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**Main Meals**

***Pistachio crusted Salmon***

2 Salmon Fillets

2 handfuls chopped pistachio

2 dessertspoons of honey

Grill or fry the salmon fillet for a couple of minutes on each side. Combine honey and pistachios in a small bowl and spread on top of the cooked fish. Grill until golden brown. Serve with salad or steamed vegetables.

***Red snapper with Tomato Salsa***

250g Cherry Tomatoes, cut into quarters

1 teaspoon freshly grated ginger

2 Tablespoons finely diced red onion

6 basil leaves, finely sliced

1 ½ Tablespoons lime juice

1 ½ Tablespoons coconut cream

4 x 200g red snapper fillets

Lime wedges to serve

To make the salsa mix together tomatoes, ginger, onion, basil, lime juice and coconut cream. Cook the snapper fillets in a hot pan, skin side down for 1-2 minutes or until the skin is crisp, then turn over until cooked. Serve snapper fillets topped with salsa with salad or vegetables.

### ***Fish with Beetroot salsa***

2 fillets of your favourite fish  
2 raw grated beetroots  
Zest of 2 oranges

To make the beetroot salsa; combine the freshly grated beetroot and orange zest. Grill the fish fillets until cooked and top with beetroot salsa. Serve with salad or steamed vegetables.

### ***Fish with Blueberry salsa***

2 fillets of your favourite fish  
100g fresh or frozen blueberries  
¼ cucumber, peeled and finely chopped  
½ avocado, chopped  
Juice of a lime  
Handful of fresh mint, roughly chopped

To make the blueberry salsa, combine the blueberries, cucumber, avocado, lime juice and mint. Grill the fish fillets until cooked and top with beetroot salsa. Serve with salad or steamed vegetables.

### ***Lamb with Walnut Pesto***

1 handful each of basil and flat leaf parsley  
½ cup grated parmesan  
1 clove garlic  
1 cup walnuts  
2/3 cup olive oil  
2 x 300g lamb back straps of fillets

Put herbs, parmesan, garlic, walnuts and olive oil into a food processor and blend to a chunky pesto. Transfer to a bowl and season with sea salt and pepper. Sear the lamb in a hot pan and cook to liking. Serve topped with walnut pesto and a green salad.

### ***Balsamic Beef with Garlic Mushrooms***

2 x Beef Fillets  
2 Tablespoons balsamic vinegar  
2 Tablespoons olive oil  
200g mushrooms  
1 small onion  
3 cloves garlic  
Butter and olive oil

Marinate Beef in a balsamic vinegar olive oil and freshly ground pepper for 15 minutes. Sear beef in a hot pan until cooked to your liking. While the meat is resting sauté sliced onion and mushrooms in a combination of olive oil and butter, add

crushed garlic and cook for another minute. Serve beef topped with garlic mushroom mixture and salad or vegetables.

### ***Garlic Chicken***

500g Chicken breast or thigh fillet  
3-4 cloves crushed garlic  
2 handfuls of parsley  
Squeeze of lemon

Cook chicken in olive oil in a hot pan until cooked through. Add garlic, parsley and a squeeze of lemon. Serve with a green salad.

### ***Grilled Pesto Chicken***

500g Chicken breast or thigh fillet  
4 cups fresh basil  
2 tablespoons pine nuts  
2 cloves minced garlic  
2 tablespoons water  
1 tablespoon lemon juice  
30 grams parmagiano- reggiano grated  
1 tablespoon white vinegar  
2 tablespoons olive oil

To make pesto use a food processor to blend basil, then add all other ingredients to form a chunky pesto. Alternatively you can use a jar of good quality pesto. Use enough pesto to coat chicken thoroughly and store the rest in the fridge. Let coated chicken sit for 15 minutes. Grill chicken on baking paper and serve with salad or vegetables.

### ***Roast Vegetable & Feta Frittata***

2 Sweet Potatoes  
2 Zucchini  
1 Eggplant  
1 Red onion  
8 Eggs, beaten  
200g Feta  
Sea salt and black pepper to taste

Cut up vegetables into bite sized pieces, coat in olive oil and roast for 30 minutes or until cooked. Put vegetables into a deep fry pan, on low to medium heat and pour over the beaten eggs. Sprinkle with chopped feta and season with salt and pepper. Cook for around 10 minutes, finish off under the grill for around 5 minutes or until cooked through.

## ***Haloumi & Vegetable Skewers***

500g Haloumi cheese, cut into squares  
2 Zucchini  
1 punnet of cherry tomatoes  
1 orange or yellow capsicum  
1 Red onion  
¼ cup olive oil  
3 cloves garlic  
Handful of each, oregano & parsley  
Wooden skewers

To make the marinade combine olive oil, garlic, oregano and parsley. Cut up vegetables & haloumi into bite sized pieces and thread onto skewers. Coat in marinade and leave for 30-60 minutes (or longer). BBQ or grill for 5 minutes each side, or until cooked.

## ***Spring omlette***

2- 3 eggs  
6 thin asparagus spears  
1 tablespoon chives  
1/3rd cup grated gruyere cheese  
\* Use goats cheese if you are avoiding cows milk products\*

Steam or pan fry asparagus until just tender.  
Beat eggs together and pour into hot pan. Sprinkle 1/2 of egg mixture with cheese and chives and lay down asparagus spears. Flip other 1/2 of egg mixture over to cover and cook until egg is set and cheese is melted. Serve with a green salad.

## ***Veal with eggplant and tomato***

4 veal leg steaks  
1 large eggplant  
8 tomatoes, chopped  
1/2 brown onion, chopped  
4 cloves garlic, minced  
1/2 bunch basil, chopped  
150g parmesan, cheese, grated  
Sea salt and pepper  
Olive oil

Slice eggplant thinly, brush with oil and grill for a few minutes each side.  
In a medium sized pan cook onion until translucent. Add garlic, tomatoes, salt and pepper and simmer for 20 minutes. Turn off heat and add basil.  
Oil an oven proof dish and lay veal steaks on the bottom, top with eggplant slices, tomatoe mixture and grated parmesan. Bake in oven for 15 minutes and serve with steamed green vegetables.

## ***Spicy Kangaroo kebabs with meditteranean salad and garlic yoghurt***

500g Kangaroo Steak, cut into cubes  
3 clove garlic, minced  
3 Tablespoons olive oil  
1 teaspoon ground cumin  
1 teaspoon garam masala  
1 red chilli, chopped finely  
1 tablespoon lemon juice  
1 cup plain yoghurt  
handful of mint leaves, finely chopped

Combine 1 clove garlic, oil, spices, chilli and lemon juice to make marinade. Cover the meat with the marinade and refrigerate for at least 20 minutes.

Thread meat onto skewers and cook on a BBQ or in a pan for approx 3 minutes each side.

Combine the other 2 cloves garlic with yoghurt and mint leaves.