



HEALTH HUB HEALTH HUB HEALTH HUB

# FAKE AWAY

A COLLECTION OF DELICIOUS RECIPES TO  
SATISFY YOUR TAKE AWAY CRAVINGS

HEALTHIER + TASTIER THAN EVER

# CONTENTS

- PG 3 ASIAN STYLE PULLED JACKFRUIT TACOS
- PG 5 BUFFALO CAULIFLOWER
- PG 6 CAULIFLOWER PIZZA
- PG 7 CHILI CON CARNE
- PG 8 CHILLI PRAWN SPAGHETTI
- PG 9 CREAMY MUSHROOM CHICKEN
- PG 10 CRISPY EGGPLANT BAO
- PG 12 EGGPLANT DUMPLINGS
- PG 13 ENCHILADAS
- PG 15 FISH N CHIPS
- PG 17 FISH OR CHICKEN NUGGETS
- PG 18 FISH PIE
- PG 19 FISH TACOS
- PG 21 FRIED RICE
- PG 22 GREEK LAMB SOUVLAKI
- PG 24 HONEY CHICKEN
- PG 25 KORMA CURRY
- PG 26 LOADED SWEET POTATO FRIES
- PG 27 MEXICAN NACHOS
- PG 29 ONION RINGS
- PG 30 PAD THAI
- PG 31 POKE BOWL
- PG 32 SAUSAGE ROLLS
- PG 34 SLOW COOKED BEEF TACOS
- PG 36 STICKY SWEET N SOUR
- PG 37 VEGGIE BURGERS
- PG 38 BANANA FRITTERS
- PG 39 CHOCOLATE ICE-CREAM
- PG 40 CHOCOLATE THICK SHAKE
- PG 41 CHOCOLATE MOUSSE
- PG 42 PUMPKIN PIE WAFFLES
- PG 43 SHARE COOKIE



# ASIAN STYLE PULLED JACKFRUIT TACOS



## INGREDIENTS

### FILLING

- 1 CAN JACKFRUIT IN BRINE
- 1 tbsp tamari
- 1 tsp sesame oil
- 1/2 tsp Chinese 5 spice
- 1 fresh chilli, sliced
- 1 cup purple cabbage, thinly sliced
- 1 cup carrot, thinly sliced
- Handful of fresh coriander
- 1 lime

### SAUCE

- 1 clove garlic, thinly sliced
- 1 tbsp peanut butter
- 1 tbsp tamari
- 1 tsp sesame oil
- 1 tsp rice wine vinegar
- Coconut oil
- Salt and pepper to taste

### TORTILLAS

- 2 cups rice flour
- 2 tbsp coconut oil
- 1/2 tsp salt
- 1/2 cup hot water
- 1 tsp baking powder

**METHOD ON FOLLOWING PAGE...**

HUB HEALTH



## METHOD

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead.

Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes.

Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

To cook the tortillas, heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft.

Drain and rinse the jackfruit.  
Pull apart into smaller pieces with a fork.

In a pan, fry jackfruit, 5 spice, tamari and sesame oil, for 3-5 minutes, set aside.

In a bowl, combine cabbage and carrot, set aside.

For the sauce, in a small saucepan, heat coconut oil on medium heat and fry garlic until golden. Add the remaining ingredients and stir until a smooth consistency is formed.

To assemble, scoop jackfruit mixture onto tortilla, add cabbage/carrot mixture, a squeeze of lime juice and the homemade sauce.

Top with fresh chilli.



# BUFFALO CAULIFLOWER

## INGREDIENTS

- 1 cup tapioca flour
- 1 cauliflower, cut into small florets
- 1/2 cup water
- 1/2 cup plant milk
- 2 tsp cumin, ground
- 2 tsp paprika
- 2 tsp garlic powder
- 1/2 tsp Chili power (optional)
- 1/4 cup ghee, melted
- Salt and pepper to taste

## METHOD

Preheat oven to 200 degrees and line a baking tray with baking paper.

Cut cauliflower into small florets, wash and set aside.

Whisk the remaining ingredients in a bowl until smooth consistency has formed with no lumps.

Coat each cauliflower floret with the batter and place on baking tray. Bake until golden, turning florets half way so all sides are crispy.

Serving suggestion: Serve with ranch or hot sauce for an extra treat



# CAULIFLOWER PIZZA

## INGREDIENTS

- 6 button mushrooms, thinly sliced
- 1 large potato, thinly sliced
- 2 garlic cloves, grated
- 1 spring fresh rosemary
- 1/4 cup organic goats cheese, crumbled
- 1 tbsp tomato paste

- 1/2 cup fresh rocket
- 1 tbsp balsamic vinegar
- 1/2 tsp Italian herbs

## BASE

- 1 large cauliflower head, grated
- 1 egg, beaten
- 1/3 cup goats cheese, crumbled
- Salt and pepper to taste

## METHOD

Pre heat the oven to 200 degrees.

Divide the cauliflower into large florets and grate, or blitz forests in a blender. Place cauliflower in a nut bag or tea towel and squeeze out the excess liquid.

Combine the cauliflower, egg, cheese, salt and pepper in a large bowl. Line a baking tray with a piece of baking paper and place the mixture on to the baking paper and press into an even circle, replicating a pizza base. Bake for 25 minutes or until golden.

One cooked, cover the pizza base with the tomato paste, fresh garlic and Italian herbs. Layer the pizza with potato, mushrooms, goats cheese and sprinkle with the rosemary leaves.

Place the pizza back in oven for another 10 minutes (or until golden).

Garnish with fresh rocket and a drizzle of balsamic.



# CHILLI CON CARNE

## INGREDIENTS

- 1/2 onion, diced
- 400g red kidney beans OR beef mince
- 1 can organic tomatoes
- 1 tbsp tomato paste
- 1 red capsicum, diced
- 1 carrot, diced
- 1 celery stalk, sliced
- 2 garlic cloves, thinly chopped
- 1 tbsp smoked paprika
- 1/2 tbsp ground cumin
- 1/2 teaspoon chilli flakes (optional)
- 1/2 cup vegetable stock OR broth
- Salt + pepper to taste
- 1/2 cup corn kernels
- 1 avocado
- 1 lime
- 1 lemon
- Handful of coriander - chopped
- Coconut oil
- Organic corn chips (optional)



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## METHOD

In a pan, heat coconut oil on medium and sauté the onion until golden. If using beef mince, fry until lightly browned.

Add the garlic, spices, chilli flakes, tomato paste and kidney beans. Add in the carrots, capsicum and celery and sauté for 2-3 minutes. Add the tomatoes and stock, stir and leave to simmer for 10 minutes.

Meanwhile, cut the avocado into thin slices and cut the lime and lemon into wedges.

Add the corn to the pan and stir to combine and allow to cook for a further minute or two to warm.

Transfer the chilli to a serving dish and top with avocado slices, coriander, lemon and lime wedges.





# CHILLI PRAWN SPAGHETTI

## INGREDIENTS

- 250g chickpea spaghetti
- 1 -2 chilli, finely sliced (depending on how spicy you like it)
- 4 cloves of garlic, finely sliced
- 1/3 cup good quality olive oil
- 16 medium green prawns, peeled and deveined
- 1 punnet cherry tomatoes
- ¼ cup fresh flat leaf parsley, shredded
- 1 cup baby spinach
- Sea salt flakes
- Cracked black pepper
- ½ lemon

## METHOD

Cook the pasta to packet instructions.

Heat the olive oil in a pan on medium heat and add the garlic and chilli, cooking for a minute until fragrant.

Add the prawns to the pan and continue cooking until the prawns are cooked through (about 2-3 minutes).

Add the cherry tomatoes to the pan and cook for an additional 2-3 minutes. After a minute, add the baby spinach to the pan.

Remove the pan from the heat and stir through the fresh parsley,

a sprinkle of sea salt flakes, cracked pepper,

and serve with a squeeze of fresh lemon juice.



# CREAMY MUSHROOM CHICKEN

## INGREDIENTS

- 1/2 onion, diced
- 400g red kidney beans OR beef mince
- 1 can organic tomatoes
- 1 tbsp tomato paste
- 1 red capsicum, diced
- 1 carrot, diced
- 1 celery stalk, sliced
- 2 garlic cloves, thinly chopped
- 1 tbsp smoked paprika
- 1/2 tbsp ground cumin
- 1/2 teaspoon chilli flakes (optional)
- ½ cup vegetable stock OR broth
- Salt + pepper to taste
- ½ cup corn kernels
- 1 avocado
- 1 lime
- 1 lemon
- Handful of coriander - chopped
- Coconut oil
- Organic corn chips (optional)



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## METHOD

In a pan, heat coconut oil on medium and sauté the onion until golden. If using beef mince, fry until lightly browned.

Add the garlic, spices, chilli flakes, tomato paste and kidney beans. Add in the carrots, capsicum and celery and sauté for 2-3 minutes. Add the tomatoes and stock, stir and leave to simmer for 10 minutes.

Meanwhile, cut the avocado into thin slices and cut the lime and lemon into wedges.

Add the corn to the pan and stir to combine and allow to cook for a further minute or two to warm.

Transfer the chilli to a serving dish and top with avocado slices, coriander, lemon and lime wedges.





### BAO BUNS

- 2 cups and 2 tbsp rice flour
- 6 tbsp coconut sugar
- 10 tbsp tapioca flour
- 1/2 tsp salt
- 1 tbsp olive oil
- 150-200ml almond milk
- 2 tsp baking powder

### SAUCE

- 1 cm ginger, crushed
- 4 tbsp tamari
- 1 tsp rice wine vinegar
- 1 tsp organic miso paste

### FILLING

- 1/2 eggplant, thickly sliced
- 1/2 cup tapioca flour
- 1 tsp sesame seeds
- 1 tsp seaweed, finely chopped
- 1 egg
- Enoki mushrooms, small handful
- 6 lettuce leaves
- 1/2 stalk spring onion, thinly sliced
- Coriander, small handful roughly chopped

METHOD ON FOLLOWING PAGE...



## METHOD

Place the flour, coconut sugar, tapioca and salt into a bowl and mix to combine. Gradually add in the milk and oil and knead until the dough is no longer sticky.

Place the dough in a bowl and allow to rest covered with a tea towel for at least 15 minutes.

Bring water in a thermomix or steamer to a rolling boil.

Shape the bao buns by lightly dusting a bench and dividing the dough into 8 portions. Keep them in the bowl covered while you work with one at a time. Roll into a ball and with the palm of your hand, flatten.

Place on the dusted board and with a rolling pin, roll into an oval shape. Fold in half and place a piece of baking paper underneath the dough and also inside the folded space.

Place the buns in a steamer or in your thermomix steam tray and make sure they don't touch. Steam on high for 10 minutes and once done, turn off the heat and allow them to sit for a further 3 minutes in the steamer before opening the lid.

Whisk egg in a small bowl.

In another bowl combine salt, pepper, seaweed flakes, sesame seeds and almond meal.

Coat the eggplant slices in egg then almond meal mixture and repeat again in the egg then almond meal mixture.

Heat coconut oil on medium heat and fry the eggplant until golden on each side. Remove from heat and place on a plate.

Sautee the enoki mushrooms for 2 minutes or until soft.

Whilst the buns steam, prepare the sauce in a small saucepan on medium heat. Add the ginger and sauté till golden. Then add the remaining ingredients and stir until combined.

Prepare bao buns on a plate by placing a piece of eggplant, some spring onion, some enoki mushrooms, fresh coriander and chilli.

Drizzle with the sauce.





# EGGPLANT DUMPLINGS



## INGREDIENTS

- 1 cup buckwheat flour
- 6 tbsp cold water
- 2 cm fresh ginger, ground
- 1/2 cup eggplant, diced
- 1/2 cup organic silken tofu, diced
- Salt, pinch

## METHOD

Combine the flour, salt and water in a bowl.

Knead until a smooth round ball is formed.

To create each single dumpling wrapper, use a small portion of the dough, rolling it into a ball and roll out into an oval shape and until 3mm thin.

Place eggplant, ginger and tofu into a blender and blend until combined.

Scoop a tsp of the mixture into the middle of the dumpling wrapper.

Holding the mixture in, fold the dumpling in half.

Press edges together to ensure there is no leakage.

On medium heat, fry dumplings in coconut oil until one side is golden. Put 3 tbsp water into the pan and cover to steam. (Dumplings can also be steamed in bamboo steamers.)

Steam until soft - about 5 minutes.

Serving suggestion: Serve with tamari and fresh chill.





# ENCHILADAS

## INGREDIENTS

- 1 brown onion, chopped
- 1/2 red capsicum diced
- 1 carrot, grated
- 2 tbsp coconut oil
- 2 1/2 cups passata
- 1 tbs oregano
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 2 cans black beans, drained and rinsed
- 2 zucchini, grated
- 1 lime
- 2 cups vegan cheese
- Coconut oil
- 8 tortillas
- Tortillas
- 2 cups spelt flour
- 2 tbsp coconut oil
- 1/2 tsp salt
- 1/2 cup hot water
- 1 tsp baking powder

## METHOD

Combine the flour, baking powder and salt in a bowl.

Add the coconut oil to the bowl and stir until combined.

Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead.

Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes.

Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll each ball with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

*Method continued next page..*





### **METHOD CONTINUED...**

Preheat the oven to 200 degrees and grease a baking pan. Spoon 1 ½ cups of passata over the base of the pan.

Heat the coconut oil in a pan on medium heat and add the onion, cooking until soft. Add the capsicum, carrot and zucchini to the pan and cook for a further few minutes until soft. Add the oregano, cumin, coriander, smoked paprika and garlic powder to the pan and cook for a further minute. Add one can of black beans to the pan and stir to combine then remove from the heat.

With a potato masher, mash the black beans and transfer the mixture to a bowl. Add ½ cup of vegan cheese to the black bean mix and a cup of passata and the other can of black beans. Stir to combine.

To cook the tortillas Heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft.

Once the tortillas are cooked, spoon 2-3 tbsps of the bean mixture onto the edge of one tortilla and roll until you have wrapped the tortilla up. Place the tortilla seam side down into the prepared baking tray.

Continue with the rest of the tortilla/bean mixture, placing into the baking tray as you go. Once completed, sprinkle with the remaining vegan cheese and bake for 20-30 minutes until golden brown.

Serve with fresh lime wedges and vegan sour cream if you're wanting an extra treat.





## INGREDIENTS

- 2 fillets of barramundi or fish of choice, scaled, cleaned and de boned
- 3 large potatoes, 1cm thick cut Salt/pepper
- 1 tbsp olive oil
- 1 egg, beaten
- 1 cup tapioca flour
- 1 lemon, wedges to garnish
- 1/4 cup fresh parsley, roughly chopped to garnish

## For the chips:

Preheat oven to 200 degrees, line a baking tray with baking paper. Scatter the potato chips across the baking tray, ensuring they aren't touching. Sprinkle with sea salt, pepper and a drizzle of olive oil. Bake in the oven for 40 minutes or until golden, turning chips half way through.

METHOD ON FOLLOWING PAGE...

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### **For grilled fish**

Heat coconut oil in large fry pan on medium heat. Season fish with salt and pepper. Place the fish skin face down and cook for 5-7 minutes or until golden. Turn the fish over and cook for another 3-5 minutes or until tender.

### **For battered fish**

Heat the coconut oil in a large pan on medium heat. To batter the fish, pat dry each fillet with paper towel. Dip each fillet in the beaten egg and then coat in flour and repeat twice.

Place fish in pan and cook for 3-5 minutes on each side.





# FISH OR CHICKEN NUGGETS

## INGREDIENTS

- 500g fish fillets OR chicken mince
- 1 cup almond meal OR rice crumbs
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp Himalayan salt
- 1 egg, beaten

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## MEHTOD

Preheat oven to 180 degrees, and line a baking tray.

Mix almond meal, spices and seasoning in a bowl.  
Beat the egg in a separate bowl.

### *For Fish Fingers:*

Dip the fish fillet into egg, then into almond meal and coat well.  
Place on lined baking tray. Brush with oil and bake until golden brown before cutting into fish fingers.

### *For Chicken Nuggets:*

Roll portions of mince and dip into egg then into almond meal mix (see above).  
Gently shape into preferred nugget or finger shape before placing on baking tray.

Bake until golden brown.

*Tip: You can also add grated vegetables or peas and corn to the mix.*

# FISH PIE

## INGREDIENTS

- 1 head of cauliflower, cut into florets
- ¼ cup nutritional yeast
- 2 tbsp tapioca
- ¼ cup olive oil
- 1 cup almond milk
- 1 onion, diced
- 1 carrot, diced
- 2 celery stakes, diced
- 400g sweet potato, peeled and grated
- 400g desiree potatoes, peeled + grated
- 300g boneless salmon fillets, diced
- 600g boneless skinless snapper OR a white fish that holds together, diced
- 3 tbsp fresh dill, chopped
- 1 tbsp baby capers, drained + rinsed
- 100g baby spinach
- Coconut oil



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## METHOD

Preheat oven to 200 degrees and grease a baking dish.

Steam cauliflower florets until soft. Once steamed, transfer to a blender and add the nutritional yeast, tapioca and almond milk. Blend until smooth.

Add 1 tbsp coconut oil to a pan and heat on medium. Add the onion and sauté until soft. Add the carrot and celery and continue sautéing until soft.

Add the cauliflower sauce to the pan of vegetables and stir to combine.

Squeeze any excess liquid from the potato and the sweet potato. Pour over the olive oil and toss to coat.

In another bowl, combine the fish, spinach, capers and dill. Season with salt and pepper and pour the cauliflower sauce over the top.

Gently combine and transfer to the baking dish.

Top with sweet potato mixture and cook in the oven for 30-40 minutes, ensuring the fish is cooked through and the top is crispy.





## INGREDIENTS

- 500g Barramundi or Dory fillets,
- boned and skin off
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp ground coriander
- ½ tsp smoked paprika
- ½ tbsp chilli powder (optional)
- ½ cup tapioca
- Coconut oil
- 1 cup green cabbage, thinly sliced
- 1 cup purple cabbage, thinly sliced

- ½ cup plain coconut yoghurt
- 1 avocado
- ½ lime, juice only
- ¼ tsp ground cumin
- Sea salt flakes to taste

## Tortillas

- 2 cups spelt flour
- 2 tbsp coconut oil
- 1/2 tsp salt
- ½ cup hot water
- 1 tsp baking powder

METHOD ON FOLLOWING PAGE...



## METHOD

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead.

Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes.

Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

To cook the tortillas, heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft.

In a bowl, combine the spices and the tapioca. Dip each piece of fish into the mixture to completely coat with the mixture.

Heat a pan on medium heat and add some coconut oil to the pan. Pan fry each piece of coated fish until golden on both sides (these also work well in the air fryer).

In a blender, combine the coconut yoghurt, cumin, sea salt flakes, avocado and lime juice and blend until smooth.

To assemble the tacos, place some cabbage in a tortilla, top with a piece of fish and some avocado sauce.



# FRIED RICE

## INGREDIENTS

- 2 cloves garlic - sliced
- 4 organic eggs
- 1 onion - finely chopped
- 2.5cm ginger - grated
- 1 cup brown rice, cooked
- ½ cup frozen peas
- 1 carrot, diced
- 50g bean sprouts
- 4 spring onions - sliced
- 1/2 red capsicum - chopped
- 2 tbs tamari
- 2 tbs sesame oil
- white pepper to taste



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## METHOD

In a large fry pan, heat 3 tbs coconut oil and gently fry sliced garlic over medium heat until browned.

Add the carrot to the pan and fry until soft. Set aside on kitchen paper to dry.

Mix eggs in a bowl and fry in same pan as a big flat omelette. Slice into strips and set aside.

Heat another tbs coconut oil and cook onion and garlic until browned and softened.

Stir through cooked brown rice and cook for just 2-3 minutes.

Add in bean sprouts, spring onions, capsicum and peas.

Mix tamari, sesame oil and white pepper in a bowl and pour over rice.

Serve with fried garlic.



# GREEK LAMB SOUVLAKI

## INGREDIENTS

### *For the Lamb*

- 500g gram diced lamb
- 3 cloves of garlic, crushed
- 1 1/2 tbsp cumin
- 1 1/2 tbsp coriander
- 1 tbsp dried oregano
- Drizzle of olive oil
- Salt and pepper to taste

### *For the Tzatziki*

- 1 ½ cups plain coconut yoghurt
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp fresh dill, roughly chopped
- 3 cloves garlic, finely diced
- 1 cucumber, grated and liquid squeezed out
- 2 tsp salt

### *For the salad*

- 2 tomatoes, diced
- 1/2 small red onion, thinly sliced
- Handful flat leaf parsley, roughly chopped
- Handful fresh mint, roughly chopped
- 1 small cucumber, diced
- ¼ cup goats feta, diced

### *For the flat bread*

- 250g spelt flour
- Pinch pink Himalayan salt
- 1 Tbsp olive oil
- 80ml warm water

**METHOD ON FOLLOWING PAGE...**



# GREEK LAMB SOUVLAKI

## METHOD

To prepare the flat bread: Sift the flour into a bowl and make a well in the centre of the flour. Add the salt, olive oil and water to the centre and mix thoroughly until it comes together to form a dough.

Sprinkle some flour over a bench or board and transfer the dough to the board. Knead the dough until it is smooth and then transfer it to a lightly oiled bowl. Cover with a damp tea towel and leave it in the fridge to rest.

Combine the cumin, olive oil, garlic and oregano in a bowl and add the lamb. Toss in the spices to coat and then thread onto skewers.

In another bowl, add the tomato, onion, cucumber, parsley, mint and goats feta and toss to combine and set aside.

In another bowl, add the yoghurt, olive oil, lemon juice, vinegar, dill, salt, garlic. Then add the grated cucumber and stir to combine.

After 20 minutes, the dough should be ready to start cooking. Divide it into equal parts the size of an egg and knead each egg into a round ball. Roll the balls out with a rolling pin into circles about 3mm thick and 20cm in size.

Preheat a BBQ or a grill pan and cook the lamb for a few minutes on each side.

While the lamb is cooking, place each flatbread onto the BBQ and cook for about 20-30 seconds on each side or until they look cooked.

To serve, add some lamb, tzatziki and salad onto your flatbread and enjoy.

# HONEY CHICKEN

## INGREDIENTS

- 3 chicken breast fillets, diced
- ½ cup tapioca flour
- 1 cup spelt flour
- 1 tsp baking powder
- 1 cup water, ice cold
- 1 tbsp sesame oil
- Pinch sea salt
- 2 eggs
- 2 tbsp sesame seeds
- Honey Sauce
- 1/3 cup honey
- 1 tbsp tamari
- 1/4 cup water
- ¼ tsp sesame oil
- 1 tbsp apple cider vinegar
- 2 tbsp tapioca
- 1 tbsp water



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## METHOD

In a bowl, combine the tapioca flour, spelt flour, baking powder, sesame oil, eggs, sea salt and water, stir to combine.

Coat the chicken pieces in the flour mixture until covered.

Heat a medium fry pan with coconut oil on medium to high heat. Place the pieces of chicken into the pan, ensuring they don't touch and cook until golden on each side.

Once cooked, transfer to a plate lined with baking paper.

Heat a saucepan on medium heat and add the honey, tamari, water, sesame oil and apple cider vinegar. Whisk it together and allow it to come to the boil.

In a bowl, combine the tapioca and the water. Once the sauce is boiling, slowly add the tapioca to the sauce and whisk to combine, feel free to add more water if it's looking too thick or gluggy.

Bring the sauce back to the boil, turn the heat down to low and allow it to continue to simmer for ten minutes. (If the sauce gets too thick, you can add a tbsp of water to thin it out a little).

Pop the cooked chicken into the sauce and stir to coat.

Serve immediately and sprinkle sesame seeds over the top.

Serve with steamed rice and vegetables



# KORMA CURRY

## INGREDIENTS

- 500g chicken breast, diced
- ½ cup raw cashews
- 1 can coconut milk
- 2 tbsp coconut oil
- 2 garlic cloves, crushed
- 1 tsp gingers, minced
- 1 onion, diced
- ½ cup tomato paste
- 1 tbsp curry powder
- ½ tsp cumin
- ½ tsp turmeric
- ½ tsp ground cardamom
- ½ tsp ground coriander
- ½ tsp cinnamon
- ¼ tsp ground cloves
- ¼ tsp ground fennel
- 1 tbsp coconut sugar
- Salt and pepper



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## METHOD

In a blender, blend the cashews and coconut milk until a smooth sauce has formed. Set aside.

In a pan, heat the coconut oil on medium heat and add the onion, garlic and ginger and sauté for a minute.

Add the diced chicken and continue to sauté until the onions are soft and the chicken is lightly browned.

Add the spices to the pan and continue to sauté for a further minute or two until the flavours are released.

Add the tomato paste to the pan and stir to combine, cooking for a further minute or two.

Add the blended cashew sauce to the pan and simmer until the chicken is cooked.

Add the coconut sugar and salt and pepper to taste.

Serve with rice or steamed vegetables.





## INGREDIENTS

- 1 large sweet potato, cut into thin fries
- 1 avocado
- 1/4 cup sour cream
- 1 stalk spring onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup corn kernels
- 1/2 cup vegan cheese, grated
- 1/4 cup alfalfa sprouts
- 1 lemon, juiced
- Salt + pepper to taste

## METHOD

Preheat oven to 180 degrees and line a baking tray with baking paper.

Spread out sweet potato fries and drizzle with coconut oil, bake for 30 mins or until golden.

Sprinkle cheese on fries and place back in oven for another 5 minutes or until melted.

Prepare sweet potato fries in a large bowl.

Mash avocado, lemon, salt and pepper to create guacamole and place on top of fries. Add sour cream.

Garnish fries with tomatoes, spring onion, sprouts and corn





# MEXICAN NACHOS

## INGREDIENTS

- 500g organic beef or turkey mince, or 1 tin black beans, drained and rinsed
- 1 red onion, diced
- 1 clove garlic, minced
- 1 red capsicum, diced
- 1 green capsicum, diced
- 1 zucchini, diced
- 2 tins diced tomatoes
- 1 cup corn kernels
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika
- 2 sweet potato, sliced into rounds, or organic corn chips.
- 1 cup vegan cheese
- 1 avocado
- 1 lime
- ¾ cup natural coconut yoghurt
- 1 tbsp nutritional yeast
- 1 jalapeno, sliced
- Salt and pepper to taste
- Coconut oil



# MEXICAN NACHOS

## METHOD

Preheat oven to 200 degrees and line a baking tray.

Add the sliced sweet potato rounds and drizzle with a little olive oil. Cook until lightly browned, turning half way.

Heat coconut oil in a pan on medium heat. Add the diced onion and crushed garlic and sauté until soft. If using beef or turkey mince, add to the pan and cook until browned. Add the red and green capsicum and zucchini to the pan and continue to cook until soft. Add the corn and stir to combine. Add the cumin, coriander and smoked paprika and stir until flavours are released. Add the tinned tomatoes and black beans if using and stir until heated through.

On a lined baking tray or dish, spread the cooked sweet potato rounds or corn chips if using. Top the sweet potato with the vegetable and mince mixture. Sprinkle across vegan cheese. Cook until the cheese has melted and remove from the oven.

While cooking, mash the avocado in a bowl. In a separate bowl, combine the coconut yoghurt, nutritional yeast, the juice of one lime and salt and pepper to taste. Top the nachos with coconut “sour” cream, avocado, and sliced jalapeños and serve





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# ONION RINGS

## INGREDIENTS

- 1 brown onion
- 1 egg, beaten
- 1 cup almond meal or tapioca flour

## METHOD

To prepare the onion, cut thick horizontal slices and separate rings.

Heat a fry pan on medium and warm coconut oil.

Dip the onion rings into egg, then coat with flour.  
Repeat this process twice for a crispy batter.

Place in the fry pan for 2 minutes on each side or until golden.





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# PAD THAI

## INGREDIENTS

- 50g Pad Thai noodles, 100% rice noodles
- 1/2 brown onion, diced
- 1 carrot, thinly sliced
- 1/2 red capsicum, thinly sliced
- 1 small zucchini, thinly sliced
- 1 egg
- 1/2 cup spring onion, thinly sliced
- 1/2 cup bean sprouts
- 1 lime, in quarters to serve
- 1 tbsp crushed peanuts, extra to serve
- 1/2 cup coriander, roughly chopped

## Sauce

- 1 tbsp almond butter
- 1 tbsp tamari
- 3 tbsp water
- 1 tsp sesame oil
- 1 fresh chilli, thinly sliced
- 2cm fresh ginger, grated
- 1/2 lime, juice only

## MEHTOD

Place rice noodles in a bowl boiling water.

Heat coconut oil in a wok/fry pan, add onion and sauté until lightly browned.

Add capsicum, zucchini, carrot and fry for 2-3 minutes.

Whisk egg and add to veggies, stir to break up egg and until no liquid remains.

In a blender, add all the sauce ingredients and blitz until smooth.

Add strained noodles and sauce to the vegetables and stir to combine.

Toss through crushed peanuts, coriander and bean sprouts.

Serve with fresh lime and extra peanuts.





# POKE BOWL

## INGREDIENTS

- 1 piece sashimi grade tuna
- 1 carrot, grated with a julienne peeler
- 1 cucumber, grated with a julienne peeler
- 1/4 of half a purple cabbage
- Packet frozen edamame - defrost
- 1 packet brown rice chia noodles
- 1 avocado, diced
- Sesame seeds to taste
- Black sesame seeds to taste
- 1/4 cup tamari
- 1/4 cup sesame oil
- 1/4 cup rice wine vinegar
- 1 tbsp honey

## MEHTOD

Place tuna in freezer for 15 minutes then remove and slice into desired size pieces with a sharp knife.

Cook the noodles to packet instructions and then strain and allow to cool or run under cold water.

Grate carrot + cucumber into ribbons. Slice cabbage + dice avocado.

In a bowl, combine the sesame oil, tamari, rice wine vinegar + honey.

Arrange the tuna, noodles, vegetables & avocado in a bowl each serving bowl. Pour over the dressing and sprinkle sesame seeds + black sesame seeds over the top.

Serve with sriracha and kewpie mayo for an extra treat.





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## INGREDIENTS

- 1 tin of black beans, rinsed + drained
- 2 medium sweet potato, peeled + diced
- 1 onion, diced
- 1 carrot, grated
- 1 zucchini, grated
- 2 cloves of garlic, crushed
- 2 tbsp smoked paprika
- 1 tbsp tomato paste
- 1 packet Mountain Bread
- 2 eggs, whisked
- Sesame seeds
- Salt and pepper

## METHOD

Pre-heat oven to 200 degrees and line a baking tray.

Place diced sweet potato on the baking tray and roast until soft.

Remove sweet potato from the oven and pop them into a bowl. Mash until combined.

Add the black beans to the bowl and continue to mash with the sweet potato.

Add the onion, carrot, zucchini, garlic, paprika, salt and pepper and tomato paste and stir until combined.

Method continued next page..

SAUSAGE ROLLS





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### **METHOD CONTINUED...**

Place a piece of mountain bread on the bench and spoon approximately 3 tbsp of mixture onto the long edge of the mountain bread (leaving an inch at the edge).

Roll the mountain bread until you have enclosed the sausage roll.

Using a pastry brush, brush some of the whisked egg along the edge of the mountain bread wrap to seal.

Once you have used up all the sausage roll mixture, slice each mountain bread log into 5 sausages rolls.

Brush the top of each sausage roll with the egg wash, and sprinkle with sesame seeds.

Place in the oven and cook until lightly browned, approximately 35 minutes.

SAUSAGE ROLLS



# SLOW COOKED BEEF TACOS

## INGREDIENTS

- 1kg beef chuck steak or brisket
- 1 small onion, diced
- 3 garlic cloves, crushed
- 1 jalapeno, seeds removed and finely sliced
- 1 can diced tomatoes
- 2 tsp ground cumin
- 1 tsp ground coriander
- ¼ cup lime juice
- ¼ tsp cayenne pepper
- Salt and pepper to taste
- 1 lime
- ¾ cup natural coconut yoghurt
- 1 tbsp nutritional yeast
- Lettuce, sliced
- Tomato, sliced

## *Tortillas*

- 2 cups spelt flour
- 2 tbsp coconut oil
- 1/2 tsp salt
- ½ cup hot water
- 1 tsp baking powder

METHOD ON FOLLOWING PAGE...







## METHOD

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead.

Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes.

Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

To cook the tortillas, heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft.

In a slow cooker, place the onion, garlic, jalapeno. Rest the beef on top of the onions and sprinkle with salt and pepper.

In a bowl, combine tinned tomatoes, lime juice, cumin, coriander and cayenne pepper. Pour the liquid over the top of the beef and cook on slow for 8-10 hours or high for 4-5 hours.

Once the beef is cooked, shred with two forks and stir to coat in the cooking juices.

In a separate bowl, combine the coconut yoghurt, nutritional yeast, the juice of one lime and salt and pepper to taste.

To assemble, place some lettuce and tomato inside a tortilla and top with shredded beef. Drizzle some coconut sour cream over the top.



# STICKY SWEET N SOUR



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## INGREDIENTS

- 1 cup basmati rice
- 2 cups water
- 500g organic tofu OR 500g organic chicken breast fillet, diced into small chunks
- 1 carrot, thinly sliced
- 1 head of bok choy, sliced into squares
- 1 cup white cabbage, sliced
- 1/2 onion, diced
- 2 cloves garlic, thinly diced
- 1/4 cup pineapple, small chunks
- 1 fresh chilli, sliced
- Small handful coriander, roughly chopped

### *For the sauce:*

- 1/2 cup pineapple juice
- 1/2 cup tamari
- 1/2tsp rice wine vinegar
- 1tsp sesame oil
- 1tsp corn starch
- 1/2 lemon
- 1tsp honey

## METHOD

Cook the rice in a rice cooker or saucepan on medium heat with lid.

Heat a pan on medium and sauté the chicken (if using) onion, garlic, cabbage and carrot in coconut oil for three minutes.

Add the pineapple, tofu and bok choy to the fry pan and cook for another five minutes.

In a bowl, combine all the sauce ingredients and whisk until smooth. Add the sauce to the vegetables and toss to coat.

Serve a portion of rice on each plate and top with the sautéed vegetables. Garnish with chilli and coriander to serve.





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# VEGGIE BURGERS

## INGREDIENTS

- 1 can black beans, rinsed
- 2 medium sweet potato, peeled and sliced 1cm thick
- 1/2 onion diced
- 1 cup peas
- 1 tsp onion powder
- 1 tsp smoked paprika
- Pinch sea salt
- 1/2 cup brown rice crumbs

## METHOD

Preheat the oven to 200 degrees and place sweet potato slices on a lined oven tray (don't worry about oil).

Bake until soft and turn half way through (about 20-30 mins).

Pop frozen peas in some boiling to defrost. Then drain once ready.

Pan fry diced onion until soft. Add rinsed black beans and sweet potato to a blender and blend until combined.

In a bowl mix everything together (sweet potato, black beans, peas, onion, spices and crumbs).

Form into large patties and pan fry in coconut oil until crisp on each side.

Serve as a burger or a burger bowl.

Serving suggestion: Serve with lettuce, tomato, cheese, carrot, grilled mushroom, avocado, grilled onion



# BANANA FRITTERS

## INGREDIENTS

- 2 bananas
- 2 tbsp maple syrup
- 1/3 cup tapioca flour
- 1 tsp cinnamon
- 1 tbsp coconut sugar
- Coconut oil

## METHOD

Combine the tapioca, coconut sugar cinnamon in a bowl.

Coat the banana's in maple syrup using a pastry brush and then roll the bananas in the tapioca mixture until it's nice and thickly coated, you can do this process twice for an extra thick coat if you prefer.

Heat a pan on medium heat and add some coconut oil.

Cook the bananas on each side until crisp.

Serve immediately.





# CHOCOLATE ICE-CREAM

## INGREDIENTS

- 2 cups of sliced frozen banana
- ¼ cup cacao
- 1 tsp vanilla powder or extract
- 1 tbsp coconut milk

## METHOD

Add all ingredients to a high powered blender, blend on high until smooth.

You may need to add a dash more coconut milk to help the blender along.

Transfer to a bowl to serve.



# CHOCOLATE THICKSHAKE

## INGREDIENTS

- 1 scoop chocolate complete protein
- 1 large tbsp cacao
- 1 frozen banana
- 6 large ice cubes
- 2 pitted date
- 1 cup coconut or almond milk
- 1 tbsp peanut butter (optional)
- 1 piece of dark chocolate, melted and drizzled over the top (optional)

## METHOD

Add all ingredients to a blender and blend until combined (it will be a nice, thick consistency). If you don't have a high powered blender, add the ice in last.

If it is too thick, add a dash more milk.

Pour into a glass to serve and if adding the melted dark chocolate, pour over the top before enjoying.





# CHOCOLATE MOUSSE

## INGREDIENTS

- organic raw dark chocolate
- 15g organic unsalted butter
- 2 cans coconut cream, refrigerated
- 3 eggs, separated

## METHOD

Melt dark chocolate and butter in a bowl over simmering water on the stove. Set aside to cool completely.

Whisk egg whites in a clean bowl until stiff peaks form.

Open cans of coconut cream and using a spoon, scoop out the thick cream into a large bowl and leave the coconut water in the can.

Whisk coconut cream until thickened slightly.

In three batches, add egg whites and melted chocolate.

Carefully fold together, be sure not to deflate this fluffy goodness.

Pour into individual cups or one large serving bowl and refrigerate for at least 2 hours, preferably overnight.

Serve with fresh berries or a dusting of raw cacao powder.





# PUMPKIN PIE WAFFLES

## INGREDIENTS

- 2 big tbsp vanilla complete protein
- 2 cups oat flour -  
(blend oats to form flour)
- 4 tsp baking powder
- 2 tsp cinnamon
- 1 tsp all spice
- 1 tsp nutmeg
- 1 tsp salt
- 2 cups pumpkin purée -  
(steam pumpkin and blend to puree)
- 2 eggs
- 3/4 cup almond milk
- 4 tbsp maple syrup
- 2 tbsp coconut oil

## METHOD

Heat waffle iron.

Mix dry ingredients in a bowl. In a separate bowl mix the wet ingredients.

Combine wet and dry ingredients.

Spray waffle iron with coconut oil spray or brush in coconut oil. Add about 3 tbsp (depending on size of waffle iron) to each side.

Cook until set, about 3-4 mins or until the green light shows on your waffle iron.





# SHARE COOKIE

## INGREDIENTS

- 1/3 cup butter or vegan butter
- 1 cup coconut sugar
- 1 egg
- 1 tsp vanilla powder OR
- 2 tsp vanilla extract
- 1 cup of spelt flour
- ¼ tsp baking soda
- 1 scoop chocolate complete protein
- (optional)
- ¼ cup cacao
- ¼ cup coconut OR almond milk
- 1/3 cup dark chocolate chips
- 1/3 cup macadamias, roughly chopped
- Coconut yoghurt or ice-cream to serve

## METHOD

Pre-heat the oven to 160 degrees and line a baking tray.

Combine all ingredients except for the chocolate chips and macadamias in a blender.

Transfer the cookie dough to the lined baking tray and press the mixture out to approximately 26cm circle.

Scatter the chocolate chips and macadamias across the top of the dough and lightly press it in.

Bake for 20-30 minutes until firm to the touch.

Allow to cool slightly and serve with coconut yoghurt or ice-cream.





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