

Low Protein BBQ Recipes



Spiced 'Halloumi' and Pineapple Burger with Zingy Slaw adapted from BBC goodfood

Ingredients

½ red cabbage grated
2 carrots grated
100g radishes, chopped
1 small pack coriander, chopped
2 limes, juiced
1 tbsp oil
Big pinch of chilli flakes
1 tbsp chipotle paste
60g Mediterranean Style Grill Me Violife Halloumi
Alternative (cut into 4 slices)
2 small slices of pineapple
1 little gem lettuce
Low protein bread rolls



Methods

Add the cabbage, carrot, radish, and coriander to a bowl and pour over ½ teaspoon of oil and the lime juice. Season to taste and add the chilli flakes. Give it a good mix.

Mix the remaining oil and chipotle paste and coat the cheese in half of this mixture.

Place the cheese slices and pineapple on a piece of tinfoil on a preheated barbecue. Cook for two minutes on each side until the cheese is golden, and the pineapple is beginning to caramelize.

Brush the inside of the low protein bread rolls with the remaining chipotle oil and toast them for 30 seconds on the barbecue.

Assemble the burgers by adding lettuce, coleslaw and pineapple.

French Bean Salad

By Jamie Oliver

Ingredients

4 handfuls french beans, stalk ends removed

2-3 heaped tsp French mustard, to taste

2 tbsp of good-quality white wine vinegar

4 tbsp extra virgin olive oil

Sea salt

Freshly ground black pepper

1 medium shallot, peeled and finely chopped

1 tbsp capers, optional

½ garlic clove, finely grated

1 small handful of fresh parsley, optional



Methods

Bring a pan of water to a fast boil, add your beans, put a lid on the pan, and cook for at least 4 to 5 minutes. Boiling the beans fast like this helps them to retain all their nutrients. Meanwhile, put the mustard and vinegar into a jam jar or bowl and, while stirring, add the olive oil to make a spicy French dressing. Season to taste with sea salt and freshly ground black pepper, then add the finely chopped shallot, the capers if you're using them and the garlic.

Remove one of the beans from the pan to check if it's cooked. If it holds its shape but is also soft to bite, it's perfect. Drain in a colander. While the beans are steaming hot is the perfect moment to dress them – a hot bean will take on more of the wonderful dressing than a cold one. It is best to serve the beans warm, not cold, and certainly not at fridge temperature because the flavours will be muted and boring. Serve the beans in a bowl, sprinkled with chervil if you like – it's a delicate, crunchy herb that goes well with beans. Serve as a salad, or as an accompaniment to a main meal.

Traditional Greek Salad

from Violife

Ingredients

7 oz Violife Just like Feta Block (cut into cubes)

300g tomatoes (quartered)

1 large cucumber (sliced)

100g kalamata olives

1 Medium sized onion (sliced)

1 green pepper (sliced)

1 Red pepper (sliced)

Dressing:

½ cup olive oil , ¼ cup apple cider vinegar

Lemon juice

Fresh and dried oregano

1 tsp mustard (mild)

Salt and pepper



Methods

In a mixer blend together all the ingredients for the dressing.


In a salad bowl add all the ingredients for the salad and the dressing and mix thoroughly. Top with Violife Just like Feta cubes and sprinkle with dried or fresh oregano.

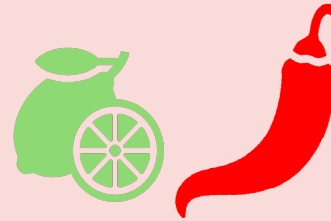
Vegan Kebabs with Avocado Dressing

adapted from BBC goodfood



Ingredients

- 3 ½ tbsp olive oil
- 2 garlic cloves, crushed
- 1 tbsp chilli flakes 
- 3 rosemary sprigs finely chopped
- 4 portobello mushrooms, each cut into quarters
- 4 peaches, destoned and cut into quarters
- 2 large courgettes cut into 8 chunks
- 2 large red onions, each cut into 8 wedges
- 1 avocado**
- 1 lemon, juiced



Methods

Mix the oil, garlic chilli flakes and rosemary. Thread alternate pieces of mushroom, peach, courgette, and red onion onto skewers. Brush the kebabs with the flavoured oil and season with salt and pepper then set aside.

While the BBQ is heating blitz the avocado, half the lemon juice and 50ml of water to a smooth dressing and season to taste.

Barbeque or grill the skewers for 4-5 minutes on each side or until cooked through and nicely charred. Add them to a platter and serve with the avocado dressing.

**1 avocado = 2 exchanges. ½ portion of the avocado dressing prepared in this recipe will provide 1 exchange.



Barbeque Vegetables

Seasonings

- Garlic
- Paprika
- Lemon
- Chipotle salsa
- Protein free pesto
- Wild garlic chimichurri (wild garlic, lemon, vinegar, salt, chilli, fresh herbs)
- Melted low protein cheese on top of mushrooms, bell peppers etc.
- Grated Protein free parmesan (Violife)

**Mushrooms may need to be counted.*

Vegetables

- Sliced Aubergine
- Sliced Courgette
- Portobello mushrooms*
- Bell peppers
- Asparagus
- Onions (cut in wedges)
- Scallions

Methods

Brush with olive oil, butter and grill until the vegetables are cooked and charred



Garlic mushroom burger

Jamie Oliver

Methods

Preheat the oven to 200°C/gas 6, or fire up your barbecue.

Peel and finely grate the garlic, then pick and chop the parsley leaves. Combine with the softened butter.

Clean the mushrooms and fill them with the butter. Wrap in tin foil and bake in the oven or place on the barbecue for 15 minutes, or till the mushrooms are soft and cooked.

Split the burger buns or ciabatta, then unwrap the mushrooms and pour the the juices onto the bread. Smear with mustard and top with a mushroom, a squeeze of lemon juice and some rocket.

**Mushrooms may need to be counted as exchanges.*

***x2 Mevalia Ciabattine Rolls = ½ exchanges*

Ingredients

2 cloves of garlic

2 sprigs of fresh flat-leaf parsley

35 g butter , (at room temperature)

2 large mushrooms*

2 low protein burger buns or

ciabattine**

English mustard

1 lemon

1 handful of rocket



Stuffed peppers on the barbie

Adapted from BBC goodfood

Methods

Make the stuffing: cook the low protein rice according to the instructions. Optionally, cook the rice in vegetable stock instead of water. Sauté the garlic in oil and add that to the cooked rice along with the spring onions, cherry tomatoes, fresh herbs and low protein cheese. Season well and leave to cool.

Stuff the peppers: cut around the stalk from one pepper, remove and set aside. Make one slit down the length of the pepper and open out gently. Remove the seeds and membrane. Spoon some filling into the pepper cavity, taking care not to overfill. Put the pepper top back on and using kitchen string, tie the pepper together. Repeat for the remaining peppers.

Barbecue the stuffed peppers over moderate heat for 15-20 minutes, turning gently until the peppers are evenly browned. Don't worry if the string chars and if the peppers split too much – wrap them in a piece of foil and finish cooking in the foil wrappers.

Ingredients

2 tbsp olive oil
140g low protein rice
2 garlic cloves, chopped
vegetable stock
1 bunch spring onions sliced thinly
140g cherry tomatoes, halved
190g low protein cheese, mix of cheddar and mozzarella, grated
handful each of parsley and basil, chopped
3 red and 3 yellow peppers
string, for tying

Tzatziki

adapted from BBC goodfood



Ingredients

½ cucumber, halved and deseeded

170g pot low protein natural or Greek style yoghurt

1 small garlic clove, crushed

handful mint leaves, chopped

Methods

Coarsely grate the cucumber, sprinkle with a pinch of salt and squeeze out all the liquid. Tip into a bowl with the yogurt, garlic and mint, and mix well.