

Caprese Baked Chicken: Serves 4

Ingredients

1.6 kg free range bone in chicken pieces with skin
1/4 cup chopped green Sicilian olives
1/4 cup whole green Sicilian olives
1 cup halved cherry tomatoes
4 whole garlic cloves, in skin
150ml white wine, dry
3 Tbs Extra Virgin Olive oil
180g buffalo mozzarella balls
1 cup basil leaves
Salt and pepper



Directions

Preheat oven to 180 degrees celsius

Place chicken pieces, olives, tomatoes and garlic in a baking dish with a fitted lid. Pour over the wine and olive oil. Season, and toss to combine. Spread in a snug single layer, place the lid on and bake for 30 minutes.

Remove the lid and bake for another 30 minutes or until chicken is golden.

Tear the mozzarella and basil over the chicken just before serving. Serve with simple green salad and sourdough bread to mop up the delicious sauce.

Source: www.thehealthyhunterblog.com

Vegetable spaghetti Bolognese – serves 2

Ingredients

50g dried green lentils
olive oil
10g dried porcini
1 red onion
1 clove of garlic
1 stick of celery
1 sprig of fresh rosemary
1 bay leaf
50ml red wine , (optional)
1 x 400g tin of plum tomatoes
160g wholewheat spaghetti
a few sprigs of fresh thyme
extra virgin olive oil
40g breadcrumbs
20g Italian hard cheese



1. Tip the lentils into a small saucepan, cover with water and bring to the boil. Turn the heat down to medium and cook for 12 minutes, or until tender. Drain, return to the pan and season lightly with sea salt, black pepper and a drizzle of olive oil.
2. Meanwhile, place the porcini into a small bowl, just cover with boiling water and leave to rehydrate.
3. Peel the onion and garlic, trim the celery and finely chop together. Pick and finely chop the rosemary leaves.
4. Heat a splash of olive oil in a medium pan over a medium-low heat, add the chopped veg, bay and rosemary, then cook gently with a lid on for 10 minutes, or until softened, stirring occasionally.
5. Turn the heat up to medium-high, pour in the red wine (if using), then leave to bubble and cook away.
6. Finely chop the porcini and add to the pan, along with the soaking water, leaving any gritty bits behind.
7. Tip in the tomatoes, breaking them up with a spoon as you go, then add half a tin's worth of water. Bring to the boil, then reduce to a medium-low heat and cook for 10 minutes, adding the lentils as soon as they're drained and ready.
8. Cook the spaghetti in a pan of boiling salted water for 8 to 10 minutes, or until al dente, which means that it should be soft enough to eat, but still have a bit of bite and firmness to it.
9. Pick the thyme leaves into a bowl, add the breadcrumbs and $\frac{1}{2}$ a tablespoon of extra virgin olive oil, then toss to coat. Toast in a dry frying pan over a medium heat until lightly golden, stirring regularly.
10. Remove the bay leaf and mash the sauce gently with a potato masher, then season to taste with salt and pepper.
11. Scoop out and reserve a cupful of the pasta cooking water, then drain the spaghetti and tip back into the pan. Add the sauce and mix together, loosening with splashes of cooking water, if needed.
12. Divide between your bowls, sprinkle with the herby breadcrumbs, grate over the cheese and serve.

Baked Sweet Potato with Grated Salad – serves 4

4 sweet potatoes (350g each)
olive oil
1 lemon
160 g fat-free natural yoghurt
½ teaspoon turmeric
½ teaspoon ground cumin
3 carrots
10 radishes
2 raw beetroots
1 red onion
1 apple
extra virgin olive oil
1 big handful of pumpkin seeds
1 big handful of sunflower seeds
maple syrup , optional
50 g rocket



1. Preheat the oven to 180°C/350°F/gas 4.
2. Scrub the sweet potatoes, pat dry, then rub with a little olive oil and a pinch of sea salt and black pepper. Roast on a baking tray for about 40 minutes, or until cooked through.
3. Finely grate half the lemon zest into a small bowl and mix in the yoghurt, turmeric and cumin. Leave at room temperature until needed.
4. Scrub the carrots, radishes and beetroots, peel the onion and core the apple. In this order, carefully push the carrots, radishes, red onion, apple and beetroots through the grating blade of your food processor, or coarsely grate by hand, then tip into a bowl.
5. Mix the veg with the lemon juice, 1½ tablespoons of extra virgin olive oil and a good pinch of salt and pepper.
6. A few minutes before your potatoes are ready, toast the seeds in a small frying pan on a medium heat for 2 minutes, or until smelling fantastic.
7. At this point, add 2 tablespoons of maple syrup (if using) and let it bubble until it starts to thicken, then take off the heat. Carefully pour onto a sheet of greaseproof paper, leave to cool and don't touch!
8. Cut a cross in the top of your cooked potatoes and gently break them open with a fork, mashing a little of the inside as you go.
9. Spoon over a good dollop of the spiced yoghurt, followed by the juicy grated salad, and the seeds. Serve with the rocket scattered over.

Source: www.jamieoliver.com

Cous Cous Salad With Fennel, Avocado and Salmon

Serves 4

Ingredients

2 cups wholewheat Israeli couscous
1 small fennel bulb, finely sliced, fronds roughly chopped
juice and zest of 1 lemon
2 tsps extra virgin olive oil
2 tsps capers
1/2 cup finely chopped spring onion (could use red onion but use 1/2 the amount)
1 cup flat leaf parsley, roughly chopped
1 avocado, chopped in 1cm dice
3 Tbs of plain yoghurt
200g hot smoked salmon or baked salmon fillet.



Directions

Combined finely sliced fennel with lemon juice, lemon zest, oil and a pinch each of salt and pepper. Toss to coat and allow to sit while you do everything else.

Cook your couscous according to packet directions. I always toast it in a little olive oil at the start of the cooking process then add the water bring to a boil and cook for as long as directed or until al dente.

Combine the couscous with all other ingredients (excluding the yoghurt) including the fennel and liquid it is sitting in, flaking in the salmon so you have small chunks. Check seasoning and adjust as required.

Serve and then drizzle with a little yoghurt.

Chicken and Filo Pie – serves 4

2 large knobs of butter
1 large leek, washed and chopped into 2cm pieces
200g mushrooms, roughly chopped
4 x 250g chicken breast fillets, cut into bite-sized pieces
250ml chicken stock
1 tbsp cornflour
100ml double cream
2 large handfuls of baby spinach leaves
About 6 sheets of filo pastry
Drizzle of olive oil
Salad or veg, to serve



Method

- Preheat your oven to 190°C (fan 170°C, gas mark 5).
- Heat the butter in a large frying pan over a medium to high heat. Add the leek and mushrooms and fry for 2–3 minutes until they just start to soften. Crank up the heat to high, add the chicken pieces and fry for a further 2 minutes – the chicken won't be cooked through at this point – then pour in the chicken stock and let it come to a simmer.
- Meanwhile, mix the cornflour with 2 tablespoons of water until smooth, then pour into the pan, along with the cream. Bring back to the boil, stirring gently, and cook until the sauce thickens. Remove from the heat and stir in the spinach, then tip the whole lot into a pie dish about 28cm x 15cm. Set aside to cool a little.
- Take a sheet of filo and roughly crumple it in your hands – there is no right or wrong to this method! Place the crumpled filo on top of the chicken filling in the pie dish and repeat with the remaining filo sheets.
- Drizzle the pastry with olive oil, then bake the pie for about 20 minutes, by which time the filo will have crisped up and turned golden brown in places.
- Serve up your pie with fresh salad or some vegetables.

source - <https://www.goodtoknow.co.uk/recipes/joe-wicks-chicken-pie#J2FF475ACCiztAXT.99>

Courgette and Feta fritters

Makes 8 -10 fritters

Ingredients

2 eggs
2/3 cup flour
1/2 tsp baking powder
1/4 cup water
1/2 tsp chilli flakes
1/2 tsp sumac
1/2 tsp smoked paprika
1 tsp za'atar
1/3 cup crumbled feta
3 Tbs finely chopped flat leaf parsley
2 Tbs finely chopped mint
3 Tbs finely sliced spring onion
1 Tbs finely chopped oregano
3 courgettes, finely grated and then squeezed to remove excess liquid.
2 Tbs extra virgin olive oil.



Directions.

Combine eggs, flour, baking powder, water, spices and feta and mix to create a batter. Add the remaining ingredients and mix well. I find the feta salty enough so don't add salt but you do you (you can also sprinkle it over when you serve).

Heat a non stick fry pan on medium heat and add 1/2 the oil. Spoon 1/4 cup of the mixture into the pan to form 4-5 fritters. Cook for a few minutes on each side until golden. Flip and then repeat for a further minute to crisp up at the end.

Place on a wire rack or paper towel to drain and cook the remaining fritters as a above using the remaining oil too

Serve with a lemon wedge or too and a yoghurt sauce made from the same herbs and yoghurt.

Source: www.thehealthyhunterblog.com

Baked Lamb and Oregano Meatballs

INGREDIENTS – serves 4-6

- ½ CUP (80G) FINE BURGHUL (SEE TIP)
- ¾ CUP (185ML) BOILING WATER
- 1KG LAMB MINCE
- 2 EGGS
- 2 CUPS OREGANO LEAVES, CHOPPED
- 2 TEASPOONS GROUND CUMIN
- 1 TABLESPOON CASTER (SUPERFINE) SUGAR
- ⅓ CUP (80ML) POMEGRANATE MOLASSES OR BALSAMIC GLAZE
- SEA SALT AND CRACKED BLACK PEPPER
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 4 CLOVES GARLIC, THINLY SLICED
- 1½ TABLESPOONS HARISSA PASTE
- 2¼ CUPS (700G) TOMATO PURÉE (PASSATA)
- 2 CUPS (200G) GRATED MOZZARELLA
- ¼ CUP (20G) FINELY GRATED PECORINO
- ½ CUP OREGANO LEAVES, EXTRA



METHOD

1. Preheat oven to 250°C (500°F). Place the burghul and water in a large bowl and mix to combine. Cover tightly with plastic wrap and allow to stand for 15 minutes or until the water is absorbed and the grains are tender. Add the mince, eggs, oregano, cumin, 2 teaspoons of the sugar, the pomegranate molasses, salt and pepper and mix well to combine. Using wet hands, roll 2 tablespoons at a time into balls. Heat 1 tablespoon of the oil in a large non-stick frying pan over high heat. Cook the meatballs, in batches, turning frequently, for 5–7 minutes or until browned. Place in a 2.5-litre ovenproof dish and set aside.
2. Heat the remaining oil in a medium saucepan over medium heat. Add the garlic and cook for 1 minute or until lightly golden. Add the harissa, purée, remaining sugar, salt and pepper and stir to combine. Bring to the boil and cook for 5–7 minutes or until slightly reduced.
3. Pour the sauce into the dish over the meatballs and top with the mozzarella and pecorino. Bake for 10–12 minutes, top with the extra oregano leaves and cook for a further 2–3 minutes or until golden. Serves 4–6.

Tip: Finely ground burghul and pomegranate molasses can be found in Middle Eastern grocers. You can also find burghul in the health food aisle of supermarkets or health food shops.

Kale and Spinach Omelette

INGREDIENTS

- 2 STALKS KALE, TRIMMED AND CHOPPED
- 250G FROZEN SPINACH, THAWED AND DRAINED
- 4 EGGS, SEPARATED
- ½ CUP (80ML) MILK
- SEA SALT AND CRACKED BLACK PEPPER
- ¼ CUP (20G) FINELY GRATED PARMESAN, PLUS EXTRA TO SERVE
- ¼ CUP (30G) GRATED CHEDDAR
- ¼ CUP (60G) SOFT GOAT'S CHEESE
- ½ CUP (120G) FRESH RICOTTA
- 1 TABLESPOON CHOPPED CHIVES
- 20G UNSALTED BUTTER
- FROZEN PEAS, COOKED AND CRUSHED, TO SERVE

METHOD

1. Place the kale and spinach in a food processor and process until finely chopped. Place the egg yolks, milk, salt and pepper in a large bowl and whisk to combine. Add the kale mixture, parmesan and cheddar and mix to combine.
2. Place the eggwhites in a bowl and whisk until stiff peaks form. Add to the yolk mixture and gently fold to combine. Place the goat's cheese, ricotta and chives in a small bowl and mix to combine.
3. Melt half the butter in a 20cm non-stick frying pan over medium heat. Add half the egg mixture and cook for 5–6 minutes or until just set. Spoon half the goat's cheese mixture onto one side of the omelette and, using a spatula, carefully fold to enclose. Cook for a further 1 minute, remove from the pan, set aside and keep warm. Repeat with the remaining butter, egg mixture and goat's cheese mixture.
4. Place the omelettes on serving plates, top with the peas and sprinkle with extra parmesan to serve. Serves 2



**To trim kale, run a small sharp knife along each side of the firm stem and discard.*

Sweet Chilli Salmon Rice Bowls

Ingredients – serves 4

1 pound salmon filet, cut into chunk
1/2 shredded carrot
1/2 shelled edamame
a pinch of salt and pepper
1 bunch of green onions, sliced into 1/2 to 1 inch pieces
1/4 chili paste sauce, plus extra for topping if desired
1 tablespoon honey
1 tablespoon coconut oil
1/4 cup fresh chopped cilantro (we love lots of cilantro)
1 tablespoon toasted sesame oil
1-2 tablespoon toasted sesame seeds
2 limes, sliced



1. Cook rice in a rice cooker according to directions.
2. Skin and cut salmon into cubes. Place the salmon in a bowl and season with salt and pepper, then cover with the chili sauce and honey, tossing well to coat. You can toss with a little more chili sauce if desired.
3. Heat a large skillet or grill pan over medium-high heat and add the sesame oil. Add the edamame and shredded carrots and cook 2-3 minutes or until slightly tender. Add green onions and cook an additional 1-2 minutes (I like my carrots to have a little fresh crunch, but it can be cooked a few extra minutes if you would like them thoroughly cooked). Set veggies aside.
4. Heat a large skillet or grill pan over medium-high heat and add the coconut oil. Place the salmon in the skillet and cook until opaque and golden on all sides, about 1 to 2 minutes per side.
5. Assemble rice bowls by dividing the rice, veggies, and salmon among 4 bowls. Top with cilantro, sesame seeds, and lime wedges.
6. Remove the salmon and place it on a plate. Drizzle it with the toasted sesame oil and cover with the cilantro and sesame seeds. Finish with a spritz of lime. Serve with lime wedges and extra chili sauce.

Thai Coconut Soup

INGREDIENTS

1 1/2 tbsp avocado oil (or vegetable oil)
1 onion, roughly chopped
4 garlic cloves, roughly chopped
1-inch cube of ginger
1-2 tbsp of Thai red curry paste (*see note)
2 tsp curry powder
1/2 tsp turmeric powder
1 Litre low-sodium vegetable broth
1 cup coconut milk (full-fat from a can)
2-3 tbsp soy sauce
2 tbsp coconut sugar (maple syrup or agave work too)
juice of 1/2 lime
7oz rice noodles (about 1/2 a pack)
cilantro to top



INSTRUCTIONS

Heat the avocado oil in a large pot on medium-high heat.

Add the onion and cook on medium heat for 2-3 minutes until translucent. Next, add the garlic and ginger and cook for another minute.

Add the Thai red curry paste, curry powder, turmeric powder, vegetable broth, and coconut milk. Bring to a boil stirring everything together, then lower the heat to medium-low and let simmer for 5 minutes.

Next add in the soy sauce, coconut sugar, and lime juice and stir together. Reduce heat to low and let the soup simmer for another 5 minutes.

While the soup is simmering, cook the rice noodles according to package directions.

Add the rice noodles to the soup.

Serve with fresh cilantro and a lime wedge.

Source: <https://choosingchia.com/northern-style-vegan-thai-coconut-soup/>

Sweet Potato Tortilla

Ingredients - Serves 6

8 tbsp extra virgin olive oil

2 white onions, thinly sliced

1 sweet potato, peeled and cut into thin slices

8 eggs

1 cup parmesan, finely grated

salt and pepper



To serve: basil and parsley

Method

1. Heat oil in a 25cm non-stick pan with a lid, then cook the onions for about 8 minutes until really soft but not coloured. Add the sweet potato and cook for about 10 - 15 minutes until tender and everything starts to caramelize. Stir occasionally to stop them catching. While the potatoes are cooking make a start on the eggs.
2. Crack all the eggs into a large bowl, add the parmesan and some seasoning. Do not whisk or mix at this point.
3. When the potatoes and onions have caramelized add them to the egg mixture and gently mix everything together.
4. Cover the bowl with some foil and leave to set slightly for 10 minutes.
5. Put the non-stick pan back on a low heat and add the egg mixture (you should have some oil left in the pan, if you don't use 1 tbsp of olive oil).
6. Leave to cook for about 8 minutes, or until there's almost no runny egg on top.
7. Loosen the sides of the tortilla with a spatula and carefully flip the pan over a dinner plate and tip out the tortilla, then slide it back into the pan and cook for another 5 minutes, or until golden and cooked through.
8. Carefully turn out the tortilla onto a serving board, scatter with some fresh herbs and serve with a side salad.

Source: www.livebetterlucy.com

Squash and Ricotta Pasta Bake

Ingredients

1 butternut squash , peeled, deseeded and chopped into 2.5cm pieces
olive oil
2 cloves of garlic , peeled and finely sliced
1 bunch of fresh basil , leaves picked, stalks finely chopped
1 x 400 g tins of chopped tomatoes
sea salt
500 g dried penne
freshly ground black pepper
3 tablespoons ricotta cheese
750 ml organic vegetable stock
150 g mozzarella ball
1 handful Parmesan cheese , freshly grated
2 sprigs fresh sage , leaves picked



Method

Preheat your oven to 200°C/400°F/gas 6. Place the squash on a baking tray, drizzle with olive oil and pop in the hot oven for around 15 minutes, or until tender.

Pour a couple of lugs of olive oil into a large frying pan, add the garlic and basil stalks and fry for a couple of minutes. Add your tomatoes to the pan, breaking them up with a wooden spoon and bring to the boil. Drop in the roasted squash, bring to the boil, then simmer for 10 minutes.

Meanwhile, bring a large pot of salted water to the boil, add the penne and cook for a couple of minutes less than it says on the packet. Drain, then toss with the sauce.

Tear up the basil leaves and sprinkle into the pan with some salt and pepper. Stir in the ricotta and the stock, then bring back to the boil.

Rub a large baking tray, ovenproof pan or earthenware dish with olive oil and spoon in all the pasta and sauce. Tear over the ball of mozzarella and top with the Parmesan. Rub the sage leaves with a little olive oil and put on top.

Pop it into the preheated oven and bake for 15 minutes or until golden and bubbling. Serve with a crisp green salad.

TIP: Try adding a chopped fresh chilli to your tomato sauce.

Aubergine and Peanut Curry



Ingredients

Oil for frying
Aubergines 2, cut into large chunks
Onions 2, chopped
Garlic 2 cloves, crushed
Ginger a 5cm piece, finely grated
Cumin seeds 1 tsp
Coriander seeds 1 tsp, crushed
Turmeric 1 tsp
Chilli powder 1/2 tsp
Half-fat coconut milk 400ml
Tamarind paste 1 tbsp
Peanut butter 1 tbsp
Coriander or breads or rice to serve

Method

STEP 1

Heat 1 tbsp oil in a pan. Cook the aubergine in batches until golden and soft. Add another tbsp of oil if you need to. Scoop out once they are done.

STEP 2

Add the onion to the same pan and cook until soft and golden. Add the garlic and ginger and cook for a minute. Add the spices and cook for 2 minutes.

STEP 3

Tip in the coconut milk, tamarind and peanut butter. Simmer gently until the peanut butter dissolves. Add the aubergine back and simmer for 15 minutes. Stir through some coriander and serve with bread or rice.

Source: <https://www.olivemagazine.com/recipes/quick-and-easy/coconut-and-peanut-aubergine-curry/>

Sausages and Puy Lentils with Kale



Ingredients – serves 4

olive oil

meaty pork sausages 8

streaky bacon 3 rashers, chopped

red onion 1 large, finely chopped

cavolo nero 100g, leaves stripped and torn into pieces, stems finely chopped

garlic 4 cloves, chopped

tomato purée 2 tbsp

red wine a glass (optional)

Puy lentils 175g

chicken stock 750ml

cherry tomatoes 400g tin

kale 100g, leaves stripped

GREMOLATA

flat-leaf parsley a small bunch, chopped

extra-virgin olive oil 3 tbsp

lemon 1, zested and ½ juiced

Method

Heat a drizzle of olive oil in a casserole over a medium heat and brown the sausages until golden all over, then scoop out onto a plate. Tip in the bacon and fry until crisp and the fat has rendered, adding a little more oil if drying out.

Add the onion, cavolo nero stems and a pinch of salt, and cook gently for 5-10 minutes or until soft, then add the garlic and cook for a minute. Stir in the tomato purée and cook for a further minute before adding the red wine, if using, and bubble for a few minutes until reduced by 1/2. Stir in the lentils, stock and tomatoes, and add back the sausages and any juices from the plate. Simmer gently for 45 minutes until the lentils are just tender.

Mix together the parsley, extra-virgin olive oil and lemon zest and juice in a bowl with a little seasoning.

Stir the kale and the cavolo nero leaves into the casserole with another 100ml of water and simmer gently, while stirring, for 10 minutes, until the cavolo nero is cooked.

Warm Red Pepper Hummus with Coriander Chicken Breasts



Ingredients – serves 4
skinless chicken breasts 4 small
coriander seeds 4 tsp, lightly crushed
dried chilli flakes a big pinch
rocket 2 big handfuls, dressed in olive oil and lemon juice

HUMMUS

olive oil 4 tsp
onion 1, finely chopped
garlic 2 cloves, crushed
cumin seeds 1 tsp
chickpeas 400g tin, drained and rinsed
roasted red peppers from a jar 2, drained and chopped
tahini 1 tbsp
lemon 1, juiced

Method

For the hummus, heat 1/2 the oil in a small pan and add the onion and a little seasoning. Cook over a medium heat for 5 minutes until soft, then add the garlic and cumin seeds, and cook for a minute. Add the chickpeas, peppers and 150ml of water, and simmer gently for 2 minutes. Tip into a blender with the tahini and lemon juice, and whizz until completely smooth. Tip back into the pan, season and keep warm.

Bash the chicken breasts between two pieces of baking paper until about 1cm thick, drizzle with the remaining oil, season well and sprinkle over the coriander seeds and chilli flakes. Heat a large griddle pan over a high heat and cook the chicken breasts for 4-5 minutes on each side until well coloured and cooked through. Rest on a plate for 5 minutes, then slice.

Divide the hummus between 2 plates, put the chicken slices on top and serve with the dressed rocket.

<https://www.olivemagazine.com/recipes/meat-and-poultry/warm-red-pepper-hummus-with-coriander-chicken-breasts/>

Chorizo and red pepper quesadillas



Put 50g grated mozzarella in a bowl with 50g diced chorizo, 1 diced roasted red pepper from a jar and a handful of chopped coriander. Toss together and season then spread over a flour tortilla. Top with another tortilla then slide into a hot non-stick frying pan. Cook for 2-3 minutes then flip over and cook the other side until the cheese is melting and the filling hot. Cut into wedges.

Salmon Fishcakes with Avocado Sauce

Makes 12

Ingredients

1kg desiree potatoes, washed and quartered (skin on)
600g salmon, skin on
Juice and zest of 1 lemon
Extra Virgin Olive Oil
2 courgettes, grated
1 cup dill, finely chopped
1 cup flat leaf parsley, finely chopped
1 cup spring onion, finely sliced
1 cup coarse sourdough bread crumbs (chuck the ends of a loaf in your food processor and blitz)
2 eggs
Avocado Sauce
1 large Avocado (or 2 small)
Juice and zest of 1 lemon
1 Tbs dill
1 Tbs flat leaf parsley
1 Tbs spring onion
1/2 tsp dijon mustard
1/4 tsp salt
1/8 tsp pepper



Directions

Preheat oven to 170 degrees celsius.

Place potatoes in a medium pot and just cover with water, season with a generous pinch of salt and bring to the boil. Simmer for 20 minutes or until cooked through. Drain, roughly mash and set aside.

Meanwhile place salmon fillet in an oven proof dish and season with salt and pepper and a drizzle of extra virgin olive oil. Bake for 15-20 minutes or until just cooked through and easy to flake. Flake Salmon and add to a very large bowl along with the potato.

Make the avocado sauce by blending all ingredients until smooth in a food processor. Add 50mls of water to create a spreadable sauce consistency. Set aside.

Squeeze the excess moisture from the courgettes and add to the potato and salmon mix along with the herbs, spring onion, lemon juice and zest and salt. When the potato and salmon are cool enough to handle add the eggs and breadcrumbs and use your hands to mix everything together.

Once mixed well form into tennis ball sized balls.

Heat a large heavy based fry pan on medium high heat and add a little oil to just coat the base of the pan. Cook the potato cakes in batches, gently pressing the balls between your hands to flatten before placing in the pan to cook. Cook for 4 minutes on each side or until golden. You can keep warm in the oven while you finish cooking your second batch.

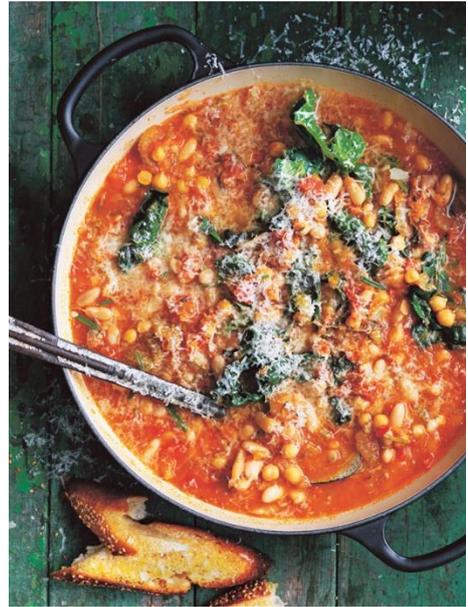
Serve with the avocado sauce on the side or spread on your plate.

<http://thehealthyhunterblog.com/2018/04/11/salmon-zucchini-and-potato-cakes-with-avocado-sauce/>

Italian Braised Beans with Tomato And Rosemary

INGREDIENTS

½ Cup (100g) dried cannellini (white) beans, soaked overnight+
1 cup (200g) dried chickpeas (garbanzos), soaked overnight+
½ cup (95g) dried lima beans, soaked overnight+
2 teaspoons extra virgin olive oil
1 onion, chopped
3 cloves garlic, crushed
2 stalks celery, finely chopped
800g roma tomatoes, chopped
1 litre water
3 sprigs rosemary
5 sprigs oregano
Sea salt and cracked black pepper
150g silverbeet (swiss chard) leaves, chopped
Finely grated pecorino and toasted bread, to serve



METHOD

Drain and rinse the cannellini beans, chickpeas and lima beans. Heat the oil in a large heavy-based saucepan over high heat. Add the onion, garlic and celery and cook, stirring, for 3–4 minutes.

Add the tomato, cannellini beans, chickpeas, lima beans, water, rosemary, oregano, salt and pepper and bring to the boil. Cover with a lid and reduce heat to low. Cook for 40–50 minutes or until beans are tender.

Add the silverbeet and stir through until wilted. Top with pecorino and serve with bread. Serves 6.

+ If you don't have time to soak beans overnight, place the cannellini beans, chickpeas and lima beans in a large saucepan. Cover with water and place over high heat until the water comes to the boil. Remove from the heat, cover with a lid, and set aside for 1 hour to soak. Drain and rinse under cold water.

<https://www.donnahay.com.au/recipes/dinner/rice-and-grains/italian-braised-beans-with-tomato-and-rosemary>