

KEEP YOUR
HORMONES
HEALTHY
WITH THESE
DELICIOUSLY
SIMPLE AND
NUTRITIOUS
MEALS

Balancing act

Chicken and haloumi with green salad

» SERVES 4

If you are eating with the family, it can be fun to place a big bowl in the middle of the table for everyone to help themselves.

2 boneless chicken breast fillets
Coconut cream (optional – for poaching)
10 snow peas
2 tbsp olive oil
250g haloumi, sliced into 5mm fingers
1 baby cos lettuce, leaves sliced in half
2 courgettes, julienned or spiralised
1 Lebanese cucumber, julienned
1 small handful snow pea sprouts
½ avocado, chopped
2 tbsp sunflower seeds
1 heaped tbsp coarsely chopped toasted almonds
Green herb dressing

- 1 Poach the chicken in simmering water or coconut cream for about 12 minutes until the chicken is cooked through. Once it has cooled, roughly shred or chop.
- 2 Blanch the snow peas in boiling water for 1 minute and then soak in a bowl of icy water to cool. Finely slice lengthways.
- 3 Heat 1 tbsp of olive oil in a frying pan over medium heat and fry the haloumi until brown on each side. Set aside to cool.
- 4 In a large serving dish, toss the cos lettuce with the courgettes, cucumber, snow peas, snow pea sprouts and avocado. Add the cooled haloumi and chicken and top with sunflower seeds and almonds. Season with salt and pepper, then drizzle with dressing.

GREEN HERB DRESSING
MAKES ABOUT 130G (1 CUP)

2 tbsp olive oil
2 tbsp macadamia oil
2 tsp caramelised red wine vinegar [or you could use balsamic or a balsamic reduction]
2 tsp water
1 large handful of mint
1 large handful of flat-leaf parsley
1 small garlic clove
juice of ½ lemon

1 Put all the ingredients in a smoothie maker or blender, season and blitz until smooth. If you don't use it all, you can store in the fridge but it's green colour will not stay as bright.



Mushroom & ricotta crêpes

» SERVES 2

Despite its name, buckwheat is a seed and does not contain wheat or gluten. It's full of protein, magnesium and B vitamins. In keeping with our philosophy of prepping as much as possible in advance, these crêpes can be frozen and reheated. Try making a double batch and using them to make toasted crêpe wraps for lunch. For best freezing results, lay a sheet of baking paper between each one.

1 tbsp olive oil
1 shallot, finely chopped
1 tbsp butter
300g brown mushrooms, quartered
1 tsp coriander seeds
1 tsp sage leaves, finely chopped
1 tsp rosemary leaves, finely chopped
1 handful rocket leaves
1 tbsp chopped walnuts
3 tsp ricotta cheese

CRÊPES
100g (¾ cup) buckwheat flour

2 eggs
250ml (1 cup) milk
Butter, for frying

- 1 Put the olive oil and shallot in a medium frying pan and cook over medium heat for a few minutes. Add the butter, mushrooms, coriander seeds, sage and rosemary and cook gently for about 10 minutes, then add a few tablespoons of water to get the pan juices flowing.
- 2 While this is cooking, make the crêpes. Combine the ingredients in a bowl and whisk together.
- 3 Melt some butter in a medium frying pan.
- 4 Pour in a small amount of batter and spread evenly to cover the pan as thinly as possible. Cook until you see bubbles form, then flip the crêpe over. They take a few minutes each side. Repeat to make a second crêpe.
- 5 To serve, place a crêpe on each plate and divide the mushroom mixture between them on one half of each crêpe. Top with some rocket, walnuts and ricotta, then fold the crêpe over and serve.



Nut biscuits

» MAKES 12 BISCUITS

These are a great treat to take into the office so you're not tempted by the office biscuit tin after lunch! They're full of nutritious ingredients and are a great source of protein and 'good' fats, essential for boosting concentration and focus. They're also a great source of fibre, which is important for a healthy digestive system and supporting hormonal balance.

100g (1 cup) almond meal

30g (¼ cup) coconut flour

2 tbsp desiccated coconut

30g (¼ cup) chopped walnuts

40g (¼ cup) chopped dates

80g butter, melted

1 tsp vanilla paste

1 tbsp pear juice concentrate (see note)

1 tbsp honey

1 egg, whisked

Chocolate drizzle (optional): 1 tsp raw cacao powder mixed with 1 tsp coconut oil

1 Preheat the oven to 180°C. Line a baking tray with baking paper.

2 Put the almond meal, coconut flour, coconut, walnuts and dates in a bowl and mix well.

3 In a separate small bowl, stir together the butter with the vanilla, pear juice concentrate and honey. Add to the almond mixture. Add the egg and mix well so it all comes together like dough.

4 Roll small amounts of the mixture into flattened balls. Place on the tray, leaving a space between each ball. Bake for 20 mins or until slightly golden on the edges.

5 For the drizzle, melt the ingredients in the microwave for about 1 min and drizzle over the top of the biscuits.

NOTE: Pear juice concentrate can be bought in health-food stores.



Extract from *Healthy Hormones: A Practical Guide to Balancing Your Hormones* by Belinda Kirkpatrick and Ainsley Johnstone, \$40.