



## **6-Week Challenge**

## **Suggested Recipes**

**1.1 Hearty Vegetable Soup (serves 4)**

AMOUNT	INGREDIENT
1	Onion
1 tsp	Minced garlic
2	Chopped carrots
3	Celery stalks
300g	Peeled and chopped pumpkin
2	Zucchini
1L	Vegetable Stock
400g	Chopped tomatoes
1 tsp	Dried oregano
1/4 cup	Macaroni
300g can	Butter beans, rinsed and drained
2 tbls	Chopped fish parsley
	Spray of canola
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Spray large pan/wok and cook the onion over medium heat for approx 3mins.</li> <li>2. Add garlic, cook for another min.</li> <li>3. Add carrot, celery, pumpkin and zucchini and stir into onion mixture.</li> <li>4. Add the stock, tomatoes and oregano, and bring to boil. Reduce heat and simmer, partially covered for 10mins.</li> <li>5. Add the pasta and cook for a further 10mins or until pasta and vegetables are tender.</li> <li>6. Stir the butter beans and heat through. Just before serving stir in parsley.</li> </ol>	

**1.2 Honey Mustard Chicken Breast with Salad (serves 4)**

AMOUNT	INGREDIENT
4	Chicken breast fillets
1/3 cup	Honey
2 tsp	Seeded mustard
1 tsp	minced garlic
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Place chicken fillet in baking dish with a tbls of oil.</li> <li>2. Mix the honey, mustard and garlic together and spread over chicken.</li> <li>3. Cover with tin foil and bake at 180degrees Celsius for 15mins.</li> <li>4. Uncover and paste with juices and cook for a further 15mins or until tender</li> </ol>	

**1.3 Lemon Pepper Fish ( serves 2)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
130g	White fish (terakihi,gurnard,ling,snapper)
sprinkle	Lemon pepper spice mix
sprinkle	Parsley
2 cups	Broccoli
2 cups	Cauliflower
2 cups	Cabbage
2 cups	Runner beans
one	Sliced medium tomato
<b>INSTRUCTIONS</b> 1. Season fish. 2. Bake it or pan fry fish with 1tsp of butter or oil. Steam vegetables 3. Steam vegetables	

**1.4 Warm Chicken Salad (serves 4)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
1 tbs	Herb mustard
1 tbs	Minced garlic
juice of one	Lime
800g	Chicken tenderloins
50g	Snow peas
100g	Rocket leaves
12	Cherry tomatoes
1	Small avocado
1/3 cup	Basil (roughly chopped)
1/2 a	Spanish onion, finely sliced
1 tbs	Olive oil
2 tsp	Balsamic vinegar
<b>INSTRUCTIONS:</b> 1. Mix mustard, garlic and lime juice in a bowl. 2. Add chicken, turning to coat thoroughly. 3. Bring a small saucepan to coil. Blanch snow peas for 3 mins. Drain and cool under cold running water. 4. Pre heat griller or a grill plate to hot. Cook chicken. 5. Place avocado, tomatoes, snow peas, rocket. basil and onion in a large bowl	

**1.5 Garlic Basil Steak (2 serves)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
1 tsp	Olive oil
1 tsp	Minced garlic
2 dessertspoons	Fresh basil finely chopped
2 x 150g	Steaks eg: porterhouse or eye fillet
	Ground pepper
	Pinch of Trocomare or Herbo mare (this is a salt substitute)
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. In bowl, mix 3/4 dessertspoon of olive oil with garlic and basil.</li> <li>2. Coat steaks with remaining oil and season with salt substitutes and pepper.</li> <li>3. Cool steaks on a grill or non-stick pan drizzling occasionally during cooking with garlic and basil mixture.</li> <li>4. Cook until steak is the way you like it.</li> <li>5. SERVE WITH A SALAD OR STEAMED VEGETABLES</li> </ol>	

**1.6 Vegetable Stir-fry (1 large serve)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
1 small	Onion, thinly sliced
2	Cloves garlic, crushed
1	Small red capsicum, diced
2 cups	Cups cabbage sliced
2 cups	Cups mushrooms
1 cup	Cup snow peas
2 tsp	Fresh ginger, grated
1 dessertspoon	Low-salt soy sauce
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. In a non-stick fry pan add onion and garlic and stir-fry on medium heat for 2-3 minutes.</li> <li>2. Add capsicum stir-frying for 2 minutes.</li> <li>3. Add cabbage, mushrooms and snow peas stir-frying for a further 2 minutes.</li> <li>4. Add ginger and soy sauce.</li> </ol>	

**1.7 Thai Pork & Noodle Salad (serves 4)**

AMOUNT	INGREDIENT
1 x 400g	Lean pork fillet
2 tsp	Peanut oil
2 tbs	Fish oil
1/3 cup	Lime juice
1 tsp	Sugar
2 tsp	Minced garlic
1	Red chilli (optional)
1 cup	Bean sprouts
1/2 a	Red capsicum
1 1/3	Cups of vermicelli (glass) noodles
1	Bunch mint leaves
1	Bunch coriander leaves
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Heat a fry pan over medium heat. Coat pork fillet with oil and cook for 12 mins, turning to brown entire surface. Set aside for 10mins to rest.</li> <li>2. Meanwhile, mix fish sauce with lime juice and sugar in a bowl.</li> <li>3. Thinly slice meat and place in a serving bowl with garlic, ginger, chilli, beansprouts, capsicum, noodles and mint and coriander leaves.</li> <li>4. Pour dressing over salad and toss well.</li> </ol>	

**1.8 Beef, Shiitake Mushroom & Snow pea stir-fry**

AMOUNT	INGREDIENT
2 tsp	Cornflour
1/2 cup	Beef stock
2 tbs	Soy
1 tsp	Sesame oil
800g	Sirloin finely chopped
1 clove	Garlic, finely chopped
1 x 2 cm piece	Fresh ginger, grated
150g	Shiitake mushrooms, haled
4	Spring onions, cut into 3cm pieces
100g	Snow peas
<p><b>INSTRUCTIONS</b></p> <ol style="list-style-type: none"> <li>1. In a cup, mix cornflour, stock, soy and sesame oil.</li> <li>2. Combine beef, peanut oil, garlic, and ginger in a large bowl.</li> <li>3. Heat a wok or large frying pan. When wok is hot, stir-fry beef mixture in batches until browned. Set aside.</li> <li>4. Add mushrooms to wok and stir-fry for 2 mins. Add spring onions and snow peas and toss to combine.</li> <li>5. Stir cornflour mixture, then pour into wok and stir over high heat until sauce has thickened.</li> <li>6. Return beef to wok to heat through.</li> </ol>	

**1.9 Mustard Seared Fish (serves two)**

AMOUNT	INGREDIENT
2	Deep sea fish fillets
1 tbs	Coriander, finely chopped (optional)
1 tbs	Parsley, finely chopped
1 tbs	Chives, finely chopped
1tbs	Basil, finely chopped
1tbs	Dijon mustard
<b>INSTRUCTIONS:</b> 1. Combine all herbs and mustard. 2. Spread mixture on each fillet. 3. Add a small amount of water to a non-stick fry pan and cook fish over high heat for 5 minutes on each side. 4. Another cooking option is to grill or BBQ the fish.	

**1.10 Steak Sandwiches (serves four)**

AMOUNT	INGREDIENT
4x 100g	Rump steak
1 tbs	Olive oil
100g	Rocket leaves
2	Ripe tomatoes sliced
1	Small avocado sliced
4	Thick slices wholegrain sourdough bread, lightly toasted
1	Red spanish onion
1 tsp	Balsamic vinegar
<b>INSTRUCTIONS:</b> 1. Heat large fry pan. 2. Coat steaks with oil and cook for 3 mins each side or until done 3. Once cooked keep cover and keep warm 4. Layer rocket, tomato and avocado on the toast 5. Slice beef thickly and place on sandwich 6. Top with onion and drizzle with the remaining oil and balsamic vinegar	

**1.11 Chicken Bake (serves 4)**

AMOUNT	INGREDIENT
4	Chicken breast fillets approx 500g
1/3 cup	Honey
2 tbs	Seeded mustard
1 tsp	Minced garlic
<b>INSTRUCTIONS:</b> 1. Place chicken fillets in baking dish with a little oil 2. Mix the honey, mustard and garlic together and spread over chicken 3. Cover with tin foil and bake at 180 degrees celsius for 15mins 4. Uncover and paste with juices and cook for a further 15mins or until tender 5. Serve with a salad or steamed vegetables	

**1.12 Thai Beef Salad (serves 4)**

AMOUNT	INGREDIENT
800g	Rump steak
1 tbs	Olive oil
100g	Baby spinach leaves
1	Red capsicum (seeded and finely sliced)
1 1/2 cups	Beansprouts
4	Spring onions
1/2 cup	Coriander
2 tbs	Chopped mint
<b>DRESSING</b>	
2 tbs	Lime juice
1 tbs	Fish sauce
1 tbs	Soy sauce
1 tsp	Minced garlic
1	Red chilli, seeded and chopped optional)
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Brush meat with oil and cook on grill plate or bbq grill until cooked</li> <li>2. Keep steaks warm</li> <li>3. Mix all ingredients in a small bowl</li> <li>4. Slice meat across the grain into thin strips</li> <li>5. Place beef and remaining ingredients in a large bowl.</li> <li>6. Pour dressing over salad, then toss gently and serve immediately</li> </ol>	

**1.13 Omelette (serves 1)**

AMOUNT	INGREDIENT
3	Egg whites and 1 yolk
1 tsp	Olive oil
1	Small zucchini, diced
3	Mushrooms, sliced
1	Tomato, diced
1/4 of a	Onion finely sliced
1 tbs	Dessertspoon parsley, chopped
pinch	Freshly ground pepper to taste
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. In a mixing bowl beat eggs with a fork</li> <li>2. Heat olive oil in a non-stick fry pan</li> <li>3. Cook onion for 2 minutes. Add mushroom, zucchini and tomato and cook for another 2 minutes or until soft.</li> <li>4. Season with pepper and add parsley</li> <li>5. Add egg mixture and finish cooking on high heat. When all the egg is set the omelette is ready.</li> </ol>	

**1.14 Warm Salad Of Moroccan Lamb with Roasted tomatoes (serves 4)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
4	Ripe roma tomatoes
	Ground pepper
1 tsp	Minced garlic
1 tsp	Ground cumin
t tbls	Olive oil
400g	Lamb steaks
1	Red onion
1	Lebanese cucumber
100g	Rocket leaves
<b>DRESSING</b>	
1 tbls	Olive oil
1 tbls	Balsamic vinegar
2 tbls	Lemon juice
	Ground pepper
<b>INSTRUCTIONS:</b> <ol style="list-style-type: none"> <li>1. Preheat oven to 180 degrees. Line baking tray with baking paper</li> <li>2. Slice tomatoes lengthways. Place tomatoes seed-side up, on prepared baking tray and season with pepper. Roast for 20mins. Remove from oven and cool</li> <li>3. In bowl mix garlic, cumin and oil</li> <li>4. Heat a grill plate or bbq. Dip meat into spice mixture, coating evenly, then cook each side evenly. Put aside and keep warm</li> <li>5. In a small bowl whisk all dressing ingredients together</li> <li>6. Place onion, cucumber and rocket leaves in a bowl. Add dressing and toss to combine</li> <li>7. Layer salad on serving plates with lamb and roasted tomatoes</li> </ol>	

**1.15 Creamed Corn Crackers (serves 1)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
1/2 cup	Canned creamed corn (heated in microwave)
2	Rice cakes
<b>INSTRUCTIONS:</b> <ol style="list-style-type: none"> <li>1. Heat creamed corn</li> <li>2. Place corn on crackers</li> </ol>	



**1.16 Meat Burgers (makes approx 8)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
500g	Rump or eye fillet, minced
1/4 cup	Parsley, finely chopped
1/4 cup	Onions, finely chopped
1	Medium carrot, finely chopped
2	Egg whites beaten
<b>INSTRUCTIONS:</b> 1. In a large mixing bowl, combine all ingredients 2. Shape mixture into burgers 3. In a non-stick pan, cook patties for about 4 minutes on each side 4. Serve with a salad	

**1.17 Egg Sandwich (serves 1)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
2	Slices 'Performax' bread
1	Boiled egg, mashed
1 tbs	of avocado, mashed
1/2 tsp	Curry or chilli powder
	Freshly ground black pepper to taste
<b>INSTRUCTIONS:</b> 1. Combine egg, avocado, curry or chilli powder, flaxseed oil and blend well. 2. Spread mixture on bread and close sandwich.	

**1.18 Tuna Corn On Toasted Sourdough/performax or multigrain (serves 1)**

<b>AMOUNT</b>	<b>INGREDIENT</b>
95g	Can of tuna in spring water
2	Slices of sourdough/performax or multigrain bread
2 tbs	Creamed corn
<b>INSTRUCTIONS:</b> 1. Place tuna and corn on bread 2. Place sandwich in sandwich press	

**1.19 One slice of Multigrain or Performax Bread with your choice of topping (serves 1)**

AMOUNT	INGREDIENT
	Monbulk 100% fruit jam and Sanatarium natural peanut butter
or	Blue Cow low fat creamed cottage cheese and slices of avocado
or	John West tuna slices in spring water and slices of avocado
or	Slices of avocado and grilled tomato
or	Tomato or chilli paste (no added salt variety) and John West pink or red salmon (no added salt variety)
<b>INSTRUCTIONS:</b> 1. Toast ONE slice of bread 2. Place desired ingredients on toast	

**1.20 Pita Wrap with chicken and salad (serves one)**

AMOUNT	INGREDIENT
1	Pita wrap
handful	Of grilled chicken
	Lettuce
	Mushrooms sliced
	Sliced tomatoes
1 tbls	Dijoin Mustard
<b>INSTRUCTIONS:</b> 1. Spray pan with canola oil 2. Grill chicken breast pieces 3. When cooked place in wrap with lettuce, tomatoes, mushrooms and dijon mustard	

**1.21 Mustard Caesar Salad (serves 4)**

AMOUNT	INGREDIENT
1 x 425g	Tin of 'John West' tuna in spring water, drained
250g approx	Lettuce varieties
1	Medium carrot, grated
1	Medium avocado, sliced
2 cups	Snow pea sprouts
1 tbls	Whole-grain or Dijon mustard
2 tbls	Non fat italian/french or balsamic dressing
1/2 cup	Cherry tomatoes, chopped
<b>INSTRUCTIONS:</b> 1. Combine all ingredients into a large salad bowl and toss well	

**1.22 Chicken Salad Sandwich (serves 1)**

AMOUNT	INGREDIENT
2	Slices of performax bread or multigrain bread
100g approx	Cooked chicken breast, shredded
	Avocado or chilli tomato paste
3	Slices of tomato
	Cucumber peeled and sliced
	Freshly ground pepper
<b>INSTRUCTIONS:</b> 1. Spread bread with avocado or chilli or tomato paste 2. Layer salad vegetables and chicken as desired 3. Sprinkle pepper to taste	

**1.23 Fruit and Nut Mix (serves 6)**

AMOUNT	INGREDIENT
50g	Raw unsalted walnuts or cashews
50g	Raw unsalted almonds
25g	Sunflower seeds
25g	Pumpkin seeds
25g	Dried apple, finely chopped
25g	Dried pear, finely chopped
25g	Dried apricots, finely chopped
<b>INSTRUCTIONS:</b> 1. Combine all ingredients	

**1.24 Sculpt Smoothie-Apricot (serves 1)**

AMOUNT	INGREDIENT
2 scoops	Sculpt protein powder
1/2 cup	Spring Valley or Berry apricot nectar, chilled
3-4 tbs	Jalna yogurt, apricot is best
1/2 cup	Water or milk, chilled
handful	of ice cubes (optional)
<b>INSTRUCTIONS:</b> 1. In a blender combine all ingredients and process	

**1.25 Sculpt Banana Smoothie (serves 1)**

AMOUNT	INGREDIENT
2 scoops	Sculpt protein powder
2 tbls	Vanilla Jalna yogurt
1	small ripe banana
1 1/2 cups	chilled water or milk
handful	ice cubes
<b>INSTRUCTIONS:</b>	
1. In a blender combine all ingredients and process	

**1.26 Sculpt Berry Smoothie (serves 1)**

AMOUNT	INGREDIENT
2 scoops	Sculpt protein powder
3-4 tbls	Vanilla Jalna yogurt
1/4 cup	Strawberries
1/4 cup	Raspberries
1/2 cup	Chilled water of milk
handful	Ice cubes
<b>INSTRUCTIONS:</b>	
1. In a blender combine all ingredients and process	

**1.27 Yogurt and Fruit Salad (serves 1)**

AMOUNT	INGREDIENT
quantity as desired	select any combinations of fruit listed
2 heaped tbls	Jalna Yogurt
<b>INSTRUCTIONS:</b>	
1. Select fruit from the list, cubed or sliced	
2. Spoon desired amount of yoghurt into bowl	
3. Combine fresh fruit	

**1.28 Sculpt Shake (serves 1)**

AMOUNT	INGREDIENT
2 scoops	Sculpt Powder
3/4 to 1 cup	Ice cold water or milk
<b>INSTRUCTIONS:</b>	
1. Place all of the above dry ingredients in a container	
2. At the time of ingestion, simply add cold water or milk, flaxseed oil and shake vigorously until thoroughly mixed	

**1.29 Chicken tandoori pockets with raita**

AMOUNT	INGREDIENT
1 tbls	lime juice
1/3 cup	100g tandoori paste
1/4 cup	Jalna yogurt
400g	chicken tenderloins
8	large flour tortillas
60g	snow pea tendrils
<b>Raita</b>	
1 cup	Janala yogurt
1	lebanese cucumber
1 tbls	finely chopped fresh mint
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Combine juice, paste and yogurt in medium bowl; add chicken, toss to coat chicken in marinade</li> <li>2. Cook chicken, in batches, on heated grill plate (or bbq) until cooked through. Stand for 5 mins; slice thickly</li> <li>3. Meanwhile heat tortillas according to manufacture's instruction</li> <li>4. Place equal amounts of each of the chicken, tendrils and raita on a quarter section of each tortilla; fold tortilla in half and then in half again to enclose filling and form triangle-shaped pockets</li> <li>5. <b>Raita:</b> combine ingredients in small bowl</li> </ol>	

**1.30 Italian Lamb Casserole**

<b>AMOUNT</b>	<b>INGREDIENT</b>
800g	lamb leg, cut into 3 cm cubes
2 tbs	olive oil
1	onion finely chopped
1	carrot finely chopped
1	celery stick, finely chopped
2 tbs	minced garlic
1/4 cup	red wine
2 tbs	tomato paste
2 cups	chicken stock
1	bay leaf
2	sprigs rosemary
	Water
2	parsnips, peeled and chopped
2 tbs	flat-leaf (Italian) parsley
<p><b>INSTRUCTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Pre-heat oven. 180 degree</li> <li>2. Heat a large enamelled cast-iron casserole over high heat</li> <li>3. Coat lamb with oil and cook, in small batches, for 5 mins, or until browned.</li> <li>4. Remove from pan and set aside. Add onion, carrot and celery to pan and cook for 5 mins, or until soft</li> <li>5. Return lamb to pan, then add garlic, red wine and tomato paste and cook for a further 5 mins.</li> <li>6. Add stock, bay leaf, rosemary and enough water to ensure lamb is covered.</li> <li>7. Cover with lid and bake in oven for 1hr</li> <li>8. Add parsnip and cook for a further 30mins</li> <li>9. Serve sprinkled with parsley</li> </ol>	

**1.31 Moroccan-Style Chicken Hotpot**

AMOUNT	INGREDIENT
8	small chicken drumsticks, skin removed
1	medium onion, chopped
1 tsp	tsp minced garlic
2 tsp	Moroccan Seasoning
600g	potato, cut into quarters
1 cup	chicken stock
1	large tomato, chopped
1	zucchini, sliced
1/4cup	fresh flat-leaf parsley
	cooking oil spray
<p><b>INSTRUCTIONS:</b></p> <p>1. Coat a large saucepan with cooking oil spray, then heat and cook the drumsticks over a medium heat until lightly browned. Remove and set aside. Add the onion and garlic to the pan and cook until soft. Stir in the seasoning, potato and stock, then return the chicken to the pan, cover and simmer for 30mins</p> <p>2. Stir in the tomato and zucchini, cook for 5 mins, then sprinkle with parsley and serve</p>	

**1.32 Baked Oregano Meatball Hotpot**

AMOUNT	INGREDIENT
560g	lean pork mince
1/2 cup	fresh bread crumbs
2 tsp	dried oregano
2 tsp	minced garlic
1	egg, lightly beaten
400g	can butter beans, rinsed, drained
1	onion, finely chopped
800g	can diced tomatoes
1/4 cup	tomato paste
1 tbs	fresh oregano leaves
	cooking oil spray
	garden salad
<p><b>INSTRUCTIONS:</b></p> <p>1. Preheat the oven to 180 degree. Combine the mince, breadcrumbs, dried oregano, garlic and egg and mix thoroughly. Roll 1 tablespoon quantities of the mixture into balls and place in a casserole dish with the butter beans</p> <p>2. Heat a large non-stick frying pan and coat the onion with cooking oil spray. Cook over a low heat until soft and golden. Add the tomatoes and tomato paste, stir to combine and simmer for 5 mins, then pour over the meatballs and butter beans</p> <p>3. Place in the oven and cook for 45mins or until meatballs are cooked. Scatter with oregano leaves and serve with a garden salad</p>	

**1.33 Vegetarian Rice Paper Rolls**

<b>AMOUNT</b>	<b>INGREDIENT</b>
2 tbs	hoisin sauce
1/2 a	birds eye chilli, seeds removed finely diced (optional)
1 tsp	hot water
12	sheets of rice paper
1/2 small	carrot, julienne
1/2 a	lebanese cucumber, julienne
1 cup	bean sprouts
1/2 a	red capsicum, julienne
2	shallots, julienne
1/2 cup	coriander leaves
1/2 cup	mint leaves
	sliced shallots to garnish
<p><b>INSTRUCTIONS:</b></p> <p>1. In a small bowl, combine the hoisin sauce, chilli and water. Soak one sheet of rice paper in warm water until softened. Lay flat on a damp tea towel and place a small amount of each of the vegetables and herbs into the lower centre portion of the sheet</p> <p>2. Place half a teaspoon of hoisin sauce onto the vegetables and fold the lower end over the filling. Fold the two sides of the rice paper into the centre and roll firmly towards the back to enclose the filling. Continue with remaining ingredients</p> <p>3. Cover with a damp towel until ready to serve. Serve with a small bowl of sweet chilli if desired</p>	



**1.34 Roasted Vegetable and Baby Spinach Salad**

<b>AMOUNT</b>	<b>INGREDIENT</b>
1/2 a	small butternut pumpkin, peeled and cut into 3cm chunks
4	baby potatoes, cut into halves or quarters
4	baby carrot, cut into 4 pieces
1	small bulb of baby fennel, sliced into 1 cm slices
120g	cherry tomatoes
1 tsp	Cumin
1 tsp	minced garlic
	Trocomare or Herbo mare (instead of salt)
80g	baby spinach
<b>DRESSING</b>	
1/4 cup	Jalna yogurt
1 tbs	lemon juice
1 tbs	parsley, chopped
<p><b>INSTRUCTIONS:</b></p> <p>1. Pre-heat the oven to 280 degrees. Microwave or steam the pumpkin, potatoes, carrots and fennel for 3-5 mins or until soft. In a large bowl, lightly coat the steamed vegetables and tomatoes in cooking spray and toss with cumin, garlic and seasoning. Place on a baking tray lined with baking paper and cook for 25-30 mins or until golden and cooked through. Allow to cool to room temperature.</p> <p>2. To make the dressing, place the yogurt, lemon juice, and parsley into the bowl of a small processor. Process until smooth. Season to taste with Trocomare or Herbo mare</p> <p>3. To serve toss the vegetables and spinach together in a large bowl and serve drizzled with the dressing.</p>	

**1.35 Char-Grilled Atlantic Salmon Salad**

AMOUNT	INGREDIENT
1	bunch (350g) baby beetroots
1	bulb garlic
2 x 180g	fillets of atlantic salmon, skin and bones removed and cut in to 3-4cm cubes
	Trocomare or Herbo mare
150g	cherry or tear drop tomatoes
1	lebanese cucumber, cut in half lengthwise and sliced into pieces
1 tbs	baby capers
100g	wild rocket
<b>DRESSING</b>	
1 tbs	lemon juice
1 tbs	olive oil
1 tbs	Water
1 tbs	fresh dill, chopped
<p><b>INSTRUCTIONS:</b></p> <p>1. Pre-heat the oven to 180 degrees. Wrap the beetroots in foil and place on a baking tray along with the bulb of garlic. Place in the oven for 20-25 mins until the beetroot is tender and the garlic has softened. Set aside to cool. Remove from the foil and rub the skin from the beetroots. Cut into halves or quarters.</p> <p>2. Spray the salmon with cooking oil spray and season well with Trocomare or Herbo mare. Preheat a char-grill plate on medium high and cook the salmon for one minute on eac side until medium rare.</p> <p>3. To make the dressing, slice the end off the garlic and squeeze firmly to remove the flesh. Place in a food processor along with the lemon juice and the water and process until smooth. Slowly add the olive oil and dill until thickened.</p> <p>4. In a bowl, toss the beetroot, tomatoes, cucumber, capers, rocket and dressing together. Place on individual serving plates and top with the salmon pieces to serve</p>	

**1.36 Chicken Kofta with Herb and Yogurt Dressing**

AMOUNT	INGREDIENT
400g	chicken mince
1/4 cup	dried breadcrumbs
4	shallots, very finely chopped
1/2 tsp	ground cumin
1/2 tsp	ground coriander
1	lightly beaten
100g	jalna yogurt
1 tbsl	chives, chopped
8	wooden skewers, soaked in water for 10mins
<p><b>INSTRUCTIONS:</b></p> <p>1. Combine the chicken, breadcrumbs, shallots, cumin, coriander and egg, in a mixing bowl. Using your hands, divide into 8 portions and roll into sausage shapes (about 12cm in length) and thread one onto each skewer</p> <p>2. Heat a char-grill pan or bbq until hot. Coat the chicken with cooking spray and cook for 6-8 mins or until cooked through. Turn during cooking so that the chicken cooks evenly</p> <p>3. Combine the yogurt and chopped chives and drizzle over the skewers to serve</p>	

**1.37 Cajun Grilled Chicken with Cucumber Salsa**

AMOUNT	INGREDIENT
4	small chicken breast fillets (140g each) skin removed
2tsp	cajun spice mixture
2	lebanese cucumbers, finely diced
1/4 of	red onion, finely diced
1 tbsl	mint, chopped
	lemon to serve, cut into wedges
<p><b>INSTRUCTIONS:</b></p> <p>1. Flatten the chicken fillets with a meat mallet. Sprinkle with the cajun spice mixture and lightly coat the fillets with cooking spray. Heat a bbq or grill, until hot. Cook the chicken for 2-3 mins on each side or until golden and cooked through</p> <p>2. To make the salsa, toss together the cucumber, onion and mint. Slice each cooked chicken breast into 3 pieces and place on to a serving plate. Spoon the salsa over the top. You make like to serve with some lemon</p>	

**1.38 Beef and Bamboo Shoot Red Curry**

<b>AMOUNT</b>	<b>INGREDIENT</b>
420g	lean beef strips
1	onion, finely chopped
1/4 cup	Thai red curry paste
1/2 cup	light coconut milk
1/2 cup	vegetable stock
227g	can sliced bamboo shoots, drained
250g	green beans, trimmed and halved
1/4 cup	fresh coriander, chopped
<p><b>INSTRUCTIONS:</b></p> <p>1. Coat a non-stick pan with cooking spray and place over medium-high heat. Brown the beef strips and remove. Coat the pan again with cooking spray then add the onion and cook until soft</p> <p>2. Ad the curry paste to the onion and cook, stirring, for another min. Add the coconut milk, stock, browned beef, bamboo shoots and beans. Stir to combine, reduce the heat and cover. Simmer for 10min. To serve, scatter with the coriander and accompany each serve with 3/4 cup cooked jasmine rice</p>	

**1.39 Grilled Herb Fish with Lemon Chickpeas**

<b>AMOUNT</b>	<b>INGREDIENT</b>
4	small white fish fillets (200g each)
2 tsp	chives, chopped
2 tsp	parsley, finely chopped
2 cups	canned chickpeas, drained
1/2 a	red onion, finely chopped
2	tomatoes, diced
4 tsp	extra virgin olive oil
	juice and julienne zest of 1 lemon
<p><b>INSTRUCTIONS:</b></p> <p>1. Preheat the grill to high. Coat the fish fillets with cooking spray and place on a baking sheet. Grill fish for 6-8 mins or until opaque and the flesh falls easily. When cooked, scatter with the chives and parsley.</p> <p>2. While the fish is cooking, gently combine the chickpeas, onion, diced tomatoes, oil, lemon juice and zest. Serve chickpeas alongside fish</p>	

**1.40 Tomato and Fetta Stuffed Chicken**

AMOUNT	INGREDIENT
4	small chicken breast fillets (140g each) skin removed
90g	reduced-fat fetta cheese
75g	weight watcher cream cheese
75g	sun-dried tomatoes, rehydrated in boiling water until, chopped
<b>INSTRUCTIONS:</b> 1. Cut a lengthways pocket into each chicken breast. Combine the fetta, cream cheese and sun-dried tomatoes. Divide the mixture into 4 and press into the chicken breasts 2. Heat a large non-stick fry pan and coat the chicken with cooking spray. Cook over medium heat for 8-10 mins or until cooked through. Leave to stand for 5 mins then slice the chicken and accompany with a garden salad	