

Mediterranean Salad with Tuna

Arrange potatoes, green beans, capsicum, tomato quarters, butter lettuce leaves, pieces of hard-boiled egg, black olives, anchovies and onion rings in four bowls.

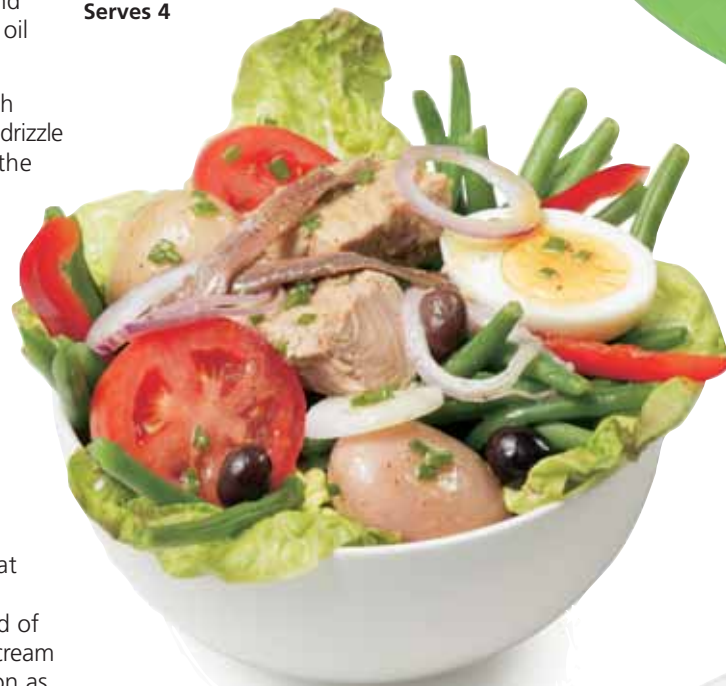
Mix together mustard, lemon juice, and pepper. Mix in oil and chives.

Dot salads with pieces of tuna, drizzle dressing over the top and serve.

Low-Fat Dressing

For very low-fat dressings, use yoghurt instead of oil. Light sour cream is also an option as it has five times less fat than oil, but it does contain some cholesterol. For no-fat seasonings, think of fresh lemon or lime juice and herbs, or a few drops of soy sauce or vinegar.

8 baby potatoes, boiled in the skins, then peeled
150 g green beans, steamed
1 red capsicum, cut into bite-size pieces
2 medium tomatoes, quartered
1 butter lettuce or other green leaves, leaves separated and washed
2 hard-boiled eggs, quartered
16 black olives
4 anchovy fillets
1 small red onion, finely sliced into rings
1 tsp Dijon mustard
juice of 1 lemon
freshly ground black pepper
1 1/2 tbsp extra virgin olive oil
4 tbsp finely cut chives
400 g canned tuna in oil or brine, drained
Serves 4



Grilled Flathead with a Mixed Green Salad and a Lemon and Herb Dressing

4 flathead fillets, each about 100 g
a little plain flour for dusting
freshly ground black pepper
a little paprika
a handful of mixed greens
4 artichoke hearts in oil, drained
4 semi-dried or sundried tomatoes
1 tbsp finely cut chives
2 tbsp finely chopped parsley
juice of 1/2 lemon
1/2 tbsp olive oil
2 slices of lemon
Serves 2

If desired add a small pinch of salt with other seasonings.

Coat flathead fillets lightly with plain flour and season with pepper and paprika.

Heat grill and cook fish on both sides under the grill. Alternatively, cook fish in a non-stick frypan in a minimum of oil.

In a bowl, toss salad greens with artichoke hearts, sundried tomatoes, chives, parsley, lemon juice and oil.

Top fish with lemon slices and serve with the mixed salad.



Spicy Vegetables with Couscous

Cook couscous according to packet instructions. It takes only a few minutes.

1 tbsp tomato paste
1/2 tsp hot chilli sauce
1 tbsp ground cumin
1/2 tsp fennel seeds
4 tomatoes, diced
freshly ground black pepper
4 baby carrots, peeled
2 turnips, halved
about 250 g pumpkin, cut into 4 pieces
1 red capsicum, cut into 8 pieces
4 small zucchini
about 1/2 cup couscous
a 400 g can of chickpeas, drained
1 cup coriander leaves
1 clove garlic, finely chopped
Serves 4

In a large saucepan, mix tomato paste with chilli sauce, cumin, fennel seeds and diced tomato. Season with pepper and add carrots, turnips, pumpkin, capsicum and zucchini. Just cover with cold water, bring to a simmer and cook until the vegetables are tender.

Reheat chickpeas in a small saucepan in 2 tbsp water. Gently toss couscous and chickpeas together, then spread them over a serving platter.

Drain the spicy vegetable liquid into a sauce jug and mix in chopped garlic.

Spoon the spicy vegetables over the couscous and chickpeas and scatter coriander leaves on top. Serve the vegetable juices separately for all to help themselves.



Low-Fat Yoghurt Mousse with Fruits

You need a 20 – 23cm springform cake tin or a two-litre glass bowl, lightly oiled.

2 punnets of strawberries, washed, hulled, and cut into 1 cm slices
oil to grease the tin
a 10 g sachet of powdered gelatine
2 tbsp hot water in which to dissolve the gelatine
2 egg whites
100 g sugar
a pinch of cream of tartar
1 tbsp lemon juice
2 cups natural yoghurt
200 g cherries, pitted
1 cup diced melon
a few extra fresh fruits for decoration
Serves 8 – 10

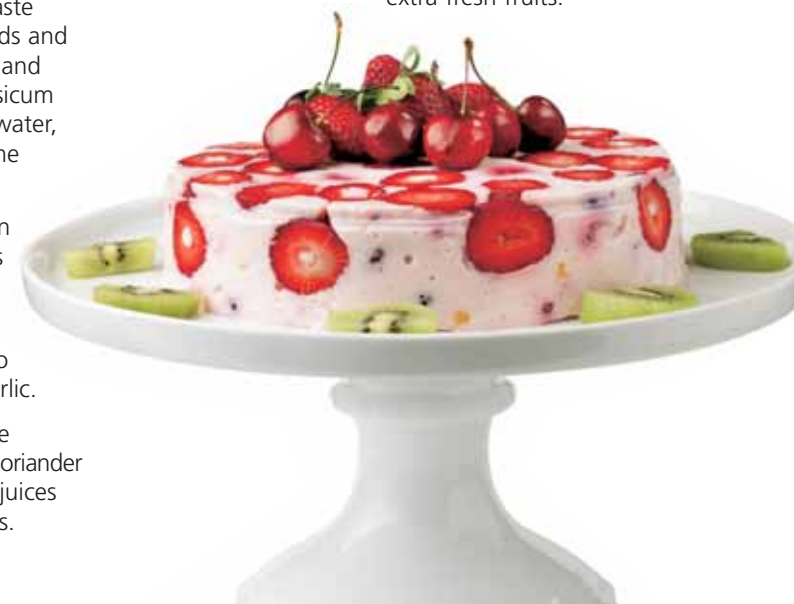
Stir gelatine into the hot water until dissolved.

Dot the base and sides of the tin with a few strawberry slices.

Beat egg whites and cream of tartar into stiff peaks, then beat in half the sugar.

Mix diluted gelatine, lemon juice, yoghurt and remaining sugar together. Gently fold in beaten egg whites. Then delicately mix in the cherries, diced melon and remaining strawberries.

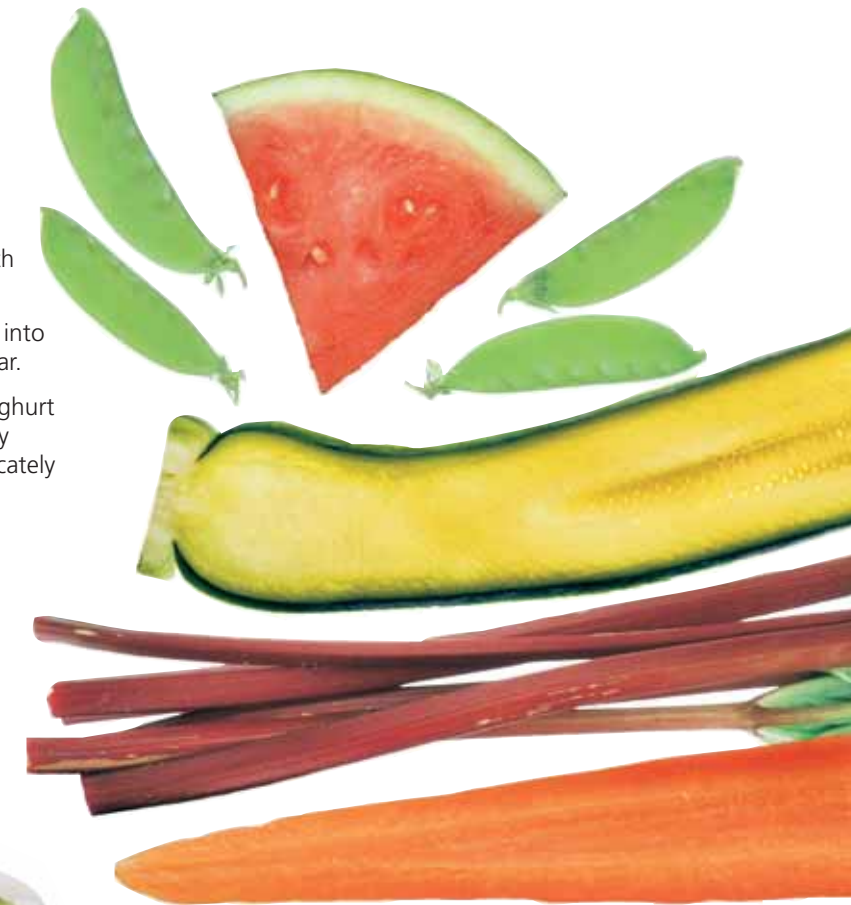
Pour mixture into tin and place in the fridge to set for at least 3 hours. Carefully turn out and decorate with extra fresh fruits.



Recipes by Gabriel Gaté for

LOW FAT LIFESTYLES

and healthy hearts



FRESH TASTES

HELPFUL HINTS

Following a low fat and healthy lifestyle doesn't mean that you deprive yourself of enjoyment. In fact, it is quite liberating because you can eat without feeling guilty. Eating will become exciting again as you experiment with new methods and styles of preparing food. Fresh seasonal produce will become one of your favourites.

- All vegetables are low in fat and, when steamed, boiled or microwaved, are good for your heart. Add flavour with chopped fresh herbs, a few drops of lemon juice or by cooking them in stock.
- Stir-fry vegetables in a minimum of oil and use non-stick cookware.
- Bake vegetables in a separate roasting tray from the meat to minimise the fat absorbed or bake vegetables wrapped in baking paper or foil.
- Dice leftover vegetables and mix with plain steamed rice, a little chilli paste, soy sauce and coriander leaves for a delicious low-fat dish.
- Increase your intake of fresh fruit & vegetables and use them when they are at their seasonal best. Between meals, snack on fruits or pieces of fresh vegetables.
- Make seasonal fruits a regular dessert feature.

Serves about 3 – 4

Very finely chop 1/2 brown onion, 2 cloves of garlic and a 3 cm piece of fresh ginger. Cook chopped onion, garlic and ginger with 1/2 tsp cumin seeds in 1 tsp vegetable oil in a non-stick pan on low heat for about 5 minutes. Add 1tbsp curry powder and stir well. Add a 400 g can of diced tomatoes and bring to the boil. Add 3 or 4 cups of vegetables of your choice, such as cauliflower, beans, carrots, zucchini, potatoes, etc, and stir well. Cover pan with a lid and cook until the vegetables are soft. Serve sprinkled with coriander leaves and accompanied by steamed rice and lemon quarters.

Peel, quarter and core 4 apples and place in a bowl. Trim and peel 6 sticks of rhubarb, cut them into 5 cm pieces and add to the bowl. Add 4 tbsp caster sugar and 1 tbsp finely grated lemon zest (rind) and toss gently. Preheat oven to 150°C. Place 1 cup of apple juice into a baking dish. Top with rhubarb pieces then with apple quarters. Bake in oven until the fruits are soft.

Arrange a 350 g piece of fresh ricotta on a platter with pears, apples, grapes, strawberries, dates, walnut halves and dried muscatels.

Low-Fat Vegetable Curry

Baked Apples and Stewed Rhubarb

Ricotta Cheese Platter with Fruits and Walnuts



Lean Roast Beef with Mushrooms, Carrots and Peas

1 lean roast of beef (girello or sirloin) about 1.2 kg
2 tbsp olive oil
2 tbsp finely chopped thyme or rosemary
freshly ground black pepper
400 g medium mushrooms
1 1/2 cups stock (meat or vegetable)
1 tbsp cornflour mixed with 2 tbsp water
1 clove garlic, finely chopped
3 tbsp finely chopped parsley
about 1 kg peas, shelled and cooked
6 medium carrots, steamed
Serves 6 – 8

In a bowl, mix oil, thyme and a little ground black pepper. Brush meat with seasoned oil.

Heat a non-stick roasting tray and brown meat on all sides. Place meat in preheated oven and bake for 15 minutes on 200°C.

Turn meat over, reduce heat to 150°C and bake for 15 – 25 minutes more, basting twice during cooking. Transfer meat to a dish and cover to keep it warm.

Drain fat from roasting tray, add mushrooms and cook on top of the stove until almost done. Add stock and bring to the boil. Stir in cornflour mixed with water and simmer for 2 minutes. Add garlic and parsley to mushroom sauce.

Chinese Vegetable Medley with a Lime and Sesame Dressing

150 g snow peas, topped and tailed
2 medium bok choy cabbages, quartered and washed
1 bunch Chinese broccoli, cut into bite-size pieces
about 9 baby corn
juice of lime
3 drops of sesame oil
2 tbsp soy sauce
1 tbsp toasted sesame seeds
2 tbsp roasted cashew nuts
Serves 3 – 4

Add bok choy, Chinese broccoli and baby corn to boiling water and cook for about 3 minutes or until just tender. Drain vegetables and add to bowl. Add lime juice, sesame oil and soy sauce and toss gently.

Place on a serving plate, scatter sesame seeds and cashew nuts on top and serve.



Serve meat with mushrooms, peas, carrots and the sauce.

Fettucine with Grilled Vegetables and Pesto

Simply cut eggplant, zucchini, mushrooms and pumpkin into 1cm slices, lightly brush with olive oil and cook on a cast-iron grill.

Separately cook fettucine or pasta of your choice and toss the grilled vegetables with the pasta and a pesto paste made by blending to a puree 1 cup of basil leaves with 1 tbsp pine nuts, 2 garlic cloves, 1 tbsp extra virgin olive oil and a little salt and pepper. Yum!

Many vegetables can be grilled and they are delicious.



4 grapefruits, juiced
2 tbsp caster sugar or honey
a few mint leaves for decoration
1/2 pawpaw, peeled and seeds removed
1/2 melon of your choice, e.g. cantaloupe, honeydew or watermelon, peeled and seeds removed
Serves 4 – 6

Place the grapefruit juice in a bowl with caster sugar and mint leaves. Stir gently to dissolve the sugar.

Using a melon baller, scoop little balls from the pawpaw and melon halves. Place the fruit balls into a tall glass and serve with grapefruit juice.

Pawpaw and Melon Balls in a Grapefruit and Mint Juice

Fruit Juice Cocktail

Have fun creating this delicious, alcohol-free drink! Squeeze the juice of 6 oranges, 1 grapefruit and 1 lemon into a jug. Add the finely diced flesh of 1 mango, 8 finely diced strawberries, 2 diced kiwifruits and 1 very finely sliced banana. Stir in 1 tbsp sugar and top with a few mint leaves. Refrigerate until 10 minutes before serving. If you wish, add lemonade or soda water to stretch it a little.



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