



10 Favourite RECIPES

Asian Greens

SERVES 4-5 | **PREP TIME** 15 MINUTES | **COOK TIME** 10 MINUTES

INGREDIENTS

1 head broccoli
2 cups snowpeas, (sugar snaps or green beans)
1 large bok choy, (pak choy or 2-3 baby bok choy)
1 tbsp olive oil
1-2 cloves garlic, finely chopped
1 tsp finely grated ginger
1 tbsp sesame oil (optional)

METHOD

Cut the broccoli into small florets, and peel and thinly slice the stalk. Thinly slice the snowpeas and shred the bok choy.

Heat a good drizzle of olive oil in a large frying pan or wok over a high heat. Add the broccoli and snowpeas to the pan and cook for 2-3 minutes, stirring often.

Add the bok choy along with the garlic, ginger and sesame oil (if using), and continue to cook for 2-3 minutes, stirring often, until the vegetables are cooked and tender. Serve straight away.

Recipe brought to you by Chef Craig Rodger and the NEW WTF? Recipe Book.



Banana Bread

SERVES 8-10 | **PREP TIME** 10 MINUTES | **COOK TIME** 30 MINUTES

INGREDIENTS

For the banana bread:

- 1½ cups almond meal
- ⅓ cup ground psyllium husk
- 2 tsp baking powder
- ½ tsp salt
- 3 eggs
- ½ cup cream
- 1 banana
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

For the top of the loaf:

- 1 tbsp seeds or chopped nuts

METHOD

Pre-heat the oven to 160°C fan (180°C regular).
Line a loaf tin with non-stick baking paper, or use a non-stick silicone mould (be aware that silicone doesn't transfer heat as well as metal so you may need to cook your bread a little longer).

Place all the banana bread ingredients in a food processor and blend until smooth. Pour into the loaf tin, scatter over the seeds or nuts and bake for 28–30 minutes. Insert a skewer into the centre of the loaf and make sure it comes out clean. If the bread seems a little under-cooked, bake for another 5 minutes before testing again.



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Brain Power Salad

SERVES 4 | **PREP TIME** 20 MINUTES | **COOK TIME** 25 MINUTES

INGREDIENTS

For the roast cauliflower:

1 cauliflower
½-1 red onion
1 tbsp olive oil
¼ tsp ground turmeric
salt and freshly ground black pepper
½ cup cashews (or any nuts you have available)
½ tsp ground cumin
½ tsp smoked paprika
Pinch of chilli powder (optional)

For the tahini dressing:

¼ cup shaved or grated Parmesan
1 clove garlic, finely chopped or grated
¼ cup tahini
Juice of ½ lemon
2 tbsp water

To serve:

1 bag picked kale (or baby spinach leaves)
1 tbsp olive oil
300-400 g (about 1 cup) cooked chicken, meat or fish
2 tbsp Parmesan shavings (optional)
pinch paprika (optional)

VEGETARIAN OPTION

To replace the meat/fish:

6-8 poached or hard-boiled eggs

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper.

Cut the cauliflower into medium-sized florets and roughly chop the onion, and spread them out on the prepared tray. Drizzle the oil over the vegetables and sprinkle with turmeric. Toss well to combine and season with salt and lots of pepper.

Roast the vegetables for about 15 minutes. Remove from the oven and sprinkle the cashews and remaining spices on top of the vegetables. Toss gently with tongs and continue to roast for 5-7 minutes, until the cashews are lightly toasted and the vegetables are tender.



Meanwhile, whisk together all the tahini dressing ingredients, seasoning to taste.

Place the kale in a bowl, and add a pinch of salt and a good drizzle of olive oil. Gently massage the kale with your hands to soften it.

To serve, place a bed of kale on the bottom of serving bowls. Top with the roasted mix and drizzle with tahini dressing. Top with the cooked chicken (or whatever protein you choose) and, if you like, some Parmesan shavings and a pinch of paprika.

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Breakfast Birchia

SERVES 4 | **PREP TIME** 10 MINUTES, PLUS AT LEAST 1 HOUR STANDING

INGREDIENTS

2/3 cup chia seeds
¾ cup cream or coconut cream
1 cup water
Zest and juice of 1 lemon
1 tsp ground cinnamon
1 small apple, grated
2 tbsp sunflower seeds
2 tbsp pumpkin seeds
a few raspberries (fresh, frozen or freeze-dried; optional)

METHOD

Place all the ingredients except the raspberries in a bowl and mix well. Divide between serving bowls, cover and refrigerate for at least 1 hour, preferably overnight.

Sprinkle over the raspberries just before serving.

Tips: Your birchia will vary in thickness and texture depending on whether you're using cream or coconut cream (and also on the brand). Adjust the amounts of chia seed up or down to get it how you like it. Also, leaving it in the fridge longer will give you a thicker birchia.

The exact portion size depends on your appetite – dish up what suits you on the day and keep leftovers in the fridge; it keeps for up to three days.

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Cajun Blackened Salmon Mojito

SERVES 4 | **PREP TIME** 15 MINUTES | **COOK TIME** 15 MINUTES

INGREDIENTS

For the mojito dressing:

Small bunch of coriander
Small bunch of mint leaves
1 clove garlic, finely chopped
½ tsp honey (optional)
1 large avocado, diced
Zest and juice of 2 limes

For the slaw and salmon:

500–600 g salmon, cut into 4 pieces (or 4 fillets)
1 tsp smoked paprika
½ tsp ground cumin
1 tbsp olive oil
1 large bag (350 g) slaw or salad mix, without dressing

METHOD

Finely chop the coriander and mint, keeping them separate. Place most of the coriander in a bowl and set the rest aside for garnish. Add mint, garlic, honey (if using) and avocado to the bowl and squeeze over most of the lime juice (save some for serving the dish). Mix the mojito dressing together, season to taste with salt and freshly ground black pepper and set aside.

Check that there are no bones in the salmon, removing any with tweezers. Dust the salmon pieces with the paprika and cumin and season well with salt and pepper.

Heat the oil in a large frying pan over a medium-high heat. Add the salmon, skin side down, and leave to cook for 3–4 minutes until the skin is crispy. Carefully turn the salmon over and cook for a further 2–3 minutes. Remove to a plate, cover with foil and leave to rest.

If you're adding a vegetable accompaniment, now would be the time to make it.

While the salmon is resting, place the slaw or salad mix in a bowl, add half of the mojito dressing and toss well to coat.



To serve, divide the salad and the vegetable accompaniment (if using) between plates. Top with the Cajun blackened salmon, and spoon over the remaining lime mojito dressing. Squeeze over the reserved lime juice and sprinkle with the reserved coriander.

Recipe brought to you by Chef Craig Rodger and the WTFat? Recipe Book

Cauliflower Risotto, Chicken, Parmesan & Smoked Bacon

SERVES 4 | **PREP TIME** 15 MINS | **COOK TIME** 10 MINS | **CARB COUNT (PER SERVE)** 7G

INGREDIENTS

For the lemon chicken:

500g chicken breasts, cut horizontally into 2 cm thick steaks (check pack weight or ask your butcher)

1 clove of garlic, sliced

Zest of ½ a lemon

1 tablespoon of extra virgin olive oil

½ teaspoon of salt

For the risotto:

1 head of cauliflower, in florets

1 leek

1 tablespoon of extra virgin olive oil

1 tablespoon of butter

2 cloves of garlic

4 rashers of smoked bacon (or Pancetta)

¼ cup of white wine (optional)

1 cup of cream

½ cup of mascarpone (or sour cream in a pinch)

¼ cup of grated Parmesan

1 tablespoon of parsley, chopped

1 tablespoon of chives, finely sliced

For the garnish:

1 tablespoon of grated Parmesan

METHOD

Place the chicken breasts in a medium bowl along with all other ingredients and mix well. Heat a large fry-pan on a medium-high heat then place the chicken in the pan. Fry for 3-4 minutes each side until cooked through, then place on a plate to rest and cover the plate with foil.

While the chicken cooks and rests, make the risotto. Put the florets of cauliflower into a food processor and blitz the cauli until it resembles rice. Cut half of the green part from the leek and keep it for use in a soup or stew for another time. Slice the leek in half lengthways then finely slice across the leek to get fine semi-circles. Add the leek to a medium pot with the butter and olive oil. Slowly cook the leek over moderate heat until it softens.



Add to the leek the garlic and smoked bacon and increase the heat in the pan a little to allow the bacon to colour slightly. Add the cauliflower to the pan and stir well. Cook for 3 minutes stirring often. At this point, add in the wine (if using), then add in the cream, mascarpone, Parmesan and allow to reduce for 1-2 minutes until it thickens. Fold the herbs through the risotto.

Serve the risotto with plenty of freshly milled pepper, some grated parmesan and a drizzle of good quality extra virgin olive oil.

Recipe brought to you by Chef Craig Rodger and the best-selling book *What The Fast!*

Chocolate Truffles

SERVES 10 | **PREP TIME** 10 MINUTES | **COOK TIME** 10 MINUTES | **CHILLING TIME** 20 MINUTES

INGREDIENTS

1 cup cream
3 tbsp butter
1/3 cup virgin coconut oil
175 g dark chocolate (85% or higher),
broken into 2 cm pieces

For the coating (optional), any of:

2 tbsp cocoa
2 tbsp chopped hazelnuts (or another nut you prefer)
2 tbsp shredded coconut

METHOD

Place the cream, butter and coconut oil in a small pot over a medium-low heat. Gently heat, stirring occasionally, until melted and the mix begins to bubble.

Remove from the heat and add the chocolate. Whisk vigorously to combine the ingredients together – you want to form a nice stable emulsion with no oily liquid escaping round the sides. This can also be done with a hand-held blender, by placing the chocolate in a narrow jug, pouring the liquid over and blending until smooth.

At this point you can stir in some desiccated coconut or chopped nuts if you like. Pour the mixture into individual moulds (an ice cube tray is good) or into a small container (about 10 cm x 15 cm).

Cover and place in the fridge to chill completely. Once fully set, turn out of the ice cube tray or container onto a sheet of baking paper. If you used a container, cut the mix into bite-sized pieces.

Roll the truffles in cocoa, nuts or coconut or cocoa if you like. Transfer to a container with a tight-fitting lid and store them in the fridge for up to 2 weeks.



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and the NEW WTF? Recipe Book.

Garlic Roasted Mushrooms with Walnut Crumble

SERVES 6 | **PREP TIME** 15 MINUTES | **COOK TIME** 2 MINUTES

INGREDIENTS

12 medium portobello mushrooms
150 g blue cheese or feta, at room temperature
2 cloves garlic, finely chopped
1 tsp fresh or dried rosemary or thyme, finely chopped (optional)
¼ cup walnuts, chopped into small pieces

METHOD

Pre-heat your oven to 180°C for fan-assisted ovens (200°C for regular bake ovens). Line an oven tray with baking paper.

Trim or 'pick' the stem out of the mushrooms, lay on the prepared tray and drizzle with olive oil. Season with salt and freshly ground black pepper.

In a medium bowl, mix together the remaining ingredients and season with salt and freshly ground black pepper.

Spoon the mixture evenly into the mushrooms and bake for 6–7 minutes before switching to high grill and grilling for a further 2–3 minutes until golden and the walnuts have toasted. Keep an eye on the walnuts as they can burn easily.



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Quinoa Sushi

SERVES 4 | **PREP TIME** 15 MINUTES | **COOK TIME** 25 MINUTES

INGREDIENTS

For the quinoa:

½ cup quinoa
1 cup water
1 tbsp vinegar
1 tsp salt

For the sushi filling:

1 carrot, peeled
1-2 spring onions
1 avocado
200 g raw, smoked or
cooked salmon (or a 185 g can of tuna),
or cooked chicken, pork or beef (optional)

For the sushi dressing:

1 tsp finely grated ginger
1 tbsp sesame seeds
1 tbsp soy sauce
1 tsp sesame oil
1 tsp rice wine vinegar
½ tsp wasabi paste

To assemble:

4 nori sheets

METHOD

Add the quinoa, vinegar, water and salt to a pot. Bring to the boil, cover with a tight-fitting lid and reduce the heat to low. Cook for about 15 minutes, then turn off the heat and allow to stand, still covered, for 5 minutes. Transfer the quinoa to a bowl and allow to cool slightly while you prepare the sushi filling.

Grate or cut the carrot into matchsticks, thinly slice the spring onion and thinly slice the avocado.

Mix all the sushi dressing ingredients together. Add half to the quinoa and toss to coat, reserving the rest for drizzling over the finished sushi.

To construct the sushi rolls, lay the nori sheets on a flat surface (use a bamboo rolling mat for an authentic touch), shiny side facing down. Spread the cooled quinoa 5 mm thick evenly over the nori, leaving 2 cm of nori exposed at the far end of the sheet. Arrange the filling (meat and vegetables) horizontally across the centre of the quinoa.

Dampen the exposed nori with a few finger-drops of water. Lift the front of the nori sheet (the side opposite the exposed nori) and begin to roll tightly



over the filling. Continue to roll all the way up and then apply pressure to join the edge of exposed nori to the rest of the roll.

Refrigerate for at least 30 minutes (up to 3 days) before slicing into pieces with a nice sharp knife. Drizzle the reserved sushi dressing on top and serve straight away.

Tip: For an even lower-carb option you can make it with cauliflower rice (page 168) instead of quinoa, but the quinoa does give you that lovely nutty taste.

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Spiced Roast Pumpkin & Cashews

SERVES 6 | **PREP TIME** 15 MINUTES | **COOK TIME** 2 MINUTES

INGREDIENTS

- ½ pumpkin (about 1 kg)
- 2 tsp curry powder
- ½ cup chopped cashews
- ½ cup natural yoghurt
- 2 tbsp olive oil
- 1 tsp salt
- 2 cups roughly chopped leafy greens (baby spinach, baby kale, etc.)
- Freshly ground black pepper

METHOD

Pre-heat the oven to 200°C fan (220°C regular). Line an oven tray with baking paper.

Peel the pumpkin, remove the seeds and cut the flesh into sticks for chips or into 2–3 cm dice. Place on the tray. Sprinkle over the curry powder, cashews, yoghurt, olive oil and salt and toss to coat the pumpkin. Roast in the oven for 18–20 minutes, until tender and caramelized.

Remove from the oven, add the leafy greens and toss briefly to combine. Spoon onto a serving platter and season with a good dose of freshly ground pepper. Serve straight away.



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