

# INDEX

## A

Avocado Dressing ..... 126

## B

Baked chicken ..... 46

Baked eggs on spinach ..... 81

Basic meat stock ..... 112

Basic salad dressing ..... 127

Basic vegetable stock ..... 113

Bean mix salad ..... 105

Beef curry ..... 55

Beef stew ..... 54

Beef stroganoff ..... 56

Beetroot soup ..... 114

Beetroot with walnut dressing 130

Berry yoghurt ..... 142

Bolognaise sauce ..... 57

Butter chicken ..... 129

## C

Caesar salad ..... 106

Cheese dip ..... 128

Chicken consomme ..... 116

Chicken curry ..... 47

Chicken stock ..... 77

Coconut pancakes ..... 140

Coconut pineapple juice ..... 155

Coconut smoothie ..... 156

Cold curried avocado soup .... 123

Curried chicken ..... 48

Curried stuffed eggs ..... 82

Custard tart ..... 144

## D

Damper ..... 143

Date cookies ..... 145

Dolmades ..... 129

Dukkah ..... 108

## E

Egg, avocado and fetta cheese salad 107

Eggplant lasagna ..... 58

Eggs in coconut sauce ..... 83

## F

Fennel tart ..... 130

Fruit cake ..... 146

Fruit jelly ..... 145

Fudge ..... 149

## G

Ginger and melon salad ..... 123

Greek kebabs ..... 59

Greek salad ..... 108

Green beans ..... 93

Green cabbage ..... 94

Guacamole ..... 131

## H

Hollandaise sauce ..... 132

Hommos dip ..... 131

Honey chicken thighs ..... 49