Healthy Winter Comfort Food Made Easy

Heal tHy winter comfort food made easy

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Heal tHy comfort eating

Shorter days, longer nights and the colder weather inevitably leads to some comfort eating during winter. There are few things that can warm you and soothe the winter blues than a warm stew, but it need not add unnecessary winter weight either. Here are fitness magazine’s highly recommended healthy one pot wonders.

Chickpeas are high in fibre and protein, and they have a low glycaemic index.

**Ingredients:**
- 4-5 free range chicken fillets, cubed
- 1 onion, diced
- 2-3 garlic cloves, finely chopped
- 1 red chilli, finely chopped
- ½ tsp paprika
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp cayenne pepper (add 1-2 tsp if you like a spicy curry)
- 1 tbsp fresh lemon juice
- 1 can unsweetened coconut milk
- pink rock salt and black pepper to season.

**Method:**
- In a small mixing bowl add paprika, turmeric, cumin, cayenne pepper and lemon juice to make a paste. Season with salt and pepper.
- • In a separate bowl add cubed chicken and curry paste. Stir until chicken is coated. Leave to marinate for 30-60 minutes at room temperature. Chop onion, garlic and red chilli.
- • In a large saucepan on medium heat add 1 tsp extra virgin coconut oil or ghee. Add chopped onion, garlic and red chilli. Allow to soften, then add chicken. • Cook chicken on low-to-medium heat for 8 minutes, then pour in coconut milk and allow to simmer for 10-12 minutes. Season with salt and pepper.
- • Serve with basmati rice and roasted chickpeas on top.

**Chickpeas**

- 1 can chickpeas, rinsed and drained
- 1 teaspoon cumin powder
- ½ teaspoon turmeric powder
- ½ teaspoon cinnamon powder
- 1-2 tablespoons extra virgin olive oil
- Pink Himalayan rock salt and black pepper to season

**Method:**
- • Roast chickpeas: Drain and rinse. Spread out on a flat baking tray. Drizzle 1-2 tablespoon of olive oil, sprinkle spices and roast at 180°C for 25-30 minutes. Add to dish at the end.

**Mediterranean Fish Stew**

**Ingredients:**
- 900 skinless hake or white fish, cut into chunks
- 450 large prawns, peeled and deveined
- 1 onion, finely chopped
- 2-3 garlic cloves, minced
- 1 red chilli, finely chopped (can be omitted)
- 400g/1 tin chopped tomatoes
- 2 tbsp tomato paste
- 1-2 cups fish, vegetable or chicken stock
- fresh parsley
- lemon wedges
- salt and pepper to season

**Method:**
- • In a large saucepan on medium heat add extra virgin coconut oil/ghee, onion, garlic and chilli. Cook for 5 minutes until soft.
- • Add prawns and cook for 5 minutes.
- • Add chopped tomatoes and chicken stock. Bring to a simmer for 5 minutes.
- • Add chicken and cook for 5-8 minutes. Add salt and pepper.
- • Serve with quinoa or basmati rice. Bump up your vegetable intake with roast courgettes and red peppers, which you can add at the end.

**Chicken Curry**

- Tip: Use non-irradiated spices as they are better quality. Woolworths spices are non-irradiated.

**Hake like any other** is a rich source of protein and Omega-3 fatty acids.
**Prawns are very low fat** and contain high levels of vitamin B12. Vitamin B12 helps to protect the blood vessel’s walls and maintain cardiovascular health.

Serving suggestions: Serve with quinoa or basmati rice. Bump up your vegetable intake with roast courgettes and red peppers, which you can add at the end.
**Ingredients**
- 450g free-range stewing beef, cubed
- 3 cups sweet potato, peeled and cubed
- 2-3 garlic cloves, minced
- 1 onion, chopped
- 400g/1 tin tomatoes
- 1 bay leaf
- 1 cinnamon stick or 1 tsp cinnamon powder
- pinch of all spice
- salt and pepper to season

**Method**
- In a large saucepan on medium heat add 1 tsp extra virgin coconut oil/ghee. Add beef, season with salt and pepper and allow beef to brown.
- Next add sweet potatoes, onions, garlic, tomatoes and spices. Cook on a low heat for about 4 hours until the beef is fork tender.
- Once cooked remove bay leaf and cinnamon quill. Serve with a dollop greek yoghurt on top, chopped apricots and fresh parsley.

**BEEF AND SWEET POTATO STEW**

**Ingredients**
- 450g free-range stewing beef, cubed
- 3 cups sweet potato, peeled and cubed
- 2-3 garlic cloves, minced
- 1 onion, chopped
- 400g/1 tin tomatoes
- 1 bay leaf
- 1 cinnamon stick or 1 tsp cinnamon powder
- Pinch of All Spice
- Salt and pepper to season

**Method**
- In a large saucepan on medium heat add 1 tsp extra virgin coconut oil/ghee. Add beef, season with salt and pepper and allow beef to brown.
- Next add sweet potatoes, onions, garlic, tomatoes and spices. Cook on a low heat for about 4 hours until the beef is fork tender.
- Once cooked remove bay leaf and cinnamon quill. Serve with a dollop greek yoghurt on top, chopped apricots and fresh parsley.

**PORK, BUTTERNUT SQUASH AND APPLE STEW**

**Ingredients:**
- 1½ lbs free range stewing pork, cubed
- 2-3 garlic cloves, minced
- 1 onion, chopped
- 1 chicken stock cube (follow instructions on packet)
- ¼ tsp dried rosemary
- ½ tsp dried sage
- 1 bay leaf
- 3 cups butternut squash, cubed (Woolworths sell a pre-chopped version)
- 2 apples, washed, cored and cubed
- 2 carrots, washed, peeled and chopped

**Method:**
- In a large saucepan on medium heat add 1 tsp extra virgin coconut oil/ghee. Add pork, season with salt and pepper and allow pork to brown. Next add garlic and onions. Allow to soften.
- Next add chicken stock, rosemary, sage and bay leaf and simmer for about 20 minutes. Add butternut squash, apples and carrots. Cover the mixture and simmer for another 20 minutes until fork tender. Season with salt and pepper.
- Remember to remove bay leaf and serve.

**About Make & Bake from Scratch:**

The blog ‘Make & Bake from Scratch’ was set up by Lynne Whelehan, who likes to make and bake from scratch with fresh, whole, natural produce. The blog promotes natural eating and highlights how simple it can be to prepare meals from scratch. Visit makeandbakefromscratch.com

**CINNAMON**

Cinnamon is well known for its blood sugar regulating properties, therefore making it a great choice for diabetics and hypoglycaemics.

**Butternut**

Butternuts are one of the best sources for the four carotenoids: alpha-carotene, beta-carotene, lutein and zeaxanthin.