



HEALTHYFOOD
STUDIO

Vitality Olympic Games

Canapés

Grilled trout with Malaysian-style curry & toasted coconut
Baby marrow, tomato & basil rolls

Mains

Farmed cob in spicy tomato ragù
Herb-roasted beef fillet with salsa verde
Mediterranean vegetables with preserved lemon & coriander
Tender stem broccoli with toasted almonds & parmesan
Roasted beetroot with pomegranate, basil & balsamic vinegar

Desserts

Dark chocolate tart with nut crust
Strawberries & cream verrine



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Official Wellness Partner of the South African Olympic Team



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Grilled trout with Malaysian style CURRY & TOASTED COCONUT

INGREDIENTS

- 6 rainbow trout portions, 180g each
- 1 large onion, finely chopped
- 2 stalks lemon grass, finely chopped
- 20g garlic, finely chopped
- 2 red chilli, finely chopped
- 60g fresh ginger, finely chopped
- 10ml turmeric
- 5ml tamarind paste
- 50ml canola oil
- 40g coconut flakes for garnish
- 2 lime leaves

METHOD

Preheat oven to 180°C.

Place onions, lemongrass, garlic, chilli (remove the seeds if you would like it milder), ginger, lime leaves, turmeric, tamarind and oil in a food processor and blend as fine as possible.


Spread the coconut flakes on an oven tray and roast in the oven until golden brown. Remove from the oven and set aside until needed.

Coat each portion of fish with a 1 – 2 teaspoons of the curry paste and allow it to marinate for about 20 minutes.

Change the oven setting to grill and place the fish portions in a greased roasting tray.

Place the tray under the grill (not too close to the heat) and cook for 5 to 10 minutes, just until the fish starts to flake.

Serve the fish garnished with toasted coconut flakes.

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Baby marrow, tomato & BASIL ROLLS

INGREDIENTS

- 3 large baby marrows
- Large pinch salt
- 8 sundried tomatoes
- 16 basil leaves (or mint)
- 60g reduced fat feta cheese
- 2 cloves of garlic, crushed
- 20ml olive oil

METHOD

Slice the baby marrows lengthwise into 3mm strips and season with the salt. Set aside for about 30 minutes.

Combine the crushed garlic and olive oil and set aside.

Crumble the feta and slice the sundried tomatoes into strips.

After 30 minutes, wipe the moisture off the baby marrows and place them on a baking tray.

Brush with the olive oil and garlic on both sides.

Preheat the oven grill and cook the baby marrows for about 3 minutes a side under the grill.

Allow to cool, then place 3 basil leaves with a piece of sundried tomato onto each baby marrow slice, sprinkle the feta over as well as some black pepper and roll them up.

Serve at room temperature.

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Farmed kob

IN SPICY TOMATO RAGÙ

INGREDIENTS

- 25ml olive oil
- 4 cloves of garlic, skinned
- 2 tins of cherry tomatoes
- 600g farmed kob or sustainable firm white fish, filleted into 150g portions
- 6 sprigs basil leaves, chopped
- 1 tbsp chilli olive oil (optional)
- Pinch each salt, sugar, black pepper
- 2 sprigs basil leaves for garnish

METHOD

Heat the oil, add garlic and fry until golden brown.

Briefly brown the seasoned fish in the hot oil, for about 1 minute and then remove and set aside. Add the tomatoes and stir.

Cook the sauce for about 20 minutes and adjust seasoning with salt and sugar. The sauce should reduce and thicken at this stage. Add the chopped basil.

Place the fish back in the sauce and cook on a low heat for about 5 minutes, until the fish is just cooked. Don't cover the fish with sauce – retain the red, white and green colours for aesthetics.

To serve, dish the ragù in a serving plate first, then the fish on top and garnish with basil leaves and drizzle with chilli oil.

To dress this dish down for a comfortable lunch, serve it with wholewheat couscous. To dress it up for dinner, serve it with oven-roasted new potatoes and steamed asparagus or green beans.

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Herb-roasted

BEEF FILLET WITH SALSA VERDE

INGREDIENTS

1kg whole beef fillet, sinews and fat removed

4 rosemary, sprigs whole

4 sage, sprigs whole

Large pinch salt and pepper

2 tbsp canola oil

Salsa verde

10g capers, rinsed and drained

2 fillets anchovy fillets, drained

1 clove of garlic

2 tsp Dijon mustard

1 lemon juice

100ml extra virgin olive oil

60g flat leaf parsley

30g mint

METHOD

Herb-roasted beef fillet

Bring the beef fillet to room temperature and season well. Rub with the canola oil.

Warm a pan to very hot and brown the beef fillet on all sides.

Place the fillet on a rack in a roasting tray. Bruise the herbs and place the sprigs on top of the fillet. Place the fillet in a preheated 230°C hot oven for 5 minutes then turn the heat down to 200°C and continue cooking for another 5 to 10 minutes.

Check the meat is done – it should be served medium and cooking times will depend on the thickness of the fillet.

Allow the meat to rest for at least 15 minutes and then carve and serve dressed with salsa verde.

Salsa verde

Finely chop the garlic, capers, herbs and anchovies in a blender.

Add the Dijon mustard and lemon juice, and then slowly add the olive oil and blend to a slightly chunky sauce with a bit of texture (not a fine puree).

Check seasoning and acidity.

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Mediterranean vegetables

WITH PRESERVED LEMON & CORIANDER

INGREDIENTS

- 2 red peppers
- 2 yellow peppers
- 6 medium baby marrows
- 2 red onions
- 2 aubergines, large
- 125g baby tomatoes
- 5ml salt
- 30g preserved lemons, rinsed and zest thinly sliced
- 8 sprigs coriander leaves
- Pepper to taste
- 35ml olive oil

METHOD

Top and tail peppers and slice into triangular chunks. Cut red onions in half lengthwise and then each half into three wedges.

Cut the aubergine into 2cm blocks. Lightly salt the aubergine and allow to degorge. Rinse the salt off after 20 minutes and dry well. Keep the baby tomatoes whole, unless they are large.

Combine the peppers, baby marrow, aubergine and onion and drizzle with half the oil and season.

Place the seasoned vegetables in a roasting pan in a single layer and roast in a preheated oven at 190°C for 20 minutes. Then season the tomatoes and add to the rest of the vegetables. Roast for a further 15 minutes.

Remove the vegetables from the oven when they are cooked and have some colour. Stir in the preserved lemon and chopped coriander and serve. Garnish with fresh coriander leaves.


This dish can be served hot or at room temperature.

To make your own preserved lemons

Choose a jar into which you can preserve the lemons. It should not be too big as they should squash a bit. Place a 1cm layer of coarse sea salt at the bottom of the jar.

Cut the lemons into quarters, but don't cut through the bottom. Take a tablespoon of coarse salt and rub it inside. Place the lemons into the bottle. Squeeze a bit of juice out as you force them into the jar. You want the lemons to be covered completely in a salty lemon juice. Add dried spice for extra flavour.

Seal the jar, store in a warm dark place and leave for at least 3 weeks. The lemon rinds should now be soft and ready to use.

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Tender stem broccoli

WITH TOASTED ALMONDS & PARMESAN

INGREDIENTS


600g long stem broccoli
Large pinch black pepper,
freshly ground
30g flaked almonds,
toasted
20g parmesan, finely
grated

METHOD

Trim the broccoli to remove any leaves and dry ends. Rinse well, then place in a steaming basket.

Bring a pot of water to the boil, season and place the steaming basket over it. Steam the broccoli for about 5 minutes until al dente.

Assemble the broccoli on a platter, coat with the grated parmesan, and sprinkle over with toasted almonds and cracked black pepper.

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Roasted beetroot with POMEGRANATE, BASIL & BALSAMIC VINEGAR

INGREDIENTS

1.2kg beetroot
3 tbsp pomegranate seeds
10 basil leaves
10ml canola oil
½ tsp salt
large pinch pepper
20ml balsamic vinegar
60ml olive oil
5ml honey

METHOD

Preheat the oven to 190°C.

Place the beetroot on a roasting tray, drizzle with canola oil and roast in the oven for 40 minutes to an hour. Test the beetroot with a skewer to make sure it is soft.

Remove the skins and cut beetroot into wedges.

Sprinkle the pomegranate seeds generously around the beetroot.

Garnish the beetroot with the basil leaves.

To make the vinaigrette

Place the balsamic vinegar in a bowl with the salt and honey. Whisk well. Slowly add the olive oil. Add cracked pepper.

Serve the beetroot at room temperature and dress it just before serving.

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Chocolate tart


WITH NUT CRUST

INGREDIENTS

150g almonds, ground
150g dates, dried
450g 70% dark chocolate
550ml low fat milk
3 eggs
90g unsalted macadamia nuts
90g unsalted pecan nuts
30ml honey
5ml water

METHOD

Preheat oven to 160°C.
Toast the ground almonds in the oven until golden. Remove from the oven and allow to cool.
Blend almonds and dates in a food processor until the mixture binds together in a smooth paste.
Line a 20cm tart tin with the ground almond mixture by pressing it into a thin layer covering the base and sides and place in the refrigerator until needed.
Roast pecan nuts and macadamia nuts in the oven until they start to release aroma.
Heat the milk on the stove until it comes to the boil. Pour over the chocolate and whisk until all the chocolate has melted. Allow to cool slightly before adding the eggs, which have been slightly whisked.
Pour chocolate mixture into tart shell and decorate with the toasted nuts on top. Place tart in the oven and bake for 35 minutes or until set. Remove from the oven.
Place honey and water in a tea cup and melt in the microwave. Brush the top of the chocolate tart with the honey glaze.

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Strawberries & CREAM VERRINE

INGREDIENTS

- 400g strawberries
- 300g low fat plain yoghurt
- 150g low fat, plain, smooth cottage cheese
- ½ tsp vanilla paste
- 35g caster sugar (first amount)
- 6 gelatine leaves
- 20g caster sugar (second amount)
- 250ml water
- 4 strawberries for garnish
- 12 small mint leaves

METHOD

Wash strawberries and remove the stalks. Place the strawberries in a food processor and blend until smooth. Pass through a fine sieve to remove the pips.

Place the water and caster sugar on the stove and cook until the sugar dissolves. Remove from the stove and allow to cool. Once cooled, add to the strawberry puree.

Place gelatine in a bowl covered with cold water and allow gelatin to sponge. This should take 5 minutes. Then melt gently in the microwave.

Whisk the strawberry mixture, slowly adding melted gelatine. Continue whisking for 30 seconds after all the gelatine is added. Strain the mixture to remove any lumps.

Pour the strawberry mixture into fluted shot glasses leaving a space of 2cm from the rim. Place in the fridge and allow jelly to set.

While the jelly sets, place cottage cheese, yoghurt, vanilla paste and second amount of caster sugar in a stand mixer fitted with a whisk attachment. Beat ingredients until smooth and fluffy.

When the jellies are set, fill the glasses with the smooth cheese and yoghurt mixture. Keep in the fridge until ready to serve.

Wash the strawberries for garnish. Remove the stalks and cut into quarters.

Garnish the strawberry verrines with strawberry quarters and a sprig of mint.