



KATIE LOWNDES

— WELLNESS —



RECIPE BOOK

My quick, easy, loved recipes and tips
for everyday wellness

BREKKIE

GRANOLA

'I love batch making this recipe and it's a free for all - by that I mean add and amend quantity of ingredients to your wishes!'

Ingredients

Organic rolled oats 500g
Sunflower seeds 1/4 cup
Linseeds 1/4 cup
Chia seeds 1/4 cup
Sultanas 3/4 cup
Maple Syrup 250 ml
Almond flakes or whole almonds
crushed 1/4 cup

I love to top my berries and yoghurt with this Granola but you can always serve with some milk as a cereal or you can always make some chocolate balls by stirring in some melted chocolate and placing a table spoon of mixture in to cupcake papers and refrigerating.



Method

I empty a 500g bag of oats into a deep baking tray and then sprinkle over about a 1/4 cup of each of the seeds. I then pour over about 250ml of maple syrup and mix. I don't like to add much because I want this recipe to be healthy and not full of sugar but you can always add more if you want clumpy lumps of granola. Mine is more of a baked muesli but just as tasty.

The key is to mix everything and keep checking and turning the oats every 15 minutes so there is an even colour throughout the mix. Bake at 180 degrees. It takes about an hour, add the flaked almonds and sultanas for the last 15 minutes only as you don't want them to burn.

BREKKIE

SCRAMBLED EGGS

'I just love eggs. I could seriously eat them everyday..... the key to a great dish is to start with amazing organic scrambled eggs and then you can make them with a twist!'

Ingredients*

1/2 tsp coconut oil (coconut oil is the best oil to cook with as it is not carcinogenic when fried)

1 tsp butter

2 eggs

Salt and pepper

* All ingredients are for one so amend to suit quantity needed

I love to top my berries and yoghurt with this Granola but you can always serve with some milk as a cereal or you can always make some chocolate balls by stirring in some melted chocolate and placing a table spoon of mixture in to cupcake papers and refrigerating.



Method

The key to great scrambled eggs is the following:

1. Do not add milk
2. The pan must be (non-stick) hot but turned right down just as you add the eggs
3. Make sure you have scrambled the cracked eggs in a bowl/jug thoroughly before adding to the pan so that there are no white or yellow clumps
4. The (optional) butter should be in the pan melted for flavour to run through eggs
5. Slowly stir and fold
6. Light seasoning
7. Have a loose feel rather than dry and too scrambled!

My fav potential additions:

1. Topped with some microgreens and fine shavings of parmesan
2. Add a tsp of sweet chill sauce and some freshly chopped coriander
3. Finely sliced spring onion

BREKKIE

OPEN TOASTS

'I try not to eat too much bread if I'm honest but when I do I go for an open toast and always get a freshly baked organic bread full of seeds and grains.'



Pea and Feta

1. ½ cup frozen peas – add to boiling water for a few minutes. Make sure you don't over boil so they become shrivelled
2. 15g feta chopped
3. 3 leaves of fresh mint finely chopped

Take the cooked peas and gently crush with a fork in a bowl. Add feta and mint and mix. Season with pepper – feta is salty enough. Can always add some fresh or dry chili flakes too

A variation is to swap out the peas for fresh avocado to make an avocado smash. With this one I tend to crush the feta in to the avocado too.

Top your toast and enjoy!

Tomato and Basil

1. Small handful of fresh cherry tomatoes sliced
2. 4 basil leaves finely sliced
3. 1/8 of a shallot or red onion.
Only need a very small amount

Simply mix the ingredients together and top your toast. You can also drizzle with some garlic oil if you have any in your pantry.

'Sometimes I simply do fresh tomatoes if I'm in a rush!! They are so delicious even by themselves...'

SIDES, SALADS & LUNCHESES

MANGO SALSA

'The beauty of these quick recipes is that you can eat them by themselves at lunch or as an accompaniment to something else. They are great to make as a batch and store.'



Method and Ingredients

- 1 ripe mango chopped into cubes
- Mixed cherry toms chopped into quarters
- Small bunch of coriander chopped
- ¼ red onion finely sliced
- Tabasco – few drops
- ½ lime squeezed

Take all ingredients and mix!! Simple. Serve with fish or meat or you can even add some cous cous or quino and maybe griddle some halloumi for a light lunch or dinner. Seen in the picture with some fresh fish, tzatziki and broccoli.



SIDES, SALADS & LUNCHESES

GREEK SALAD

'An authentic Greek salad doesn't always contain lettuce, but I like to add some to mine. The picture to the right is a traditional Greek salad that I ate in Santorini'



Method and Ingredients

- 1 small head cos lettuce finely chopped
- Handful of pipped black olives sliced
- ½ red onion finely sliced
- 1 tsp dry oregano
- ½ lemon squeezed
- 1 small cucumber chopped into cubes
- 3 Tomatoes cubed or small box of cherry toms halved
- Green pepper (capsicum) chopped into 1-inch squares
- 1tbsp of Extra virgin olive oil
- 50 g Feta sprinkled over the top

'Another simple dish where you simply mix all of the ingredients together. Again, you can serve with couscous, quinoa or brown rice. I like to serve with lamb cutlets and one of my herb oils which I will be showing you how to make later in the book. I also sometimes use green olives or red pepper depending on what is available.'

SIDES, SALADS & LUNCHESES

NICOISE



Method and Ingredients

½ tin tuna in chili oil

8 Green beans, tipped and chopped
in to 1.5 inch pieces

1 tomato

2 inchs of cucumber cubed

5 Cos lettuce leaves sliced

1 egg boiled for 3 1/2 minutes, cooled and
peeled

6 black olives halved

Caesar dressing 1tbsp (there are some great
preservative, colour and additive free organic
options available these days)

I mix all of the salad ingredients together with
the Caesar dressing and then top with the egg
and tuna to finish.

SIDES, SALADS & LUNCHESES

VEGGIE MIX

'This so easy, healthy and quick.
I have as a lunch or accompaniment'



Method and Ingredients

- 1 large handful of spinach
- 8 Mushrooms quartered
- Half red capsicum sliced
- ¼ red onion sliced
- 1tsp coconut oil
- Salt and pepper

I cook up the veg in the coconut oil starting with the mushrooms, wait until they start to release their moisture and then add the peppers and onion and finish with spinach. You want to do the spinach last minute as it takes no time at all. You just want it slightly wilted.

I drizzle the finished veg with chili oil and top with microgreens, feta and an egg (simply boiled for 3.5 mins so its loose but not too runny) but these are all optional. An additional option is some tofu and of course amending the veg mix depending on what you may have purchased at the market.

*Images taken by Katie at South Melbourne Market and Borough Market in London

SIDES, SALADS & LUNCHESES

ZUCCHINI SALAD



Method and Ingredients

I have to credit Jaime Oliver with this recipe but it is so good and easy!

1 zucchini grated

1 x red chill finely chopped

½ lemon squeezed

5 leaves of mint finely chopped

2 TBSP Honey

ROASTED CARROTS



Method and Ingredients

Baby carrots

1 tbsp honey

1 tsp fresh or dry thyme

Peel carrots and lay in tray. Drizzle with oil honey and thyme and bake for 20-30 mins at 180°

DINNER

BAKED FISH/CHICKEN

'I have been making this for about 15 years now and still love the taste, speed and easiness of it!'



Asian Fish Ingredients

Fillet fish – can be basa, salmon, red snapper – whatever you can get your hands on

Small bunch of coriander

1/2 red chilli – finely sliced

1/2 garlic clove grated or chopped/crushed

1/2 inch ginger grated or finely chopped

50ml White wine or stock

Veg – whatever you choose. Onion, carrot, green beans mushrooms as an example.

A nice portion to fill your plate 1/2 full.

Suggestions

– Chicken, thyme, wine, mushrooms and garlic

– Wine, butter, lemon, capers, parsley and fish

Method

Place fish in a piece of foil that can be folded over to create a little bag. You can also use baking paper or could also do in a casserole dish. Place all the ingredients (except liquid) on top of the fish. Close the foil bag by folding into the centre, curling up the sides and finally finishing with the top. Pour in liquid once the bag is just about closed.

Make sure you leave enough room for steam to circulate and also make sure opening is at the top so you can peek in.

Bake in oven for 20 minutes. If using a meatier fish or breast of chicken you may need a little longer, you can always take a peak and also cut in to the flesh a tiny bit to check its cooked through.

This is the healthiest speediest dinner! You can serve with rice, cous cous, quinoa or potatoes if you wish.

DINNER

VEG PAD THAI

Serves 2



Sauce

- 1 1/2 tbsp tamarind puree
- 3 tbsp (packed) brown sugar
- 2 tbsp fish sauce
- 1 1/2 tbsp oyster sauce

Stir Fry: You can vary veg as you like

- 2 - 3 tbsp coconut oil
- 1/2 onion , sliced (brown, yellow)
- 2 garlic cloves , finely chopped
- 2 eggs , lightly whisked
- 1 1/2 cups of beansprouts
- Sliced small red pepper
- 1 x sliced small zucchini
- 10 x mushrooms
- 1/4 cup finely chopped peanuts

For serving

- Lime wedges (essential)
- Ground chilli or cayenne pepper(optional)
- More beansprouts

Method

1. Cook noodles to packet instructions – they vary
2. Mix Sauce in small bowl.
3. Heat 2 tbsp oil in a large non stick pan (or well seasoned skillet) over high heat. Add mushrooms until they start to release moisture and then add pepper, zucchini, garlic and onion, cook for 30 seconds.
4. Push to one side of the pan, pour egg in on the other side. Scramble using the wooden spoon (add touch of extra oil if pan is too dry).
5. Add bean sprouts, noodles then Sauce.
6. Toss gently for about 1 1/2 minutes until Sauce is absorbed by the noodles.
7. Add peanuts reserving a little for topping. Toss through quickly then remove from heat.

Serve immediately, sprinkled with remaining peanuts and lime wedges on the side, with a sprinkle of chilli and a handful of extra beansprouts on the side if desired (this is the Thai way!). Squeeze over lime juice to taste before eating.

DINNER

CURRIED LENTILS

'I served on rice and added Chilli into the mix. You can also serve with Sweet Potato Mash. To add some excitement to the mash stir in some freshly chopped Coriander and Sweet Chilli Sauce.'

Serves 2

Ingredients

- 1 x Tin lentils
- 1 X Bunch tender stem broccoli
- 1 x Bunch Asparagus
- 1 x Red Pepper (Capsicum) diced
- 1 x Small bunch Fresh Parsley chopped
- 1 X Courgette (Zucchini) diced
- 1 x Carrot diced
- 1 x Red onion diced
- 1x Cup Mushrooms diced
- 2 x Clove Garlic diced
- 1 x Tablespoon of White Wine Vinegar (or use a good splash of white wine if you have it)
- 1 x Tablespoon Curry Powder
- 2 x Tablespoons of Sultanas
- Feta
- 1/3 Cup Creme Fraiche (OPTIONAL)
- 1 x Tablespoon Olive Oil



Method

1. Make sure everything is diced and easy to access. You can start steaming or gently boil the Broccoli and Asparagus for a few mins.
2. Start by cooking off the mushrooms and onion with the oil in a large fry pan.
3. After about 2 minutes add the other diced veg and garlic. You don't want it to be too soft as its nice to have some texture. Cook for about two mins.
4. Add the curry powder and White Wine Vinegar (maybe a little splash of water too. You want there to be a little bit of liquid so that you have a nice sauce. But not runny!)
5. Stir and add the lentils
6. Stir through the optional Creme Fraiche and Sultanas
7. Once heated through and simmering serve with chopped Parsley on top and Crumbled Feta. Broccoli & Asparagus on the side.

DINNER

SARDINE PASTA

'I served on rice and added Chilli into the mix. You can also serve with Sweet Potato Mash. To add some excitement to the mash stir in some freshly chopped Coriander and Sweet Chilli Sauce.'



Ingredients

- 1/2 x Tin sardines in oil
- 1 x Garlic cloves Crushed
- 1/2 x red chilli
- 1/2 handfuls of cherry toms sliced
- 1/2 x small bunch of parsley chopped
- 1/8 cup toasted breadcrumbs. (I like to keep a box of toasted salt and pepper breadcrumbs in the pantry as it's a great quick way to add texture and flavour)

Method

1. Start by boiling a pan of salted water and get the pasta cooking (cook according to instructions, time depends on pasta type)
2. Take a large fry pan and drain the tin of sardine oil in to the pan - oil only at this stage
3. Add in the garlic and gently fry without burning for a minute
4. Add in the chilli and sardines and crush the sardines with the back of a fork
5. Add in tomatoes and turn down and simmer - you can add a ladle of water from the spaghetti pan to sauce it up a little
6. You can turn off when tomatoes are a little soft and wait for the pasta to finish
7. Drain pasta and quickly add to large pan of sauce and toss through
8. Serve and add breadcrumbs and chopped parsley on top to finish. Feel free to grate a little parmesan too.

HANDY SAUCES



Tzatsiki

- 1 cup yoghurt
- 1 small cucumber grated and juice squeezed out (drink the juice – don't waste)
- 1 garlic clove crushed
- ½ lemon squeezed
- Salt and pepper

Salsa verde

- Parsley
- Capers
- 1 garlic clove
- 1 cup extra virgin cold pressed olive oil
- ½ lemon squeezed



CC Yoghurt

- 1 cup yoghurt
- 1 tbsp sweet chilli sauce
- ½ small bunch coriander finely chopped

Chimichurri

- Small bunch basil, mint and parsley
- 1 red chili
- 1 garlic clove
- 1 cup cold pressed extra virgin olive oil
- ½ lemon squeezed

Basic salad dressing

- 1/3 Balsamic vinegar
- 2/3 olive oil
- Salt and pepper
- In jar mixed and kept in cupboard.
- Shake before pouring.