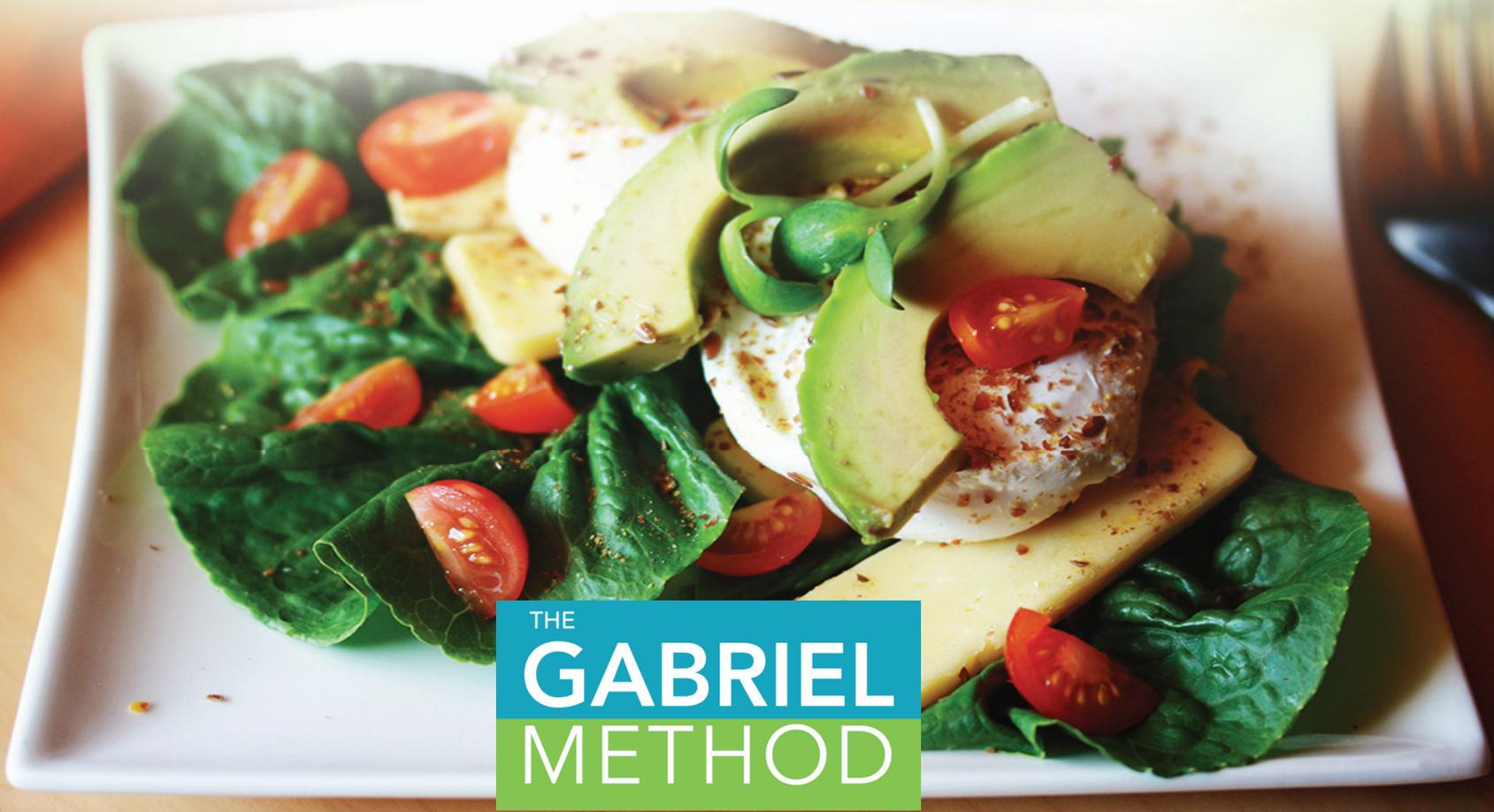


Super Delicious, Super Nutritious

Case Study Recipe Picks

MONTH THREE



THE
GABRIEL
METHOD

Poached Eggs with Havarti and Avocado

Serves: 1

Preparation time: 10 minutes

Cooking time: 3 minutes

Ingredients:

¼ cup vinegar

2 eggs (organic, free range)

2-3 lettuce leaves

35g havarti cheese

¼ avocado, sliced

1 Tbsp ground flax seeds

Method:

1. Fill medium saucepan halfway with water. Place on stove on high heat. Cover and leave to boil.
2. Place lettuce and havarti on plate. Slice avocado.
3. Once water is boiling, reduce heat to simmer. Add vinegar to water and stir water to create whirlpool. Crack eggs and slowly lower into spinning water.
4. Cook for 1 minute if you prefer a runny yolk or 2 minutes if you prefer a more solid yolk.
5. Scoop eggs out of saucepan using a slotted spoon and place them on top of lettuce and havarti. Place sliced avocado over eggs. Sprinkle with ground flax seeds.

“Poaching is one of the best ways to cook eggs as you preserve a larger percentage of healthy fat. This is one of our favourite lazy morning breakfasts.”





Guacamole

Serves: 6

Preparation time: 10 minutes

Ingredients:

2 avocados

2 cloves garlic

juice of half a lemon

1 tomato, diced

1 Tbsp flax seeds, ground

healthy salt (see page 17) to taste

parsley to serve

Method:

1. Place avocado in a bowl. Mash with a fork to achieve a smooth consistency.
2. Add garlic, lemon juice, diced tomato, flax seeds and salt. Combine ingredients together.
3. Serve with vegetable dipping sticks such as carrot, celery, cucumber.







Flax Crackers

Preparation time: 10 minutes

Dehydrating time: Forever! (16 hours :-))

Ingredients:

1 cup flax seeds

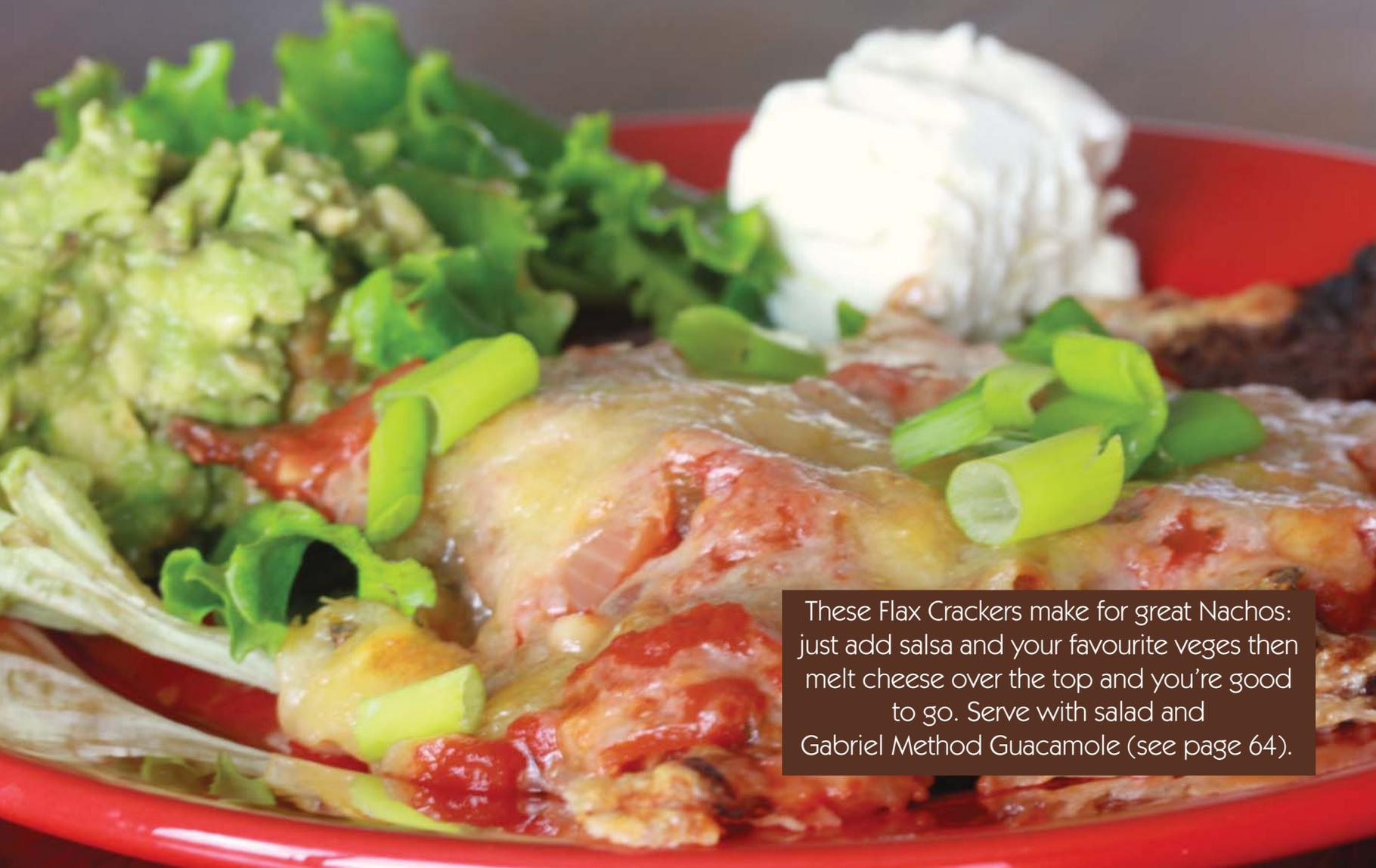
1 cup water

1/2 tsp healthy salt

1 tsp pepper

1 Tbsp coconut palm sugar

2 Tbsp olive oil



These Flax Crackers make for great Nachos: just add salsa and your favourite veges then melt cheese over the top and you're good to go. Serve with salad and Gabriel Method Guacamole (see page 64).

Method:

1. Put all ingredients except oil in a bowl.
2. Blend for a few minutes with a stick blender until gelatinous.
3. Spread onto dehydrator sheet.
4. Add oil on top to help with spreading.
5. Spread as thin and uniform as possible without any gaps.
6. Dehydrate 1 hour. Take out and score into squares or triangles.
7. Dehydrate for another 12-14 hours at 40°C / 105°F.
8. Flip and dehydrate for 2-4 more hours until crunchy.

Cauli Nori Rolls

Makes: 6 rolls

Preparation time: 30 minutes

Ingredients:

6 nori sheets

½ cauliflower

½ cup almonds

1 tsp tamari

juice of ½ a lemon

Fillings:

avocado

egg

cucumber

prawns (shrimp)

sprouts

crab

smoked salmon

pickled ginger

chicken

wasabi

tuna

Method:

1. In a food processor, mix together cauliflower, almonds, tamari and lemon juice. Process until well combined.
2. Lay out nori sheet with shiny side face down. Place ¼ cup of cauliflower mix onto nori sheet. Spread it out thinly, reaching to both sides of sheet and about 7 cm along the sheet. Place chosen toppings in a strip in middle of cauliflower, reaching to both sides of sheet.
3. Roll the nori sheet over the toppings until the entire sheet is rolled up. With dampened fingers, moisten the edge of nori sheet to assist with sticking it to itself. Cut roll into 6 even pieces.
4. Repeat with remaining nori sheets and toppings.

This is a great way to make super delicious sushi rolls without the rice









Nori Wraps

Serves: 2

Preparation time: 10 minutes

Ingredients:

2 fresh nori sheets

½ avocado, sliced thinly

1 carrot, grated

1 small beetroot, grated

½ cucumber, sliced

100g smoked salmon

1 tomato, sliced thinly

1 Tbsp flax seeds, ground

lettuce leaves, washed and spun

Method:

1. Place nori sheet on chopping board, shiny side down.
2. Layer your choice of favourite fillings on top of each other, leaving about 1 inch of nori sheet clear at the end closest to you.
3. Gently roll the front of the nori sheet over fillings and continue to roll gently to the end. If you are having trouble getting the paper to stick to itself, dip your fingers in warm water and spread along seam.
4. Cut into 2 pieces to make for easy eating. Enjoy!

Other Gabrielicious favourite fillings:

haloumi

wasabi

pickled ginger

tuna

sprouts

smoked chicken

A great alternative to the traditional wrap or even sandwiches. Seaweed is loaded with trace minerals and very assimilable calcium. I am often grateful at lunch time when Jenny, my office manager, prepares one of these for me. Thanks Jen!



Chicken Nuggets

Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

4 chicken thigh fillets (organic, free range), cut into nuggets

2 egg yolks, beaten

½ cup organic ground almonds

1 Tbsp ghee for cooking

Method:

1. Place beaten egg yolks in one bowl and place ground almonds in a second bowl.
2. Dip each chicken piece into egg yolk mix and then into ground almonds so that it is coated in almonds. Place coated chicken pieces onto plate.
3. Melt ghee in frying pan on medium heat. When it is hot place chicken into pan. Cook on each side for 2-3 minutes or until almonds are golden brown and chicken cooked through. Do this in batches until all chicken pieces are cooked.
4. Serve with Gabriel Method Tomato Sauce (see page 206).





BBQ'd Lemon and Thyme Calamari

Preparation time: 20 minutes plus 1 hour marinating

Cooking time: 15 minutes

Ingredients:

1kg (about 12) small, cleaned calamari tubes (hoods)

olive oil, to grease

Marinade:

juice of 3 lemons

¼ cup of olive oil

2 Tbsp fresh thyme leaves

1 large fresh red chillies, deseeded,
finely chopped

1 tsp sesame oil

healthy salt (see page 17) & freshly

ground black pepper

lettuce leaves to serve

lemon wedges to serve

Method:

1. To make the marinade, combine the lemon juice, olive oil, thyme and chillies in a large airtight container. Season with salt and pepper.
2. Cut each calamari tube into quarters lengthways. Score the inside surface of each in a diamond pattern (don't cut all the way through). Cut each quarter into 3 even pieces. Add the calamari to the marinade and toss to coat. Place in the fridge for 1 hour to marinate (or longer if time permits).
3. Brush a barbecue plate with oil to grease and preheat on high. Spoon half the calamari and marinade onto preheated barbecue and cook for 1-2 minutes each side or until calamari curls and is opaque. Transfer to a bowl and cover to keep warm. Repeat with remaining calamari and marinade.
4. Place calamari and any juices in a large serving bowl. Season with salt and pepper, and toss gently to combine. Serve immediately.





Chilli Mussels

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

1 kg mussels

1 Tbsp Gabriel friendly cooking oil (see page 24)

1 brown onion, diced

1 garlic clove, peeled and crushed

2 cups tomatoes, puréed in food processor

1 tsp chilli powder OR fresh chilli*

½ cup fresh basil leaves, finely shredded

*Adjust quantities of chilli to suit personal taste.

This recipe will make for a very mild chilli sauce.

Method:

1. Rinse and debeard all mussels. Discard any open mussels that do not close when held under running water while applying pressure. Set aside.
2. Heat cooking oil in medium saucepan on medium heat.
3. Cook onion in saucepan until beginning to colour. Add garlic and allow to cook for one minute. Add puréed tomatoes and chilli powder. Stir until sauce is well heated.
4. Remove sauce from heat.
5. Place the mussels in a large, empty pot with lid on high heat.
6. Heat for approximately 5 minutes or until all mussels are open.
7. Place mussels in a large serving bowl or individual serving bowls. Distribute sauce over mussels. Stir sauce and mussels together and sprinkle with shredded basil leaves prior to serving.



Turkey Meatballs

Serves: 4

Preparation time: 20 minutes

Cooking time: 20 minutes

Note: Minced (ground) chicken or pork can also be used with this recipe

Ingredients:

For the meatballs:

1 onion, diced finely

500g minced (ground) turkey (organic, free range)

1 egg yolk

1-2 Tbsp Gabriel friendly cooking oil (see page 24)

healthy salt (see page 17) and pepper

For the Sauce:

50g butter

1 onion, sliced

250ml chicken stock (with no MSG, artificial colours or flavours)

3 tsp Dijon mustard

½ tsp turmeric

Method:

To make the meatballs:

1. In a bowl, mix together onion, turkey, egg yolk, salt and pepper. Shape the mixture into 20 small meatballs.
2. Heat cooking oil in a large frying pan on high heat. Cook meatballs in batches, turning them while cooking until they are evenly browned all over. Remove from pan and place onto a plate with absorbent paper. Wipe the pan clean with paper towel between batches and reapply oil if necessary.

To make the Sauce:

1. Melt the butter in a frying pan on low-medium heat. Add onion and fry approximately 5 minutes or until softened. Gradually stir in the stock and boil. Add mustard, turmeric, salt and pepper and stir until combined.
2. Place meatballs into the sauce. Spoon the sauce over meatballs so that they are covered. Cook on low-medium heat for approximately 15 minutes or until meatballs are cooked through.





“An interesting variation on the traditional lasagne. Here we use zucchini instead of pasta with a salmon based sauce, full of Omega-3s.”

Zucchini and Salmon Lasagne

Serves: 4-6

Preparation time: 60 minutes

Cooking time: 30 minutes

Ingredients:

2 cups silverbeet, steamed
2 cups carrot, sliced thinly, lengthways, steamed
1 cup red onion, sliced, steamed
1 cup roasted capsicum (bell pepper), sliced lengthways
2 medium zucchini, sliced thinly, lengthways
1 cup mozzarella, grated
¼ cup Parmesan, shaved or grated

For the Sauce:

400g salmon
150g tomato paste
¼ cup lemon juice
1 cup ricotta
½ cup fresh basil
½ cup fresh oregano

Method:

1. Preheat oven to 180°C / 355°F. Grease 2 litre capacity baking dish.
2. Make the sauce by placing all sauce ingredients in food processor, mix until well combined.
3. At the base of the baking dish, place all the silverbeet and half the carrots, half the onions and half the capsicum (bell pepper). Cover with half the sauce.
4. Now layer half the zucchini plus the remaining carrot, onion and capsicum (bell pepper). Cover with remaining sauce.
5. Place the rest of the zucchini on top. Sprinkle with mozzarella and Parmesan.
6. Bake in oven for 30-40 minutes or until browned.
7. Serve with scrumptious salad.