

OUR NATUROPATH'S CHRISTMAS RECIPES

*Peninsula Herbal Dispensary's
Naturopaths share their favourite
festive season recipes with you.*

Peninsula Herbal
DISPENSARY

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Naturopathic Clinic

A top-down view of a festive dinner table. The table is covered with a dark teal cloth and features several dishes: a roasted chicken garnished with green leaves, a large round cake with almond slices on top, and several plates of fresh green salads with tomatoes and cucumbers. There are also plates of pomegranate seeds and a bowl of fruit. The table is decorated with Christmas ornaments, including red, green, and gold baubles, and candy canes. Several hands are visible, reaching for food and holding glasses, suggesting a social gathering. The word "MEALS" is written in large, white, bold letters across the center of the image.

MEALS



Carla's Roast Lamb with Potatoes, Lemon & Olives

In ingredients:

½ cup oregano leaves
1 lemon, zested, juiced
3 garlic cloves
Salt and pepper
¼ cup (60mL) olive oil
1 tbsp red wine vinegar

2kg leg of lamb, bone in
6 small oregano sprigs, extra
1kg baby potatoes, scrubbed, halved
1 large lemon, extra, cut into 1cm rounds
¾ cup (115g) pitted Kalamata olives
Steamed green beans, to serve

In method:

Step 1

Preheat oven to 200°C. Place oregano, lemon zest, garlic and a pinch of salt in a mortar and pestle. Pound until a paste forms. Add the oil, lemon juice and red wine vinegar and stir to combine. Season with pepper.

Step 2

Make six 2cm-deep and 2cm-wide cuts in the lamb. Rub half the marinade over the lamb, massaging it into the cuts. Press an oregano sprig into each cut. Place lamb in a roasting pan.

Step 3

Toss the potato in a bowl with remaining marinade. Arrange the potato around the lamb and top with lemon slices. Roast for 1 hour and 20 minutes (medium), basting occasionally with pan juices. Transfer lamb to a plate. Cover with foil and set aside for 15 minutes to rest.

Step 4

Meanwhile, toss potatoes in pan juices. Add olives and return to the oven for 10 - 15 minutes or until tender and cooked through. Carve lamb and divide lamb and potatoes among serving plates. Serve with steamed green beans.



Amy's Dressed up Aussie Prawns Two Ways

As a pescatarian I would have to say one of my favourite dishes on Christmas Day is the delicious prawns served before the big sit-down lunch. They are served chilled or room temperature, are fresh and deliciously dressed in herbaceous & flavoursome ingredients. Here is my attempt at recreating perfection.

In ingredients:

1kg Australian wild caught king prawns – peeled, but with tails left on.

Large bowl with water and ice for ice bath

Coriander Chilli Prawns Dressing

1 bunch coriander (roughly torn)

½ small red chilli (mild, de-seeded & finely sliced)

Juice of 1 lime

2 tsp cold pressed sesame oil

1 tsp cold pressed toasted sesame oil

Salt & pepper to taste

Herb & Avo Prawns Dressing

¼ bunch chives or spring onions, use green end finely chopped

4 tbsp finely chopped parsley

1 avocado chopped in 1 cm cubes

Juice of 1 small lemon

1 clove of crushed garlic

1 tbs cold pressed olive oil

Salt & pepper to taste

In method:

- To cook prawns bring 2 litres of salted water to boil on stove, add juice of ½ lemon.
- Add prawns and cook for approximately 2 minutes or until pink and cooked through – use a timer as this goes very fast.
- Remove from boiling water immediately and add to ice bath – this stops the flesh from continuing to cook and retains tenderness.
- For the **coriander chilli prawns**, add 500g cooked, cooled drained prawns to a large bowl and add lime juice, sesame oils, chilli, coriander and salt and pepper. Gently toss through the prawns and serve immediately or keep chilled for a few hours prior to serving.
- For the **herb & avo prawns**, add 500g cooked, cooled, drained prawns to a large bowl, add lemon juice, olive oil, chives, parsley, garlic and avocado and gently toss. Serve immediately or keep chilled for a few hours prior to serving.



Laura's Rice & Feta Stuffed Pumpkin

In ingredients:

2kg butternut pumpkin,
halved lengthways
2 tbsp olive oil
½ cup (50g) walnuts
½ cup (100g) brown rice

1 small brown onion, finely chopped
2 garlic cloves, crushed
1 tsp finely chopped rosemary
Pinch of ground cinnamon

400g can lentils, rinsed, drained
100g feta, crumbled
30g baby spinach leaves, chopped
Tomato chutney, to serve

In method:

Step 1

Preheat oven to 190°C. Place the pumpkin halves, cut-side up, on a baking tray. Brush the cut side with 1 tbsp oil. Roast for 1¼ hours or until just tender. Set aside to cool.

Step 2

Meanwhile, arrange the walnuts on a baking tray and roast with the pumpkin for 3-5 mins or until toasted. Set aside to cool. Coarsely chop.

Step 3

While the pumpkin is cooking, cook the rice in a saucepan of boiling water for 30mins or until tender. Drain well.

Step 4

Heat the remaining 1 tbsp oil in a large frying pan over medium heat. Add the onion and cook, stirring, for 4mins or until softened. Add the garlic and cook, stirring, for 30secs or until aromatic. Stir in the rosemary and cinnamon.

Step 5

Place the rice, onion mixture, lentils, feta, baby spinach and walnut in a large bowl and stir to combine. Season.

Step 6

Use a spoon to remove pumpkin seeds and membrane and discard. Scoop out flesh, leaving a 2cm-thick shell. (Keep the flesh for another use.)

Step 7

Divide rice mixture among pumpkin shells and press down firmly. Carefully place the pumpkin shells together and tie with kitchen string to secure. Place on a baking tray and roast for 45mins or until heated through. Transfer to a serving platter. Cut into slices and serve with tomato chutney.

Vegan alternative – omit the feta, replace ½ cup cranberries.

A vibrant, fresh salad is presented on a silver, ornate platter. The salad consists of mixed green and purple leafy vegetables, topped with sliced salmon, fresh raspberries, halved cherry tomatoes, and sliced cucumbers. The platter is set on a rustic wooden surface. In the background, a small glass bowl of yellow dressing, a white paper napkin, and some fresh herbs are visible. A silver fork and a wooden-handled knife are also present on the right side of the frame.

SALADS



Cass's Nutty Green Quinoa Salad (Serves 4-6)

This salad can be either served as a side or as a main meal & topped with a healthy protein such as baked salmon fillet or free range roasted chicken.

It is also great for leftover lunches and used as a base for Buddha bowls with added roast veg, turkey breast, chickpeas or just about anything.

Festive tip: add cherry tomatoes, cranberries or beetroot for colour.

In ingredients:

1 cup quinoa	One zucchini, grated	¼ cup sunflower seeds, gently toasted
Half an avocado	Large handful of fresh mint & parsley, roughly chopped	¼ cup pumpkin seeds, gently toasted
Squeeze of lemon juice	One stalk of celery, finely chopped	¼ cup pine nuts, gently toasted
Handful of coriander	½ broccoli cut into florets & blanched	⅓ cup Persian feta
4 tablespoons extra virgin olive oil		Sea salt and freshly ground black pepper

In method:

Place the quinoa in a sieve and rinse well.

Add quinoa to a pot with 2 cups of cold water & bring to the boil, reduce to a simmer and cook for 15 to 20 minutes. Allow to cool.

In a hand held stick blender, blitz the avocado, lemon juice, coriander, olive oil and salt to make a green sauce.

Fold this through the cooked & cooled quinoa & add the zucchini, fresh herbs, broccoli and celery.

Crumble the feta over the salad followed by the toasted sunflower seeds, pumpkin seeds and pine nuts.

Top with additional freshly picked micro greens and fresh herbs, season with sea salt and freshly cracked black pepper.



Lisa's Super Salad

In ingredients:

4 tbsp extra-virgin olive oil
1 tbsp lime juice
1 tbsp apple cider vinegar
1 tsp grated fresh ginger
½ tsp ground sumac
4 large carrots, grated
½ grated beetroot (optional)

1 handful toasted almond, chopped
1 large handful chopped coriander
1 small handful chopped mint leaves
1 long red chilly, seeds removed (optional).
Pinch of sea salt
Freshly ground pepper to taste

In method:

In a large bowl, whisk together olive oil, lime juice, vinegar and ginger until well combined. Add the remaining ingredients. Toss and serve.



Sarah's Quinoa Tabouli (Serves 4 as a side)

In ingredients:

2 cups cooked quinoa	¼ Spanish onion, finely diced
½ bunch parsley, stems and leaves chopped	2 tsp lemon zest
½ bunch mint, leaves chopped and stems discarded	2 tbsp extra virgin olive oil
1 punnet cherry tomatoes, quartered	1 tbsp white wine vinegar
1 small cucumber, diced	Sea salt
	Black pepper

In method:

Place all of the ingredients in a large mixing bowl and toss to combine.
Season with sea salt and black pepper.



Kim's Rocket, Pear & Goat Cheese Salad

The adage “you eat with your eyes first” is never more poignant than at Christmas time where a salad is trying to hold its own up against the Christmas decadence of roast meats, and pavlova.

This salad gets points for appeal, taste and ease. A simple yet impressive dish you can throw together to be a centerpiece for your Christmas table.

In ingredients:

120g rocket	40g walnuts, toasted	1 pomegranate
500g pre-prepared beetroot	150g Goats cheese	1 pear

Dressing:

1 tbsp olive oil	2 tbsp balsamic	2 tsp honey
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Preparation:

Chop the prepared beetroot into small 2cm pieces, toss with olive oil, salt and pepper. Gently pan roast the walnuts to deepen their flavour and texture. Thinly cut the pears.

Presentation:

- Lay rocket on a platter
- Smash the pomegranate over the top so seeds spread onto platter and rocket bed.
- Spoon on beetroot into a pile in the centre
- Arrange pears around the border of beetroot
- Gently crush walnuts over the top, with crumbled goats cheese.
- Add dressing ingredients into a jar, give a good shake and add when serving.

Hint:

Coles and Woolworths sell prepacked, cooked beetroot in their fresh produce section.



SWEET TREATS



Joy's Christmas Cake

Courtesy of Naturopath Carla's mum Joy, we wanted to share this delicious Paleo Coconut & Citrus Christmas Cake.

In ingredients:

150g grass fed butter, ghee or coconut oil

$\frac{3}{4}$ cup (or less) honey, maple syrup or sugar

1 tsp vanilla extract

5 eggs

1 lemon, zest and juice

1 orange, zest and juice

$\frac{3}{4}$ cup coconut meal

500g organic sulphur free mixed fruit

80g pistachios

In method:

- Preheat oven 150°C. Double line a 20cm round tin with baking paper.
- Mix butter and sugar or the alternative you have chosen until light and fluffy. Add vanilla extract and eggs one at a time beating well after each addition.
- Stir in zests, juices, coconut meal, mixed fruit and pistachios.
- Bake for 1hr 20mins or until a skewer inserted comes out clean.

We hope you can give it a go and share it with your loved ones.

Enjoy and be merry!



Kimberley's Chocolate Raspberry Christmas Bliss Balls

In ingredients:

2 cups desiccated coconut

½ cup cashews

3 tablespoons of cacao or cocoa powder

12 medjool dates, seeds removed

½ tsp vanilla extract

1 cup frozen raspberries

Matcha powder and freeze dried
strawberry powder for coating

In method:

- Place all ingredients except for the raspberries into your food processor on high speed until the mixture resembles a fine crumb. Add the raspberries and blend until the mixture is well combined.
- Roll into small balls and coat half of them in matcha powder and half in freeze dried strawberry powder.
- Place in the fridge or freezer to store until ready to eat.



Cass's Honey Chocolate & Cherry Parfait

In ingredients:

80g almonds	500g greek-style yoghurt (unsweetened)	100g fresh raspberries
1 vanilla bean	100g dark chocolate (70%+ cocoa), chopped	100g cherries, halved, pitted
400g grams ricotta		2 tablespoons of honey, extra
½ cup local honey		

In method:

- Preheat oven to 180°C
- Line the base of a 13cm x 24cm loaf pan with baking paper, extending the paper over two long sides.
- Spread almonds in a single layer on an oven tray & toast for 10 minutes or until skins begin to split. Cool & chop coarsely.
- Meanwhile, split vanilla bean lengthways; scrape seeds into a food processor. Add ricotta and honey; process until smooth. Transfer mixture to a large bowl.
- Fold in chopped nuts, yoghurt, chocolate, raspberries and cherries.
- Spoon mixture into pan; smooth top. Cover with foil. Freeze for 8 hours or overnight until firm.
- Wipe base and sides of pan with a warm cloth to loosen from the sides before turning onto a chopping board & cutting into slices.
- Garnish with a little extra honey drizzled over the top, fresh raspberries & mint.



Kimberley's Gluten Free, Dairy Free, Vegan Doughnuts

Ingredients:

Makes 12

400g tin chickpeas, chilled
100g linseed (flax seed) meal
200g ground almonds
80g arrowroot or tapioca flour
50g coconut flower

1½ tsp baking powder
½ tsp baking soda
250mL almond milk
60mL coconut oil
1 tsp vanilla extract or
½ tsp vanilla powder

Toppings:

150g raw, dark or caramel milk
chocolate, melted and cooled
Bee pollen, coconut 'bacon' activated
buckwheat, coconut flakes or cacao nibs
for sprinkling

Method:

- Preheat oven to 180°C
- Drain the chickpeas well, reserving the liquid. Place the liquid in the bowl of an electric mixer. Using the whisk attachment, whisk it on high speed until it's very thick and fluffy, like meringue. Set aside.
- Stir the linseed meal and 60mL water together in a bowl.
- Place the ground almonds, arrowroot flour, coconut flower, coconut sugar, baking powder and baking soda in a mixing bowl
- Add the almond milk, coconut oil, vanilla and linseed meal mixture and stir until combined.
- Gently fold in the whisked chickpea liquid using a large metal spoon, taking care not to deflate it too much as this will affect the lightness of your doughnuts.
- Distribute the mixture evenly among 12 non-stick standard doughnut-shaped moulds. Bake for 20-25 minutes, or until cooked through and golden.
- Remove from the oven and allow to cool completely.
- Once completely cooled, dip one side of each doughnut into melted chocolate, letting any excess drain off, then sprinkle with your preferred toppings.
- Enjoy immediately, or store in an airtight container in the fridge. Doughnuts will keep in the fridge for a couple of days.



*Wishing you a
Merry Christmas*

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