

ROAST CHICKEN

INGREDIENTS

- 1 roast chicken
- 1 whole lemon
- Olive Oil
- Pinch of salt
- Vegetables of choice (Potato, Sweet potato, carrot, onion, pumpkin)

INSTRUCTIONS

1. Preheat oven to 180 degrees.
 2. Pierce the lemon with a skewer or knife all the way around.
 3. Place the lemon inside the chicken cavity.
 4. Drizzle olive oil over the chicken and sprinkle generously with salt.
 5. Pour some water into the base of the pan (amount will depend on the size of the pan – but make sure it's fully covered by around 1cm).
 6. Place into the oven – As a guide, a 1.5kg whole chicken takes about 30 minutes per 500g of weight to cook in an oven preheated to 180°C.
 7. Baste about 45 mins into cooking with the water from the pan to keep the skin moist. If the water has evaporated, add a little more to keep the base covered.
 8. To test if the chicken is cooked pierce deeply with a skewer – if the juices are pink keep cooking until you see clear juices.
- Remove from the oven and let it rest for 10 minutes before carving.

Roast Veggies:

9. Peel and chop your veggies
10. Place in an oven tray and drizzle with olive oil and salt
11. Roast at the same time as your chicken, turning part way through.

BOLOGNESE

INGREDIENTS

- 1 tbs olive oil
- 3 garlic cloves thinly diced
- 1 onion diced
- 500 g beef mince
- 1 tin chopped tomatoes
- 1 1/2 cups tomato passata
- 2 tbs tamari
- 2 tsp Italian herbs
- 1 tbs rapadura sugar

INSTRUCTIONS

1. Warm the oil over medium heat in a pan.
2. Add the onion and garlic and cook until onion is translucent – don't burn the garlic! Then add mince to pan.
3. Once cooked through add the rest of the ingredients, bring to the boil and simmer for 15-20 minutes (turn down the heat if you need to). You want a really good reduction.
4. Serve on top of your pasta of choice with a little parmesan cheese (buy the block and grate yourself – the pre-grated variety has weird stuff added).

BANANA BREAD

It's hard to find a staple banana bread recipe that delivers time after time and isn't loaded with sugar.

When I first tried this recipe by Kristin Cosgrove (who used to be Mamacino.com) it hit every spot. And I never created my own banana bread recipe because I couldn't top this. Kristin has closed down her website to pursue other interests (please, let there be a cookbook I can buy one day!). But she has kindly allowed me to share this delicious recipe with you all, so the banana cake goodness lives on.

INGREDIENTS

- 1 2/3 cup spelt flour, sifted
- 1 ½ tsp baking powder
- ½ cup rapadura sugar
- 1 tsp ground cinnamon
- 2 eggs
- ½ cup macadamia oil (use coconut oil for nut free)
- 3 mashed bananas
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat your oven to 160 degrees celcius. Grease and line your loaf pan.
2. Combine all the dry ingredients in a bowl and make a well in the center.
3. Add the eggs, followed by the oil, bananas and vanilla extract and mix well until it is all combined.
4. Pour into your loaf pan. You can sprinkle the top with sugar, cinnamon or nuts like pecans or walnuts if you like.
5. Bake for about 60 minutes or until a skewer comes out clean when you test it (maybe check after 50 minutes if you oven is fan forced).
6. Leave in the pan for five minutes and then cool on a rack or...if you are like me...eat it while it's still warm!