

FREE NEW ZEALAND NATURAL SMOOTHIE OFFER FOR EVERY READER

# Slimming & Health

## THE NO HUNGER DIET

- ✓ SHED 2KG IN 7 DAYS
- ✓ 21 HEALTHY RECIPES
- ✓ 16-PAGE PULL-OUT

### LOSE YOUR BABY BELLY

The expert guide

**7** secrets  
to a good  
night's sleep

### REAL-LIFE

'I lost 90kg after  
lap-band surgery'

THE NEW DIET COMMANDMENTS:

# Thou shalt eat carbs!

**Michelle &  
Shannan**

How **YOU**  
can shed kilos  
the **Biggest  
Loser** way

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## Clever jeans that banish the bulge

## Lose weight in your lounge room

Gym-free workouts  
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MARCH 2008  
\$5.95 NZ \$6.20 (inc GST)

# Health & Vitality

Golden Door Health Retreats are renowned for their luxurious approach to health and nutrition and now their enticing recipe book, *Purely Golden Door: Essential Recipes For Health And Vitality*, means you can try some of their favourite dishes in your own home



## Smoked salmon lasagne with vine-ripened tomato salad

Serves 6

Prep time 15 mins

Cook time 45 mins

### White sauce:

500g leeks, white part only, chopped

50g cashew nuts

400ml low-fat soy milk

1 ½ tsp cornflour

### Filling:

200g baby button mushrooms, sliced

2 Tbsp balsamic vinegar

2 Tbsp chopped fresh basil

150g (6 sheets) fresh egg lasagne

150g baby spinach

150g asparagus spears, chopped, tips reserved for salad

100g smoked salmon

25g anchovy fillets, soaked in milk then finely diced

50g low-fat feta cheese, crumbled

### Tomato salad:

250g small vine-ripened tomatoes, halved

1 Tbsp chopped fresh lemon thyme

1 Tbsp balsamic vinegar



**1** Preheat the oven to 185°C. To make the white sauce, sauté the leeks and cashew nuts in a little water until soft. Transfer to a blender and add the milk. Blend until smooth and return to pan.

**2** Mix the cornflour with 2 Tbsp of water until smooth, then add the sauce. Bring back to the boil. If the sauce seems too thick, add more milk. If too thin, add more cornflour. Season with salt and pepper.

**3** Put the mushrooms and balsamic vinegar in a frying pan and cook over a high heat, stirring occasionally, for 5 minutes. Remove from the heat and stir in basil.

**4** Spread a third of the white sauce over the base of a 3L casserole dish. Add a layer of lasagne sheets, then half the spinach and the mushrooms. Top with another layer of lasagne, another third of the white sauce, asparagus, salmon, anchovies, spinach, then a final layer of pasta and sauce. Sprinkle feta over the top. Cover and bake for 20 mins, then uncover and grill 5–8 minutes to brown.

**5** To make the salad, put the tomatoes and herbs on a paper-lined baking tray and sprinkle with the balsamic vinegar. Bake at 200°C for 10 minutes, then mix with the asparagus tips and serve with the lasagne.

### Per Serve

1,493kJ

(365cal)

11g fat

(3g sat)

36g carbs

26g protein

## Chicken with mushroom quinoa

Serves 4

Prep time 15 mins

Cook time 45 mins

100g quinoa  
 4 x 125g chicken breasts, skin removed  
 ½ tsp salt and smoked paprika mix  
 ¼ tsp mustard seed oil  
 1 tsp mustard seeds  
 ⅓ small onion, chopped  
 45g chopped mixed mushrooms  
 125ml chicken stock  
 Juice of 4 apples (about 375ml)  
 2 tsp balsamic vinegar  
 2 vine-ripened tomatoes, diced  
 2 tsp chopped fresh parsley  
 Zest and juice of 1 lemon

**1** Wash quinoa in cold water and drain. Put in 250ml of water. Bring to the boil and reduce the heat, cover and simmer for 10-12 minutes until water has been absorbed.

**2** Preheat the oven to 180°C. Sprinkle the chicken with paprika. Heat a non-stick frying pan and add chicken. Cook for 2 minutes to sear, then sear other side. Transfer to

a paper-lined baking tray and bake for 12 minutes.

**3** Put the mustard seed oil in a saucepan over low heat. Add mustard seeds. Add the onion and fry for 5 minutes, until lightly golden. Add the mushrooms and stock and cook until stock has reduced by half. Add the apple juice and cook for 15 mins until reduced by half. Add the vinegar, season with salt and pepper to taste and stir in the quinoa.

**4** Toss together the tomatoes, parsley, lemon zest and juice to make a salad. Serve the quinoa topped with the sliced chicken and the tomato salad.

## Almond and fig torte with tropical coulis

Serves 14

Prep time 20 mins

Freeze time 5 hours

175g dried apricots  
 175g dried dates  
 85g shelled whole almonds  
 160g dried figs  
 1 tsp orange zest  
 3 Tbsp carob powder  
 2 tsp orange juice  
 225g frozen blueberries or raspberries  
 2 litres low-fat sorbet or ice cream, slightly softened

**1** Put the apricots, dates, almonds and figs in a food processor in batches and process into rough crumbs. Add the orange zest, juice and carob and blend for another minute.

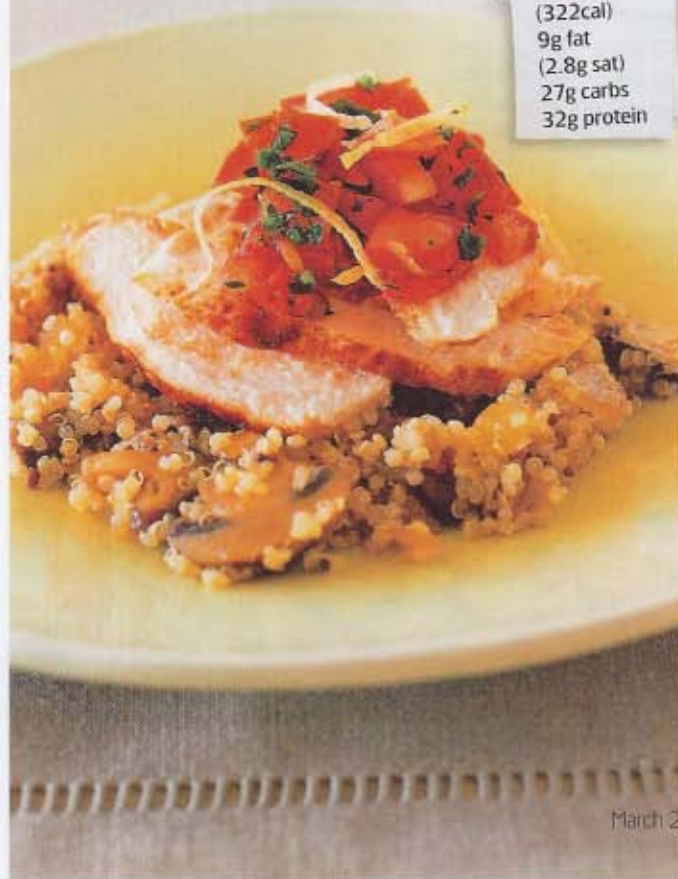
**2** Spread the mixture onto a large sheet of baking paper and cover with another sheet of baking paper. With a rolling pin, roll the mixture to a thickness of 2mm. Remove the top sheet of paper and cut two discs to fit a 26cm springform pan.

**3** Line the base of the tin with baking paper. This dessert is made upside down in the tin. Put the frozen berries in the tin, then spoon half the sorbet or ice-cream over the top. Put one of the dried fruit discs over the top and freeze for an hour to firm the sorbet.

**4** Spoon the rest of the sorbet over the top, then place the other dried fruit disc on top and freeze for 4 hours. Turn out of the tin onto a plate. If desired serve with mango coulis (1 mango mixed in a blender with 125ml orange juice).

Per Serve  
 906kJ  
 (216cal)  
 6g fat  
 (3g sat)  
 35g carbs  
 6g protein

Per Serve  
 1,347kJ  
 (322cal)  
 9g fat  
 (2.8g sat)  
 27g carbs  
 32g protein



## Feta, sweet potato and eggplant frittata

Serves 4

Prep time 25 mins

Cook time 40 mins

100g eggplant  
200g sweet potato, peeled  
½ tsp olive oil  
¼ onion, chopped  
1 clove garlic, chopped  
¼ capsicum, diced  
5 free-range eggs  
185ml skim milk  
110g low-fat hummus  
125ml low-fat yoghurt  
80g low-fat feta, crumbled  
Freshly ground black pepper  
½ tsp celery salt  
40g baby spinach  
80g zucchini slices

- 1 Preheat the oven to 170°C.
- 2 Slice the eggplant and sweet potato and arrange on a paper-lined baking tray. Bake for 30 mins until softened and then cut into small cubes.
- 3 Heat the oil in a frying pan and fry the onion, garlic and capsicum until softened.
- 4 Beat together the eggs, milk, hummus, yoghurt, feta, pepper and celery salt. Lightly oil four 250ml quiche dishes and divide all the cooked vegetables, the spinach and zucchini among them. Pour the egg mixture over the top and bake for 35–40 minutes.



### Per Serve

1,645kJ  
(393cal)  
8g fat  
(3g sat)  
47g carbs  
31g protein



### Per Serve

1,046kJ  
(250cal)  
11g fat  
(4.2g sat)  
16g carbs  
21g protein

## Beef tenderloin with pumpkin relish and corn jus

Serves 4

Prep time 20 mins

Cook time 30 mins

### Pumpkin relish:

½ tsp fennel seeds  
½ tsp onion seeds (nigella)  
½ tsp yellow mustard seeds  
½ tsp fenugreek seeds  
350g pumpkin, peeled, seeded and diced  
1 small onion, finely chopped  
2 Tbsp white wine vinegar  
1 tsp sweet chilli sauce  
20g green peppercorns, rinsed and lightly crushed  
Kernels cut from 2 corn cobs  
250ml chicken stock  
4 x 125g beef tenderloin fillets  
1 tsp mustard seed oil  
½ tsp smoked paprika

185g cooked brown rice

185g cooked white rice

4 Tbsp cooked black rice

- 1 To make relish, put the seeds in a non-stick frying pan and dry-fry until aromatic. Remove from pan. Add a splash of water to the pan and fry the pumpkin gently for 3–4 minutes. Add the onion, seeds, vinegar and sugar and cook, stirring occasionally for five minutes. Add chilli sauce and peppercorns. Cook for two minutes, season with salt and set aside.
- 2 To roast corn, preheat the oven to 200°C. Spread the kernels on a paper-lined baking tray. Roast for 20 minutes or until dried out a little. Put in a food processor with the chicken stock and purée until smooth.
- 3 To cook beef, pat dry with a paper towel. Brush with the oil, sprinkle with paprika and pan-fry the steaks in a hot non-stick frying pan for 2–3 minutes on each side or until cooked to your taste.
- 4 Mix together the three different rices and arrange on the serving plates. Serve the steak on the rice with a spoonful of relish and a little corn jus drizzled around.

**Chef's Tip:** You'll need to cook about ⅓ cup of brown rice or white rice to produce 1 cup of cooked rice.

