

*Super Delicious, Super Nutritious*

# Case Study Recipe Picks

MONTH ONE



THE  
**GABRIEL**  
METHOD



# Scrambled Eggs

**Serves:** 2

**Preparation time:** 15 minutes

**Cooking time:** 10 minutes

## **Ingredients:**

1 Tbsp ghee

1 brown onion, diced

1 cup broccoli, chopped

1 clove garlic, peeled and crushed

1 Tbsp tamari

4 eggs (organic, free range), beaten

¼ cup cheddar cheese, grated

## **Method:**

1. Heat ghee in a frying pan on medium to high heat.
2. Add onion to pan and cook for a couple of minutes.
3. Reduce heat to medium and add broccoli, garlic and tamari. Cook while stirring for another minute or two.
4. Add beaten eggs to pan. Fold eggs and pan contents together until eggs are cooked. Add cheese and stir through until melted.
5. Serve sprinkled with ground flax seeds and a fresh salad!

*“Scrambled eggs are a perfect way to please the whole family while using the ingredients in your fridge. Half a zucchini, those last few cherry tomatoes... throw it all in to this easy to prepare, and easier to enjoy meal.”*

## Frittatas - 3 different tastes

**Serves:** 6 for entree, 4 for main

**Preparation time:** 20 minutes

**Cooking time:** 45 minutes

Frittatas are a healthy and tasty way to get all your protein and greens without the dead carbs you get in a quiche. You can modify the basic frittata recipe by adding your favourite ingredients.

### Broccoli & Red Capsicum (bell pepper) Frittata

#### Ingredients:

1 Tbsp ghee or Gabriel Method friendly cooking oil (see page 24)

1 onion

6 mushrooms, sliced

1 cup broccoli florets, sliced

½ cup red capsicum (bell pepper), sliced

1 clove garlic, crushed

1 Tbsp tamari

8 eggs (organic, free range), beaten

¼ cup tasty cheese, grated

#### Method:

1. Preheat oven to 180°C / 355°F. Grease 20cm square baking dish, lining the base with baking paper.
2. Heat cooking oil in frying pan over medium-high heat.
3. Add onion and cook until it begins to colour.
4. Add mushrooms, broccoli and red capsicum (bell pepper). Stir together, reducing to a medium heat. Add garlic and tamari. Stir to combine and allow to cook for another 2-3 minutes.
5. Beat the 8 eggs together in a medium bowl.
6. Transfer vegetables from frying pan to baking dish. Distribute well in the dish then pour beaten eggs over the top. Sprinkle the grated cheese on top.
7. Cook in oven for 35 minutes or until cooked through.







## Choc Seed Treats

**Makes:** 10

**Preparation time:** 15 minutes

### **Ingredients:**

1/3 cup almonds  
1 Tbsp sunflower seeds  
1 Tbsp pumpkin seeds  
1 Tbsp organic desiccated coconut  
1 Tbsp flax seeds  
1 tsp sesame seeds  
1 Tbsp cocoa powder  
1 tsp cinnamon  
3 Tbsp almond butter  
1 Tbsp tahini  
1 1/2 tsp coconut palm sugar  
1 1/2 tsp xylitol

### **Method:**

1. Place all ingredients in a food processor. Mix until mixture begins to stick together.
2. Roll mixture into small balls, approximately 1 Tbsp of mixture per ball.
3. Eat instantly or refrigerate until you feel ready for this scrumptious treat.

A special treat, great for after school snacks, blood sugar leveliser, or wrap in pretty paper and offer as a gift.

# Prawn Laksa

**Serves:** 4

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

## Ingredients:

- 1 Tbsp sesame oil
- 3 Tbsp laksa paste (preferably with no artificial colours or flavours)
- 270ml coconut milk
- ½ Tbsp xylitol
- 1 Tbsp lime juice
- 750g green king prawns (shrimp), peeled
- 2cm fresh ginger
- 4 baby pak choy, trimmed, leaves separated
- ½ cup fresh mint
- ½ cup bean sprouts
- 2 cups of water

## Method:

1. Heat oil in a wok or large frying pan on medium heat. Add laksa paste cooking until the fragrance becomes apparent. Add water, coconut milk, xylitol and lime juice.
2. Increase the heat to high. Bring contents of frying pan to the boil. Add prawns (shrimp) and ginger.
3. Reduce heat to low-medium. Simmer until colour of prawns changes to pink.
4. Add pak choy and simmer for 1 more minute before serving.
5. Serve topped with bean sprouts, fresh mint and extra lime wedges.





# Home-Made Dukkah

**Makes:** 1 cup

**Preparation time:** 5 minutes

**Cooking time:** 10 minutes

## **Ingredients:**

1/3 cup hazelnuts	2 tsp cumin, ground
1/4 cup sesame seeds	salt and pepper to taste
2 tsp coriander, ground	

## **Method:**

1. Place hazelnuts in a dry frying pan on medium – high heat. Cook, stirring from time to time, for approximately 5 minutes or until toasted. Grind hazelnuts using a coffee grinder or small food processor.
2. Toast sesame seeds in frying pan for 2-3 minutes. Add remaining ingredients and cook for approximately 30 seconds.
3. Combine sesame seed mixture and ground hazelnuts together in a bowl.

# Dukkah Chicken Bites

**Serves:** 4

**Preparation time:** 15 minutes

**Cooking time:** 20 minutes

## **Ingredients:**

4 chicken thigh fillets (organic, free range), cut into long strips  
2 egg yolks, beaten  
1 cup dukkah mix\*  
2-3 Tbsp Gabriel friendly cooking oil (see page 24)

\*If you don't want to make your own, dukkah can be purchased from most supermarkets, delis and gourmet food shops



**Method:**

1. Have beaten eggs yolks in one bowl and dukkah in a second bowl.
2. Dip each chicken piece into egg yolk mix and then into dukkah so that it is coated all over. Place coated chicken pieces onto a plate.
3. Heat 1 Tbsp cooking oil in frying pan on medium – high heat. When it is hot, place chicken into pan. Cook on each side for 2-3 minutes or until chicken is cooked through. Do this in batches until all chicken pieces are cooked.

# Roo Burger with Chilli Tahini Sauce

Serves: 4

**Preparation time:** 20 minutes + 30 minutes refrigeration time

**Cooking time:** 5 minutes

## Ingredients:

400g roo mince (or other organic grassfed mince)

2 spring onions (scallions), chopped finely

1 clove garlic, peeled and crushed

1 egg yolk

1 tsp dried sage

1 tsp fresh or dried thyme

salt and pepper

Gabriel friendly cooking oil (see page 24)

## Method:

1. Place all ingredients for the roo burgers in a bowl. Mix together until all ingredients are well combined.
2. Divide the mixture up into 4 equal parts. Shape each part into a ball and refrigerate for 30 minutes.
3. To cook your burgers, heat cooking oil in frying pan on medium heat. Once the oil is hot place roo patties into pan. Press down on them with an egg flip to flatten. Cook on each side for 2-3 minutes or until cooked to your liking.
4. Serve on a bed of lettuce with salad ingredients and Chilli Tahini Sauce (see page 204)





# Baby Spinach and Goat's Cheese Salad

**Serves:** 4

**Preparation time:** 10 minutes

## **Ingredients:**

4 handfuls baby spinach leaves

2 Tbsp pine nuts, lightly toasted in frying pan, no oil required

1 avocado, sliced thinly

80g goat's cheese, chopped into small pieces

2 Tbsp ground flax seeds

## **Method:**

1. Place all ingredients in salad bowl.
2. Dress with Gabriel Method Balsamic Dressing (see page 200) and sprinkle with flax seeds.



# Almond and Orange Cake

**Serves:** 8

**Preparation time:** 20 minutes

**Cooking time:** 1 hour and 15 minutes

## Ingredients:

2 oranges

1½ cups (240g) almonds

¾ cup xylitol

6 eggs (organic, free range)

1 teaspoon vanilla essence

## Method:

1. Grease 20cm square cake tin, lining base with baking paper.
2. Place entire oranges (skins and all) in saucepan. Cover them with water and bring and cook. Once boiling, reduce heat and simmer for approximately 30 minutes or until skin has softened. Remove from water and allow to cool.
3. Preheat oven to 150°C / 300°F.
4. Blend almonds in food processor until coarsely chopped. Remove from food processor and set aside.
5. In food processor, place quartered unpeeled oranges. Blend until smooth. With motor running at low speed add eggs one at a time. Add almonds, xylitol and vanilla essence and continue to mix until combined.
6. Pour mixture into prepared pan and bake in oven for approximately 1 hour and 15 minutes or until cooked through.





## Lime Soda

**Serves:** 4

**Preparation time:** 5 minutes

**Ingredients:**

750mls sparkling mineral water

50ml lime juice

a pinch of stevia

**Method:**

Combine mineral water, lime juice and stevia. Stir together

*“A great alternative to alcohol and sugar loaded soft drinks. Simply take it along to BBQs and picnics. Serve in a wine glass for more formal occasions.”*





*“This is a Gabriel Method version of the traditional Indian drink, and every bit as delicious. Perfect with a hot curry or simply as a refreshing drink.”*

## Mango Lassi

**Serves:** 1

**Preparation time:** 5 minutes

**Ingredients:**

1 frozen mango cheek, cubed

$\frac{3}{4}$  cup yoghurt

ground flax seeds to serve

**Method:**

Place mango and yoghurt together in mixing jug. Blend with stick blender until all of the mango is blended through. Pour into glass, sprinkle with flax seeds and serve.