

Super Delicious, Super Nutritious

Case Study Recipe Picks

MONTH FOUR



THE
GABRIEL
METHOD

Blueberry Smoothie

Serves: 1

Preparation time: 5 minutes

Ingredients:

$\frac{3}{4}$ cup blueberries (frozen for extra thickness)
1 banana, chopped
 $\frac{3}{4}$ cup Nut Milk (see page 256)
or plain organic yoghurt
1 egg yolk or 1 Tbsp protein powder
1 Tbsp flax seeds, ground
contents of 1 probiotic and 1 digestive enzyme capsule (optional)

Method:

Place all ingredients into a mixing jug. Blend together with stick blender until well combined.

“For a variation, replace the blueberries with your fruit of choice. Some of our favourites include strawberries, mango, raspberries or any combination of these. Make it your own.”



Cauli Mash

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

1 cauliflower, cut into florets

pinch nutmeg

1 Tbsp butter

salt and pepper to taste

Method:

To prepare the cauliflower, place cauliflower florets in a medium saucepan with water. Boil until cauliflower softens. Transfer cauliflower to medium mixing bowl. Add butter and blend with hand held blender until mashed. Add nutmeg and season with salt, gently stir in. Cover to keep warm.



Muesli Balls

Makes: 35

Preparation Time: 30 minutes

Ingredients:

1½ cups almonds

⅓ cup pumpkin seeds

¾ cup sunflower seeds

¼ cup sesame seeds

¾ cup desiccated coconut

1 cup flax seeds

½ cup almond butter

⅓ cup water

⅓ cup tahini

¼ cup coconut palm sugar

¼ cup xylitol

Method:

1. Place all ingredients in food processor. Mix together until well combined and beginning to stick together.
2. Roll mixture into small balls, approximately 2 tablespoons of mixture per ball.
3. Eat instantly or refrigerate in an airtight container.









Red Capsicum (bell pepper) and Goat's Cheese Nibbles

Makes: 12 – 16

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

1 medium red capsicum (bell pepper)

1 tsp Gabriel friendly cooking oil (see page 24)

100g soft goat's cheese

1 tsp thyme leaves

healthy salt (see page 17) and pepper to taste

1 Tbsp parsley, finely chopped

Method:

1. Preheat the oven to 180°C / 355°F.
2. Cut the capsicum (bell pepper) lengthways into 4 pieces, discarding core and seeds. Place capsicum pieces on a baking tray. Drizzle with cooking oil and bake in oven for 6-8 minutes until they become tender.
3. In a mixing bowl, place goat's cheese, thyme, salt and pepper. Stir together until well combined.
4. Remove capsicum from oven. Cut each piece into 3 or 4 bite-size portions. Divide goat's cheese mixture between the capsicum pieces. Bake in oven for a further 2-3 minutes until cheese is warm. Garnish with finely chopped parsley prior to serving.



Sesame Garlic Prawns (shrimp)

Serves: 4

Preparation time: 5 minutes + 30 minutes marinating time

Cooking time: 3 minutes

Ingredients:

20 prawns (shrimp), peeled

2 Tbsp sesame oil

4 cloves of garlic, crushed

1 Tbsp ghee

2 Tbsp sesame seeds

1 Tbsp flax seeds

1 lime, cut into wedges

Method:

1. Place sesame oil, garlic and prawns (shrimp) in medium sized bowl. Cover and refrigerate for 30 minutes.
2. Melt ghee in frying pan on medium to high heat. Add prawns (shrimp) to pan and cook for approximately 3 minutes or until prawns begin to change colour.
3. Serve sprinkled with sesame seeds, flax seeds and a squeeze of lime juice.





Easy Meatballs

Serves: 4

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients for the meatballs:

500g (1lb) beef (organic grass-fed), minced (ground)

1 egg yolk (organic, free range)

healthy salt (see page 17) and pepper

Ingredients for the sauce:

1 Tbsp Gabriel friendly cooking oil (see page 24)

1 onion, diced

2 garlic cloves, finely chopped

400g (13oz) tomatoes, chopped

150ml chicken stock (with no MSG, artificial colours or flavours)

healthy salt (see page 17) and pepper

Method:

1. To make the meatballs, place beef, egg yolk and salt in a bowl and stir to combine. With wet hands, shape the meat mixture into balls. The mixture should make approximately 20 meatballs.
2. Heat cooking oil in a large frying pan. Cook meatballs in the pan over a medium to high heat, turning until browned all over. Transfer to a plate and set aside.
3. To make the sauce, add the onion to the pan and cook for approximately 5 minutes or until beginning to brown. Add the garlic, tomatoes, stock, salt and pepper. Stir the sauce while cooking. Bring the sauce to a boil.
4. Reduce the heat. Place the meatballs into the sauce and spoon the sauce over the meatballs so that they are covered. Cook for another 5 minutes or until meatballs are cooked through.

Pork Fillet with Caramelised Apple

Serves: 2

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

350g pork fillet, cut into 1cm rounds

1 apple, peeled and cubed

1 Tbsp Gabriel friendly cooking oil (see page 24)

¼ tsp xylitol

¼ tsp cinnamon

¼ tsp cumin

Method:

1. Heat cooking oil in frying pan on medium heat. Add apples to pan with xylitol and cook for 2-3 minutes stirring from time to time. Add the cumin and cinnamon and stir through. Reduce heat, cover and cook until apples are tender. Adding 1 tablespoon of water will create a steaming effect to tenderise apples. Remove from pan and set aside.
2. Increase heat and add more oil to pan if required. Place pork slices in pan and cook for a few minutes on each side until cooked to your liking. Return apple to pan and cook for another minute. Season with salt and pepper before serving.







Chicken and Asparagus with Lemon Butter Sauce

Serves: 2

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1 Tbsp Gabriel friendly cooking oil (see page 24)

4 chicken thigh fillets

1 Tbsp tamari

1 bunch asparagus (approximately 12 spears)

25g butter

juice of half a lemon

2 cloves garlic crushed

1 Tbsp flax seeds

Method:

For the chicken:

Cut chicken fillets in half length ways. Heat cooking oil in frying pan on medium-high heat. Place chicken in pan. Cook for approximately 3-4 minutes. Add tamari. Turn chicken fillets over and cook for another 3-4 minutes or until chicken is cooked through.

For the asparagus:

Cut approximately 3 cm off ends of asparagus. Steam asparagus for approximately 2-3 minutes. You only want the colour to darken slightly.

For the lemon butter sauce:

Place butter, lemon juice and crushed garlic in small pan on low-medium heat. Once butter has melted, remove from heat.

To serve: Place chicken and asparagus on plate. Serve with salad. Drizzle with 1-2 tablespoons of sauce and sprinkle with flax seeds.

Baked Salmon Pesto

Serves: 4

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients:

4 salmon fillets (600g)

4 Tbsp pesto

2 spring onions (scallions), sliced

100g cherry tomatoes, quartered

200ml dry white wine

150ml fish stock (with no MSG, artificial colours or flavours)

salt and pepper

Method:

1. Preheat oven to 180°C / 355°F
2. Place the 4 salmon fillets into a deep baking dish. Spread 1 Tbsp of pesto over each fillet and cover with tomatoes and spring onions (scallions).
3. In a medium saucepan, combine wine and stock. Boil and season with salt and pepper. Pour liquid over salmon.
4. Place baking dish in oven and cook for approximately 25 minutes or until salmon breaks easily away from itself when cut.



Satay Chicken Stir Fry

Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients for the Satay Sauce:

1 Tbsp Gabriel friendly cooking oil (see page 24)
2 cloves garlic, crushed
3cm piece of ginger
½ fresh red chilli, seeds removed, sliced thinly
2 Tbsp organic peanut butter, sugar free
1 Tbsp tamari
1 Tbsp coconut palm sugar
1 Tbsp lime juice
salt to season

Ingredients for the Stir Fry:

600g chicken breast fillet, thinly sliced
1 red capsicum (bell pepper), thinly sliced
1 cup bean sprouts
150g snow peas
3 bok choy
1 garlic clove, crushed
pinch pepper
fresh coriander
shallots
lime wedges

Method:

1. For the sauce: In a medium saucepan, heat cooking oil over medium heat. Fry garlic, ginger and chilli until tender. Add peanut butter and allow to melt then add tamari, coconut palm sugar, lime juice and salt to taste. Remove from heat and cover.
2. Heat a wok or large frying pan over medium to high heat. Cook the chicken in batches stir frying each batch for 2-3 minutes or until golden brown. Add extra cooking oil between batches if necessary.
Using a slotted spoon, transfer all the chicken to a plate and set aside.
3. Add capsicum (bell pepper), bean sprouts, snow peas, bok choy and garlic. Stir fry until vegetables become tender. Return chicken to the pan and add pepper.
4. Divide stir fry into 4 bowls. Drizzle with the satay sauce and garnish with coriander, shallots and a lime wedge.



