

# Chocolate Strawberry Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (rolled)  
3 tbsps Cocoa Powder  
1 1/2 tps Chia Seeds  
220 mls Unsweetened Almond Milk  
1 cup Strawberries

## DIRECTIONS

- 01 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with strawberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

### NUT-FREE

Use a nut-free milk such as oat, coconut or soy.

### LIKES IT SWEETER

Use maple syrup to taste.

# Banana & Blueberry Porridge

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 cup Blueberries  
1/2 cup Oats  
1 tbsp Ground Flax Seed  
1 tbsp Chia Seeds  
1 tbsp Almond Butter  
1/2 tsp Cinnamon  
1/2 Banana (sliced)  
1/4 cup Almonds (roughly chopped)  
1 cup Unsweetened Almond Milk

## DIRECTIONS

- 01 Combine the oats, flax, chia, cinnamon, blueberries and almond milk in a pan. Simmer on a low heat for 10 minutes.
- 02 Serve in a bowl topping with almond butter, chopped almonds and banana slices.

## NOTES

### LEFTOVERS

Store leftovers in an airtight container in the fridge for up to 3 days. Re-heat thoroughly before serving

# French Toast with Berry Chia Sauce

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 cups Frozen Berries (or fresh)  
1 tbsp Maple Syrup  
2 tbsps Chia Seeds  
2 Egg  
1/4 cup Unsweetened Almond Milk  
4 slices Gluten Free Bread  
1 tbsp Extra Virgin Olive Oil

## DIRECTIONS

- 01 Combine the berries, maple syrup and chia seeds in a saucepan over medium heat. Bring to a low simmer and cook for 10 to 15 minutes or until it begins to thicken to a jammy texture. Set aside.
- 02 Meanwhile, whisk together the egg and milk in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 03 Heat the oil on a nonstick griddle or skillet over medium heat. Cook the bread slices for about 3 to 5 minutes per side, or until browned.
- 04 Divide the French toast onto plates and top with the berry chia sauce. Enjoy!

## NOTES

### SERVING SIZE

One serving equals two slices of French toast.

### MORE FLAVOUR

Add lemon juice, vanilla extract and/or cinnamon to the berry sauce.

### NUT-FREE

Use unsweetened oat, rice, coconut or soy milk instead of almond milk.

### ADDITIONAL TOPPINGS

Cottage cheese, whipped coconut cream, yogurt, hemp seeds or nuts.



# Kale & Red Pepper Frittata

4 SERVINGS 30 MINUTES



## INGREDIENTS

6 Egg  
120 mls Unsweetened Almond Milk  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1 tbsp Extra Virgin Olive Oil  
2 cups Kale Leaves (chopped)  
1 Red Bell Pepper (chopped)  
1 cup Cherry Tomatoes (halved)

## DIRECTIONS

- 01 Preheat oven to 200°C / 400°F.
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

## NOTES

### NO KALE

Use spinach instead.

### NO RED BELL PEPPER

Use a bell pepper of another colour instead.

### LEFTOVERS

Keep in the fridge for up to 3 days.

# Salty Kale Chips

2 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Kale Leaves (packed, torn into pieces)

1 tsp Sea Salt

2 tbsps Extra Virgin Olive Oil

## DIRECTIONS

- 01 Preheat the oven to 170°C. Line a baking sheet with parchment paper.
- 02 Place kale leaves in a large bowl and add the salt and oil on top. Massage lightly to coat the leaves.
- 03 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!

## NOTES

### LEFTOVERS

Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for 4 to 5 minutes at 170°C.

### SERVING SIZE

One serving is equal to one cup of kale chips.

### MORE FLAVOUR

Add cinnamon.

# No Bake Chocolate Cookie

8 SERVINGS 2 HOURS 10 MINUTES



## INGREDIENTS

3/4 cup All Natural Peanut Butter  
1/3 cup Maple Syrup  
1/4 cup Cocoa Powder  
1 1/2 cups Oats  
1/4 tsp Sea Salt  
1 tsp Vanilla Extract  
1 1/2 tbsps Coconut Oil

## DIRECTIONS

- 01 In a small saucepan over low heat add the peanut butter, maple syrup and cocoa powder. Stir to combine until just heated through and somewhat dried out in texture. Allow it to cool slightly.
- 02 Pour the peanut butter mixture into a bowl and add the oats, sea salt, vanilla extract and oil. Mix well with a spoon or your hands.
- 03 Line a baking sheet with parchment paper. Form the cookie dough into golf ball sized balls and then flatten with your hands. Place on the baking sheet and repeat until all of the dough is used.
- 04 Place them into the freezer to set, about 2 hours. Remove and place them in a freezer-safe bag or container. Keep them stored in the freezer until ready to eat. Enjoy!

## NOTES

### LEFTOVERS

Store cookies in a freezer-safe container or plastic bag and remove them as you want to eat them. Allow them to sit at room temperature for about 5 minutes to soften.

### SERVING SIZE

One serving is one cookie.

### MORE FLAVOUR

Top with flaky salt before freezing.

### MIXING

Use slightly damp hands when forming into balls and flattening if the dough is too sticky.



# Roasted Broccoli Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 head Broccoli (chopped into florets)  
1 tsp Avocado Oil  
1/2 tsp Sea Salt (divided)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
3 cups Baby Kale  
3 tbsps Pomegranate Seeds  
2 tbsps Pumpkin Seeds  
100 grams Feta Cheese

## DIRECTIONS

- 01 Preheat the oven to 200°C / 400 °F. Add the broccoli, avocado oil and half the sea salt to a baking tray and toss to combine. Bake for 15 to 20 minutes, until crispy.
- 02 In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
- 03 Add the kale to a large bowl along with the broccoli, pomegranate and pumpkin seeds. Crumble the feta on top and drizzle the dressing over. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the salad contents and dressing in separate airtight containers for up three days.

### ADDITIONAL TOPPINGS

Add cooked chicken or salmon to make it a meal.

# Quinoa Feta & Kale Patties

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 Courgette  
1 cup Quinoa  
450 mls Water  
3 Egg  
2 cups Kale Leaves (stalks removed and chopped)  
1/2 cup Parsley  
150 grams Feta Cheese (Optional) (crumbled)  
70 grams Parmigiano Reggiano (Optional)  
1 tbs Garlic Infused Oil  
1 Lemon (zest of)  
70 mls Extra Virgin Olive Oil

## DIRECTIONS

- 01 Add the quinoa to a saucepan and lightly toast for 2 minutes. Then add the water, bring to the boil and cook the quinoa for 15 minutes. Remove from the heat and spread out on a tray to cool.
- 02 Meanwhile, grate the courgette and drain the water from it (see notes for techniques).
- 03 Combine the courgette, cooked quinoa, eggs, kale, parsley, feta, parmesan, garlic infused oil, and lemon zest together in a bowl. Season to taste with salt & pepper.
- 04 Heat the oil in a frying pan over a medium heat. Shape the mixture into patties and cook for 4 minutes each side. Take care when turning the patties.

## NOTES

### REMOVING WATER FROM A COURGETTE

This can be done by wringing the grated courgette inside a tea towel or cheese cloth, passing through a potato ricer, or placing in a sieve with salt for 10 minutes.



# Thai Vegetable Curry

5 SERVINGS 45 MINUTES



## INGREDIENTS

2 **tbps** Coconut Oil  
3 **stalks** Spring Onion (Green Part Only)  
(large)  
1 Red Bell Pepper (chopped)  
1 Yellow Bell Pepper (chopped)  
2 Carrot (chopped )  
1 Butternut Squash (chopped)  
2 **tbps** Ginger (grated )  
1 **tbps** Lemongrass Paste  
2 **tbps** Curry Powder  
2 **tps** Garlic Infused Oil  
4 **cups** Organic Vegetable Broth  
1Tin Coconut Milk  
1 Bok Choy (stemmed and roughly  
chopped)  
1/4 **cup** Basil Leaves ( plus more for  
garnish)  
2 Lime (for serving )

## DIRECTIONS

- 01 In a large pot, add 2 **tbps** oil to the pot. Add spring onion (green parts only), bell pepper, squash and carrot and cook for 5 minutes, until veggies start to soften.
- 02 Stir in ginger, curry powder, garlic oil, lemongrass paste, and remaining 1 **tsp**. salt; cook 2 minutes, until aromatic.
- 03 Add broth and coconut milk, stirring to break up any browned bits at the bottom of the pot. Stir in bok choy and gently simmer soup for 15 minutes, uncovered. (If soup starts to boil, reduce heat to maintain a light simmer.)
- 04 Stir in fresh basil, and adjust seasonings as needed. Divide evenly into bowls, and add garnishes of choice.

# Tofu Curry

4 SERVINGS 40 MINUTES



## INGREDIENTS

2 stalks Celery (chopped )  
1 tbsp Coconut Oil  
1 tbsp Ginger (peeled and minced )  
1 tsp Turmeric  
1 tsp Cumin  
2 tbsps Tomato Paste  
1 Coconut Milk (400g tin)  
450 grams Tofu (firm tofu chopped into cubes )  
4 cups Baby Spinach  
4 Tomatoes (chopped)  
1 Aubergines (chopped into cubes)  
1 Lime (zested and juiced )  
1/2 cup Coriander (chopped )

## DIRECTIONS

- 01 In a large sauté pan at medium-high heat, add the vegetable oil, celery, aubergine, salt, and pepper. Sauté until the vegetables begin to soften and brown slightly.
- 02 Add in the ginger, turmeric, and cumin and stir for another minute or two, until fragrant.
- 03 Reduce the heat to low and stir in the coconut milk, chopped tomatoes, and tomato paste until well incorporated. Add the tofu and gently stir to coat with the sauce.
- 04 Bring the curry to a boil before reducing the heat to a simmer. Cook uncovered for 5 minutes.
- 05 Stir in the spinach, lime zest, and lime juice, until the spinach wilts. Taste for additional salt and pepper. Top with fresh coriander.

## NOTES

### SERVE WITH

Cauliflower rice or white rice (semi restricted)

# Sticky Salmon Noodles

2 SERVINGS 15 MINUTES



## INGREDIENTS

250 grams Buckwheat Soba Noodles  
2 tbsps Garlic Infused Oil  
2 Salmon Fillet  
2 tbsps Tamari  
1 tbsp Maple Syrup  
2 tbsps Rice Vinegar  
1 head Broccoli (small, broken into small florets. Stem removed)  
1 cup Green Beans (ends removed and chopped)  
3 tbsps Ginger (grated)  
1 Carrot (chopped)

## DIRECTIONS

- 01 Cook the noodles according to instructions. Drain, rinse with cold water and set aside.
- 02 Cook the salmon fillets in the garlic oil for around 4 minutes each side until cooked through. Once cooked remove from the pan and set aside.
- 03 Add the broccoli, carrot and green beans to the pan and cook for 5 minutes.
- 04 Meanwhile, whisk the tamari, rice vinegar and maple syrup together. Add to the pan along with the noodles and cook for a further few minutes whilst stirring.
- 05 Split the noodles between two plates and top with the salmon and grated ginger.

## NOTES

### LEFTOVERS

Refrigerate for 3 days in an airtight container.

### NO BUCKWHEAT NOODLES

Use rice noodles instead.



# Smoked Mackerel Niçoise

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 fillets Smoked Mackerel (skin removed, large flakes)  
2 Egg  
1 cup Green Beans (trimmed)  
1/4 cup Extra Virgin Olive Oil  
2 tsps Dijon Mustard  
1/2 Lemon (juiced)  
1 tbsp Capers (Optional)  
1 cup Cherry Tomatoes (halved)  
1 cup Pitted Kalamata Olives  
1 head Gem Lettuce (roughly chopped)  
2 Red Chicory (roughly chopped)

## DIRECTIONS

- 01 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil and then simmer for 5-7 minutes. Drain away hot water and transfer to a bowl of ice water to cool. Once cool, peel and slice in half.
- 02 Place the green beans in a pan of water and bring to the boil, reduce heat and simmer for 5 minutes or until the beans are tender. Drain and refresh with cold water, drain again and set to one side.
- 03 To make the dressing, combine the dijon mustard, olive oil, lemon juice, sea salt and black pepper in a small mason jar. Put the lid on and shake well.
- 04 To serve, divide the roughly chopped lettuce, chicory, capers (optional) sliced eggs, green beans, cherry tomatoes and olives between plates. Top with flaked smoked mackerel and drizzle with desired amount of dressing. Enjoy!

## NOTES

### LEFTOVERS

Store leftovers in an airtight container in the fridge for 2 to 3 days.

### SAVE TIME

Hard boil the eggs in advance, or just leave them out.

### NO MACKEREL

No problem - swap for salmon, fresh tuna or prawns.

# Courgetti with Turmeric Chicken

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Courgette  
1 tbsp Extra Virgin Olive Oil  
2 Chicken Breast (sliced)  
1 tsp Turmeric  
1 tsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1/2 Avocado (peeled and pit removed)  
1 cup Tinned Coconut Milk (full fat)  
1/2 Lemon (juiced)

## DIRECTIONS

- 01 Spiralise the courgette or use a julienne peeler to create noodles. Set aside.
- 02 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Sauté for 7 to 10 minutes, or until cooked through.
- 03 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 04 Once the chicken is cooked through, transfer it to a plate then add the courgette noodles back into the pan. Sauté the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 05 Divide the creamy courgetti between plates, and top with chicken. Enjoy!

# Salmon Fishcakes with Celeriac Mash

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 fillets Salmon Fillet (large)  
1/4 tsp Coriander (leaves, finely chopped)  
1 tbsp Ginger (peeled and finely grated)  
2 tbsps Tamari  
1 tsp Sesame Oil  
1 tsp Lime Juice  
1 tbsp Avocado Oil  
2 tbsps Butter  
1/2 Butternut Squash (peeled and roughly chopped)  
1/2 Celeriac (peeled and chopped)

## DIRECTIONS

- 01 To make the mash, boil the squash and celeriac for 10 minutes. Drain and mash with the butter, and season to taste.
- 02 Meanwhile, in a large mixing bowl combine the coriander, ginger, tamari, sesame oil and lime juice. Set aside.
- 03 Add the salmon to a food processor and pulse 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the coriander and ginger mixture.
- 04 Form the mixture into patties. If it is too wet, refrigerate for 10 minutes to stiffen before forming into patties.
- 05 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to 2 days.

### MORE FLAVOUR

Add garlic oil, maple syrup, lime zest, red pepper flakes or hot sauce to the burger mixture.

### SERVE IT WITH

Leafy greens topped with extra lime juice, chopped coriander and sesame seeds.

### NO AVOCADO OIL

Use extra virgin olive oil or coconut oil instead.



# Spicy King Prawns Fried Quinoa

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Quinoa (uncooked)  
1 1/2 cups Water  
450 grams King Prawns (cooked, peeled and patted dry)  
Sea Salt & Black Pepper (to taste)  
1 tsp Paprika  
1/4 tsp Cayenne Pepper  
1/2 tsp Chili Powder  
1 Egg  
1 stalk Celery (diced)  
1/2 cup Green Beans (chopped)  
1 Courgette (chopped)  
5 stalks Spring Onion (Green Part Only) (chopped)  
2 tbsps Garlic Infused Oil (divided)  
2 tsps Red Pepper Flakes  
2 tbsps Tamari

## DIRECTIONS

- 01 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 In a large bowl, toss the cooked king prawns with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated.
- 03 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 04 Place wok back over medium heat. Add remaining olive oil and sauté celery, courgette, green beans and red pepper flakes until they start to soften.
- 05 Add in king prawns, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with spring onion. Enjoy with chopsticks!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Pork & Lemongrass Balls with Coconut Lime Noodles

4 SERVINGS 30 MINUTES



## INGREDIENTS

500 grams Pork Mince  
1 tbsp Ginger (fresh, chopped)  
1 tbsp Lemongrass (chopped, minus tough outer layer)  
1/2 tsp Chili Flakes  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1 Egg  
1 Cucumber  
1 Courgette  
150 grams Buckwheat Soba Noodles  
1 Lime (juiced)  
1/2 cup Coriander Leaves (chopped)  
2 tbs Mint Leaves (chopped)  
1 Coconut Milk (400g tin)  
30 grams Macadamia Nuts

## DIRECTIONS

- 01 Add the pork mince, ginger, lemongrass, chili, salt, pepper and egg to a food processor and pulse (alternatively mix by hand)
- 02 Roll the mixture into meatballs 4-5cm in diameter
- 03 Cook the buckwheat noodles according to the instructions and set aside. Make the cucumber and courgette into noodles using a spiralizer or julienne peeler. Combine the two together.
- 04 Make the sauce by blending together the coconut milk, lime juice, coriander leaves, mint and macadamia nuts. Season to taste
- 05 In a pan heat 2 tablespoons of coconut oil and gently fry the meatballs for 10-12 minutes turning to cook evenly. Just before they are finished cooking add the noodles and sauce to the pan. Mix everything together and serve.

## NOTES

### EXTRA PORTIONS

The meatballs can be made in batches and frozen (before cooking) for a later date. The sauce can also be frozen (separately)

# Chicken and Quinoa Stir Fry

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 3 stalks Spring Onion (green part only, chopped )
- 1/4 tsp Red Pepper Flakes
- 1 Red Bell Pepper (de-seeded and chopped )
- 1 Courgette (diced )
- 1 Carrot (grated )
- 1 head Broccoli (chopped )
- 2 Chicken Breast (cut into thin strips )
- 2 tsps Paprika
- 2 cups Quinoa (pre-cooked)
- 1/2 Lemon (juiced)
- 2 tbsps Parsley (chopped )

## DIRECTIONS

- 01 Melt the coconut oil in a wok or a large frying pan over a medium to high heat. Add the broccoli, red pepper, courgette and spring onion. Cook until starting to soften (you may wish to add a little water to help the broccoli cook).
- 02 Add the chicken, paprika, grated carrot and season with salt and pepper. Fry for 4 minutes until the chicken cooks through completely.
- 03 Add the cooked quinoa and warm through.
- 04 Serve with chopped parsley and lemon.



# One Pan Steak & Potatoes with Chive Sauce

2 SERVINGS 30 MINUTES



## INGREDIENTS

300 grams Mini Potatoes (halved)  
1 Red Bell Pepper (chopped)  
1 Aubergine (chopped)  
500 grams Top Sirloin Steak (cut into 1-inch cubes)  
2 tbsps Avocado Oil  
1 tsp Sea Salt  
1 tbsp Butter / Ghee (melted)  
2 tbsps Chives (finely chopped)  
200 gs Mixed Salad Greens

## DIRECTIONS

- 01 Preheat oven to 200°C. Line a baking sheet with baking paper.
- 02 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 03 Divide the steak, potatoes and peppers onto plates.
- 04 Combine the melted butter and chives. Drizzle over the steak, add the mixed salad greens and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

### NO BUTTER

Use ghee, oil or omit completely.

### NO RED BELL PEPPER

Use cherry tomatoes or any other veggies instead.

# Roasted Winter Salad with Halloumi

4 SERVINGS 50 MINUTES



## INGREDIENTS

2 tbsps Garlic Infused Oil  
1 Delicata Squash (medium, seeds removed and sliced into rings)  
1 medium Purple Cabbage (cut into 1" pieces)  
Sea Salt & Black Pepper (to taste)  
120 grams Halloumi (cut into large pieces)  
1 tsp Ground Sumac  
1 tbsp Lemon Juice  
1/3 cup Mint Leaves (chopped)

## DIRECTIONS

- 01 Preheat the oven to 200°C and line a baking sheet with parchment paper.
- 02 In a large bowl add the garlic oil, squash, cabbage, salt and pepper and toss to combine. Add to the baking sheet and roast for 20 to 25 minutes.
- 03 Remove the baking sheet and add the halloumi. Place back in the oven for an additional 15 minutes.
- 04 Remove the baking sheet and sprinkle the sumac on top of everything. Drizzle the lemon juice on top. Divide between plates and top with mint leaves. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### DAIRY-FREE

Omit the halloumi.

### NO MINT

Use parsley or basil.

### NO SUMAC

Use another spice blend such as za'atar.



# Beef Stew

6 SERVINGS 2 HOURS



## INGREDIENTS

- 2 tbsps Extra Virgin Olive Oil
- 1 kilogram Stewing Beef (sliced into bite-size pieces)
- 3 tbsps Red Wine Vinegar
- 6 Carrot (chopped )
- 3 stalks Celery (cubed)
- 900 mls Beef Broth (or good quality stock)
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1 Purple Cabbage (small, core removed & chopped roughly )
- 1/2 tsp Black Pepper
- 1 Thousand ml Water
- 1 tbsp Dried Rosemary
- 1 tbsp Ground Sage
- 1 cup Parsley (chopped, to serve )

## DIRECTIONS

- 01 Heat some oil in a large heavy-duty pot on the stove. Add the salt and pepper and beef and cook on a high heat for 5 minutes, until the beef starts to change colour.
- 02 Add the red wine vinegar, followed by the cabbage, thyme, rosemary, sage and carrots. Stir and cover with the bone broth and water.
- 03 Let the stew boil and then simmer for 1.5 - 2 hours, until the meat is soft. Serve with chopped parsley on top.

## NOTES

### LEFTOVERS

Store in the fridge up to 3 days or freeze.

### MORE CARBS

Serve it with celeriac mash or white rice.

### ADD GREENS

Stir in chopped kale or baby spinach just before serving.