

Your go-to guide for low carb recipes that still pack a punch!

Healthy+Hearty



Defeat Diabetes

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= Gluten Free



= Vegetarian



= Dairy Free

With 100,000
Aussies diagnosed with
type 2 diabetes each year,
now is the time to take
control of our health.

And what better way
to do that than with a
whole stack of delicious
low carb recipes (and
most can be made in
30 minutes or less!)?

Introduction

Hey there!

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

Eating low carb may be old news to some, but for others, it's a whole new way of life. Research shows when you reduce carbohydrates, which are high in glucose, you reduce your blood glucose. This lowering of blood glucose brings pre-diabetes and type 2 diabetes under control and into remission. Makes sense, no?

It's for this reason we created this eBook. It's chock full of recipes that do exactly that: lower your blood glucose levels to help you experience a better quality of life. And because we're not ones to use loads of ingredients, with a million steps to follow that require every pot and pan in the kitchen, this book is quick, easy and super affordable (just the way cooking should be!).

There are so many great things you can expect from the Defeat Diabetes way of eating, including:

- Better sleep
- Reduced risk of arthritis
- Weight loss and weight control
- Reduced diabetes medications
- Reduced reflux and heartburn
- Better mental clarity
- Improved energy

Just to name a few!

We hope you love this eBook as much as we loved making it!

Best,

The Defeat Diabetes Team

P.S. Keen for more?

Head to **DefeatDiabetes.com.au** for more inspo and recipes.

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



Bonus: Freezer
safe containers

Time Saver Tips

1. Slow cook on the weekend

We love a slow cook, mainly because it can save us hours during the week. Putting a little effort in on a Sunday can mean we have between 4-6 meals already made for the week ahead. All we have to do is portion them into freezer-safe containers and grab them when needed!

Things like lamb shanks, ragu and bolognese freeze really well. All you have to do is cook up some veggies as a side dish and BAM! That's one quick midweek meal ready to go.

2. Stock up with "ready to eat" options

Didn't have time to slow cook on the weekend? Don't despair, because as long as your fridge and pantry are stocked with a few protein options, mealtimes can still be quick and healthy.

Things like canned fish in spring water, cured meats, smoked fish or even a BBQ whole roast chook from the supermarket can be turned into a hearty meal. In the fridge try to keep a few seasonal veg, cheese, butter, bacon and yoghurt. Having these on hand will stop you from turning to the not-so-healthy takeaway. Win-win!

Time Saver Tips

3. Maximise your freezer

A great way to speed up dinner time is to have pre-prepared options in the freezer, like a hearty soup, which you can easily defrost when you're pressed for time or don't have anything in the fridge!

Another option is to double recipes like meatballs and burgers and freeze the rest for later. Not only does this save time, but did you know your freezer is more economical when it's full? Suits us!

4. Don't forget your oven!

The poor old oven, so often put aside in favour of the stovetop. Not any more!

What we love about an oven is that it's a 'set and forget' type of deal. Just put all your ingredients for say a slow-cooked meal into a casserole dish, whack it into the oven, go away for a couple of hours and presto! A healthy and hearty meal with minimal effort on your behalf.

5. Par-cook your veggie

Once you've bought your seasonal veg (basically, whatever happens to be cheap at the supermarket) give it a quick soak with a glug of apple cider vinegar in a sink of cold water (the BEST way to remove any nasties and chemicals). Then par-cook your veg. This means chopping, blanching (basically, cooking for 1 minute or so in boiling water), then freezing so you can pull them out and flash cook with ease.



Breakfast

Brekkie doesn't need to be hard. Or take very long. We've got a few recipes that can be made ahead of time, or in just a couple of minutes, so you can get about your day with ease!

Dr Brukner's Muesli

V

DF

Serves
12

Prep
10 mins

Cook
10 mins

Ingredients

- ½ cup (80g) almonds, coarsely chopped
- ½ cup (70g) macadamia nuts, coarsely chopped
- ½ cup (50g) walnuts, coarsely chopped
- ½ cup (70g) hazelnuts, coarsely chopped
- ¼ cup (35g) pistachio kernels
- ¼ cup (40g) sunflower seeds
- ¼ cup (100g) unsweetened coconut flakes
- 1½ tsp cinnamon
- 3 tsps vanilla bean paste
- 1 tbsp flaxseeds
- 1 tbsp chia seeds

Fibre

4.1

Grams
per serve

Fat

22.7

Grams
per serve

Protein

6.5

Grams
per serve

Carbs

2.4

Grams
per serve

Make up a batch of Dr Brukner's low carb muesli and you've got a healthy, no-cook brekkie or snack on standby. The cinnamon adds a natural sweetness that kids also love.

Method

1. Preheat oven to 180°C or 150°C fan forced.
2. Line a large baking tray with baking paper.
3. Place almonds, macadamias, walnuts, hazelnuts, pistachios, pepitas, sunflower seeds, coconut flakes, cinnamon and vanilla in a large bowl. Toss until well combined.
4. Spread out evenly on a lined baking tray. Bake for 8–10 minutes or until light golden and crisp . Set aside to cool. Once cool, stir through flaxseeds and chia seeds.
5. Store in an airtight container for up to 3 weeks.

Tip: Try serving with natural Greek yoghurt and fresh berries.



Bacon Brekkie Muffins

It's a wrap! These yummy cups are literally eggs-a-go-go.

Bacon Brekkie Muffin

GF

Serves

1

Prep

5 mins

Cook

35 mins

Ingredients

- 4 rashers streaky bacon
- 2 large eggs
- chives (optional)
- 1 tbsp olive oil

Fibre

0.2

Grams
per serve

Fat

26.2

Grams
per serve

Protein

22

Grams
per serve

Carbs

1.2

Grams
per serve

Eggs wrapped in bacon? Yes, please! These easy Bacon Brekkie Muffins are perfect to make ahead of time, zap in the microwave when you need them, and eat on the run.

Method

1. Preheat oven to 180°C.
2. Grease a deep muffin tray with olive oil. Line two holes with two rashers of bacon (don't forget to line the bottom of the hole!).
3. Break an egg into each cup and then cover the top of the muffin tray with tin foil.
4. Place in oven for 35 minutes or until bacon is golden and egg is set.
5. Remove from oven and allow to sit for five minutes until before removing from the tray and sprinkling with chives.
6. Can be served hot or cold.

Egg-a-licious Omelette

Limp fridge veg dazzle in
this pimp-able omelette.



Egg-a-licious Omelette

GF

Serves

1

Prep

5 mins

Cook

10 mins

Ingredients

- pinch of salt
- 2 large free range eggs
- 2 tbsps butter
- ¼ onion
- ¼ red capsicum, diced
- 1 tomato, diced
- 1 rasher bacon, diced
- ¼ cup Cheddar cheese, grated
- ¼ avocado, sliced
- 2 tbsps baby spinach, chopped

Fibre

3.8

Grams per serve

Fat

56.6

Grams per serve

Protein

25.9

Grams per serve

Carbs

6.5

Grams per serve

This amazing creation was submitted by our lovely Defeat Diabetes member, Tina!

It's cheesy, easy and a filling brekkie option. You can also switch out veggies for whatever you have in your fridge, so nothing goes to waste!

Method

1. Heat 1 tablespoon of butter in a small frypan over medium heat until melted and bubbling. Whisk eggs lightly in a small bowl with a pinch of salt, then pour into the frypan. Tip the frypan to spread the mixture evenly across the base.
2. Cook until the bottom of the egg mix is golden brown, around 1-2 minutes. Using a spatula carefully turn the egg mixture and cook the other side, about 1 minute.
3. Remove egg pancake from the pan and place on a wire rack to cool.
4. Add the remaining tablespoon of butter to the same frypan and add onion, capsicum, tomato and bacon. Cook until tender, about 2-3 minutes.
5. Place the egg base on a plate and spoon over the onion, capsicum, tomato and bacon mix. Sprinkle with shredded cheese and add sliced avocado. Add spinach at the end so it wilts slightly. Serve immediately.

Tip: Feel free to get creative with toppings and try chicken, ham or home made mayo. The options are endless!



Mixed Berry Smoothie

In a hurry? No worries! This smoothie makes a berry good brekkie.

Mixed Berry Smoothie

GF

V

Serves

1

Prep

5 mins

Cook

0 mins

Ingredients

- ¼ cup full fat Greek yogurt
- ¼ cup frozen mixed berries
- 1 tsp chia seeds
- 4 mint leaves, torn
- ½ cup coconut milk
- ¼ cup water

Fibre

0.9

Grams
per serve

Fat

5.2

Grams
per serve

Protein

2.4

Grams
per serve

Carbs

4.6

Grams
per serve

A fresh, zingy, tastebud-tingling smoothie to start the morning! Full of healthy fats and protein, our Mixed Berry Smoothie will keep you going for hours.

Method

1. Pour the yoghurt, berries, chia seeds, mint, coconut milk and water into your blender.
2. Blend the ingredients together until you have a creamy smoothie. If the smoothie is too thick, stop blending and carefully scrape down the sides and re-blend to get all of the berries incorporated.
3. Pour into a glass and enjoy straight away.

A close-up photograph of three thick slices of 'Three Seed Bread' stacked on a wooden cutting board. The bread has a golden-brown crust and a dense, textured interior filled with various seeds, including green pumpkin seeds and white sesame seeds. In the background, a white butter knife with a small hole in the handle is visible, resting on a piece of parchment paper. The entire scene is set on a light-colored, speckled surface.

Three Seed Bread

An easy and tasty bread recipe that also freezes beautifully. Cut into slices, wrap individually and freeze for up to one month.

Three Seed Bread

GF

V

Serves
12

Prep
10 mins

Cook
45 mins

Ingredients

- ½ cup (50g) coconut flour
- 1 cup (110g) psyllium husks
- ¼ cup (50g) chia seeds
- ⅔ cup (110g) pepitas (pumpkin seeds)
- ¾ cup (110g) sunflower seeds, plus 2 tsps extra to sprinkle
- 1 tbsp baking powder
- ½ tsp salt
- 4 large free range eggs
- 1½ cups (350ml) water
- ⅓ cup (75g) unsalted butter, melted

Fibre

0.8

Grams
per serve

Fat

5.2

Grams
per serve

Protein

2.4

Grams
per serve

Carbs

4.6

Grams
per serve

This versatile bread can be used as a side to your meals and is great for mopping up sauces. It also makes an easy lunch or snack on the go, paired with your favourite toppings. Slice into smaller pieces for bite-sized accompaniments to a cheese platter.

Method

1. Preheat oven to 180°C or 160°C fan forced.
2. Line a 10 cm × 20 cm (base measurement) loaf tin with baking paper, allowing the paper to overhang on the two long sides.
3. Combine flour, psyllium, chia, pepitas, sunflower seeds, baking powder and salt in a large bowl. Whisk the eggs and water together in a jug. Add to flour mixture and stir until well combined.
4. Stir through the melted butter.
5. Bake for 40-45 minutes or until golden and a skewer inserted into the centre comes out cleanly.
6. Set aside to cool for 5 minutes, then transfer to a wire rack and set aside to cool completely.



Lunch

Our lunch recipes have a few things in common: They're quick, nutritious and very filling. Fuel yourself for the entire afternoon with these low carb, high protein and healthy fat options.

Mish Mash Hash

GF

DF

Serves

1

Prep

5 mins

Cook

5 mins

Ingredients

- 1 tbsp coconut oil
- 2 rashers middle bacon, diced
- ¼ medium red onion, sliced thinly
- ½ medium carrot, sliced into batons
- ½ cup spinach leaves
- 2 large free range eggs
- pinch of salt and pepper

Fibre

3.6

Grams
per serve

Fat

3.6

Grams
per serve

Protein

35

Grams
per serve

Carbs

6.8

Grams
per serve

When you're used to pairing eggs with toast, try some stir-fried veg instead! Get creative with your leftovers by using whatever vegetables are leftover in the fridge from the night before. If you love chilli, add some while cooking or serve with some low-sugar sriracha sauce.

Method

1. Add coconut oil to a heated fry pan and cook the bacon for a minute, then add the chopped veggies and cook for a further 2-3 minutes until soft, but not mushy. Remove from pan and set aside. Season with salt and pepper.
2. Crack two eggs into the same pan with a little extra coconut oil if needed. Fry for 2 minutes one side, then carefully flip with a spatula and cook for a further 30 seconds-1 minute until the whites are set.
3. Serve the eggs aside or on top of your veggie hash if you'd like the runny eggs yolks to mix through your veggies.

Tip: Don't overcook the eggs and the runny yolks will provide an eggy sauce that is delicious with cooked veg. Yum!

Spring Chicken Salad

An easy breezy lunch that makes the most of leftover chook.



Spring Chicken Salad

GF

Serves

1

Prep

10 mins

Cook

10 mins

Ingredients

- 1 cup shredded leftover or takeaway chicken
- ½ avocado, sliced
- 1 cup baby spinach leaves
- 1 cup broccoli florets
- 1 tbsp flaked almonds
- 1 tsp apple cider vinegar
- 3 tsps extra virgin olive oil
- pinch of salt and pepper

Fibre

6.5

Grams per serve

Fat

25.4

Grams per serve

Protein

40.9

Grams per serve

Carbs

1.4

Grams per serve

We reckon chicken legs are more juicy, tender and delicious than chicken breast, but hey - whatever takes your fancy! Slam this baby with a dollop of spicy homemade mayo for extra flavour.

Method

1. Preheat the oven to 180°C/160° fan-forced.
2. Add 2cm of water to a medium saucepan and bring to the boil. Add the broccoli florets, place the lid on and cook for 3 minutes. Strain the water but keep the broccoli in the saucepan. Add a tablespoon of butter to the broccoli, place the saucepan lid back on and allow it to melt through the broccoli.
3. Slice the avocado in half, peel and cut slices into each half.
4. Whisk together the oil and vinegar. Place the spinach leaves on a plate, topped with the avocado slices. Sprinkle with the dressing. Add the chicken and broccoli.
5. Sprinkle with almond flakes and season with salt and pepper.

Broccoli Cheese Soup

A healthy dose of greens and protein to help see you through the cooler months.



Broccoli Cheese Soup

GF

V

Serves
4

Prep
10 mins

Cook
10 mins

Ingredients

- 1½ tbsps butter
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 800g broccoli, chopped
- 3 cups chicken stock
(replace with vegetable stock for a vegetarian option)
- ½ cup grated vintage Cheddar cheese
- ½ cup pure or whipping cream
- 2 tbsps chopped fresh chives, to serve

Fibre

10.4

Grams
per serve

Fat

24.2

Grams
per serve

Protein

20.2

Grams
per serve

Carbs

25.2

Grams
per serve

Our scrummy Broccoli and Cheese Soup is stacked with flu-staving nutrients. Bonus! It freezes beautifully.

Method

1. Heat the butter in a large saucepan over medium heat. Cook the onion, stirring, adding a good pinch of salt, for 5 minutes or until softened.
2. Add garlic and cook, stirring, for 1 minute or until fragrant.
3. Add broccoli and stock and bring to the boil. Reduce heat and simmer, uncovered, for 8–10 minutes or until broccoli is tender but still bright green (be careful to not overcook).
4. Set aside to cool slightly then blend soup in batches using a handheld/stick blender.
5. Return soup to a clean saucepan and heat over a low heat. Add cheese and 60ml (1/4 cup) of the cream, stir to combine and season with black pepper.
6. Serve with a drizzle of remaining cream, sprinkle with chives.



Mediterranean Eggs and Chorizo

Give breakfast a makeover with this throw-it-all-in- one-pan wonder.

Mediterranean Eggs and Chorizo

Serves

2

Prep

10 mins

Cook

15 mins

Ingredients

- 1 tbsp extra virgin olive oil
- 2 mild chorizo sausages, sliced
- 1½ cups tomato passata
- ¼ tsp harissa
- ½ cup marinated red pepper strips
- pinch salt and pepper
- 4 large free range eggs
- ½ cups pitted green Spanish olives, roughly chopped
- ½ cup flat leaf parsley, chopped

Fibre

3.1

Grams
per serve

Fat

41.8

Grams
per serve

Protein

25.2

Grams
per serve

Carbs

14.8

Grams
per serve

A sure-fire weekend winner, this beaut of a brunch dish is sure to impress.

Method

1. Heat a frypan with olive oil, add chorizo and cook for a few minutes. Add tomato passata, harissa and red peppers.
2. Bring to the boil, lower heat & allow sauce to gently simmer for approximately 10 minutes.
3. Make four small wells in the sauce and crack eggs into these, sprinkle with olive & cover with a lid.
4. Allow eggs to cook on medium heat for 5 minutes until whites are firm, but the yolks are still runny.
5. Sprinkle with parsley and serve.

Simple Ploughman's Platter

Lunch has never been simpler —
or more nutritious!



Simple Ploughman's Platter

GF

Serves

1

Prep

5 mins

Cook

0 mins

Ingredients

- 1 large free range egg
- 2 slices prosciutto, torn
- ¼ cup (50g) brie cheese
- small handful mixed nuts (36g)
- ½ medium carrot, cut into batons
- 3 pickled gherkins
- 8 small black olives

Fibre

4.3

Grams
per serve

Fat

48.1

Grams
per serve

Protein

32.7

Grams
per serve

Carbs

11.2

Grams
per serve

Looking for a super simple brekkie and brunch option? We've got you! This recipe covers all your needs - done and dusted in under 5 minutes, full of healthy nutrients and affordable to boot. Tick!

Method

1. Place egg in small saucepan with enough cold water to cover by a couple of centimetres. Bring to boil over high heat, then lower temperature and simmer gently for four minutes.
2. Remove pan from heat and drain hot water. Cover egg with cold water and allow to cool before carefully peeling.
3. Assemble all the ingredients on a plate, fancy chopping board or lunchbox and you're done.

Tip: Can't find prosciutto? Go for tasty ham off the bone instead.

A top-down view of a light-colored ceramic plate on a wooden surface. The plate contains two pieces of salmon: one is seared with a dark, crispy skin and topped with coarse salt, while the other is cooked to a golden-orange hue and topped with crumbled white cheese. A wedge of yellow lemon sits to the left of the salmon. To the right of the salmon are several bright green beans and more crumbled white cheese. A white cloth napkin is partially visible on the left side of the plate.

Dinner

Whether you need to whip something up in a hurry, or have no time at all, we've covered all bases with these dinner recipes. You'll find dishes you can make in under 25 minutes, as well as options that freeze well for when you arrive home late... We've even thrown in a slow cooker recipe for good measure!

Fried Salmon with Pumpkin and Beans

GF

Serves

1

Prep

5 mins

Cook

25-30 mins

Ingredients

- 1 tbsp coconut oil
- salmon, 300g fillet
- 1 cup long green beans, ends trimmed
- 1 cup pumpkin, skin removed, cut into 2cm squares
- 2 tbsps butter
- 3 tbsps feta, crumbled
- ½ lemon
- pinch salt and pepper

Fibre

3.4

Grams per serve

Fat

53.2

Grams per serve

Protein

49.2

Grams per serve

Carbs

8.1

Grams per serve

Our most popular fish dish is a cinch to prep and cook. The result? A vibrant-hued supper that's set to impress.

Method

1. Preheat your oven to 200°C.
2. Heat the coconut oil in the oven for 2-3 minutes, then add the pumpkin and beans and bake for 15 minutes until soft.
3. Heat the butter in a large frypan over medium heat. Add the salmon and butter. Cook for 4 minutes each side.
4. Remove the pumpkin and beans from the oven. Crumble over the feta and serve with the salmon. Squeeze over half a lemon and season with salt and pepper.

Tip: Keep the skin on - it is delicious crisped up and contains the highest concentration of omega-3 in a fish.



Easy Sausage Tray Bake

Even we couldn't believe how more-ish this dish is! Just proves that tasty doesn't have to be costly!

Easy Sausage Tray Bake

Serves

2

Prep

5 mins

Cook

30 mins

Ingredients

- 1 cup cherry tomatoes
- 1 medium eggplant, cut into 8 wedges
- ½ cup mini capsicums
- 2 cloves garlic, smashed
- 3-4 sprigs herbs such as thyme, rosemary or oregano
- 2 good quality sausages
- 1 tbsp extra virgin olive oil
- 2 tbsps balsamic vinegar
- salt and pepper to season

Fibre

10.6

Grams
per serve

Fat

20.6

Grams
per serve

Protein

13.2

Grams
per serve

Carbs

14.9

Grams
per serve

The humble banger gets a magnificent makeover. Quality sausages, tasty veggies and just one pan to wash up. Music to our ears!

Method

1. Preheat oven to 180°C fan forced.
2. Place tomatoes, eggplant, capsicums, garlic, herbs, and sausages in one layer on an oven tray.
3. Drizzle with olive oil, balsamic vinegar and season with salt and pepper. Toss together to coat.
4. Place in the oven for 30 minutes, turning the sausages half-way through.
5. Serve immediately.

Tip: Make sure you buy 100% steak sausage as this keeps carbs down.



Naked Cheeseburger

A low carb approach doesn't mean sacrificing easy-cook BBQ faves.

Naked Cheeseburger

GF

Serves

2

Prep

10 mins

Cook

10 mins

Ingredients

- 400g beef mince
- 2 large free eggs
- salt and pepper to season
- 1 tbsp butter
- 5 slices Cheddar cheese
- 2 pickled gherkins, sliced
- 1 large tomato, sliced
- 1 tbsp America or English mustard (optional)
- 4 lettuce leaves such as butter lettuce or cos
- ½ red onion, sliced

Fibre

0.3

Grams
per serve

Fat

31.3

Grams
per serve

Protein

30.6

Grams
per serve

Carbs

5.0

Grams
per serve

All the well-loved burger flavours without the carbs.

Who said you couldn't enjoy your favourite dishes on a low carb approach? Our Naked Cheeseburger tastes even better than its carby-cousin. Try it!

Method

1. Combine the beef mince with the eggs using your hands or a wooden spoon until well blended. Season with salt and pepper.
2. Make 4 burger patties and cook in butter over medium-high heat in a frypan, for approximately 3 minutes per side. They can also be grilled on a BBQ.
3. Add a slice of cheese to each burger towards the end of cooking, giving it enough time to melt over the pattie.
4. Serve with the salad sides or use large cups of lettuce as a burger bun to hold the burger and toppings. Serve with American or English mustard if desired.

Osso Bucco

When the weather cools we turn to warming hearty dishes that are inexpensive and simple to prep.



Osso Bucco

GF

Serves
2

Prep
30 mins

Cook
90 mins

Ingredients

- 1 onion
- 2 carrots
- 2 sticks celery
- 2 tbsps butter
- 1 clove garlic, chopped
- ¼ cup mild olive oil
- 500g veal osso bucco
- ½ cup white wine
- 1 cup stock
- 400g tin diced tomatoes
- 2 bay leaves
- few sprigs thyme
- salt and pepper

Fibre

4.0

Grams
per serve

Fat

39.6

Grams
per serve

Protein

50.8

Grams
per serve

Carbs

13.4

Grams
per serve

Long live the slow cooker! There's a reason we're mad fans of this simple way of cooking: the ease of piling everything in a single pot, leaving for a few hours and returning to a home laden with rich, enticing aromas that beg you to dive in! We defy you to resist...

Method

1. Preheat oven to 180°C.
2. Chop onion, carrot and celery into large dice.
3. Melt butter in a large frypan and cook onions, carrots, celery and garlic over medium-high heat for a few minutes. Remove from heat and place vegetables in an ovenproof casserole dish.
4. Heat olive oil in the same frypan. Add meat and cook until browned on all sides. Remove meat from the pan and place on top of the vegetables.
5. Return pan to heat and cook wine, stock and tomatoes for a few minutes. Pour over the top of the meat and vegetables.
6. Add bay leaf and thyme, cover the dish with foil or lid and cook in the oven for about 1 hour or until the meat is very tender, turning the meat half way through. Check the level of the liquid and add more if you need to.
7. Remove from the oven and serve.



Zoodle Carbonara

Who needs pasta when you've
got healthy zoodles?!

Zoodle Carbonara

GF

Serves
1

Prep
10 mins

Cook
10 mins

Ingredients

- 250g zucchini, cut into 'zoodles' (see tip)
- 1 egg yolk, whisked (remove the white and freeze for use later!)
- ½ tbsp cream
- 2 tbsps pure cream
- ⅛ cup parmesan cheese, plus 2½ tbsps extra to serve
- ½ tbsp olive oil
- 25g pancetta, diced
- ½ clove garlic, crushed
- ½ tbsp flat leaf parsley, finely chopped

Fibre

3.2

Grams
per serve

Fat

24.6

Grams
per serve

Protein

11.8

Grams
per serve

Carbs

4.8

Grams
per serve

Pasta, schmasta! Who needs carb-onara when you have a tasty low-carb alternative? Zoodles (made from zucchini noodles) are a healthy option to replace traditional starchy pastas - we guarantee you won't go back!

Method

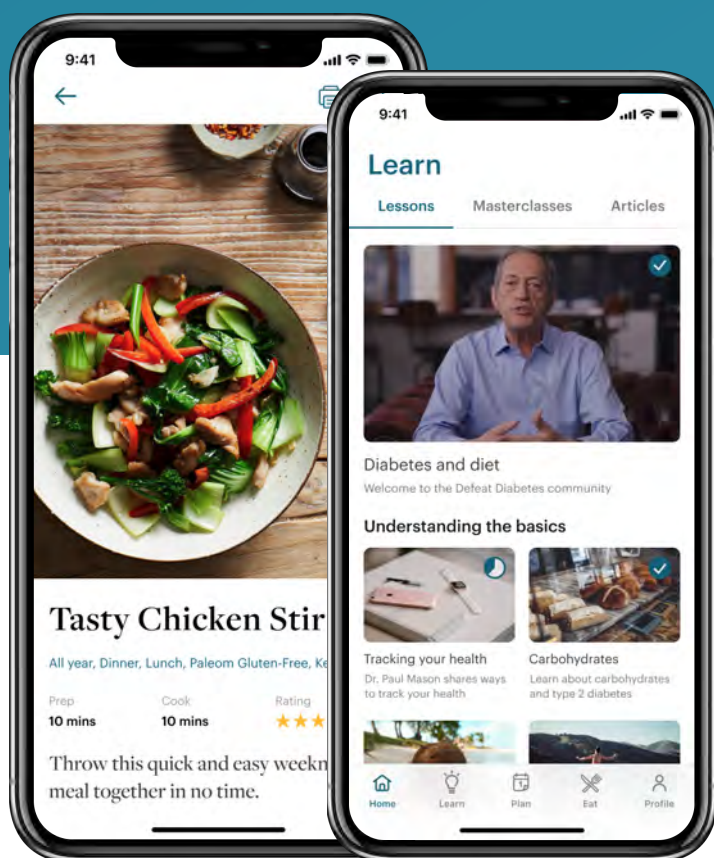
1. Place zoodles in a large colander, sprinkle with sea salt and set aside for 10 minutes. Rinse zoodles under cold running water. Pat dry with absorbent paper to remove excess moisture.
2. Whisk the egg yolks, cream and parmesan together in a medium-size bowl. Season with salt and pepper. Set aside.
3. Heat 1 teaspoon of the oil in a large frying pan over medium heat. Cook the pancetta, stirring, for 5 minutes or until golden and crisp. Remove from pan and set aside.
4. Heat remaining oil in the same pan over medium heat. Add garlic and cook, stirring, for 1 minute or until fragrant. Add zoodles and cook, tossing with tongs, for 1–2 minutes or until just tender. Remove from heat.
5. Return pancetta to pan with egg mixture and quickly toss, until egg mixture coats zoodles and forms a glossy sauce. Season with salt and pepper. Serve immediately garnished with parsley and extra parmesan.

Tip: The easiest way to make zoodles is to use a spiraliser, available at kitchenware stores. Alternatively, use a vegetable peeler to cut zucchini into wide long strips, then cut into thin 'zoodles'.



Defeat Diabetes

Australia's leading evidence-based, doctor-led program sending pre-diabetes, type 2 diabetes and other chronic disease into remission.



Video lessons
& Masterclasses
presented by leading
doctors & dietitians



New videos, articles
& meal plans added
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