

# **IMPRESS YOUR WOMAN**

## **A GUYS GUIDE TO COOKING FOR HER**

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# A WOMAN LOVES A MAN THAT CAN COOK

The entire human race has a fairly complex relationship with food, with the general consensus being the fact that most of us absolutely love it, perhaps a little too much. The thing about food however, is that, whilst it may be easy to pick up the phone and order takeout, or head down to your local restaurant and enjoy a perfectly cooked meal, actually cooking delicious food yourself can be a bit of a challenge.

They say that the way to a mans heart is through his stomach, but guys, that statement is also true for women. The statistics are in, and they don't lie – women love a man that can cook! But why exactly is this? Well, if you don't care to read any further take away just the following point.

Research suggests that there is a release of particular hormones, including serotonin, when a women comes home to her man behind the kitchen bench cooking up a delicious dinner with the aromas floating through the air. This in itself allows for a relaxed feeling to come over her and very likely turn her on in the process.

**It shows you're creative** – Let's face it, if the best a guy can do is pierce the film lid to a microwave ready-meal, nuke it in the microwave, still somehow manage to burn it, and then scrape the entire contents out into a huge stodgy pile on a plate, it generally shows that he perhaps isn't the most creative soul on the planet. If however, he takes the time to carefully prepare a delicious meal, and then plates it in a way that would make a Michelin star restaurant proud, it generally shows that he's creative and innovative, and women generally love that in a man.

**It shows he is talented** – Women have been attracted to successful and talented men since cavemen roamed the earth, as success and talent generally lead to power, and power helps give a sense of protection. If a man is successful and talented in the kitchen, it shows that he is capable of applying those skills and character traits in other avenues as well.

**It shows that he's sensitive** – Although some women claim to love the "rough and ready" type, that novelty can quickly wear off, especially if she's hungry and he's too busy chugging down a can of beer to whip up anything substantial. A man that can cook shows that he's sensitive when he needs to be and that he's comfortable in his own skin. He doesn't feel that he needs to live up to any stereotypes, or give in to peer pressure to look macho, which, ironically, actually makes him look weaker because it proves that he's far too concerned with what others think of him.

**It shows that he's generous & caring** – By not only taking the time to cook a beautiful meal for her, but for also taking the time to buy the ingredients, and purchase them with his own money, it shows that he's generous and caring, rather than being selfish. When she is unwell and her man can save her cooking up dinner while lacking in energy it's as true a sign as any that he cares for her.

**Erm, hello, he can cook!** – Finally, the last reason why women love a man that can cook is because, well, he can cook. We love food on the whole, particularly tasty and enjoyable food and if you're regularly eating delicious and substantial meals, you'll feel happier and more content than ever before, which works out great for everyone.



# BREAKFAST IN BED

You don't need to have done anything wrong to find a reason to do something nice for your partner. Breakfast in bed, or making breakfast for her in the morning is without doubt a lovely gesture of how much you care for her. Of course, you will also want to have a good start to the day and eating healthy is the best way for that to take place. These recipes will be a hit with your woman for the nutritional quality packed within each recipe, plus most women love their super-foods!



# BUTTERED KALE & HAZELNUTS WITH FRIED EGGS

Serves 2

1 **small bunch kale**, stems removed and leaves chopped

1 heaped tablespoon **grass-fed butter**

freshly ground **salt and pepper**

2 **eggs**

¼ cup **toasted hazelnuts**, halved

Melt the butter in a frying pan on medium heat then add the kale, toss to coat in the butter then toss regularly for 3-4 minutes until wilted but still crunchy. Season with salt and pepper then stir in the hazelnuts before transferring across two serving plates.

Return the frying pan to the heat and crack in the eggs, leave to fry until cooked to your desired liking.

Place the eggs on top of the kale to serve.





# MUSHROOM & ZUCCHINI OMELETTE

Serves 2

1 tablespoon **grass-fed butter**

1 **onion**, chopped

1 **small zucchini**, halved lengthwise and thinly sliced

3 **button mushrooms**, sliced

4 **eggs**

freshly ground **black pepper**

Melt the butter in a frying pan on medium heat. Add the onions and fry until lightly golden then add the zucchini. Fry for 3-4 minutes or until slightly tender. Add the mushrooms and continue to fry for a further 2-3 minutes.

Place the eggs in a bowl and whisk well with a fork then pour into the frying pan, swirling the pan if necessary to cover the base. Cook for 3-4 minutes or until the eggs are just cooked on top. Flip the omelette out onto a serving plate and serve with freshly ground black pepper.





# NUT, SEED & SULTANA GRANOLA

BREAKFAST IN BED

Makes roughly 4 cups

$\frac{2}{3}$ cup <b>coconut oil</b>	$\frac{1}{4}$ cup <b>sunflower seeds</b>
$\frac{2}{3}$ cup <b>maple syrup</b>	$\frac{1}{3}$ cup <b>shredded coconut or coconut flakes</b>
$\frac{2}{3}$ cup <b>almonds</b> , chopped	pinch of <b>ground cinnamon</b>
$\frac{1}{2}$ cup <b>cashews</b> , chopped	$\frac{1}{2}$ cup <b>sultanas or raisins</b>
$\frac{1}{2}$ cup <b>whole hazelnuts</b>	To Serve
$\frac{1}{4}$ cup <b>sesame seeds</b>	$\frac{1}{2}$ cup <b>grated apple</b>
$\frac{1}{4}$ cup <b>pumpkin seeds</b>	<b>nut milk or yoghurt</b> to serve

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit and line a baking tray with baking paper.

Melt the coconut oil and maple syrup in a small pot on low-medium heat, then combine well with the nuts, seeds and cinnamon. Spread the mixture onto the baking tray then place into the oven for 10-15 minutes or until golden brown. Toss every 3-5 minutes to prevent burning.

Toss through the sultanas then cool in the refrigerator before serving with freshly grated apple and nut milk or yoghurt.





# CHOCOLATE ORANGE CHIA PORRIDGE

BREAKFAST IN BED

Serves 2

½ cup **chia seeds**

2 cups **almond milk**

1 **orange**, peeled and chopped

20g **80-85% dark chocolate**

**zest** from ½ **orange**

Prepare the chia porridge in advance. In a large bowl combine the chia seeds and almond milk. Let stand for 10 minutes then stir to break up any lumps. Repeat after resting for a further 10 minutes then place in the refrigerator for 6 hours or overnight. Stir in the chopped orange.

Melt the chocolate in a small pot on low-medium heat then drizzle over the chilled chia porridge.

Serve.





# PANCAKES WITH HONEY

BREAKFAST IN BED

Serves 2-4

4 **eggs**

$\frac{3}{4}$  cup **coconut milk**

$\frac{1}{4}$  cup **coconut flour**

3 tablespoons **buckwheat or spelt flour** (optional)

1 teaspoon natural **vanilla essence**

1 teaspoon **xylitol**

pinch of **cinnamon**

Additional

**grass-fed butter or coconut oil** for frying

**honey** to serve

Place the eggs and coconut milk in a bowl and use an electric hand blender to combine. Add the coconut flour, buckwheat flour, vanilla essence, xylitol and cinnamon and blend until combined and there are no lumps. Leave for 5 minutes for the coconut flour to absorb some of the liquid.

Heat a frying pan on medium-high heat and add one teaspoon of butter, covering the base of the pan while it melts. Add enough batter into the frying pan to create a thin layer, cook until the top of the pancake begins to bubble and has started to cook. Flip the pancake over and cook for a further 1-2 minutes or until cooked through.

Repeat with the remaining batter then serve with a drizzle of honey.





# STEWED RHUBARB WITH VANILLA YOGHURT

## BREAKFAST IN BED

Serves 2

½ bunch **rhubarb**, stems chopped

1 tablespoon **xylitol**

1 teaspoon **ground cinnamon**

4 **cardamon pods**

1 cup **organic yoghurt or coconut kefir**

**seeds** from ½ **vanilla bean**

¼ cup **chopped macadamias**

1 tablespoon **honey**

Place a medium pot on low-medium heat and add the rhubarb, xylitol, cinnamon and cardamon pods. Add enough water to cover the base of the pot then cover and leave to simmer for 10-15 minutes, stirring regularly until the rhubarb is very tender and resembles a stew. Remove from the heat and discard of the cardamon pods. Pour into two serving bowls then transfer into the refrigerator overnight to chill.

Combine the yoghurt and vanilla seeds in a bowl then scoop out onto the rhubarb. Top with macadamia nuts and a drizzle of honey.



# CHIA PORRIDGE WITH POACHED VANILLA PEAR

BREAKFAST IN BED

Serves 2

½ cup **chia seeds**

2½ cups **macadamia milk**

½ cup **water**

Poached Vanilla Pears

3 cups **water**

¼ cup **lemon juice**

1 thick **peel of orange rind**

1 thick **peel of lemon rind**

**seeds** from 1 **vanilla bean**

2 **small pears**, peeled

¼ teaspoon **cinnamon**

¼ teaspoon **ground nutmeg**

2 tablespoons **pistachios**, roughly chopped

Prepare the chia porridge in advance. In a large bowl combine the chia seeds, macadamia milk and water. Let stand for 10 minutes then stir to break up any lumps. Repeat after resting for a further 10 minutes then place in the refrigerator for 6 hours or overnight.

Place a medium pot on medium heat and add the water, lemon juice, lemon rind, orange rind and vanilla seeds. Bring to simmering point then add the pears, add boiling water if needed to ensure the pears are covered in liquid. Cover the pot and leave to simmer for 15-20 minutes or until the pears are very tender. Allow the pears to cool down to warm temperature in the liquid.

Place a medium pot on low heat and add the chia porridge, stir until warmed then serve in a bowl along with a pear, a sprinkle of cinnamon, nutmeg and pistachios.





# MAKING HER THE PERFECT CUP OF COFFEE IN THE MORNING

If your lady loves coffee, you absolutely must know how to make her the perfect cup. Knowing what 'the perfect cup' is doesn't just come down to making a good cup of coffee in itself, it is to be a cup of coffee that is her favorite, is it black, a cappuccino, a latte? Once you know this, then you can make her the perfect cup. For the purposes of this quick insight, the perfect cup will be a black coffee which is one of the most popular options and is definitely the healthiest over one full of milk.

As we all know (or at least those of us who love it) coffee is an incredible drink. There are so many thousands of flavor components to coffee that realizing and understanding its full potential does require a bit of know-how.

The flavor that comes from coffee beans is dependent on the variety, the climate in which the plants grow, the soil and the soils nutritional quality, whether it is organic or not organic.. and that's only the start of it! When the coffee cherries are picked and carefully processed, the beans are green before they are roasted and are packed and sent around the world to end up in the hands of roasters.

The roaster has the job of bringing out the best flavor from the coffee beans. If they roast the beans to dark then the taste of the coffee will be almost carbon like.. this is terrible coffee.

Then the moment after the coffee has been roasted to perfection, carbon dioxide starts to leave the beans and oxidization occurs which inevitably effects the flavor compounds of the beans.

With all of that in mind you can still create a wonderful and perfect cup of coffee. It is the brewers job to release the flavor potential of the coffee beans, therefor it is essential to buy good quality coffee from a good quality roaster. A roaster who roasts beans regularly and that you can buy the day of roasting, or soon after, is optimal.

The way in which you brew a cup of coffee will greatly effect the taste and delicacy of the result. There are several ways in which you can make a cup of black coffee, but one of the easiest ways and one which provides excellent results time after time, is that in using an Aeropress.

An Aeropress provides a filter coffee which up until the buzz brought on by the Aeropress has been rather under appreciated way of making coffee. The filter method of making coffee also allows for the process of the coffee flavors to really make their way into the water. Of course, the key concept in making a cup of coffee is that of understanding that the flavors from the beans release themselves into the water in a particular order.

Firstly, the fruit acids are released into the water, secondly the aromatic notes, thirdly the lovely caramels and last the ashy burnt notes. The ashy notes may sound extremely unappealing but it is important that there is some present within the coffee in order to allow a lovely balance of flavors to take place.

Filtered water is absolutely essential to use when making a cup of coffee. Water after all is the primary ingredient. If your water taste terrible (as most tap water does) the same taste will remain when you make a cup of coffee and it will effect the overall flavor. The taste of chlorine is a good example. The purest water you can use the better when it comes to making the perfect cup of coffee.



**Step 1.** Freshly grind the beans into fine grounds.

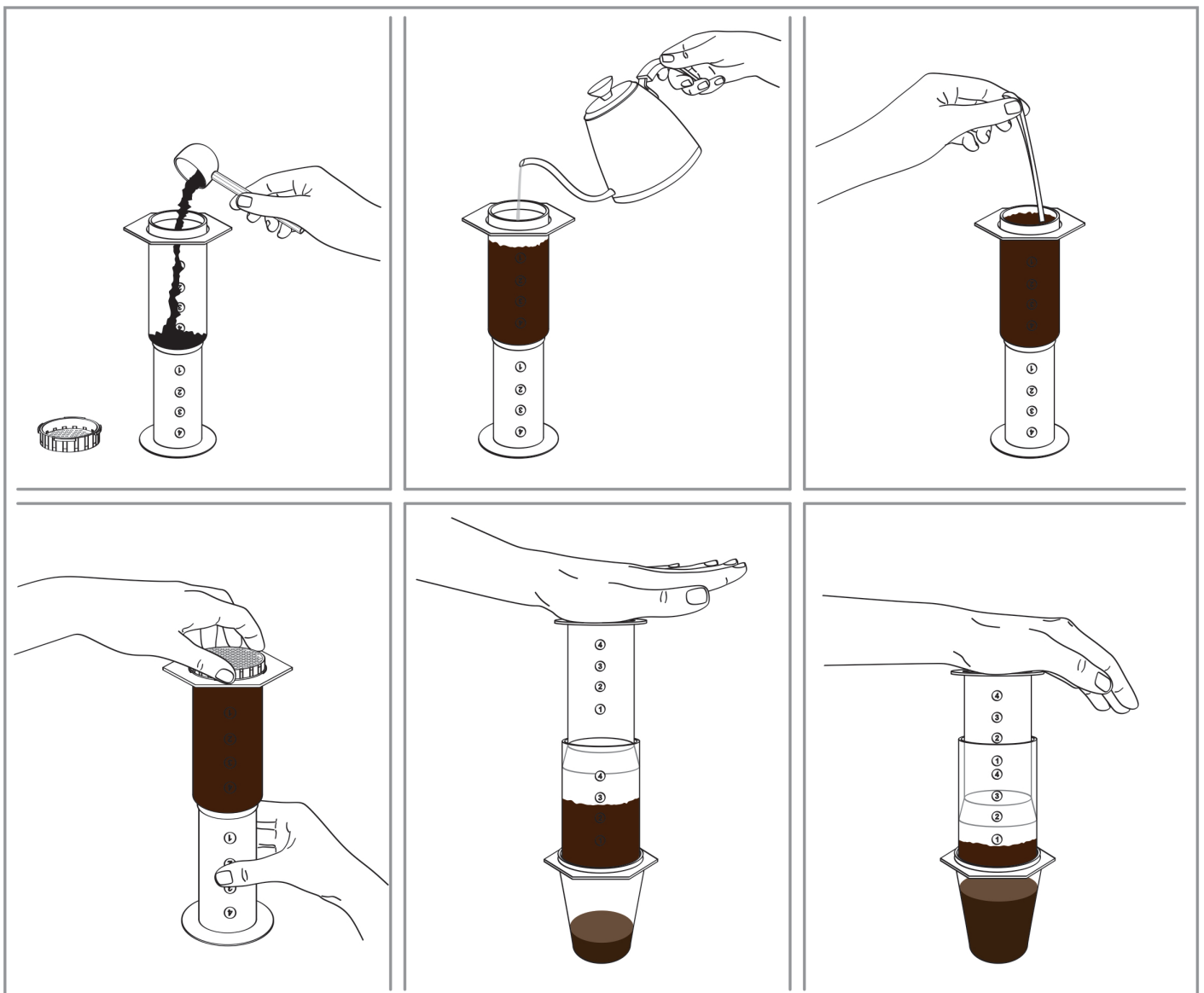
**Step 2.** Turn the kettle on and allow the water to boil, then allow to rest for 1 minute which in most kettles will bring the water temperature down to 94°C. You can use a thermometer if you would like to be more accurate, however a temperature lower or higher than 94°C can also make a great cup of coffee when using an Aeropress.

**Step 3.** Set up the Aeropress by placing the paper into the cap then rinsing with a small amount of water in order for the paper to sit firmly in place. Place the plunger into the centerpiece, having it extended out, flip the Aeropress upside down so the plunger is keeping the Aeropress standing upright.

**Step 4.** Place one Aeropress scoop-full of ground coffee beans into the centerpiece. Add boiled water up to number 4 on the centrepiece, stir well for 5 seconds to combine the beans with water, then set your timer for 60 seconds while leaving the beans to brew.

**Step 5.** Place the cap firmly into the Aeropress then flip over for the Aeropress to sit onto the edge of a mug. Slowly press the plunger down, taking your time (at least 20-30 seconds).

**Step 6.** Allow the coffee to cool slightly, if the coffee is too hot the flavors are harder to taste.





# SALADS

Ladies love a salad, but like most men, eating them too often can result in them becoming a boring meal! The good news is that a salad really doesn't need to be boring, there is so much you can do to create a salad that makes it something really special and by doing so, you are sure to impress!



# CHICKEN AND SUN-DRIED TOMATO SALAD

## SALADS

Serves 2

1 tablespoon **balsamic vinegar**

1 tablespoon **honey**

1 tablespoon **olive oil**

1 **smoked chicken breast**, diced

2 **large handfuls kale**, stems removed and chopped

8 **sun-dried tomatoes**, sliced

10 **walnuts**, chopped

Place the balsamic vinegar, honey and olive oil into a large mixing bowl and combine well. Add the remaining ingredients and toss to coat in the dressing.

Serve.





# GRILLED PEACHES & CHICKEN SALAD

## SALADS

Serves 2

2 **boneless chicken thighs**, skin removed

2 **firm peaches**, seed removed and sliced into wedges

2 tablespoons **olive oil**

1 teaspoon **ras el hanout**

2 large handfuls **rocket / arugula leaves**

¼ cup **walnuts**, chopped

2 tablespoons **walnut oil**

freshly ground **black pepper**

Place the peaches, 1 tablespoon of olive oil and ¼ teaspoon of ras el hanout in a bowl and toss to combine. Place the peaches onto the barbecue and cook for 1 minute each side or until the skin on the wedges begin to split. Place the peaches to the side.

Rub the chicken thighs with the remaining olive oil and ras el hanout then place onto the barbecue and cook for 4-5 minutes each side or until cooked.

Slice the chicken into thin strips then place onto a plate along with the peaches. Top with the rocket and walnuts then serve with a drizzle of walnut oil and freshly ground black pepper.

# PROSCIUTTO & MELON SALAD

Serves 2

2 tablespoons **olive oil**

1 tablespoon **lemon juice**

2 teaspoons **white wine vinegar**

1 large handful **rocket / arugula leaves**

1 head of **frisee lettuce**

1 cup **honeydew melon**, diced

1 cup **rockmelon / cantaloupe**, diced

6 slices of **prosciutto**, torn

2 tablespoons **toasted pine nuts**

freshly ground **salt and pepper**

Place the olive oil, lemon juice and vinegar into a large mixing bowl and combine well. Add the rocket and frisee lettuce and toss to coat well in the dressing. Add the remaining ingredients and gently toss to combine.

Serve.



# GREEN BEANS, EGG & BACON SALAD

## SALADS

Serves 2

3 large handfuls **green beans**, top and tailed

1 tablespoon **grass-fed butter**

6 rashers of **bacon**, chopped

4 **eggs**, beaten

freshly ground **black pepper**

Place the beans in a pot of boiling water and cook for 10-15 minutes or until tender, drain.

Melt the butter in a frying pan on medium heat then add the bacon. Fry until the bacon has started to turn crispy then add the beaten eggs and stir until just cooked. Add the beans and toss to combine.

Season with pepper to serve.





# BEETROOT, NECTARINE AND PROSCIUTTO SALAD

## SALADS

Serves 2

6 baby **golden beetroot**

1 teaspoon **coconut sugar**

2 tablespoons **apple cider vinegar**

1 **star anise**

6 **black peppercorns**

2 tablespoons **olive oil**

1 tablespoon **white wine vinegar**

3 tablespoons **orange juice**

1 tablespoon **maple syrup**

1 **nectarine**, seed removed, sliced into wedges

2 **radishes**, thinly sliced

4 slices **prosciutto**, thinly sliced

½ cup **toasted walnuts**, chopped

Place the golden beetroot, coconut sugar, apple cider vinegar, star anise and peppercorns in a pot on medium-high heat and add enough boiling water to just cover the beetroot. Leave to simmer for 20-25 minutes or until tender. Remove from the pot and allow to cool enough to touch, then thinly slice.

Place the olive oil, vinegar, orange juice and maple syrup into a bowl and combine well. Add the nectarine wedges and radishes and toss to coat, then add the beetroot and gently toss to coat in the dressing.

Place the nectarine and beetroot onto a plate and top with sliced prosciutto and walnuts to serve.



# HOW TO SET UP THE PERFECT ROMANTIC EVENING

Ok guys, picture the scene: You've been working up the courage to ask someone out and finally plucked up the courage to do so, and fantastically – she said yes!

Don't ahead of yourself just yet however, because asking her out was the easy part, the difficult part is impressing her, ensuring she has a fantastic time and making sure that she wants to see you again, and again, and again.

Sure, you could do the usual stereotypical date night activities – Bowling, the movies, an expensive restaurant etc, or you could be slightly more unconventional and think outside of the box. For example, a lot of people go to the movies on their first date and find afterwards that they didn't have a great deal to talk about. You see, when you watch a movie, you're surrounded by strangers and you have to sit in silence. If however, you decide to set up a romantic evening at home, you can both feel at ease and if you do things correctly, you could impress her better than you could have ever imagined.

Take a look at these handy tips on how to set up the perfect romantic evening in your own home.

**Clean up thoroughly** – Remember, if you've got her coming round to your place for the first time you want to make a fantastic first impression, because in the dating game, first impressions matter. The last thing you want is for her turning up all dressed up and well presented and your place is looking like a bomb's hit it. Give yourself plenty of time to clean thoroughly and if you are struggling for time, do it the night before, or at least make a start. You don't need to cover every square inch of your home, unless you want to of course, but you do want to ensure you've dusted, vacuumed the floors thoroughly, mopped the floors if necessary, cleaned the kitchen, straightened up and cleaned the bathroom. Never forget the bathroom, particularly your toilet, so think about adding some bleach in there and making sure it's uhm, shall we say, free of stains.

**Cook the perfect meal** – Remember, you want to impress her and there's nothing that a lady loves more than a sensitive guy who can cook. Resist the urge to order frozen ready-meals, or takeout and instead, go all out and cook the ultimate three course meal. The recipes in this cookbook will help as long as you follow the recipe, you can't fail, as long as you're careful.

If possible, make starters and/or desserts in advance (the night before for example) and then store them in the fridge. The same goes for vegetables, rather than trying to do everything at the last minute, peel, chop, and prep in advance, that way everything will be ready to go when you need it.

**Presentation** – The first bite, they say, is taken with the eyes, so the secret to really creating the perfect meal is to ensure you plate it up well and present it as beautifully as you can. Look online for inspiration and perhaps look at purchasing some slate plates or wooden serving boards to really finish things off. As well as that however, you should also present and setup your table well, not limited to the table cloth, a table runner, matching plates, cutlery, flowers, and candles.



**Set the mood** – Now that your place is clean and tidy, your food is all in hand, your table is looking great and you're happy that your meals will also look great once plated up, you should then set the mood and add a little romantic atmosphere. Candles are again your best friend, so get them lit and arranged throughout the room, safely of course. Later in the evening when the sun goes down, you could dim the lights, draw the curtains and add a little music in the background, some cool jazz or something classic perhaps.

**Don't forget to present yourself** – Finally, the last thing you need to do to really ensure you make a great impression, is to ensure you present yourself brilliantly as well. Take a shower, choose a nice outfit, splash some cologne on, brush your teeth, style your hair and really show that you take pride in your appearance.

Oh, and don't forget the wine!



# DINNER WITH WINE

A lovely dinner with a lovely glass of wine is the picture of a romantic evening. But there is something about the combination of wine with a meal that really gets a lady 'in the mood'. Make sure to purchase the perfect bottle of wine to pair with the meal that you are making, whether it is a roast or panfried salmon wine is a must (as long as you both enjoy wine of course). And wine combined with chocolate in dessert? That's a combination that will surely lead the evening toward the bedroom.



# PAN-FRIED SALMON WITH SWEET POTATO, AVOCADO & HAZELNUTS

DINNER WITH WINE

Serves 1

2 **salmon fillets**

1 tablespoon **grass-fed butter**

1 **small sweet potato**, peeled and sliced into rounds

1 **large handful kale**, finely sliced

2 tablespoons **capers**

½ cup **toasted hazelnuts**, chopped

1 tablespoon **olive oil**

1 small **avocado**, sliced

Melt the butter in a frying pan on medium heat then add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until the salmon is cooked.

Meanwhile, place the sweet potato rounds in a pot of boiling water and cook for 10-15 minutes or until tender, drain then place across two serving plates.

Place the kale, capers, hazelnuts and olive oil in a bowl and combine well. Divide evenly over the sweet potato, then top with the avocado slices. Place the salmon to the side of the sweet potato to serve.





# NO-BAKE SHEPARD'S PIE WITH PARSNIP MASH

DINNER WITH WINE

Serves 2

250g **minced beef**

1 tablespoon **olive oil**

1 **small onion**, finely chopped

1 **garlic clove**, finely chopped

1 teaspoon **dried sage**

1 **carrot**, diced

½ cup **frozen or fresh peas**

175ml Paleo friendly **tomato pasta sauce**

Parsnip Mash

1 **medium-large parsnip**, chopped

1 heaped tablespoon **grass-fed butter**

freshly ground **salt**

Place the olive oil, onion and garlic in a pot on medium heat, stir regularly until the onions have browned then add the minced beef, continue stirring to break up the beef until it has browned. Add the remaining ingredients then cover and allow to simmer for 60-90 minutes, or until the meat is tender.

Meanwhile, place the parsnip in a pot of boiling water and cook for 8-10 minutes or until tender, drain then add the butter and mash with a fork or potato masher until smooth.

Place the minced beef evenly into individual serving bowls then scoop the parsnip mash on top to cover the beef.

Serve.





# BEEF ROAST WITH HONEY CARROTS

DINNER WITH WINE

Serves 4

1.5 pound **rib eye fillet**, trussed with twine

2 tablespoons **grass-fed butter**

1 tablespoon **Dijon mustard**

½ cup **water**

10 sprigs of **thyme**

Honey Carrots

24 **baby carrots**

2 tablespoons **olive oil**

2 tablespoons **honey**

freshly ground **black pepper**

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Heat the butter in a large frying pan on high heat. Add the beef to the pan and cook until well browned all over. Transfer to a roasting pan along with the butter and juices from the frying pan, Dijon mustard, water and thyme. Cover the pan with aluminium foil then place into the oven for 90 minutes, checking after 40 minutes and adding more water if needed in the base of the pan to prevent burning.

Meanwhile, place a chargrill pan on medium heat and add the olive oil and carrots. Toss the carrots regularly for 5-6 minutes or until charred all over. Transfer to a baking tray lined with baking paper and drizzle with the olive oil from the pan and the honey. Place into the oven for 10-12 minutes or until tender but with a bit of crunch.

Remove the beef from the oven and allow to rest for 5 minutes before removing the aluminum foil and slicing.

Serve slices of beef with a side of carrots and freshly ground black pepper.



# SLOW COOKED BEEF WITH SWEET POTATO MASH

DINNER WITH WINE

Serves 4

500g <b>chuck steak</b> , diced into 1-inch pieces	freshly ground <b>salt and pepper</b>
1 tablespoon <b>grass-fed butter</b>	2 <b>sprigs of parsley</b>
1 <b>onion</b> , chopped	Sweet Potato Mash
1 cup <b>red wine</b>	1 medium <b>sweet potato</b> , peeled and diced
2 cups <b>beef stock</b>	2 tablespoons <b>grass-fed butter</b>
3 <b>bay leaves</b>	freshly <b>ground salt</b>
1 <b>rosemary stalk</b>	

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place a large cast iron pot on medium heat and melt 1 tablespoon of butter. Add the chuck steak and brown on all sides then remove from the pot and place the side.

Return the pot to the heat and add the remaining tablespoon of butter. Add the onions and cook until golden brown. Return the steak to the pot along with the red wine, beef stock and bay leaves. Cover, then transfer into the oven for 2 hours, or until the meat is very tender and easily falls apart. Season with salt and pepper.

Meanwhile, place the sweet potato in a pot of boiling water and cook for 10-15 minutes or until tender, drain then add the butter and use an electric hand blender to create a smooth consistency. Season with salt. Serve the beef with a side of sweet potato and a sprig of fresh parsley.





# SCORCHED TOMATO & BASIL SALAD WITH SALMON

DINNER WITH WINE

Serves 2

2 **salmon fillets**

1 tablespoon **grass-fed butter**

Scorched Tomatoes

24 **baby Roma tomatoes**

3 tablespoons olive oil

10 small **basil leaves**

2 tablespoons **white wine vinegar**

pinch of **salt**

freshly cracked **black pepper**

Melt the butter in a frying pan on medium heat then add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until the salmon is cooked.

Meanwhile, heat a skillet on high heat and add the olive oil. When the oil is very hot add the tomatoes. Shake the pan regularly for 30-60 seconds or until the tomato skins begin to burst then add the basil and toss for a further 20-30 seconds. Quickly transfer the tomatoes into a serving plate or bowl and drizzle with the vinegar.

Place the salmon on the plate and serve with freshly ground black pepper.





# GRILLED WHITING FILLETS WITH RAISINS & CAPER SIDE

DINNER WITH WINE

Serves 2

2 <b>large whiting</b> , filleted and boned	Raisin and Caper Side
2 tablespoons <b>olive oil</b>	4 medium <b>basil leaves</b> , finely chopped
1 tablespoon <b>lemon zest</b>	1 tablespoon <b>balsamic vinegar</b>
2 large handfuls <b>rocket / arugula leaves</b>	1 tablespoon <b>lemon juice</b>
2 tablespoons <b>toasted pine nuts</b>	2 tablespoons <b>olive oil</b>
2 tablespoons <b>raisins</b>	freshly ground <b>black pepper</b>
1 tablespoon <b>capers</b>	
pinch of <b>cayenne pepper</b>	

Preheat an oven grill (broiler) or oven to 180° Celsius/350° Fahrenheit and line a baking tray with baking paper.

Place the whiting onto the baking tray and rub with the olive oil and lemon zest. Transfer into the oven for 4-5 minutes or until slightly crispy on top and cooked through.

Meanwhile, place the side ingredients in a bowl and combine well.

Serve the whiting the a side of raisin and caper salad.

# PAN-FRIED CHICKEN WITH GREEN BEANS & HONEY DRESSING BERRY & COCONUT SMOOTHIE

Serves 2

2 <b>chicken breasts</b> , sliced in half horizontally	2 <b>French shallots</b> , thinly sliced
2 tablespoons <b>olive oil</b>	2 tablespoons <b>honey</b>
Green Beans	2 tablespoons <b>olive oil</b>
1 large handful of <b>green beans</b> , top and tailed	1 tablespoon <b>apple cider vinegar</b>
1 large handful <b>Roman beans</b> , top and tailed	⅓ cup <b>toasted almonds</b> , roughly chopped
1 small handful <b>parsley</b> , roughly chopped	freshly ground <b>black pepper</b>

Place the green beans and Roman beans in a pot of boiling water and cook for 5-10 minutes or until slightly tender but with some crunch. Drain then run under cold water to cool.

Meanwhile, place the chicken breasts between two pieces of baking paper or cling film and bash with a pan or rolling pin until the chicken is 5-6mm thick. Heat a skillet over medium heat then add the olive oil followed by the chicken breasts. Cook for 2-3 minutes each side, or until cooked through.

Place the parsley, shallots, honey, olive oil and apple cider vinegar in a bowl and combine well. Add the beans and almonds and toss to coat then season with black pepper.

Thinly slice the chicken breasts then serve with a side of beans.



# SMOKED CHICKEN WITH ZUCCHINI & SPICED NUTS & SEEDS

DINNER WITH WINE

Serves 2

2 <b>smoked chicken breasts</b> , sliced	pinch of <b>ground cinnamon</b>
3 medium sized <b>zucchini</b> , sliced into rounds diagonally	pinch of <b>ground paprika</b>
2 tablespoons <b>grass-fed butter</b>	pinch of <b>ground cumin</b>
2 tablespoons <b>sunflower seeds</b>	pinch of <b>ground turmeric</b>
2 tablespoons <b>almond slivers</b>	freshly ground <b>salt and black pepper</b>
1 tablespoon <b>sesame seeds</b>	

Melt the butter in a skillet or frying pan on medium heat then add the zucchini, cook until slightly browned and tender but still with some crunch. Remove the zucchini from the skillet and keep warm in a bowl.

Return the skillet to the heat and turn down to low. Add the sunflower seeds, almonds, sesame seeds and spices and toss regularly until aromatic. Add to the zucchini and smoked chicken and toss to combine then season with salt and pepper. Serve.





# GET INTO HER GOOD BOOKS

Similar to breakfast in bed, you don't need to have done anything wrong to find a reason to get into the good books. Brownie points don't only count when you've done something wrong, they mean a whole lot more when you do them when she isn't holding something against you. Giving your lady something special every now and then is essential, and what could be easier than making her a delicious treat!

And of course, if you are in the bad books, these recipes will surely help bring you back out!



# MACADAMIA SHORTBREAD & CHOCOLATE TART

Makes 6-8 slices

GET INTO HER GOOD BOOKS

Shortbread	Chocolate Layer
1 cup <b>macadamia butter</b>	200g Paleo-friendly <b>dark chocolate</b>
1 cup <b>almond meal</b>	¼ cup <b>coconut cream</b>
⅔ cup <b>arrowroot flour</b>	1 teaspoon <b>natural vanilla essence</b>
3 tablespoons <b>honey</b>	⅔ cup <b>fresh raspberries</b>
⅔ cup <b>walnuts</b> , finely chopped	pinch of <b>ground sea salt</b>
½ teaspoon <b>ground cinnamon</b>	

Preheat a fan-forced oven to 160° Celsius/325° Fahrenheit and line a tart pan roughly 15cm in diameter with baking paper.

Place the macadamia butter, almond meal, arrowroot flour and honey in a bowl and combine well. Place the shortbread onto the tart pan and press down to cover the base of the pan then transfer into the oven for 8-10 minutes or until slightly golden. Place into the refrigerator to cool.

While the shortbread crust is cooling, place a pot on low-medium heat and melt the chocolate. Remove the pot from the heat and stir in the coconut cream, followed by the vanilla essence, raspberries and salt.

Pour the chocolate onto the shortbread base and use a spatula to create a flat surface. Cover, then return the tart pan to the refrigerator for 30-40 minutes or until the chocolate is firm to touch.

Remove from the tart pan and carefully cut into slices to serve.



# STRAWBERRY GRANITA WITH COCONUT MILK

GET INTO HER GOOD BOOKS

Serves 2

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2 cups **chopped strawberries**

---

1 tablespoon **honey**

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$\frac{2}{3}$  cup **coconut milk**

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2 teaspoons **natural vanilla essence**

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Place the strawberries and honey in a high speed blender and blend until a smooth consistency has formed. Pour the granita mixture into a freezer proof container and seal with a lid then place into the freezer for 2-3 hours or until set.

When ready to serve leave out at room temperature for 10-20 minutes (depending on the outdoor temperature) then use a fork to scrape the granita into ice flakes.

Combine the coconut milk and vanilla essence in a bowl then pour into two serving glasses. Scoop the strawberry granita on top of the coconut milk to serve.





# CHOCOLATE SOUFFLÉ

Serves 2

1 tablespoon **grass-fed butter**

80g **80-85% Paleo-friendly dark chocolate**

2 tablespoons **coconut milk**

¼ cup **xylitol or powdered stevia**

½ teaspoon **natural vanilla essence**

4 **eggs**, separated

Preheat a fan-forced oven to 180° Celsius/350° Fahrenheit.

Melt the butter and chocolate in a small pot on low-medium heat. Remove from the heat and allow to cool slightly then stir in the coconut milk, xylitol, vanilla essence and egg yolks.

Beat the egg whites in a large bowl to form stiff peaks. Slowly pour the chocolate mixture into the egg whites and fold (do not stir) to combine well while keeping the aeration within the egg whites.

Place the mixture into two individual ovenproof dishes in an oven tray filled with water reaching half way on the dishes. To help the soufflé rise evenly, run your finger around the edge of each dish.

Bake in the oven for 10-14 minutes then serve immediately.



# APPLE & PEAR CRUMBLE

Serves 2

3 **apples**, cored and chopped

2 **pears**, cored and chopped

1 tablespoon **ground cinnamon**

1-inch piece **fresh ginger**, sliced

½ **small lemon**, quartered

## Crumble

1 heaped tablespoon **grass-fed butter**

2 heaped tablespoons **sesame seed flour**

1 cup **Nut, Seed & Sultana Granola** (see recipe page 7)

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place the chopped apples, pears, cinnamon, ginger and lemon in a pot on low-medium heat. Add enough water to cover the base of the pot at least 1-inch deep then bring to simmering point and cover. Leave to cook for 60-90 minutes or until the apples and pears are very tender. Discard the ginger and lemon then place the apples and pears into a baking dish.

Meanwhile, melt the butter in a skillet on low-medium heat. Add the sesame seed flour and combine well with the butter. Spread the mixture over the base of the skillet and toss regularly for 5-8 minutes or until it has turned golden brown. Transfer into a bowl along with the granola and combine well, then place evenly on-top of the apples and pears. Serve.





# OVEN BAKED PEACHES WITH MACADAMIA AND BLUEBERRIES

GET INTO HER GOOD BOOKS

Serves 2

2 ripe **peaches**

½ cup **coconut kefir**

1 teaspoon **natural vanilla essence**

1 cup **fresh blueberries**

4 **macadamia nuts**, finely grated

2 teaspoons **maple syrup**

Score a cross into the bottom of each peach then place into a pot of simmering water for 20-30 seconds or until the skin begins to peel from the peach. Remove from the boiling water and gently run under cool water. Peel the skin from the peaches then slice in half, discarding the seed.

Combine the coconut kefir and vanilla essence in a bowl. Place the peach halves on a plate and scoop an even portion of coconut kefir into the hole where the seed once was.

Top with blueberries and grated macadamia nuts, then drizzle with maple syrup to serve.

# FRESH FIGS WITH GRAPES, MACADAMIA BUTTER AND BALSAMIC

Serves 2

4 ripe **figs**, torn into 3 pieces

12 seedless **grapes**, halved

2 teaspoons **coconut sugar**

2 tablespoons **macadamia butter**

2 tablespoons **balsamic vinegar**

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place the figs, grapes and coconut sugar in a bowl and gently toss to combine, then spread out onto a baking tray. Transfer into the oven for 3-4 minutes or until the figs and grapes are warm.

Place the fruit onto a plate then top with a dollop of macadamia butter. Drizzle with balsamic vinegar to serve.



# PEPPERMINT CHOCOLATE WITH FRESH MINT

GET INTO HER GOOD BOOKS

Serves 8-10

1 cup **cocoa butter**

1 cup **cocoa powder**

3 tablespoons **honey**

¼ teaspoon **peppermint extract / oil**

½ cup **mint leaves**, finely chopped

To Serve

dollop **coconut kefir or organic yoghurt** (optional)

Melt the cocoa butter in a small pot over low heat. Remove from the heat and allow to cool slightly then add the cocoa powder and honey then use a hand blender to combine well then stir in the peppermint extract and mint leaves and combine.

Pour the chocolate into a tray or chocolate mould then place into the refrigerator for 2-4 hours or until set.

Break into pieces and serve with a dollop of coconut kefir.





## **WHEN SHE'S UNWELL**

Isn't it lovely when you have man flu and your lady cares for you? Don't think the same isn't true when the roll is reversed and she has the flu or the common cold. Hand her a bowl of chicken soup or an immune boosting tea (before she has to ask) and the care you show towards her will speak more than 1000 words.



# HEARTY CHICKEN SOUP

WHEN SHE'S UNWELL

Serves 4

500g **chicken drumsticks**

3 litres **chicken or vegetable stock**

2 **carrots**, diced

2 **thyme sprigs**

2 **bay leaves**

½ **leek**, chopped

½ **bunch curly kale**, stems removed, roughly chopped

freshly ground **salt and pepper**

Place a large pot on medium heat and add the chicken, stock, carrots, thyme and bay leaves. Add additional water if needed for the chicken to be covered in liquid. Cover and simmer for 30 minutes then add the leek and kale. Cover and leave to simmer for a further 40-60 minutes. Turn the heat off the stove and allow the chicken to cool in the stock for a further 30 minutes. When the chicken is cool enough to touch, shred the meat from the bones and return to the soup. Discard of the skin and bones.

Serve.

# GINGER, APPLE CIDER & HONEY TEA

Serves 1

1 mug **boiling water**

2 slices **fresh ginger**

1 teaspoon **apple cider vinegar**

pinch of **cayenne peppercorns**

1-2 teaspoons **honey**

Place the boiling water and ginger in a small pot on medium heat and bring to simmering point. Leave covered for 3-4 minutes or until the ginger flavor has infused into the water. Remove the pot from the heat and remove the ginger.

Stir in the apple cider vinegar, cayenne pepper and honey.

Pour into a mug to serve.



# CHAMOMILE & HONEY TEA

WHEN SHE'S UNWELL

Serves 1

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1 mug **boiling water**

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1 teaspoon loose **chamomile** in a tea infuser or 1 **chamomile tea bag**

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1-2 teaspoons **honey**

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Pour the boiling water from a kettle into a serving mug and leave to cool for 30 seconds. Infuse the chamomile in the mug for 60 seconds then remove.

Stir in the honey to serve.

