

*Paleo*

# RECIPES



YOUR NAME HERE

# SHOPPING LIST

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## PROTEIN.

- CHICKEN
- DUCK
- EGGS
- FISH AND SEAFOOD
- GOAT
- PORK
- BEEF
- TURKEY
- GAME MEAT (KANGAROO, VENISON)

## VEGETABLES

- ASIAN GREENS: BOK CHOY, PAK CHOY, CHOY SUM ETC
- ASPARAGUS
- AVOCADOS
- BEETROOT
- BROCCOLI
- BRUSSELS SPROUTS
- BUTTERNUT SQUASH
- CABBAGE
- CAPSICUM
- CARROTS
- CAULIFLOWER
- CELERY
- CUCUMBER
- MUSHROOMS
- KALE
- LETTUCE
- ONIONS
- PUMPKIN
- SPINACH
- SPAGHETTI SQUASH
- SWEET POTATOES
- TOMATOES
- WATER CHESTNUTS (IN CANS IN ASIAN SECTION OF SUPERMARKET)
- ZUCCHINI

## FRUIT

- APPLES
- BANANAS
- BERRIES: BLUEBERRIES, RASPBERRIES, STRAWBERRIES
- GRAPES
- KIWI FRUIT
- LEMONS
- LIMES

- MANGO
- MANDARINS
- MELONS (WATERMELON, ROCKMELON ETC)
- NECTARINES
- ORANGES
- PAW PAW
- PEACHES
- PEARS
- PINEAPPLES
- PLUMS

## NUTS AND SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- FLAXSEEDS
- HAZELNUTS
- HEMP SEEDS
- PITASCHIOS
- PINE NUTS
- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- WALNUTS

## OILS AND FATS

- ALMOND AND OTHER NUT BUTTERS
- NUT OILS: MACADAMIA
- COCONUT MILK
- COCONUT OIL
- MCT OIL
- OLIVE OIL
- SEASAME SEED OIL

## CONDIMENTS

- COCONUT AMINOS (LIKE SOY SAUCE)
- CHILLI SAUCE
- HONEY, MAPLE SYRUP
- ALL HERBS AND SPICES

## DRINKS

- COFFEE
- COCONUT WATER/MILK
- SODA WATER
- KOMBUCHA
- SPARKLING WATER
- TEA
- WINE: OCCASSIONALLY

# AVOID LIST

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## PROTEIN

### PROCESSED MEATS:

- HAM
- BACON
- SILVERSIDE
- SALAMI

### GRAINS - ALL

- AMARANTH
- BARLEY
- BUCKWHEAT
- CORN
- OATS
- QUINOA
- RICE
- RYE
- SORGHUM
- WHEAT

### LEGUMES - ALL

- ADZUKI BEANS
- BLACK BEANS
- CANNELONI BEANS
- CHICKPEAS
- FAVA
- LENTILS
- KIDNEY BEANS
- NAVY BEANS (BAKED BEANS)
- PINTO BEANS
- PEANUTS
- SOY BEANS
- GREEN BEANS / SNOW PEAS

### VEGETABLES

- POTATOES
- OTHER STARCHY VEGETABLES IN SMALL AMOUNTS (SWEET POTATO, PUMPKIN, WATER CHESTNUTS, TARO)

## DAIRY

- BUTTER
- CHEESE
- CREAM
- ICE-CREAM
- MILK
- YOGHURT
- WHEY PROTEIN

## OILS AND FATS

- BUTTER
- CANOLA OIL
- GHEE
- MARGARINE
- VEGETABLE OILS
- AVOID COOKING WITH SEED OILS

## SWEETNERS / SUGARS

- ARTIFICIAL SWEETNERS
- SUGAR

## DRINKS

- SOFTDRINKS
- JUICES (VERY SMALL AMOUNTS ONLY)

# BASICS

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Cauliflower Rice

Swoodles (Sweet Potato Noodles)

Spaghetti Squash

Zoodles (Zucchini Noodles)

# EQUIPMENT

Vegetable Spiraliser



# Cauliflower Rice

4 servings

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## INGREDIENTS

- 3 handfuls of cauliflower, grated
- 1 tbsp of olive oil
- Salt and seasoning to taste

## DIRECTIONS

1. Grate the cauliflower using the medium sized holes of a grater. Grate the core too.
2. With your hands, squeeze out as much water as you can. This may not be necessary for some cauliflower as they vary in degree of moisture.
3. Add the grated cauliflower to a heated and oiled wok or pan and fry until it is tender-crisp, about 5 to 8 minutes. The length of time will depend on the cauliflower.
4. Use as you would rice. The variations are endless!



# Zoodles (Zucchini Noodles)

4 servings

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## INGREDIENTS

- 1 Large Zucchini
- Olive, coconut or MCT Oil
- Salt to taste

## DIRECTIONS

1. Spiralise your zucchini with your spiraliser.
2. If you don't have one you can also use a potato peeler and peel long strips and then cut them lengthwise for 'fettuccini'. Or with a sharp knife cut them lengthwise into about 4mm strips for 'lasagne'.
3. You don't have to cook them, just serve with a warm sauce over the noodles and it will gently heat them through, so no actual cooking is necessary.
4. Or if you want to cook them: Heat a pan with oil and toss them for about a minute over medium heat, just until they're warmed through. Don't cook them any longer, or they'll get soft and watery.
5. For lasagne: bake in the lasagne until the zucchini is tender, about the same time as normal pasta.



# Sweet Potato Noodles

4 servings

## INGREDIENTS

- 1 Medium Sweet Potato
- Olive, coconut or MCT Oil
- Salt to taste

## DIRECTIONS

1. Preheat the oven to 220°C (425°F).
2. Cook the sweet potato in the oven for 10-15 minutes (will not be fully cooked at this point).
3. Allow the potato to cool
4. Spiralize the sweet potato into noodles.
5. In a medium sauté pan heat the noodles with oil and salt for about 5 minutes (I like them slightly crunchy but cook longer, 10-15 min, if desired).
6. Serve with your favourite pasta sauce
7. Store in an airtight container in the fridge for up to 5 days.



# Spaghetti Squash

4 servings

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## INGREDIENTS

- 1 spaghetti squash
- Olive, coconut or MCT Oil
- Salt to taste

## DIRECTIONS

1. Preheat the oven to 200°C (400°F).
2. Halve the spaghetti Squash. The skin is quite thick, so use the tip of the knife to get into it then push down and be careful!
3. Remove the seeds
4. Brush the squash with a little oil and salt
5. Cook the squash cut side down in the oven for about 45 minutes (you will be able to put a fork in the skin once it is cooked)
6. Allow the to cool for about 10 minutes
7. Use a fork to remove the flesh from the skin - it will break into spaghetti like strands
8. Serve with your favourite pasta sauce



# RECIPES

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## **BREAKFAST**

Tomato Egg Muffins

Avo & Eggs Morning Bowl

Chia & Berry Breaky Puddings

Avo and Sardines on Paleo Toast

Choc Banana Boost Smoothie

Beat the Bloat Green Smoothie

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## LUNCH

Mediterranean Salad

Zucchini Fritters & Greens

Spiced Citrus Nourish Bowls

Nutty Almond & Broccoli Salad

Vegetable Frittata

Sweet Potato Salad

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## DINNER

Fragrant Chicken Curry

Butter Chicken

Ginger Fish Stirfry

Moroccan Chicken and Date Stew

Seafood Power Bowl

Chicken Pumpkin Curry

Not Cheesy Casserole

Breakfast





# Tomato Egg Muffins

4 servings

## INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 punnet cherry tomatoes (halved)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Eggs
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

## DIRECTIONS

1. Preheat oven to 180 Celcius / 350 F. Lightly grease a muffin pan with olive oil (or use a silicon muffin tray)
2. Heat extra virgin olive oil in a large pan over medium heat. Sauté the cherry tomatoes & spinach until wilted and tender. Let cool slightly.
3. When spinach and cherry tomatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
4. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
5. Pour the whisked eggs into the muffin cups to cover the cherry tomatoes and spinach.
6. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## NOTES

### Serving Size

One serving is equal to three egg cups.

### Leftovers

Store in the fridge in an airtight container for up to three days. Due to the moisture in the cherry tomatoes and spinach, these egg cups do not freeze well.



# Avo & Eggs Morning Bowl

4 servings

## INGREDIENTS

- 8 Organic Free Range Eggs (2 per serve)
- 2 Avocados
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Extra Virgin Olive Oil
- Tsp organic apple cider vinegar

## DIRECTIONS

1. Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice them in half.
2. Make guacamole by mashing avocado and mixing with lemon, sea salt, and pepper to taste.
3. Divide spinach into bowls and top with guacamole, egg, red onion, apple cider vinegar and olive oil. Enjoy!

### Storage

Keep refrigerated in an air-tight container for up to 3 days.

### Prep Ahead

Hard boil your eggs in advance to save time.

### Make it Spicy

Add chili flakes.

### Extra Toppings

Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp seeds



# Chia & Berry Breaky Puddings

3 servings

## INGREDIENTS

- 1 tin Organic Coconut Milk (BPA free if possible)
- 2 tsps Vanilla Extract
- Pinch of Cinnamon
- 1/2 cup Chia Seeds
- 1 cup Blueberries
- 1 cup Strawberries
- Maple syrup
- Almond flakes (optional)

## DIRECTIONS

1. In a large bowl, whisk together the coconut milk, maple syrup, cinnamon and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
2. Divide the chia pudding between bowls or containers and top with almond flakes, blueberries and strawberries. Top with fresh mint if you like. Enjoy!

### Storage

Keeps well in an airtight container in the fridge for up to 5 days.



# Avocado and Sardines on Toast

1 serving

## INGREDIENTS

- 1 - 2 slices Paleo Bread (toasted)
- 1 tablespoon avocado
- 1/2 Can Sardines in olive oil
- Sea Salt & Black Pepper (to taste)
- 1/4 small red onion
- Lemon juice or Apple cider vinegar or tabasco (to taste)

## DIRECTIONS

1. Spread avocado over toast and top with sardines, red onion, lemon juice, salt, and pepper. Enjoy!



# Chocolate Banana Boost Smoothie

1 serving

## INGREDIENTS

- 1 1/2 cups Unsweetened Almond Milk or Coconut Mil
- 1 frozen banana
- Handful baby spinach leaves
- 3 large Strawberries
- 2 tbsps Raw Cacao Powder
- 1 tbsp Almond or Cashew Butter (or your fave nut butter)
- 1 scoop Collagen Powder (or other protein powder)

## DIRECTIONS

1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!



# Beat the Bloat Green Smoothie

1 serving

## INGREDIENTS

- 1/2 cup Papaya
- 1/2 cup Pineapple
- 1/2 Cucumber
- Handful baby spinach leaves
- 1 serve Collagen powder
- 2 1/2 Ice Cubes
- 1/4 cup Mint Leaves
- 1/2 cup Water

## DIRECTIONS

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



# Lunch



## INGREDIENTS

- 2 tbsps Fresh Dill (chopped)
- 1/4 cup Extra Virgin Olive Oil
- Juice of 1 Lemon
- Pinch Sea Salt
- Pinch Black Pepper
- 1 Cucumber (diced)
- 1/3 yellow capsicum (sliced)
- 1 Punnet Cherry Tomatoes (halved)
- 1 Green Capsicum (diced)
- 4 cups Cos Lettuce Leaves roughly chopped
- 1 cup Goat's Feta Cheese (crumbled) (optional)

## DIRECTIONS

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine cucumber, tomato, capsicum, and lettuce. Add the desired amount of dressing and toss well. Divide between bowls and top with goat's feta cheese. Enjoy!
3. Serve with some lean protein such as chicken or fish





# Zucchini Fritters & Greens

(serves 1 so feel free to double or quadruple the recipe)

## INGREDIENTS

- 1/3 cup of almond milk
- 1 large zucchini
- 1/4 head of broccoli
- 3 eggs
- 1 pinch Celtic or Himalayan salt
- 1 1/2 cups of Potato flour
- 2 teaspoons baking powder
- OPTIONAL
- 1/2 red capsicum
- Finely chopped mushrooms

## DIRECTIONS

1. Place milk, zucchini, broccoli, eggs, and salt into a blender or food processor until smooth.
2. In a bowl, mix flour and baking powder together and then add the blended mixture. Then fold in any extra chopped veggies.
3. Mix well.
4. Cook in a hot pan and serve with fresh avocado or homemade tomato sauce.

These are great to make the day before and store in the fridge for 2-3 days, to enjoy at lunch alongside a salad.



# Spiced Citrus Nourish Bowls

4 servings

## INGREDIENTS

- 2 cups Broccoli and Cauliflower florets
- 1 Navel Orange
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Sesame Oil
- 2 cups chopped Pumpkin cubes (about 2cmx2cm)
- 1 tbsp Ginger (peeled and grated)
- 1/4 cup Orange Juice
- 1 Red Hot Chili Pepper (minced)
- 2 Garlic (cloves, minced)
- 1/4 cup Tamari
- 2 tbsps Shallot (sliced)

## DIRECTIONS

1. Preheat your oven to 190 Celcius / 375F.
2. Place the pumpkin cubes on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Steam the Broccoli and cauliflower
4. Meanwhile, heat a large frypan over medium heat. Add the sesame oil and then the ginger, steamed broccoli and cauliflower, orange juice, chili pepper, garlic, and Tamari to the pan. Once the vegetables are warmed and coated, stir in the shallots and remove from heat.
5. To serve, divide the roasted pumpkin and oranges between bowls and top with the spiced vegetables. Add almonds flakes for extra crunch Enjoy!

### Leftovers

Keeps well in the fridge for up to 2 days.



# Nutty Almond & Broccoli Salad

2 servings

## INGREDIENTS

- 2 cups Broccoli (chopped into small florets)
- 1 cup cauliflower (chopped into small florets)
- 2 stalks shallots (sliced)
- 1/4 cup Almonds (chopped)
- 2 tbsps Almond Butter
- 1/2 block Goat's Fetta Cheese
- 1 1/2 tps Vinegar
- 1 1/2 tps coconut aminos
- 1 1/2 tps Sesame Oil
- 1/2 Garlic (clove, minced)
- 1 tbsp Water

## DIRECTIONS

1. Lightly steam the broccoli and cauliflower
2. Combine the broccoli, cauliflower, shallots, and almonds in a large bowl
3. To make the salad dressing, whisk together the almond butter, vinegar, coconut aminos, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
4. Pour the dressing over the salad and toss to mix well.
5. Crumble the goat's cheese over the top. Serve immediately, or let sit for a few hours before eating. Soooo good!



## INGREDIENTS

- 1 tablespoon coconut oil or olive oil
- 500 grams of chopped vegetables such as broccoli, carrot, capsicum, snow peas, green beans, mushrooms, spinach leaves
- 6 eggs
- 1/2 cup your preferred milk (almond or soy)

## DIRECTIONS

1. Preheat oven to 180C.
2. Line a baking tray with baking paper and grease with coconut oil.
3. In a pan, stir fry the veggies for 3-5 minutes until soft. Then transfer into the baking tray.
4. Whisk eggs and milk together along with salt and pepper to taste and pour over vegetables.
5. Bake for 25-30 minutes or until set and golden.
6. Allow to cool for 10 minutes and serve with your favourite salad.



# Sweet Potato Salad

3 servings

## INGREDIENTS

- 1 1/2 Sweet Potato (medium. sliced into 1 inch cubes)
- 3 cups Broccoli florets
- 2 1/4 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tahini
- Juice of half a lemon
- 3 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 can tuna or wild caught salmon
- 6 cups Baby Spinach (chopped)

## DIRECTIONS

1. Preheat the oven to 220 Celcius / 425 degrees F. Line a large baking tray with baking paper.
2. Combine the diced sweet potato and broccoli florets in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking tray. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, lemon juice, water, cayenne pepper, and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place them back in the mixing bowl. Add in the fish. Mix well.
5. Divide spinach between bowls. Top with fish and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!



*Dinner*



# Fragrant Chicken Curry

4 servings

## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Brown Onion (large, chopped)
- 3 cloves Garlic (minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tsp Garam Masala
- 2 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Chilli Flakes (Optional)
- 1 lime (juiced)
- 1/2 cup Organic Vegetable Stock
- 1 can Organic Coconut Milk
- 2 chicken breasts chopped
- 1/2 tsp Coriander (optional, roughly chopped)
- 1 large head of broccoli
- 1 cup Cauliflower rice (see below)
- Coriander (cilantro) to serve

## DIRECTIONS

1. In a large pan, heat oil over medium heat. Add the onion, garlic, and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onion begins to soften.
2. Stir in all of the garam masala, cumin, salt, and chilli flakes, and continue to cook for a minute until the spices become fragrant.
3. Add the chicken and brown with the spices
4. Add the vegetable stock, coconut milk, and broccoli and stir to combine.
5. Bring the curry to a gentle boil then reduce heat and simmer for 20 minutes. Add the lime juice and coriander when about 5 minutes is remaining.
6. Meanwhile prepare the cauliflower rice according to the instructions on the package.
7. When the curry has thickened slightly, divide the cauliflower rice onto plates and top it with the curry. Enjoy!



## INGREDIENTS

- 600gm Chicken
- 3 large carrots
- 1 large onion diced
- 2 cloves crushed garlic
- 2 tablespoons oil
- 1 tablespoon chopped ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground Tumeric
- 1 teaspoon ground coriander
- 1 teaspoon garam masala powder
- 1/8 teaspoon chili powder
- 1 teaspoon salt
- 1 bottle of plain pasta
- 200ml coconut cream

## DIRECTIONS

1. Chop chicken into pieces. Slice carrots thinly, brush with a little oil and roast in the oven for 15 minutes on 150C/ 300F.
2. Sauté onions, ginger, garlic and oil in a pan until clear.
3. Add spices and mix well.
4. Add passata and cook for around 5 minutes or until bubbling. Gently mix in the remaining ingredients.
5. Cook for another 10 minutes, ensuring that the chicken is cooked through.
6. Serve on cauliflower rice with a side of steamed greens.





# Ginger and Fish Stir Fry

4 servings

## INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Organic Honey
- 1 tbsp Coconut Oil
- 2 peices Firm Fish (sliced into strips)
- 1/2 Brown Onion (diced)
- 3 medium carrots (finely sliced)
- 3 cups Bok Choy
- 3 Cups Broccoli
- 3 cups Mushrooms (sliced)

## DIRECTIONS

1. Mix together Coconut Aminos garlic, ginger, and honey in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add Fish and onion. Saute for 3 to 5 minutes. Add in carrots, Bok Choy, broccoli and mushrooms. Saute for another 5 minutes. Pour in the sauce from the jar. Stir well to mix. Once everything is well combined, turn off the heat.
3. Plate stir fry. Enjoy!



# Moroccan Chicken & Date Stew

4 servings

## INGREDIENTS

- 1/4 cup Coconut Oil
- 2 Chicken Breasts, chopped
- 1/2 bottle of pasta
- 2 Brown Onion (medium, diced)
- 2 medium carrots (sliced into discs)
- 1 zucchini (sliced into discs)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped and divided)
- 1 tbsps Honey
- 1/2 Cup chopped dates

## DIRECTIONS

1. Heat coconut oil over medium heat in a large pot or saucepan. Add Chicken, veggies, onion, turmeric, cinnamon, cardamom, cayenne, and salt. Cook for 10 minutes, stirring occasionally.
2. Stir in tomatoes, half the parsley, honey, and dates.. Cover and cook for another 15 minutes, until chicken and veggies are cooked through and sauce is thick.
3. Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

### Serve it With

Cauliflower rice, paleo bread warmed

### Storage

Refrigerate in an airtight container for up to 2 days, or freeze if longer.



## INGREDIENTS

- 500g prawns, raw
- 3 tspn ground coriander
- 1 tspn ground cumin
- 1 tspn ground turmeric
- 2 tspn coconut cream
- 2 tspn Coconut aminos
- 1 cup cauliflower rice
- 200g Broccoli lightly steamed
- 2 carrots, cut into batons
- 250g punnet cherry tomatoes, halved
- Juice 1 lime
- Thai basil, to serve (regular basil is fine)
- Lime wedges, to serve
- Chilli, to serve

## DIRECTIONS

1. Place prawns in a bowl and add coriander, cumin, turmeric, coconut cream & 1 tspn of the tamari. Stir to combine.
2. Prepare Cauliflower rice.
3. Preheat a large fry pan to high heat and cook prawns for a few minutes or until done. In a large bowl, combine the broccoli, carrots and tomatoes.
4. Combine lime juice and 1 tspn tamari to make the dressing. Place rice and salad in a bowl and top with prawns, Thai basil, lime wedges, sliced chilli, and dressing



# Chicken Pumpkin Curry

4 servings

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## INGREDIENTS

- 2 Chicken breasts
- 1 large onion chopped
- 1 tablespoon finely sliced ginger
- 2 cloves crushed garlic
- 2 tablespoons coconut oil
- 1 tablespoon ground cumin
- 1 tablespoon ground Tumeric
- 1 tablespoon ground coriander
- 1 tablespoons honey
- 1 cup water
- 1 x 400gm tin chopped tomatoes
- 1 medium-sized zucchini
- 200ml coconut cream
- 2 teaspoons himalayan or celtic salt
- 2 cups diced pumpkin
- 2 cups fresh/frozen spinach

## DIRECTIONS

1. Sauté the onions, ginger, garlic, zucchini, chicken and pumpkin in oil for about 5 mins
2. Add spices and salt and mix well.
3. Add tomatoes and water into the pot and bring back to the boil.
4. Add coconut cream, honey and stir.
5. Simmer until pumpkin and chicken are cooked.
6. Mix in remaining ingredients and serve on cauliflower rice.

## INGREDIENTS

- 2 cups Butternut Pumpkin (peeled, seeded and cubed)
- 1 brown Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Water
- 1 head Cauliflower (medium, chopped into florets)
- 4 cups Broccoli (chopped into florets)
- 1/2 cup Cashews
- 1/2 cup Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 tsp Smoked Paprika

## DIRECTIONS

1. Preheat oven to 375°F (191°C).
2. In a small saucepan, combine the butternut squash, onion, garlic, and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt, and paprika to your blender. Pour in the softened butternut squash, onion, garlic, and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high-powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Serve with Cauliflower Rice

