

# Recipes

## Winter Warmers...



### broccoli & spinach soup

*with cheddar*

Preparation Time: 10 mins

Cooking Time: 20 mins

Makes: 8 portions

#### Ingredients:

- 2 Tbsp Butter
- 1 medium Onion, roughly chopped
- 1 stalk Celery, finely chopped
- 1 medium Leek, halved lengthways, washed & finely chopped
- 2 cloves Garlic, crushed
- 4 cups Chicken Stock
- 500 g Broccoli florets, roughly chopped
- 2 cups Baby Spinach
- 150 g Grated Cheddar Cheese
- Salt for seasoning

#### Method:

Heat a soup pot over a medium heat and add the butter. Gently fry the onion, celery and leek until soft. Add the garlic and cook for 1 minute. Add the chicken stock and bring the soup to the boil. Add the broccoli and simmer for 8 minutes until soft. Throw in the spinach and cook for a further minute. Take the soup off the heat, add the cheese and blend until smooth. Season with a little salt and serve.



#### Nutritional info per Portion (1 cup):

Carbs: 9.84 g

Fat: 10.98 g

Protein: 9.94 g

#### SHELF LIFE:

Store for up to 5 days in the fridge.

#### Freezer Friendly

This soup can be frozen for up to 2 months. Add cheddar on serving. To save space, we suggest storing in ziploc bags and removing all air before closing. Freeze the bags lying flat on a tray and then stack once frozen. Once defrosted, warm over a gentle heat.



### pumpkin & coconut soup

Preparation Time: 10 mins

Cooking Time: 45 mins

Makes: 6 serving(s)

#### Ingredients:

- 2 Tbsp coconut oil
- 1 onion, roughly chopped
- 1 Tbsp red Thai curry paste
- 1.5 l chicken or vegetable stock
- 1.5 kg peeled pumpkin, roughly diced
- 4 lime leaves
- 1.5 cups coconut milk
- 2 handfuls fresh coriander, chopped
- 1 Tbsp fish sauce
- 2 limes of juice
- 1 red chilli, finely chopped (optional)

#### Method:

In a large pot over a medium heat, melt the coconut oil and fry the onion until soft. Add the curry paste and fry for a minute until the aromatics are released. Add the stock, pumpkin and lime leaves and simmer until the pumpkin is soft. Take out the lime leaves, add the coconut milk and coriander, and blend the soup with a hand blender until it is smooth. Season with the fish sauce and lime juice. Stir through the chilli if you would like a little extra spice.

#### Nutritional info per Portion (250g):

Carbs: 12 g

Fat: 8.25 g

Protein: 4.25 g

#### SHELF LIFE:

Store for up to 5 days in the fridge.

#### Freezer Friendly

This soup can be frozen for up to 2 months. Add cheddar on serving. To save space, we suggest storing in Ziploc bags and removing all air before closing. Freeze the bags lying flat on a tray and then stack once frozen. Once defrosted, warm over a gentle heat.

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# roasted courgette

Cooking Time: 40 mins  
Makes: 500ml

## hummus

### Ingredients:

500 g Courgette's, cut into chunks  
Oil or butter for roasting  
0.5 tsp Salt, depending on taste  
Juice of about 1 large lemon  
1/4 cup Tahini  
1 clove Garlic, whole  
4 Tbsp Olive Oil  
Pepper for coating  
1/2 tsp Ground Cumin

### Method:

Preheat the oven to about 180°C  
Toss the veg in a light coating of oil, salt and pepper and roast in the oven until golden brown and soft (30 to 40 minutes)  
Place the roasted Courgette's in a food processor along with the remaining ingredients and purée until smooth  
Leave to infuse for an hour and serve with anything you like  
Season with a little salt and serve.



### Nutritional info per Portion (2 Tbsp or 30g):

Carbs: 1.06 g  
Fat: 4 g  
Protein: 1.13 g

### SHELF LIFE

Store for up to 5 days in the fridge.

### Freezer Friendly

This pate can be frozen for up to 6 months. Pour into disposable paper cups with a disc of wax paper on top for stacking. Before defrosting pop out onto serving dish and drizzle with extra virgin olive oil and sprinkle



# chicken liver pate

## with thyme

Preparation Time: 10min  
Cooking Time: 30min  
Makes: 750mls

### SHELF LIFE

Store for up to 5 days in the fridge.

### Freezer Friendly

This pate can be frozen for up to 6 months. Pour into disposable paper cups with a disc of wax paper on top for stacking. Before defrosting pop out onto serving dish and drizzle generously with melted butter and sprinkle with fresh herbs. Butter will set quickly and protect exposed pate from drying.

### Method:

Melt 120g butter in a deep frying pan and add the onions, the bacon & the bay leaf. Fry gently on a medium heat until the onions are golden and very soft. Add thyme and continue to cook for another 3 minutes. Turn up the heat and add the chicken livers. Fry them until they are soft but still a little pink and then stir through the garlic for a minute. Add the sherry and cook for a minute until the alcohol has cooked off. Then, add the cream and cook together for another minute. Pour the contents of the pan into the food processor and blitz until the mixture is smooth. Add the soft butter and the parsley and blitz until it is all combined. Season generously with salt and pepper and pour into a pate dish. Place the bay leaf on the top of the pate and pour a thin layer of melted butter or duck fat over it. This layer stops the pate from oxidizing and helps to preserve the lovely blush pink colour. Refrigerate until the pate is cold all the way through.

### Ingredients:

120 g butter  
2 onions, sliced  
150 g bacon, roughly sliced  
1 bay leaf  
1 tsp chopped thyme  
500 g chicken livers, rinsed and patted dry  
2 cloves garlic, crushed  
1/3 cup dry sherry  
1/3 cup cream  
1 Tbsp chopped parsley  
75 g softened butter  
salt and pepper  
duck fat to pour over the top (or melted butter)  
another bay leaf and some melted butter or duck fat for the top

### Nutritional info per Portion (2 Tbsp or 30g):

Carbs: 0.57 g  
Fat: 7.02 g  
Protein: 3.45 g

**KATE & ANNE**

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