



THE N | C KITCHEN

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Welcome to The N | C Kitchen.

My coaching style is holistic and as in depth as you want it to be, however the one thing every single client asks is "what should I be eating?" This e-book will now teach you.

This monthly addition removes any guesswork when it comes to your nutrition and achieving your goals. The recipes are delicious and meeting calorie and macro goals is at the forefront of its purpose.

If you are using MFP to track, this e-book makes tracking so simple with the built in barcode - you're welcome :)

I really hope you enjoy making these recipes this month. Remember to post a photo in the FB group and let everyone know your thoughts.

A handwritten signature in black ink, appearing to read 'Nicole'.

Nicole x
Your Coach



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



BREAKFAST







SERVES 2 | TOTAL TIME: 5 MINUTES



INGREDIENTS

- 14 large strawberries, chopped and frozen
- 1 tablespoon peanut butter
- 3/4 cup low-fat cottage cheese
- 1 tablespoons honey
- 1/2 teaspoon vanilla extract
- 2 tablespoons chia seeds
- 1 tablespoon almonds, chopped

INSTRUCTIONS

In a blender or food processor add all ingredients, except chia seeds and almonds, until smooth. Put the pudding in glasses, sprinkle with chia seeds and chopped almonds. If you like a thicker consistency freeze 15 minutes before serving. Store remaining serving in the freezer.

STRAWBERRY PUDDING

292
CALORIES

17
PROTEIN

29
CARBS

12
FATS

8
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

2 medium potatoes,
1 tablespoon olive oil
400g (1 can) tin red beans, drained
1 teaspoon chilli powder
1 teaspoon smoked paprika
1 teaspoon chipotle hot sauce
Salt and black pepper, to taste
4 eggs
10 cherry tomatoes, halved
1 avocado, diced
Small handful fresh coriander

INSTRUCTIONS

Wash the potatoes, and prick them a couple of times with a fork. Cook in the microwave for a few minutes, until they are fairly soft (perhaps around 6 minutes - don't worry if they're not 100% cooked at this stage). When the potatoes are cool enough to handle, slice them up, and add them to a frying pan with a couple of tablespoons of oil. Cook for around 5 minutes on each side, until crispy and golden brown. Meanwhile, add the drained tin of black beans to a small saucepan, along with the chilli powder, smoked paprika, chipotle sauce, and a good pinch of salt and pepper. Cook over medium heat for 5 minutes, until the beans are completely soft (add a tablespoon of water if necessary). Fry the eggs in a little oil, then serve with the fried potatoes, smoky black beans, cherry tomatoes, and diced avocado. Top with fresh coriander if desired.

RED BEAN BREAKFAST

447
CALORIES

19
PROTEIN

50
CARBS

19
FATS

17
FIBRE



SERVES 2 | TOTAL TIME: 5 MINUTES



INGREDIENTS

- 1 banana
- 2 tablespoons almond butter
- 120ml almond milk
- 1 tablespoon honey
- 1 tablespoon hemp seed
- 1/2 teaspoon ground cinnamon
- 8-10 ice cubes

INSTRUCTIONS

Add all the ingredients into a blender.

Blend until smooth and creamy.

Replace the honey with maple syrup to make the dish vegan.

BANANA ALMOND MILK SMOOTHIE

424
CALORIES

11
PROTEIN

32
CARBS

28
FATS

5
FIBRE

12



SERVES 10-12 BARS | TOTAL TIME: 25 MINUTES

BAKED GRANOLA BARS

INGREDIENTS

3/4 cup gluten-free rolled oats, ground into a flour
1 cup water
3/4 cup packed pitted Medjool dates
1/2 cup chia seeds
1/4 cup raw sunflower seeds
1/4 cup raw pumpkin seeds
1/4 cup dried cranberries, finely chopped
1 teaspoon cinnamon
1 teaspoon pure vanilla extract
1/4 teaspoon fine grain sea salt

INSTRUCTIONS

Preheat oven to 325F and line a 9-inch square pan with two pieces of parchment paper, one going each way. Add rolled oats into a high-speed blender. Blend on the highest speed until a fine flour forms. Add oat flour into a large bowl. Add water and pitted dates into a blender. Allow the dates to soak for 30 minutes if they are a bit firm or your blender has a hard time blending dates smooth. Once they are soft, blend the dates and water until super smooth. Add all of the ingredients into the bowl with the oat flour and stir well until combined. Scoop the mixture into the pan and spread it out with a spatula as evenly as possible. You can use lightly wet hands to smooth it down if necessary. Bake at 325F for about 23-25 minutes, or until firm to the touch. Let cool in the pan for 5 minutes and then lift it out and transfer it to a cooling rack for another 5-10 minutes. Slice and enjoy!

137
CALORIES

3
PROTEIN

20
CARBS

5
FATS

5
FIBRE

SIDE DISHES







SERVES 4 | TOTAL TIME: 1H 20 MINUTES



INGREDIENTS

2 pounds carrots, chopped
1 large onion, chopped
1 teaspoon salt
1 1/2 teaspoons turmeric
2 tablespoons fresh ginger, minced
700ml vegetable soup
1 can light coconut milk
2 tablespoons honey
1 teaspoon black pepper

INSTRUCTIONS

Heat a large cast-iron pot over medium heat. Add in olive oil and carrots, fry for 10 minutes, or until the carrots are fork-tender. Add in the onion and salt, and sauté an additional 5-7 minutes, until the onions are translucent. Stir in the turmeric and ginger and cook for 1 minute. Add in the vegetable stock, coconut milk, and honey. Boil, then turn heat to a simmer. Cook for 30 minutes to an hour (the longer you cook, the deeper the flavour will be). Use an immersion blender to blend the soup. For a finer soup, strain the blended soup through a sieve or fine mesh strainer. Cook for an additional 30 minutes. To serve, season to taste with salt and pepper, then ladle into bowls and top with cilantro, chopped peanuts, coconut cream, and red pepper flakes.

CARROT AND GINGER SOUP

401
CALORIES

7
PROTEIN

55
CARBS

17
FATS

9
FIBRE



SERVES 6 | TOTAL TIME: 20 MINUTES



INGREDIENTS

8 Tablespoons extra virgin olive oil
150g cherry tomatoes, halved
2 tablespoons red wine vinegar
1 teaspoon salt
1 teaspoon black pepper
1/2 large baguette, cut into cubes
220g fresh mozzarella cheese
120g cup pesto

INSTRUCTIONS

Preheat the oven to 350°F-175C and line a large baking sheet with parchment paper. Halve the tomatoes and place them in a colander over a large bowl. Sprinkle with salt and pepper, and allow to drain for at least 15 minutes, tossing occasionally. The tomato juices will drain into the bowl, which you'll use to make the salad dressing. While the tomatoes drain, toss the bread cubes with 3 tablespoons olive oil in a large bowl to evenly coat them. Place the bread cubes on the prepared baking sheet and spread out into one layer. Toast for 15 minutes, or until the bread is golden brown and crisp, but not brown. Remove from the oven and set aside to cool completely. Add the remaining olive oil (5 tablespoons) and red wine vinegar to the tomato juice and whisk constantly until homogenous. Season with salt and pepper. Place the toasted bread, tomatoes, and torn mozzarella in the large bowl with the dressing. Toss to combine, and season with salt and pepper. Drizzle with pesto and serve.

CAPRESE PESTO SALAD

251
CALORIES

7
PROTEIN

4
CARBS

23
FATS

1
FIBRE



SERVES 2 | TOTAL TIME: 5



INGREDIENTS

1 can (15 ounces) chickpeas, drained and rinsed
1/4 cup lemon juice
1-2 medium avocados, peeled and chopped
1/4 cup tahini
2 tablespoons olive oil
2 gloves garlic
1-2 tablespoons water
Salt and pepper
Tortilla chips, vegetables for serving

INSTRUCTIONS

Combine all of the ingredients in a food processor or high-speed blender: chickpeas, lemon juice, avocados, tahini, olive oil, garlic, water, salt and pepper. Blend on medium-high heat until creamy and smooth. Serve with tortilla chips, or your favourite vegetable.

AVOCADO HUMMUS

337
CALORIES

6
PROTEIN

22
CARBS

25
FATS

7
FIBRE



SERVES 2 | TOTAL TIME: 40 MINUTES



INGREDIENTS

7 ounces extra-firm tofu, drained and cut into 4 (1/2-inch thick) slices
2 tablespoons soy sauce or tamari
1 teaspoon toasted sesame oil
1 teaspoon rice vinegar
1 teaspoon light brown sugar
1 garlic clove, grated
1/2 teaspoon grated fresh ginger
1/3 cup white and black sesame seeds olive oil spray
Sriracha mayo
4 teaspoons mayonnaise
1 teaspoon Sriracha sauce
For serving
Coriander,
Lime,
Rice or Cauliflower Rice
1 cup snap peas, steamed and chopped
1/3 cup frozen edamame, steamed
1 spring onion, chopped
tamari, for drizzling

INSTRUCTIONS

Place the tofu slices on a kitchen towel or paper towel. Place another towel on top and lightly press to remove most of the water from the tofu. Transfer to a shallow dish big enough for the tofu to lie in a single layer. In a small bowl, whisk together the soy sauce, sesame oil, vinegar, brown sugar, garlic, and ginger. Drizzle half of the marinade over the tofu, then gently flip and drizzle the rest on the other side. Marinate in the refrigerator for 20 minutes to 1 hour. Preheat oven to 175C-350F. Place the sesame seeds on a small plate. Remove each tofu slice from the marinade, allowing the excess to drip off, using a fork, dip in the sesame seeds, coating each side. Transfer to a plate. Spray one side with olive oil, then gently flip and spray the other side. Place the tofu on a parchment-lined baking sheet and bake for 30 minutes, flipping halfway through. Make the sriracha mayo. In a small bowl, mix the mayo and sriracha. Serve the tofu steaks with rice, snap peas, edamame, spring onion, sriracha mayo, and tamari, for drizzling.

CRISPY TOFU

539
CALORIES

23
PROTEIN

51
CARBS

27
FATS

10
FIBRE

30



SERVES 2 | TOTAL TIME: 15 MINUTES



INGREDIENTS

Polenta
150g polenta
200ml full-fat coconut milk
300ml vegetable broth
2-3 tablespoons nutritional yeast flakes or vegan parmesan cheese
Mushrooms
1 tablespoon olive oil or coconut oil
1 onion, sliced
200g mushrooms, sliced
2 cloves garlic minced
1-2 tablespoons soy sauce
salt, black pepper to taste
2-3 tablespoons pine nuts

INSTRUCTIONS

Bring coconut milk and vegetable broth to a boil in a pot. Stir in polenta by using a whisk. Reduce heat to a low simmer and continue to whisk for 1-2 minutes to avoid lumps. Then cover and let simmer for about 10 minutes, stirring occasionally. If the polenta thickens too much you can add additional milk and/or water and stir to thin. Once the polenta is creamy and smooth, remove it from the stovetop. Add nutritional yeast or vegan parmesan and stir. Heat oil in a skillet or pan. Add mushrooms along with onions and fry for about 3 minutes on high heat or until beginning to get golden-brown. Add minced garlic and roast for 30 seconds longer. Then add soy sauce and cook for 1-2 minutes. Season with salt and pepper to taste. Add a splash of fresh lime juice, if you like. Toast pine nuts in a small pan without oil until lightly browned. Serve polenta with mushrooms, and pine nuts. Enjoy!

CREAMY VEGAN POLENTA WITH MUSHROOMS

582
CALORIES

19
PROTEIN

77
CARBS

22
FATS

8
FIBRE



MAIN COURSES







SERVES 4 | TOTAL TIME: 40 MINUTES



INGREDIENTS

75g cooked green lentils
2 tablespoons lemon juice
2 garlic cloves, minced
½ tablespoon grated fresh ginger
1 teaspoon ground cumin
1 teaspoon ground cardamom
½ teaspoon sea salt
Coriander Lime Dressing
1 to 2 chiles
200g tofu cheese, cubed
Florets from 1 small cauliflower
Extra-virgin olive oil, for drizzling
¼ teaspoon ground turmeric
120g spinach,
finely chopped freshly ground black pepper

INSTRUCTIONS

Preheat the oven to 200C-400F and line two baking sheets with parchment paper. In a large bowl, combine the lemon juice, garlic, ginger, cumin, cardamom, salt, and several grinds of pepper. Add the lentils and stir. Make the coriander-lime dressing, adding the chiles to the food processor while preparing the original recipe. Mix ⅓ of the dressing into the lentils. Place the tofu on the first baking sheet and the cauliflower on the second. Toss both with drizzles of olive oil, pinches of salt, and several grinds of pepper. Roast the tofu for 15 minutes and the cauliflower for 20 to 25 minutes. When the cauliflower comes out of the oven, toss it with turmeric. Add the chopped spinach to the lentils and toss. Top with cauliflower and tofu. Drizzle more dressing on top and serve with the remaining dressing on the side.

CAULIFLOWER, LENTILS AND TOFU SALAD

185
CALORIES

15
PROTEIN

20
CARBS

5
FATS

10
FIBRE



SERVES 2 | TOTAL TIME: 10 MINUTES



INGREDIENTS

2 large portobello mushroom caps
3 tablespoons balsamic vinegar
1 tablespoon soy sauce
1 teaspoon roasted garlic flakes (or option for fresh garlic)
2 teaspoons dried basil
1 teaspoon dried oregano
1/2 teaspoon ground black pepper
1 large tomato, sliced
1 avocado, sliced
1 tablespoon yellow mustard
50g blue cheese
3 tablespoon olive oil

INSTRUCTIONS

Slice the mushroom stems off. Slice about 1/2 inch of the mushroom top off (as if slicing a bun). Combine the balsamic, soy sauce or tamari, garlic, basil, oregano and pepper in a small bowl and mix well. Place the mushroom caps on a cookie sheet with foil and a little olive oil (to prevent sticking). With a large spoon pour the marinade over each mushroom cap and let sit for about 10 minutes. Preheat the oven to 200C-400F. Bake the mushrooms for about 10 minutes. Check and see if they are done - otherwise, flip them and bake another 10 minutes. Place the bottom of the mushroom cap on a plate - add your choice of toppings- blue cheese, tomatoes, avocado and top with the top portion of the baked mushroom cap.

PORTOBELLO MUSHROOM BURGERS

548
CALORIES

12
PROTEIN

17
CARBS

48
FATS

9
FIBRE



SERVES 4 | TOTAL TIME: 40 MINUTES



INGREDIENTS

360g cooked chickpeas
1 tablespoon olive oil
1/3 cup + 1 tablespoon buffalo sauce
1 teaspoon garlic powder
1/2 teaspoon sea salt pinch of black pepper
For the Vegan Ranch Dressing
150g soft tofu
2 tablespoons fresh lemon juice
2 tablespoon apple cider vinegar
1 tablespoons water
2 teaspoons garlic powder
1 teaspoon onion powder
1 teaspoon sea salt
2 tablespoons of fresh chopped dill, chives or parsley
1 small to medium-sized baked sweet potato per person (or half a medium to large-sized)
1/4 of an avocado per person
chopped green onion, for topping

INSTRUCTIONS

You will need up to 50 minutes, depending on their size to bake sweet potatoes in the oven (180C-400F). Place the rinsed and drained chickpeas in a bowl and mix with 1/3 cup buffalo sauce, the olive oil, salt and pepper. Cook in a pan until they start to thicken and almost caramelize. This should take about 10 minutes over medium heat, stirring occasionally. As you stir, mash some of them up to create some texture once they're done, mix in the extra 1 tbsp of buffalo sauce. To make the Vegan Ranch Dressing - add all ingredients (except the herbs, if you're using) to a food processor or high-speed blender, or use an immersion blender and mix until smooth and creamy. Add additional water if desired to adjust the consistency. If you're adding fresh dill or parsley, stir them in once it's blended. If using halved baked sweet potatoes, place 1-2 halves in a bowl or on a plate. If using whole sweet potatoes, cut the sweet potato in half and open it up a bit so you can add the rest of the ingredients, place it in a bowl or on a plate. Add a scoop of chickpeas, sliced avocado, chopped green onion, and a drizzle of the vegan ranch dressing.

SWEET POTATOES STUFFED WITH CHICKPEA

481
CALORIES

21
PROTEIN

70
CARBS

13
FATS

18
FIBRE



SERVES 6 | TOTAL TIME: 30 MINUTES



INGREDIENTS

400g pumpkin or butternut squash, cut into cubes
2 tablespoons olive oil
Salt and pepper to taste
100g kale hard stalks removed
500g cooked chicken shredded or cut into cubes
250g cooked quinoa
Honey, Mustard and Cider Vinegar Dressing
4 teaspoons wholegrain mustard
4 tablespoons cider vinegar (or lemon juice, or white wine vinegar)
2 tablespoons extra virgin olive oil
2 tablespoons honey
½ teaspoon salt
Black pepper to taste

INSTRUCTIONS

Preheat your oven to 220C - 425F.

Place the pumpkin/squash in a roasting tray and drizzle with olive oil, sprinkle with salt and black pepper.

Toss the pumpkin in the oil and seasoning and place in the preheated oven for 20 minutes. Allow to cool for 5-10 minutes before adding to the salad.

Meanwhile, mix together the dressing ingredients. Simply place all the dressing ingredients into a clean jam jar, screw on the lid and shake until everything is combined.

Put the kale in a large bowl and pour over the dressing. Massage the dressing into the kale for about a minute, or until it feels like the kale has softened and is more like the texture of lightly cooked kale.

Add the quinoa, chicken and cooled butternut squash to the kale and stir to combine.

Serve straight away or place in boxes in the fridge for lunches.

CHICKEN, KALE, QUINOA AND PUMPKIN SALAD

427
CALORIES

31
PROTEIN

42
CARBS

15
FATS

5
FIBRE



SERVES 6 | TOTAL TIME: 4-6 HOURS

DF GF

INGREDIENTS

2 pounds beef chuck, cut into 1 to 2 inch chunks
28-ounce can unsalted crushed tomatoes
30g diced onions
45g diced carrots
5 cloves garlic, minced
1 tablespoon balsamic vinegar
1.5 teaspoons table salt
1/2 teaspoon ground thyme

INSTRUCTIONS

Heat half the oil in a large frying pan over high heat. Cook beef, in two batches, for 5 minutes or until browned. Transfer to the slow cooker. Add remaining oil to pan. Add onion and carrot. Cook for 3 minutes or until just tender. Add tomatoes with liquid from cans, stock, vinegar, salt and thyme to the pan. Bring to the boil. Carefully pour over beef. Stir to combine. Cover with lid. Cook on low for 6 hours (or on high for 4 hours) or until beef is very tender. Stir with a wooden spoon to roughly shred beef. Serve while hot with your choices of side, such as mashed cauliflower, almond flour biscuits, or Mediterranean salad. Optionally top with chopped parsley or shaved Parmesan cheese. Leftover stew can be covered and stored in the refrigerator for up to 2 days, and reheated using the microwave.

SLOW COOKER BEEF RAGU

455
CALORIES

53
PROTEIN

36
CARBS

11
FATS

9
FIBRE



SERVES 4 | TOTAL TIME: 2 HOURS 30 MINUTES

DF GF

INGREDIENTS

700g Aubergine chopped
4 lamb shanks
1¼ teaspoons salt
½ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil, divided
1 large green bell pepper, diced
1 small onion, diced
3 cloves garlic, minced, divided
5 plum tomatoes, diced
1 cup water
½ cup finely chopped parsley, divided

INSTRUCTIONS

Rub lamb shanks with 1 tablespoon sumac, salt and pepper and slice the aubergine.

Heat 1 tablespoon oil in a large Dutch oven (or other 5- to 6-quart pot) over medium-high heat. Add the lamb, cook, turning often, until browned on all sides, 5 to 7 minutes total.

Transfer to a plate. Add the remaining 1 tablespoon oil to the pot; add bell pepper, onion, 2 minced garlic cloves.

Cook, stirring often, until the vegetables are beginning to soften, 3 to 5 minutes. Return the lamb to the pot. Stir in the eggplant, tomatoes and water.

Bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring occasionally and turning the shanks over once about halfway through, until the lamb is very tender, about 2 hours.

Remove the lamb to a plate and tent with foil to keep warm.

Increase heat to medium-high and cook the sauce until slightly reduced and thickened, 5 to 10 minutes. Remove from heat and stir in parsley. Serve the lamb and vegetable and enjoy.

SLOW BRAISED LAMB SHANKS & EGGPLANT

368
CALORIES

49
PROTEIN

7
CARBS

16
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

2 cans tuna
2 teaspoons Dijon mustard
1/2 cup white bread torn into small pieces
1 teaspoon lemon zest
1 tablespoon juice
1 tablespoon water or liquid from the cans of tuna
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
1 egg
2 tablespoons extra virgin olive oil
1/2 teaspoon butter
Salt and freshly ground black pepper

INSTRUCTIONS

Drain the liquid from the tuna cans. If you are using tuna packed in water, reserve a tablespoon of the tuna water, and add a teaspoon of olive oil to the tuna mixture. In a medium bowl, mix the tuna, mustard, torn white bread, lemon zest, lemon juice, water (liquid from the cans of tuna), parsley, chives. Sprinkle on salt and freshly ground black pepper. Taste the mixture before adding the egg to see if it needs more seasoning to your taste. Mix in the egg. Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty. Heat the olive oil and a little butter in a cast-iron frying pan on medium-high. Gently place the patties in the pan, and cook until nicely browned, 3-4 minutes on each side. Serve with lemon wedges or with tartar sauce.

TUNA PATTIES

268
CALORIES

26
PROTEIN

5
CARBS

16
FATS

1
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

2 green peppers
8 flour tortillas
500g shredded vegan cheese
1 sweet potato, diced and roasted
1 red bell pepper, diced
100g cooked red beans
30g cup chopped spring onion
1 serrano pepper

INSTRUCTIONS

Roast the green bell peppers. Char the peppers over a gas burner or under a grill until the skin is blackened all over. Remove them from the heat, place in a bowl and cover with a towel or plastic wrap for 10 minutes. Uncover and use your hands to peel and remove the loose skin. Slice off the stem, and remove the seeds, and slice it into strips. Assemble tortillas with sprinkles of cheese, sweet potatoes, bell pepper, red beans, spring onions, and serrano, if using. Fold each tortilla in half and cook in a hot frying pan for about 2 minutes per side. Serve with guacamole, salsa, lime wedges, serranos, and coriander.

CHEESY VEGAN QUESADILLA

592
CALORIES

10
PROTEIN

75
CARBS

28
FATS

9
FIBRE



SERVES 6 | TOTAL TIME: 30 MINUTES



INGREDIENTS

350g whole-wheat fettuccine
1 tablespoon extra-virgin olive oil
4 cups sliced mixed mushrooms (cremini, shiitake)
4 cups thinly sliced Brussels sprouts
1 tablespoon minced garlic
1/2 cup dry sherry
2 cups low-fat milk
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 cup shredded vegan cheese

INSTRUCTIONS

Cook pasta in a large pot of boiling water until tender, 8-10 minutes. Drain, return to the pot and set aside. Heat oil in a large frying pan over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, about 10 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add sherry and scraping up any brown bits, bring to a boil and cook, stirring, until almost evaporated. Whisk milk and flour in a bowl, add to the frying pan with salt and pepper. Cook, stirring, until the sauce bubbles and thickens about 2 minutes. Stir the cheese until melted. Add the sauce to the pasta, gently toss. Serve with more cheese, if desired.

CREAMY FETTUCCINE WITH BRUSSELS SPROUTS AND MUSHROOMS

405
CALORIES

16
PROTEIN

56
CARBS

13
FATS

11
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES



INGREDIENTS

200g dried chickpeas, soaked overnight
60g packed flat-leaf parsley
20g chopped onion
2 medium cloves garlic
4 tablespoons extra-virgin olive oil, divided
1 tablespoon lemon juice
1 tablespoon ground cumin
½ teaspoon salt
¼ teaspoon baking soda
1-3 tablespoons water

INSTRUCTIONS

Drain chickpeas and transfer them to a food processor. Add parsley, onion, garlic, 1 tablespoon oil, lemon juice, cumin, salt and baking soda, process, adding water as needed, until finely ground and the mixture just holds together. Using about 3 tablespoons per patty, shape into twelve 1 1/2-inch patties. Heat 2 tablespoons oil in a large nonstick frying pan over medium-high heat. Reduce heat to medium. Add the patties and cook until golden brown on the bottom, 3 to 5 minutes. Turn, swirl in the remaining 1 tablespoon oil and cook until golden, 2 to 4 minutes more. Serve warm falafel patties with lemon wedges

FALAFEL

333
CALORIES

11
PROTEIN

34
CARBS

17
FATS

9
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES

Q GF

INGREDIENTS

1 tablespoons olive oil
500g lean ground turkey
2 garlic cloves, minced
1/2 onion, chopped
1 red pepper, diced
300g butternut squash, peeled and chopped
200g diced tomatoes (not drained)
Salt and pepper
1 teaspoon Italian seasoning
1/4 teaspoon red pepper flakes
150g feta cheese

INSTRUCTIONS

Heat the olive oil in a frying pan over medium-high heat. Add the turkey and cook, breaking up the meat, for 6-8 minutes. Add the garlic, onion, and red pepper. Cook for 4-5 minutes until the onion begins to brown. Add the butternut squash, tomatoes, salt, pepper, Italian seasoning, and red pepper flakes. Cover the frying pan and cook until the butternut squash is tender about 6-8 minutes. Add a touch of water if anything begins to burn. Add the cheese and cover for 1-2 minutes until it melts. Serve hot with chopped coriander leaves.

BUTTERNUT SQUASH AND GROUND TURKEY WITH FETA CHEESE

377
CALORIES

32
PROTEIN

15
CARBS

21
FATS

3
FIBRE



BAKED COD

SERVES 2 | TOTAL TIME: 40 MINUTES



INGREDIENTS

12 ounces cod, cut into 4 equal fillets
30g finely grated parmesan cheese
1 tablespoon chopped fresh parsley
1/2 teaspoon smoked paprika
1/4 teaspoon table salt
For The Sauce:
4 cloves garlic, minced
60ml dry white wine
2 tablespoons fresh lemon juice
1 tablespoon salted butter

INSTRUCTIONS

Position an oven rack in the middle of the oven, and preheat to 400F. Pat cod fillets dry using paper towels. Sprinkle salt over both sides of each fillet. Set aside. Make Sauce: In an oven-safe pan, melt butter over medium heat, stirring constantly, less than a minute. Stir in minced garlic until aromatic and starting to brown, 1 to 2 minutes. Add white wine and lemon juice to the pan. They should immediately start to simmer. Briefly stir, then turn off the heat. Add cod. In a mixing bowl, stir parmesan cheese with paprika until well-mixed. Place cod fillets side-by-side in the pan, over sauce. Generously spoon parmesan mix over the top of fillets in the pan, using a spoon to spread it out until evenly distributed over fillets. It's fine if some parmesan falls off fillets because it'll become part of a sauce. Once the oven has heated to 400 F, transfer the pan to the oven. Bake until cod fillets are cooked through (easily flaked with a fork), 15 to 20 minutes. Carefully transfer only cod fillets to serving plates, using a spatula to avoid disrupting parmesan topping. Stir together remaining liquid in the pan, optionally boiling over medium-high heat for a minute to thicken the sauce, and drizzle sauce over cod. Sprinkle parsley on top, and serve while hot.

282
CALORIES

44
PROTEIN

4
CARBS

10
FATS

1
FIBRE

60



SERVES 8 | TOTAL TIME: 25 MINUTES



INGREDIENTS

4 medium courgette, cut in half, seeds scooped out
15g nutritional yeast
125mL pasta sauce of choice
1 can chickpeas, rinsed and drained
pinch of salt and pepper

INSTRUCTIONS

Pre-heat oven to 200C-400F. Place the cut courgette on a baking pan. Pulse the chickpeas a few times in a food processor or blender so they're mostly broken down, place in a bowl and mix in the sauce and nutritional yeast. Divide the mixture amongst the 8 hollowed-out courgette. Sprinkle with a little sea salt and black pepper. Bake for 20-25 minutes until the courgettes are tender and the mixture is browned.

COURGETTE BOATS STUFFED WITH CHICKPEA

130
CALORIES

7
PROTEIN

21
CARBS

2
FATS

6
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

1 tablespoon olive or coconut oil
1 large onion, finely chopped (300 g)
4 cloves of garlic finely chopped (25 g)
2 tablespoons fresh ginger, finely chopped (20 g)
400g extra firm tofu, cubed
1 can crushed tomatoes
2 teaspoons of cumin
2 teaspoons of turmeric
2 teaspoons of coriander powder
2 teaspoons of garam masala
1 can full-fat coconut milk
Salt and pepper to taste

INSTRUCTIONS

Finely chopped onion, garlic and ginger and cut the tofu into approximately 1-inch cubes. Add the oil, onion, garlic and ginger to the Instant Pot and set to sauté function. Cook for about 1 minute until fragrant, stirring often. Add tofu cubes and cook for another minute. Add the crushed tomatoes, spices and coconut milk and stir to combine. Close the lid, make sure the valve is turned to sealing and set high pressure for 5 minutes. It will take some time for the Instant Pot to come to pressure, then the 5-minute time will start. Once the timer goes off, release the pressure manually by carefully moving the valve to vent. Press the sauté. Let the sauce simmer until slightly reduced and thickened, about 10 minutes. Serve over rice or quinoa or with naan bread for dipping.

TOFU TIKKA MASALA

176
CALORIES

11
PROTEIN

15
CARBS

8
FATS

4
FIBRE



SERVES 4 | TOTAL TIME: 45 MINUTES

DF GF

INGREDIENTS

1kg sea salt
1 cup water
1 tablespoon dried herbs (thyme, marjoram, oregano, rosemary)
1 tablespoon + 1 teaspoon extra-virgin olive oil
1 whole striped bass, cleaned with head and tail
1 orange, sliced
1 lemon, cut in wedges

INSTRUCTIONS

Preheat oven to 225C-450F.

To prepare salt crust- combine salt, water and herbs, mix until it's the consistency of wet sand.

Spread half the salt mixture on the prepared baking sheet in a rectangle just larger than the fish.

To prepare fish - open the fish up and season the inside with 1 teaspoon each salt and pepper, then add a layer of orange slices. Place the stuffed fish on the rectangle of salt. Pat the remaining salt mixture over the fish to cover completely.

Bake the fish for 30 minutes. Remove from the oven and let cool for 2 minutes.

Using a large spoon, rap all around the edge of the salt crust to loosen it. Remove the salt top and carefully remove the skin.

Use an offset spatula to remove the top fillet from the bones and transfer to a warmed serving plate.

Use the spatula to lift away the bottom fillet and place it on the plate.

Drizzle the fillets with the remaining 1 teaspoon oil and garnish with lemon wedges. Serve immediately.

WHOLE ROASTED FISH IN A SALT CRUST

420
CALORIES

44
PROTEIN

7
CARBS

24
FATS

2
FIBRE

DESSERTS







SERVES 10 | TOTAL TIME: 10 MINUTES



INGREDIENTS

150g raw cashews
220g pitted soft dates
66g unsweetened fine coconut
2 tbsp fresh lime juice
1 tsp fresh grated lime zest

INSTRUCTIONS

Use a grater or citrus planer to make the lime zest. Slice the lime in half and squeeze or use a citrus juicer to make 2 tbsp of juice in a small bowl or container. Place the cashews in a food processor and mix until broken down into coarse, grainy flour. Add the dates and process until it forms a crumbly but sticky dough. Add the coconut, lime juice and zest and process until you the mixture sticks together when you press it between your fingers. Use your hands to roll the mixture into 10-15 balls. The balls can be rolled in additional shredded coconut if desired. Store the balls in a sealed container in the fridge for up to 2 weeks or freezer for up to 2 months.

COCONUT, LIME ENERGY BITES

207
CALORIES

3
PROTEIN

24
CARBS

11
FATS

3
FIBRE



SERVES 8 | TOTAL TIME: 1H



INGREDIENTS

For the sweet potato

500g sweet potatoes, peeled and cut into cubes

4 tablespoons butter, softened

120ml cup milk

85g packed brown sugar

2 large eggs

1/2 teaspoon ground nutmeg

1/4 teaspoon pure vanilla extract

1 teaspoon kosher salt

For the topping

60g all-purpose flour

4 tablespoon melted butter

65g chopped pecans

40g packed brown sugar

1/2 teaspoon kosher salt

INSTRUCTIONS

Preheat the oven to 350° and grease a medium with cooking spray. Place sweet potatoes in a large pot and cover with water. Bring to boil then reduce heat and simmer until the sweet potatoes are tender about 15 minutes. Drain and let cool slightly then transfer to a large bowl. Add butter to sweet potatoes and use a potato masher, or two forks, to mash. Add milk, brown sugar, eggs, nutmeg, salt and vanilla and stir until smooth. Transfer to a prepared casserole dish. In a medium bowl, add all of the topping ingredients and mix until combined. Sprinkle the topping mixture over the sweet potatoes and bake until warmed through and golden on top, 25 minutes. Serve warm.

SWEET POTATO CASSEROLE

355
CALORIES

5
PROTEIN

41
CARBS

19
FATS

4
FIBRE



SERVES 12 | TOTAL TIME: 30 MINUTES

V VE N DF

INGREDIENTS

2 tablespoons ground flaxseed
5 tablespoons warm water
1 cup oat flour
1 cup additional whole rolled oats
½ cup almond flour
½ teaspoon baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon sea salt
1 cup grated carrots, (about 3 medium)
½ cup almond butter
¼ cup coconut oil, melted
½ cup maple syrup
1 teaspoon vanilla extract
⅓ cup chopped walnuts or pecans
Vegan Cream Cheese Frosting

INSTRUCTIONS

Preheat the oven to 175C-350F and line two large baking sheets with parchment paper. In a small bowl, combine the flaxseed and warm water and set aside to thicken for 5 minutes. In a large bowl, stir together the oat flour, the additional 1 cup rolled oats, almond flour, baking powder, baking soda, cinnamon, nutmeg and salt. In a medium bowl, combine the carrots, almond butter, coconut oil, and maple syrup, and vanilla and stir well. Add the flaxseed mixture and stir well to incorporate. Add the wet ingredients to the bowl of dry ingredients and fold in just until combined. Fold in the walnuts. Scoop ¼ cup of batter for each cookie onto the baking sheets. Bake, one sheet at a time, for 20 to 24 minutes, or until browned around the edges. Cool on the pan for 5 minutes and then transfer to a wire rack to finish cooling. When cookies are completely cool, pipe with cream cheese frosting if desired.

CARROT CAKE COOKIES

203
CALORIES

3
PROTEIN

23
CARBS

11
FATS

3
FIBRE



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