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THYME FOR
NUTRITION



THE HEALTHY BOWL

EASY AND SIMPLE RECIPES





DIRECTIONS

1. Mix the dressing ingredients in one bowl and then add to the bottom layer of your jar.
2. The second layer in your jar will be your grain of choice followed by the mixed beans and courgette.
3. Then add the tomatoes, cucumber, carrot & red cabbage.
4. The fourth layer will be your avocado, spinach & mixed seeds.
5. Finally, top with feta, as well as oregano and pumpkin seeds (if using).

NOTES

add black olives, mushrooms or radish if you desire for extra zing.
mixed grains - barley, quinoa, millet, brown rice, buckwheat, bulgar, oatmeal



salad of zing



2 servings



15 minutes

INGREDIENTS

- 3 tsp date paste (2 dates blitzed in a food processor with 4 tbsp water) or 2 tsp honey
- 4 tbsp extra virgin olive oil
- 1/2 lemon, juiced
- A pinch of cumin
- A pinch of salt

SALAD

- 120g mixed grains of choice (cooked as per packet instructions)
- 1/2 courgette, diced
- 1 x 400g tin of mixed beans
- 2 large tomatoes, chopped
- 1/2 large cucumber, chopped
- 1/2 carrot, grated
- 1/2 red cabbage, grated
- 1/2 avocado, chopped
- 60g spinach
- 1 tbsp mixed seeds
- 50g feta, crumbled
- Dried oregano (optional)
- Pumpkin seeds (optional)



poke bowl



2 servings



25 minutes

INGREDIENTS

Poke bowl Super Six

- 2 cups pearl barley, cooked (or grain of choice)
- 1 cup edamame (green soy beans)
- 1 cup or 1/2 large mango
- 1 cup or 1/4 large cucumber
- 1 cup or 1 pickled radish
- Sesame seeds for garnish
- Coriander for garnish

For the marinade

- 2 x fillets sushi grade salmon, cut into cubes (or fish of choice)
- 1 tsp soy
- Inch piece fresh ginger
- 1 clove garlic, minced
- 1/2 lime, juiced
- Avocado yoghurt sauce
- 1/2 ripe avocado
- 2 tbsp plain live yoghurt
- 1/2 lime, juiced
- salt to taste

DIRECTIONS

1. Combine marinade ingredients in a small bowl; whisk to combine. Add the diced salmon and set aside in the fridge.
2. Mix the avocado, yoghurt and salt in a blender and blitz until smooth.
3. Divide pearl barley between two bowls and top with the marinated salmon and the rest of the veggies.
4. Garnish with sesame seeds & coriander, if desired. Serve with the avocado yoghurt sauce.

NOTES

dislike fish - add chicken or a good quality beef.

Super Six: vegetables, fruits, wholegrains, legumes (beans and pulses), nuts and seeds and herbs and spices, research shows eating across the Super Six can add up to a decade of healthy years to your life.

Research has shown that omega-3 intake is associated with greater diversity in gut bacteria, as well as with an increase in microbes that produce beneficial short-chain fatty acids (SCFAs). One particular SCFA, butyrate, is believed to help protect against conditions such as bowel cancer, diabetes, and depression.



chicken soup



4 servings



60 minutes

INGREDIENTS

- 2 tbsp extra olive virgin oil
- 200g sofrito mix
- 2 leeks, sliced
- 2 medium carrots, sliced
- 150g mushrooms, halved (we used button)
- 3 garlic cloves, grated
- 1 thumb sized piece of ginger, grated
- ½ tsp turmeric
- 1 tsp black pepper
- 150g baby tomatoes
- 1 x tin of butter beans
- 800ml vegetable stock
- 250g chicken, shredded (we used precooked chicken)
- 150g frozen peas

To serve:

- 40g walnuts, crushed (optional)
- Handful of fresh parsley or coriander (optional)
- Plain yoghurt

DIRECTIONS

1. Heat the oil in a pan over medium heat, add the sofrito mix and cook over the heat for a few mins until it softens, then stir in the carrots, leeks & mushroom to the pan.
2. After 2 mins, stir in the garlic and ginger, followed by the tomatoes, turmeric & black pepper.
3. Saute for 30 secs to let the spices cook a bit and then stir in the butter beans.
4. Add the stock and the chicken, bring to a boil and then reduce to medium low and simmer for 20 mins or until chicken is fully cooked.
5. Stir in the peas and leave on a low simmer for another 5 mins.
6. Serve with walnuts, parsley and a spoonful of yoghurt.

NOTES

a hardy meal full of gut loving foods, that will make you feel fuller for longer.



zucchini salad with red capsicum sauce



4 servings



35 minutes

INGREDIENTS

Eggplant

- 1 ½ tbsp harissa paste
- 3 tbsp extra-virgin olive oil
- 2 Eggplant cut into medium-sized chunks
- 200g cooked mixed grains (freekeh, couscous etc.)
- ½ red onion, finely chopped
- 100g green olives, chopped
- 3 spring onions, chopped
- 100g roasted mixed nuts, chopped
- ½ tsp chilli flakes

Sauce

- 350g jarred roasted red capsicum
- 35g almonds
- 3 tbsp of plain yoghurt
- 3 tbsp feta
- 1 garlic clove, finely chopped
- 2 tsp extra virgin olive oil
- 15g parsley, finely chopped
- Pinch of salt & pepper

DIRECTIONS

1. Heat the oven to 200°C / 375°F. In a large bowl, mix the harissa with the extra virgin olive oil, then add the eggplant chunks and toss until evenly coated. Spread the eggplant chunks in a single layer on a lined baking tray, then roast for 20–25 minutes until golden.
2. Meanwhile, add the cooked grains into a bowl with the olives, red onion, spring onions, mixed nuts and chilli flakes. Add a little extra virgin olive oil, season with salt, then toss together.
3. To make the red capsicum sauce, add all of the ingredients to a food processor or high powered blender and blend until smooth.
4. Serve up the mixed grains topped with the roasted eggplant. Drizzle over the red pepper sauce and enjoy!

NOTES

no jar capsicum - one whole capsicum, de-seeded and chopped into chunks, place on lined baking tray, drizzle with olive oil and bake in a 180°C till soft. Follow directions to blend into sauce.



banana and chocolate smoothie bowl



1 servings



5 minutes

INGREDIENTS

- 1 banana (frozen or fresh)
- 1 cup (250ml) milk of choice
- 1 tbsp cocoa powder
- 4 ice cubes
- no added sugar granola

DIRECTIONS

1. Simply whizz up the banana (frozen or fresh), 1 cup (250ml) of any milk, the cocoa powder, 4 ice cubes in a blender until smooth & creamy, then add a sprinkle of granola

MAKE YOUR OWN GRANOLA

1. 120 g / ½ cup mashed ripe banana*
 2. 15 g / 2 tbsp ground flax seeds or chia seeds
 3. 25 g / 2 tbsp runny almond butter (or other nut / seed butter)
 4. 170 g / 2 cups rolled jumbo oats (gluten-free certified if required)
 5. 50 g / ½ cup chopped almonds or other nuts / seeds
 6. 50 g / ½ cup chopped pecans or other nuts / seeds
 7. 1 tsp vanilla paste
 8. 1 tsp cinnamon
 9. ¼ tsp cardamom
 10. ¼ tsp fine sea salt
 11. ¼ tsp baking soda
 12. OPTIONAL ADDITION: 50 g / 1¾ oz stem ginger (3 balls), diced finely or dried apricots
1. Preheat the oven to 130° C / 265° F fan function (or 150° C / 300° F without the fan) and line a large baking tray with a piece of baking paper.
 2. In a large bowl, mix mashed up banana, ground flax and almond butter. Stir well until well combined and set aside for 10 minutes for flax to activate.
 - 3.
 4. Mix in the rest of the ingredients.
 5. Spread the granola mixture on the prepared baking tray and bake for about 40 minutes. Rotate the tray and flip the granola pieces after about 20 minutes – use a spatula and be gentle if you don’t want break big clusters up.
 6. Allow the granola to cool down (it will crisp up) before using. Store in an airtight container. Use within a week.

NOTES

making your own is simple, yet if this isn't something you can do granola is available in supermarkets, look for no added sugar, keto or low carb options

naomi mellor

BHSC CLINICAL NUTRITION
NATUROPATH

askthyme@gmail.com • 0403007973 • Foster, Vic
www.thymenutrition.com.au

