

Quick Fixes

1. Baked Fish With Parchment

The easiest way to cook up a meal that requires minimal cooking skills and almost no cooking utensils.

On a large piece of parchment paper, place your piece of fish fillet in the center. You can use any kind of fish fillet; my favorite is sea bass. Drizzle a little extra virgin olive oil on top, and salt and pepper to taste. Be playful! Sometimes I use condiments such as pesto sauce, tomato compote, or a few lemon slices with a sprig a herb. Other times I throw in some sliced zucchini or a few cherry tomatoes. Fold the parchment paper together like an envelope and bake in a preheated oven at 180C for 10-12 minutes depending on the size of your fish fillet. Open the envelope with care and Viola!



2. Chicken in a Skillet with Spicy Marmalade

Level up your regular chicken with a homemade jam sauce!



Marinate your chicken pieces with some coconut aminos or tamari for 10-15 minutes. Meanwhile, stir together 1/8 cup of chicken stock with a tablespoon of jam such as marmalade; throw in a chopped birds eye chili if you feel like adding some heat to it. In a hot pan or skillet, sear one side of the chicken until the skin is crispy. Discard any excess fat or grease. Turn the chicken over to finish the cooking, adding in the chicken stock jam mixture towards the end. By turning up the heat after the jam mixture is added, the sugar in the jam will get nicely caramelized.

3. Lemon Balsamic Tahini Sauce (adapted from my cookbook First Of All)

This is one of my most versatile go-to sauces. It's tangy, spicy and sweet. Goes well with cold noodles, Asian slaw, tofu, chicken salad... etc. Tahini contains more protein than a lot of nuts, it is a good fat, and also gives a rich source of vitamin B & E.

- ¼ cup tahini
- 2 tbsp coconut aminos or tamari
- 1-2 tsp hot sauce
- 1.5 tsp minced ginger
- 2 cloves of minced garlic
- 1.5 tsp balsamic vinegar
- 2 tsp agave
- 2 tbsp sesame oil
- 1 tbsp lemon juice
- ¼ cup of water