

Teriyaki roasted almonds with spicy green beans

Serves 4 to 6

3 Tablespoons of sesame oil

1 long red chilli, seeded and finely chopped

2 cm piece ginger, peeled and grated

2 garlic cloves, crushed

375g green beans cut into 5 cm length

½ cup Tamari sauce

1 Tablespoon soft brown sugar

125g Teriyaki roasted almonds, roughly chopped

1. Soak the almonds in Teriyaki for 30 minutes. Drain and dry with paper towels. Heat a non-stick frying pan with 1 tablespoon oil. Toss the almonds for 2-3 minutes, then drain.
2. Heat the remaining oil in a large frying pan and cook the chilli, ginger and garlic for 1 minute or until lightly browned. Add the beans and sugar and stir for 2 minutes. Stir in the Tamari sauce and cook for 1 minute, or until the beans are tender but still crunchy (you can also steam them beforehand for 4 to 5 minutes to make sure they are not too crunchy)
3. Remove from the heat and stir in the almonds just before serving. Serve with the cauliflower rice

Cauliflower rice

Serves 4 to 6

500g of cauliflower

1 onion finely chopped

1 clove garlic

Chinese 5 spice

Salt and pepper

1. Pulse the cauliflower in the food processor, approximately until it has the size of grains of rice.
2. Sauté the onion, garlic and a good sake of the 5 spices
3. Add the riced cauliflower and sauté for 2 or 3 minutes.

Eggplant Parmigiana

Serves 6

2 eggplants, peeled and cut in slices lengthwise

2 eggs, beaten

Parsley and garlic

Breadcrumbs

Olive oil spray

2 Tablespoons olive oil

500g Ricotta cheese

¼ Cup grated parmesan

½ cup mozzarella cheese

1x400 g tin of tomato puree

Oregano, thyme, chilli flakes

Salt and pepper and pesto

1. Mix the beaten eggs mixed with salt, garlic and parsley Dip 1eggplant slice at a time, and then coat them with the breadcrumbs. Place them on a baking tray lined with baking paper sprayed with olive oil, and when you have finished with all the slices, spray olive oil on top, and bake them in a preheated oven at 180oC for 25 to 30 minutes
2. Meanwhile Mix the ricotta with the mozzarella Parmesan cheese and pest to your taste. If needed you can add some cream or sour cream or buttermilk and set aside
3. Mix the tomato puree with 2 tablespoons of olive oil, salt and pepper, oregano, thyme, and chilli flakes.
4. To assemble: Line a deep baking tray with some of the cooked eggplant slices, cover with the ricotta mixture, and another layer of eggplants.
5. Spread the tomato mixture on top, sprinkle some mozzarella and Parmesan cheese and bake for about 30m'.
6. Serve hot. Leftovers keep well in the fridge for the next day. Do not freeze.

Instant chocolate pudding

Serves 4

2 ripe avocados

½ cup honey

½ cup cocoa

1 Teaspoon vanilla

Dash salt

1. Blend everything together in food processor. Serve in cups and refrigerate.