



Primary
HealthCare

my healthy
**Recipe
Book**

2nd Christmas Edition





FOREWORD

Season's greetings!

The festive season, with its cheer and charm, often tempts us towards indulgence. Yet, it's also a wonderful time to embrace the joy of healthy eating. This booklet is your companion to blending festive flavours with nourishing choices.

This year, our Christmas recipe booklet has been lovingly created with our youngest chefs in mind, featuring a selection of recipes that children will relish both making, savouring and even to give as gifts to loved ones. Inviting youngsters into the kitchen is not just about cooking; it's about creating lasting memories. Through mixing and measuring, they gain new skills, a deeper appreciation for food, and moments of genuine bonding. We hope you enjoy our healthy twist on these holiday favorites, bringing a dash of nutrition to the festive joy. Every page here offers more than a recipe – it's an invitation to make memories and share in the spirit of togetherness.

Here's to a wholesome and delicious Christmas. Enjoy these festive delights, and may they bring warmth to you and your table!

Merry Christmas and happy cooking!

Zoe and Fleur

The Nutrition team at Primary HealthCare



RECIPES

1. Christmas Hummus Wreath
2. Green Smoothie
3. Snowman Pancakes
4. Spiced Christmas Nuts
5. Caprese Cane
6. Christmas Deviled Eggs
7. Christmas Tree Salad
8. Mediterranean Cranberry Chicken
9. Veggie Christmas Trees
10. Little Trifle Treats
11. Christmas Pitta Pizza
12. Beef Tenderloin with Mushroom Sauce
13. Vegetable Broth

Disclaimer: Always consult with your doctor/health care professional if you suffer from certain medical conditions or you are on any medications before consuming certain foods.



1. Christmas Hummus Wreath



SERVES
10

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	91kcal	90kcal
Fat	3.2g	3.1g
<i>of which saturates</i>	0.5g	0.4g
Carbohydrates	8.7g	8.5g
<i>of which sugars</i>	1.5g	1.4g
Fibre	3.7g	3.6g
Protein	4.8g	4.7g
Salt	0.19g	0.19g



Glycaemic
Load

2.3

Glycaemic
Index (est.)

48

Ingredients

For the Hummus

400g can of chickpeas, drained
and rinsed

2 garlic cloves

30g tahini

Juice of 1 lemon

30ml olive oil

A little bit of water, as needed

For the Wreath Decoration

150g cherry tomatoes

100g chopped cucumber

50g chopped red bell pepper

Fresh parsley leaves (a handful
or two)

Fresh thyme sprigs

Instructions

1. Prepare the hummus: In a blender or food processor, combine the chickpeas, garlic, tahini, lemon juice, olive oil, and salt. Blend until smooth. If the hummus is too thick, you can add a little water to achieve the desired consistency.
2. Form the Wreath: On a large round serving platter, spread the hummus in the shape of a wreath (a large circle with an empty center).
3. Decorate the wreath:
 - ◆ Use cherry tomatoes around the circle to emphasize the Christmas colours.
 - ◆ Place cucumber slices around, tucking them slightly into the hummus for added texture.
 - ◆ Add red bell pepper strips intermittently for a colour contrast.
 - ◆ For the 'holly' effect, group three green olives and place them alongside a piece of red bell pepper or a cherry tomato. Repeat this in several places around the wreath.
 - ◆ Scatter fresh parsley around for added greenery.
 - ◆ Add fresh thyme sprigs for decoration.
4. Accompany with whole grain pita bread, pita chips (pita strips, bakes for 10 mins), or fresh veggie sticks.

Allowing children to participate in arranging the veggies can make the process interactive and fun, fostering creativity and promoting healthy eating during the festive season.



2. Green Smoothie

This vibrant green smoothie is not only festive in appearance but also packed with nutrients, making it a delightful and healthy treat for the holiday season.

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	55kcal	102kcal
Fat	2.4g	4.5g
<i>of which saturates</i>	0.5g	0.9g
Carbohydrates	4.9g	8.2g
<i>of which sugars</i>	4.4g	8.2g
Fibre	1.3g	2.4g
Protein	2.7g	5.1g
Salt	0.06g	0.11g



Glycaemic Load
2.2

Glycaemic Index (est.)
49



SERVES

4

Instructions

1. Add spinach or kale, banana, avocado, pineapple chunks, yogurt, milk, chia or flaxseeds into a blender.
2. Blend on high until all ingredients are smooth and well combined. If the consistency is too thick, add some water. If it's too thin, you can add a few ice cubes or more frozen banana.
3. Pour into glasses, and if you're feeling extra festive, garnish with a strawberry "Santa hat" on the rim or a sprinkle of chia seeds on top.

Serve immediately and enjoy the green goodness with every sip! This smoothie is a great way to ensure you and your family are getting a dose of veggies and fruits, even amidst the indulgence of the holiday season.



Ingredients

- 1 cup fresh spinach or kale (packed)
- 1 ripe banana (preferably frozen for added creaminess)
- 1/2 avocado
- 1/2 cup pineapple chunks (fresh or frozen)
- 1/2 cup 0% fat Greek yogurt
- 1 cup skimmed milk
- 1 tbsp chia seeds or flaxseeds (optional for added nutrition)
- ½ a cup of water
- Ice cubes (approximately 10, or add another cup of water instead)
- Four strawberries to garnish






3. Snowman Pancakes



**MAKES
1 SNOWMAN**

Nutritional Information

	Per 100g	Per serving	
Energy (Kcal)	127 kcal	268 kcal	
Fat	2.4g	5g	
<i>of which saturates</i>	1.1g	2.4g	Glycaemic Load 11.4
Carbohydrates	20g	41g	
<i>of which sugars</i>	4.7g	10g	Glycaemic Index (est.) 54
Fibre	3.7g	7.6g	
Protein	5.5g	12g	
Salt	0.27g	0.57g	

Ingredients

For the pancakes

- 1 cup whole wheat flour (or almond flour for a gluten-free option)
- 1 tsp baking powder
- 1 cup skimmed milk (or any milk of your choice)
- 1 egg
- 1 tsp vanilla extract
- Cooking spray for the pan (make your own by adding $\frac{1}{4}$ olive oil & $\frac{3}{4}$ water to a spray bottle. Shake well before each use)

For the Snowman Decoration:

- Fresh blueberries for eyes and buttons
- Small piece of tangerine for the nose
- Small apple pieces for scarf and mouth
- Unsweetened shredded coconut for a snow effect

Instructions

1. Pancakes: In a mixing bowl, combine whole wheat flour and baking powder.
2. In another bowl, whisk together the milk, egg, and vanilla extract.
3. Slowly add the wet ingredients to the dry ingredients and stir until just combined.
4. Heat a non-stick pan over medium heat and lightly grease with your home-made cooking spray.
5. Pour batter into the pan to form two circles, 1 larger and one smaller (for the snowman's head).
6. Cook each pancake until small bubbles form on the surface, then flip and cook until the other side is golden brown.
7. Once cooked, stack the pancakes from largest to smallest to create a snowman shape on a plate.
8. Decorations: Place two blueberries for the eyes, a tangerine sliver for the nose, apple pieces for the scarf and mouth, and blueberries down the centre of the largest pancake as buttons.
9. Sprinkle unsweetened shredded coconut for a snowy effect.

Serve immediately with your favourite healthy toppings. Enjoy your festive, healthy snowman pancakes with the little chefs in your life!

4. Spiced Christmas Nuts

This recipe is simple enough for little hands to help with, and the end product is perfect for gifting. Using less sugar, it's a healthier twist on traditional spiced nuts.

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	556kcal	123kcal
Fat	45g	9.8g
<i>of which saturates</i>	7.1g	1.6g
Carbohydrates	10g	2.2g
<i>of which sugars</i>	5g	1.1g
Fibre	6.2g	1.4g
Protein	26g	5.6g
Salt	0.05g	0g



Glycaemic
Load
2.5

Glycaemic
Index (est.)
25



MAKES
25 SERVING
OF 20G

Instructions

1. Preheat your oven to 150°C. Line a large baking sheet with parchment paper or a silicone baking mat.
2. In a large mixing bowl, whisk together the egg white and maple syrup until slightly frothy.
3. Add the mixed nuts to the mixture, ensuring they are well coated. Let the children give the nuts a good mix!
4. In a separate bowl, have the kids combine the cinnamon, ground ginger, cardamom, nutmeg and cloves. Let them mix it up with their hands or a spoon.
5. Gradually sprinkle the spice mixture over the nuts, stirring to ensure they are evenly coated. Children can help with the stirring.
6. With guidance, let the kids spread the coated nuts in a single layer on the baking sheet. Bake for about 25-30 minutes, stirring halfway through to ensure even roasting.
7. Once baked, let the nuts cool on the baking sheet. Once cooled, children can help mix in the dried cranberries if using.

Ingredients

500g Mixed nuts (such as almonds, walnuts, cashews, and pecans)

Egg white - from 1 large egg

1 tablespoons maple syrup

1 teaspoon vanilla essence

Cinnamon - 2 teaspoons

Ground ginger - 1/2 teaspoon

Ground nutmeg - 1/4 teaspoon

Ground cloves - 1/8 teaspoon

Ground cardamom – ¼
teaspoon





To package for gifts:

1. Provide kids with stickers, ribbons, and markers to decorate mason jars or cellophane bags.
2. Once the nuts have cooled completely, children can use a spoon or cup to scoop the nuts into their decorated jars or bags.
3. Let them add a personal touch by writing a little message or drawing on gift tags.

The involvement of children in this recipe not only allows them to appreciate the joy of gifting but also instils in them the value of homemade, healthy treats. It's a festive, fun, and educational activity rolled into one!



Ingredients

Large round tomatoes - 4 to 5 (depending on size), sliced

Large low fat mozzarella balls - 2 to 3, sliced to match the tomato thickness.

Fresh basil leaves – approximately 10 leaves

Extra Virgin Olive oil - for drizzling (optional)

Juice of 1 lemon to drizzle & pepper to taste

5. Caprese Cane

This recipe transforms the classic Caprese salad into a festive treat. Using larger tomato and mozzarella slices makes for a more substantial presentation, and kids will enjoy layering the ingredients to create a Christmassy candy cane.



SERVES
10

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	65kcal	88kcal
Fat	3g	4g
<i>of which saturates</i>	2g	2.8g
Carbohydrates	2.7g	3.7g
<i>of which sugars</i>	2.7g	3.6g
Fibre	2.7g	3.5g
Protein	5.7g	7.7g
Salt	0.16g	0.22g



Glycaemic
Load

1

Glycaemic
Index (est.)

38

Instructions

1. Wash the tomatoes and basil leaves. Pat them dry with a paper towel. Slice the tomatoes and mozzarella balls into approximately the same thickness (around 0.5 cm).
2. Arrange the Caprese cane:
3. On a large serving platter, start arranging the slices in a candy cane shape. Begin with a tomato slice, followed by a mozzarella slice, aiming to overlap them slightly. Children will love this step, as it's like building a festive puzzle.
4. Tuck a basil leaf between each slice pair, letting some of the leaf peek out. This can be a fun task for the little ones, ensuring each "candy stripe" has its touch of green.
5. Once the candy cane shape is complete, drizzle it with olive oil (if using). The squeezed lemon juice and pepper sprinkled on top will finish it off nicely.
6. Present this festive Caprese Cane as a centrepiece for your holiday table. It's best enjoyed fresh, perhaps with slices of crusty wholegrain bread.

Decorating ideas:

- Surround the platter with additional basil leaves to enhance the festive look.
- Let the children make "ornaments" by using small cookie cutters to shape slices of bell peppers, cucumbers, or even additional mozzarella. They can place these around the candy cane, adding more holiday cheer to the dish.

This activity is more than just a recipe. It's a delightful way for children to participate in holiday preparations, appreciating the vibrant colours and textures of fresh ingredients. The hands-on nature of layering the slices will also make the experience memorable and the end product even more delicious!

6. Christmas Deviled Eggs

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	52kcal	30kcal
Fat	0.6g	0.5g
<i>of which saturates</i>	0g	0g
Carbohydrates	2.4g	1.4g
<i>of which sugars</i>	2.2g	1.3g
Fibre	0.6g	0.5g
Protein	8.8g	5.1g
Salt	0.25g	0.14g



Glycaemic
Load
0.8

Glycaemic
Index (est.)
34.1



MAKES

12

Instructions

1. Boil the eggs. When they are thoroughly cooked, place them in an ice bowl to stop the cooking.
2. Carefully peel the eggs and slice them in half. Remove the egg yolks and place them in a food processor. Set the egg whites aside.
3. Prepare the filling by adding baby spinach, Greek yoghurt, mustard, and pepper to the egg yolks. Process the mixture in a food processor until smooth.
4. Spoon the spinach mixture into a piping bag and pipe the filling into the egg whites.
5. To finish, make tiny little circles from a slice of roasted red pepper. You can cut tiny pieces by hand or use a straw to make more even circles. About three per deviled egg looks good. Alternatively, you may use three pomegranate seeds. These will make the hollies. Add parsley on top of the red pepper circles/pomegranate seeds to make the holly leaves.
6. Store in the fridge until required.

Ingredients

- 6 eggs
- 2 cups baby spinach
- 6 tablespoons 0% fat Greek yoghurt
- ½ teaspoon Dijon mustard
- Freshly ground black pepper
- Small strip of roasted red bell pepper OR pomegranate seeds
- Fresh parsley








7. Christmas Tree Salad



SERVES

2-3

Nutritional Information

	Per 100g	Per serving	
Energy (Kcal)	80kcal	83kcal	
Fat	4.6g	4.8g	
<i>of which saturates</i>	1.3g	1.4g	Glycaemic Load 35.5
Carbohydrates	4g	4.1g	
<i>of which sugars</i>	3.6g	3.8g	Glycaemic Index (est.) 1.4
Fibre	1.8g	1.9g	
Protein	4.6g	4.8g	
Salt	0.14g	0.15g	

Ingredients

160g low-fat mozzarella balls

200g red and orange cherry tomatoes

1 cucumber, sliced

Fresh basil leaves

1 tbsp mixed herbs

A drizzle of extra virgin olive oil (optional)

Best to use a large Christmas tree mould to serve the salad in. Alternatively, you may arrange in a tree shape on a flat plate.

Instructions

1. Arrange the sliced cucumbers as the bottom row of the Christmas tree, slightly overlapping them.
2. Place a layer of mozzarella pieces on top of the cucumber.
3. Place halved red cherry tomatoes in a layer on top of the cheese. Repeat this for every 1 or 2 layers, depending on your preference.
4. Drizzle with extra virgin olive oil and sprinkle mixed herbs on top.
5. Serve this Christmas tree salad as a side to meats or poultry, alongside sliced wholegrain bread or wholegrain crackers.

Engage your little chefs in this creation process, they'll love seeing this 'tree' come to life!



8. Mediterranean Cranberry Chicken

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	52kcal	30kcal
Fat	0.6g	0.5g
<i>of which saturates</i>	0g	0g
Carbohydrates	2.4g	1.4g
<i>of which sugars</i>	2.2g	1.3g
Fibre	0.6g	0.5g
Protein	8.8g	5.1g
Salt	0.25g	0.14g



Glycaemic
Load

0.8

Glycaemic
Index (est.)

34.1



MAKES

12

Instructions

To make the Cranberry sauce:

1. Combine cranberries, water, orange zest, and maple syrup in a large saucepan over medium heat. Bring the mixture to a boil, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
2. Mash up the cranberries with a potato masher. Remove from heat and stir in vanilla and cinnamon, if using.
3. The sauce will continue to thicken as it cools. Set aside or store in the fridge until you use it.

Making the Chicken:

1. Pat the chicken pieces dry. Rub the chicken with the minced garlic on both sides. Season well with pepper. Combine the rosemary and paprika then apply to the chicken thighs on both sides.
2. In a large bowl mix the olive oil, lemon juice and 2 tablespoons white wine vinegar. Add the chicken, celery, onions, and the lemon halves. Mix everything together with clean hands. Set aside in the fridge to marinate for 15 minutes or longer if you have time.
3. Preheat the oven to 220°C.
4. Heat 1 tablespoon olive oil in a skillet. Place the chicken to brown on medium-high for 5 minutes. Turn over and brown on the other side.
5. Place the chicken, onions, celery, lemon halves and any liquid from the marinade in a lightly oiled baking pan. Add ½ cup water or vegetable broth.
6. Bake for 35 to 40 minutes or until the chicken is fully cooked through.
7. Serve hot with the cranberry sauce at the side, wholegrain rice and your favorite salad.



Ingredients

6 chicken breast pieces, approximately 200g each
8 garlic cloves minced
Freshly ground pepper
1 ½ tablespoon chopped fresh rosemary (or 1 ½
teaspoon dry rosemary)
1 teaspoon paprika
2 tablespoons extra virgin olive oil
2 tablespoons of white wine vinegar
Juice of 1 lemon (keep the lemon halves)
1 large yellow onion chopped
3 celery stalks chopped
½ cup home-made vegetable broth or water (see
recipe in this booklet)
More fresh rosemary to garnish

For the Cranberry Sauce:

300g fresh/frozen cranberries
1/2 cup water
2 teaspoons orange zest
1 tablespoon maple syrup (optional)
1/2 teaspoon vanilla essence (optional)
1/2 teaspoon ground cinnamon (optional)





9. Veggie Christmas Trees



MAKES

8

Nutritional Information

	Per 100g	Per serving	
Energy (Kcal)	27kcal	29kcal	
Fat	0.5g	0.5g	
<i>of which saturates</i>	0g	0g	Glycaemic Load
Carbohydrates	2.6g	2.9g	0.8
<i>of which sugars</i>	2.5g	2.7g	Glycaemic Index (est.)
Fibre	1g	1.1g	20.4
Protein	2.6g	2.8g	
Salt	0.04g	0.05g	

Ingredients

1 large carrot

1 whole cucumber

0% fat Greek yogurt or non-fat yogurt (optional, for dipping)

Various herbs and spices for seasoning (parsley and chives in Greek yogurt dip)



Instructions

1. Peel the carrot, discarding the top and bottom.
2. From the thicker end of the carrot, cut 8 rounds, around ½ cm thick.
3. Using a mini star-shaped cookie cutter, cut a star from each piece of carrot.
4. Divide and cut the remaining piece of carrot into 8 pieces. These will form the trunks of your cucumber trees. Set the carrot stars and pieces to one side.
5. Using a vegetable peeler, cut long strips from the cucumber, the whole length long.
6. Starting at the smallest end, carefully fold a strip of cucumber back and forth, starting with small folds and getting gradually bigger with each one, until you have created a tree shape.
7. Push the folds together and push a cocktail stick through to skewer them from top to bottom.
8. Push the cocktail stick into one of the carrot pieces, big fold side down.
9. Push a carrot star onto the other end of the cocktail stick.
10. Stand your edible Christmas tree on a serving tray and serve immediately, with Greek yogurt mixed with herbs for dipping. Enjoy!

10. Little Trifle Treats

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	273kcal	251kcal
Fat	16g	15g
<i>of which saturates</i>	4g	3.7g
Carbohydrates	15g	14g
<i>of which sugars</i>	4g	4.2g
Fibre	3.7g	3.4g
Protein	13g	12g
Salt	0.3g	0.3g



Glycaemic
Load

7.3

Glycaemic
Index (est.)

48



MAKES

4



Instructions

1. Prepare the biscuit layer a few hours in advance (or the night before) so it has time to chill.
2. To make the biscuit layer: firstly, place all biscuit ingredients into your food processor bowl. Pulse the biscuit mix until the mixture starts coming together as a crumbly, sticky dough. Scoop the mix out and roughly shape into a ball, wrap in cling film and pop in the fridge. Chill for at least an hour.
3. Next, move on to the pistachios. Roughly chop into small pieces and then place in a small frying pan. Toast over a moderate heat just for a few minutes, until they start to brown slightly. Set aside to cool.
4. Make the ricotta layer. In a bowl mix together the ricotta, Greek yoghurt, vanilla essence, and chopped hazelnuts. Leave in the fridge.
5. Prepare the berries. Rinse berries and place in a bowl.
6. Finally, layer everything together. Retrieve the biscuit layer from the fridge and break into eight pieces. Starting with the biscuit, crumble one piece into the bottom of a glass. Scoop over $\frac{1}{4}$ of the berry mix, followed by $\frac{1}{8}$ of the ricotta mixture. Repeat the layers again, finishing with the ricotta. Do the same with the remaining three serving cups.
7. Top each cup with berries, toasted pistachios, and a fresh mint leaf or two. Serve & enjoy!

Ingredients

Biscuit layer:

- 70g rolled oats
- 40g unsweetened desiccated coconut
- 30g almonds (40 grams)
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground cardamom
- 1 orange, segmented

Ricotta layer

- 75g ricotta
- 75g 0% fat Greek Yoghurt
- 1 tbsp vanilla essence
- 40g chopped hazelnuts

Berry layer and toppings

- 150g fresh berries of choice
- 20g pistachios
- 1 handful fresh mint leaves





11. Christmas Pitta Pizza



**MAKES
16 SLICES**

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	77kcal	102kcal
Fat	3.5g	4.7g
<i>of which saturates</i>	0.7g	0.9g
Carbohydrates	8g	11g
<i>of which sugars</i>	2.9g	3.9g
Fibre	2.5g	3.4g
Protein	1.8g	2.4g
Salt	0.2g	0.27g



Glycaemic
Load
3.5

Glycaemic
Index (est.)
44

Ingredients

Ingredients for the Guacamole

2 ripe avocados
Juice of 1 lemon
1 finely chopped garlic clove
½ teaspoon dried coriander
50g cherry tomatoes, finely
chopped
1 red onion, finely chopped
Pepper to taste

Ingredients for the Pitta Trees

4 round wholegrain pitta bread
150g halved cherry tomatoes
(or sliced red pepper)
See step 6 optional decoration
ideas

Instructions

1. Prepare the guacamole. Cut the avocados in half, remove the pit and scoop the flesh into a bowl.
2. Mash the avocado with a fork until relatively smooth, but leaving some chunks for texture.
3. Mix in the lemon juice, minced garlic, coriander, finely chopped tomatoes, and red onion.
4. Now create the Pitta Trees. Lightly toast the round pitta bread, ensuring they are crispy, but still flexible.
5. Once cooled, cut each pitta bread into quarters to form triangular tree shapes.
6. Decorate the trees with a layer of guacamole over each triangle. Engage the children in decorating:
 - ◆ Arrange the cherry tomato halves as ornaments on the trees,
 - ◆ Optional, add little olive pieces, use grated carrots, and top each tree with a yellow bell pepper star.
7. Serve these trees as on a festive plate for everyone to enjoy!



12. Beef Tenderloin with Mushroom Sauce

Nutritional Information

	Per 100g	Per serving
Energy (Kcal)	110kcal	185kcal
Fat	5.5g	9.2g
<i>of which saturates</i>	1.9g	3.2g
Carbohydrates	1.3g	2.2g
<i>of which sugars</i>	1g	1.6g
Fibre	0g	0.5g
Protein	14g	23g
Salt	0.16g	0.27g



Glycaemic Load
0.4

Glycaemic Index (est.)
35.7



SERVES

5

Serve with half your plate filled with steamed vegetables such as broccoli, cauliflower, Brussels sprouts or carrots and one quarter of your plate with starchy carbohydrate such as wholegrain rice or boiled potato.

Instructions

1. Preheat the oven to 220°C.
2. Mix the olive oil, rosemary, thyme, garlic, and pepper in a bowl.
3. Coat the beef tenderloin thoroughly with this mixture.
4. Place on a roasting tray and roast in the oven for 15-20 minutes for medium-rare or to your preferred doneness.
5. When ready, remove from the oven, cover the beef with foil and let it rest for 10 minutes before slicing.

For the sauce

1. Heat a teaspoon of olive oil in the skillet over medium heat. Add the shallot and cook until translucent.
2. Mix in the garlic and the mushrooms. Sauté until the mushrooms turn golden.
3. Add the broth and bring to a simmer. Add the rosemary and thyme, and simmer for 5 minutes until slightly reduced.
4. Mix in the Dijon mustard and Greek yogurt until creamy. Adjust with both or desired consistency.
5. Season with black pepper.
6. For Serving: Slice the beef tenderloin and plate, pour the mushroom sauce over the top or on the side with your preferred veggies and starchy carbohydrates.

Ingredients

Beef Tenderloin

- 500g lean beef tenderloin
- 1 tbsp olive oil
- 1 sprig fresh rosemary, finely chopped
- 1 sprig fresh thyme, finely chopped
- 1 garlic clove, minced
- Pepper to taste

Healthy Mushroom Sauce

- 100g fresh mushrooms, sliced
- 1 tbsp olive oil
- 1 shallot, finely chopped
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp Dijon mustard
- 3 tbsp 0% fat Greek yogurt
- 80ml home-made vegetable broth (see recipe in this booklet)
- Pepper to taste
- Fresh parsley, chopped, for garnish





13. Vegetable Broth



MAKES 1.5 L

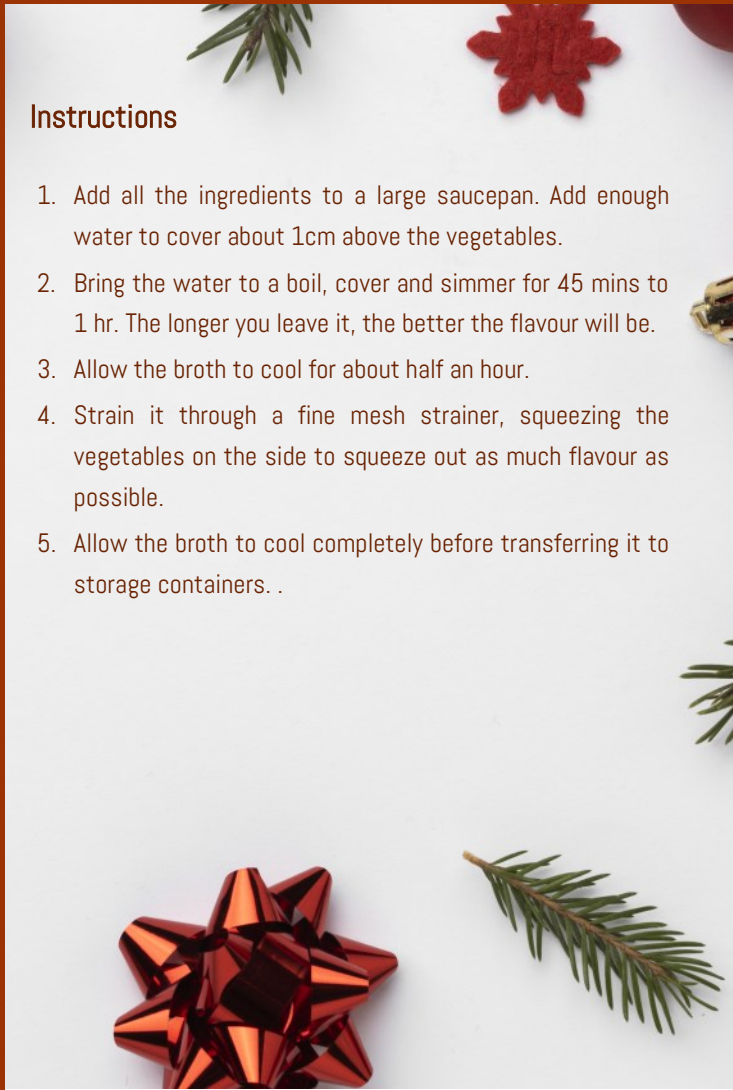
It will remain good in the fridge for up to 5 days, or the freezer for 1 month.

Ingredients

- 1 onion, roughly chopped
- ½ leek, roughly chopped
- 2 carrots with skins, finely chopped
- 2 big cloves of garlic, roughly chopped
- 2 celery stalks, chopped
- 100g mushrooms, roughly chopped
- 2 sprigs fresh rosemary
- Small handful of parsley, roughly chopped
- ½ teaspoon whole peppercorns
- 2 bay leaves
- 10 cups drinking water

Instructions

1. Add all the ingredients to a large saucepan. Add enough water to cover about 1cm above the vegetables.
2. Bring the water to a boil, cover and simmer for 45 mins to 1 hr. The longer you leave it, the better the flavour will be.
3. Allow the broth to cool for about half an hour.
4. Strain it through a fine mesh strainer, squeezing the vegetables on the side to squeeze out as much flavour as possible.
5. Allow the broth to cool completely before transferring it to storage containers. .





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