

WINTER COMFORTS

As the nights draw in and the mercury falls, it's time to settle in with some seasonal meals that nourish body and soul, courtesy of *The Healthy Chef, Teresa Cutter.*

Sweet potato hash

Sweet potatoes are a healthy low GI carb source that's high in beta-carotene, the precursor to vitamin A, which is important for eye health. They are also rich in potassium, necessary for muscle contraction, nerve transmission and normal blood pressure. This is healthy comfort food at its best.

Serves 4

Ingredients

2 sweet potatoes, cut into chunks, skin on
2 cobs of corn, husked with kernels removed
2 handfuls baby spinach leaves
1 bunch of cavolo nero (Tuscan kale), washed and shredded

1 small onion, finely diced
small bunch of parsley, chopped
3 tablespoons olive oil
6 sprigs fresh thyme
3 bay leaves
1 small sprig rosemary
pepper and sea salt

Method

1. Boil the sweet potatoes in a pot of water seasoned with 1 teaspoon of salt.
2. Simmer for about 10 to 15 minutes or until the sweet potatoes are just tender – don't overcook.
3. Drain the sweet potato and set aside.
4. Heat the olive oil in a large cast-iron pan over medium heat.
5. Add the diced onion, thyme leaves, bay leaves and rosemary and cook for 1 minute.
6. Add the sweet potatoes and cook without stirring for 3 minutes or until they begin to brown underneath.
7. Stir occasionally to brown sweet potato all over, so it's lovely and crisp.
8. Add the kale and sweet corn kernels and cook for another 5 minutes until hot.
9. Fold in the baby spinach leaves, salt, pepper and parsley.
10. Serve in the pan and enjoy on its own or with poached organic eggs.



Green Goodness soup with pesto

Nutritious, delicious and power packed with goodness! I love to make this yummy green soup when I need healthy, warming comfort food to nurture my body.

Serves 2

Ingredients

SOUP

2 tablespoons olive oil
2 leeks, sliced
6 sprigs thyme
4 bay leaves
½ cup French green lentils
1 bunch cavolo nero (Tuscan kale), washed and finely sliced
100g baby spinach leaves
4 cups water
Generous pinch of sea salt and pepper

PESTO

1 bunch basil, washed and roughly chopped
1 bunch parsley, washed and roughly chopped
1 clove garlic, smashed
60ml cold pressed olive oil
1 tablespoon pumpkin seeds
Juice from ½ lemon
Sea salt and pepper to taste

Method

PESTO

1. Add basil, parsley, garlic, olive oil, pumpkin seeds, 2 tablespoons lemon juice, salt and pepper to a high-performance blender.
2. Blend to desired consistency.
3. Taste pesto and add extra lemon juice if needed.
4. Store in a glass jar in the fridge for up to three weeks and use as needed.

SOUP

1. Saute leek, bay leaves and thyme in the olive oil until softened.
2. Add the lentils and 4 cups of water, then bring to the boil.
3. Reduce the heat and add the kale.
4. Simmer for 25 to 30 minutes or until the lentils are tender.
5. Add baby spinach and stir through until wilted.
6. Before serving, stir 2 to 3 tablespoons of the pesto through the soup.
7. Taste and adjust the seasoning to taste.
8. Serve and enjoy.

Notes and inspiration: This soup is delicious served the next day as the wholesome flavours infuse into the broth. Pesto can be made in advance, kept refrigerated (or frozen) for a few weeks and used as needed.

Teresa Cutter, aka The Healthy Chef

Teresa Cutter 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.