

*Super Delicious, Super Nutritious*

# Case Study Recipe Picks

## MONTH TWO



THE  
**GABRIEL**  
METHOD



## Jonny Chow

**Serves:** 1

**Preparation time:** 5 minutes

### **Ingredients:**

½ cup organic plain yoghurt or almond milk (see page 256)  
30g natural whey protein powder (unflavoured and unsweetened)  
1 cup fresh fruit of choice\*  
1 tbsp ground flax seeds

### **Optional Extras:**

Seeds such as sesame, chia, poppy, pumpkin.  
xylitol or stevia for a sweetener  
organic cocoa powder, unsweetened  
cinnamon

\*We like to use apple, bananas and berries though feel free to chop and change using seasonally available fresh fruit.

### **Method:**

Mix all the ingredients together in a large bowl. Voilà! Savour the goodness.

This tasty recipe is affectionately named Jonny Chow by my friends because I so frequently have it for breakfast. I've made this breakfast for tens of thousands of people all over the world. If you've ever attended a Gabriel Method Seminar you would have shared this with me.

**The principles are simple:** we're using protein powder for our protein, flax or chia seeds for our Omega-3s and fresh seasonal fruit for our live food component to make this thick, nutty muesli-style breakfast. You can mix and match as you desire.



# Blueberry Ricotta Pancakes

Makes: 6

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

## Ingredients:

4 eggs (organic, free range)

100g ricotta cheese

¼ cup coconut flour

¼ cup chia seeds

1½ tsp coconut palm sugar or 1 tsp xylitol

½ cup blue berries, fresh or frozen

## Method:

1. Whisk all ingredients, except blueberries, together thoroughly.
2. Add blueberries and gently stir through.
3. Pre heat pan on medium heat. Grease lightly with ghee or healthy cooking oil.
4. Put ¼ cup batter on pan, flatten out to about 1 cm thick. Brown on both sides.
5. It's finished when it's crispy on the outside but still a bit runny on the inside. Allow the middle to be slightly liquid. This way, the essential Omega-3 oil in the chia seeds will still remain mostly intact and the absorbent quality of the chia seeds will dry up the inside in a few minutes.
6. Serve with fresh fruit.

This is a great healthy way to get delicious pancakes that are loaded with proteins and Omega-3s without all the baddies.





*“Shakes and Smoothies are a great way to get the top 3 – Protein, Omega-3s and Live Foods, into a quick, easy and tasty snack that will be loved by kids and adults alike.”*

## Choc Banana Shake

**Serves:** 1

**Preparation time:** 5 minutes

### **Ingredients:**

1 banana (frozen if you prefer extra thickness)

1 Tbsp organic cocoa powder

1 egg yolk or 1 Tbsp protein powder

1 Tbsp ground flax seeds

1 tsp xylitol (optional for extra sweetness)

One cup almond milk

100ml milk, preferably Gabriel

Method Nut Milk (see page 256)

contents of 1 probiotic and 1

digestive enzyme capsule (optional)

### **Method:**

Place all ingredients in mixing jug.

Mix with stick blender until

well combined.

Serve immediately.







## Cucumber Bites

**Makes:** 25-25

**Preparation time:** 15 minutes

### **Ingredients:**

1 Lebanese cucumber, cut into 1cm rounds

1 avocado

150g smoked salmon

2 tsp ground flax seeds

### **Method:**

1. Place cucumber slices on large serving plate.
2. Top each cucumber slice with a small dab of avocado topped with a slice of smoked salmon.
3. Sprinkle with flax seeds and serve.

*“A light and tasty finger food.  
Cucumber makes for a clever  
cracker convert.”*

# Mushroom and Spinach Egg Roll

**Serves:** 2

**Preparation time:** 15 minutes

**Cooking time:** 10 minutes

## **Ingredients:**

4 eggs (organic, free range) + 2 extra egg yolks

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

3 large mushrooms, sliced

1 Tbsp tamari

1 clove garlic (optional), crushed

handful of baby spinach

## **Method:**

1. Beat eggs and egg yolks together in bowl.
2. Melt 1 Tbsp ghee in frying pan on medium heat.
3. Cook mushrooms in frying pan stirring as you add tamari and garlic. Take out of pan after 2-3 minutes or after mushrooms are cooked and set aside. Cover them to keep warm.
4. Melt the rest of ghee in frying pan. Place beaten eggs in pan so that mixture is well distributed. Cook until you can slide a spatula underneath the omelette.
5. Slide omelette out of pan onto flat chopping board, or other flat surface.
6. Place spinach leaves and mushrooms at one end of omelette. Roll omelette up keeping as tight as possible.
7. To serve either cut in half or cut into 2.5cm slices. Place a toothpick into roll and serve as finger food.







# Hammed Up Minestrone

**Serves:** 6

**Preparation time:** 30 minutes

**Cooking time:** 30 minutes

## Ingredients:

- 1 Tbsp Ghee of Gabriel friendly cooking oil (see page 24)
- 1 slice thickly sliced smoked ham (organic, free range), cubed
- 1 onion, sliced
- 1 leek, sliced
- 3 cloves garlic, crushed
- 4 cups water
- 2 cups fresh tomatoes, crushed or 1 tin crushed tomatoes
- 2 Tbsp tomato paste
- 2 carrots, peeled and cubed
- 1 zucchini, sliced into quarter rounds
- ½ cup fresh basil, coarsely chopped
- 2 bay leaves
- 1 cup Parmesan cheese, grated
- healthy salt (see page 17) and pepper

## Method:

1. In a large soup pot, heat oil. Fry cubed ham until beginning to brown.
2. Add onion, leek and garlic and cook for a further 6-8 minutes or until softened.
3. Add 4 cups of water. Cover pot and boil.
4. Add tomatoes, tomato paste, carrots, zucchini, basil and bay leaves. Simmer for 20-30 minutes or until vegetables are tender.
5. Add Parmesan cheese. Cook for a further 5 minutes until cheese has melted through.
6. Season with healthy salt and pepper to taste.

# Omelette Pizza

**Makes:** 1 Pizza

**Preparation time:** 15 minutes

**Cooking time:** 20 minutes

## Ingredients:

1 Tbsp Gabriel friendly cooking oil (see page 24)

4 eggs (organic, free range), beaten

2 Tbsp tomato pizza sauce

8 baby spinach leaves

¼ onion, sliced thinly

1 mushroom, sliced thinly

¼ cup cheddar cheese, grated

¼ cup mozzarella, grated

## Method:

1. Heat cooking oil in medium sized frying pan on medium heat.
2. Pour beaten eggs into pan. Swirl the pan around so that egg is evenly distributed.
3. Allow to cook for one minute or until you can see that the underside is cooked. Reduce heat and flip omelette over to cook second side. Take caution when doing this so that you don't break the omelette. Cook for another minute or until cooked through.
4. Remove omelette and place onto plate or wooden chopping board.
5. Spread tomato sauce evenly over omelette. Add spinach leaves, mushroom, onion slices and cheeses.
6. Place prepared omelette pizza under medium grill for a few minutes until cheese has browned.



By using an egg base you are getting protein into your meal rather than dead carbs, with no taste sacrificed. The key to good pizza is in the sauce. You use such a small amount and it can make or break the whole pizza experience. If you've got a great homemade pizza sauce go for it, but otherwise, this is one of the rare instances where I actually recommend getting a store bought sauce. For some reason, store-bought pizza sauces just taste more like pizza to me.

There are many good ones on the market. Where possible choose one which has organic tomatoes, no sugar or artificial sweeteners, or at the very least, no artificial colours or flavours.

The other component to a great pizza is toppings, so choose all the fresh, healthy, yummy toppings you like. Abondanza!







## Tandoori Chicken (Kebabs)

**Serves:** 2

**Preparation time:** 10 minutes + 1 hour marinating

**Cooking time:** 10 minutes

### **Ingredients:**

4 chicken thigh fillets (organic, free range) cubed

½ cup plain Greek yoghurt

1 Tbsp tandoori paste

1 Tbsp lemon juice

1 Tbsp Gabriel friendly cooking oil (see page 24)

### **Method:**

1. For kebabs, thread chicken pieces onto skewers. Place in marinating dish.
2. Combine yoghurt, tandoori paste and lemon juice in a bowl.
3. Pour tandoori mix over chicken and ensure all chicken is covered.
4. Leave in fridge to marinate for at least 1 hour.
5. Heat 1 tablespoon cooking oil in frying pan on medium-high heat. Add chicken to pan and cook, turning regularly until chicken is cooked through.
6. Serve with delicious garden salad sprinkled with flax seeds.



*“An incredibly easy, deliciously tasty and happily healthy meal!”*

## Seared Salmon

**Serves:** 4

**Preparation time:** 5 minutes

**Cooking time:** 5 minutes

### **Ingredients:**

4 salmon steaks (approximately 600g)

### **Method:**

1. Place frying pan on stove top on high heat.
2. Once the pan is very hot, wash the salmon in water. Do not dry it. Place it directly on the hot pan. Cook for 2 minutes before flipping over to cook the other side.
3. Serve immediately with fresh crunchy greens.

# Pizza-Topped Chicken

**Serves:** 4

**Preparation time:** 15 minutes

**Cooking time:** 15 minutes

## **Ingredients:**

2 (approximately 650g) organic free range chicken breast fillets

1 Tbsp Gabriel friendly cooking oil (see page 24)

4 tsp pizza sauce

12 baby spinach leaves

1 mushroom, sliced very thinly

½ small onion, sliced very thinly

¼ cup cheddar cheese, grated

¼ cup mozzarella cheese, grated

## **Method:**

1. Cut chicken fillets in half lengthways.
2. Heat cooking oil in frying pan on medium to high heat. Cook chicken on both sides for approximately 3 minutes or until just cooked through. To assist with cooking, place a lid on the frying pan and reduce heat to low. Cook for 2 minutes or until cooked through.
3. Remove chicken from pan and place onto a flat surface. Heat grill to medium to high heat.
4. Top each half fillet with 1 tsp tomato paste, 3 baby spinach leaves, mushrooms and onions. Transfer chicken fillets to the grill, distribute the cheese over the 4 fillets. Grill for 2 minutes or until cheese has melted and turned golden.
5. Serve with salad.



