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Garlic Crackers

Serves 4-6

1 cup almond meal

1 large garlic clove, finely

chopped

1 tbsp. olive oil

1 large egg white

½ tsp. salt

½ tsp. paprika

Instructions

Preheat oven to 350 degrees F.

Place all ingredients in a bowl and mix well.

Place the mixture on a sheet of baking paper with an additional sheet of baking paper over the top. Using a rolling pin or other cylindrical object, roll mixture out to about 1/8 of an inch thick.

With the baking paper still on top, cut pastry into individual, desired shaped pieces with a knife or a pizza cutter.

Carefully remove baking paper from the top of pastry. Place individual pastries about ½ inch apart on parchment lined baking sheet.

Bake pastry in the oven for 15-20 minutes or until crackers are golden browned and crisp.

Allowing cooling for 15 minutes. Serve.

Meat Lovers Salad

Serves 2

1 chicken breast

2 cups water

Juice of half a lemon

½ tbsp. olive oil

8 bacon slices, fat removed & cut

into strips

5 medium tomatoes, cut

into quarters

½ avocado, diced

2 cups fresh rocket

2 tbsp. balsamic vinegar

Instructions

In a saucepan bring water and lemon juice to the boil. Reduce heat, then add chicken breast, cover and simmer on low heat for 15-20 minutes, or until chicken is firm and cooked.

Remove from heat and leave chicken in liquid to cool. When cold remove chicken from pan and shred meat.

Heat frying pan on high heat, add bacon and fry until bacon strips are lightly crisp.

Remove bacon from pan and add tomato quarters, stir on high heat for 2 minutes, or until tomatoes slightly softened.

To make dressing, mix oil and vinegar well.

Place diced chicken breast, bacon, tomatoes, avocado and rocket and dressing in a salad bowl and mix until well combined. Serve.

Meatball Minestrone

Serves 6-8

1 tbsp. olive oil

1 white onion, diced

3 garlic cloves, finely chopped

¼ cabbage, thinly sliced

2 medium carrots, diced

3 small zucchini, diced

3 celery stalks, diced

3 cups chicken or vegetable stock

2 cups diced tomatoes

1 tbsp. basil, finely chopped

1 tbsp. sage, finely chopped

1 tsp. chili powder

1/8 tsp. pepper

2 cups mushroom, diced

15 meatballs(see Meatball Salad recipe)

Instructions

Heat a large pan on medium heat, fry onion and garlic in oil until browned.

Add cabbage, carrots, zucchini, celery, tomatoes, stock, basil, sage, chili powder and pepper.

Cover pan and simmer for 30 minutes.

Add mushrooms and meatballs and simmer for an additional 10 minutes.

Cool for 5-10 minutes before serving.

Coconut Chicken Curry

Serves 2-4

2 chicken breasts, sliced

1 tbsp. olive oil

1 white onion, diced

2 garlic cloves, minced

2 tbsp. red curry paste

1 tsp. ground turmeric

1³/₄ cups coconut milk

12 bay leaves

Instructions

Heat ½ tbsp. of oil in a wok or fry pan, add chicken and fry for 4-5 minutes or until golden brown. Remove chicken from pan.

Place remaining oil into the pan and fry onion and garlic until lightly browned, add red curry paste and turmeric and stir for an additional 1 minute.

Add coconut milk and bay leaves and simmer on low heat for 15 minutes.

Cool slightly before serving.

Prosciutto & Onion Wrapped Fish

Serves 2

2 fish fillets

1 tsp. thyme, finely chopped

½ tsp. salt

½ tsp. pepper

½ red onion

6 thin slices prosciutto

1 tsp. olive oil

1 fresh lemon, sliced

Instructions

Sprinkle fish with thyme, salt and pepper.

Very thinly, slice the red onion creating about 8-10 strips and lay them dividedly on top of the fillets.

Wrap each fish fillet with 3 slices of prosciutto.

Place a frying pan on medium/high heat and add oil. Fry fish for 3-4 minutes each side or until each side is lightly golden and fish is cooked.

Serve with a slice of lemon.

Smoked Salmon Omelet

Serves 1

60g smoked salmon

½ white onion, finely diced

½ tsp. olive oil

3 eggs

2 tbsp. fresh chives, finely

chopped

1/8 tsp. pepper

Instructions

Fry onion in oil in a frying pan on high heat for 2-3 minutes or until onions are softened.

Remove onions from pan.

In a bowl, whisk together eggs, onion, chives and pepper.

Line the frying pan lined with baking paper and return to heat. Add the eggs. When the bottom of the omelette has cooked, turn the mixture over by placing another sheet of baking paper to the side, flipping the mixture onto it, then transfer it back to the heated frying pan and cook for a further 2-3 minutes or until eggs are browned on the bottom.

Place omelette on a plate and discard baking paper.

Heat salmon in the frying pan and stir on medium heat for 1-2 minutes or until it lightens in colour. This step is optional.

To serve, place salmon over omelette and sprinkle with extra chopped chives.

Sautéed Onion & Sausage Sandwich

Serves 2

1-2 sausages, of your choice

½ white onion

3 tbsp. apple cider vinegar

1 tsp. olive oil

1 pepper, seeds removed &

halved

Instructions

Preheat barbeque grill to medium heat.

Place sausages on grill and cook for 8-10 minutes or until cooked. Cut sausages into 1-inch pieces.

Meanwhile, slice onion and place in a frying pan on medium heat with apple cider vinegar and oil. Stir well then cover pan and sauté for 4-5 minutes stirring every minute until all liquid has been absorbed.

To serve, place onions at the bottom of the pepper half and top with sausages.

Garlic & Parsley Noodles with Egg

Serves 1

1 medium zucchini, sliced into

long noodles

3 large garlic gloves, finely grated

3 tbsp. olive oil

Chili flakes

½ tsp. salt

Fresh parsley to garnish

2 eggs, boiled

Instructions

Steam zucchini noodles in water for 2 minutes then drain.

Place garlic, olive oil, desired amount of chili flakes and salt in a small pan on medium heat and fry until garlic is lightly browned.

Combine garlic and olive oil mixture, parsley and zucchini noodles.

Serve with boiled eggs.

Banana Chocolate Cake

Serves 6-8

¼ cup olive oil

¼ cup honey

2 eggs

1 cup almond meal

½ cup cocoa powder

3 bananas, flesh mashed

Instructions

Preheat oven to 350 degrees F. Grease a cake tin and line with baking paper.

In a large mixing-bowl cream the oil, honey and eggs until light and fluffy.

Add almond meal, cocoa powder and bananas and combine well. Pour the banana cake mixture into a cake tin.

Bake in the oven for 50-60 minutes or until cake is cooked.

Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through. Serve.

Mango & Passion Fruit Sorbet

Serves 4-6

1 large mango, peeled & flesh

diced

1 egg white, beaten to stiff peaks

1 tbsp. honey

2 passionfruit

Instructions

Blend the mango, passion fruit and honey in an electric blender to a creamy texture.

Gently fold the mango mixture into the beaten egg white.

Pour mixture into an ice-cream container/freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.



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