT, layering the vanilla crepes and custard cream, until they have been used up.

FINISH DECORATING the top with a simple layer of crepe.

DUST the top with icing sugar before serving.

Notes & Inspiration

Decorate the top with fresh raspberries.



GLUTEN FREE



STRESS RELIEF



ALL NATURAL



INDEX

GOOD MORNING

How to Cook Boiled Eggs	13
Fried Eggs/Poached Eggs	15
Japanese Scrambled Eggs	17
Health Spa Frittata	19
Quiche Le Paul	21
Smashed Vegan Eggs	23
Gravlax W/ Cucumber + Yoghurt	25
Poached Pears	27
Yoghurt Bowl W/ Figs, Pistachio, Tahini + Honey	29
Breakfast Apple Loaf	31
Eggplant Omelette	33
Steamed Savoury Egg Custard	35
Apple + Maple Dutch Baby	37
Smoked Salmon Omelette	39
Buckwheat Crepes W/ Hot Chocolate Sauce	41
Low Carb Zucchini Fritters	43
Quinoa Spinach + Feta Muffins	45
Soft Polenta W/ Cherry Tomato + Poached Eggs	47
Easy Quinoa Porridge	49
Sunday Morning Pancakes	51
Rainy Day Ricotta Pancakes	53
Morning Melon	55
My Souflee Omelette	57
French Crepes W/ Blueberries	59
Berries W/ Kefir, Honey + Bee Pollen	61
Lemon Polenta Porridge	63
Un-fried Rice	65
French Toast Pudding W/ Banana + Blueberry	67
Porridge Bread	69
Power Porridge	73
Tuscan Beans W/ Kale + Tomato	75
Banana + Coffee + Walnut Bread	77
Zucchini Scrambled Eggs	79
Asparagus Omelette	81

FROM THE GARDEN

Cauliflower Salad W/Parsley, Capers + Lemon	85
Avocado, Citrus + Walnut Salad	87
Roasted Red Capsicum W/ Burrata	89

Mango Summer Salad	91
Asparagus + Mustardy Egg Salad	93
Chopped Persian Salad	95
Fattoush	97
Roasted Cauliflower W/ Lemon, Parsley + Mint	99
Roasted Pumpkin W/ Green Goddess Dressing	101
Beetroot W/ Blood Orange + Whipped Feta	103
Roasted Vegetable Salad	105
Asparagus W/ Baked Ricotta	107
Whole Eggplant W/ Caramel Onions	109
Autumn Figs W/ Roasted Onion, Walnuts + Basil	111
Roasted Carrot W/ Turmeric + Tahini	113
Market Garden Salad	115
Silken Tofu Salad	117
Nicoise Reinvented	119
Watermelon Salad W/ Smashed Blackberries	121
Summer Caprese Salad	123
Beetroot W/ Radicchio + Feta + Blackberry	125
The Big Caesar Salad	127
Tuna Tabouli	129
Avalon Beach Tabouli	131
Roasted Broccoli W/ Whipped Avocado	133
Polish Cucumber Salad W/ Yoghurt Dressing	135
Quinoa Salad W/ Whipped Hummus	137
Honeydew Melon + Cucumber Salad	139
Roasted Pumpkin W/ Yoghurt + Tahini	141
Tomato W/ Tonnato	143
A Salmon Salad For Lunch	145
Pink Grapefruit + Avocado Salad	147
Roasted Eggplant + Parsley, Mint Salsa Verde	149

SOUPS AND BROTHS

Goodness Dhal	153
Smashed Tomato + Pumpkin Soup	155
Life Restoring Vegetable Soup	157
Pasta E Fagioli	159
Slurpy Noodle Soup	161
Ciocia's Chicken Broth	163
Lentils In Paris	165
A Simple Congee	167

Pure + Simple Cauliflower Soup	169
Feel Good Minestrone	171
5 Minute Gazpacho	173
My French Onion Soup	175
Immune Boosting Chicken Soup	177

WHATS FOR DINNER

Zucchini Frittata	181
Roasted Spaghetti Squash	183
Jewelled Persian Rice	185
Low Carb Portabello Pizzas	187
Spelt Testaroli (Tuscan Crepe Pasta)	191
Gluten-Free Testaroli	193
Fish Schnitzel + Tzatziki	195
Mushroom Stroganoff	197
1-Pan Pasta W/ Tomato + Feta	199
Creamy Cauliflower W/ Cheesy Crumbs	201
Healthy Beef Pie	203
The Perfect Vegetable Curry	207
Veggie Nachos W/ Sweet Potato Chips	209
Pan-Fried Fish W/ Zucchini Chips	211
Gluten-Free Ricotta Gnocchi W/ Tomato	213
Roasted Salmon W/ Tomato + Basil Sauce	215
Pasta W/ Roasted Tomato + Burrata	217
Chicken Cacciatore	219
Poached Salmon W/ Green Goddess Sauce	221
Persian Herb Omelette	223
Tuna Fritters	225
A Pizza With Benefits	227
Easy Coq Au Vin	229
Veggie Burgers	231
Smashed Broccoli Pesto Pasta	233
Braised Eggplant W/ Silken Tofu	235
Pumpkin + Tofu Curry	237
Eggplant Bolognese	239
Braised Chickpeas, Spinach + Yoghurt	241
Zucchini + Ricotta Tart	243
Genius Ratatouille	245
Fish In The Bag W/ Tomato, Wine + Saffron	247
1-Pot Tuna Rice	249

Mushroom Meatballs + Noodles	251
Cauliflower, Leek Mac + Cheese	253
Goodness Pasta W/ Avocado + Lemon	255
Fish In Summer Sauce	257
Baked Ricotta Dumplings In Tomato	259
Roast Pumpkin Galette	261
Eggplant Parmigiana	263
Fish Out Of Water	265
Linguini Vongole	269
Apricot Chicken	271
Vegan Spinach Tart W/ Tofu Ricotta	273
Pasta W/ Tuna In No-Cook Tomato Sauce	275
Mujaddara (Lentils + Rice)	277
Healthy Fish + Chips	279
Zucchini Risotto	281
Cauliflower Puttanesca	283
Sushi Bowl	285
Vegetarian Cottage Pie	287

SMALL BITES AND GRAZING BOARDS

Whipped Eggplant	291
French Mushroom Patè	293
Beetroot + Yoghurt Dip	295
Anytime Tuna Patè	297
Salmon Carpaccio	299
Gone Fishing	301
Spinach + Feta Stuffed Gozleme	303
Burnt Carrots W/ Beetroot + Yoghurt Dip	307
Simple Gravlax	309
Smashed Sardine Bruschetta	311
Quick + Easy Quiche	313
Rustic Wine Dipping Biscuits	315
Smoked Trout Rillettes	317
Smashed Guacamole W/ Crudités	319
Posh Lavosh	321
Make Perfect Hummus Every Time	323
Rustic Tomato Tart	325
Caponata	327
Genius 15-Minute Pizza	329
Whipped Cannellini + Vegetable Salad	331

Spinach + Ricotta Borek	333	Flourless Chocolate Olive Oil Cake	413	Chunky Raisin + Oatmeal Biscuits	491	Lemon Curd	567
Avocado Dip	335	Polish Ricotta Cake	415	4 Ingredient Protein Cookies	493	Chocolate Ganache	569
Dukkah	337	Mango, Avocado + Banana Pudding	417			Chocolate + Avocado Frosting	571
Labneh	339	Pear + Almond Tart	419	CELEBRATIONS	494	Milk Ganache	571
Labneh 3 Ways	341	Apricot Crumble	421	Birthday Cake	497	Hot Chocolate Sauce	573
		Gluten-Free Apple Crumble	423	Gluten-Free Chiffon Cake	499	Cashew Choc Butter	575
DAILY BREAD	342	A Beautiful Lemon Cake	425	A Better Pavlova	501	Cashew Cream	575
Honey + Ricotta Bread	345	A Simple Pound Cake	427	Royal Christmas Pudding	503	Yoghurt Frosting	577
Seedy Gluten Free Bread	347	A Simple Orange Cake	429	Irene's Christmas Pudding	505	Yoghurt Shake	577
The Perfect Focaccia	349	Almond Milk + Cherry Clafoutis	431	Best Ever Fruit Cake	507	Spelt Crepes	579
Gluten Free Focaccia	353	Semolina + Olive Oil Syrup Cake	433	Teresa's Tiramisu	509	Gluten-Free Crepes	579
Spelt Focaccia W/ Tomato + Provolone	355	Pumpkin Spice Cake	435	Vanilla Custard Crepe Cake	511	Socca Pancake Bread	580
Cold Fermented 3 Day Pizza	357	Omg Chocolate Cupcakes	437	Tiramisu Crepe Cake	513	Tofu Ricotta	581
Health Bread	361	Lemon Sunshine Yoghurt Cake	439	Stefan's Stollen	515	Olive Oil, Oat + Spelt Pastry	583
Soft + Fluffy Rice Bread	363	Rustic Strawberry Galette	441	The Only Chocolate Cake you'll Ever Need	517	Foolproof Pastry	585
Buttermilk Loaf	365	Vegan Chocolate Sweet Potato Brownies	443	A Drizzle Cake For Any Occasion	519	Gluten-Free Pastry	585
All Purpose Gluten Free Bread	367	Orange Cake W/ Honey + Polenta	445	The Only Hot Cross Bun Recipe you'll Ever Need	521	Quick + Easy Spelt Puff Pastry	587
Soup-Dipping Bread	369	Rustic Plum Tart	447	Gluten Free Easter Buns	523	Simple Olive Oil Pastry	588
Barmbrack Fruit Loaf	371	Rice Pudding Cake	449			Borek Dough	589
Soft + Fluffy Potato Buns	373	Creamy Dreamy Rice Pudding	451	LIQUID NOURISHMENT	524	The Best Way to Enjoy Garlic	591
Zucchini, Date + Oat Scones	375	Gut Nourishing Jelly	453	Immunity Blitz	527	Olive Oil Mash	595
Spelt, Raisin + Yoghurt Buns	377	Blueberry Galette	455	Gut Loving Probiotic Lassi	529	Cauliflower Mash	595
Chocolate + Banana Bread	379	Dutch Baby Apple Cake	457	Mango Ice Smoothie	531	Whipped Cannellini Beans	597
Banana Bread W/ Honey + Almond	381	Milk Pudding	459	Sicilian Hot Chocolate	533	For the Love of Pesto	599
Sweetcorn Bread	383	3 Ingredient Blueberry Soft Serve	461	Strawberry Glow Shake	535	Pesto Genovese	601
Quick + Easy Flatbread	385			Start The Day Coffee Shake	537	Parsley Oil	603
Buckwheat Skillet Bread	387	COOKIES + BISCUITS	462	Tastes Just Like Vanilla Ice Cream	539	Salsa Verde	603
Health Spa Bread	389	Tahini + Hemp Cookies	465	The Bounty Shake	541	Lemon Tahini Dressing	605
Teresa Cutter's Famous Pumpkin Bread	391	Honey + Vanilla Madelines	467	Matcha Milk	543	Macadamia Parmesan	605
Olive Oil Scones	393	Espresso + Chocolate Macaroons	469	Post-Workout Protein Smoothie	545	Bread Dipping Oil	607
Ugly Scones	395	Bake At Home Choc-Chip Cookies	471	Nature's Vitamin Pill	547	Simple French Dressing	607
		Tea In Monte Carlo	473	Everyday Greens	549	Caramelised Onions	608
CAKES & DESSERTS	396	Walnut Raisin Cookies	475	Liver Flush	553	Simple Vegetable Stock	609
Yogurt, Honey + Olive Oil Cake	399	Vanilla Tea Biscuits	477	Heart Beat	555	Passata Tomato Sauce	611
Upsidedown Pineapple Cake	401	Soft + Chewy Almond Biscuits	479	Collagen Beauty Boost	557	Fresh Summer Sauce	613
Flourless Almond + Ricotta Cake	403	Semolina Honey Biscuits	481	Frozen Espresso Martini	559	No - Cook Tomato Sauce	615
Peach Pudding Cake	405	Cappuccino Brownie Bites	483			How to Cook Basmati Rice	616
Apple + Maple Tarte Tatin	407	Choc-Chip Olive Oil Cookies	485	BASICS + INCIDENTALS	560	How to Cook Jasmine Rice	617
Carrot Cake W/ Figs + Pistachio	409	Olive Oil Anzac Biscuits	487	Crème Pâtissière	563	Thank You	619
Magic Chocolate Pudding	411	Spectacular Biscuits	489	Pouring Custard	565	Recipe Index	622



ABOUT TERESA

Known around the world as The Healthy Chef, Teresa Cutter is recognised as a pioneer in the field of wellness and healthy cooking, and lives by the motto ‘keep it simple and make it yourself.’

Teresa’s recipes focus on Mediterranean-style recipes that are simple, easy, healthy and delicious. As a classically trained chef, nutritionist and accredited fitness trainer, Teresa shares her recipes via The Healthy Chef website, TV appearances, cooking masterclasses and magazine articles.

Teresa’s recipes have been featured in TIME magazine in the US, The Sydney Morning Herald, Daily Telegraph and Delicious Magazine. Teresa has also appeared on numerous TV shows, including The Today Show, Sunrise, The Morning Show and The Biggest Loser Australia.

Teresa is the founding director of The Healthy Chef, an Australian nutrition + supplement brand that designs supplements for women to support a healthy, vibrant life. Teresa is the author of several healthy cookbooks including Earth To Table, Purely Delicious + Healthy Baking, winning Independent Book Publisher Awards in New York as well as being No#1 on iTunes in Australia

Teresa has also won numerous awards including a Gold Medal at the Salon Culinaire, an international cooking competition for chefs. She also came 2nd in Australia in the NABBA Fitness Figure Championships and won a Silver Medal for Road Cycling at the Southwest Games in WA. Teresa’s hobbies include Kickboxing, Pilates, Cycling and Painting.

A HEALTHY CHEF PRODUCTION

First published in 2023 P 1,2,3,4,5,6,7,8,9,10 The Healthy Chef

Published in 2023 by The Healthy Chef Australia Pty Limited
4 Collins Street, Surry Hills
Sydney, NSW, Australia, 2010
www.healthychef.com

ISBN: 978-0-6480298-7-8

For corporate and international sales

contact hello@thehealthychef.com

For licencing and business development

contact paul@thehealthychef.com

Text: Teresa Cutter

Photographer: Paul Cutter ACS

Teresa Cutter Photography: Steve Murray

Recipes + Food Styling: Teresa Cutter

Production Editor: James Mills-Hicks

Art Direction + Design: Lauren Lepore + Vanessa Russell

Printed by: Ink Asia, Shenzhen, China

Text © Teresa Cutter 2023

Design + Photography Copyright © The Healthy Chef Australia Pty Limited

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recoding or otherwise without the prior written permission of the publisher.

This book uses paper sourced under ISO 14001 guidelines from well-managed forests and other controlled sources.

KEEP IT SIMPLE AND MAKE IT YOURSELF.

Teresa Cutter shares her delicious + healthy recipes to celebrate good food, good health, family and friends.

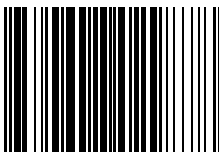
No Fuss – Budget Friendly + Easy to Make, with over 300 recipes, inspired by her Polish heritage and love of Mediterranean cuisine.

Enjoy family favourites such as Cottage Pie with Olive Oil Mash, a healthy take on Nachos or a mouth-watering Pumpkin Curry.

Learn the secret to a soft and fluffy Focaccia or a spectacular 15-minute pizza. Treat your taste buds to Teresa's Tiramisu, Crepes with Hot Chocolate Sauce or French Toast Pudding with Banana + Blueberries.

Using seasonal ingredients with minimal fuss, this inspiring book will transform how you cook, and it will change your life.

ISBN 978-0-6480298-7-8



9 780648 029878 >