



Easy Peasy Carrot Soup

Serves 4

Ingredients:

- 1 ½ pound carrots, washed, roughly chopped
- 1 yellow onion, peeled and roughly chopped
- 2 cloves of garlic, peeled and crushed
- Sea salt and freshly ground black pepper
- 3 cups low-sodium vegetable stock
- 1 can unsweetened lite coconut milk
- 2 tablespoons Thai-style chili sauce

How to Make:

1. Place the carrots, onion and garlic into a medium size saucepan, season with salt and pepper, then pour in the stock.
2. Place on the stove over a medium heat, bring to a boil then turn down to a simmer, cook for 15 minutes, stirring occasionally, until the vegetables are tender, and then carefully pour into a blender along with the coconut milk and chili sauce.
3. Blend until smooth, pour back into the pan and reheat, taste and season, if needed, serve.

Instant Lunch Time Noodle Soup

Serves 1

Ingredients:

- 1 clove of garlic, peeled, minced
- ½ inch fresh ginger, peeled and grated
- 4oz fresh noodles
- 1 cup baby spinach
- ¼ cup carrot, washed and peeled cut into strips or grated
- ¼ cup bok choy or Napa cabbage, washed and roughly chopped
- ½ cup cooked shredded chicken breast
- 1 tablespoon fish sauce
- 1 tablespoon low sodium soy sauce
- ½ lime, juice of
- 2 cups cold low sodium vegetable stock or chicken stock
- ½ soft boiled egg, shell removed
- Sprigs of cilantro
- 1x 16oz microwave proof container, with lid

How to Make:

Place all the ingredients in the order shown above into your clean and sanitized container, place on lid and store for up to one day in the fridge before using.

How to Make:

1. Remove the container from the fridge and allow to come to room temperature (10 minutes) either remove the lid from the container or open the vent on the lid of the container and place into the microwave.
2. Cook on full power for 2 minutes, use a spoon to stir the contents of the soup, then cook for a further 1 – 1 ½ minutes or until the soup is the right temperature for you to enjoy.
3. To serve either eat straight from the container or pour into a soup bowl, whichever way you decide enjoy.



Open Sandwich of Fresh crab with lime vinaigrette on toasted avocado bread

Serves 4

Ingredients:

- 1 lime, juice and zest of
- 1 tablespoon freshly chopped parsley
- 1 tablespoon freshly chopped cilantro
- 1lb fresh crab meat
- Sea salt
- Freshly ground black pepper
- 1 tablespoon Thai chili sauce or 1 minced Thai red chili pepper
- 1 ripe avocado, stone removed, flesh diced
- 4 slices of artisan whole wheat bread, toasted

How to Make:

1. Take a medium size bowl and whisk together the lime juice, zest and herbs.
2. Then add the crab meat, season to your liking with salt, pepper (if needed) and chili sauce then lightly combine everything together, add the diced avocado and stir once more to coat.
3. Pile even amounts of the crab mixture on the four slices of warm toasted bread, then serve and enjoy.