

EGGPLANT PARMIGIANA WITH SALAD



PREP: 15 MIN
COOK: 35 MIN
SERVES: 2

INGREDIENTS

- 12 medium eggplants trimmed & sliced into 4 lengthways
- olive oil spray
- salt & pepper to taste
- 1/2 onion finely chopped
- 1 garlic clove finely chopped
- 1 cup (250g) tomato passata
- 4 sprigs of fresh basil leaves picked & torn, plus extra whole leaves to serve
- 2 thin slices sourdough bread
- 250g fresh ricotta
- 30g mozzarella grated
- 2 cups (60g) mixed salad leaves
- 1 tsp red wine vinegar

METHOD

- Preheat oven to 200°C and line a baking tray with baking paper. Place eggplant on tray in a single layer. Spray with oil and season with salt and pepper. Roast for 20 minutes or until tender.
- Meanwhile, heat a small non-stick saucepan over medium heat. Cook onion for 5 minutes until soft. Add garlic and cook for a further 30 seconds until fragrant. Add passata and torn basil leaves and simmer gently for 10 minutes. Adjust seasoning.
- At the same time, tear bread into pieces and process to form a rough crumb.
- Spray a small ovenproof dish with oil and add 2 slices of eggplant. Spoon some ricotta over each slice, top with a little mozzarella, salt and pepper, basil and some tomato sauce.
- Repeat layering, finishing with ricotta, sauce then the remaining mozzarella. Sprinkle with bread crumbs and return to the oven to bake for 15-20 minutes, or until golden.
- Divide between plates, scatter over extra basil leaves and serve with lettuce tossed with vinegar.
- Enjoy!

COCONUT ROUGH MUFFINS



PREP: 15 MIN
COOK: 25 MIN
SERVES: 12

INGREDIENTS

- 1 medium banana mashed
- 2 tbs honey
- 1 large egg beaten
- 1/3 cup (80ml) milk
- 1 cup (100g) almond meal
- 1 cup (135g) plain flour
- 25g dark chocolate cut in 12 even pieces

- 2 tbs cocoa powder
- 1 tsp baking powder

Topping

- 2 tbs shredded coconut
- 1 tbs coconut oil melted
- 2 tsp cocoa powder

METHOD

- Preheat oven to 160°C and line 12 muffin holes with cases.
- Combine banana, honey, egg and milk in a bowl and mix to combine.
- Add almond meal, flour, cocoa and baking powder to another bowl and whisk to combine. Add wet mixture and fold until just combined.
- Divide mixture between muffin cases. Insert a piece of chocolate into the centre of each muffin and smooth the top.
- To make topping, combine coconut, oil and cocoa with a fork in a small bowl and sprinkle over muffins.
- Bake for 25 minutes or until cooked.
- Cool for 10 minutes and serve warm while chocolate is still melted in the centre. Store remaining muffins in an airtight container for 3 days. Muffins can also be frozen separately for 3 months.
- Enjoy!

QUICK EGGPLANT & CHICKPEA CURRY



PREP: 10 MIN
COOK: 30 MIN
SERVES: 2

INGREDIENTS

- 1/4 cup flaked almonds
- 1 tsp olive oil
- 2 tsp ground garam masala
- 1/4 tsp chilli flakes
- 2 garlic cloves crushed
- 1 onion finely chopped
- 1 medium eggplant cut into cubes
- 1 tin of crushed tomatoes
- 2/3 cup coconut milk
- salt & pepper to taste
- 160g broccoli cut into florets
- 1 tin of chickpeas drained & rinsed
- 1/4 bunch of fresh coriander chopped

METHOD

- Place almonds in a medium saucepan over medium heat and toast for a few minutes. Remove from heat and set aside.
- Using the same saucepan heat oil, add garam masala, chilli, garlic and onion and cook for a few minutes, stirring constantly, until onion has softened.
- Add eggplant and stir to coat in spice mixture and cook for a few minutes.
- Add tomatoes, coconut milk and salt and pepper to taste. Bring to a simmer and cook uncovered for 10 minutes. Add broccoli and chickpeas, and cook for another 3-5 minutes or until broccoli is just cooked.
- Adjust seasonings and top with coriander and toasted almonds to serve.
- Enjoy!

MANGO & BANANA SMOOTHIE



PREP: 5 MIN
SERVES: 1

INGREDIENTS

- 1 cup coconut water
- 3/4 cup water
- 1/2 mango
- 1/2 medium banana

- 3 tbs vanilla protein powder
- 1 tsp rolled oats
- 1/2 tsp ground cinnamon
- 3-4 ice cubes

METHOD

- Blend all ingredients in a blender until smooth.
- Enjoy!