

30-DOP Dinner

Butternut Squash Lasagna

Serves 6-8 at quantities given

Steps:

1. Preheat the oven to 180 degrees, gas mark 4.
2. Heat the olive oil in a large saucepan and over a medium heat, add the garlic, onions, carrots and stir. Cook for 5 minutes or until to onion starts to soften.
3. Add the mushrooms and beef mince and break up the mince as it cooks. Once browned, add the oregano, thyme, smoked paprika, salt and pepper, stir through and cook for a few minutes. Add the chopped tomatoes and bring to a simmer. Cook for about 30 minutes.
4. Beat the eggs in a bowl and mix with the cheddar cheese.
5. Layer the sliced squash in the base of a baking dish, overlapping the slices a little. Top with a layer of the meat mixture, then cover with half of the egg mix. Top with another layer of squash slices then the rest of the meat, followed by the remaining egg mixture. Give the dish a shake so that the egg runs through all the gaps.
6. Place in the oven and cook for 50-55 minutes or until the squash is cooked through.

- 2 tbsp olive oil
- 3 cloves of garlic, peeled and finely chopped
- 2 onions finely chopped
- 2 carrots sliced, then quartered
- 250g mushrooms, sliced
- 600g beef mince
- 2 tsp oregano
- 2 tsp thyme
- 2 tsp smoked paprika
- Celtic Sea of Himalayan pink salt and freshly ground black pepper
- 2 x 400g tins chopped tomatoes
- 1 medium sliced butternut squash, peeled and sliced around ½ cm thick
- 6 eggs
- 100g cheddar cheese, grated

Thigh Thai Green Curry

Serves: 6 at quantities given

Steps:

1. place all the paste ingredients into a food processor and blend into a paste.
2. Heat the coconut oil in a large pan or saucepan. Add the garlic and allow to cook for around one minute, be careful not to burn.
3. Add the chicken strips and mushrooms and pan fry until golden. Add the curry paste mixture and stir through.
4. Add the coconut milk and fresh basil and stir again.
5. Bring to a boil, then reduce the heat to a simmer and cook for 8 minutes. Stir occasionally.
6. Remove from the heat and stir the spinach through. Allow to wilt down and serve immediately.

For the paste:

- 3 lemongrass stalks, outer layer removed and finely sliced.
- 6 medium hot green chilies, deseeded and finely chopped
- 2 cloves garlic, peeled and grated
- 2 shallots, peeled and finely chopped
- 1 large handful fresh coriander, roughly chopped
- 1 tbsp coriander seeds, crushed
- 1 tsp cumin powder
- zest of 2 limes
- juice of 1 lime
- 1 tbsp fish sauce
- 3 tbsp olive oil
- freshly ground pepper to taste

For the sauce:

- 1 tbsp coconut oil
- 1 clove garlic, peeled and finely chopped
- 250g chestnut mushrooms
- 1kg chicken thigh, deboned and cut into strips
- 400ml coconut milk
- 1 small handful fresh basil, roughly chopped
- 1 large handful spinach

To serve:

- Steamed greens and sticky rice

Smokey Pork Meatballs

Serves: 6 at quantities give.

Steps:

1. Preheat the oven to 180 degrees, gas mark 4
2. Mix all the meatball ingredients together in a large bowl thoroughly using your hands and shape into meatballs around the size of a golf ball.
3. For the sauce, use a large baking dish (or two smaller ones) and place all the sauce ingredients in the baking dish. Mix well.
4. Add your meatballs to the sauce but don't cover the tops of the meatballs with the sauce.
5. Place in the oven to cook for 30 minutes or until cooked through.
6. Top with some fresh basil and enjoy with some sweet potato chips.

For the meatballs:

- 1kg pork mince
- 3 tsp smoked paprika
- 1tsp cayenne chili powder
- 2-3 tbsp tomato puree
- 1 onion, peeled and finely chopped
- 2 large carrots, grated

FIND YOUR PRIMAL SELF

- Celtic Sea of Himalayan pink salt and freshly ground black pepper

For the sauce:

- 2 x 700g jars passata
- 200g mushrooms, halved and sliced
- 180g cherry tomatoes, quartered
- 2 heaped tsp dried oregano
- Celtic Sea of Himalayan pink salt and freshly ground black pepper

To serve:

- Fresh basil
- Sweet potato chips