

the life.



PAUL CUTTER

SIMPLY DIVINE

A superfood burrata dish with beetroot, blackberry and balsamic (recipe on p122) created by chef and nutritionist Teresa Cutter.



HIT REFRESH

Plant-based is the new black when it comes to power diets.

These exclusive recipes from **TERESA CUTTER**'s latest award-winning cookbook are ideal for a new year body boost

by **RACHEL SHARP** portrait by **LI CHI PAN** photographed by **PAUL CUTTER**

Baked ricotta
with figs, pear
and walnuts
(recipe on p122)



DRESS TO IMPRESS

“This is a wonderful salad for simple, impromptu entertaining. Serve baked ricotta straight from the oven accompanied with seasonal ingredients and sourdough.”

When it comes to giving stellar diet advice, Sydney-based Teresa Cutter, aka The Healthy Chef, is the A-list. An award-winning classically trained chef, qualified nutritionist, accredited personal trainer and former elite fitness competitor, she's been the leading authority on gourmet healthy cooking in Australia now for almost two decades.

Her exquisite cookbooks—including *Purely Delicious*, *Healthy Baking*, *Perfect Digestive Health* and *The 80/20 Diet*, all photographed by her husband, Paul Cutter—have been bestsellers. Even the guilt-free hot-chocolate powder in her Healthy Chef functional food range tastes next level. Cutter pioneered the idea that wholefoods are the secret to looking and feeling amazing, long before it became trendy. In a nutshell, what she doesn't know about making healthy food moreish probably isn't worth learning.

"There are two things people all around the world can do to improve their overall health: eat more fresh fruit and vegetables and start cooking at home," she told *InStyle*, before sharing the exclusive recipes in these pages. All are from her new book, *Earth to Table*, which has already won the Gourmand Cookbook Award 2020 for best in Health & Food in Australia and will compete internationally this year.

The crux to having your best body, she believes, is to go plant-based. "But that doesn't mean you have to become vegetarian or vegan," Cutter stresses. "It can simply mean including good amounts of plant-based food sources such as vegetables, salads and fresh fruit, and less processed food. I'd rather eat a lovely spoonful of Meredith goat's feta or a creamy slice of roquefort than some manufactured, processed piece of vegan cheese," she says.

"Back in my twenties when I was competing in fitness figure competitions, it was all about low carb and low fat. I was living off a diet of egg whites and tuna [until] I threw out my trainer's diet and ate wholefoods, which made me feel great and still allowed me to lose body fat for the national titles.

"My mantra since then has been: keep it simple, keep it fresh and make it yourself. That way you know exactly what's going into your body."

Is there one perfect diet for everyone? "There's so much food anxiety among women trying their best [who] don't know if they should go sugar-free, Paleo, gluten-free [or] dairy-free. I think it's a complete waste of time to argue about what the perfect diet is because it's not one-size-fits-all. We need to strip back to basics and eat what makes us feel good."

Do detox diets work? "Detox is *not* a diet of lemon juice, cayenne pepper and B-grade maple syrup. The human body needs much more than that to revitalise and restore cells to optimum health. My philosophy on detoxing [involves] a very gentle and nurturing [diet] to nourish the body and aid elimination. Use food as medicine to help nurture and restore health."

Why is organic important? "Foods produced using chemicals, or genetic modification, depletes our bodies and our environment of health and vitality. Organic food isn't just chemical-free. Organic farmers take a holistic approach to food production and handling, and the whole system is linked."

What's your best advice for beating bloat? "Try to incorporate as many wholefoods and try to employ a plant-based style of eating. Plant-based diets have higher amounts of fibre, vitamins, minerals and antioxidants, and low amounts of saturated fats and trans fats. Being mindful of the foods you eat can reduce blood sugar levels and improve your overall health both physically and mentally, too."

Do you suggest supplements? "I believe that what you eat has a direct effect on your complexion and wellbeing. It's crucial women get enough protein as it plays a vital role in skin and gut health. I use The Healthy Chef [Organic] Pea Protein and my wild-caught Marine Collagen religiously every day, mixed into water or added to a matcha latte."

What's your process when creating a new recipe? "Most of the time, I'm inspired by what I see at a farmers' market, my European heritage or what I'm enjoying at the moment. It's beautiful how a few simple ingredients can become something spectacular. I can conceive [an idea for] a recipe quite quickly these days. I love creating and re-creating magic in the kitchen."

Visit thehealthychef.com



Beauty
salad (recipe
on p122)



MY FIVE FRIDGE ESSENTIALS

SIMPLE, BUT OH-SO GOOD
FOR ADDING FLAVOUR
AND NUTRIENTS

1. GREEK YOGHURT

"I always have some in the fridge. It provides the perfect base for roasted cauliflower or pumpkin."

2. BABY CARROTS

"I roast these until caramelised and pile over lemon-scented hummus, pomegranate dressing and Persian feta."

3. FRESH EGGS

"I'm a huge fan of scrambled eggs. They're rich in protein, B vitamins and essential minerals such as selenium that help nourish a healthy metabolism."

4. BABY COS LETTUCE

"I love the crisp, leafy bundles of this gem lettuce, which I can drizzle with a vinaigrette made from Dijon mustard, apple cider vinegar and virgin olive oil."

5. FILTERED WATER

"I don't add stock to my soups. I use filtered water as a base instead so the natural flavours of the food shine through."

GLOW AHEAD

"[This dish is] rich in hydrating minerals, healthy fats and vitamin C that can nourish the skin, restore collagen and give you that glow," says Cutter. It's also great for helping to boost your immune system.

THE RECIPES

BURRATA WITH BEETROOT, BLACKBERRY AND BALSAMIC DRESSING

Serves 4-6

750g beetroot
4 tbsp avocado oil or extra virgin olive
2 oranges, peeled and sliced
125g blackberries
4 burrata
chervil or parsley to garnish
2 tbsp capers
4 tbsp aged balsamic vinegar

1 Preheat the oven to 200°C fan-forced.
2 Trim the tops off the beetroot, lightly coat with avocado oil and wrap individually in foil.
3 Roast for 45 mins or until tender, then remove from the oven and cool. **4** Remove the beetroot skins, cut in half, then arrange on serving plates along with the oranges, blackberries and burrata. **5** Garnish with soft herbs and capers. **6** Drizzle over the aged balsamic and avocado oil just before serving.

CUTTER'S TIP "Replace the blackberries with crimson grapes. Swap the burrata with labneh, Persian feta or thick Greek yoghurt."

CAULIFLOWER TAPENADE

Serves 4

350g cauliflower, cut into florets
60g capers in brine, drained and chopped
30g pitted green olives, chopped
½ red onion, finely diced
1 bunch parsley, chopped
2 tbsp lemon juice
2 tbsp extra virgin olive oil
white pepper to taste

1 Blanch cauliflower for 1-2 mins in boiling water then drain and cool in iced water. (Blanching removes some of the rawness in the salad and makes this extra delicious.) **2** Chop the cauliflower finely then combine with the capers, olives, onion, parsley, lemon juice and olive oil. **3** Season with a little white pepper and spoon into a bowl. **4** Store in the fridge until needed.

CUTTER'S TIP "Pile onto sourdough with a spoonful of mustard and top with gruyere, then place under a grill until the cheese melts."

BAKED RICOTTA WITH FIGS, PEAR AND WALNUTS

Serves 4

500g good-quality firm ricotta
extra virgin olive oil for drizzling
2 generous handfuls rocket leaves or leafy greens
3 fresh figs, halved or sliced
1 pear, thinly sliced
60g roasted walnuts

LEMON DRESSING

1 lemon, juiced
1 tsp honey
1 tsp tahini
60ml extra virgin olive oil

1 Preheat the oven to 180°C fan-forced.
2 Turn out the ricotta into an ovenproof frypan lined with baking paper. **3** Drizzle generously with olive oil and bake for 30 mins until golden. **4** Remove ricotta and carefully place on a serving plate. **5** Arrange the salad leaves, figs, pear and walnuts around the ricotta. **6** Combine dressing ingredients with sea salt to taste and drizzle over the salad leaves and ricotta.

CUTTER'S TIP "Add a handful of green seedless grapes or Sicilian olives. Use pan-roasted haloumi in place of ricotta."

BEAUTY SALAD

Serves 2

60g baby spinach leaves or other leafy greens
handful sprouts
4 figs, cut in half
2 oranges, peeled and sliced
1 avocado
60g goat's feta or vegan feta
BLACKBERRY DRESSING
125g blackberries
3 tbsp lemon juice
2 tbsp extra virgin olive oil

1 Toss spinach and sprouts together in a large salad bowl. **2** Arrange over the figs, slices of orange and avocado, and feta. **3** Combine all the salad dressing ingredients by smashing the blackberries with a fork, then mix with the lemon juice and olive oil. **4** Drizzle dressing over the salad and serve.

CUTTER'S TIP "Try using pink grapefruit in place of oranges."



SIDE HUSTLE

"I love this tapenade served on its own or alongside hard-boiled eggs or smoked salmon. It keeps for about four days in the fridge in a glass jar and is perfect if you feel like a spoonful of plant-based goodness."

Cauliflower tapenade



Jet lag smoothie

“This drink is the anti-jet-lag elixir I turn to when I’ve come off a long flight and need instant revitalisation. It’s rich in hydrating antioxidants and minerals to help bring your body back into balance.”

THE JET LAG SMOOTHIE

Serves 1

250g strawberries, stems removed
1-2 tbsp pure maple syrup
2-4 scoops vanilla or coconut gelato
500ml (2 cups) sparkling mineral water

1 Blend strawberries and maple syrup until smooth, then divide between two tall serving glasses. 2 Add gelato into the glasses. 3 Top up with sparkling mineral water and serve immediately.

CUTTER’S TIP “This is also the perfect smoothie to enjoy after a workout in the gym. Just add a slice of pineapple.”

DETOX PAPAYA BOWL

Serves 2

1 papaya, cut in half and seeds scooped out
125ml coconut or Greek yoghurt
125g blueberries
2 tsp hemp seeds
2 tbsp tahini (black or white)
marigold petals (optional)
1 lime

1 Fill papaya halves with yoghurt and top with blueberries. 2 Sprinkle papaya with hemp seeds then drizzle over tahini. 3 Garnish with marigold petals for effect. 4 Serve with a slice of lime and enjoy.

CUTTER’S TIP “Another easy alternative is to fill the papaya with matcha whipped avocado by combining an avocado, a handful of frozen mango, a squeeze of lime juice and a teaspoon of matcha green tea powder in a blender.”

Detox papaya bowl



DIET HERO

“Papaya is rich in antioxidants and wonderful for supporting healthy digestion due to the digestive enzyme papain. I love to drizzle with a little delicious black tahini to help boost minerals.”