

Get your health in tip-top shape this spring!

Fresh+Simple



LOW CARB
15
SPRING RECIPES

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“Type 2 diabetes
is the single biggest
health issue in Australia.”

“We know from research evidence and our
own experience that a low carb, healthy fat
approach can significantly impact those
living with pre- and type 2 diabetes.”

Dr Peter Brukner OAM
Defeat Diabetes founder



Defeat Diabetes

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Welcome to Defeat Diabetes Fresh+Simple Cookbook. We're here to help put pre-diabetes and type 2 diabetes into remission through sustainable lifestyle and dietary changes.

Since we launched in 2021, the Defeat Diabetes Program has already seen significant success, with 63% of members putting their type 2 diabetes into remission after three months on the program and 80% experiencing significant weight loss.

The Defeat Diabetes way of eating reduces carbohydrates, one of the main nutrients that causes blood sugar spikes. Lowering your carb intake may help manage your blood glucose, and can lead to reduced medication use, weight loss and, in many cases, remission of type 2 diabetes.

With simple dietary measures, we aim to impact the health of those living with diabetes, obesity and other chronic health conditions. It's for this reason we've created this cookbook. It's full of delicious recipes that can help lower your blood glucose levels to help you experience a better quality of life.

We've hand-picked a selection of our most popular, easy-to-make meals that are perfect for warmer weather. Enjoy abundant meals with plenty of healthy fats and proteins and fresh seasonal fruit and veggies. It'll give you a good taste of what you can experience on the Defeat Diabetes Program.

We hope you enjoy the recipes as much as we do.

Best,

The Defeat Diabetes Team

For more info and inspo, start your FREE trial today at
DefeatDiabetes.com.au

Kitchen Kit

So you're ready to get in the kitchen? That's great! But before you do, there's a bit of equipment you're going to need. We've listed the basics to get you started, so make sure you've got these on hand to make life a little easier!



Measuring cups
or scales



Medium frypan



Loaf tin



Medium
saucepan



Casserole dish



Blender



Bonus: Freezer safe containers

Spring tips

Why eat in season?

Seasonal eating means consuming fruits and veggies at the peak of their freshness and flavour during a specific time of year. Choosing local and seasonal fruit and vegetables means you'll have a large variety of fresh, nutritious produce at a great price. And they're less likely to have travelled vast distances, which means it's better for the planet, too.

It's budget-friendly

When you eat in season, you get more bang for your buck because prices are generally lower when there's an abundance of a product. Check out the weekly specials at supermarkets or scour your greengrocer for local and seasonal produce for the best savings.

It's more nutritious

Eating in-season produce is simply a healthier way of eating. Evidence suggests that seasonal fruits and veggies have the highest nutritional value and antioxidants when freshly harvested, and they taste better too!

Spring produce

So you're ready to give fresh, local and seasonal produce a go? We've given you a guiding hand by listing some of our favourite spring staples to get you started.





Breakfast

Breakfast doesn't have to be a sit-down affair. We've got a range of brekkies that can be eaten on the go or packed for a picnic.

Smoked Salmon Low Carb Bagels

Serves 2 | Prep 10 mins | Cook 15 mins

Ingredients

- ½ cup almond flour
- 1 cup Cheddar cheese, grated
- 1 tbsp cream cheese
- 1 small egg
- 1 tsp baking powder
- 1 tbsp sesame seeds
- 1 tbsp poppy seeds

Filling:

- 200g smoked salmon
- 8 tsp capers in brine
- Chives, optional

Carbs

5.2

Grams
per serve

Protein

23.3

Grams
per serve

Fat

31.3

Grams
per serve

Fibre

4.6

Grams
per serve

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Traditional bagels are full of carbs, so we've worked our magic to not only keep the carb count down but sneak in a massive dose of healthy fats and protein too. Bursting with omega 3 fatty acids and protein, this is one meal that will keep you full for hours.

Method

1. Preheat oven to 190°C/374°F and line a baking tray with baking paper.
2. Stir together almond flour and baking powder in microwave-safe bowl until well-mixed. Add shredded Cheddar cheese and cream cheese and stir until blended. Microwave uncovered for 45 seconds, stir, and microwave again for another 45 seconds or until cheese is melted. Remove from microwave.
3. Blend the mixture together using a wooden spoon until it forms a smooth dough. Add egg and stir into the dough until absorbed.
4. Divide dough into 4 equal pieces. Shape each piece into a ball, then using your fingers pull apart a small circle in the middle of each.
5. Place bagels at least 5 cm apart on the prepared lined baking sheet. Brush olive oil across tops of bagels. Sprinkle with sesame seeds and poppy seeds.
6. Bake at 190°C/374°F until bagels are golden brown on top, around 15 to 20 minutes.
7. Slice bagels in half and toast until golden.
8. Top one half with smoked salmon (butter optional) and a sprinkle of capers and chives. Pop the remaining bagel half on top and enjoy.

Tip: These are great toasted for breakfast with a variety of toppings, try ham and cheese with cherry tomatoes, sugar free peanut butter, or vegemite.

Blueberry Breakfast Muffins

An easy grab-and-go brekkie
with a burst of antioxidants.



Blueberry Breakfast Muffins

Serves **8** | Prep **8 mins** | Cook **30 mins**

Ingredients

- 4 eggs
- ½ cup full-fat Greek yoghurt
- 3 cups blanched almond meal
- 2 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt
- 1 cup blueberries, frozen



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A flavoursome accompaniment to your morning coffee or tea. Enjoy as a quick grab-and-go brekkie or a light afternoon tea. Best enjoyed warm with a dollop of Greek yoghurt or a spread of butter.

Method

1. Preheat the oven to 180°C/356°F and line a muffin tin with 8 paper cases.
2. In a large bowl, beat the eggs, then stir in the yoghurt.
3. In a separate bowl, whisk the almond meal, baking powder and cinnamon, ensuring the baking powder is dispersed and there are no clumps.
4. Add the dry ingredients to the wet and fold to combine.
5. Gently fold in the frozen blueberries.
6. Spoon into the lined muffin tin and bake in the oven for 25-30 minutes. If the tops are getting too brown, simply place a sheet of foil over the top of the muffins while they bake.
7. Remove from the oven and leave to cool in the tin for 20 minutes before turning out and allowing to cool to room temperature. Store in an airtight container at room temperature for up to 3 days, or freeze for up to 3 months.

Scrambled Eggs with Salmon & Avocado

A quick, easy and satisfying
meal any time of day.

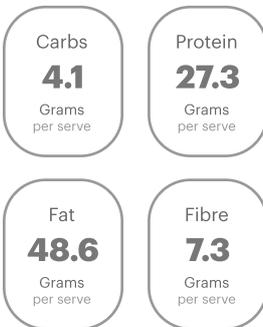


Scrambled Eggs with Salmon and Avocado

Serves 2 | Prep 2 mins | Cook 3 mins

Ingredients

- 4 large eggs
- 4 slices smoked salmon
- 1 medium avocado
- 2 tomatoes
- 4 tbsp butter



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Simple but impressive, this brekkie will fire up the engine and give you enough fuel to keep you going until lunchtime (and beyond). It's a satisfying meal that's not just reserved for brekkie; enjoy it for lunch or dinner too!

Method

1. Arrange the smoked salmon, avocado and fresh tomato on a plate.
2. Crack the eggs into a bowl, add a pinch of salt and whisk.
3. Melt half the butter in a non-stick fry pan on a medium-high heat - as it starts to bubble add the whisked eggs.
4. Stir the eggs for 30 seconds or so, then add the rest of the butter. Keep stirring the eggs, melting the added butter through them for a further minute, two at the most, until they are almost cooked as you like them (the heat retained in the eggs will keep them cooking a little more as you plate up).
5. Serve with salt and freshly cracked pepper.

Tip: Keep an eye on the butter in the pan to ensure it doesn't burn. To make this paleo, swap the butter for coconut oil. If you're feeling hungrier than usual, add another egg (or two!).

An overhead photograph of three white bowls filled with a thick, pinkish-red raspberry chia pudding. Each bowl is topped with fresh raspberries, blueberries, and a garnish of white, flaked coconut. A silver spoon is placed in each bowl. The bowls are arranged on a light grey, textured surface. In the top right corner, there is a small white bowl containing more coconut flakes. In the bottom left corner, there is a wooden crate filled with fresh raspberries and blueberries, and a single strawberry is visible. The overall composition is clean and appetizing.

Raspberry Chia Pots

An easy breakfast or snack that stores
in the fridge for up to five days!

Raspberry Chia Pots

Serves 6 | Prep 10 mins | Rest 60 mins

Ingredients

- ½ cup cashews
- 500g raspberries (fresh or frozen)
- 250ml tinned coconut milk
- 1 tsp vanilla essence
- 5 tbsp chia seeds



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A tastebud tingling breakfast winner! These chia pots are perfect if you're someone who doesn't have much time in the morning. Just prepare the night before, and grab-and-go in the morning - easy!

Method

1. Place cashews, berries, coconut milk and vanilla in a blender and blend until smooth.
2. Pour into a bowl and add chia seeds. Stir thoroughly to make sure there are no clumps.
3. Refrigerate for 1 hour then stir again.
4. Portion into individual jars and return to the fridge to thicken and set.
5. Store in fridge for up to 5 days.

Turkish Brunch

Tantalise your tastebuds with
sweet and salty flavours.

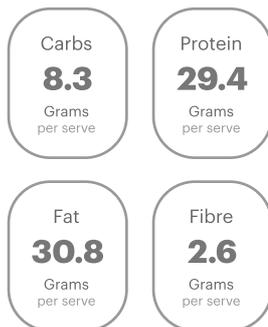


Turkish Brunch

Serves 2 | Prep 5 mins | Cook 6 mins

Ingredients

- 6 eggs
- 100g feta
- 16 green olives
- 10 cherry tomatoes
- ½ cucumber, sliced
- 2 medium slices watermelon



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Start your day differently with a power combo of dairy, olives and fresh seasonal fruit (yes, cucumbers and tomatoes are fruit, and they're low carb friendly)! Once you realise how simple the assembly is, you'll never want anything else for brekkie again.

Method

1. Bring a small pan of cold water to a boil (there should be enough liquid to cover all three eggs). Once boiling, gently ease the eggs into the water using a spoon. Cook eggs for 6 ½ minutes, drain, then plunge into cold water to cool and peel.
2. Assemble all the ingredients on a plate and enjoy!

Tip: Add some more cheese or ham for extra protein and a drizzle of extra virgin olive oil if you prefer.

Tip: While watermelon has fewer carbohydrates than blueberries per 100g, be mindful of the quantity as it's an easy fruit to over consume.



Lunch

A selection our favourite spring lunches. Quick to toss together, but light and hearty. These are simple recipe ideas the whole family will enjoy.

Crunchy Chorizo Kale Bowl

Serves 2 | Prep 10 mins | Cook 10 mins

Ingredients

- 1 tbsp tahini
- 1 lemon
- 2 tsp olive oil
- 2 mild chorizo sausages, sliced (150g)
- ¼ cup walnuts, chopped
- 4 cups kale leaves, chopped
- 8 Brussels sprouts, finely sliced
- ½ avocado
- Sea salt and black pepper to taste

Carbs

11.1

Grams per serve

Protein

18.5

Grams per serve

Fat

43.0

Grams per serve

Fibre

9.4

Grams per serve

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This is no ordinary salad! Our Crunchy Chorizo Kale Bowl features dark leafy greens and Brussels sprouts to act as the perfect vehicle to mop up the flavours of chorizo and creamy tahini dressing.

Method

1. Prepare the tahini dressing by combining the tahini and the juice of half a lemon in a small bowl with 2 tablespoons of water. Stir until creamy and well combined.
2. Heat olive oil in a large frypan over a medium heat. Add the chorizo and walnuts and allow to brown for 3-4 minutes, stirring occasionally.
3. Add the kale and Brussels sprouts to the pan and cook for a further 2 minutes until wilted. Add the juice of half a lemon, cook for a further minute until the greens have wilted down. Season to taste with salt and pepper.
4. Serve with avocado and prepared tahini dressing.

Tip: To prep for work, keep the tahini dressing in a separate container, and simply reheat the other ingredients in the microwave.

Miso Chicken Pot Noodles

Toss it all in a jar, pop the lid on and away you go.



Miso Chicken Pot Noodles

Serves 2 | Prep 15 mins | Cook 2 mins

Ingredients

- 2 tbsp miso paste
- ½ tsp ginger, ground
- 150g cooked chicken, shredded
- 2 spring onions, sliced
- 1 carrot, finely sliced
- 2 zucchini, spiralised
- 600ml chicken broth

Carbs

13.9

Grams
per serve

Protein

53.3

Grams
per serve

Fat

9.7

Grams
per serve

Fibre

5.7

Grams
per serve

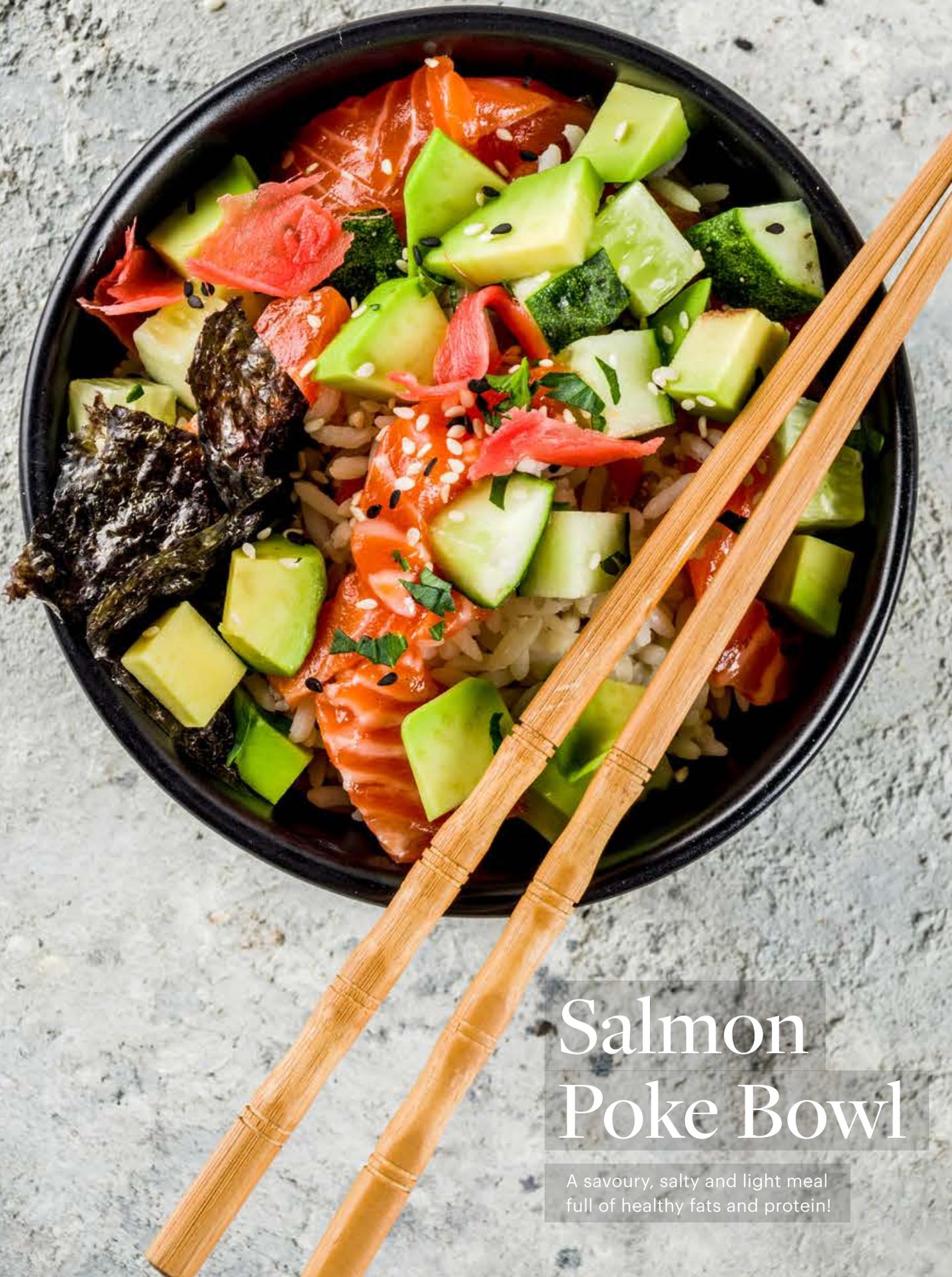
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What's not to love about a lunch that can be transported with ease? Simply pop the lid off, pour the broth in, and it's a meal in an instant. This is an excellent replacement for those carb-laden two-minute noodles.

Method

1. Combine the miso and ginger and spoon into the bottom of a jar.
2. Add the shredded chicken, spring onion, carrot and zucchini to the jar. Place the lid on.
3. When ready to serve, heat up the chicken broth in the microwave for 2 minutes and pour over the noodle jar. Allow to sit for 2 minutes then stir to incorporate all the ingredients.

Note: Chicken broth is a fantastic addition to your weekly meal plan. It contains many healthy amino acids which build muscle and transport nutrients around the body. Cooking chicken bones low and slow is the best way to extract the nutrients.



Salmon Poke Bowl

A savoury, salty and light meal
full of healthy fats and protein!

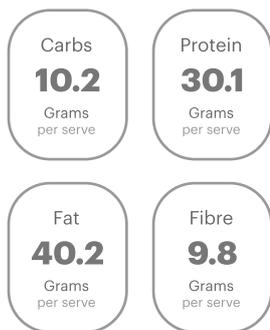


Salmon Poke Bowl

Serves 2 | Prep 10 mins | Cook 15 mins

Ingredients

- 200g fresh salmon, skinless and deboned
- 4 tsp sesame oil
- 1 tsp tamari sauce
- pinch of salt
- 2 cups of cabbage, washed and shredded
- 1 carrot, shredded
- ½ cucumber, sliced
- 2 radish, thinly sliced
- 1 avocado, diced
- handful coriander leaves
- 2 tbsp of mayonnaise
- 1 tsp of sesame seeds



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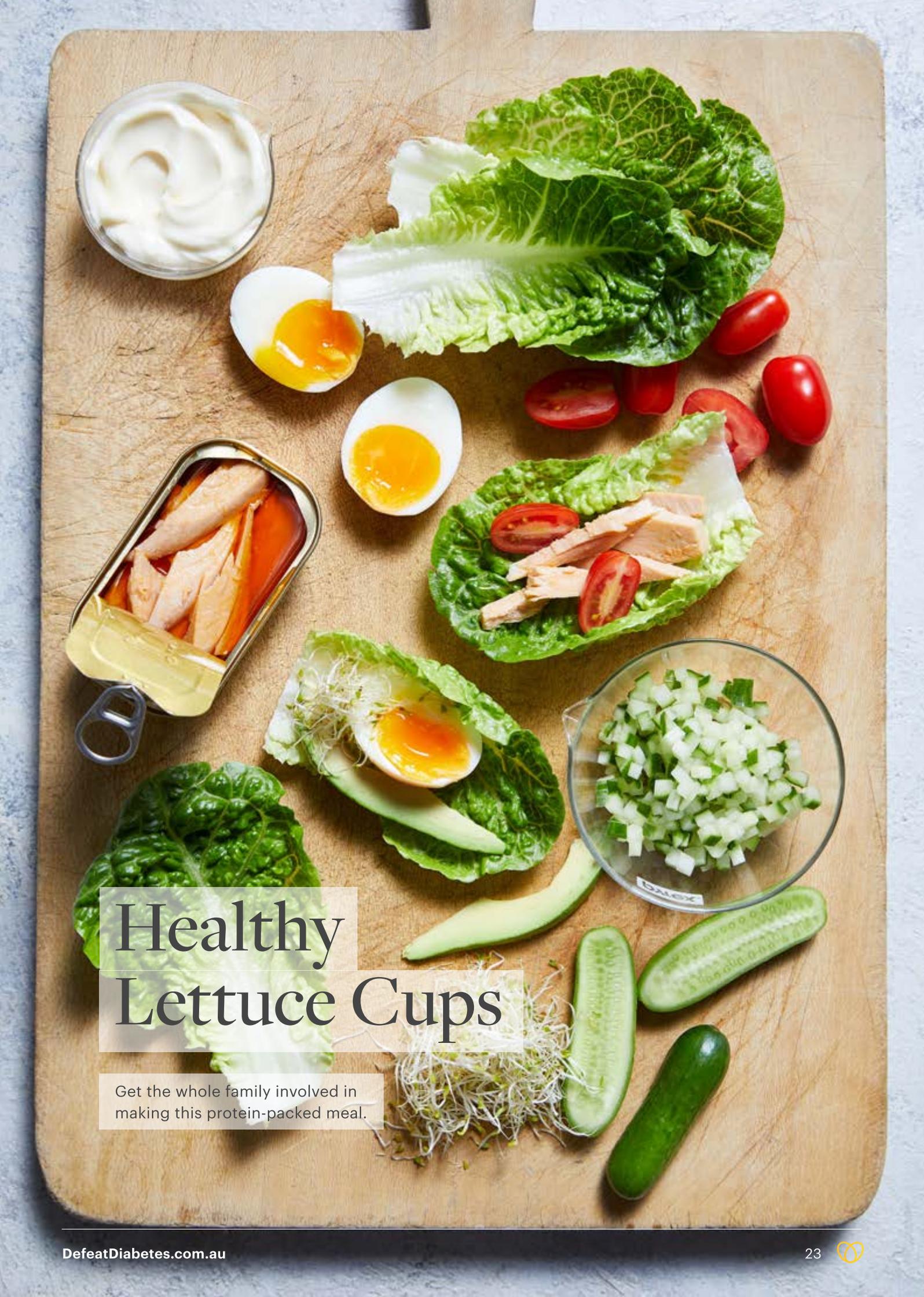
Save your pennies! When you find out that making your own poke bowl is quicker and cheaper than ordering in, you'll never want takeaway again. Oh, and for those who are asking, it's pronounced poh-kay.

Method

1. Cut the salmon into cubes and place into a small bowl. Add the sesame oil, tamari, and salt and set aside to marinate for 10 minutes.
2. In the meantime, assemble the cabbage, carrot, cucumber, radish, avocado, and coriander into a bowl.
3. Top with the marinated salmon, drizzle over the mayonnaise and sprinkle with sesame seeds if desired.
4. Enjoy immediately.

Tip: We love tamari as it contains more protein and less preservatives than soy sauce and has a deeper, richer flavour. You could also use light soy sauce if you prefer the taste.

Tip: Mass-produced supermarket mayonnaise contains high amounts of toxic vegetable oils so try making an easy homemade mayo for a healthy option. Alternatively, swap mayonnaise for sour cream.



Healthy Lettuce Cups

Get the whole family involved in making this protein-packed meal.

Healthy Lettuce Cups

Serves
2

Prep
5 mins

Cook
5 mins

Ingredients

- 8 baby cos lettuce leaves
- 4 eggs
- 2 small tin (100g) of tuna in spring water or brine
- ½ red onion, chopped
- ½ cup mayonnaise
- salt and pepper

Carbs

8.1

Grams
per serve

Protein

42.7

Grams
per serve

Fat

34.6

Grams
per serve

Fibre

7.0

Grams
per serve

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Lettuce cups are an easy way to enjoy some classic sandwich fillings. Tuna is full of omega-3 healthy fats, but if you're not a fan of tuna, you can use your protein of choice for a healthy, light lunch.

Method

1. Bring a small pan of cold water to the boil (there should be enough liquid to cover all three eggs). Once boiling, gently ease the eggs into the water using a spoon. Cook eggs for 6 ½ minutes, drain, then plunge into cold water to cool and peel.
2. Strain the water and run the eggs under cold water to cool them quickly.
3. Once cooled, peel the eggs and mash them in a bowl, using a fork, with half of the mayonnaise. Season with salt and pepper.
4. Drain the tuna. In a separate bowl, combine it with the chopped onion and the rest of the mayonnaise, season with salt and pepper.
5. Assemble the lettuce leaves on a plate and top two leaves with the egg mixture and two leaves with the tuna mix. Garnish with any fresh herbs you have available or simply enjoy with cracked pepper.



Thai Beef Salad

Fresh, tangy and totally
delicious Thai classic.

Thai Beef Salad

Serves 2 | Prep 15 mins | Cook 0 mins

Ingredients

Dressing

- 1 lime, juiced
- 2 tbsp fish sauce
- 1 tbsp tamari
- 1 chilli, finely chopped
- 1 clove garlic, minced
- ¼ cup coriander leaves and stems, chopped
- 1 tbsp olive oil

Salad

- 200g store-bought roast beef, roughly torn or sliced
- 1 cucumber, sliced
- 2 tomatoes, sliced
- ¼ red onion, finely sliced
- 1 cup bean sprouts
- ¼ cup fresh mint, chopped
- ¼ cup coriander leaves, chopped
- ¼ cup cashews, toasted

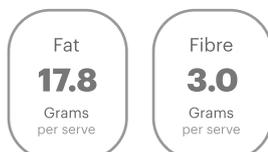
This recipe works really well with roast beef (which you can buy from the deli counter) or try a freshly cooked steak for a chunkier cut of meat. It's a nourishing meal, perfect for a quick lunch or something easy to transport to work.

Method

1. In a small bowl or jar, combine the lime juice, fish sauce, tamari, chilli, garlic, coriander and oil.
2. To make the salad, place all ingredients in a bowl and pour over the dressing. Toss to combine and serve.

Tip: You can also make this with freshly cooked steak. Simply replace the roast beef with 200g of any cut of steak, cooked to your liking and sliced.

Tip: Make sure to check the ingredients of your fish sauce and tamari and opt for one without sugar.





Dinner

From Italy to Asia to the Middle East, our dinners transport you worldwide with no-fuss, easy-to-follow steps for a tasty mealtime.

Chicken Caprese

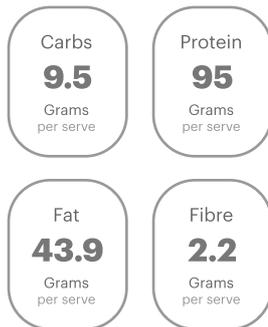
Serves
2

Prep
60 mins

Cook
10 mins

Ingredients

- 500g skinless chicken breasts
- 2 tbsp balsamic vinegar
- 1 tbsp pesto
- 2 tbsp olive oil
- 8 slices fresh mozzarella
- 2 large tomatoes, sliced
- 8 basil leaves



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Try your hand at an impressive Italian dish that's simple and flavourful. Who can resist the combo of tasty chook and melted cheese? Not the DD Team, that's for sure!

Method

1. Pop the chicken breast into a freezer bag. Whisk together the balsamic vinegar, pesto, and olive oil. Pour the marinade over the chicken. Press the air out of the bag and leave for 60 minutes - it's even better if you can leave it overnight.
2. Preheat grill to medium-high and lightly brush the grate with olive oil. When hot place the marinated chicken onto the grate and grill for around 4-5 minutes each side until juices run clear.
3. In the last two minutes layer sliced tomato, basil and mozzarella on top of the chicken breast. Place back under the grill and cook until the cheese is golden brown and bubbling.

Tip: Serve with a crisp summer salad, roasted veggie such as zucchini, mushrooms and broccolini or a side of cauliflower rice.



XXX

Spicy Larb

A light dinner option that packs a flavour punch!

Spicy Larb

Serves
2

Prep
10 mins

Cook
15 mins

Ingredients

- ½ cup raw peanuts
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 125g pork mince
- 1 shallot, thinly sliced into rings
- 1 spring onion, thinly sliced
- 1 long red chilli
- 1 lemongrass stalk, bottom third only, tough outer layers removed, thinly sliced
- 1 tbsp lime juice
- 1 tbsp fish sauce
- ½ cup mint leaves, torn
- baby cos, washed and 4-6 leaves separated
- pinch of salt



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It's an Asian inspired dish that's full of fresh flavours, aromas and colours. The lettuce cups not only bring the carb content down, but they add a crunch to the spicy pork too.

Method

1. Pre-heat oven to 180°C/356°F. Toast peanuts on a baking tray, tossing halfway through, until the nuts are golden brown, about 6-8 minutes. Let cool, then chop into small pieces.
2. Heat oil in a large fry pan over medium-high heat until hot. Add garlic and cook until golden. Add pork mince and a pinch of salt and cook, stirring to break up the mince until meat is browned, about 5 minutes. Remove from heat.
3. Add shallot, spring onion, chilli, lemongrass, lime juice, fish sauce and half of the peanuts and stir well to combine.
4. Allow the mix to cool slightly (3 minutes) then stir in the mint. Serve larb in lettuce cups with a squeeze of lime and sprinkle remaining peanuts over the top.

Tip: If you're not the biggest chilli fan, you can leave this out and still get a cracking dish!

Prawn Pad Thai

Who said you can't have noodles when you go low carb? Not us!



Prawn Pad Thai

Serves
2

Prep
15 mins

Cook
20 mins

Ingredients

Noodles

- 400g Konjac noodles
- 1 tbsp coconut oil
- 200g raw peeled prawns, fresh or defrosted
- 1 red onion, finely diced
- 2 heads bok choy, sliced
- 2 carrots, spiralised or finely chopped
- 2 tbsp cashew nuts, chopped
- ¼ bunch coriander, chopped

Sauce

- 3 tbsp almond butter
- 1 lime, juiced
- 2 tbsp tamari
- 2 tbsp fish sauce
- 2 cloves garlic, minced
- 4 spring onions, finely chopped
- ½ chilli, fresh, chopped (optional)

Carbs

17.7

Grams per serve

Protein

35.7

Grams per serve

Fat

24.0

Grams per serve

Fibre

12.3

Grams per serve

This is not your typical Pad Thai! We've used konjac noodles which are ridiculously low in carbs and won't impact your blood sugars. Perfect for pasta lovers who want to satisfy noodle cravings without derailing progress.

Method

1. To make the sauce, combine all ingredients in a small bowl. Set aside.
2. Prepare the noodles by pouring them into a colander and allowing the liquid to drain.
3. Heat coconut oil in a pan and add the prawns, allowing them to cook for about 5 minutes. Remove from the pan and set aside.
4. Add the onion to the pan and sauté for 5 minutes, until translucent. Pour in the sauce and leave to cook for about two minutes until fragrant and beginning to caramelize.
5. Add the drained noodles, bok choy and carrot into the pan and toss until heated through and coated in the sauce. Add in the cooked prawns and toss through the sauce.
6. Serve topped with cashew nuts and coriander.

Tip: Can't find Konjac noodles? This recipe works great with spiralised zucchini too. Simply replace the noodles with two spiralised zucchinis (zoodles) or you can buy pre-packaged zoodles from most major supermarkets.

Margherita Pizza

A delicious, cheesy, moreish
pizza without the carbs!



Margherita Pizza

Serves 2 | Prep 10 mins | Cook 25 mins

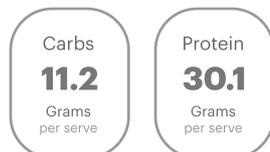
Ingredients

For the pizza base:

- 1 small head cauliflower (around 15 cm diameter)
- 1 egg, beaten
- 1 cup Cheddar cheese, grated
- 1 tbsp mixed herbs

Topping:

- 1 cup passata
- 1 ball mozzarella cheese, sliced
- 2 cups rocket
- salt and pepper, to taste



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If you love pizza, our recipe is a great low carb alternative plus is deliciously cheesy and moreish. Our recipe uses cauliflower as a base instead of flour which makes for only 11g carbs per serve!

Method

1. Preheat the oven to 190°C/374°F. Line a baking tray with baking paper.
2. Separate cauliflower head into smaller florets. Place florets in a food processor and blitz until it has a rice-like texture.
3. Spread the cauliflower rice evenly in a thin layer on baking paper. Cook in the oven for 8 minutes. Remove, and set the rice aside to cool. Meanwhile, increase the oven temperature to 230°C/446°F
4. Line a large bowl with a linen tea towel. Tip the cooled rice into the tea towel. Squeeze out as much liquid as possible into the bowl. You want the mix to be as dry as possible so that it crisps up. You should be left with a cauliflower mash that's very dry.
5. Transfer squeezed cauliflower to a large clean, dry mixing bowl. Add beaten egg, mixed herbs, cheese, salt and pepper, and mix well.
6. Line a baking tray with baking paper and brush with olive oil. Tip the cauliflower mixture onto the tray and flatten it with your hands until it is about 1cm thick. Bake for 15-20 minutes at 230°C/446°F until golden brown.
7. Remove from the oven and carefully flip the pizza base onto a fresh sheet of baking paper. Return the pizza base to the oven for a few minutes until the other side is golden.
8. Remove the pizza from the oven. Ladle the passata across the base. Scatter with mozzarella slices. Return to the oven for 7 minutes until the cheese is melted.
9. Remove and allow to cool slightly. Sprinkle it with rocket, salt and pepper to season and serve immediately.

One-Pan Spiced Haloumi & Eggplant

A protein-packed dish, great for a vegetarian weeknight dinner.



One-Pan Spiced Haloumi & Eggplant

Serves
2

Prep
10 mins

Cook
30 mins

Ingredients

- 2 medium zucchinis, sliced into 2cm rounds
- 1 small eggplant, sliced into 2cm cubes
- 1 red onion, quartered
- 2 tbsp olive oil
- ½ tsp cumin
- 1 tsp smoked paprika
- ½ tsp coriander, ground
- 225g haloumi, sliced
- ½ cup coriander leaves, fresh
- ½ lemon, to serve
- salt and pepper, to taste

Carbs

11.7

Grams
per serve

Protein

29.3

Grams
per serve

Fat

42.2

Grams
per serve

Fibre

8.6

Grams
per serve

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We love a one-pan dish because it saves you time and washing up, all while making a mouth-watering low carb meal - what's not to love about that?

Method

1. Preheat the oven to 200°C/392°F.
2. Place the zucchini, eggplant and onion on a tray and coat in olive oil, cumin, paprika and ground coriander. Season with salt and pepper. Place in the oven for 25 minutes to bake.
3. Remove from the oven and place the halloumi slices on top. Return to the oven for a further 5 minutes on the grill setting. Serve with fresh coriander and lemon juice.

Tip: This is a great recipe to use up some of those extra veggies in the fridge. Everything's better with a little haloumi right?

Tip: You can also use any herb instead of coriander to add some freshness to this meal.

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