



Slow-roasted eggplant with chermoula rub and moghrabieh salad





# delicious detox

Red rocket detox

Cleanse and rejuvenate  
with these healthy ideas

**F**eeling tired, sluggish or a little guilty after a hectic summer of indulgence? These easy, delicious detox dishes are super healthy and will help get you back on track. Using familiar ingredients combined with more unusual additions, they'll cleanse your body of nasties, helping to boost nutrients, elevate your mood and give your skin a glow. Once you start, you'll be addicted. ▶





## Cook's tips

### Slow-roasted eggplant with chermoula rub and moghrabieh salad

■ Moghrabieh is also known as pearl or giant couscous. It can be found in Middle Eastern supermarkets or Greek delis.

### Tuna and edamame salad


■ You can find edamame (young soy beans) in the frozen section of most Asian grocery stores.

### Carrot, cabbage and raisin slaw


■ Always tear mint just before serving – don't cut it as it will bruise and go black.  
■ You can make the slaw ahead of time and store in the fridge. Add dressing just before serving.

### Muesli topped with stewed rhubarb and Greek-style yoghurt

■ It's easy and economical to roast the almonds yourself. Spread on a tray and bake in a moderate oven for 10 minutes.



Carrot, cabbage and raisin slaw



Tuna and edamame salad



### Health tip

Oily fish such as tuna are an excellent source of healthy omega 3 fatty acids, which are great for your brain, heart and skin.



Ravishing rhubarb is the star of this delish healthy breakfast that will set you up for the day

Detoxing is a practice that has grown out of an ancient concept of fasting – a way of cleansing the body, inside and out. Modern detoxing involves eliminating ‘toxins’, like sugar, from your diet.

for you to know!

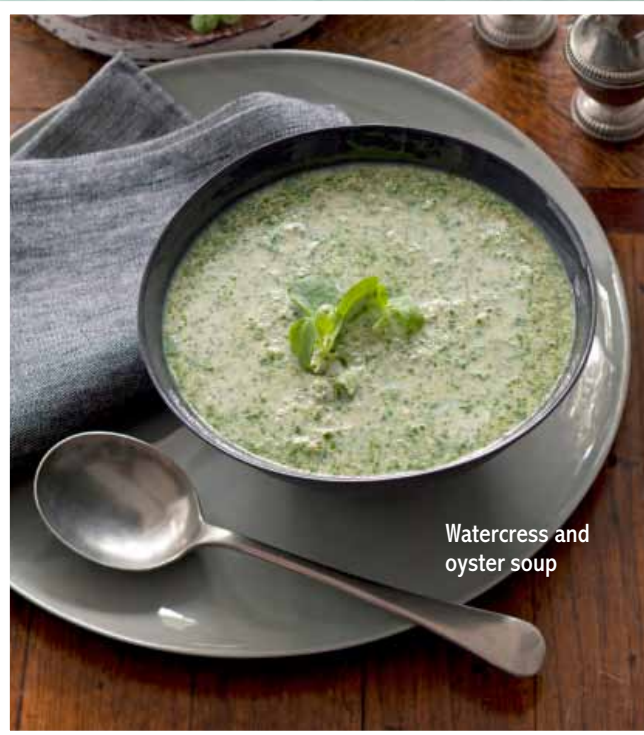
### Health tip

This winning fruit, nut and grain combo is rich in antioxidants, plus the oats in the muesli will slowly release energy into your blood, keeping you fuller for longer.

Muesli topped with stewed rhubarb and Greek-style yoghurt



Stay hydrated  
- enjoy these healthy  
recipes with herbal  
teas and lots of water



Watercress and oyster soup



Chewy fruit and nut bar

### Cook's tips

#### **Chewy fruit and nut bar**

- If you're making these for young children or older people, try blending the nuts in a food processor instead of chopping to make them more smooth.
- Experiment with dried apricots or other dried fruits instead of the dried mangos.

#### **Watercress and oyster soup**

- Be careful not to boil the soup at any point during cooking as it will separate.

#### **Duo of poached pears**

- For a more vibrant red colour, refrigerate poached pears in strawberry and elderflower cordial overnight.
- Try using your favourite cordials to create different flavours.



1. What are edamame?
  2. In the Bible, almonds were said to symbolise what?
  3. Which of these has the highest level of immune-boosting vitamin C: Red capsicum, rhubarb or orange?
- For the answers, see Stockists page

### Health tip

This dessert is high in nutrients essential for good health, including vitamins A, B<sup>1</sup>, B<sup>2</sup>, B<sup>3</sup>, B<sup>6</sup> and C.

Duo of poached pears





**Slow-roasted eggplant with chermoula rub and moghrabieh salad**

Preparation time: 30 mins  
Cooking time: 1 hour 10 mins  
Serves 4

- 2 medium eggplants, cut in half lengthways
- 150ml olive oil
- 30ml cider vinegar
- 1 clove garlic, crushed
- 1 Tbsp Dijon mustard
- 1 Tbsp mayonnaise
- Sea salt and freshly ground black pepper, to season
- 150g Greek-style yoghurt, to serve

**CHERMOULA RUB**

- 2 cloves garlic, crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp chilli flakes
- 1 tsp paprika
- 1 tsp turmeric
- 2 Tbsp preserved lemon, finely chopped
- 150ml olive oil
- Sea-salt flakes and freshly ground black pepper, to season

**MOGHRABIEH SALAD**

- 200g moghrabieh (see Cook's tips, page 000)
- 600ml water
- 50g raisins
- 4 spring onions, sliced diagonally
- 1 handful mint leaves, torn
- 1 handful flat-leaf parsley, roughly chopped
- 60g almonds, roughly chopped, toasted
- 10 cherry tomatoes, quartered

**1 To make chermoula rub**, blend all ingredients in a food processor or combine with a mortar and pestle. Set aside.

**2 Preheat oven** to 180°C. Line an oven tray with baking paper. Score eggplant flesh to make a diagonal criss-cross pattern. Spread chermoula liberally over eggplant halves, then put on prepared tray. Bake for 40 minutes or until tender.

**3 To make dressing**, combine oil, vinegar, garlic, mustard and mayo in a small bowl. Season and set aside.

**4 To make moghrabieh salad**, put moghrabieh in a medium pan, add water and bring to boil. Reduce to a simmer and cook for 30 minutes or until tender (top up with more water if needed). Strain into a medium bowl and cool. Add raisins, spring onion, herbs, almonds and tomato. Pour over dressing.

**5 Allow eggplant** to cool slightly. Top each half with moghrabieh salad and a dollop of yoghurt to serve.

■ **Per serve:** 4348kJ; protein 14.5g; total fat 82g (sat. fat 12g); carbs 58g; sodium 746mg; GI estimate low

**Red rocket detox**

Preparation time: 5 mins  
Cooking time: nil  
Makes 500ml

- 1 medium red capsicum, halved, seeded
- 1 punnet cherry tomatoes
- 2.5cm-piece fresh ginger, peeled
- 1 lemon, peeled, halved

- 1 handful basil leaves
- 1 cup rocket leaves

**1 Put capsicum**, tomatoes, ginger and 1 lemon half down the chute of juicer.

**2 Add basil**, rocket and remaining lemon, pour into chilled tumblers or long glasses, and serve.

■ **Per serve:** 216kJ; protein 3g; total fat 0.5g (sat. fat 0g); carbs 6g; sodium 21mg; GI estimate low

**Tuna and edamame salad**

Preparation time: 15 mins plus 15 mins resting time  
Cooking time: 6 mins  
Serves 4

- Olive oil
- 50ml red wine vinegar
- Sea salt, to season
- 2 x tuna steaks (400g)
- 200g edamame, cooked, drained (see Cook's tips, page 000)
- 150g chickpeas, cooked, drained
- 100g snow pea shoots
- ¼ red cabbage, finely sliced
- 1 handful watercress, washed, dried
- 1 orange, peeled, segmented

**1 Preheat grill** to very hot. To make dressing, combine 100ml oil and vinegar in a small bowl. Season with salt, then set aside.  
**2 Rub tuna steaks** with oil, then season with sea salt. Cook on each side for 3 minutes.

Transfer to a plate, cover with foil and rest for 15 minutes.

**3 Slice tuna** into long, 2cm-thick slices. Combine with edamame, chickpeas, snow pea shoots, cabbage, watercress and orange. Pour over dressing and serve.

■ **Per serve:** 2373kJ; protein 34g; total fat 41.5g (sat. fat 7g); carbs 12g; sodium 940mg; GI estimate low

**Carrot, cabbage and raisin slaw**

Preparation time: 10 mins  
Cooking time: nil  
Serves 6

- 2 large carrots, finely grated
- 12 radishes, finely grated
- ¼ red cabbage, finely sliced
- ¼ white cabbage, finely sliced
- 1 medium fennel bulb, finely sliced
- 3 spring onions, finely sliced diagonally
- 2 stalks celery, cut into matchsticks
- 1 green apple, finely grated
- 1 handful raisins
- 2 Tbsp sunflower seeds
- 1 Tbsp pepitas
- 2 Tbsp mint leaves, torn
- 2 Tbsp flat-leaf parsley, roughly chopped

**LIME DRESSING**

- 150ml olive oil
- Finely grated zest and juice of 1 lime
- 1 clove garlic, crushed
- 1 tsp Dijon mustard
- ¼ tsp sea salt
- Freshly ground black pepper, to season ▶







**1 To make lime dressing**, whisk all ingredients together in a small bowl, then set aside.

**2 Combine vegetables** and apple in a large bowl. Add raisins and seeds, and toss to combine. Add mint and parsley, pour over dressing and serve.

■ **Per serve:** 1308kJ; protein 3g; total fat 25g (sat. fat 3.5g); carbs 17.5g; sodium 158mg; GI estimate low

**Muesli topped with stewed rhubarb and Greek-style yoghurt**

Preparation time: 15 mins  
Cooking time: 30 mins  
Serves 16

**Greek-style yogurt, to serve**  
Skim milk, to serve

**MUESLI**

- 2 cups rolled oats
- 2 cups instant oats
- 1 cup bran flakes
- ½ cup LSA mix (or 50g lecithin granules, 50g sunflower seeds or 50g linseeds)
- 1 cup dry roasted almonds
- ½ cup Brazil nuts, roughly chopped
- ½ cup pepitas
- 1 cup raisins
- 1 cup sultanas
- 1 cup dates
- 1 cup coconut flakes

**STEWED RHUBARB**

- 4 rhubarb stalks, washed, cut into 4cm lengths
- Juice of 3 oranges
- ½ cup water
- 4 Tbsp maple syrup

**1 To make muesli**, combine all ingredients in a large bowl.

**2 To make stewed rhubarb**, preheat oven to 180°C. Put rhubarb, orange juice, water and maple syrup in a medium ovenproof dish and cover with foil. Cook for 30 minutes or until tender. Transfer to a bowl.

**3 To serve**, divide muesli between 16 serving glasses or bowls, top with a dollop of Greek-style yoghurt and stewed rhubarb. Add skim milk to taste.

■ **Per serve:** 1362kJ; protein 8g; total fat 15g (sat. fat 3g); carbs 41g; sodium 37mg; GI estimate low (does not include 'to serve' items)

**Chewy fruit and nut bar**

Preparation time: 10 mins plus 1 hour standing time  
Cooking time: 25 mins  
Makes 8

- ½ cup almonds, roughly chopped
- ½ cup pistachio nuts, roughly chopped
- ½ cup shredded coconut
- ¼ cup malt powder
- 100g dried mangos, roughly chopped
- 100g dates, roughly chopped
- 1 Tbsp wholemeal plain flour
- ½ cup peanut butter
- ½ cup hot water
- 2 Tbsp honey
- 1 Tbsp canola oil

**1 Preheat oven** to 180°C. Line a 21 x 21cm slice tin with baking paper.

Combine dry ingredients in a large bowl. In a small bowl, combine peanut butter, water, honey and oil. Pour over dry mixture and stir thoroughly until combined.

**2 Spoon mixture** into prepared tin and press down firmly all over. Bake for 25 minutes or until golden. Stand to cool for 1 hour.

**3 Trim edges** and slice evenly into bars to serve.  
■ **Per serve:** 1533kJ; protein 10g; total fat 22.5g (sat. fat 4g); carbs 29g; sodium 69mg; GI estimate low

**Watercress and oyster soup**

Preparation time: 5 mins  
Cooking time: 15 mins  
Serves 4

- 16 oysters
- 2 cloves garlic, chopped
- 2 large bunches watercress, washed, woody stalks removed
- 1L light milk
- 2 Tbsp cornflour
- Sea salt and freshly ground black pepper, to season
- 4 Tbsp double cream
- Extra watercress, to garnish

**1 Put oysters**, garlic and watercress in a blender and process for 40 seconds.  
**2 Gently heat milk** in a medium pan over a medium heat. Do not boil. Spoon watercress mixture into pan, stirring frequently.  
**3 Blend cornflour** with a little water to dissolve and stir into watercress mixture. Gently

simmer for 15 minutes, then season with salt and pepper.

**4 Add cream**, then divide between 4 serving bowls. Serve each topped with a sprig of watercress.  
■ **Per serve:** 1241kJ; protein 19g; total fat 16g (sat. fat 10g); carbs 20g; sodium 943mg; GI estimate low

**Duo of poached pears**

Preparation time: 10 mins  
Cooking time: 20 mins  
Serves 4

**3 Tbsp maple syrup**  
Zest and juice of 3 large oranges

- 150ml strawberry and elderflower or blackcurrant cordial
- 350ml water
- 2 pears, cored, quartered
- 1 handful toasted flaked almonds, to serve

**1 Put maple syrup** and orange juice in a large pan and bring to a gentle simmer.  
**2 In a separate pan**, bring cordial and water to a simmer.  
**3 Distribute pear** evenly between pans and poach for 20 minutes or until tender and translucent.  
**4 Serve pears** either hot or cold, in their syrup, topped with almonds and orange zest.  
■ **Per serve:** 700kJ; protein 2g; total fat 0.3g (sat. fat 0g); carbs 39g; sodium 7mg; GI estimate low

**For Nutritional Analysis Guide, see Better You News**

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