

Baked salmon, ginger and broccolini.

Cook time: 15 mins | **Prep time:** 10 mins | **Serves:** 4

Ingredients.

- 4 x 150g salmon fillets
- 1 bunch broccolini, stalks sliced in half lengthways if thick
- 1 garlic clove, minced
- 3cm ginger, minced
- 1 lemon, juice and zest
- 1/2 cup soy sauce
- 1/4 cup coconut sugar or brown sugar
- Coriander for garnish

Method.

1. Preheat oven to 180°C fan (350°F). Line a baking tray with parchment paper.
2. In a bowl add soy, coconut sugar, garlic, ginger, lime zest and juice. Mix to combine.
3. Line salmon fillets onto the baking tray. Place broccolini around the salmon fillets on the baking tray.
4. Spoon the soy mixture over the salmon and broccolini.
5. Bake in the oven for 15 minutes. Scatter coriander leaves over the top and serve with rice.



Audio Content: Nothing says comfort food than a bowl of hot chicken and corn soup and it could'nt be more simple. Prepare your corn kernels, onion and garlic. To a large heavy based pot add olive oil, add onion, garlic and the corn knels. Sweat down and add chicken stock, coocnunt milk, simmer and add shredded poached chicken. Add the soup liquid to cornflour, mix and stir into the soup. Add your eggs. And Serve with chives, cracked pepper and a dash of soy sauce.

Chicken and corn soup.

Cook time: 30 mins | **Prep time:** 15 mins | **Serves:** 4

Ingredients.

1 brown onion, finely diced
3 garlic cloves, finely chopped
3 corn cobs, kernels removed
2 liters chicken broth, good quality
1 cup coconut cream
2 cups shredded chicken, poached chicken breast/bbq chicken/TCK chicken from broth recipe.
2 teaspoons, cornflour
3 eggs, lightly whisked
salt and pepper
Garnish:
5g chives, chopped
soy sauce to taste
cracked pepper

Method.

1. In a large heavy-based saucepan on low to medium heat add 30ml olive oil, onions and teaspoon of salt. Cook for 6 minutes.
2. Add garlic and corn kernels. Stir and cook for 4 minutes.
3. Add chicken broth and bring to a simmer for 10 minutes. Add coconut cream, chicken and simmer for 5 minutes
4. Place cornflour into a small bowl and add some liquid from the pot. Mix until smooth and pour the cornflour mixture back into the pot.
5. Stir and turn heat off. Pour the lightly whisked eggs into the pot and stir 3 times then let sit for 5 minutes with the lid on.
6. Serve with chopped chives, cracked pepper, soy sauce.



Moroccan fish with quinoa and cherry tomatoes.

Cook time: 20 mins | **Prep time:** 10 mins | **Serves:** 2

Ingredients.

1 cup tri-colour quinoa, rinsed
300g firm white boneless fish, sea perch
400ml coconut water
1 garlic clove, minced
1 tablespoon cumin powder
1 teaspoon coriander powder
1 teaspoon smoked paprika powder
1 teaspoon salt
1 lemon, zest and juice
200g cherry tomatoes
Garnish:
1 tablespoon parsley, leaves
2 lemons, juice of 1 and 1 sliced
1 teaspoon chilli flakes



Method.

1. In a 25cm round fry pan add quinoa, coconut water, garlic, cumin, coriander, smoked paprika, salt, lemon juice, lemon zest. Stir
2. Place on low to medium heat. Bring to a light simmer and simmer for 5 minutes.
3. Stir and add cherry tomatoes and fish fillets on top of the quinoa. Simmer for 10 minutes with the lid on.
4. Take the lid off and simmer for another 5 minutes. Turn the heat off and let sit for 5 minutes with the lid on.
5. Serve with extra virgin olive oil, parsley leaves, chilli flakes and lemon.

Coconut and lemon pudding.

Cook time: 20 mins | **Prep time:** 10 mins |

Serves: 4

Ingredients.

- 1 cup coconut sugar
- 1 cup almond meal
- 1/2 cup desiccated coconut
- 1 teaspoon bi-carb soda
- 125g butter, melted (can be plant-based butter)
- 80ml lemon juice
- 4 eggs

Serve with

- coconut ice cream
- lemon zest



Method.

1. Preheat oven to 170°C fan (340°F) and grease a shallow 25cm round oven-proof dish.
2. In a bowl add coconut sugar, almond meal, desiccated coconut, bi-carb soda, melted butter and lemon juice. Stir to combine.
3. Separate eggs. Add the egg yolks into the mixture and stir through. With electric beaters whisk the egg whites until soft peaks form in a separate bowl.
4. With a metal spoon add the egg whites into the mixture in two lots. Fold through gently to combine.
5. Pour into the greased dish and bake for 20 minutes. Serve with coconut ice cream and lemon zest.

