

WEEK 8:

Moroccan dip & sticks



2-4 SERVINGS

INGREDIENTS:

- ☐ ½ cucumber, cut into sticks
- ☐ 4 celery stalks, cut into sticks
- ☐ 2 carrots, grated
- ☐ 1 tsp. olive oil
- ☐ 2 ½ cups natural Greek yoghurt
- ☐ 1 garlic clove, crushed
- ☐ Pinch cumin
- ☐ Pinch turmeric
- ☐ Himalayan pink salt

METHOD:

- 1:** Cut cucumber and celery into sticks
- 2:** Saute carrots, cumin, turmeric, olive oil in a saucepan on medium-high heat for around 5 minutes
- 2:** Transfer the cooked carrots into a bowl and add the yoghurt, garlic and a pinch of salt (to taste) and mix well
- 3:** Serve dip with vegetable sticks on the side for dipping!

TIP: You can store your dip for a day or two in the fridge and cut any vegetable you like to dip in it (capsicum can be good too).

NOTE: This menu has not been created by our dietitian and it's suggested you carefully consider that the ingredients in any meal you prepare from the menu are suitable for your personal circumstances.

WEEK 8:

Lamb and Haloumi Salad



2 SERVINGS

INGREDIENTS:

- ☐ 50g Haloumi cheese, sliced
- ☐ 200g lamb strips
- ☐ 3 cups rocket leaves
- ☐ 1 red onion, sliced
- ☐ 1 zucchini, sliced
- ☐ 2 garlic cloves, crushed
- ☐ 2 tbsp. pine nuts
- ☐ 1 tbsp. rosemary
- ☐ 1 tsp. butter

Dressing

- ☐ 1 tbsp. olive oil
- ☐ 4 tbsp. balsamic vinegar

METHOD:

- 1:** Slice Haloumi into 1cm thick pieces and set aside
- 2:** Slice red onion, zucchini and finely slice or crush the garlic cloves
- 3:** Melt butter in a non stick pan over low heat, place lamb strips, zucchini, and onion in the pan, season with salt, pepper, rosemary and garlic. Cook for around 3-5 minutes or until the lamb is browned all over
- 4:** Whilst lamb is cooking, add haloumi to another pan on high heat and cook for a few minutes on each side (they should go a bit brown)
- 5:** Place rocket in a medium bowl and sprinkle with pine nuts. Add lamb and haloumi on top of salad

DRESSING: Combine vinegar and olive oil in separate bowl and drizzle over salad with a spoon.

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WEEK 8:

Middle Eastern Beef Bowl



2 SERVINGS

INGREDIENTS:

- ☐ 200g beef strips
- ☐ ½ cup chickpeas, drained & rinsed
- ☐ ½ cucumber diced
- ☐ 1 tomato diced
- ☐ 2 cups rocket
- ☐ 8 olives
- ☐ 1 tsp. coconut oil
- ☐ 1 tsp. cumin

Yogurt dressing

- ☐ 1 cup Greek yoghurt
- ☐ 1 Tbsp. dried mint
- ☐ 1 garlic clove, crushed
- ☐ 1 tsp. olive oil

METHOD:

1: Drain and rinse your chickpeas, dice the cucumber and tomato and crush or finely chop the garlic.

2: Heat coconut oil in non stick pan over medium heat and cook beef strips with cumin and turmeric for 7 to 10 minutes

3: In two separate containers / bowls place cucumber, tomato, rocket, chickpeas and olives - half in each container

4: Divide beef to each container / bowl

DRESSING: Mix together yoghurt, mint, garlic and olive oil for dressing.

Divide dressing and pour over salads

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