

STEP AWAY FROM THE **TAKEAWAY!**

FAST FOOD CAN DERAIL YOUR NUTRITION ROUTINE, BUT YOU CAN STILL GET YOUR CURRY / PIZZA FIX WITHOUT THE THREAT OF A HEART ATTACK. HERE, EMMA KIRKE C.OSTM DISTN (@DrEKirkeOstm) REVEALS FIVE HEALTHY ALTERNATIVES.

YOU'VE HAD A LONG DAY. YOU HAVEN'T PUT ANYTHING IN THE SLOW COOKER OR HAD TIME TO COOK ANYTHING IN ADVANCE TO REHEAT, SO THERE'S NOTHING READY TO EAT WHEN YOU GET IN. "I'LL JUST ORDER A TAKE AWAY!"

Sound familiar? A takeaway often seems the easiest option, but it's just as easy to rustle up a healthier, fast food alternative in the time it takes for the pizza delivery man to arrive.

**THESE WON'T LEAVE YOU WITH
A HEAD FULL OF REGRETS THE
NEXT DAY EITHER...**

FRIED CAULIFLOWER RICE WITH CHICKEN



(GREAT IF YOU HAVE LEFT-OVER MEAT IN THE FRIDGE TO USE UP, THINK PORK, STEAK, OR SHRIMP - ALL WORK AND MIX WITH TAMARI WELL).

INGREDIENTS

3 tbsp coconut oil, 1 white onion (thinly sliced), raw or cooked meat cut into small pieces, 4 tbsp tamari, 1 clove garlic finely chopped, 1 small head cauliflower grated in a food processor, 2 eggs beaten, 4 spring onions roughly chopped. (Peas are optional, frozen work best).

INSTRUCTIONS

Heat a wok over a high heat and add the coconut oil, the onion and sauté for 2 minutes until brown. Add the meat and 1 tbsp tamari, sauté for 2-3 minutes (more if the meat is raw) and add the remaining oil, garlic and cauliflower. Sauté for 2-3 minutes. Add the eggs and the rest of the tamari, stirring constantly while the eggs cook. Add the chopped spring onions and peas and cook for 2 or 3 minutes.



PORK NOODLES



INGREDIENTS

200g very thinly sliced pork, 1 tbsp char sui sauce, 1/2 tsp Chinese 5 spice, 1/4 tsp cinnamon, 100g Barenaked foods noodles, 1/2 cup coconut oil, 60g pak choi, 50g button mushrooms sliced, 1/2 red pepper deseeded and finely sliced, 2 spring onions finely sliced, 2 eggs lightly beaten, 2 tsp sesame seeds.

INSTRUCTIONS

Combine the pork, char sui sauce, 5 spice and cinnamon and add to the wok, which should have the coconut oil melted in it. Meanwhile,

cook the noodles. Add the veg to the wok. Add the noodles and the eggs just before the end. Total cooking time 6-7 minutes. Sprinkle with sesame seeds to serve.

PIZZA FRITTATA



(ITALIAN FLAVOURS WITHOUT THE CARBS, AND JUST AS GOOD AS REGULAR PIZZA COLD THE NEXT DAY).

INGREDIENTS

2 Italian sausages or salami sliced, 1 cup of sliced mushrooms, 1 chopped fresh tomato, 6 beaten eggs, 1/4 cup chopped fresh basil (1/2 tsp if using dried), 1 tsp oregano, feta cheese or buffalo mozzarella sliced or crumbled.

INSTRUCTIONS

Pre-heat a deep frying pan on the hob. Heat a little coconut oil and add the salami and mushrooms. Sauté until the sausage or salami is cooked through. Turn down the heat, wait for the moisture from the mushrooms to evaporate and add the tomatoes. Sauté for a few seconds and add the eggs. Sprinkle in the oregano and basil. Stir in quickly then leave to settle. When the eggs start to set add the cheese to the top and put under the pre-warmed grill until golden brown. Usually 2-3 minutes.

MEAT BURRITO



(QUICK AND HEALTHY ALTERNATIVE TO A WRAP OR KEBAB).

INGREDIENTS

4 eggs whites and yolks separated, 1/2 an onion chopped, 1 large tomato finely chopped, diced green chilli (if you dare), 1/4 cup chopped parsley, 1/2 cup cooked meat (sliced steak, ground beef or shredded chicken seem to work best), 1 avocado sliced if you wish. Hot sauce optional.

INSTRUCTIONS

Whisk the egg whites, warm a lightly oiled pan (use coconut oil), pour in half the egg whites and keep it moving so the whites spread out evenly but thinly. After approx. 30 seconds, place a lid on and cook for 1 minute. Best to use a bendy plastic spatula to loosen it from the pan, slide onto a plate and leave to rest. This is your egg white "tortilla". Repeat this to make a second tortilla. In the same pan add oil and sauté the onions, add the tomato, red pepper, meat and parsley. Add the chillies. Whisk the egg yolks and pour them into the mix. Scramble everything together and add the avocado at the end. Put half into the first burrito and roll up. Repeat for the second one. Serve with hot sauce as optional.

KING PRAWN CURRY



(PRAWNS ARE MAGNIFICENTLY QUICK AND EASY TO COOK. THEY ARE ALSO GREAT FOR THE IMMUNE SYSTEM AND SKIN).

INGREDIENTS

1 large onion roughly chopped, 4 garlic cloves, 1 red chilli coarsely chopped, coconut oil for cooking, 2.5 cm of fresh root ginger grated or 1 tsp ground ginger, 200g cherry tomatoes roughly chopped, 1 tsp turmeric, 1/2 tsp ground cumin, 1 tsp ground coriander, 1 tsp garam masala, 400g peeled king

prawns, 3 tsp probiotic coconut yoghurt. 1/2 tsp ground cinnamon and a small handful of fresh chopped parsley.

INSTRUCTIONS

Put the onion, garlic and chilli into a blender and turn into a fine paste. Heat the coconut oil in the wok or large frying pan, add the paste and chopped ginger and cook until it starts to change colour. Add the tomatoes and all the spices except the cinnamon. Cook for 10 minutes, stirring frequently. Add the king prawns, yoghurt and cook for another 10 minutes. Serve with quinoa or the cauliflower rice as above.