

DETOX  
**RECIPES**

## TABLE OF CONTENTS

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### APPETISERS

- 3      Artichokes and French Beans  
        Detox Salad Dressing  
        Orange Anise Vinaigrette  
        Spicy Lime Marinade  
        Easy Spinach and Onion Egg Bake  
        Mushroom-and-Spinach Egg Bake  
        Courgette Hashbrowns

### POULTRY & PORK

- 3      Basil Chicken Packets
- 4      Chicken With Balsamic Vinegar  
        Hot and Sour Soup  
        Deviled Chicken  
        Herb-Roasted Chicken  
        Lemon Basil Chicken  
        Moroccan-Style Chicken With Vegetables
- 5      Thai Chicken Stir-Fry  
        Broiled Sole With Warm Aubergine Salad  
        Tomato-and-Garlic French Beans  
        Tomatoes With Shallots and Fresh Basil  
        Wilted Rocket and Portobello Mushrooms

### SEAFOOD DISHES

- 5      Caribbean Prawns
- 6      Chinese Steamed Bass With Cabbage  
        Dilled Alaskan Cod/Black Cod  
        Easy Prawn Stir-Fry  
        Easy Tilapia-and-Vegetable Packets  
        Fish Veracruz  
        Ginger Prawn Stir-Fry  
        Grilled Salmon With Spinach-and-Tomato Stack
- 7      Grilled Tuna With Salsa  
        Jazz Salad  
        Quick Broiled Salmon With Ginger Mint Salsa  
        Salmon and Herb Spaghetti  
        Prawn Salad  
        Tuscan Cod  
        Zesty Red Snapper/Trout/Tilapia With Mushrooms

### VEGETARIAN & VEGETABLE SIDE DISHES

- 8      Almond/Broccoli Stir-Fry  
        Artichokes and French Beans  
        Broccoli Marinara  
        Balsamic Kale  
        Beet-and-Rocket Salad With Dried Cranberries  
        Carrot Salad With Coriander and Lemon  
        Cauliflower Soup
- 9      Cauliflower Spanish "Rice"  
        Cherry Tomato Salad With Spring Onions and Coriander  
        Chilled Tomato Soup With Avocado and Basil  
        Classic Gazpacho  
        Cold Tomato-and-Basil Soup  
        Creamy Carrot Soup
- 10     Creole Okra and Tomatoes  
        Cucumber Salad With Basil  
        Cucumber, Tomato and Mint Salad  
        Curried Tofu Scramble With Roasted Peppers and Peas  
        Detox Spicy Gazpacho  
        Aubergine Casserole
- 11     Aubergine Mixed Grill  
        Aubergine Spinach Sauté  
        Fennel and Radicchio/Chicory Salad With Balsamic Vinaigrette  
        Garden Vegetable Packet  
        Fresh Summer Vegetable Ratatouille  
        Garden Vegetable Soup  
        Garlic Kale
- 12     Golden Carrot Soup  
        Grilled Vegetables  
        Grilled Italian Vegetables  
        Japanese Vegetable Salad  
        Mediterranean Summer Tomatoes  
        Mushrooms and Peppers  
        Nopalito Salad With Pickled Jalapeños  
        Oven-Roasted Asparagus
- 13     Quick and Easy Gazpacho  
        Roasted Garlic Lemon Broccoli  
        Sautéed Courgette  
        Snack Salad  
        Spicy Grilled Vegetable Skewer  
        Spicy Roasted Kale  
        Tomato/Basil Soup  
        Vegetable Soup
- 14     Courgette, Tomato, Vegetable Packet

APPETISERS

Artichokes and French Beans

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 5

- 1 ¼ lbs fresh french beans
- 1 tbsp extra virgin olive oil
- ½ cup finely chopped onion
- 1 clove garlic
- One 14 oz can artichoke hearts (rinsed, drained and quartered)
- ¼ tbsp salt
- ⅛ tsp black pepper

Place french beans in a steamer basket. Place in saucepan over 1 inch of water; then bring it to a boil. Cover and steam for 6–8 minutes or until crisp tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

Detox Salad Dressing

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 1

- ⅛ tsp paprika
- ½ cup water
- ⅓ tbsp pepper
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp oregano
- ⅛ tsp basil
- ½ tsp white wine vinegar
- 1 oz Dijon mustard

Mix it all together.

Orange Anise Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- ⅛ tsp anise seed
- 2 tbsp orange juice
- 1 tbsp olive oil
- ⅛ tsp cumin
- ⅛ tbsp salt

Use a mortar and pestle to and crush the anise seeds. Whisk all the ingredients together for about one minute.

Spicy Lime Marinade

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 2

- ¼ cup fresh lime juice
- 2 tbsp olive oil
- 2 tsp chili powder
- 1 tsp garlic powder
- ½ tsp cumin
- ½ tbsp salt

Whisk together lime juice, oil, chili powder, garlic, cumin, salt and pepper.

Easy Spinach and Onion Egg Bake – Breakfast for Six Days!

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 1 (or 6)

- One 32 oz carton of liquid egg whites
- 3 eggs
- One 10 oz bag frozen spinach, chopped
- 1 onion, chopped

Defrost spinach according to the directions on the bag. Spray a glass, 9 x 11 baking dish with cooking spray. Add all the ingredients. Bake at 175° Celsius for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1–2 minutes.

Mushroom-and-Spinach Egg Bake

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 6

- 1 quart 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 for 45 minutes at 175° Celsius. Makes 6 servings. Can refrigerate and reheat in the microwave.

Courgette Hashbrowns

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 1

- 2 eggs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 dash pepper
- 2 tsp olive oil
- 1 cup shredded courgette

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip it onto the other side.

POULTRY & PORK

Basil Chicken Packets

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- 2 tbsp fresh parsley
- 1 tbsp lemon zest
- 1 ½ tsp dried basil
- 2 medium summer squashes (yellow)
- 1 medium red pepper
- 1 tbsp pepper
- ¼ tsp salt
- 2 chicken breasts, halved

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

### Chicken With Balsamic Vinegar

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

Serves 1

- ⅓ tsp thyme
- 1 dash salt
- 1 tbsp extra virgin olive oil
- ½ tsp black pepper
- 1 bay leaf
- 1 chicken breast
- ⅓ cup vegetable broth
- ½ cup mushrooms, sliced

Season the chicken with salt and pepper. Heat oil in a heavy skillet and cook the chicken over medium-high heat until nicely browned on one side, about three minutes. Add the garlic. Turn the chicken pieces over and scatter the mushrooms on top. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook for about three minutes. Add the balsamic vinegar, broth, bay leaf and thyme. Cover loosely and cook over moderately high heat for about 10 minutes. Turn the 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 seven minutes. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve.

### Hot and Sour Soup

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

Serves 4

- 5 cups low-sodium chicken broth
- ½ cup mushrooms
- 1 spring onion
- 2 chicken breasts
- 1 tbsp soy sauce
- ½-1 tbsp hot sauce
- 1 egg white
- ⅓ tsp black pepper
- ½ cup bamboo shoots
- ⅔ tsp rice vinegar
- 1 tsp grated ginger

Combine broth, mushrooms and ginger in a saucepan. Bring to a boil. Add chicken and simmer uncovered about 10 minutes. Add bamboo shoots; simmer for five minutes. Add vinegar, soy sauce, hot sauce and pepper; bring to a boil. Drizzle egg white into soup, stirring constantly (lacy strands will form). Stir in onions. Bring to a boil. Cover and simmer until ready to serve.

### Deviled Chicken

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

Serves 2

- ¼ tbsp yellow mustard
- 2 chicken breasts
- 1 garlic clove, minced
- ¼ red pepper
- ¼ oz. red pepper flakes
- ¼ medium onion
- ¼ tsp black pepper
- 1 tbsp parsley
- ¼ cup chicken stock
- ½ tbsp paprika

Mix the paprika and mustard with salt and pepper and season chicken breasts on both sides. In a skillet over medium-high heat, brown the chicken on the first side for three minutes; flip and then sear the second side for two minutes. Remove the chicken and reserve on a plate under a foil tent. Then, add the onion, garlic, red pepper, tomato paste and red pepper flakes to the pan. Cook the vegetables for five minutes. Add one cup of stock to the vegetables and bring to a simmer. Add the reserved chicken back into the pan and cook for 10 more minutes, turning the chicken a few times. Transfer 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.

### Herb-Roasted Chicken

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

Serves 8

- 3 lbs whole chicken
- 1 tbsp black pepper
- 1 tbsp sage
- 1 tbsp tarragon
- 1 tsp parsley
- 1 tsp thyme
- ½ tsp salt

It is best to use fresh herbs for this recipe. Preheat oven to 230° Celsius. Rinse chicken; dry it well with a paper towel inside and out. With half of the salt, salt the inside of the chicken. Add the pepper and herbs to the cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in the oven for 45 minutes to one hour until juices run clear when the chicken's thigh is pierced, or until an internal thermometer reads 70° Celsius. Let chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.

### Lemon Basil Chicken

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

Serves 4

- ½ tsp garlic powder
- 1 tbsp basil leaves
- 1 lemon
- 1 garlic cloves
- 3 lbs whole chicken

Preheat oven to 190° Celsius. Remove excess fat from chicken; fasten neck skin to the back with a skewer. Fold the wings across the back with tips touching. Grate two teaspoons of the lemon peel and save it. Cut lemon into halves; rub chicken with half of the lemon. Place garlic, basil and remaining lemon in the cavity. Rub chicken with the grated lemon peel and sprinkle garlic powder and the remaining basil over chicken. Place chicken, breast side up, on rack in the roasting pan and put in the oven. Cover and bake for one hour. Uncover and bake for 30 minutes more.

### Moroccan-Style Chicken With Vegetables

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

Serves 2

- 2 chicken breasts
- 1 ½ tsp cumin
- ½ tsp cinnamon
- ½ tbsp salt
- ½ tsp pepper
- 12 ½ oz canned tomatoes, diced
- 1 large courgette, cut into 2-inch slices

Preheat oven to 230° Celsius. Center chicken breasts on aluminum foil. Combine spices then sprinkle ½ of the mixture over the chicken. Combine the rest with the tomatoes and spoon it next to the chicken. Arrange courgette strips over the chicken and tomatoes. Bring up the foil on the sides and double-fold the top and ends to seal the packets, leaving some room for heat circulation. Bake for 20-22 minutes.

Thai Chicken Stir-Fry

Detox, FS, RR, SS, CC, P1, P2  
Serves 6

- 1 cup cauliflower
- 2 cups broccoli
- ½ tsp garlic powder
- ½ tsp ginger
- 1 cup carrot slices
- ½ tbsp ground cardamom
- ½ tsp chili powder
- 1 oz. curry powder
- 2 tbsp olive oil
- 4 chicken breasts
- 1 tbsp soy sauce

Over medium-high heat, mix oil, soy sauce and garlic powder in a skillet. Add half of the chicken (chopped into cubes), and cook for three minutes. Remove and repeat with remaining chicken. Return all chicken to the pan with all other ingredients. Bring to a boil and cover. Cook for 3–5 minutes.

Broiled Sole With Warm Aubergine Salad

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 1

- ½ tbsp extra virgin olive oil
- ¼ tbsp balsamic vinegar
- Sole fillet
- ½ tbsp capers
- ¼ red onion, sliced finely
- 1 medium tomato
- 1 tbsp parsley
- ¼ aubergine, peeled and cubed

Preheat oven to 170° Celsius. Place sole in oven and cook until it is tender and flaky. Heat oil in a nonstick skillet. Add the aubergine and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley and vinegar and stir to combine. Let cool for 10 minutes before serving. Top over broiled fish.

Tomato and Garlic French Beans

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- 4 garlic cloves
- ½ cup chopped onion
- 1 pound French beans
- 4 tsp olive oil
- ½ tsp salt
- 3 tbsp tomato paste
- 1 cup cherry tomatoes

Rinse and drain the French beans. Fry the onions and add them to the French beans, garlic and salt. Stir and cook for five minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

Tomatoes with Shallots and Fresh Basil

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- ½ tbsp olive oil
- ½ tbsp red wine vinegar
- 1 shallot, minced
- 4 tomatoes
- ¼ tsp salt
- Pepper to taste
- 5 fresh basil leaves, torn

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle salt and pepper on top evenly. Drizzle the olive oil and vinegar over tomatoes. Top with basil and shallots and serve.

Wilted Rocket and Portobello Mushrooms

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 2

- 1 tbsp olive oil
- ½ small onion, chopped
- 2 cloves minced garlic
- ⅛ tsp crushed red pepper flakes
- 1 cap portobello mushroom, chopped
- ¼ cup dry sherry
- ¼ cup vegetable broth
- 4 cups rocket leaves
- ⅛ tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for five 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 rocket and cook until wilted. Season with black pepper and serve immediately.

SEAFOOD DISHES

Caribbean Prawns

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- 1 lb prawn
- ¼ cup fresh squeezed grapefruit juice
- 1 oz lime zest
- ¼ oz lime juice
- 1 garlic clove
- ¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least two hours. Cook prawns as desired – broil, bake or sauté.

Chinese Steamed Bass With Cabbage

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 2

- 2 striped bass fillets
- 1 hot chili pepper, chopped
- 1 tsp grated fresh ginger
- ½ head cabbage
- 2 garlic cloves, minced
- 2 tbsp low-sodium soy sauce
- 2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for five minutes. Lay fish on top of the cabbage and steam for five more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Top with soy sauce then pour the garlic-and-oil mixture over the fish.

Dilled Alaskan/Black Cod

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 4

- 4 cod fillets
- 1 lemon, sliced
- Salt and pepper
- 1 courgette, cut into strips
- 1 summer squash, cut into strips
- 1 onion
- ½ tsp mustard (dried spice)
- 1 tsp dill weed

Preheat oven to 232° Celsius. 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 dill weed and dried mustard on top. Bring up foil (may need to do each fillet in its own foil) and double-fold it into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake for 15–18 minutes.

Easy Prawn Stir-Fry

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 4

- 2 tsp Kikkoman Less Salt Soy Sauce (or low-sodium soy sauce)
- 1 lb prawns
- 1 tbsp olive oil
- 4 cups vegetables of your choice

Drizzle 1 tbsp oil in a skillet and cook prawns, seasoning with salt and pepper, if desired. Add vegetables. Lower heat and cover pan until vegetables are heated through. Add Kikkoman (or soy sauce) on top and enjoy!

Easy Tilapia-and-Vegetable Packets

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 4

- ½ tsp black pepper
- 1 tsp dill weed
- 4 tbsp chicken broth
- 1 cup broccoli
- 1 cup cauliflower
- 1 cup carrots, chopped
- ¼ tsp salt
- 4 tilapia fillets

Heat oven to 232° Celsius. Place each fillet on a 12-inch square of aluminum foil. Top each fillet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour ¼ of the broth over the vegetables. Bring up sides of the foil to make a tent, fold the top edges over to seal. Repeat for remaining fillets. Place packets on ungreased cookie sheet. Bake until veggies are crisp and tender and fish flakes easily (about 40 minutes).

Fish Veracruz

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 4

- 2 cloves garlic, chopped
- 2 cups orange juice
- 1 tbsp onions
- 4 fish fillets (white fish)
- ¼ cup stuffed green olives, chopped pimiento
- 1 tbsp olive oil
- 1 oz canned tomatoes with jalapeños

Preheat oven to 232° Celsius. Coat baking dish with nonstick spray. Heat the oil in a large skillet over medium-high heat. Add onion and garlic and cook for four minutes, or until softened. Add the tomatoes, olives and juice and cook for five minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10–12 minutes or until fish is no longer translucent.

Ginger Prawn Stir-Fry

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 4

- 1 white onion, cut into wedges
- 1 cup broccoli
- ¾ cup celery, chopped
- ½ cup baby carrot
- ½ cup mange tout
- ½ cup cauliflower
- ½ cup mushrooms
- ½ cup water chestnuts
- 2 ½ cups prawns
- 2 tsp ginger, grated fresh
- 2 tbsp olive oil and low-sodium soy sauce

In a large wok, heat oil on medium heat and stir-fry the onions, celery, carrots and ginger for 5–7 minutes. Add mange tout, cauliflower, and broccoli and sauté for 3–4 minutes. Add mushrooms, water chestnuts and prawn and cook for 3–5 minutes. Add soy sauce and seasoning and continue to cook until vegetables are heated through.

Grilled Salmon With Spinach-and-Tomato Stack

(Detox, FS, RR, SS, CC, PI, P2)  
Serves 1

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

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin-side down. Add tomato and sprinkle with half of the basil leaves. Cook for 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 with a few drops of olive oil and some balsamic vinegar; then sprinkle with the remaining basil leaves.

### Grilled Tuna With Salsa

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

Serves 1

- 1 oz raw tuna
- 1 cup mange tout
- 2 tbsp fresh salsa
- 1 tsp olive oil

Lightly brush a grill pan, grill rack or broiler pan with oil. Grill tuna on the pan over medium heat or coals (can also be broiled), turning after 4–6 minutes. Tuna should maintain a little pink in the center, and will flake easily around the edges. Top with fresh salsa and serve with one cup of mange tout.

### Jazz Salad

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

Serves 2

- 8 jumbo olives
- 6 prawns
- 1 tbsp olive oil
- 1 cup cherry tomatoes
- 1/8 cup carrots, chopped
- 1/8 cucumber, sliced
- 2 lettuce leaves
- 2 tbsp balsamic vinegar
- 2 oz crab

Combine lettuce, cucumber, carrots and tomato in a bowl. Add olives, cooked crab and prawns and toss in oil and balsamic vinegar dressing.

### Quick Broiled Salmon With Ginger Mint Salsa

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

Serves 2

- 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 fillets
- 2 tsp lemon juice

Preheat broiler on oven to high and place all oven-safe skillets in for 10 minutes. The pan should be 5–7 inches from the heat source. Rub salmon with 2 tsp of fresh lemon juice and pepper. Using a hot pad, pull the pan away from the heat and place salmon on the hot pan, skin-side down. Return to broiler and cook about 5–7 minutes, depending on thickness of salmon. Test to ensure salmon is cooked. Meanwhile, combine ginger, mint, lime juice and spring onions. Spoon over salmon. Garnish with a teaspoon of olive oil.

### Salmon and Herb Spaghetti

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

Serves 2

- 3 courgettes
- 1/8 cup olive oil
- 7 baby plum tomatoes
- 3 garlic cloves, minced
- 1/8 cup white wine
- 2 salmon fillets
- 1 tbsp basil
- 2 tbsp olive oil
- 1 1/2 tbsp oregano

Spiralise the courgette and cook it in 2 tbsp olive oil. Set aside. Cook garlic and tomatoes for one 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.

### Prawn Salad

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

Serves 1

- 1/2 soy sauce
- 2 tsp balsamic vinegar
- 1 tbsp olive oil
- 1/8 cup tomatoes
- 10 basil leaves
- 3 oz prawns

Combine basil and tomato. Whisk oil, vinegar and soy sauce in a cup. Season with salt and pepper. Dress the basil mixture and add cooked prawns.

### Tuscan Cod

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

Serves 2

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

Heat oil in a skillet over medium-high heat. Add onion, green pepper and garlic and sauté for two minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for five minutes. Add fish, spooning sauce over it. Cover and cook for 10 minutes until fish flakes easily.

### Zesty Red Snapper/Trout/Tilapia With Mushrooms

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

Serves 4

- 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
- 1/4 tsp salt

Heat oven to 200° Celsius. Mix dry herbs together. Brush fish fillets with lemon juice. Rub both sides of the fish with the herb mixture, then arrange on the ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in skillet over medium heat for about two minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15–20 minutes.

## VEGETARIAN & VEGETABLE SIDE DISHES

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### Almond Broccoli Stir-Fry

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

Serves 4

2 tsp lemon  
10 cups broccoli florets  
2 cloves of garlic  
½ tsp ground ginger  
½ cup slivered, toasted almonds (omit for programmes that are nut-free)  
1–2 tsp stevia  
⅓ cup low-sodium soy sauce  
2 tbsp sesame oil

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

### Artichokes and French Beans

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

Serves 5

1 ¼ lbs fresh French beans  
1 tbsp extra virgin olive oil  
⅔ cup onion, finely chopped  
1 garlic clove garlic  
One 14 oz can artichoke hearts (rinsed, drained and quartered)  
¼ tsp salt  
⅛ tsp pepper  
¼ parmesan cheese, shredded (omit for Detox or FS)

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

### Broccoli Marinara

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

Serves 4

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

Heat oil in large skillet over medium heat. Add garlic and cook for a few minutes, stirring consistently. Pour in the tomatoes including the juice, and simmer until the liquid has reduced to 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.

### Balsamic Kale

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

Serves 4

5 cups kale, chopped  
1 garlic clove, minced  
1 tbsp extra virgin olive oil  
2 tbsp balsamic vinegar  
Salt and pepper to taste

Cook kale in large covered saucepan over medium-high heat until the leaves are wilted. Uncover and stir in garlic, olive oil and vinegar. Cook while stirring for about two minutes. Add salt and pepper to taste.

### Beet-and-Rocket Salad With Dried Cranberries

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

Serves 4

¼ cup dried cranberries  
2 tbsp extra virgin olive oil  
2 tbsp balsamic vinegar  
½ tsp stevia  
⅛ tsp salt  
⅛ tsp pepper  
8 cups rocket  
1 can drained and sliced beetroots (or fresh after they're cooked)

Combine cranberries with 1/4 cup of water in a small bowl and microwave for one minute. Combine oil, vinegar, sugar, salt and pepper in a bowl and whisk for 1 minute. In a large bowl, toss the rocket with half of the dressing and portion it into individual bowls. Cut beetroots into cubes and place over rocket. Drizzle the remaining dressing on top of the beetroots. Drain cranberries on top of each salad.

### Carrot Salad With Coriander and Lemon

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

Serves 2

1 large carrot  
2 spring onions  
2 tbsp coriander  
1 tbsp lemon juice  
⅛ tsp salt  
1 dash cayenne pepper

Grate the carrot. Mince the spring onion, 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 with pepper and serve.

### Cauliflower Soup

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

Serves 6

⅓ tbsp nutmeg  
½ oz agave nectar  
5 cups cauliflower  
2 tbsp extra virgin olive oil  
4 cups water  
1 medium onion, sliced  
1 clove garlic, sliced  
1 cup apple, cored and chopped

Heat the oil in a saucepan. Add the onion, garlic and apple and cook until soft. Stir in the remaining ingredients and cook for two minutes. Add 4 cups of water and bring it to a boil. Reduce heat to simmer and cook for 15–20 minutes or until cauliflower is tender. Let it cool for 10 minutes. Purée the soup in a blender and return it to the saucepan. Season with salt and pepper. Garnish with parsley or lemon zest.

## Cauliflower Spanish “Rice”

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

Serves 4

1 head cauliflower  
2 cloves garlic, chopped  
1 green pepper, chopped  
4 celery stalks, chopped  
3 small courgettes, chopped  
2 tbsp extra virgin olive oil  
5 oz no-added-salt tomato paste  
3 tsp ground cumin  
½ cup vegetable stock

Using a food processor, pulse the cauliflower until it is small enough to look like pieces of rice. Heat oil in a large sauté pan and sauté all vegetables together until heated through. Add stock and lower the heat, stirring often. When cauliflower starts to soften, add tomato paste and spices and cook over low heat until it reaches the texture of cooked rice.

## Cherry Tomato Salad With Spring Onions and Coriander

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

Serves 6

1 lb cherry tomatoes  
6 spring onions  
2 tsp chili powder  
2 tsp dried oregano  
½ tsp crushed garlic  
⅛ tsp salt  
2 tbsp freshly squeezed lime juice  
2 tbsp apple cider vinegar  
¼ cup fresh coriander leaves

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

## Chilled Tomato Soup With Avocado and Basil

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

Serves 6

½ cup water  
4 cups cherry tomatoes  
1 large cucumber, diced  
1 yellow pepper, diced  
1 white onion, diced  
¼ cup olive oil  
2 garlic cloves, minced  
1 jalapeno pepper, minced  
2 tbsp parsley, chopped  
2 tbsp basil, chopped  
2 tbsp red wine vinegar

Blend tomatoes, water and oil in a blender. Transfer to a bowl with the remaining ingredients. Refrigerate and serve.

## Classic Gazpacho

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

Serves 2

1 tsp olive oil  
1 tsp cumin  
2 cod fillets  
1 tbsp capers  
1 diced red pepper  
½ cup onions  
½ – 1 tsp crushed red pepper flakes  
1 cup cherry tomatoes, diced  
½ clove garlic, minced

Heat oil in a skillet over medium-high heat. Add onion, green pepper and garlic and sauté for two minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for five minutes. Add fish, and spoon the sauce over it. Cover and cook 10 minutes until fish flakes easily.

## Cold Tomato-and-Basil Soup

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

Serves 4

8 cups cherry tomatoes  
⅓ cup parsley, chopped  
2 tbsp vinegar  
¼ tsp salt

In a blender, combine all the ingredients and purée until smooth. Transfer to a bowl and chill for 2 hours.

## Creamy Carrot Soup

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

Serves 6

1 cup celery, chopped  
Salt and pepper  
6 oz vegetable stock  
3 tbsp olive oil  
¼ oz parsley  
1 cup onions  
1 ½ pounds carrots, chopped

Put oil in a large, deep saucepan over medium heat. When the oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally for about 15 minutes or until the carrots are softened. Add stock and cook for about 15–20 minutes, until the vegetables are very tender. Cool the mixture and blend until puréed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

### Creole Okra and Tomatoes

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- 1 tbsp extra virgin olive oil
- 1 yellow onion, chopped
- 4 cups okra, sliced
- 2 cups plum tomatoes, chopped
- 1 bay leaf
- ½ tsp thyme
- ¼ tsp salt
- ½ tsp red pepper

Heat oil in a skillet over medium heat, and then add onion and sauté until tender. Next, add okra, tomatoes, bay leaf, thyme, salt and red pepper. Cover and cook for 15 minutes. Uncover and cook for 3–5 minutes, or until the okra is tender and water is mostly evaporated.

### Cucumber Salad With Basil

(Detox, FS, RR, SS, CC, P2, P2)  
Serves 4

- 3 large cucumbers
- ½ sliced red onion, sliced
- 1 tbsp of fresh basil, chopped
- 1 tbsp of fresh parsley, chopped
- 1 tbsp extra virgin olive oil
- 2 ½ tsp Dijon mustard
- ¼ tsp salt
- 2 tbsp balsamic vinegar

Place cucumbers and onion in a bowl. Combine the basil and remaining ingredients, then pour over the cucumber mixture and toss gently. Cover and chill.

### Cucumber, Tomato and Mint Salad

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- 2 cups cucumber, sliced
- ½ – 1 tsp stevia extract or powder
- 2 medium plum tomatoes
- ½ cup spring onions, chopped
- ½ tbsp fresh mint
- 2 tbsp extra virgin olive oil
- ½ tsp black pepper
- 3 tbsp red wine vinegar
- ½ 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.

### Curried Tofu Scramble With Roasted Peppers and Peas

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 4

- 1 tbsp canola oil
- ½ yellow onion, diced
- 1 tbsp curry powder
- 1 cup frozen green peas
- ½ cup red pepper
- ½ cup water
- 14 oz firm, pressed and crumbled tofu
- ¼ tsp salt
- ¼ tsp coriander
- ¼ tsp pepper

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

\*Freezing tofu will make it crumble better.

### Detox Spicy Gazpacho

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 2

- 4 cups tomatoes
- 1 cup both green and red pepper, chopped
- ¾ cup celery, chopped
- 1 cucumber
- ⅓ cup white onion, chopped
- 2 garlic cloves, minced
- 1 tbsp lemon juice
- 1 tbsp basil
- 1 tsp parsley
- 1 tsp cumin
- Hot pepper sauce (to taste)
- ¼ cup balsamic vinegar

Blend all together and refrigerate overnight.

### Aubergine Casserole

(Detox, FS, RR, SS, CC, P1, P2)  
Serves 6

- ½ cup tomato sauce
- 1 tsp oregano
- ½ cup mushrooms
- 1 tsp basil
- ½ tsp garlic powder
- 1 cup red onions, chopped
- 2 whole aubergines, peeled and sliced thin

Put aubergines on a cookie sheet that has been 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 with the aubergines, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour at 190° Celsius.

Aubergine Mixed Grill

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

Serves 4

- 2 tbsp olive oil
- 2 tbsp parsley
- 1 aubergine
- ¾ cup mushrooms
- 1 green pepper
- 6 tsp oregano
- 2 tbsp basil
- 1 tbsp balsamic vinegar
- 1 tbsp salt
- ½ tsp pepper
- 6 cloves garlic, minced
- 1 red onion, cut into wedges
- 10 spears asparagus

In a large, resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt, pepper and garlic. Place the onion, asparagus, mushrooms, aubergine and green peppers in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat the grill to high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.

Aubergine Spinach Sauté

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

Serves 6

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

Preheat a 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 and let simmer for 3 more minutes.

Fennel and Radicchio/Chicory Salad With Balsamic Vinaigrette

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

Serves 1

- 2 tbsp extra virgin olive oil
- ⅛ tsp salt
- ¼–½ cup balsamic vinaigrette
- 1 ½ cups fennel bulbs (cored and thinly sliced)
- 2 cups Radicchio/Chicory (red chicory), torn and loosely packed

In a small bowl, whisk together the oil, balsamic vinegar, salt and pepper for about one minute. Place fennel and radicchio in a bowl and toss with dressing. Serve over a lettuce leaf.

Garden Vegetable Packet

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

Serves 4

- 3 cups broccoli
- 2 cups cauliflower
- 1 red pepper, sliced
- 1 tsp basil
- ½ tbsp salt
- ⅛ tsp pepper

Preheat the oven to 230° Celsius. Center the vegetables on a sheet of aluminum foil and sprinkle seasonings on top, then top with two ice cubes. Bring foil up on the sides and double-fold the top to seal and make it like a tent. Bake for 20–25 minutes.

Fresh Summer Vegetable Ratatouille

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

Serves 8

- ½ tsp basil
- ½ tsp salt
- 3 or more 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 peppers, chopped
- 1 red pepper, chopped
- 4 small tomatoes, chopped

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

Garden Vegetable Soup

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

Serves 2

- ½ cup courgette
- 2 garlic cloves, sliced
- ½ tsp salt
- ⅔ cup carrots, strips
- ½ cup onions, chopped
- 1 ½ cups cabbage, chopped
- 1 tbsp no added salt tomato paste
- ½ cup french beans
- 1 tsp basil
- ½ oregano
- 4 cups vegetable broth

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

Garlic Kale

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

Serves 2

- 5 cups kale, chopped
- 4 cloves garlic, minced
- 2 tbsp extra virgin olive oil

Remove leaves from the stems and tear into bite-sized pieces, discarding the stems. In a large pot, heat oil on medium heat. Cook and stir the garlic until softened for about 2 minutes. Add the kale and continue to cook and stir for about 5 minutes, or until the kale is bright green and wilted.

Golden Carrot Soup

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

Serves 2

- 3 tbsp bay leaves
- 2 tbsp olive oil
- ¼ tsp black pepper
- 2 tbsp parsley
- 2 ½ cups carrots, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cans vegetable broth (or chicken broth)

Heat oil in a saucepan. Add carrots, onions, garlic and bay leaves. Put the broth in another pan and bring it to a boil. Pour boiling broth over the vegetables and simmer for 15 minutes or until tender. Remove the pan from heat and remove the bay leaves. Allow the soup to cool a little and then transfer it to a food processor or blender and puree until smooth. Season with pepper. Garnish with parsley.

Grilled Vegetables

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

Servings based on amount of vegetables

- Vegetables of your choice
- Extra virgin olive oil
- Dash of salt and pepper

Preheat the grill to high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness.

Grilled Italian Vegetables

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

Serves 6

- 2 red peppers, cut into strips
- 1 thinly sliced courgette thinly sliced
- 1 red onion, thinly sliced
- 8 small mushrooms
- 3 plum tomatoes cut into ½ inches
- 3 garlic cloves, minced
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 1 tsp basil
- ½ tsp salt

Preheat the grill to medium-high heat. Fold aluminum foil over the outside of a 13 x 9 x 2 baking pan, then remove the foil and place it on a cookie sheet. Place vegetables in the “foil pan.” Combine all the ingredients and drizzle oil and lemon juice over vegetables. Grill for 20-25 minutes.

Japanese Vegetable Salad

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

Serves 1

- 1 tbsp red wine vinegar
- ¼ cup white radishes/winter radish/Oriental radish, sliced
- ¼ cup red radishes
- ¼ cup cucumber sliced and seeded
- 1 cup water
- Salt to taste
- ¼ cup carrot strips, diagonally sliced

In a bowl, combine the radishes, cucumber, carrot and salt. Toss and mix and let stand for at least 20 minutes or up to two hours. In a small saucepan, bring vinegar and water to a boil. Remove from heat and cool. Transfer vegetables to a colander and press gently to allow the liquid to drain off. Return vegetables to a bowl. Pour vinegar mixture over the vegetables and toss to coat. Cover the bowl with plastic wrap and refrigerate until ready to serve.

Mediterranean Summer Tomatoes

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

Serves 4

- 5 fresh tomatoes
- 5 shallots, chopped
- ½ cup olive oil
- ¼ cup balsamic vinegar

Core and slice the tomatoes and arrange them. Sprinkle shallots over the tomatoes. Whisk the oil and vinegar then pour over the tomatoes. Let stand for 5 minutes before serving.

Mushrooms and Peppers

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

Serves 4

- 1 cup red pepper, chopped
- ½ lb mushrooms, sliced
- 1 tsp garlic minced
- 1 tsp thyme
- 2 tbsp chicken broth
- 1 tsp olive oil

Heat oil in a skillet on medium-high heat and add mushrooms. Cook until they begin to brown. Then, add the peppers and cook for 3 minutes. Add salt, pepper, garlic and herbs and cook for 30 more seconds, then add the broth. Cook until liquid evaporates.

Nopalito Salad With Pickled Jalapeños

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

Serves 4

- 1 pickled jalapeño
- ¼ cup red onions, minced
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 large tomato sliced
- ½ cup parsley
- 4 nopales

Place the nopales in a bowl and add parsley, onion, oil, pickled jalapeño and lime juice. Toss to combine. Arrange a lettuce leaf on each individual plate and top each with the nopales mixture. Arrange the tomato slices around the edges of each plate.

Oven-Roasted Asparagus

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

Serves 4

- 1 bunch asparagus ends, trimmed
- 3 tbsp olive oil
- 1 garlic clove
- ½ tsp pepper
- 1 tbsp lemon juice
- 1 ½ tsp parmesan cheese (optional)
- ¼ tsp salt

Preheat the oven to 215° Celsius. Place all ingredients in a plastic, resealable bag and shake to coat asparagus. Bake for 15 minutes. Sprinkle with lemon juice.

## Quick and Easy Gazpacho

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

Serves 4

8 cups cherry tomatoes  
1 cup water  
2 tbsp red wine vinegar  
1 tsp onion powder  
⅓ tsp garlic powder  
1 cucumber, chopped  
1 green pepper, chopped

Combine all the ingredients except for the cucumber and green pepper. Purée until smooth and then add the cucumber and green pepper. Refrigerate for 2 hours before serving.

## Roasted Garlic Lemon Broccoli

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

Serves 6

2 heads broccoli florets  
2 tsp olive oil  
1 tsp sea salt  
½ tsp pepper  
1 garlic clove, minced  
½ tsp lemon juice

Preheat oven to 200° Celsius. Toss broccoli with the oil in a bowl and then add salt, pepper and garlic. Spread the broccoli in an even layer on a baking sheet. Bake for 15–20 minutes. Squeeze lemon over the broccoli before serving.

## Sautéed Courgette

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

Serves 2

1 tbsp olive oil  
½ medium red onion, sliced  
4 large courgette  
2 ½ cup mushrooms  
1 medium tomato, sliced  
1 garlic clove, minced  
1 tsp Italian seasoning

In a skillet, heat the oil over medium heat. Sauté onions with salt and pepper for 2 minutes. Stir in courgette and mushrooms. When the courgette begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.

## Snack Salad

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

Serves 3

¾ tbsp Italian seasoning  
¼ cup water chestnuts  
1 cup mushrooms  
3 cups broccoli  
1 cup celery  
3 cups cauliflower  
6 black olives

Combine all ingredients. Stir.

## Spicy Grilled Vegetable Skewer

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

Serves 6

1 tsp ground ginger  
2 tbsp shallots  
4 tbsp soy sauce  
1 tsp rice vinegar  
3 tbsp canola oil  
½ oz lime juice  
¼ tsp red pepper  
1 summer squash cut into 1-inch slices  
2 portobello mushrooms cut into quarters without stems  
1 red pepper cut into 1-inch chunks

Mix all the ingredients, place vegetables in a covered container with the marinade and refrigerate for 20 minutes. Skewer the vegetables. Spray the grill with cooking spray and grill on medium-high heat until they're soft and browned (about 8–10 minutes) turning frequently.

## Spicy Roasted Kale

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

Serves 4

4 cups kale, stems removed, chopped  
1 tbsp olive oil  
1 tbsp chili powder  
¼ tsp salt

Preheat oven to 200° Celsius. Combine kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread the kale on a baking sheet. Roast for 5 minutes, stir and continue roasting for 5–8 minutes until the edges are brown.

## Tomato Basil Soup

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

Serves 3

2 tbsp red wine vinegar  
5 tbsp olive oil  
6 fresh basil leaves  
1 ⅓ tsp dried basil  
1 cup tomatoes  
⅓ tsp salt  
¼ tsp pepper  
2 cloves garlic  
1 cup cucumber, chopped

Put the tomatoes in a saucepan with their seeds and juice along with the garlic, basil leaves, oil, vinegar, salt and pepper. Heat to 65° Celsius, below boiling point. Remove from heat and strain through a not-too-fine sieve, removing only the seeds and skin. Place it in the refrigerator. Adjust seasoning. To serve, put cucumbers in bowls, ladle in the soup and garnish with chopped basil.

## Vegetable Soup

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

Serves 2

3 ½ cups canned tomatoes  
1 red onion, diced  
1 cup portobello mushrooms, diced  
2 cups frozen vegetable medley  
1 tsp garlic powder  
1 tsp basil leaves

Combine all the ingredients in a pot. Bring to a boil and simmer for 15 minutes.

## Courgette, Tomato and Vegetable Packet

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

Serves 4

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1 onion, sliced  
1 tomato, cut into chunks  
1 tbsp olive oil  
 $\frac{3}{4}$  tsp lemon pepper  
 $\frac{1}{2}$  tsp oregano  
 $\frac{1}{4}$  tsp salt  
2 large courgettes

Preheat the oven to 230° Celsius. Center the vegetables on a sheet of aluminum foil. Drizzle the oil and seasonings over the vegetables. Bring the foil up on the sides and double-fold the top and ends to seal, leaving some room at the top like a tent. Bake for 20–25 minutes.

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