

## Ginger beef salad

In this recipe the beef is cooked rare. Just searing the outside gives the meat a delicious texture and flavour, and leaves certain beneficial enzymes and nutrients intact.

300g sirloin beef, cut into 1.5cm-thick steaks  
1 teaspoon sesame or coconut oil  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1 teaspoon toasted sesame oil  
2 tablespoons shoyu  
2 teaspoons grated fresh ginger  
2 tablespoons sesame seeds, toasted  
1 red capsicum, deseeded and sliced  
200g snow peas or other greens, blanched  
250g mung bean sprouts

Put oil in a hot frying pan. Sear steaks briefly on each side until cooked rare or medium-rare. Transfer to a chopping board and leave for 10 minutes to cool.

Put lemon juice, olive oil, sesame oil, shoyu and ginger in a medium-sized bowl and stir to combine.

Thinly slice the meat. Add to bowl and mix gently with the marinade. Place in refrigerator for at least 30 minutes to marinate.

To serve, transfer meat and marinade into a large bowl. Add sesame seeds, red capsicum, snow peas and mung bean sprouts. Toss gently together and serve in individual bowls.

**SERVES 4**

## Chicken tagine with lemon and olives

This spicy aromatic North African dish is a real crowd-pleaser. Any leftovers will freeze well for another meal.

### MARINADE

⅔ cup olive oil  
1 tablespoon turmeric  
1 tablespoon paprika  
1 teaspoon salt  
pinch of cayenne pepper  
½ teaspoon black pepper

2kg free-range chicken legs, trimmed of excess skin and fat  
4 onions, diced  
4 cloves garlic, crushed  
4 large tomatoes, chopped  
2cm piece fresh ginger, grated  
juice of 1 lemon  
1 bunch fresh coriander, chopped  
1 cup green olives  
4 preserved lemons (preserved in salt), cut into quarters

☀ Mix marinade ingredients together. Add meat and stir to coat. Refrigerate overnight.

Heat a large frying pan over medium heat. Using tongs, remove chicken pieces from marinade and place in frying pan. (This may need to be done in 2-3 batches.) Sauté chicken on each side until golden, then remove to a large oven dish with a tight-fitting lid and set aside. Preheat oven to 180°C.

Pour remaining marinade into frying pan, add onions and sauté until softened. Add garlic, tomatoes and ginger and simmer, stirring frequently, for 10 minutes over low heat.

Pour sauce over chicken, cover and place in oven. Cook for 20 minutes, then add lemon juice, coriander, olives and preserved lemons.

Continue cooking until olives and lemons are heated through.

Serve with couscous, quinoa or rice.

**SERVES 8**

Ginger is a warming spice known for improving digestion and circulation. Fresh ginger tea has been found to reduce nausea and cold symptoms. Add fresh grated ginger to oriental soups, curries, marinades, dressings and salads or try mixing it into a tropical fruit salad.



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