

Merrymaker CLUB

MEAL PLAN

06

BY THE

Merrymaker Sisters

EMMA & CARLA PAPAS

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Disclaimer: This is a collection of our own recipes, ideas and opinions. As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This guide aims to create positivity and all kinds of delish! We encourage you to see a medical professional before starting any new lifestyle change.

Merrymaker
CLUB

MEAL PLAN

06

SEPTEMBER 2016

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YOU'LL
NEVER REGRET
BEING KIND

EMMA AND CARLA PAPAS

MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREKKY	Merry Sticks	Merry Cleanse Smoothie	Savoury Scramble	Tropicana Chia Pudding	Green Asparagus Omelette
LUNCH	← LEFTOVERS →				
DINNER	Epic Salad 2.0	Orange Glazed Salmon with Detox Salad	Lamb Korma	Crunchy Pumpkin Zoodles	San Choy Bau

	DAY 6	DAY 7
	SATURDAY	SUNDAY
BREKKY	Zucchini and Carrot Bites	Blueberry Bread and Yoghurt
LUNCH	← LEFTOVERS →	
DINNER	Honey 'Soy' Chicken Wings with Tasty Salad	Sweet and Sour Prawns
SWEET TREAT		Raw Salted Caramel Macadamia Tart

WEEKEND

SHOPPING LIST

QUANTITY FOR 2 PEOPLE
WITH LEFTOVERS FOR LUNCH...
multiply/divide as needed!



FRUITS AND VEGGIES

- 900 g (2 lbs.) baby spinach
- 600 g (1.3 lbs.) pumpkin
- 400 g (14 oz.) sweet potato
- 100 g (3 ½ oz.) mushrooms
- 8 medium zucchinis
- 8 shallots (scallions)
- 6 asparagus spears
- 5 cm (2 inch) piece ginger
- 5 tomatoes
- 4 onions
- 3 avocados
- 3 lemons
- 3 limes
- 2 carrots
- 2 red chilli
- 1 apple
- 1 banana
- 1 bunch fresh coriander
- 1 bunch fresh mint
- 1 bunch fresh parsley
- 1 cauliflower
- 1 cucumber
- 1 head broccoli
- 1 head garlic
- 1 iceberg lettuce
- 1 kiwi fruit
- 1 orange
- 1 pineapple
- 1 punnet cherry tomatoes
- 1 punnet blueberries
- 1 punnet strawberries
- 1 red capsicum
- ½ papaya
- ½ red cabbage

PANTRY ITEMS

- 250 g (9 oz.) pitted medjool dates
- 200 g (7 oz.) almond meal
- 200 g desiccated coconut
- 200 g macadamias
- 150 g (5 oz.) pumpkin seeds
- 100 g (3 ½ oz.) cassava flour or tapioca/arrowroot flour
- 100 g coconut flour
- 100 g chia seeds
- 100 g hazelnuts
- 100 g pine nuts
- 100 g poppy seeds
- 100 g raw cashews
- 100 g sesame seeds
- 100 g shredded coconut
- 600 ml (20 fl. oz.) coconut milk (canned)
- 500 ml (17 fl. oz.) coconut water
- 250 ml (8 fl. oz.) coconut milk (carton)
- 100% vanilla extract
- Apple cider vinegar
- Coconut aminos or tamari sauce
- Honey or rice malt syrup
- Maple syrup
- Coconut oil
- Macadamia oil
- Olive oil
- Tahini
- 6 bamboo skewers

MEAT, FISH, POULTRY + EGGS

- 1 kg (2 lbs.) lamb shoulder
- 500 g (1 lb.) chicken breast or thighs
- 500 g (1 lb.) beef mince
- 24 chicken wings
- 20 green prawns, peeled, tails on
- 16 eggs
- 6 rashers (slices) bacon
- 4 x 170 g (6 oz.) salmon fillets

DRIED SPICES + HERBS

- Cinnamon
- Coriander seeds
- Cumin
- Paprika
- Turmeric
- Whole cloves
- Salt and pepper

FRIDGE / FREEZER

- 200 g (7 oz.) natural or coconut yoghurt
- 100 g (3 ½ oz.) feta cheese chopped

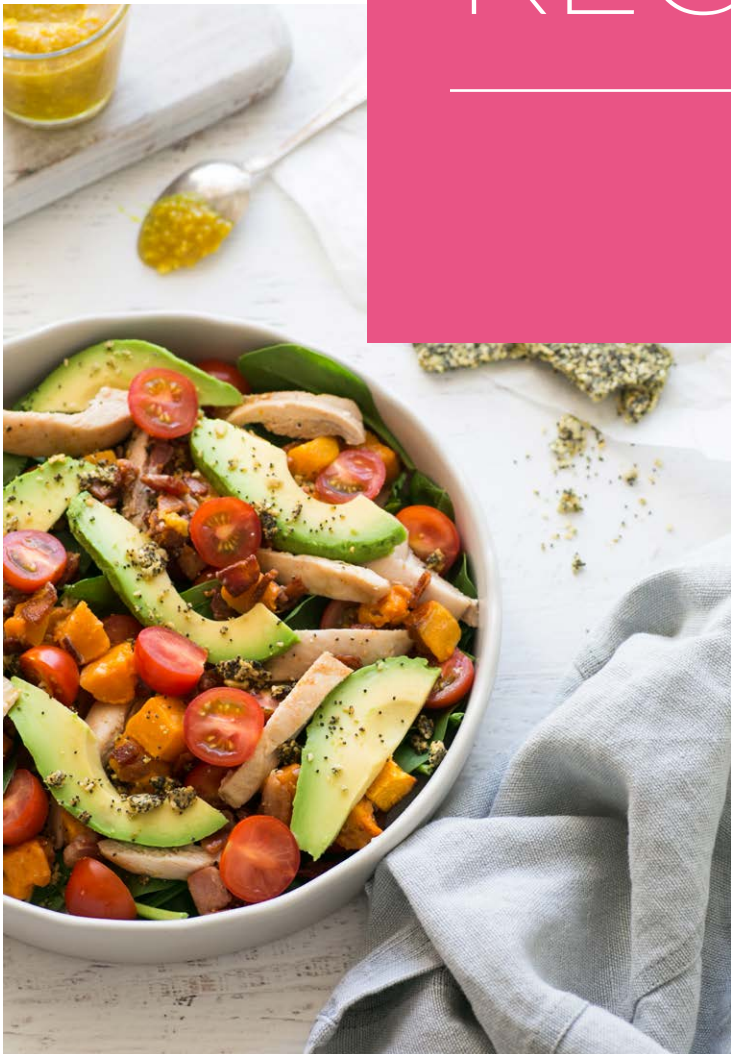
MEAL PREP

How good does it feel to be organised? That's why meal preppin' rocks our Merry socks! It will make you feel excited to eat all the delish good food! Plus, it saves time and keeps you on track. You can prep the weekend prior OR the night before. You choose! Here's our plan of attack...

DAY 1	<ul style="list-style-type: none">○ Prepare everything the night before and store in the fridge until you're ready for brekky.☾ This salad is named 'epic' for a reason. Prep the crackers, pumpkin the night before. Really you could prep the whole thing the day before if you wanted!
DAY 2	<ul style="list-style-type: none">○ Smoothie, too easy. Just make sure you freeze the apple, avo and lemon.☾ Cut up all the salad stuff.
DAY 3	<ul style="list-style-type: none">○ Prep all the veggies and bacon so it's as simple as chucking it all in the frypan and cooking!☾ Prep the night before, store in the fridge and simply turn the slow cooker on in the morning
DAY 4	<ul style="list-style-type: none">○ Make the puddings the night before and store in fridge.☾ Pre-make and enjoy cold or re-heat.
DAY 5	<ul style="list-style-type: none">○ Get all the ingredients ready to cook in the morning.☾ Pretty easy but prep the veggies before to make it even easier!
DAY 6	<ul style="list-style-type: none">○ Enjoy kitchen time, it's the weekend! But also delish served cold.☾ Not going to lie, prepping the wings is a little tricky, allow extra time if you have never done it before.
DAY 7	<ul style="list-style-type: none">○ Make the day before and toast up a fresh slice for brekky!☾ Prepare all the vegetables!
DESSERT	<ul style="list-style-type: none">☾ Make and store in the fridge or freeze separate slices and thaw when required!



RECIPES



MERRY STICKS

Fruit on sticks is always fun. But fruit on sticks PLUS Merry bites is the best thing ever in whole entire world! We reckon the kiddies will love these!

SERVES: 2 - 4
PREP TIME: 15 mins
FRIDGE TIME: 10 mins

STUFF YOU NEED

6 strawberries
1 kiwi fruit cut into 6
¼ pineapple cut into 6
¼ papaya cut into 6
6 bamboo skewers

FOR THE MERRY BITES

50 g (2 oz.) pitted medjool dates
¼ cup desiccated coconut (plus extra for rolling)
¼ cup raw cashews (swap to extra coconut for nut free)
2 tbs. coconut oil
1 tsp. cinnamon
1 tsp. 100% vanilla extract

NOW WHAT

Start with the merry bites! In a blender or food processor place the dates, vanilla and coconut oil. Whiz until a paste forms.

Add the coconut, cashews and cinnamon and whiz until combined. You can leave the nuts a bit chunky or whiz until super smooth, it's up to you!

Take tablespoons of mixture, roll into balls, then coat in the extra coconut.

Now thread deliciousness onto the bamboo skewers, alternating fruits and merry bites and place into the fridge for 10 minutes or until ready to eat!

Seriously so fun and so yum!



MERRYMAKER TIP...

Make these the night before so you're extra prepped in the morning! Why not make extra and enjoy for snacks?



EPIC MERRYMAKER SALAD 2.0

It says 2.0 because we made version 1 and it was all kinds of amazing (and epic). So you know this recipe is gonna be the goods!

SERVES:	4
PREP TIME:	35 mins
COOK TIME:	1 hr

STUFF YOU NEED

- 500 g (1 lb.) chicken breast or thighs
- 300 g (10 ½ oz.) baby spinach
- 300 g pumpkin peeled and cubed
- 2 cloves garlic crushed
- 2 rashers (slices) bacon chopped
- 1 avocado sliced
- 1 punnet cherry tomatoes halved
- 1 lemon juiced
- ¼ cup olive oil plus 1 tbs. extra
- 1 tsp. paprika
- salt and pepper

FOR THE CRACKERS

- 1 egg
- ½ cup pumpkin seeds
- ¼ cup poppy seeds
- ¼ cup sesame seeds
- 1 tbs. olive oil
- pinch of salt

FOR THE DRESSING

- ½ cup pine nuts
- 3 tbs. olive oil
- 1 tsp. turmeric
- 1 garlic clove
- salt and pepper

NOW WHAT

Preheat oven to 180°C (350°F).

In a container place the chicken, garlic, lemon juice, olive oil, paprika, salt and pepper.

Mix together, cover and place into the fridge for at least 30 minutes (you can marinate longer or overnight).

Take the chicken out of the fridge and place onto a lined baking tray. Place into the oven for 15 minutes or until cooked through. Once cooked, slice nicely.

While you're waiting for the chicken to marinate and cook, get started on the other bits and pieces.

FOR THE PUMPKIN AND BACON

In a medium heat frypan place the chopped bacon. Fry until bacon is soft.

Add the pumpkin and fry for another 10 minutes until bacon is crispy and pumpkin is soft.

FOR THE CRACKERS

In a blender place all the seeds and whiz until crumbly.

Transfer into a bowl and add the egg, olive oil and salt. Mix until a sticky dough forms.

Place the dough between 2 pieces of baking paper and roll out the cracker mix super thin.

Carefully peel off the top layer of baking paper.

Place the bottom layer of baking paper (the one with the cracker mix) onto a baking tray and into the oven for 15 minutes.

Once cooked, break into small pieces. Leave this for now. You can make these the night before!

FOR THE DRESSING

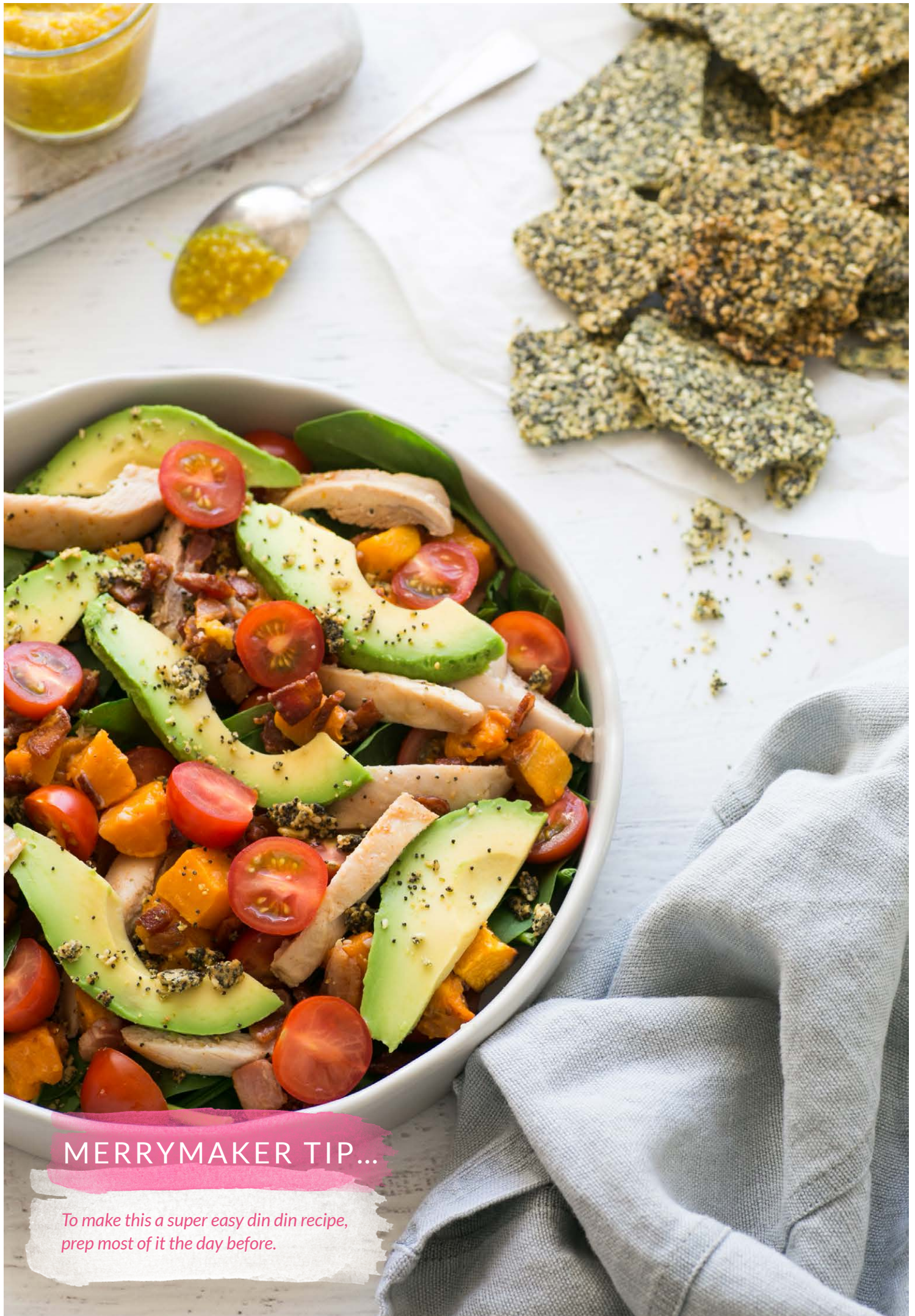
In a blender or food processor, whiz the pine nuts until a meal forms.

Add the garlic, olive oil, turmeric, salt and pepper.

Whiz again until super smooth.

MAKE THE SALAD

We like to make one big salad. Place the spinach, pumpkin, bacon, tomatoes, avocado, followed by the chicken slices, crunchy cracker croutons and dollop with dressing!



MERRYMAKER TIP...

To make this a super easy din din recipe, prep most of it the day before.

MERRY CLEANSE SMOOTHIE

Easiest way to get extra greens in your day is to drink them! Yes, it's true, green smoothies are actually yum and spinach doesn't even taste like anything in a smoothie, so the answer is yes... yes you should try this smoothie.

SERVES: 2
PREP TIME: 5 mins

NOW WHAT

Whiz all ingredients in your blender until smooth. Oh so cleansing!

STUFF YOU NEED

- 100 g (3 ½ oz.) baby spinach
- 1 apple chopped and frozen
- 1 lemon peeled, chopped and frozen
- ½ avocado chopped and frozen
- 2 cups coconut water
- 2 tbs. chia seeds
- 2 tbs. fresh mint chopped



MERRYMAKER TIP...

If you need to up the sweetener, add some banana or berries! Oh, also, if you forget to freeze the ingredients simply add a few ice cubes to the blender party.



ORANGE GLAZED SALMON WITH DETOX SALAD

It doesn't take much to turn a boring meal into a party in mouth kinda meal. This is one of them. Sure salmon and salad is good for you but by adding a few extra ingredients you go from just dinny to epic dinny!

SERVES: 4
 PREP TIME: 15 mins
 COOK TIME: 20 mins

STUFF YOU NEED

FOR THE SALMON

- 4 x 170 g (6 oz.) salmon fillets
- 1 orange juiced
- 1 cm (½ inch) piece ginger finely diced
- ¼ cup maple syrup

FOR THE SALAD

- 200 g (7 oz.) baby spinach
- 1 cucumber diced
- 1 lime juiced
- ¼ red cabbage sliced
- ¼ cup natural or coconut yoghurt
- 3 tbs. fresh mint chopped
- 2 tbs. fresh parsley chopped
- 2 tbs. pumpkin seeds
- 1 tbs. olive oil

NOW WHAT

Preheat oven to 180°C (350°F) and line a baking tray with baking paper.

In a small saucepan place the orange juice, maple syrup and ginger. Stir and bring to the boil then reduce the heat to low. Allow to simmer for about 5 minutes or until it reduces and forms a lovely syrupy glaze.

Place salmon on the baking tray, skin side down (if you're using salmon with skin) brush the salmon with half of the glaze mixture and place into oven for about 10 minutes.

Take out the salmon, brush with remaining glaze, and continue to bake for 10 minutes or until cooked to your liking.

While the salmon cooks make the salad by simply adding all the ingredients into a large bowl and toss until all the veggies are covered with the oil, lime juice and yoghurt.

Serve delish salad with delish salmon!



MERRYMAKER TIP...

If you can't be bothered to reduce the glaze simply combine all the ingredients and marinate salmon for 10-15 minutes then bake! Easy peasy!



SAVOURY SCRAMBLE

Sometimes all we wanna do is whack everything in a frypan and make a messy, delicious scramble. Like this!

SERVES: 2
PREP TIME: 10 mins
COOK TIME: 10 mins

STUFF YOU NEED

100 g (3 ½ oz.) mushrooms sliced
4 eggs whisked
4 rashers (slices) bacon chopped
2 shallots (scallions) sliced
1 carrot peeled and grated
2 tbs. chopped fresh parsley
coconut oil
salt and pepper

NOW WHAT

In a large frypan melt a little coconut oil on high heat.

Add the bacon, shallots, mushrooms and carrot and cook until the bacon is a little crispy.

Transfer to a bowl and set aside.

Add a little more oil to the pan if required and turn down to low heat, pour the egg into the pan and allow to cook for about 30 seconds then slowly begin to fold the egg mix.

Add the other ingredients back into the pan and continue to fold until eggs are cooked to your liking.

Season with salt and pepper and top with fresh parsley.



MERRYMAKER TIP...

Add any vegetable you want! Use this recipe as a fridge clean out!



LAMB KORMA WITH CAULI-RICE

We used to look at curry recipes and be like “no way... not making it... too many ingredients!” because of the abundance of spices. If this is you, ignore your brain and go to the shops and buy all the spices. You can thank us later.

SERVES: 4*
 PREP TIME: 30 mins
 COOK TIME: 8 hrs

NOW WHAT

Add all the lamb ingredients to the slow cooker and stir really well. Cook for 8 hours on low.

30 minutes before the lamb is ready get onto that cauli-rice.

Grate the cauliflower florets or use a blender or food processor to create the ‘rice’.

Melt a little coconut oil in a large frypan on high heat. Add the grated cauliflower and fry until just soft.

Serve lamb with cauli-rice and garnish fresh coriander. Boom.

STUFF YOU NEED

FOR THE LAMB

- 1 kg (2 lbs.) lamb shoulder cubed
- 4 tomatoes chopped
- 1 onion chopped
- 1 clove garlic crushed
- 2 cm (1 inch) piece ginger chopped
- 1 ½ cups coconut milk (canned)
- 6 whole cloves
- 1 tbs. coriander seeds
- 1 tbs. paprika
- 2 tsp. cumin
- 2 tsp. turmeric
- 1 tsp. cinnamon

FOR THE CAULI-RICE

- ½ cauliflower chopped into florets
- 3 tbs. chopped fresh coriander
- coconut oil



MERRYMAKER TIP...

Top with natural yoghurt to it make extra delish.

*With extra leftovers



TROPICANA CHIA PUDDING

The underdog of the chia pudding world, it really is hard to compete with peanut butter and coffee. Are we right, or are we right? But this recipe is like summer bliss in a glass and summer always wins.

SERVES: 2
 PREP TIME: 5 mins
 FRIDGE TIME: 2 hrs

STUFF YOU NEED

¼ pineapple chopped
 ¼ papaya chopped
 1 cup coconut milk (carton)
 ¼ cup chia seeds
 1 tbs. shredded coconut
 1 tbs. fresh mint chopped
 1 tsp. honey or rice malt
 syrup
 1 tsp. 100% vanilla extract

NOW WHAT

In a bowl or large jar mix the coconut milk, chia seeds, sweetener and vanilla

Place into the fridge for at least 2 hours.

We like to make ours the night before and leave overnight, you might need to add a little extra liquid in the morning.

Pour chia pudding mix into cute little glasses and top with papaya, pineapple, shredded coconut and fresh mint.



MERRYMAKER TIP...

We toasted our coconut for extra yum factor.



CRUNCHY PUMPKIN ZOODLES

Crunchy munchy Merry goodness. So ridiculously quick and easy that you could make it with your eyes closed. Ok, maybe don't do that... perfect for busy weekdays!

SERVES: 4
PREP TIME: 15 mins
COOK TIME: 20 mins

STUFF YOU NEED

250 g (9 oz.) pumpkin
peeled and cubed

6 zucchinis spiralized
or peeled lengthways

1 head broccoli
cut into florets

1 onion chopped

1 lime juiced

1 red chilli
chopped and de-seeded

1 clove garlic crushed

¼ cup raw cashews

¼ cup pumpkin seeds

3 tbs. fresh coriander
(cilantro) chopped

1 tbs. macadamia oil

coconut oil

salt and pepper

NOW WHAT

Preheat the oven to 180°C (350°F) and line a baking tray with baking paper.

Place the pumpkin on the tray, drizzle with macadamia oil, season with salt and pepper and bake for about 20 minutes or until cooked.

Meanwhile get onto the zoodles and broccoli.

Heat a little coconut oil in a frypan on medium heat and fry up the onion and garlic until soft.

Add the broccoli and cook for about 5 minutes.

Add the zoodles and fry for 2 minutes. Set aside for now.

By this time the pumpkin should be cooked.

Using a blender or food processor, whiz the pumpkin, chilli, lime juice, cashews, pumpkin seeds and coriander until smooth.

Add the pumpkin mixture to the zoodles and broccoli and stir.

YUM!



MERRYMAKER TIP...

Feel free to add your favourite protein, simply fry up when you're cooking the zoodles.



GREEN ASPARAGUS OMELETTE

You love omelettes?! Join the club! Eggs and stuff mixed together always rocks! Remember, practise makes perfect but know that it'll taste just as good if it accidentally becomes a savoury scramble! Oops!

SERVES:	2
PREP TIME:	10 mins
COOK TIME:	15 mins

STUFF YOU NEED

6 eggs
 6 asparagus spears
 2 shallots (scallions) chopped
 ¼ cup water
 2 tbs. coconut milk (canned)
 100 g (3 ½ oz.) feta cheese
 chopped (optional)
 coconut oil
 salt and pepper

NOW WHAT

In a bowl, whisk the eggs, water, milk and season with salt and pepper. Leave this for now.

Melt a little coconut oil in a large frypan on high heat.

Add the asparagus, shallots and saute for 5 minutes. Set aside.

Turn the frypan heat down to medium, pour the egg mix into the pan and allow to cook for a minute or 2, or until you can see the edges cooking.

With a spatula, gently scrape the outside edge of the omelette toward the inside of the omelette, allowing uncooked egg to fill the space you just pushed into the centre.

You don't need to scrape from the outside all the way to the centre, stop when you are about halfway to the centre of the omelette.

Continue to do this until the omelette is cooked to your liking.

Add the asparagus and shallots to half the omelette, sprinkle with feta and fold in half. Yum!

YUM!



MERRYMAKER TIP...

Add any extra herbs oh and bacon if you like! Yum.



SAN CHOY BAU

All time fave dinner recipe! Fun, messy, eat-with-hands kinda food always makes us happy/Merry/joyful/yay!

SERVES: 4
PREP TIME: 15 mins
COOK TIME: 15 mins

STUFF YOU NEED

500 g (1 lb.) beef mince
200 g (7 oz.) sweet potato
peeled and grated
1 clove garlic crushed
1 iceberg lettuce (keep the
leaves nice and whole)
1 onion chopped
1 lime juiced
¼ red cabbage chopped
½ cup pumpkin seeds
½ cup fresh coriander
(cilantro) chopped
1 tbs. coconut aminos
or tamari sauce
coconut oil
1 shallot (scallion) sliced
1 red chilli sliced
1 tbs. sesame seeds

NOW WHAT

In a large frypan, melt a little coconut oil.

Add the onion, sweet potato and garlic, saute until soft.

Add the mince, stir and cook until just brown.

Now add the cabbage, pumpkin seeds and coconut aminos, stir and allow to heat through.

Meanwhile, prepare your iceberg lettuce cups by carefully pulling apart the lettuce, don't forget to wash it.

Spoon your mince mixture into the lettuce cups.

Serve with fresh coriander, chilli, shallots, a sprinkle of sesame seeds and a squeeze of lime.



MERRYMAKER TIP...

*For a vegetarian dish, swap the mince for extra veggies like broccoli and pumpkin!
Yum!*



ZUCCHINI AND CARROT BITES

YARRRRRM! Love this recipe for brekky but these little bites also make the best work/school/whatever snacks ever! Bake up a big batch on the weekend and you'll be snack prepared.

SERVES: 2
PREP TIME: 10 mins
COOK TIME: 25 mins

STUFF YOU NEED

2 medium zucchinis grated
2 eggs whisked
1 carrot peeled and grated
1 shallot (scallion) sliced
2 tbs. fresh coriander chopped
¼ cup coconut flour
salt and pepper

NOW WHAT

Squeeze out the excess juice from the grated zucchini and carrot with a tea towel.

Preheat your oven to 180°C (350°F) and line a baking tray with baking paper.

Mix the zucchini, carrot, shallot and coriander in a large bowl.

Add the eggs, salt and pepper and mix until combined.

Sift the coconut flour into the mix and stir.

Take spoonfuls of the mixture and roll into bite sized balls.

Place the bites onto the baking tray and into the oven for 25 minutes or until golden brown.



MERRYMAKER TIP...

Yum by themselves but extra yum served with mashed avocado or Greek yoghurt mixed with a little coriander and lemon juice.



HONEY 'SOY' CHICKEN WINGS WITH TASTY SALAD

Get ready for some serious finger licking good times. Things are gonna get a little messy, so embrace and enjoy the mess! It's worth it!

SERVES: 4
 PREP TIME: 1 hr 15 mins
 COOK TIME: 45 mins

STUFF YOU NEED

- 24 chicken wings, cut in half at joints, wing tips removed and discarded
- 1 lemon juiced
- 2 tbs. coconut aminos or tamari sauce
- 2 tbs. honey
- salt and pepper

FOR THE SALAD

- 300 g (10 oz.) baby spinach
- 200 g (7 oz.) sweet potato sliced
- 1 avocado sliced
- 1 tomato diced
- 2 tbs. fresh parsley chopped
- 1 tbs. macadamia oil
- 1 tbs. olive oil

NOW WHAT

In a marinating container or ceramic dish add the lemon juice, coconut aminos, honey, salt and pepper and stir well. Add the chicken to the container and coat with the marinade.

Cover and leave in fridge for about an hour.

When you're ready to cook the chicken, preheat the oven to 200°C (400°F) and line 3 baking trays with baking paper.

Place the chicken wings on 2 of the trays, pop into the oven and bake for 45 minutes or until cooked through.

Once you've got the chicken into the oven, lay the sweet potato onto the 3rd baking tray, drizzle with macadamia oil and season with salt and pepper. Place the tray into the oven along with the chicken. Keep the sweet potato cooking the entire time the chicken is in the oven, just turn them over halfway through.

While the chicken and sweet potato are cooking prepare the other salad ingredients.

Add all the salad ingredients to a bowl or platter, drizzle with olive oil and serve with chicken wings.



MERRYMAKER TIP...

Wings not your thing? Use chicken breast! And we totally understand because far out the whole cutting at joints and discarding wing tips thing is way easier said than done (HAHA). But it really is worth it! Wings are all kinds of delish!



BLUEBERRY BREAD AND YOGHURT

We reckon this blueberry bread is perfect for a brunch party or morning tea to share with all your friends. Or you could not share? Either way you should still make it and eat it up!

SERVES:	8
PREP TIME:	15 mins
COOK TIME:	40 mins

STUFF YOU NEED

3 eggs whisked
 2 cups almond meal
 1 cup blueberries
 ½ cup hazelnuts chopped
 ¼ cup maple syrup
 ¼ cup coconut oil melted
 1 tsp. cinnamon
 1 tsp. 100% vanilla extract
 pinch of salt

TOPPINGS

1 banana sliced
 ½ cup natural or coconut
 yoghurt
 maple syrup

NOW WHAT

Preheat oven to 180°C (350°F) and line a 20 x 10 cm (8 x 4 inch) loaf tin with baking paper.

In a large bowl combine the almond meal, hazelnuts, cinnamon and salt.

Add the coconut oil, eggs and maple syrup. Mix until well combined.

Finally, add the blueberries and slowly stir until just mixed through.

Transfer the mixture into the prepared tin and place into the oven for 40 minutes or until it springs back when you lightly touch the top.

Allow to cool in the tin before turning out and slicing.

Serve delicious slices of blueberry bread with yoghurt, banana and syrup! Drool!



MERRYMAKER TIP...

If you're going low fructose, swap maple for rice malt syrup and top with berries instead of banana!



SWEET AND SOUR PRAWNS

The all time favourite takeaway food. The best bit is you know exactly what's in your dinny and that you're going to feel amazing after. If you want to drop your leftovers off at Merrymaker Land... that is approved.

SERVES: 4
 PREP TIME: 15 mins
 COOK TIME: 30 mins

STUFF YOU NEED

20 green prawns, peeled, tails on
 1 red capsicum chopped
 1 onion chopped
 ½ cup pineapple chopped
 3 tbs. cassava flour or tapioca/arrowroot flour
 2 tbs. apple cider vinegar
 2 tbs. coconut aminos or tamari sauce
 2 tbs. honey
 2 tbs. fresh coriander (cilantro) chopped
 2 tbs. sesame seeds
 coconut oil
 salt and pepper

FOR THE CAULI-RICE

2 shallots (scallions) sliced
 ½ cauliflower chopped into florets
 2 cm (1 inch) piece ginger grated
 coconut oil

NOW WHAT

In a bowl mix the cassava flour, paprika, salt and pepper.

Add the prawns and coat with the flour mixture.

In a large frypan on high heat, melt a little coconut oil and fry the prawns.

Cook for about 10 minutes, turning until all sides brown.

Remove from pan and set aside.

Add the onion and capsicum to the frypan and cook for about 7 minutes.

Add the honey, vinegar, coconut aminos and pineapple to the pan.

Add the cooked prawns back to the pan and continue to stir for 5 minutes until the veggies are just soft.

Meanwhile get onto the cauli-rice!

Grate the cauliflower florets or use a blender or food processor to create 'rice'.

In another medium pan, melt a little coconut oil and fry up the shallots and ginger.

Add the grated cauliflower and stir fry for 10 minutes.

Serve cauli-rice with delicious sweet and sour prawns and sprinkle with sesame seeds and fresh coriander!



MERRYMAKER TIP...

You can swap your prawns to chicken or pork pieces! Mmm delish!



SALTED CARAMEL MACADAMIA TART

Of course we saved the best for last! This tart will rock your world. If it does (which it will) tell us all about it on the social medias! Use #GetMerry so we don't miss it! Oh yum. Oh so good. Oh salted caramel...make it and eat it up!

SERVES: 8
PREP TIME: 1 hr
FRIDGE TIME: 2 hrs

STUFF YOU NEED

FOR THE BASE

100 g (3 ½ oz.) pitted medjool dates
2 cups desiccated coconut
1 cup macadamias
¼ cup coconut oil
1 tsp. 100% vanilla extract
pinch of salt

FOR THE FILLING

100 g (3 ½ oz.) pitted medjool dates
½ cup coconut milk (canned)
½ cup coconut oil
¼ cup tahini
1 tbs. 100% maple syrup (optional)
1 tsp. 100% vanilla extract
pinch of salt

FOR THE TOPPING

1 cup macadamia nuts
2 tbs. maple syrup
pinch of salt

NOW WHAT

Start with the topping! Preheat oven to 180°C (350°F) and line a baking tray with baking paper.

Place the macadamia nuts onto the tray, drizzle with maple syrup and sprinkle with salt.

Place into the oven for 10 minutes or until just golden, allow to cool completely (don't taste test them all!).

Let's get onto the tart! Line or grease a 24 cm (10 inch) tart tin.

Start with the base. Place the dates, coconut oil and vanilla into a blender or food processor, whiz until a smooth paste forms.

Add the macadamias, coconut, salt and whiz again until just smooth.

Press the base into the tart tin evenly. Don't forget the sides!

Bonus tart tip: to make your base really strong, be sure to build up the base where the bottom and sides meet.

Place into the freezer.

Now onto the filling!

Place all the ingredients into your blender (no need to rinse) and whiz until smooth. This will take around 5 minutes.

Take the base out of the freezer and pour the filling into the base, shake carefully to even out.

Evenly place cooled caramel macadamia nuts on top of the filling.

Place into the freezer for 2 hours or until set.

Once the tart is set, carefully lift out of the tin, slice and enjoy!



MERRYMAKER TIP...

Be sure to freeze leftovers, because eating an entire salted caramel tart sounds like a good idea... but it isn't (we promise... it isn't).

YOU WILL NEVER
OWN THE FUTURE

IF YOU CARE WHAT OTHER
PEOPLE THINK

CINDY GALLOP