

BEAT DIABETES
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 **LANDMARK**
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to

HEALTHY RECIPES



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About the chefs

Nadia

Having grown up in Dubai, Nadia was able to witness, first-hand, the transformations the region went through over the years, and experienced the development of Dubai's cutting-edge restaurant scene.

Nadia graduated with the Grand Diplome (including Pastry and Cuisine) from Le Cordon Bleu School of Culinary Arts in London, and specialized in pastry at William Curley's Chocolatier and Sheraton on Park Lane before moving back to Dubai, eventually starting her own home-based catering business, website and blog, Mélange. For Nadia, cooking went from being her hobby, to being her life, and she loves everything about the process from selecting the ingredients to tasting the end result.

To know more about Nadia, visit melangeme.com

Nabih and Ghalia

Driven by a mutual passion for the culinary arts, Nabih and Ghalia came together to create a signature approach to cuisine, which combines rich, wholesome flavors and nutrition with a fun, creative twist.

Ghalia brings forth a family tradition of cooking and entertaining, which combined with her interest in energy and alternative healing led her to become a certified Raw Food Chef. She spends a significant portion of her time experimenting to create healthy alternatives that are both nutritious and flavorful.

Nabih is a certified Chef who is identified as a food artist, placing great emphasis on each aspect of the dining experience. He strives to present gourmet cuisine as an engaging community experience, encouraging foodies to enjoy a meal as they would an exquisite work of art.

To know more about Nabih and Ghalia, visit nabzandg.com

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Amhiye

INGREDIENTS

2 cups skinless wheat
2 garlic cloves, crushed
1.5 litre chtoura yogurt
4 tsp dry mint
4 cups of water
Dash of salt

INSTRUCTIONS

1. Place the wheat in a cooking pot, cover with water and boil in medium heat for approximately one hour or until tender.
2. Remove the wheat from the heat, drain the water and set aside.
3. Pour the yogurt in a serving bowl, add the crushed garlic, mint, dash of salt, the wheat and mix.

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Gazpacho

INGREDIENTS

For the gazpacho:

500g chopped and strained tomatoes
2 ripe plum tomatoes, quartered
1 cucumber, roughly chopped
6 garlic cloves
2 tbsp olive oil
2 tsp tomato paste
2 tbsp hot sauce of your preference
2 tsp white balsamic
1 red pepper, seeds removed and quartered
2 tbsp worcestershire sauce
1 red onion, quartered and core removed
1 tsp ground cumin
1/4 cup basil
Salt and pepper to taste

Mascarpone mousse:

90g mascarpone
150ml whipping cream, whipped to soft peak
1 shallot, finely chopped
30ml milk
1 basil leaf, finely chopped
Salt and pepper to taste

INSTRUCTIONS

1. For the gazpacho, put all ingredients into a food processor and blitz until well mixed. It won't be completely smooth. If possible make 1 or 2 days in advance and store in the fridge, the flavors are stronger the longer it sits. Divide into bowls.
2. For the mascarpone mousse: fold the mascarpone, shallots, basil, salt, pepper and milk into the whipped cream. Quenelle onto the gazpacho and serve chilled.

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Shorbit Addas

INGREDIENTS

1/2 onion
2 carrots
4 celery sticks
1 1/2 cup yellow lentils
1 cube of vegetable stock
1 litre water
1 tbsp cumin
1/2 tbsp salt
1 tsp black pepper
Olive oil as needed

INSTRUCTIONS

1. In a large pot, sauté the onions in olive oil until soft.
2. Cut the vegetable stock in small pieces and drop in the pot.
3. Add the carrots and celery and stir until tender (2-3 minutes).
Add the lentils and stir for 2 minutes.
4. Add water and bring the heat down to medium low.
5. Cover and allow to cook for 45 minutes. Take off the lid and add the cumin, salt and pepper. Adjust salt according to taste.

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Baked Lamb Samosa

INGREDIENTS

For the lamb mix:

500g minced indian lamb

3 tbsp ghee

2 tomatoes, blanched, peeled and chopped
1 cup medium potato, peeled and diced
into small cubes

2 small red onion, finely chopped

1 1/2 tsp minced ginger

1 1/2 tsp minced garlic

1 tsp ground coriander

1 tsp turmeric

1/2 tsp chilli powder

1/2 tsp red chilli flakes

1 green chilli, finely chopped

1 cup frozen peas, defrosted

Salt and pepper to taste

3 tbsp freshly chopped coriander

1 tbsp flour

5 tbsp water

1 packet sambosa leaves, thawed but
cold from the fridge

INSTRUCTIONS

1. To make the lamb mix, heat the ghee in a large sauté pan. Add the onion and cook until slightly browned. Add the ginger and garlic, cook for another minute. Add the meat and cook for a further minute, add all spices, including salt and pepper to taste, tomatoes and chili. Bring the heat up again, add potatoes, cover and cook about 15 minutes. Add the peas and fresh coriander. Remove from heat and keep aside.
2. Mix very well 1 tablespoon of flour with 5 tablespoons of water, until all the flour has dissolved.
3. Prepare a baking tray lined with parchment paper.
4. To assemble the samosa, place 1 tablespoon of lamb in the centre of each piece of spring roll wrappers, brush a little flour mixture around all 4 edges, fold the top edges together to make a 'hat'. Fold the 'hat' over. Fold one flap over and seal, fold the last flap over and seal.
5. Place assembled samosas on the baking tray and brush with ghee. Bake at 180 degrees C until the top has browned, (about 10 minutes) remove from the oven and turn over, brush with more ghee if needed and return to the oven to brown further (another 10 minutes). Serve warm.

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Beetroot Napoleon with Honey Drizzled Goats Cheese

INGREDIENTS

4 small red beets, roasted or boiled
200g goats cheese, softened
2 tbsp honey
3-4 tbsp greek yogurt
2 tbsp balsamic reduction
2 tbsp groundnut oil
50g chopped and roasted hazelnuts
Mixed leaves to finish

INSTRUCTIONS

1. Using a mandolin slice the beets very thinly and using a 2 inch diameter cutter, cut into circles. Place on a tray generously lined with paper towel and rest in the fridge overnight.
2. Mix the softened goats cheese with the honey and add the greek yogurt one tablespoon at a time, mixing until slightly softened but still holding it's weight. Put in a piping bag.
3. Mix the balsamic and groundnut oil well, and dress the mixed leaves and hazelnuts together.
4. Start to build the napoleon: starting with 1 beet slice, pipe a bit of goats cheese mixture in a swirling motion, top with another beet slice and press down slightly if the cheese mixture has not made it to the edge. Repeat to create a stack of 6 layers of beet and 5 layers of goats cheese.
5. Serve chilled with the dressed mixed leaves and hazelnuts.

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Betinjan Salad

INGREDIENTS

1 small eggplant
2 cucumbers
1 large tomato
1 yellow bell pepper
Parsley
Fresh mint
1 tbsp pomegranate molasses
1 tbsp tahini
1 tbsp olive oil
1 tbsp balsamic vinegar
Salt to taste

INSTRUCTIONS

1. Cut the eggplant in half and cut into julienne strips. Sprinkle some salt and leave on the side for 5 minutes.
2. Preheat the oven to 250 degrees C. Wrap the eggplant in foil paper and bake for 25-30 minutes. Make sure the eggplant is fully covered with foil paper. Once ready, allow to cool for 30 minutes.
3. Cut the cucumbers and bell pepper into long strips.
4. Cut the tomatoes into cubes.
5. In a large bowl, mix the cucumbers, tomatoes, bell pepper, and eggplant. Add fresh mint leaves and parsley.
6. For the dressing: mix the tahini, molasses, olive oil, salt, balsamic vinegar and mix well.
7. Adjust salt according to taste.

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Fattet Hummus

INGREDIENTS

5-7 medium-sized whole-wheat pita bread
350g chickpeas
2 tsp salt
1 tbsp cumin

For the yogurt:

1 kg yogurt
Juice of one lemon
1 tbsp tahini sauce
Dash of salt
Red chilli pepper and chopped parsley for decoration

INSTRUCTIONS

1. Cut the bread into squares. Preheat the oven to 200 degrees C. Brush both sides of the pita bread with olive oil. Place bread on a baking tray and bake for 5 minutes on each side until golden brown. Set aside.
2. Place the chickpeas, water included, in a cooking pot. If the water isn't enough you can add a little bit more to cover the chickpeas. Add the salt and the cumin and bring to a boil. Set aside.
3. Pour the yogurt in a bowl, add the tahini sauce, lemon juice and a dash of salt.
4. Use a round deep dish, and spread the bread at the bottom. Use a ladle to place the chickpeas on top of the bread. But be careful not to soak the bread too much. Pour the yogurt slowly over the chickpeas. You can add more chickpeas in the middle of the plate for garnish. To decorate, use chopped parsley and red chilli pepper.

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Kale Quinoa Tabouleh

INGREDIENTS

1 large handful of kale
1 handful of fresh parsley
1 handful of fresh coriander
2 large tomatoes
4 sticks of celery
1/2 cup quinoa
1 cup water
Fresh mint leaves

Dressing (mixed together):

2 tbsp olive oil
2 tbsp date molasses
2 tsp salt
4 tbsp lemon juice

INSTRUCTIONS

1. Use a knife to remove the ribs from the kale. Chop kale leaves into small bite-size pieces. Place in a bowl and sprinkle with 1 teaspoon of salt, drizzle with olive oil and massage for 30 seconds until kale leaves are darker in color. Set aside for 30 minutes.
 2. Dice the tomatoes and celery into small pieces. Place all of the ingredients into a bowl and set aside.
 3. Cook the quinoa in 1 cup of water, bring to a boil and reduce the heat to medium low. Allow the quinoa to simmer until the quinoa is fluffy and tender. Set aside to cool.
 4. Separate the leaves from the stems for the parsley and coriander and chop well.
 5. In the kale bowl, add chopped tomatoes, celery, parsley, coriander and quinoa. Add mint leaves and the dressing and mix well.
- * Alternate the quantities of the ingredients to suit your preference.

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Mutabbal

INGREDIENTS

2 medium sized eggplants
2 chopped garlic cloves
1 tbsp tahini
1/2 kg greek yogurt (you can reduce or add yogurt according to your preference. We like our mutabbal with extra yogurt)
1 tsp salt
1 tsp cumin
1 medium tomato cut into small cubes
1/2 lemon juice
3 tbsp olive oil
Parsley and pomegranate for garnish

INSTRUCTIONS

1. In a bowl, mix the greek yogurt, tomatoes, garlic, tahini, lemon juice and salt and mix well.
2. Preheat the oven to 250 degrees C. Drizzle the eggplants with olive oil, cover with foil paper and place on a baking tray. Bake for 45 minutes - 1 hour until the eggplant is soft inside.
3. Allow the eggplant to cool down and peel off the skin. Remove the top part of the eggplant and keep the pulp on the side.
4. Mash the eggplant pulp and add to the bowl mixture consisting of garlic, greek yogurt, tomatoes, tahini, lemon juice and salt. Mix well.
5. Once done, place the mutabbal in a serving plate. Drizzle some olive oil and garnish with parsley and pomegranate.

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Onion and Goats Cheese Tart

INGREDIENTS

For the tart shell dough
(9 inch tart pan):

1 1/2 cups flour
1/4 tsp salt
128g cold unsalted butter
2 egg yolks
1 tbsp ice water

For the filling:

1 large red onion, sliced thinly
2 tbsp olive oil
1 clove of garlic minced
2 tbsp water
1 tbsp reduced balsamic
500g goats cheese
2 tbsp honey
1/2 cup greek yogurt
1/4 cup egg white
Salt and pepper to taste

To finish:

Cherry tomatoes, cut in half
Rosemary
Thyme
Fresh cracked black pepper

INSTRUCTIONS

1. Make the dough: using a food processor pulse the flour and salt to combine thoroughly. Cut cold butter into small cubes. Add the butter into the food processor and pulse until the consistency becomes that of a coarse meal. Add the egg yolks and water, pulse just to combine. Do not over mix. Wrap in cling film and rest in the fridge for an hour.
2. Working quickly, dust working surface with a small amount of flour. Roll the dough into a disk, keep bringing the tart pan over the tart dough to make sure the round is 2 inches larger in diameter than the tart pan (at this point if the dough is too soft, place in the fridge for another half an hour to firm up and if you find it cracking, add another tablespoon of water). Grease the tart pan, line the pan with the dough. Place the tart pan in the refrigerator for an hour or overnight (covered with plastic wrap).
3. Caramelize the onions: in a pan heat the olive oil and add the garlic and onions. Season and keep on low heat for a few minutes. Toss the onions and continue cooking on low heat until brown in color. Tossing them every few minutes. Add water and let simmer on low heat until evaporated. Continue cooking until the onions are equally browned. Remove from heat and add balsamic. Set aside.
4. Preheat oven to 190 Degrees C. Line the cold tart shell with a sheet of aluminum foil, with the edges hanging over the sides of the tart pan. Place ceramic pie weights onto the foil. Or rice, beans, quinoa etc. This is just to stop it from shrinking or bubbles forming on the base. Blind bake (bake without filling) for 20 minutes. Remove from the oven, lift the foil and weights out of the pan. Continue baking the tart shell for 20 minutes, until light golden brown in color.
5. Make the goats cheese mixture: in a food processor add goats cheese, honey, greek yogurt, egg white, salt and pepper. Whip until thickened. Set aside.
6. Spread a thin layer of the caramelized onions on the base of the tart shell. Pour the goats cheese mixture on top. Sprinkle rosemary, thyme, freshly cracked black pepper, as well as cherry tomatoes. Return to the oven to set the goats cheese mixture (about 5-10 minutes). Remove from the oven, let cool slightly, remove from the pan and serve.

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Pomegranate Salad (Salatit Romman)

INGREDIENTS

10 pomegranates
1 pomelo
50g raw pine nuts and mint leaves for garnish
1 tbsp orange blossom

INSTRUCTIONS

1. To make the juice, deseed the pomegranate. You can cut each pomegranate in half. With a wooden spoon pat the fruit until all the seeds come out.
2. Put the seeds of 8 pomegranates in the blender and blend well. Add a little bit of water to facilitate the blending and 1 tablespoon orange blossom.
3. Strain the juice using a sieve.
4. Pour the juice evenly into small dessert cups.
5. Add the remaining pomegranates to each cup.
6. For more color you can add seasonal fruit. We like to use pomelo.
7. Garnish with raw pine nuts and fresh mint leaves.

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Sparkling Iced Tea

INGREDIENTS

4 bags of moroccan tea (or any flavored tea bags of your choice)
2 cups of boiling water
Honey to taste

For the infusion:

1 nectarine, cut into wedges
2 limes, sliced
Strawberries, cut in half

To finish:

250ml sparkling water (plain or flavored to your choice)
Ice cubes

Additional flavor ideas:

Mint leaves
Frozen berries
Rosemary
Edible flowers
Orange or lemon slices

INSTRUCTIONS

1. Boil the water and remove from the heat, add the tea bags and brew for 3-4 minutes, depending on how strong you would like the flavor of the tea. Mix in the honey and cool to room temperature.
2. Prepare the infusion, add to the tea and chill overnight.
3. Just before serving add the sparkling water.
4. Additional flavors can be added to the glass.

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Spelt Dakos

INGREDIENTS

6 slices of spelt toast bread
(carved into round slices using a ring
mould or a cup)
1/2 cup diced cherry tomatoes
6 medium size goat cheese balls
Small handful of fresh oregano leaves
Olive oil
Pinch of salt and pepper
1 tbsp pomegranate molasses
Juice of half a lemon

INSTRUCTIONS

1. Cut the cherry tomatoes into small cubes. Add salt, oregano leaves, pomegranate molasses, lemon juice and mix. Make sure to drain the excess liquid before plating.
2. Spread the tomato on the bread and top with goat cheese. Sprinkle with pepper and olive oil.

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Vegan Quinoa Chilli

INGREDIENTS

2 tbsp olive oil
2 vine tomatoes
1/2 a red onion, finely chopped
1 carrot, peeled and diced
1 celery stick, diced
3 garlic cloves, minced
1/4 cup quinoa
1/2 tsp tomato paste
1 red chilli, finely chopped
500g chopped and strained tomatoes
1 tsp ground cumin
1 tsp red chilli powder
1 tsp paprika
1 tsp cayenne
4 pickled jalapeños, diced
1/4 cup red kidney beans, cooked
1/4 cup butter beans, cooked
1/4 cup black beans, cooked
1/2 cup corn kernels
1 red pepper, diced
Juice of 2 limes
1/4 cup cilantro leaves, coarsely chopped
2 eggs (optional - skip to make vegan)
1 avocado, diced
Toasted protein bread
Salt and pepper to taste

INSTRUCTIONS

1. Blanch and refresh the vine tomatoes in ice water. Peel the skin and discard. Quarter tomatoes and remove the inside pulp, keep aside. Dice the petals and refrigerate.
2. In a small saucepan, using 1/2 a cup of water, cook the quinoa.
3. In a large casserole pot sweat the oil, garlic, chilli and onion until translucent. Add the carrot and celery, cook for a further few minutes. Add the tomato paste, ground cumin, red chilli powder, paprika and cayenne, cook for a further few minutes. Add the strained and chopped tomato, reserved tomato pulp, jalapenos, cooked quinoa, salt and pepper. Bring to a boil then reduce the heat to a simmer. Cook for 30 minutes stirring occasionally. Add the beans, corn, red pepper and lime. Remove from heat. The longer it rests, the better it tastes so feel free to make it a day in advance and reheat.
4. To serve: poach 2 eggs (optional) and toast some protein bread.
5. Top the chilli with diced avocado, tomato petals, cilantro and poached egg; serve warm with protein bread.

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Vietnamese Shrimp with Mango and Avocado Salsa

INGREDIENTS

15 shrimps, peeled, de-veined and washed
2 red chilli
3 cloves of garlic
1 tbsp palm sugar
Juice of 1 lime
3 tbsp fish sauce
2 tbsp groundnut oil
1 tbsp ginger, grated
1 tbsp soy sauce

Salsa:

1 ripe mango, diced
1 ripe avocado, diced
1/2 red onion, finely chopped
1/2 red pepper, diced
4 pickled jalapenos, finely chopped
1/2 cup of cilantro leaves, coarsely chopped
Juice of 1 lime
Salt and pepper to taste

INSTRUCTIONS

1. For the marinade: in a food processor place the chilli, ginger, garlic and palm sugar, pulse until paste-y. Add the fish sauce, lime juice, ground nut oil and soy sauce, mix until well blended. Marinate shrimp overnight.
2. For the salsa: mix together all ingredients and keep aside.
3. Remove the shrimp from the fridge 30 minutes before cooking; make sure the grill is at a high temperature. Approx 30 seconds on each side or until cooked. Serve warm with the salsa.

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Vietnamese Spring Rolls

INGREDIENTS

2 carrots, peeled and julienned
1 courgette, julienned
2 red peppers, julienned
1 large red onion, thinly sliced

For the pickling mixture:

400ml mirin (japanese sweet sauce)
90ml white rice vinegar
20ml oyster sauce
50ml fish sauce
Small piece of ginger, peeled
3 garlic cloves, crushed
1 red chilli, cut in half lengthways with seeds

To finish:

Rice paper rounds
Fresh coriander, coarsely chopped
Salted peanuts
Spring onion, finely chopped
1/4 red pepper, very finely chopped

INSTRUCTIONS

1. To make the pickling mixture, in a medium-sized pan, mix together all ingredients and on a low flame heat until a boil is reached, reduce heat and simmer for a few minutes to infuse. Remove from the heat and discard of the chilli, ginger and garlic. Add chopped vegetables and allow to pickle for 10 minutes. The vegetables should still have a bite, should not be soggy.
2. Strain the vegetables and keep the pickling liquid. Return to the pan and reduce until thickened and coats the back of a spoon. Store in the fridge until later.
3. To assemble, have a pan ready with hot water, dip the rice paper rounds into the water one at a time as you make the spring rolls, once soft and flexible (few seconds in hot water), remove from the water and lay on your work surface. Leaving 2 inches from the bottom, place a line of 3 coriander leaves, one tablespoon of pickled vegetables on top, and a few peanuts. Bring the bottom of the rice paper up and over the vegetables, roll once; bring the sides in and roll once more.
4. To store, lay damp paper towel under springs rolls and cover with a damp paper towel as well.
5. When serving, mix coarsely chopped coriander, finely chopped red pepper and spring onions into the sauce. Serve at room temperature.

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Watermelon and Feta Salad

INGREDIENTS

1/2 watermelon, diced and seeds removed
4 tbsp crumbled greek feta cheese
4 tbsp pine nuts, toasted
Juice of 2 limes
4 tbsp pomegranate seeds
2 tbsp basil, coarsely chopped
Salt and pepper to taste

For the dressing:

2 tbsp reduced balsamic
2 tbsp olive oil

INSTRUCTIONS

1. Make the dressing: mix together the balsamic and olive oil.
2. Toss all ingredients together for the salad except the salt, pepper and lime.
3. When ready to serve, slowly add the dressing and lime juice, one spoon at a time, just until everything is coated, season and serve.

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Zucchini Hummus

INGREDIENTS

2 cups peeled and chopped zucchini
1/2 cup white sesame seeds
2 cloves garlic (more garlic can be added based on preference)
2 tbsp tahini sauce
4 tbsp lemon juice
2 tbsp olive oil
Salt to taste
1/2 tsp black pepper
1 tbsp cumin powder
Dash of chili powder for garnish

INSTRUCTIONS

Blend all the ingredients in a high power blender until smooth.

Note: you can adjust any of the ingredients according to your taste. Some like to add more lemon juice. You can add more zucchini for more volume since zucchini is known to be the best ingredient that gives volume to food without influencing the flavor.

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Cauliflower and Baby Potato Stew

INGREDIENTS

1/2 onion
2 carrots, cut into round slices
4 small marrows, chopped into squares
350g grass-fed beef
10 baby potatoes
1 small cauliflower, cut into small pieces
1 can of organic tomato paste (no sugar added)
1 litre water
1 tbsp yellow curry powder
2 tbsp salt to taste
2 tsp black pepper
4 large bay leaves
3 sticks fresh rosemary

INSTRUCTIONS

1. In a large pot cook the beef in high heat for 4-7 minutes until the meat becomes brown in color, add salt and pepper and stir occasionally.
2. Remove the beef from the pot, place it in a separate plate and allow to rest for 5 minutes.
3. In the same pot, add some more oil and drop the onions, carrots, marrow, baby potatoes and cauliflower.
4. Add curry powder and bay leaves. Stir for 5 minutes on medium high heat.
5. Add the beef and make sure to remove the residue liquid.
6. Add the tomato paste, water and rosemary.
7. Drop down the temperature to medium low and cook for 1 1/2 hours.
8. Take off the lid and adjust salt according to taste.

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Fattet Djaj

INGREDIENTS

6 chicken breasts
1 medium-sized onion
1 tsp salt
1 tsp cardamom
1 tsp cinnamon
1 tsp black pepper
4 bay leaves
Vinegar as needed
Olive oil as needed
Water as needed

For the yogurt:

1 kg yogurt
Juice of one lemon
1 tbsp tahini sauce
Dash of salt

For the bread:

5-7 medium-sized whole
wheat pita bread cut into
squares

For the rice:

3 cups brown rice
Dash of salt

INSTRUCTIONS

Chicken:

1. Clean the chicken with a juice of one lemon or vinegar. Rinse with water and pat it dry with clean paper towels.
2. Place the onion in a large pot and sauté in olive oil in medium heat until golden.
3. Add the chicken and stir with the onion for a couple of minutes.
4. Add all the spices and bay leaves and stir.
5. Add enough water to cover the chicken by 2 to 3 inches.
6. Put the lid on and bring the water to a boil.
7. Reduce heat and cook for 30 minutes or until the chicken is soft.
8. Set aside and let it cool.

Rice:

In the meantime cook the rice:

1. Strain the chicken stock.
2. Add 4 and a half cups of the stock in a clean pot.
3. Bring to a boil and add the rice.
4. Cook the rice in high heat and bring to a boil.
5. Reduce heat and simmer for 30 minutes or until cooked.

Yogurt:

1. Mix the yogurt (preferably greek yogurt) with the lemon juice and tahini sauce. Add a dash of salt.
2. Set aside.

Bread:

1. Preheat oven to 200 degrees C.
2. Brush both sides of the pita bread with olive oil.
3. Cut the bread into squares.
4. Place bread on a baking tray and bake for 5 minutes on each side until golden brown.

Putting it together:

1. You can use a Pyrex or a flat serving plate. First spread the toasted bread on the bottom of the plate. Add the rice. We usually like to pour a very small amount of the leftover chicken stock over the rice to add flavor.
2. Pour the yogurt over the rice.
3. Lastly place the chicken breast on top. You can cut the chicken into long pieces or leave the breasts as they are.
4. Garnish with toasted pine nuts and parsley.

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Fish En Papillote

INGREDIENTS

4 tbsp ground nut oil
4 fillets of any white fish (I prefer cod or haddock)
2 tbsp ginger, peeled and grated
8 cloves of garlic, smashed
2 red onions, thinly sliced
3 red chilli, finely chopped
4 bok choy
12 cherry tomatoes, cut in half
1 red pepper, thinly sliced
Juice of 2 limes
1 cup of brown rice
Salt and pepper to taste

INSTRUCTIONS

1. Toss together the onion, garlic, ginger, lime juice, red chilli, red pepper, salt pepper and groundnut oil in a bowl.
2. On a large piece of cut foil, place 2 tablespoons of the onion mixture in the center. Lay the fish on top. Season the fish with salt and pepper. Place 2 more tablespoons of onion mixture on top of the fish, some cherry tomato halves and 1 bok choy. Make a parcel out of the foil so as to ensure it is sealed. Repeat for all fish fillets. Cook on a baking tray in the oven at 180 degrees C for 20 minutes. (note this depends on how thick the fish fillet is).
3. Using 2 cups of salted water, cook the rice in a saucepan, season well.

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Kousa Bi Banadura

INGREDIENTS

1 kg marrow
1 medium-sized onion
750g tomatoes
Salt and pepper to taste
Parsley and mint for garnish

INSTRUCTIONS

1. Cut the marrow into squares.
2. Peel the tomatoes and cut into squares. You can alternatively boil the tomatoes to make it easy to peel.
3. Chop the onion finely into small pieces and sauté in olive oil until golden.
4. Add the tomatoes and the marrow, and stir in medium heat.
5. Cover the lid and allow it to cook for 20 minutes or until tender.
6. Add salt and pepper to taste.
7. Garnish with parsley or mint leaves.
8. Enjoy with pita bread.

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Makmoura

INGREDIENTS

1 medium-sized lebanese cabbage
1 large onion
1 tsp salt
1/4 cup coarse bulgur wheat
1 lemon
Olive oil as needed
Parsley and mint for garnish

INSTRUCTIONS

1. Shred the cabbage into long strips.
2. Rinse the bulgur wheat.
3. Chop the onion finely into small pieces and sauté in olive oil until golden.
4. Add the cabbage and bulgur wheat, salt and mix.
5. Cover the lid and cook in medium to low heat until cooked.
6. Garnish with green herbs.
7. Enjoy with a squeeze of lemon and pita bread.

BEAT DIABETES
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Mediterranean Fish Stew

INGREDIENTS

1/2 onion
150g salmon fillet
150g calamari
150g cod
150g prawns
2 carrots
4 celery sticks
1 can organic diced tomatoes
4 sticks fresh oregano
2 sticks fresh thyme
1 can coconut cream
Olive oil
2 tbsp salt
1 tsp saffron

INSTRUCTIONS

1. Cut the salmon and cod into small cubes. In a bowl, put the salmon, cod, prawns and calamari. Add 1 tablespoon salt, 1 teaspoon saffron and drizzle olive oil. Mix well and add oregano sticks. Allow to rest on the side.
2. Julienne the celery and carrots and put on the side.
3. In a big pot, sauté the onions in olive oil for 4 minutes. Add the tomatoes and bring to a boil. Add coconut cream and bring down to medium low heat.
4. Drop the celery and carrots into the tomato-coconut mixture and leave for 7 minutes. Stir every 3 minutes.
5. Finally, drop the fish in the pot and poach for 15 minutes.
6. Take off the lid and adjust salt according to taste.

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Mini Mousaka

INGREDIENTS

1 large eggplant
250g grass-fed ground beef
1/2 onion
1 cup diced tomatoes
Greek yogurt
Olive oil
2 tsp salt to taste
2 tsp black pepper
2 tbsp mixed spices
Dry basil
1 garlic clove

INSTRUCTIONS

For the eggplant:

1. Cut the eggplant into 6 thick round slices.
2. Sprinkle with salt and allow to rest for 5 minutes.
3. Preheat the oven to 250 degrees C. Place the eggplant on a baking tray and brush each slice with olive oil. Bake for 25 minutes.

For the beef:

1. In a warm pan, sauté the onions for 3 minutes or until golden, add the beef and stir until the meat starts to change in color, add the salt, pepper and mixed spices and stir for 10-15 minutes until the meat is cooked.

For the tomatoes:

1. Place the diced tomatoes in a small pot and heat for 5 minutes, add the crushed garlic, 1 teaspoon salt and 1 teaspoon black pepper, dry basil and bring to a boil. Remove from the heat and set aside to cool for 30 minutes.
2. For serving: place the baked eggplant slice in the middle of the plate, place the cold tomatoes gently in the middle, add 1 tablespoon of ground beef on top and a touch of fresh yogurt.

BEAT DIABETES
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Moroccan Meatballs with Couscous

INGREDIENTS

For the meatballs:

1 kg mince lamb
1 yellow onion grated
4 garlic cloves minced
2 tsp of dried red chilli flakes, or more as you prefer
4 tbsp ras al hanout
2 eggs
Salt and pepper
2 tbsp groundnut oil

For the couscous:

1 large carrot, diced
1 large yellow onion, finely chopped
2 tsp minced ginger
2 red chilli, finely chopped
5 garlic cloves, minced
1 tsp ground cumin
1/2 tsp turmeric
1/2 tsp cinnamon
1/2 tsp caraway seeds
500g tomatoes chopped and strained
1 1/2 cups couscous or sub quinoa
3 cups chicken stock
Salt and pepper to taste

To finish:

Fresh coriander leaves, coarsely chopped

INSTRUCTIONS

1. For the meatballs. Mix together all ingredients; using your hands make sure everything is well mixed. Form into balls of 35g each. In a hot pan with groundnut oil, sear the meatballs just enough to brown on all sides, remove meatballs from the pan.
2. In the same pan, on a lower heat, add garlic, ginger and onions, cook until onions are slightly browned. Add chilli and carrots, cook for a few minutes, add all spices, strained tomatoes, chicken stock and couscous, bring to a boil, turn down heat and return meatballs to the pan. Simmer until the couscous is cooked and the mixture thick (about 15-20 minutes). Season with salt and pepper.
3. Finish with freshly chopped coriander leaves and serve hot.

BEAT DIABETES
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Pumpkin Coconut Curry

INGREDIENTS

4 tbsp ghee
1 tsp black mustard seeds
1 small red onion, finely chopped
4 garlic cloves, minced
2 tsp grated ginger
1 tsp ground cumin
1 red chilli, finely sliced
2 tsp garam masala
1 1/2 tsp ground coriander
1 tsp turmeric
1/2 tsp cinnamon
1/2 tsp cayenne pepper
1 tsp curry powder
3 curry leaves, bruised
1 tbsp maple syrup
1 bunch coriander stalks, coarsely chop leaves for serving
1 tin coconut milk (500g)
Salted cashew nuts, lightly toasted
400g chopped and strained tomatoes
1 kg pumpkin, chopped into cubes
Olive oil
1 can of cooked chickpeas (500g)
Salt and pepper to taste
1 cup brown rice
2 cups water

INSTRUCTIONS

1. On a baking tray, bake pumpkin drizzled with olive oil, salt and pepper until tender on an oven set at 190 degrees C (about 30 mins).
2. In a pan with hot ghee, add mustard seeds and heat until they start to pop, add onion and sweat until soft. Add garlic, ginger, chilli and coriander stalks. Cook further, stirring from time to time. Add salt, pepper and all spices, reduce the heat and cook for a further 2 minutes. Add chopped and strained tomatoes, coconut milk and softened pumpkin. Allow to come to a boil and then simmer for about 10 minutes.
3. Using 2 cups of water, cook the rice in a saucepan, season well.
4. To finish the curry, add maple syrup and chickpeas. Top with cashew nuts and fresh coriander. Serve warm with brown rice.

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Quinoa Stuffed Bell Pepper (Mahashi Khodra)

INGREDIENTS

For the stuffing:

8 small bell peppers in four colors
(orange, yellow, red and green)
1 cup uncooked quinoa
2 medium or 1 large carrot, chopped finely
into tiny pieces
1 medium zucchini, chopped finely into
tiny pieces
1 large onion, finely chopped
1 handful of parsley, finely chopped
1 handful of mint leaves, finely chopped
1 handful of coriander, finely chopped
2 garlic cloves, finely chopped
1 tsp cumin powder
1 tsp cardamom
1 tsp salt
1 tsp black pepper
1 tsp cinnamon
2 tsp dry mint
Olive oil

For the sauce:

10 pieces of fresh tomatoes or two cans
of chopped organic tomatoes
2 tbsp pomegranate molasses
Salt and pepper to taste

INSTRUCTIONS

To make the stuffing:

1. Cut the top of the bell pepper to create a small hole without throwing away the top. You can also push the top gently downwards until it separates from the pepper.
2. You can use the food processor to process the garlic, onions, carrots and zucchini to save time.
3. Chop the rest of the herbs.
4. In a big bowl, mix the uncooked quinoa with the herbs, vegetables and all the spices and mix well. Drizzle with olive oil.

To cook:

1. Stuff each pepper with the mixture and cover with the top.
2. Boil the tomatoes until tender, set aside to cool then peel.
Or you can use two cans of organic chopped tomatoes.
If you choose to use fresh tomatoes, chop them finely and place in a large cooking pot.
3. Add the pomegranate molasses, salt and pepper and stir in medium heat.
4. Place the stuffed bell peppers in the pot and cover with water.
Add 2 teaspoon dry mint.
5. Close the lid and allow to cook in low to medium heat for 30 minutes or until tender.

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Salmon Wellington

INGREDIENTS

For the stuffing:

4 tbsp olive oil

4 tsp garlic, minced

2 shallots, finely chopped

1 cup leek, thinly sliced

1 kg button mushrooms, extremely finely chopped without the stems

Thyme

1 1/2 cups baby spinach

Dill

Salt and pepper to taste

For the Wellington:

4 skinless salmon fillets

Puff pastry, thawed but use cold, straight from the fridge

Egg wash

Salt and pepper to taste

INSTRUCTIONS

1. Make the stuffing: heat olive oil in a pan, add garlic and shallots, cook until translucent. Add leeks, cook for a minute until tender. Add mushrooms and thyme. Mushrooms will let out a lot of water. Continue to cook on high heat until it evaporates (10 minutes). Add the spinach, salt, pepper and dill, continue to cook only for a few more seconds until the spinach is wilted. Remove from heat.
2. Preheat oven to 190 degrees C. On a well-floured surface, roll out pastry to a rectangle about 21 x 16 inches. Use a sharp knife cut into 4 pieces, each about 7 x 8 inches. Season salmon on all sides with salt and pepper. Place a piece of salmon in the center of each piece of puff pastry; if any ends of the salmon are particularly thin, tuck them under so the pieces are fairly uniform in thickness. Top salmon with mushroom mixture. Use egg wash to moisten edges of pastry, then fold pastry sides in like a package and press to seal, completely encasing the salmon and mushrooms. Arrange seam-side down on a baking sheet lined with parchment paper. Repeat for the other 3 fillets.
3. Brush the tops of the pastry with egg, score the top with a knife and bake until pastry is golden brown, about 40 minutes.

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Seared Sesame Crusted Ahi Tuna with Soba Noodles

INGREDIENTS

For the tuna:

400g sushi-grade tuna

1 tbsp sesame oil

2 tbsp black sesame seeds

2 tbsp white sesame seeds

1 cup soba noodles, cooked as per
package instructions

Salt and pepper

For the dressing:

2 tsp ginger, minced

Juice of 2 limes

5 tbsp soy sauce

1 tsp sesame oil

1 tbsp honey

1 tbsp water

Pinch of dried red chilli flakes, or more
as preferred

To finish:

1 avocado, sliced

Mixed greens of preference

Spring onions, finely chopped

Boiled egg (optional)

INSTRUCTIONS

1. To make the dressing, whisk all ingredients together until well blended.
2. Brush very little sesame oil onto the tuna, season with salt and pepper. Mix the sesame seeds together on a small plate, roll the tuna in the mixed sesame seeds, pressing lightly to adhere. In a very hot pan with sesame oil, sear the tuna just for a few seconds on each side (enough to lightly brown the white sesame seeds). Remove from the pan and slice into thickness of your preference.
3. In a bowl, toss the cooked soba noodles together with the mixed greens and just enough dressing to coat. Top with the sliced tuna, avocado, spring onions and boiled egg.

BEAT DIABETES
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Stuffed Chicken Breast with Polenta

INGREDIENTS

4 chicken breasts
2 tsp ground cumin
2 tsp garlic powder
2 tsp red chilli powder

For the stuffing:

2 tbsp olive oil
1/4 cup button mushrooms, finely sliced
1/4 cup baby spinach
1 tbsp creamy feta cheese
1/4 cup grated mozzarella
1/2 red pepper, diced
1 shallot, finely chopped
4 slices of sundried tomatoes, chopped
1 tbsp basil, coarsely chopped
1/4 cup polenta
1 tbsp olive oil
1 shallot, finely chopped
2 garlic cloves, finely copped
1 tbsp oregano, finely chopped
1 cup chicken stock
1 cup milk
Salt and pepper to taste

INSTRUCTIONS

1. For the polenta: in a saucepan heat 1 tablespoon olive oil, add shallots and garlic, sweat until translucent. Add chicken stock, milk and polenta, bring to a boil then turn down the heat. Simmer, stirring frequently to avoid lumps.
2. Butterfly the chicken breasts, leaving the side intact so as to create a little pocket for the stuffing. Marinate using salt, pepper, cumin powder, chili powder and garlic powder, toss and leave aside at room temperature.
3. Make the stuffing for the chicken: heat olive oil in a pan, add garlic and shallots, cook until translucent. Add mushrooms and red pepper, cook for a few minutes until tender. Add sundried tomato, spinach and basil, continue to cook only for a few more seconds until the spinach is wilted. Remove from the heat and immediately add the cheese. Mix until well blended. Take 1 heaped tablespoon of the mixture and stuff in the chicken pocket. Drizzle with olive oil and into the oven at 200 degrees C for a total of 20 minutes. Halfway through, remove and turn the chicken.
4. When the polenta is cooked, add oregano and seasoning, immediately remove from the heat.
5. When the chicken is cooked, serve warm atop of polenta.

BEAT DIABETES
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Vegetarian Shepherds Pie with Sweet Potato Mash

INGREDIENTS

4 tbsp ghee
4 cloves of garlic, finely chopped
1 red onion, finely chopped
2 carrots, peeled and diced
2 celery sticks, diced
1/2 cup button mushrooms, finely sliced
2 tsp thyme
2 tsp paprika
2 tsp tomato paste
2 level tbsp flour
1 cup veg broth
1/2 cup cooked lentils of your choice
1/2 cup corn
1/2 cup green peas
Olive oil

For the mash:

700g sweet potato, peeled and chopped
1 tbsp greek yogurt
1 tbsp ghee
2 cloves of garlic, finely chopped
Salt and pepper to taste

INSTRUCTIONS

1. First start the mash: on a baking tray, bake the sweet potato drizzled with olive oil, salt and pepper until tender.
2. While that's in the oven, in a saucepan heat the ghee, garlic and onion until translucent. Add the carrot and celery, cook for another 2 minutes. Add the mushrooms, salt, pepper, and spices. Cook for a further 2 minutes. Add the tomato paste and flour, mix well and then add the veg broth and boil to cook out the flour. Once thickened, add the cooked lentils, peas and corn. Remove from the heat and into a casserole dish to serve.
3. To finish the mash: heat ghee in a small frying pan and sauté the garlic for 30 seconds. Mash the potatoes, add the garlic mixture, salt, pepper and greek yogurt. Blend till smooth, if still too firm, add another tablespoon of greek yogurt. Put in a piping bag with a star nozzle. Pipe a design onto the veggie mixture and serve.

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Veggie Tofu

INGREDIENTS

1 bunch spinach
400g hard tofu
10 small mushrooms (any choice of preference)
1 red bell pepper
1 yellow bell pepper
1 small red onion
2 small potatoes
1/2 lemon
2 tsp salt
2 tsp turmeric
1 tsp cumin
1 tsp black pepper
Chopped parsley for garnish
Olive oil

INSTRUCTIONS

1. Chop the red onion and place in a small bowl.
2. Cut the yellow bell pepper, red bell pepper and mushrooms into small pieces and place in a small bowl.
3. Cut the potatoes into small pieces. Boil water in a small pot on high heat and add 2 teaspoons of salt. Once the water starts boiling, add the chopped potatoes and bring to medium heat. Boil for 15-20 minutes. Rinse off the water and place in a small bowl and set aside.
4. Remove stems from spinach leaves, wash thoroughly and dry. Place in a bowl and set aside.
5. In a separate bowl, place the tofu, add salt, turmeric and cumin and mix well.
6. To cook: in a pan, sauté onions in olive oil on medium high heat until golden. Add yellow bell pepper, red bell pepper, mushroom and potatoes, stir for 10 minutes. Place in a bowl once done.
7. In the same pan, add spinach and tofu. Sauté for 7 minutes until spinach leaves are soft and dark in color. Adjust salt and pepper according to taste.
8. Add the tofu-spinach mix to the vegetable bowl and mix well. Squeeze half a lemon, stir in the bowl and leave on the side to cool down or serve warm.
9. Use chopped parsley for garnish.

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Chia Arabiya

INGREDIENTS

4 cups of sweetened almond milk
2 tbsp honey or 100% organic maple syrup
(optional depends on how sweet you want
your pudding to be)
1 tbsp vanilla extract
12 tbsp black chia seeds
1 tsp ground cardamom
1 tsp turkish coffee (or any kind of coffee
you choose)
1 tsp cinnamon

Garnish:

4 dried prunes
4 dried apricots
1/4 cup pistachios
Mint leaf for each serving

INSTRUCTIONS

1. In a blender, blend the almond milk, honey, cinnamon, cardamom, vanilla extract and coffee.
2. Pour the liquid over the chia seeds and give it a good stir.
3. Place the mixture overnight in the fridge.
4. For serving, pour the mixture into small dessert cups and sprinkle the garnish on top right before serving.

BEAT DIABETES
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Chocolate and Raspberry Tart

INGREDIENTS

For the crust:

1 cup almond flour
1/4 cup shredded unsweetened coconut
1/2 cup old fashioned rolled oats
3 tbsp hazelnuts
2 tbsp maple syrup
Pinch of salt
4 tbsp coconut oil (solid)

For the filling:

400ml coconut milk (approx 1 can)
350g bittersweet chocolate (cocoa percentage of your choice), cut into small pieces
Honey to taste

To finish:

2 cups fresh raspberries for garnish

*10 inch tart pan with removable base

INSTRUCTIONS

1. To make the crust: in a food processor, combine all ingredients and pulse until coarse crumbs form and the mixture holds together when pressed. Using your fingers, press the dough evenly onto the pan and up the sides.
2. Line the tart shell with a sheet of aluminum foil, with the edges hanging over the sides of the tart pan. Place ceramic pie weights onto the foil. Or rice, beans, quinoa etc. This is just to stop it from shrinking or bubbles forming on the base. Blind bake (bake without filling) at 170 degrees C for 15 minutes. Remove from the oven, lift the foil and weights out of the pan. Continue baking the tart shell for 15 minutes, until golden brown in color.
3. To make the chocolate ganache, heat the coconut milk until it boils, immediately remove from the heat and pour over the chocolate. Leave for 30 seconds and then stir to combine. Add honey to taste. Cool to room temperature and pour into the tart shell. Refrigerate until set.
4. Garnish with fresh raspberries and serve chilled.

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Chocolate Chia Mousse Cake

INGREDIENTS

For the crust:

2 cups walnuts
4 tbsp cocoa powder
15-20 pitted dates
Dash of salt
1 tsp vanilla extract

For the chia mousse:

2 cups coconut cream
2 tbsp 100% organic maple syrup or honey
3/4 cup chia seeds
1/4 cup cacao powder (you can use
2 tbsp of matcha powder instead of the cacao)
1 tsp vanilla extract
Blueberries for decoration

INSTRUCTIONS

To make the crust:

1. Soak the walnuts overnight, or for a few hours, then drain the water and lay them out to dry on a paper towel.
2. In a food processor, process all the ingredients into powder except the dates. Add the dates little by little until combined.
3. Bring single cake moulds or a cheesecake pan. Press the mixture into the base of the pan and refrigerate for 30 minutes.

To make the chia mousse:

1. In a blender, blend the coconut cream with the cacao powder (or the matcha), vanilla extract and the maple syrup until combined.
2. Place the mixture in a bowl and add the chia seeds and mix well until combined.
3. Pour over the crust and refrigerate.
4. Garnish with blueberries.

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Coconut and Vanilla Rice Pudding

INGREDIENTS

1/2 cup risotto or pudding rice
3 cups coconut milk
1 level tbsp cornstarch
1 vanilla pod, beans scraped out
Honey or maple syrup to taste
Crushed pistachio
Mixed dry fruits as preferred
Mixed berries

INSTRUCTIONS

1. Wash the rice in cold water and strain. In a medium-sized pan, heat the coconut milk, rice, vanilla beans and pod together. When it comes to a boil, turn down the flame and simmer for 20 minutes or until rice is cooked, stirring every few minutes. Mix in honey or maple syrup to taste. In a small bowl, make a slurry with the cornstarch and 2 tablespoons of coconut milk. Boil the mixture in the pan and slowly, while mixing, add the cornstarch slurry. Cook for a further few minutes and remove from heat. Chill.
2. Serve topped with crushed pistachio, dry fruit or fresh fruit, as preferred.

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Date Balls (Tabat Tamer)

INGREDIENTS

200g of soaked walnuts
4 tbsp 100% cocoa powder
20-25 medium sized medjool dates
1 tsp vanilla extract
1 tbsp orange blossom
Coconut flakes for decoration

INSTRUCTIONS

1. Soak the walnuts overnight or for a few hours, then drain the water and lay them out to dry on a paper towel.
2. In a food processor, process all the ingredients into powder except the dates. Add the dates little by little until combined.
3. Roll the mixture into small balls.
4. Roll the balls into coconut flakes (optional).

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Grilled Peach Crumble with Maple Mascarpone

INGREDIENTS

4 ripe peaches, cut in quarters, pit removed
1 tsp ground cinnamon
2 tbsp coconut oil

For the maple mascarpone:

50g mascarpone
2 tbsp maple syrup
1/2 vanilla pod, beans scraped

For the coconut whipped cream:

1 can of coconut cream (500g), stored in the fridge overnight
2 tbsp honey
1/2 vanilla pod, beans scraped

For the crumble:

1/4 cup almond flour
2 tbsp old fashioned rolled oats
2 tbsp pecan nuts
2 tbsp maple syrup
Pinch of salt
1 tbsp coconut oil (solid)

Mint for garnish

INSTRUCTIONS

1. Make the crumble: in a food processor combine all the items for the crumble and process until well combined. Sprinkle onto a baking tray and bake at 170 degrees C until light brown (approx 10 minutes). After 5 minutes, make sure to toss the crumble.
2. While the crumble is in the oven brush the grill with coconut oil (liquid). Sprinkle a pinch of cinnamon on each flesh side of the peach and place the peaches on the grill flesh side down, skin side up, on high heat. Cook for a few minutes until tender.
3. Combine the ingredients for the maple mascarpone and put in a piping bag.
4. Pipe a few dollops of mascarpone mixture, place a grilled peach on each, sprinkle with crumble (be generous).
5. Open the coconut cream, and keeping the can straight, scrape the top cream out and place in a bowl (leave the bottom liquid part for other use e.g. smoothies), whip until thickened. Drizzle with honey and fold carefully.
6. Quenelle the coconut cream on top of the crumble and serve warm.

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Pineapple, Mint and Basil Popsicles

INGREDIENTS

For the popsicles:

1 medium, extremely ripe pineapple,

peeled and diced

1 tbsp maple syrup

1 tbsp honey

Juice of 2 limes

Zest of 1 lime

1 tbsp basil leaves

1 tbsp mint leaves

Pinch of salt

For the dipping sauce:

2 tbsp greek yogurt

1 tbsp maple syrup

1 tbsp lime juice

INSTRUCTIONS

1. In a food processor pulse together all ingredients for the popsicles.
2. Using the few mint leaves for the finishing, dip them in the pineapple mixture and stick them on the insides of the popsicle molds.
3. Using a piping bag, fill the mold and place the popsicle stick inside. Freeze for a few hours. To remove the popsicles run the mold under warm water and slowly release.
4. Mix together the ingredients for the dipping sauce and drizzle over the popsicle. Serve frozen.

Notes

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