

Slow-roasted tomato Caprese salad

Serves	4
Prep time	10 minutes
Cooking time	1 hour
Carb count	9.4 g per serving

EQUIPMENT

Mixing bowls, chopping board, knife, oven proof dish

INGREDIENTS

9 tomatoes
 45 ml (3 tbsp) extra-virgin olive oil
 sea salt and pepper to taste
 50 g (12–13) mushrooms
 50 g (2–3 balls) fresh mozzarella
 90 g (3 cups) baby spinach, washed and drained
 15 g (2 tbsp) pesto (page 131)
 15 g (1 tbsp) pine nuts, toasted (see page 100 for instructions)
 30 g (9–10) olives (optional)
 10 g (a few leaves) basil

METHOD

Preheat oven to 100°C. Halve 8 of the tomatoes. Place these in a mixing bowl and dress with 1 tablespoon of the olive oil and some salt and pepper. Lay the tomato halves in the oven-proof dish and slowly roast in the oven for 1 hour. Meanwhile, pan-fry the mushrooms in another tablespoon of olive oil until tender. After 30 minutes, place the mushrooms in the oven-proof dish alongside the tomatoes and gently re-warm for 30 minutes until the tomatoes are ready.

Slice the mozzarella and the remaining tomato and season with sea salt. When the tomatoes and mushrooms come out of the oven, arrange them on a plate. Top them with the tomato and mozzarella slices and sprinkle the baby spinach on top. Dress the salad by drizzling over the pesto and the other half of the olive oil, and garnish with the pine nuts, olives (if using) and basil.

Aromatic beef with Vietslaw

Serves	1–2
Prep time	10 minutes
Carb count	12.3 g per serving

EQUIPMENT

Scales, chopping board, knife, pot of boiling water, slotted spoon, bowl of cold water, mixing bowl, grater

INGREDIENTS

100 g Pan-fried sirloin (page 148) or Slow-cooked coconut beef (page 150)
 15 g (1 tbsp) toasted cashews (see page 100 for instructions)
 5 g (1 tsp) chopped fresh coriander

Vietslaw

25 g (½ cup) green beans
 50 g (1 cup) sliced red cabbage
 50 g (1 cup) sliced white cabbage
 20 g (½ small) red or brown onion, sliced
 30 g (½) carrot, grated
 ½ avocado, cut into slices
 sliced chilli, to taste
 5 g (1 tsp) sliced sugar-snap peas
 30 ml (2 tbsp) Lime & lemongrass dressing (page 130)
 5 ml (1 tsp) cider vinegar
 salt and pepper to taste

METHOD

If using the pan-fried sirloin, slice the sirloin into 2 mm slivers. If using the slow-cooked coconut beef, cut it into bite-size pieces.

For the Vietslaw, blanch the beans in the pot of boiling water for 3 minutes, then remove with the slotted spoon and cool in the bowl of cold water. Drain. Combine the prepared vegetables in the mixing bowl with the dressing, the cider vinegar and some salt and pepper. Leave to stand for 5 minutes. Arrange the Vietslaw in a serving bowl, top with the beef, drizzle with some of the juices from the slaw bowl and garnish with the cashews and coriander.