
RECIPES: SUMMER 2018

THE TASTE OF SUMMER

An omega-3-rich burger and electrolyte-packed salad are the perfect taste of summer, courtesy of The Heathy Chef *Teresa Cutter*.



Summer watermelon salad

Icy cold ruby-fleshed watermelon is not only delicious, it's the perfect seasonal addition to every kitchen! As the weather warms up, I am enjoying refreshing salads and icy smoothies to keep my body cool. Watermelon is packed with electrolytes (magnesium and potassium) that will keep your body hydrated during the hot summer months. It's also an anti-inflammatory and high in vitamin C that helps the body create collagen, needed for healthy glowing skin.

Serves 4

Ingredients

600g cold seedless watermelon, skin removed
150g Persian or goat feta
100g fresh rocket or baby spinach leaves
1 ripe pomegranate
Small bunch fresh parsley, chopped, or few handfuls micro herbs
½ small red onion, very thinly sliced
60g pistachio nuts, roughly chopped
Cold pressed olive oil to drizzle

Method

1. Slice the watermelon into thin, bite-sized wedges.
2. Wash the salad leaves and arrange onto a serving platter.
3. Add the watermelon and gently mix through the leaves.
4. Top with parsley or micro herbs and sliced red onion.
5. Remove the seeds from the pomegranate and add to the salad, along with pistachio nuts.
6. Drizzle with cold pressed olive oil just before serving.
7. Serve immediately and enjoy.

Salmon Burgers

These salmon burgers are one of my favourite meals to make at home. Salmon is a great source of omega-3 fatty acids that are anti-inflammatory to the body and critical for good health. Omega-3s also help to lower cholesterol, reduce high blood pressure, nourish the immune system and reduce symptoms of arthritis and depression.

Serves 4

Ingredients

500g fresh raw skinless and boneless salmon fillet, chopped
1 small bunch parsley, chopped
2 spring onions, sliced
Zest and juice from 1 lemon
1 organic egg
Good grind of pepper and a little sea salt
50g (½ cup) almond meal, to coat (optional)

Method

1. Combine the salmon, spring onion, parsley, lemon zest juice, egg and a little salt and pepper into a food processor.
2. Process until well combined.
3. Remove and shape into 8 burgers.
4. Coat them lightly with the almond meal, if using, and rest in the fridge for 15 minutes to help them firm up.
5. Cook the burgers in a pan over a low-to-medium heat with a splash of olive oil until crisp, golden and cooked through.
6. Serve with your choice of steamed greens, roasted sweet potato or leafy greens.



Teresa Cutter, aka The Healthy Chef, is one of Australia's leading authorities on healthy cooking. A chef, nutritionist and fitness professional, she is author of the *Purely Delicious* and *Healthy Baking* cookbooks, available from thehealthychef.com. The Healthy Chef Recipe App is available from the App Store and Google Play.

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