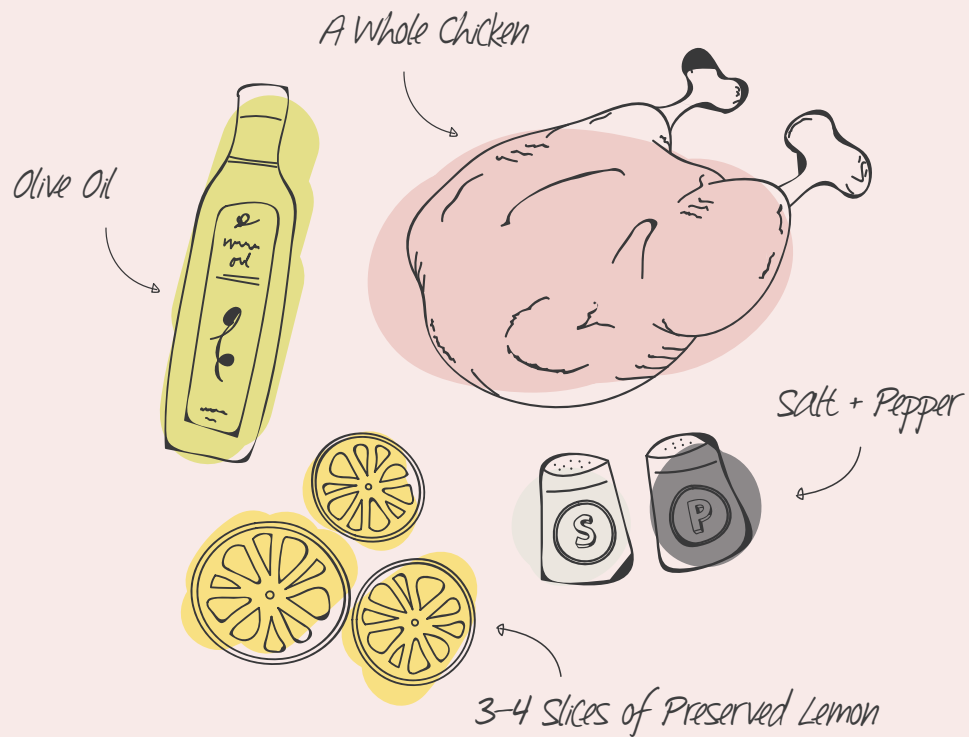


recipes for new moms

These recipes are so simple, I've tried to keep them under three steps - but still make sure that they taste good. Best of all, most of them will have enough leftovers to feed you for a couple of days.

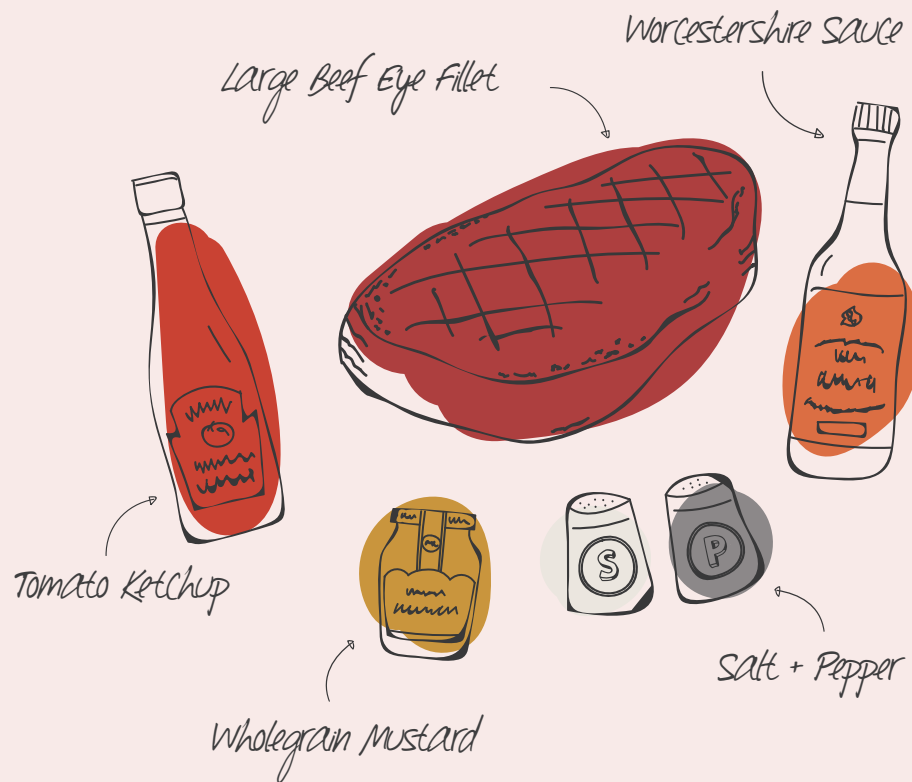
xx

roast Chicken



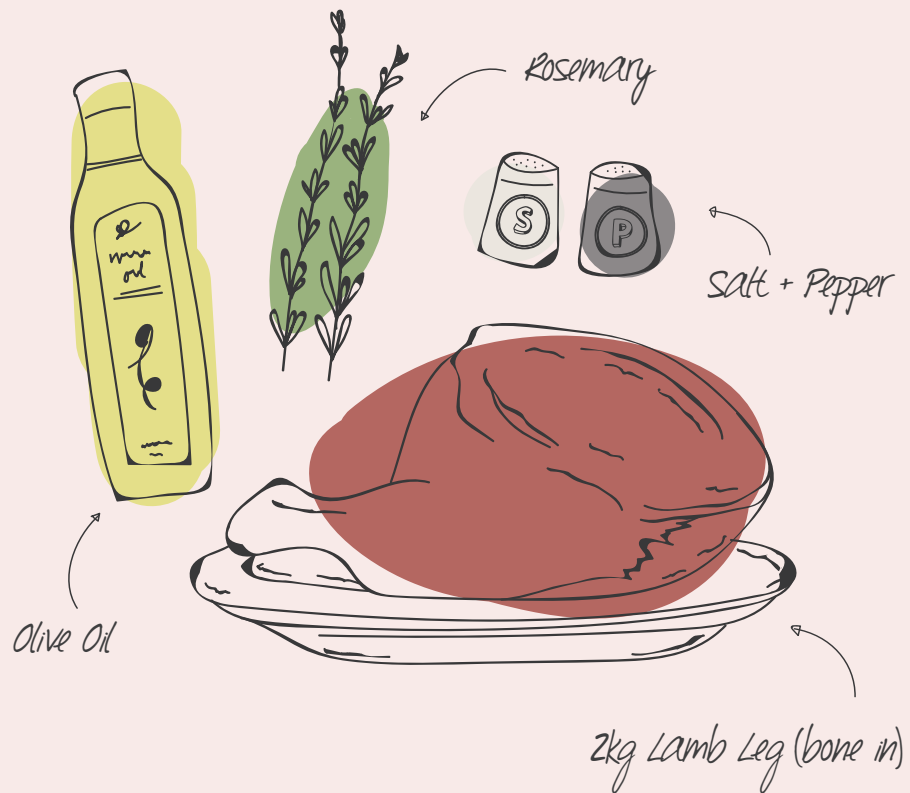
- 01 Place chicken in a large pot with a lid.
 - 02 Drizzle with olive oil, lay the lemon slices on top and sprinkle with salt and pepper.
 - 03 Put the lid on and bake at 180°C/350°F for one hour and 20 minutes. Check that the meat is cooked by slicing into the thigh with a knife - if the juices run clear, the meat is cooked. If not, leave it for another 10 minutes.
- tip.* This is delicious paired with coleslaw!

basil's steak



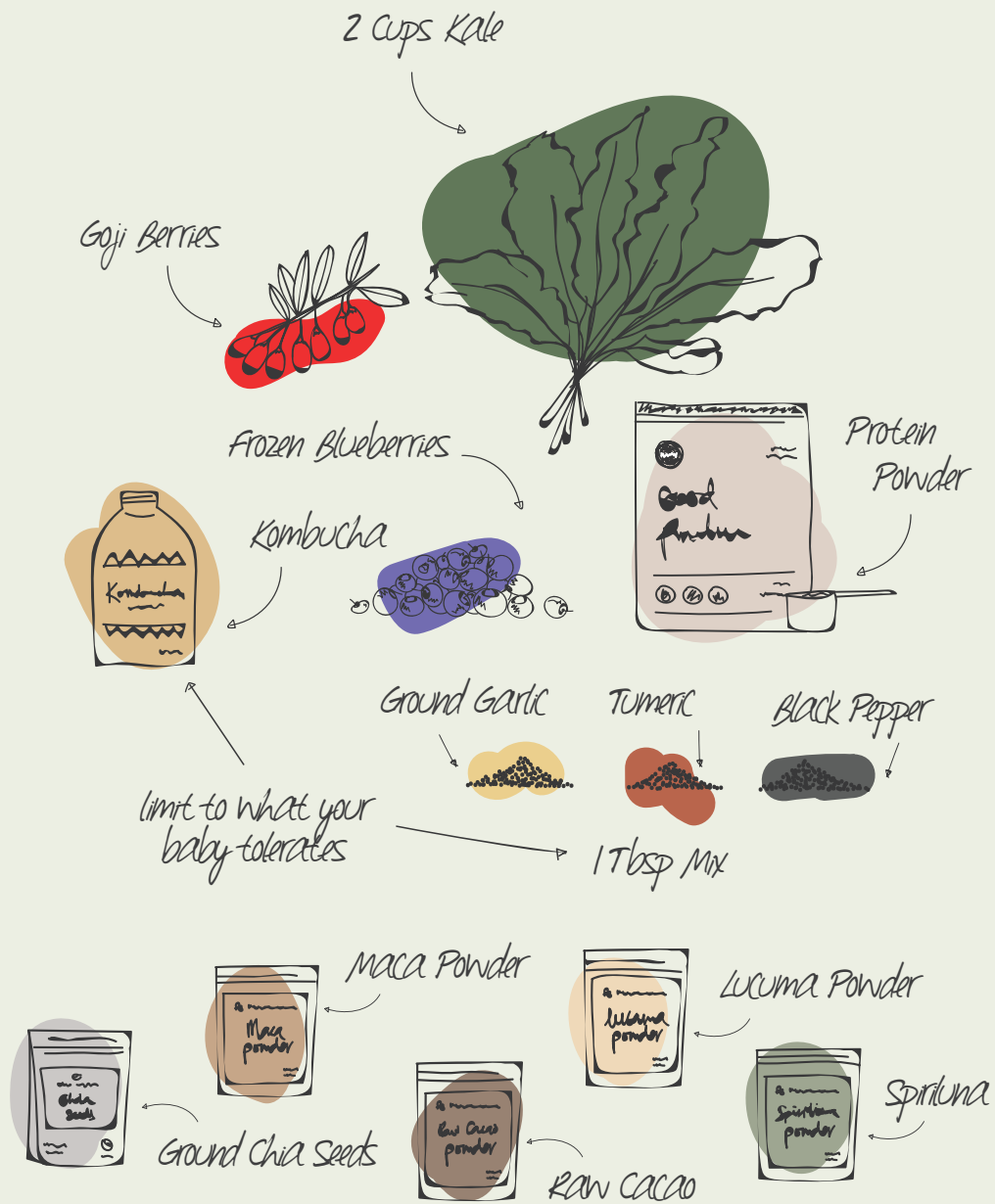
- 01 Place beef and Worcestershire sauce in a baking dish.
 - 02 Spread wholegrain mustard over the top, then add ketchup over the top of that.
 - 03 Sprinkle with salt and pepper and roast at 200°C/400°F for approximately one hour. Check the meat by slicing into the center. If it is not cooked to your liking, leave it in the oven for a bit longer. Remember to always let meat rest for at least five minutes before carving and serving.
- tip. Enjoy this delicious steak with a broccoli and green bean salad!

roast lamb leg



- 01 Place lamb leg in large pot with lid, slice small holes in the flesh and push the rosemary in.
- 02 Pour olive oil on the leg, sprinkle salt and pepper over, and place in the oven.
- 03 Bake at 220°C/430°F for one hour, then turn the oven down to 180°C/350°F and continue until cooked to your liking.
- 04 The meat should be tender and falling off the bone.

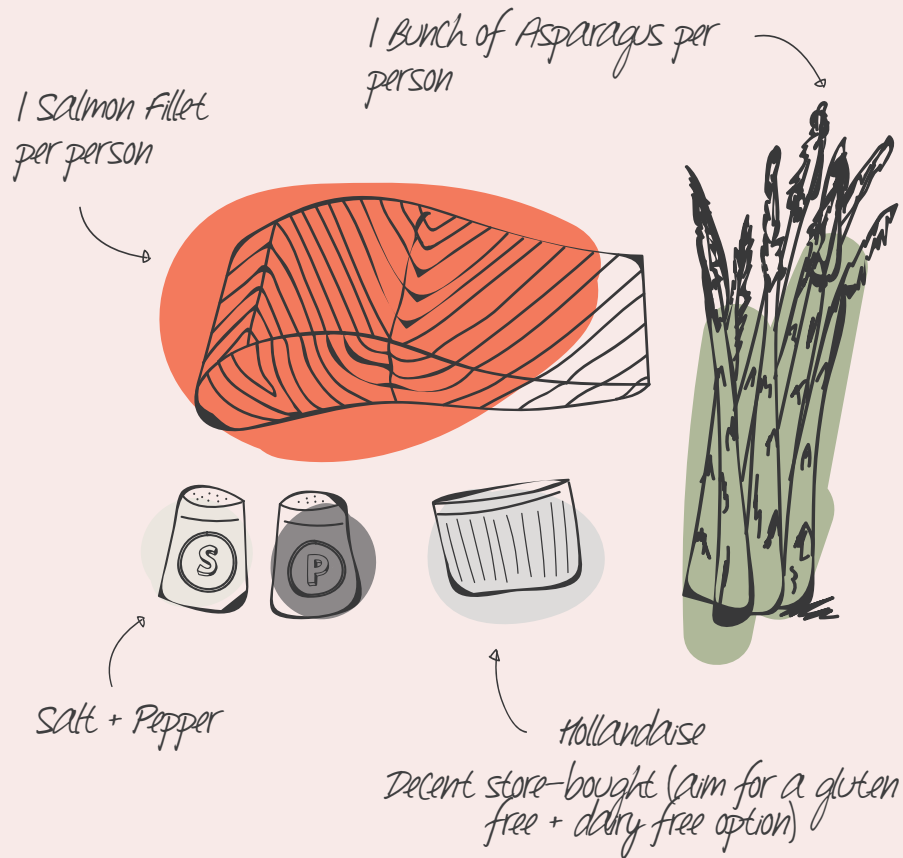
SUPER SMOOTHIE



01

Pop it all in a blender and blend!

salmon asparagus hollandaise



Here's a fancy, extremely healthy breakfast that will impress anyone you need to cook for - and, best of all, whipping it up takes almost no time nor effort.

- 01 Place salmon fillets and asparagus on an oiled baking tray, skin up, salt and pepper on top.
- 02 Grill for around 8-10 mins, or until you like the look of everything (maybe crispy, maybe softer - whatever you like).
- 03 Remove from oven, divide on to plates and add a drizzle of the hollandaise.

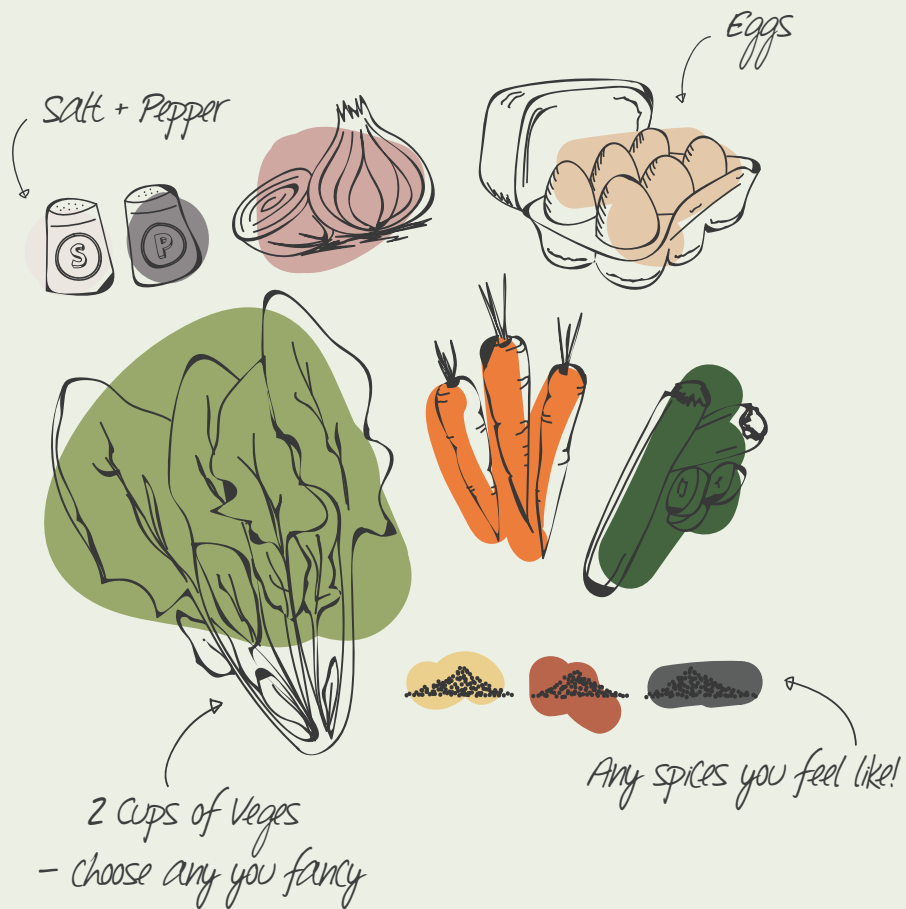
How fancy and insanely simple is that?

pancake muffins



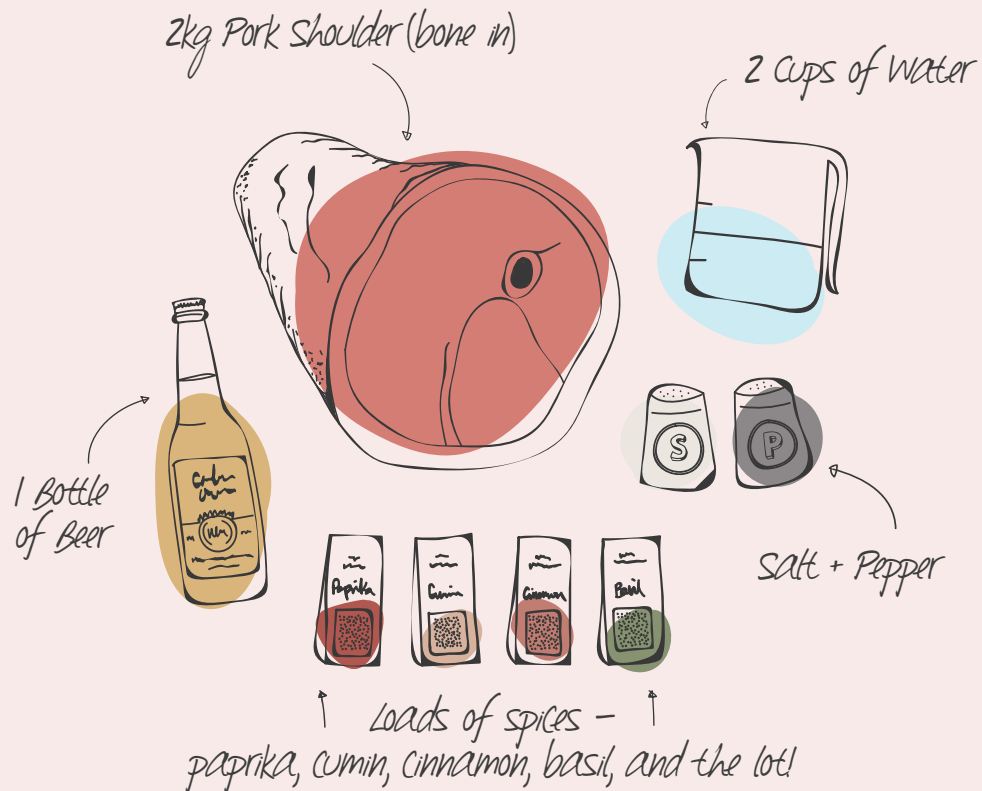
- 01 Combine all the ingredients in a bowl and mix.
- 02 Put the mix into greased muffin trays.
- 03 Cook at 180°C/350°F for approximately 15 minutes.
- tip. Eat with any filling/topping you (and your children) fancy.

muffin tin frittatas



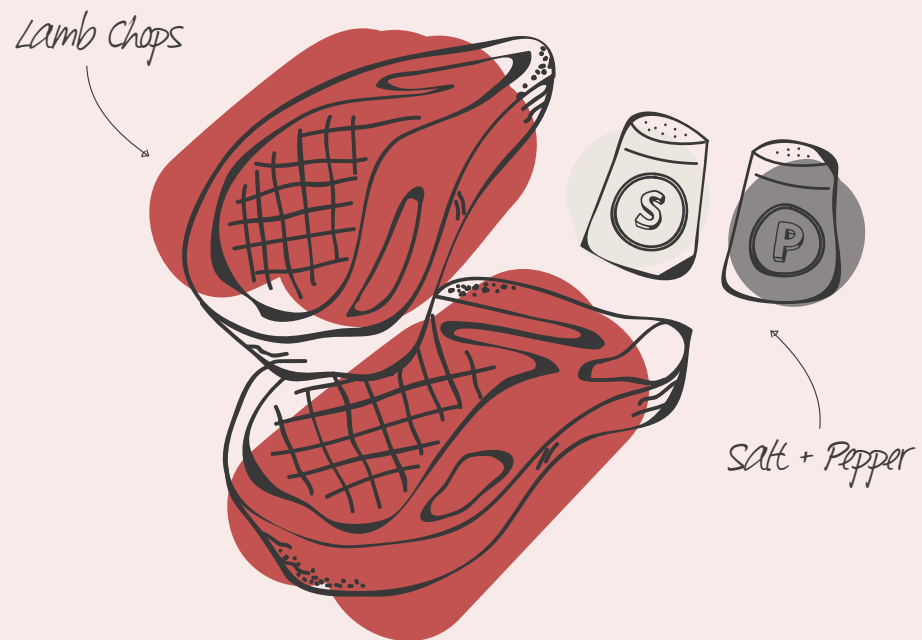
- 01 Blend the veges in your food processor.
- 02 Crack an egg into each greased muffin tin.
- 03 Add a spoonful of the vege mix to each tin.
- 04 Add salt pepper and any spice you feel like.
- 05 Whisk the mix in each muffin tin and cook at 180°C/350°F for about 10 minutes.

pork shoulder



- 01 Place the pork shoulder, skin-side up, in a heavy pot with a lid. Cover with all your favorite spices and pour the beer into the pot.
 - 02 Add the water and place in the oven at 210°C/410°F for an hour, then turn it down to 130°C/265°F for another four hours. Check it and if it isn't falling off the bone, give it a little longer.
 - 03 Pull all the meat off the bones and let it sit in the spicy juices for a while.
- tip.* Enjoy this delicious pork wrapped in lettuce cups or corn tacos. Refrigerate the leftovers and save for your next meal, or as a snack between feeds - or even during a feed if your baby's cool with having little bits of salad dropped on them occasionally!

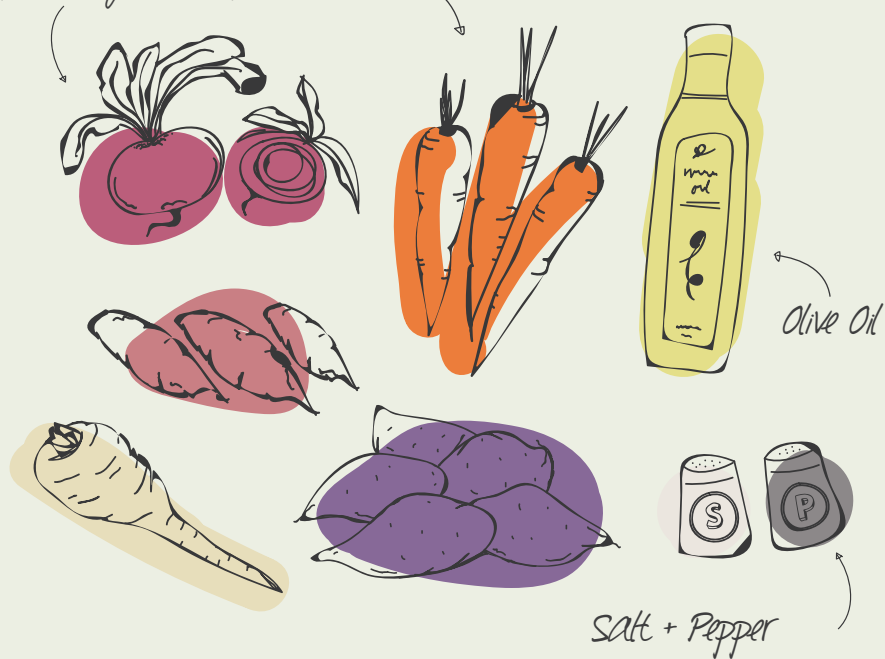
Lamb Chops



- 01 Place lamb chops on an oiled oven tray.
- 02 Sprinkle with salt and pepper.
- 03 Grill/broil for about 15-20 minutes.
- 04 Eat.

roast vegetables

Any root vegetables you like



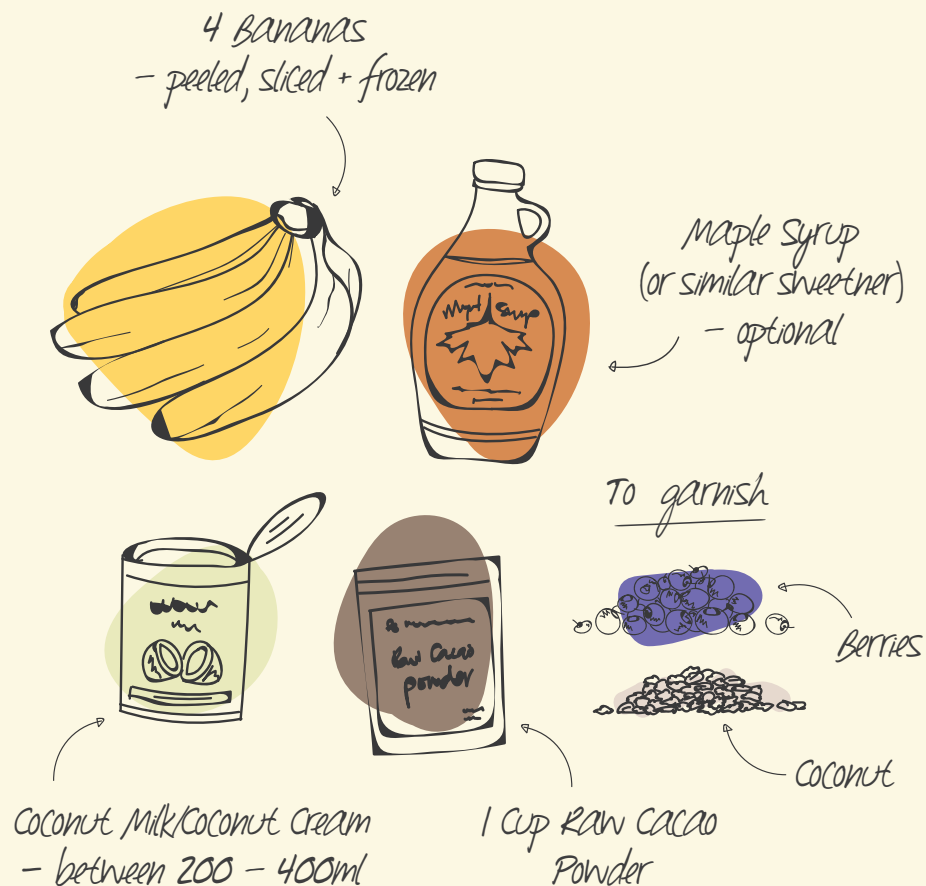
- 01 Fill a large oven tray with the evenly sliced veges.
- 02 Season, drizzle with olive oil and roast in the oven for around 45 minutes - until they're softish.
- 03 Enjoy these veges with meals for the next few days. Woo!

White bean mash



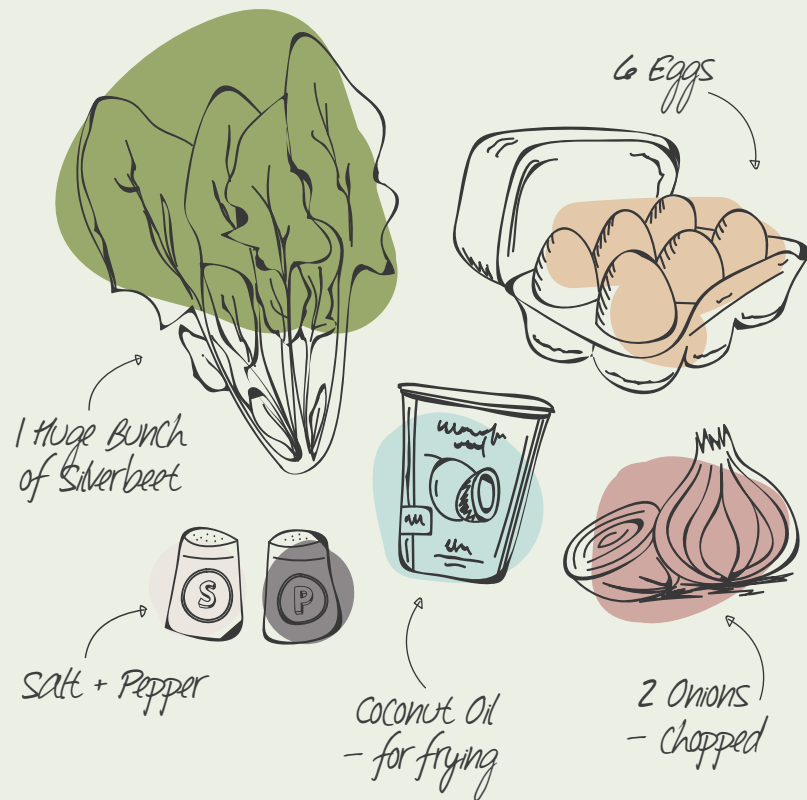
- 01 Heat saucepan to a high heat and add coconut oil, garlic and onion, then add preserved lemon.
- 02 Add beans, cook for a couple of minutes and then mash roughly.
- 03 Continue to cook until the mash is slightly browned.
- 04 Season with salt, pepper and a squeeze of lemon. Drizzle with olive oil to finish.

Chocolate ice cream



- 01 Place frozen bananas and the cacao powder in a blender or food processor and blend.
 - 02 Add 200ml of the coconut milk, blend, and then add more depending on desired texture.
 - 03 Add sweetener if desired.
 - 04 Mix until smooth and then serve immediately. Garnish with berries and coconut.
- tip. If you don't have a really powerful blender, use a good processor and just keep blending it. Don't give up.

silverbeet fritters



- 01 Wash the silverbeet, chop and place in a bowl.
 - 02 Crack six eggs over the top, add onions and season with salt and pepper.
 - 03 Stir to combine so that the silverbeet is completely coated in the eggs.
 - 04 Heat the coconut oil in a pan, place mounds of the silverbeet mixture in the pan and fry until golden brown.
- tip.* These are great served with homemade or good quality store-bought mayonnaise!

baked apples



- 01 Cut apples in half and cut a star shape in the middle to remove the core.
 - 02 Place apples on a baking tray, you can pop a date or sultana at the bottom of the removed core if you wish.
 - 03 Mix together coconut oil, spices and the half vanilla bean pod.
 - 04 Put a little of the spice mix in the center of each apple and bake at 180°C/350°F for 15-20 minutes.
- tip. Serve warm with spiced coconut yogurt. You can easily make spiced coconut yogurt by mixing together coconut yogurt, the other half your sliced vanilla bean pod, and your favorite spices like nutmeg, cinnamon and ginger.

salmon cakes + red pepper sauce



01

Roast fresh salmon fillets in the oven with a little salt and olive oil. It is cooked when you can put a fork in the middle and the salmon is flaky and pink, not red.

02

Place parsley, onion, garlic, capers, ground nuts, beans, salt, pepper and chili powder into the food processor and blitz for about 30 seconds, or until smooth.

03

Add in two eggs and half the salmon and blitz until combined.

04

Add the rest of the salmon and stir it gently into the mix.

05

Heat the coconut oil in a frying pan, place spoonfuls of the mixture in the pan and fry until golden brown.

Red Pepper Sauce

Put the below ingredients in the food processor and blend until smooth.

1 cups of marinated red peppers
5 cloves of garlic, peeled
1 handful of basil
1 tsp balsamic or other vinegar
Salt and pepper to taste

tip.

Serve the fishcakes drizzled in the sauce and with a big fresh salad.

protein balls



01

These delicious sweet treats tick all of the boxes. They're gluten free, dairy free, raw, vegetarian and vegan. And to top it off, they're super easy to whip up.

02

Put all the ingredients (except the coconut) into a high-speed blender and blend until smooth.

03

Roll the mixture into balls (it should make around 8 small balls) and then roll in the coconut.

04

Place in the fridge for at least of 20 minutes before eating.

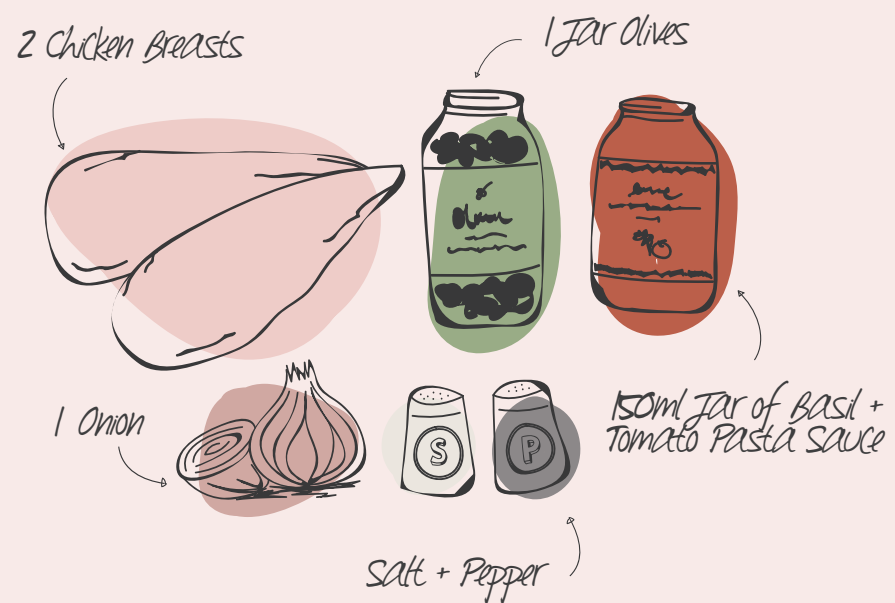
tip

If you want to add intensity, add $\frac{1}{4}$ cup of dark chocolate to the mix (but, this means the mix will no longer be dairy free).

make ahead recipes

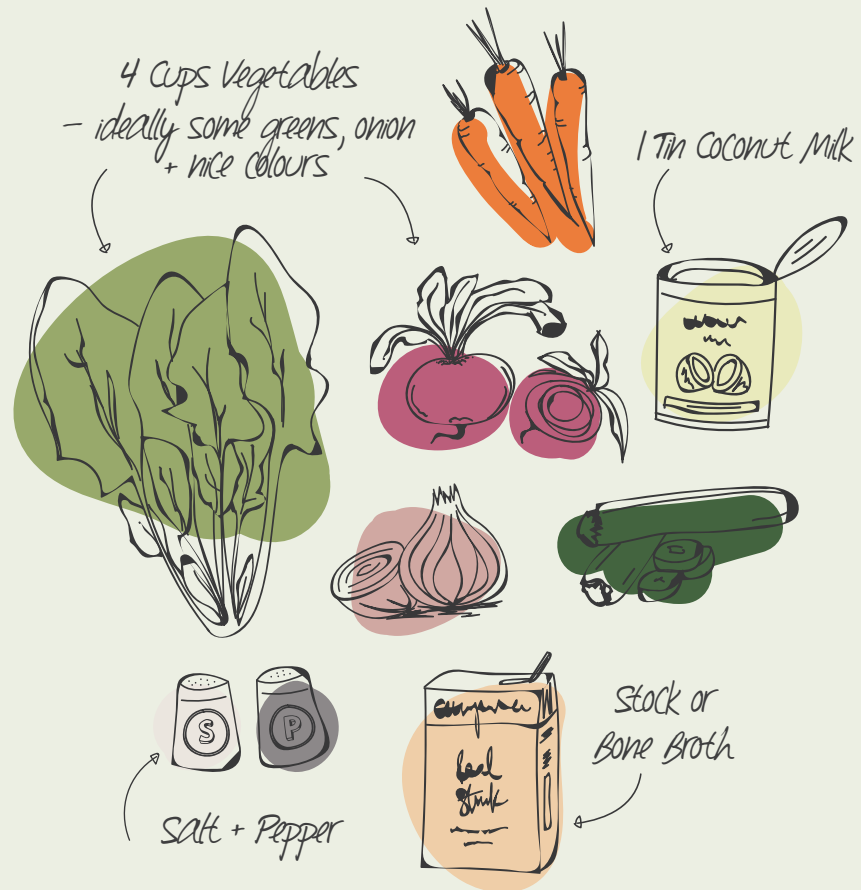
Whip up these recipes a few weeks before your due date. If your freezer is stocked with these, you have one less thing to worry about!

Chicken + Olives



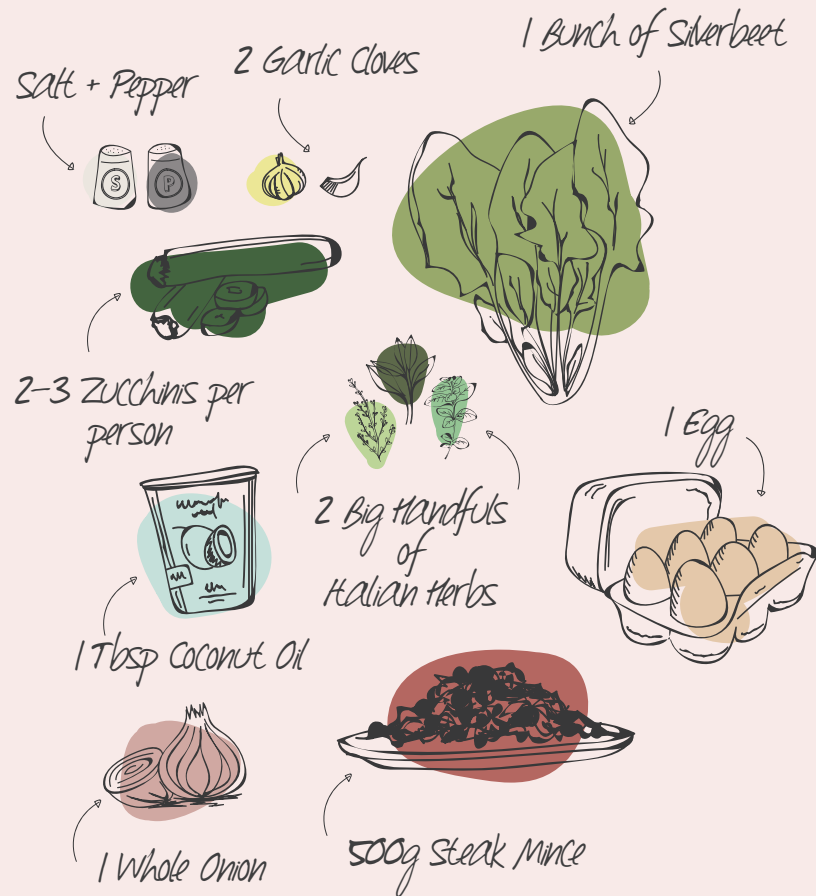
- 01 Brown the chicken in an oiled pan with the onion, salt and pepper.
- 02 Add the pasta sauce and olives, tip into a baking dish and bake at 180°C/350°F for 30 minutes.

Vegetable Soup



- 01 Chop your vegetables finely or pop them in the food processor.
- 02 Throw them in a hot, oiled cooking pot and let them brown a bit until they start to smell good.
- 03 Cover them with the stock/bone broth, let it reach the boil then turn it down and let it simmer for about 15 minutes.
- 04 Add the coconut milk.
- 05 Season to taste and enjoy - and by enjoy I mean, carefully measure into freezer proof containers so you can eat it when you really need it.

zucchini + monster green meatballs



These are a great protein-packed comfort food – and an extremely nutritious option that children will love too. Using silverbeet is a great way to give the meatballs a more tender texture, without the need for any fillers.

Roughly chop silverbeet and blend to create space in the food processor. If you're serving this to young children it's a good idea to blend the silverbeet really well – then the kids won't even notice they're eating it!

- 01 Blend the silverbeet, onion, garlic, egg, mince, salt and pepper and blend.
- 02 Form into meatballs.
- 03 Heat the coconut oil in a frying pan, place meatballs in the pan and fry until golden brown.
- 04 Make the Zucchini using the zucchinis and a spiralizer.