



# Fab Recipes for Batch Cooking

TESSA RICKARD

TESSA RICKARD  
*Nutritionist*

# Fab Recipes for Batch Cooking

TESSA RICKARD NUTRITIONIST

Hello!

These are all recipes I personally use. I always play around with different herbs & spices to keep things exciting but these are a good base.

The chicken and sausage bake are great to do on a Monday night because you'll have lunches sorted for a couple of days. Just add some leafy greens and hey presto!

The other four recipes are great for cooking in large quantities and freezing in family sized portions.

Enjoy!

# Slow Cooker Butter Chicken

12 SERVINGS 9 HOURS



## INGREDIENTS

1/3 cup Butter  
3 tbsps Extra Virgin Olive Oil  
1.5 kilograms Chicken Thighs (Cut into 2inch cubes)  
2 Yellow Onion (chopped)  
8 Garlic Clove  
2 tbsps Curry Powder  
3 tbsps Tandoori Paste  
1 tbsp Garam Masala  
400 grams Tomato Paste  
3 cups Plain Coconut Milk  
2 tsps Cardamom Seeds  
1 1/2 cups Cilantro

## DIRECTIONS

- 01 In a large frying pan heat one third of the butter and 1 tbs of extra virgin olive oil on medium heat. Add onions and garlic and saute until soft.
- 02 Add curry powder, tandoori paste & garam masala to onions, stir until fragrant.
- 03 Add tomato paste & coconut milk tins to the mixture. Stir until sauce is smooth with no lumps. Empty mixture into slow cooker.
- 04 Heat the second third of the butter and 1 tbs of extra virgin olive oil. Add half the chicken cubes and fry until browned. Add to slow cooker.
- 05 Repeat step 4 with second half of chicken cubes.
- 06 With slow cooker set to low, mix chicken into sauce and add the cardamom seeds. Leave to cook on low for 8 hours.
- 07 Serving suggestion: Basmati Rice or cauliflower rice with steamed bean or broccoli, divide fresh cilantro on top. This also tastes great baked into pies with salad.

## NOTES

### THINNER SAUCE

Add 1 cup of natural yoghurt to the slow cooker with the cardamom pods if you prefer a thinner sauce that will go further.

### SERVING SIZES

Kids can have a flat 1/2 cup of butter chicken each. Mums may prefer a cup.

### FOR MUMS & DADS

If you are trying to maintain or lose weight use cauliflower rice instead of rice with a side of spinach leaves.

**GUT HEALTH TIP**

Cook and cool the rice in the fridge. When it's time to serve dinner reheat the rice and serve. Cooking and cooling rice converts starches to resistant starch, a great food source for the beneficial bacteria in your gut!

# One Pan Lemon Spiced Chicken

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 Lemon (divided)  
500 grams Chicken Thighs  
4 cups Mini Potatoes (quartered, not peeled)  
2 Zucchini (roughly chopped)  
1 Eggplant (large, chopped)  
2 tbsps Extra Virgin Olive Oil  
1 tsp Turmeric  
1/2 tsp Ground Allspice  
1/2 tsp Sea Salt  
1 cup Unsweetened Coconut Yogurt (Natural)  
1/2 cup Parsley (chopped)

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Cut half the lemon into slices and set aside.
- 02 Add the chicken, potatoes, zucchini, eggplant, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 03 Put the coconut yoghurt into a small bowl, season with salt & pepper, add a squeeze of lemon and mix well.
- 04 Slice the chicken and garnish with yogurt and parsley. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add red pepper flakes, cayenne, paprika, black pepper, garlic and/or pomegranate seeds.

# Beef & Lentil Bolognese

2 SERVINGS 40 MINUTES



## INGREDIENTS

1 Yellow Onion (finely chopped)  
6 Garlic (clove, minced)  
2 tbsps Water  
1 tsp Oregano  
1/2 tsp Sea Salt  
1/4 tsp Red Pepper Flakes  
500 grams Lean Ground Beef  
1 can Canned Brown Lentils (rinsed well)  
1/4 cup Tomato Paste  
1 Beef Stock Cube  
750 grams Tomato Passata  
1 tbsp Balsamic Vinegar (divided)  
2 Zucchini (finely diced)  
2 Carrot (finely diced)  
2 Red Bell Pepper (finely diced)  
1/2 cup Basil Leaves (torn)  
1/2 cup Manchego Sheep Cheese (grated)

## DIRECTIONS

- 01 In a pot over medium heat, heat the oil and add onion & garlic. Cook until the onion begins to soften. Add the beef mince, breaking up with a spoon. Add the oregano, salt and red pepper flakes and cook until mince is browned.
- 02 Add the vegetables and stir until soft.
- 03 Stir in the lentils, half the basil and tomato paste. Add the stock cube, tomato paste and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes. Add more liquid if needed.
- 04 Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt & pepper if needed.
- 05 Serve with Chickpea, Buckwheat or Wholegrain pasta. Sprinkle remaining basil & grated manchego as a garnish.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 1 cup of sauce.

### MORE FLAVOR

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

### ADDITIONAL TOPPINGS

Top with extra red pepper flakes, dried or fresh oregano or nutritional yeast.

### HOW TO USE

Serve over veggie noodles, pasta noodles or dip fresh bread in it.

# Slow Cooker Orange Pulled Pork

10 SERVINGS 6 HOURS



## INGREDIENTS

1/2 cup Extra Virgin Olive Oil  
3/4 cup Orange Juice  
2 tbsps Lime Juice  
1 cup Cilantro  
1/4 cup Mint Leaves  
6 Garlic (cloves)  
2 tps Cumin (ground)  
Sea Salt & Black Pepper (to taste)  
1.8 kilograms Pork Shoulder, Boneless

## DIRECTIONS

- 01 Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt and pepper to a food processor and blend until well combined.
- 02 Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or high for four hours, or until the pork is tender and falls apart easily.
- 03 Use two forks to pull apart the pork. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately six ounces of pulled pork.

### MORE FLAVOR

Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

### ADDITIONAL TOPPINGS

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

# Slow Cooker Chicken Cacciatore

4 SERVINGS 4 HOURS



## INGREDIENTS

680 grams Chicken Thighs (skinless, boneless)

1 Carrot (peeled and sliced)

2 cups Mushrooms (sliced)

2 cups Crushed Tomatoes

1 1/2 tsps Oregano

2 tbsps Capers

1/2 cup Black Olives (pitted, sliced)

1/2 tsp Sea Salt

1/2 cup Parsley (finely chopped)

## DIRECTIONS

- 01 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 02 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### SERVE IT WITH

Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.

# Mediterranean Sausage Bake

4 SERVINGS 1 HOUR



## INGREDIENTS

- 8 Beef Sausage (Cleavers lamb or beef)
- 4 cups Rocket (or spinach)
- 1/4 cup Extra Virgin Olive Oil
- 1 Eggplant (Diced into 3cm cubes)
- 1 cup Red Onion (Sliced into wedges)
- 2 Zucchini (Diced into 3cm cubes)
- 6 Yellow Potato (Or Sweet Potato sliced into 1cm rounds)
- 3 Tomato (Cut into wedges)
- 6 Garlic Clove (Thinly sliced)
- 1 tbsp Dried Herbs (Or rosemary, thyme, oregano, sage, parsley mix)
- 1 cup Parsley (Or Basil)
- 1/2 cup Feta Cheese (Or Goats Cheese)
- 1 tsp Sea Salt & Black Pepper (To taste)

## DIRECTIONS

- 01 Preheat oven to 180 degrees
- 02 Add cut vegetables, dried herbs, garlic & olive oil to a large bowl and stir ensuring everything is coated.
- 03 Line a large baking tray with baking paper and spread vegetables out evenly. Put in the oven and cook for 20 minutes or until just starting to soften.
- 04 Add sausages evenly spread out on top of the half cooked vegetables and bake for another 20 minutes or until sausages are browned and cooked through.
- 05 Roughly chop washed parsley and gently mix through vegetable and sausage mix. Season with salt & pepper to taste.
- 06 To serve add 1 cup of washed rocket to the plate and to with sausage and vegetable mix. Crumble feta over the top and enjoy!