

RECIPES FOR SYSTEM:SLIM EATING PROGRAMMES

BBQ

The weather is improving, and we are preparing for the Barbecue season, which gives us so much more healthy options for every eating programme.

General tips

- if preparing a BBQ for a large crowd, meat can be pre-cooked in a conventional oven and then quickly seared over the flame before serving. This will also prevent meat from burning, which creates nitrates that are harmful to the body.
- A stainless steel basket suitable for a grill is great for mixed vegetables or seafood. It can be placed on the solid plate while you grill the meat on the other side without mixing both.
- Vegetable kebabs work well in combination with grilled meats. They can be prepared in advance and added to the grilling basket when required.

CombiningRight

Barbecued vegetables

- Onion wedges or rings
Peel & cut onions into wedges or rings. Separate layers and brush lightly with oil. Stirfry on solid plate for 4-5 mins or until golden and softened. Alternatively, place in BBQ basket or wrap in alu foil and bbq for 20-25 mins, turning several times during cooking. Before serving, sprinkle with finely chopped fresh herbs (chives, parsley or sage) and season with freshly ground black pepper.
- Courgette halves
Halve courgette lengthways and place on BBQ plate. Brush lightly with olive oil and cook on solid plate until crunchy. Turn frequently.
- Pepper strips
Cut capsicum lengthwise to quarters, remove seeds. Place on hot BBQ plate, brush lightly with olive oil and turn frequently during cooking.
- Whole button mushrooms
Clean and brush lightly with olive oil. Stirfry on solid BBQ plate for 3-4 mins or until softened.
- Ratatouille basket
Clean and cut into bite size pieces: Courgettes, mushrooms, egg plant, red, green and yellow capsicum. Cut onions into strips and chop garlic. Mix with olive oil and season with a little salt and pepper, sprinkle with Italian herbs. Place into BBQ basket and cook on solid plate until softened (about 20 mins).

Prawn Kebabs (for 2 persons)

12 prawns, peeled with tail intact
8 small button mushrooms, washed
8 cherry tomatoes, washed
2 garlic cloves, finely chopped

Marinade:

Mix 2 tbl spoons olive oil, thyme, paprika powder and garlic.

Thread prawns, mushrooms and cherry tomatoes on kebab sticks. Brush with marinade and let soak for 10 minutes. Grill until done, turning frequently (approx. 10 mins)

Grilled Salmon

Use fresh salmon steaks, brush with olive oil and grill on very hot solid plate until just done. Tip: when brushing oil on the fish instead of oiling the BBQ plate or frying pan, the flesh won't absorb too much oil and doesn't get dry. Sear quickly, don't overcook.

Fish Fillets

To prevent fish from drying out, place fillets in aluminium foil, sprinkle with freshly chopped herbs (parsley, chives, dill) or use dried herbs, season with freshly ground pepper, add sliced onion and a couple of tomato slices and add a little olive oil. Fold aluminium foil tight and grill until done (or place in BBQ basket).

Meat

Meat won't dry out if you let the grilling meat marinade in a spice mix. Over night is best, but at least half an hour before cooking.

Marinade:

- Mix chopped garlic, thick soya sauce, sweet chilli sauce (or chilli and garlic sauce), crushed ginger and freshly ground pepper. Place meat in a shallow dish, brush with marinade until well covered and put in fridge until ready to grill. You can add any other spices that you desire (eg paprika powder, curry powder etc.)
Note: marinated meat needs less cooking!
- Marinate meat that has been rubbed with seasonings in fresh fruit juices overnight in a bag or covered dish.

Vegetarian option

Barbecued Tofu

Serves 4

500 g firm tofu
2 large onions, thinly sliced
1 cup barbecue sauce, low salt

Squeeze excess water from tofu and slice into _ inch slices. Marinade together with sliced onions and BBQ sauce for several hours or overnight. Cook on grill, brushing frequently with BBQ sauce. The dish can also be prepared in the oven at 180C for 20-30 minutes until sauce is bubbling hot.