



FAT SHREDDER  
**RECIPES**

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## EGG DISHES & BREAKFAST FOODS

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### Mushroom and Spinach Egg Bake

FS, RR, SS, CC, 21 Day (P2)

Serves 6

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1 litre liquid egg whites  
1 cup mushrooms  
3 cups spinach  
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 175°C. Can refrigerate and re-heat in the microwave.



## APPETIZERS

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### Avocado and Cherry Tomato Guacamole

Detox, FS, RR, SS, CC, P2

Serves 2-4

1 lemon  
1 avocado, peeled  
1 cup onion, chopped  
1 jalapeno pepper, diced  
1 garlic clove, diced  
1/2 cup cherry tomatoes  
1/4 cup coriander leaves, diced  
Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, coriander and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

### Wilted Arugula and Portabello Mushrooms

Detox, FS, RR, SS, CC, P1, P2

Serves 2

1 TBSP olive oil  
1/2 small onion, chopped  
2 cloves minced garlic  
1/8 tsp crushed red pepper flakes  
1 cap portabello mushroom, chopped  
1/4 cup dry sherry  
1/4 cup vegetable broth  
4 cups arugula leaves  
1/8 tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add arugula and cook until wilted. Season with black pepper and serve immediately.



## POULTRY & PORK

### Basil Chicken Packets

Detox, FS, RR, SS, CC, P1, P2

Serves 4

2 TBSP fresh parsley  
1 TBSP lemon zest  
1 1/2 tsp dried basil  
2 medium yellow summer squash, diced  
1 medium red bell pepper, diced  
1 TBSP black pepper  
1/4 tsp salt  
2 chicken breasts, halved

Preheat oven to 230°C or grill to medium-high heat. Centre one chicken breast half on each side of aluminum foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and peppers, then sprinkle with black pepper. Bring up foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16-18 minutes in oven or grill 11-13 minutes.

### Chicken with Balsamic Vinegar

Detox, FS, RR, SS, CC, P1, P2

Serves 1

1/8 tsp thyme  
1 dash salt  
1 TBSP extra virgin olive oil  
1/2 tsp black pepper  
1/4 tbsp. butter, unsalted  
1 bay leaf  
1 chicken breast, evenly sliced into strips  
1/6 cup vegetable broth  
1/2 cup sliced mushrooms

Season the chicken with salt and pepper. Heat oil in a heavy frying pan and cook the chicken over medium-high heat until nicely browned on one side, about 3 minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the pan and redistributing the mushrooms so they cook evenly. Cook for about 3 minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover tightly and cook over moderately high-heat for about 10 minutes. Turn the chicken pieces occasionally as they cook. Transfer the chicken to a warm platter with foil. Let the sauce cook uncovered over moderately high heat for about 7 minutes. Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

### Dea-Seau Chicken Thai Basil

Detox, FS, RR, SS, CC, P1, P2

Serves 1

1 TBSP extra virgin olive oil  
1 chicken breast  
2 TBSP water  
1 TBSP basil  
1/8 tsp fish sauce  
1 TBSP dehydrated red curry sauce/paste

Lightly oil frying pan. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

### Deviled Chicken

Detox, FS, RR, SS, CC, P1, P2

Serves 2

1/4 TBSP yellow mustard  
1 garlic clove  
1/4 red bell pepper  
1/4 tsp red pepper flakes  
1/4 medium onion  
1/4 TBSP black pepper  
1 TBSP parsley  
1/4 cup chicken stock  
1/2 TBSP paprika

Mix the paprika and mustard with salt and pepper and season chicken breasts on both sides. In a frying pan over medium-high heat. Add the seasoned chicken and brown on the first side for 3 minutes; flip and then sear the second side for 2 minutes. Remove the chicken and reserve on a plate under a foil tent. Then add the onion, garlic, bell pepper, tomato paste and red pepper flakes to the pan. Cook the vegetables for 5 minutes. Add 1 cup of broth to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 minutes more, turning the chicken a few times. Remove the chicken to a platter. To finish the sauce, turn the heat off and add the parsley. Pour the sauce over the chicken and serve immediately.



## SEAFOOD

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### Caribbean Shrimp

Detox, FS, RR, SS, CC, P1, P2

Serves 4

1 lb shrimp  
1/4 cup freshly squeezed grapefruit juice  
1 oz. lime zest  
1/4 oz. lime juice  
1 garlic clove  
1/4 tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – grill, bake or sauté.

### Teriyaki Salmon

Detox, FS, RR, SS, CC, P1, P2

Serves 1

1/4 tsp lemon juice  
1/4 TBSP teriyaki sauce  
1/4 tsp soy sauce  
1/4 garlic cloves  
6 oz. salmon fillet

Mix all ingredients in a bowl and marinate salmon fillet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20-25 minutes at 175°C.

### Grilled Sole with Warm Aubergine Salad

Detox, FS, RR, SS, CC, P1, P2

Serves 1

1/2 TBSP extra virgin olive oil  
1/4 TBSP balsamic vinegar  
1 sole fillet  
1/2 TBSP capers  
1/4 red onion sliced fine  
1 medium tomato  
1 TBSP parsley  
1/4 aubergine, peeled and cubed

Preheat oven to 175°C. Place sole in oven and cook until it is tender and flaky. Heat oil in non-stick frying pan. Add the aubergine and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley, vinegar and stir to combine. Let cool 10 minutes before serving. Top over grilled fish.

### Dilled Alaskan Cod

Detox, FS, RR, SS, CC, P1, P2

Serves 4

4 cod fillets  
1 lemon, sliced  
Salt and pepper  
1 courgette, cut into strips  
1 butternut squash, cut into strips  
1 onion  
1/2 tsp mustard (dried spice)  
1 tsp dill weed

Preheat oven to 230°C. Evenly distribute lemon on aluminum foil. Place cod on lemon slices and sprinkle with salt and pepper. Top with courgette, squash and onion, then sprinkle on dill weed and dried mustard. Bring up foil (may need to do each fillet in its own foil) and double fold into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15-18 minutes.

### Easy Tilapia and Vegetable Packets

Detox, FS, RR, SS, CC, P1, P2

Serves 1

1/2 tsp black pepper  
1 tsp dill weed  
4 TBSP chicken broth  
1 cup broccoli  
1 cup cauliflower  
1 cup carrots, chopped  
1/4 tsp salt  
4 tilapia filets (or cod, haddock)

Heat oven to 230°C. Place each filet on a 12-inch square of aluminum foil. Top each filet with 1/4 of the vegetables and sprinkle with dill weed, salt and pepper. Pour 1/4 of the broth over vegetables. Bring sides of foil to make a tent, fold top edges over to seal. Repeat for remaining filets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes).

### Grilled Salmon with Spinach and Tomato Stack

Detox, FS, RR, SS, CC, P1, P2

Serves 1

1 TBSP balsamic vinegar  
2 TBSP basil, divided  
1 tsp extra virgin olive oil  
1 salmon fillet  
1 cup spinach  
1 tomato, sliced

Brush a frying pan with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and the tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put the spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, and then sprinkle with remaining basil.

### Fish Veracruz

Detox, FS, RR, SS, CC, P1, P2

Serves 4

2 cloves garlic, chopped  
2 cup orange juice  
1 TBSP onions  
4 fish filets (white fish)  
1/4 cup stuffed green olives, chopped pimiento  
1 TBSP olive oil  
1 oz. canned tomatoes with jalapeno

Preheat oven to 230°C. Coat baking dish with nonstick spray. Heat the oil in a large frying pan over medium-high heat. Add onion and garlic and cook 4 minutes, or until softened. Add the tomatoes, olives and juice; cook 5 minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10-12 minutes or until fish is no longer translucent.

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## Grilled Tuna with Salsa

Detox, FS, RR, SS, CC, P1, P2

Serves 1

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- 1 oz. raw tuna
- 1 cup snow peas
- 2 TBSP fresh salsa
- 1 tsp olive oil

Lightly brush a grill pan with oil. Grill tuna on the pan over medium heat coals, turning after 4-6 minutes. Tuna should maintain a little pink in the centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

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## Parmesan Shrimp and Veggies

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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- 1 TBSP canola oil
- 2 garlic cloves, minced
- 2 cups broccoli
- 1 summer squash
- 6 spring onions, sliced
- 1 lb shrimp
- 3 TBSP white wine
- 1 TBSP fresh basil
- 1 TBSP lemon juice

Heat oil in frying pan over medium-high heat, add garlic and cook for 1 minute. Add onions and cook for 2 more minutes. Add shrimp and sauté 2-3 minutes, or until shrimp is almost cooked. Add wine, lemon juice and basil and cook until shrimp is pink (about 1 minute). Sprinkle cheese evenly over the shrimp and vegetables.

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## Grilled Salmon with Ginger-Mint Salsa

Detox, FS, RR, SS, CC, P1, P2

Serves 2

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- 1/2 cup spring onions, chopped
- 1/2 tsp black pepper
- 1/2 oz. lime juice
- 2 TBSP fresh mint, chopped
- 1 tsp grated ginger
- 1/4 tsp salt
- 2 salmon filets
- 2 tsp lemon juice

Preheat grill on oven to high and heat an oven-safe frying pan under grill for 10 minutes. The pan should be 5-7" from the heat source. Rub salmon with 2 tsp fresh lemon juice and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to grill and cook about 5-7 minutes, depending on thickness. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and spring onion. Spoon over salmon. Garnish with 1 tsp olive oil.

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## Salmon and Herb Spaghetti

Detox, FS, RR, SS, CC, P1, P2

Serves 2

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- 3 courgettes
- 1/8 cup olive oil
- 7 grape tomatoes
- 3 garlic cloves, minced
- 1/8 cup white wine
- 2 salmon filets
- 1 TBSP basil
- 2 TBSP olive oil
- 1 1/2 TBSP oregano

Spiralise courgettes and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with courgette pasta.

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## Tuscan Cod

Detox, FS, RR, SS, CC, P1, P2

Serves 2

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- 1 tsp olive oil
- 1 tsp cumin
- 2 cod fillets
- 1 red bell pepper, diced
- 1/2 cup onions
- 1/2 - 1 tsp crushed red pepper flakes
- 1 cup cherry tomatoes, diced
- 1/2 clove minced garlic

Heat oil in frying pan over medium-high heat. Add onion, bell pepper, garlic and sauté for 2 minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for 5 minutes. Add fish, spooning sauce over it. Cover and cook 10 minutes until fish flakes easily.

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## Zesty Red Snapper with Mushrooms

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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- 2 TBSP lemon juice
- 4 snapper fillets
- 1/8 tsp red pepper flakes
- 1/8 tsp pepper
- 1/2 tsp oregano
- 1/2 tsp tarragon
- 1/2 tsp paprika
- 1 cup mushrooms, sliced
- 1/4 tsp salt

Heat oven to 200°C. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat, about 2 minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15-20 minutes.



## VEGETARIAN

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### Almond Broccoli Stir-Fry

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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2 tsp lemon  
10 cups broccoli florets  
2 gloves garlic  
1/2 tsp ground ginger  
1/2 cup slivered almonds, toasted (omit for programmes that are nut-free)  
1-2 tsp stevia  
1/8 cup low-sodium soy sauce  
2 TBSP sesame oil

In a nonstick frying pan, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, stevia and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

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### Artichokes and Green Beans

Detox, FS, RR, SS, CC, 21 Day (P1 and P2)

Serves 5

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1 1/4 lbs fresh green beans  
1 TBSP extra virgin olive oil  
2/3 cup onion, finely chopped  
1 clove garlic  
1-14 oz. can artichoke hearts, rinsed, drained and quartered  
1/4 TBSP salt  
1/8 tsp pepper  
1/4 parmesan cheese, shredded (omit for Detox or FS)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp-tender. Remove from heat and set aside. In a nonstick frying pan, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through. Sprinkle with cheese just prior to serving.

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### Artichokes with Saffron and Almonds

RR, SS, CC, FS, P2

Serves 8

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1 cup dried figs  
1 cup water, boiling  
1/4 tsp Saffron spice  
4 lbs baby artichokes, halved and chokes removed  
1/2 cup almonds  
1/4 cup white wine vinegar  
1 tsp paprika  
1/4 TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, then remove. Sprinkle with 1/4 tsp of saffron threads into the remaining liquid; allow to steep for 5 minutes. Heat oil in a large frying pan over medium-high heat. Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the artichoke are tender, about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, wine and paprika. Cook and stir until all of the liquid has evaporated. Remove from the heat, recover and allow to stand for 5 minutes before serving.

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### Broccoli Marinara

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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2 cloves garlic chopped  
2 TBSP extra virgin olive oil  
2 cups chopped broccoli  
Salt and pepper to taste  
2 cups canned diced tomatoes with basil, garlic and oregano (no salt added)

Heat oil in large pan over medium heat. Add garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender. Do not overcook the broccoli. Pour into a serving dish and toss before serving.

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### Brilliant Sautéed Broccoli

Detox, FS, RR, SS, CC, P1, P2

Serves 6

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1 lb broccoli florets  
3 TBSP parmesan cheese  
1 tsp brown sugar  
2 TBSP extra virgin olive oil  
1 tsp red pepper flakes  
1/4 TBSP salt  
1/8 tsp black pepper

Fill a pot with water and bring to a boil. Fill a large bowl or pot with half ice and half water. When the water comes to a boil, add the broccoli florets using a strainer with a handle, if possible. Allow broccoli to cook for 2 minutes until tender. Immediately remove from the boiling water, and transfer to a bowl of ice to stop the cooking process. Immerse the broccoli completely in ice water for a minute. Remove and place in a dish that is lined with paper towels. In a small bowl, mix together the cheese and sugar; set aside. Heat the oil in a large frying pan over medium-high heat. Add in the broccoli and season with red pepper flakes, salt and pepper. Stir to coat the broccoli, and then cook and stir for 1 to 2 minutes. Remove from the heat and dust with the parmesan cheese mixture.

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### Cauliflower Spanish "Rice"

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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1 cauliflower head, grated to the texture of rice  
2 garlic cloves, chopped  
1 medium green bell pepper  
1 medium red bell pepper  
3 celery stalks  
2 large carrots  
2 TBSP extra virgin olive oil  
1 medium tomato – diced  
2 tsp cumin

Heat oil in a large pan and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften, add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.

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## Cabbage Soup

Detox, FS, RR, SS, CC, PI, P2

Serves 3

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1/2 tsp pepper  
1/4 cup onions  
1 cup carrots  
3 TBSP garlic  
1 cup canned white beans, drained and rinsed  
1 1/2 cups drained tomatoes  
1/4 tsp salt  
4 cups vegetable broth  
1 cup green beans, trimmed  
4 cups chopped white cabbage  
1 tsp Italian seasoning

Combine cabbage, onions, carrots with broth and simmer for 15 minutes. Add tomatoes, beans and seasonings. Simmer 20 minutes.

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## Carrot Salad with Coriander and Lemon

Detox, FS, RR, SS, CC, PI, P2

Serves 2

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2 spring onions  
2 TBSP coriander  
1 TBSP lemon juice  
1/8 tsp salt  
1 dash cayenne pepper

Grate the carrot. Mince the spring onions, discarding the root tips and some of the green portion. Place grated carrot in a bowl with the spring onions, coriander, lime juice and salt. Toss. Sprinkle pepper and serve.

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## Cherry Tomato Salad with Green Onions and Coriander

Detox, FS, RR, SS, CC, PI, P2

Serves 6

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1 lb cherry tomatoes  
6 spring onions  
2 tsp chili powder  
2 tsp dried oregano  
1/2 tsp crushed garlic  
1/8 tsp salt  
2 TBSP freshly squeezed lime juice  
2 TBSP apple cider vinegar  
1/4 cup fresh coriander leaves

Cut tomatoes in half. Mince spring onions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and coriander and toss to combine.

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## Chilled Tomato Soup with Avocado and Basil

Detox, FS, RR, SS, CC, PI, P2

Serves 4

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8 cups cherry tomatoes  
2 TBSP balsamic vinegar  
1 avocado  
8 basil leaves  
1 cup red bell pepper, chopped  
1 cup green bell pepper, chopped  
2 cups courgette, chopped

Combine tomatoes, balsamic vinegar and salt in a blender. Puree until smooth, and then strain through a mesh strainer. Add peppers and courgette and refrigerate for 2 hours. Portion into 4 bowls and divide avocado. Tear basil leaves and sprinkle over top. Season with salt and pepper.

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## Creole Okra and Tomatoes

Detox, FS, RR, SS, CC, PI, P2

Serves 4

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1 TBSP extra virgin olive oil  
1 yellow onion, chopped  
4 cups okra, sliced  
2 cup plum tomatoes, chopped  
1 bay leaf  
1/2 tsp thyme  
1/4 TBSP salt  
1/2 tsp red pepper

Heat oil in pan over medium heat, and then add onion and sauté until tender. Add okra, tomatoes, bay leaf, thyme, salt and red pepper. Cover and cook 15 minutes. Uncover and cook 3-5 minutes or until okra is tender and piqued is mostly evaporated.

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## Cucumber, Tomato and Mint Salad

Detox, FS, RR, SS, CC, PI, P2

Serves 4

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2 cups cucumber, sliced  
3 tsp sugar  
2 medium plum tomatoes, chopped  
1/2 cup spring onions, chopped  
1/2 TBSP fresh mint  
2 TBSP extra virgin olive oil  
1/2 tsp black pepper  
3 TBSP red wine vinegar  
1/2 tsp salt

In a large bowl, combine cucumbers, vinegar, sugar and salt and let sit for 30 minutes. Add tomatoes, spring onions, mint and oil. Gently combine while seasoning with salt and pepper to taste.

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## Aubergine Casserole

Detox, FS, RR, SS, CC, PI, P2

Serves 6

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1/2 cup tomato sauce  
1 tsp oregano  
1/2 cup mushrooms  
1 tsp basil  
1/2 tsp garlic powder  
1 cup chopped red onions  
2 whole aubergines, peeled and sliced thin

Preheat oven to 175°C. Place aubergine on cookie sheet that is sprayed with cooking spray, and then spray some on the aubergine. Place under broiler for 10-15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour.

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## Curried Tofu Scramble with Roasted Peppers and Peas

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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1 TBSP rapeseed oil  
1/2 yellow onion diced  
1 TBSP curry powder  
1 cup frozen green peas  
1/2 cup red bell pepper  
1/2 cup water  
14 oz. firm, pressed and crumbled tofu\*  
1/4 tsp salt  
1/4 TBSP coriander  
1/4 tsp pepper

Heat the olive oil in a heavy-bottomed pan over medium-high heat. Add the tofu, onion, curry powder, salt, and black pepper and sauté for 2 minutes, stirring frequently. Add water and cover. Cook 3 minutes. Stir in peas, roasted pepper and coriander. Cook 2 minutes.

\*Tip: Freezing tofu will make it crumble better.

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## Aubergine Spinach Sauté

Detox, FS, RR, SS, CC, P1, P2

Serves 6

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1 aubergine, cut into 1" cubes  
2 large carrots, cut into 1" pieces  
1 cup cauliflower  
1 bunch spinach  
1 tsp olive oil  
1 onion, diced  
Salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, aubergine, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

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## Fresh Summer Vegetable Ratatouille

Detox, FS, RR, SS, CC, P1, P2

Serves 8

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1/2 tsp basil  
1/2 tsp salt  
3+ TBSP extra virgin olive oil  
1 bay leaf  
2 medium onions, sliced  
2 courgettes, chopped  
3 garlic cloves, minced  
1 aubergine, unpeeled and cubed  
1 summer squash, cubed  
2 medium green bell pepper, chopped  
1 red bell pepper, chopped  
4 small tomatoes, chopped

Heat 1 1/2 TBSP oil in a large stockpot over medium-high heat. Add the onions and garlic and cook until soft. In a large pan, heat 1 1/2 TBSP oil and sauté courgette in batches until slightly browned on all sides. Remove courgette and place in pot with onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time to add a new set of vegetables in. Season pot ingredients with salt and pepper. Add bay leaf and cover. Cook over medium heat for 20 minutes. Add chopped tomatoes and parsley and cook another 10-15 minutes, stirring occasionally. Remove bay leaf and adjust seasoning.

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## Garden Vegetable Packet

Detox, FS, RR, SS, CC, P1, P2

Serves 4

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3 cups broccoli  
2 cups cauliflower  
1 red bell pepper, sliced  
1 tsp basil  
1/2 TBSP salt  
1/8 tsp pepper

Preheat oven to 230°C. Centre vegetables on a sheet of aluminum foil and sprinkle seasonings, and then top with 2 ice cubes. Bring foil up and double fold top to seal and make like a tent. Bake 20-25 minutes.

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## Garden Vegetable Soup

Detox, FS, RR, SS, CC, P1, P2

Serves 2

---

1/2 cup courgette  
2 garlic cloves, sliced  
1/2 tsp salt  
2/3 cup carrots, strips  
1/2 cup onions, chopped  
1 1/2 cup cabbage, chopped  
1 TBSP no-added-salt tomato paste  
1/2 cup green beans  
1 tsp basil  
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in courgette and heat 3-4 minutes.

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### Jamaican Nut Baked Apple

FS, RR, SS, CC, P2

Serves 4

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4 apples  
4 plums, diced  
4 peaches, diced  
4 tsp salt  
4 tsp peanuts  
4 tsp almonds  
2/3 oz. pecans  
4 oz. rum extract  
1 TBSP cinnamon

Core all apples. Using a knife, cut a skin deep horizontal line around the outside of the apples to allow room for the inside of the apple to expand. Place the apples in an oven-proof dish and stuff them with fruits and nuts. Pour 1 oz. rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 190°C for 45 minutes or until apples are soft.

