



A TASTE OF EDEN

25 of our most loved healthy recipes
for you to recreate at home.



EDEN

HEALTH RETREAT

Contents

ABOUT	04	CHAPTER 3 - LUNCH	40
<hr/>		<hr/>	
OUR FOOD STORY	06	Crispy Tofu Poke Bowl	42
<hr/>		Black Bean Tacos with Pineapple Guacamole and Red Cabbage Salad	44
STAPLE INGREDIENTS	10	Warm Pumpkin and Quinoa Salad with Tahini Yoghurt	46
<hr/>		Root Vegetable and Brown Rice Croquette Salad Bowls	48
CHAPTER 1 - BREAKFAST	14	Jack Fruit and Zucchini Noodle Salad	50
<hr/>			
Buckwheat Granola	16	CHAPTER 4 - AFTERNOON TEA	54
Truffled Mushrooms and Scrambled Eggs	18	<hr/>	
Creamy Coconut Porridge with Stewed Seasonal Fruit	20	Tamari Seed Crackers	56
Kale and Corn Fritters with Avocado	22	Beetroot Hummus	58
Mango Chia Pudding with Pineapple and Mint	24	Basil and Sundried Tomato Muffins	60
		Chilled Cucumber Soup	62
CHAPTER 2 - MORNING TEA	28	Polenta-Crusted Sweet Potato Wedges	64
<hr/>			
Blueberry, Mint and Green Tea Ice Blocks	30		
Raspberry and Lime Cheesecakes	32		
Date and Coconut 'Beach Day' Bliss Balls	34		
Almond and Cinnamon Cookies	36		
Apricot and Tahini Muesli Bars	38		

CHAPTER 5 - DINNER

	68
Roasted Cauliflower, Braised Lentils and Babaganoush	70
Amaranth Crusted Snapper with Potato Cashew Mash and Fennel Salad	72
Yoghurt Spiced Chicken with Crispy Turmeric Potatoes and Zesty Pear Salad	74
Hot and Sour Pineapple Fish Curry	76
Zaatar Lamb Backstrap with Minted Pea Puree and Fattoush Salad	78

THANK YOU

82

GF Gluten free

DF Dairy free

NF Nut free

GRF Grain free

EF Egg free

V Vegan



About

Welcome to Eden - Australia's longest-running luxury health retreat and pioneers in the health and wellbeing industry. We help our guests free themselves from their busy, modern lives for a week of absolute relaxation and luxury.

Our perfectly positioned, secluded five star health retreat is found at the end of the Currumbin Valley, one of the most beautiful parts of the Gold Coast Hinterland. Our breathtaking retreat spreads across 380 acres of magical tropical rainforests and walking tracks.

Created around choice and freedom, your experience is tailored to your own specific requirements. Choose from a range of active and therapeutic options or feel free to simply unwind by the pool. At Eden, the days burst with vitality and our guests follow their imagination and choose their own path through their Eden journey.

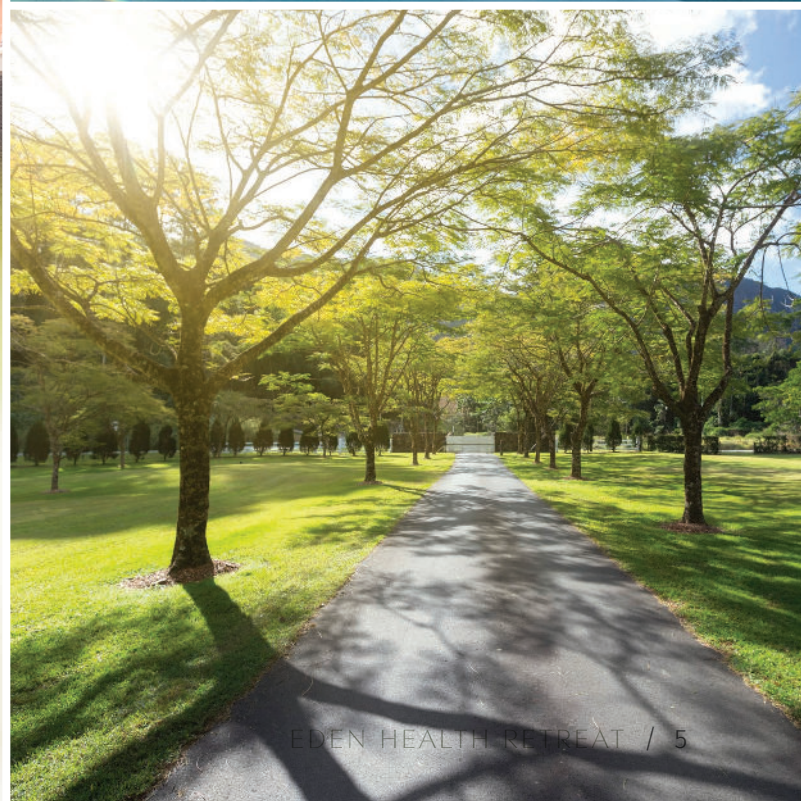
Our simple, restorative approach combined with organic, healthful meals and beautiful surroundings is designed to provide our guests with the best opportunity to step back into the world with a renewed sense of possibility and freedom.

Whether you seek relaxation, weight or stress management, changing habits, improving fitness or just to have fun and be challenged, the individual goals of guests are achieved by ensuring a personalised approach to all aspects of your stay.

Eating and enjoying delicious, nourishing food is an experience to be savoured at Eden Health Retreat. Our chefs have classical training and bring their specialised techniques to the whole food philosophy and dishes we prepare and serve at Eden.

After listening to our guests requests for a cook book, we have developed this digital recipe collection to share some of our most loved meals with you. We have simplified the processes to make them easy for you to replicate at home.

*Welcome and enjoy
A Taste of Eden.*



Our Food Story

We believe in healing your body from the inside-out with nutritious, wholesome food. Our beautifully presented meals are mindfully created by our team of dedicated chefs and nutritionists to ensure our guests leave feeling nurtured, nourished and inspired.

Surrounded by the rural producers and bio-dynamic farms of South East Queensland and Northern Rivers, we source organic, local and seasonal ingredients to develop a menu that's rich in macro and micro nutrients. Whether it's fruit and vegetables, whole grains, legumes, nuts and seeds, organic dairy or ethically sourced meat and seafood - we only cook with products of the highest quality to ensure optimum health and wellbeing for our guests.

All of our colourful meals are made fresh daily from whole foods. Throughout our weekly program we encourage and educate our guests about ingredients and food choices that are unrefined and unprocessed.

A typical day at Eden consists of breakfast, morning tea, lunch, afternoon tea and dinner. We cater for all dietary requirements including allergies and intolerances from coeliac, gluten-free, dairy-free, nut-free to vegan and vegetarian.

"We love flavour! By using simple, natural ingredients such as fresh herbs and spices, good quality oils and organic seasonings, we teach our guests how to incorporate healthier options in their own lives."









Staple Ingredients

Our chefs utilise a wide range of organic, nutrient-rich, unrefined ingredients to develop and produce our menu. We've put together a list of these items that will appear throughout the recipes in A Taste of Eden, alongside a variety of fresh fruits and vegetables.

These products are readily available and can be sourced from your local market, health food store or supermarket. We recommend purchasing certified organic to ensure your body is getting the healthiest food possible.



GRAINS

Activated buckwheat buckinis
Amaranth
Brown rice
Quinoa
Wild rice
Whole oats



FLOURS AND MEALS

Almond meal
Arrowroot starch
Besan flour
Coconut flour
Polenta



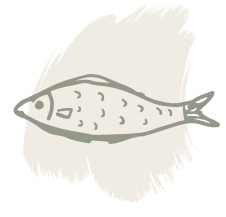
LEGUMES AND PULSES

Black beans
Chickpeas
Cannellini beans
Edamame
Firm tofu
Puy lentils



NUTS AND SEEDS

Raw almonds
Raw cashews
Raw macadamia nuts
Raw pistachios
Chia seeds
Hemp seeds
Linseeds
Nigella seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds



ANIMAL PROTEIN

Free-range chicken
Free-range eggs
Free-range, grass fed red meat
Local, sustainably caught fish



DAIRY AND DAIRY ALTERNATIVES

Coconut milk
Coconut cream
Fresh goats cheese
Full cream cows milk
Kefir
Natural, unsweetened pot-set yoghurt
Unsweetened probiotic coconut yoghurt
Unsweetened nut milks



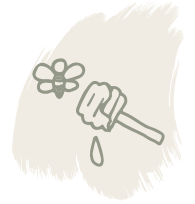
OILS

Organic extra virgin olive oil
Organic virgin coconut oil
Organic cold-pressed sesame oil




SEASONINGS

Apple cider vinegar
Nutritional yeast flakes
Selection of fresh and dried herbs
Selection of spices
Tamari



NATURAL SWEETENERS

Pure maple syrup
Locally-sourced raw honey
Organic rapadura sugar
Fresh medjool dates
Organic coconut water
Bio-dynamic organic apple juice



“Our chefs use local, organic ingredients in all the dishes they prepare. We believe seasonal cooking and eating is the basis of a good and balanced diet. This is why we make a conscious effort to source all produce from local and organic farms”



CHAPTER 01

BREAKFAST

Kick-start your day with vibrant colour and healthful foods from our beautiful breakfast range.

Buckwheat Granola

Truffled Mushrooms and Scrambled Eggs

Creamy Coconut Porridge with Stewed Seasonal Fruit

Kale and Corn Fritters with Avocado

Mango Chia Pudding with Pineapple and Mint



Buckwheat Granola

INGREDIENTS

- **2 cups /** Activated buckwheat buckinis
- **1 cup /** Coconut flakes
- **1/2 cup /** Pistachios
- **1/2 cup /** Pepitas
- **1/2 cup /** Sunflower seeds
- **2 tablespoons /** Ground cinnamon
- **1 teaspoon /** Ground ginger
- **1/4 cup /** Pure maple syrup
- **2 tablespoons /** Virgin coconut oil, melted
- **1 tablespoon /** Pure vanilla extract
- **1 cup /** Sulphite-free raisins

METHOD

1. Preheat oven to 140°C. Line a baking tray with baking paper.
2. Mix buckinis, coconut, pistachios, pepitas, sunflower seeds, cinnamon and ginger together in a bowl.
3. Fold through maple syrup, coconut oil and vanilla.
4. Spread granola mixture onto prepared baking tray. Bake in the oven for 30 minutes, stirring every 10 minutes until golden brown. Remove from oven and set aside to cool.
5. Once cooled, fold through raisins. Serve with coconut yoghurt and fresh fruit.

Granola can be kept in an airtight container in the refrigerator for up to 1 month.

Serves: 4

GF

DF

EF

V



Truffled Mushrooms & Scrambled Eggs

INGREDIENTS

- **400 grams** / Selection of mushrooms, sliced
- **3-4 cloves** / Garlic, sliced
- **3 tablespoons** / Truffle-infused extra virgin olive oil
- **3 tablespoons** / Extra virgin olive oil
- **8 large** / Organic free-range eggs
- **1/4 cup** / Milk of choice
- **4 slices** / Gluten free sourdough bread, toasted
- **1/4 cup** / Italian parsley, roughly chopped
- **4 sprigs** / Thyme
- **Salt and pepper**

METHOD

1. Preheat oven to 180°C.
2. Place mushrooms and garlic into an ovenproof dish. Drizzle with the truffle oil and half the olive oil. Season with salt and pepper. Roast in the oven for 15-20 minutes or until golden brown.
3. Meanwhile, crack eggs into a bowl. Add milk and season with salt and pepper. Whisk for 30 seconds until light and fluffy.
4. Place a medium frypan over medium heat. Heat remaining olive oil. Add eggs and cook gently, pulling outer edges inwards using a spatula until just cooked.
5. Serve eggs on top of toasted sourdough. Top with roasted mushrooms. Garnish with parsley and thyme.

Serves: 4





Creamy Coconut Porridge with Stewed Seasonal Fruit

INGREDIENTS

- **1 1/2 cups** / Whole oats
- **3 cups** / Coconut water
- **1 cup** / Coconut cream
- **2 stalks** / Rhubarb, chopped
- **2** / Apples, peeled and cored
- **1 cup** / Raspberries, fresh or frozen
- **1 cup** / Strawberries, sliced
- **1** / Orange, zest and juice
- **3 tablespoons** / Pure maple syrup
- **1** / Cinnamon stick
- **1 cup** / Selection fresh seasonal fruit, sliced

METHOD

1. Place oats into a bowl and cover with water. Place in the refrigerator to soak overnight.
2. Place rhubarb, apples, raspberries, strawberries, orange zest, orange juice, maple syrup and cinnamon stick into a saucepan. Add 1/3 cup water and mix together well. Place over medium heat and bring to the boil. Simmer for 15-20 minutes or until fruit is cooked and mixture has reduced slightly. Remove cinnamon stick and stir through.
3. Drain oats and place in a large saucepan. Add coconut water and place over medium heat. Bring to a simmer, stirring constantly. Cook until smooth and creamy. Remove from heat and stir through coconut cream.
4. To serve, spoon porridge into serving bowls. Top with stewed fruit. Garnish with fresh fruit slices. Serve warm.

Serves: 4

DF

EF

NF

V



Kale and Corn Fritters with Avocado

INGREDIENTS

- **1 cup** / Besan (chickpea) flour
- **2 tablespoons** / Nutritional yeast flakes
- **1/2 cup** / Milk of choice
- **2 cups** / Kale, finely shredded
- **1/2 cup** / Raw corn kernels
- **2 Large** / Carrots, grated
- **2 cloves** / Garlic, finely chopped
- **3 tablespoons** / Virgin coconut oil
- **2** / Avocados, sliced
- **1 cup** / Heirloom tomatoes, sliced
- **1/2 cup** / Basil leaves
- **Micro parsley/micro cress**
- **Salt and pepper**

METHOD

1. In a bowl, mix together besan flour and nutritional yeast. Add milk and whisk until smooth. Season with salt and pepper.
2. Fold kale, corn, carrots and garlic into mixture until vegetables are evenly coated.
3. Place a large frypan over medium heat. Add coconut oil. Place a large spoonful of mixture into the pan. Cook for 2 minutes on each side until golden brown. Repeat with remaining batter.
4. To serve, top fritters with avocado and tomatoes. Garnish with basil leaves and micro herbs. Season with salt and pepper.

Serves: 4

GF

DF

GRF

NF

EF

V



Mango Chia Pudding with Pineapple and Mint

INGREDIENTS

- **1/3 cup** / Chia seeds
- **400 mls** / Coconut milk
- **3-5 tablespoons** / Pure maple syrup
- **1 tablespoon** / Pure vanilla extract
- **3 large** / Mangoes, peeled and diced
- **1 tablespoon** / Lime juice
- **1/4** / Pineapple, peeled and diced
- **1 tablespoon** / Mint leaves or micro mint
- **Freeze dried pineapple**, optional

METHOD

1. Mix chia seeds, coconut milk, maple syrup and vanilla together in a mixing jug. Pour into 4 serving glasses or jars. Place in refrigerator to set for 15-20 minutes.
2. Meanwhile, purée 2 of the mangoes with the lime juice in a food processor until smooth. Evenly pour over chia mixture.
3. To serve, mix together remaining mango, pineapple and mint. Place a generous spoonful of pineapple mixture on top of the purée. Serve chilled.
4. Chia and mango purée can be prepared the day before.

Serves: 4

GF

DF

GRF

NF

EF

V



“Breakfast is the most important meal of the day because it jumpstarts your metabolism and keeps your energy levels up during the day”





CHAPTER 02

MORNING TEA

Tasty treats don't have to be unhealthy!



Blueberry, Mint and Green Tea Ice Blocks

Raspberry and Lime Cheesecakes

Date and Coconut 'Beach Day' Bliss Balls

Almond and Cinnamon Cookies

Apricot and Tahini Muesli Bars





Blueberry, Mint & Green Tea Ice Blocks

INGREDIENTS

- **2** / Organic green tea bags
- **125 ml** / Boiling water
- **250 ml** / Organic bio-dynamic apple juice
- **1 tablespoon** / Lime juice
- **100 g** / Blueberries, fresh or frozen
- **1/4 cup** / Mint leaves, roughly chopped

METHOD

1. Place tea bags and boiling water together in a bowl. Allow tea to steep for 4-5 minutes. Remove bags and allow tea to cool. Add apple and lime juice.
2. Place blueberries into a bowl and lightly crush with a fork. Place a spoonful into each ice-block mould. Sprinkle with mint. Pour over cooled green tea mixture. Transfer to the freezer to set.
3. Remove from moulds and serve immediately.

Serves: 4





Raspberry and Lime Cheesecakes

INGREDIENTS

- **1 1/2 cups** / Raw cashews
- **80 ml** / Virgin coconut oil, melted
- **200 ml** / Coconut milk
- **2-3** / Limes, zest and juice
- **60 ml** / Pure maple syrup
- **2 cups** / Raspberries, fresh or frozen
- **3 tablespoons** / Freeze dried raspberries, optional

Base

- **1/2 cup** / Raw cashews
- **1/2 cup** / Raw pistachios
- **1/2 cup** / Organic desiccated coconut
- **8** / Fresh medjool dates, pitted
- **2 tablespoons** / Virgin coconut oil
- **Pinch** / Salt flakes

METHOD

1. To make the filling place cashews in a bowl. Cover with water and refrigerate for at least 1-2 hours or preferably overnight to soak.
2. Drain and rinse soaked cashews. Transfer to a food processor. Add coconut oil, coconut milk, lime zest, lime juice, maple syrup and half the raspberries. Blend until smooth and creamy. Set aside.
3. To make the base, preheat oven to 160°C. Place cashews, pistachios and desiccated coconut on an oven tray. Bake in the oven for 5-10 minutes, or until lightly toasted. Transfer to a food processor. Add dates, coconut oil and salt. Blend until mixture forms a stiff ball.
4. Grease and line a slice tin with baking paper, or alternatively use individual silicone moulds. Using slightly damp hands, evenly press base into tin.
5. Pour over raspberry and lime filling. Rap tin or moulds on the bench to remove any air bubbles. Place in the freezer to set.
6. Once cheesecake is completely firm, carefully remove from tin. Using a hot, sharp knife, cut into even rectangular pieces. Alternatively remove from moulds.
7. Top cheesecake slices with remaining raspberries. Garnish with crushed freeze dried raspberries. Store in the refrigerator until ready to serve.

Serves: 4





Date and Coconut 'Beach Day' Bliss Balls

INGREDIENTS

- **2 cups** / Pitted fresh medjool dates
- **200 ml** / Coconut cream
- **1/3 cup** / Cacao powder
- **1 tablespoon** / Pure vanilla extract
- **1 cup** / Desiccated coconut
- **2 cups** / Coconut flakes

METHOD

1. Blend dates, coconut cream, cacao powder and vanilla in a food processor.
2. Add the desiccated coconut and mix well. Add a little water if the mixture is too stiff.
3. Place coconut flakes into a bowl. Roll date mixture into tablespoon-sized balls and coat well in coconut.
4. Store in an airtight container in the refrigerator or freezer for 1-2 weeks.

Serves: 4

GF

DF

NF

EF

V



Almond and Cinnamon Cookies

INGREDIENTS

- **2 cups** / Raw almonds
- **1 cup** / Arrowroot starch
- **1/2 cup** / Rapadura sugar
- **1/2 cup** / Virgin coconut oil, melted
- **5** / Fresh medjool dates
- **3 tablespoons** / Water
- **1 tablespoon** / Pure vanilla extract
- **1 teaspoon** / Ground cinnamon

METHOD

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Place almonds into a food processor and blend into a fine crumb.
3. Add remaining ingredients and blend into a stiff dough.
4. Roll mixture into tablespoon-sized balls. Place on prepared tray and press down lightly with a fork. Bake in the oven for 12-15 minutes or until golden brown.
5. Allow cookies to cool completely before transferring to an airtight container.

Serves: 4

GF

DF

GRF

EF

V



Apricot and Tahini Muesli Bars

INGREDIENTS

- **1 cup** / Sulphite-free dried apricots
- **1/2 cup** / Raw macadamia nuts
- **1 cup** / Shredded coconut
- **1/2 cup** / Activated buckwheat buckinis
- **1/2 cup** / Puffed quinoa
- **1/4 cup** / Pepitas
- **1/2 cup** / Hulled tahini
- **2 tablespoons** / Pure maple syrup
- **1/4 cup** / Virgin coconut oil, melted
- **1 tablespoon** / Pure vanilla extract
- **Pinch** / Salt

METHOD

1. Grease and line a slice tin with baking paper.
2. Blend apricots, macadamia nuts and shredded coconut in a food processor until finely chopped.
3. Remove mixture from food processor. Fold through remaining ingredients and mix until well combined.
4. Firmly press muesli bar mixture into prepared tin. Place in the refrigerator for an hour or until firm.
5. Remove slice from tin. Using a sharp knife, evenly cut into bars. Store in an airtight container in the refrigerator or freezer for 1-2 weeks.

Serves: 4





CHAPTER 03 LUNCH

Eating lunch boosts physical and mental health. The following Eden lunch recipes are designed to be nutritious and fill you up without weighing you down.

Crispy Tofu Poke Bowl

Black Bean Tacos with Pineapple Guacamole and Red Cabbage Salad

Warm Pumpkin and Quinoa Salad with Tahini Yoghurt

Root Vegetable and Brown Rice Croquette Salad Bowls

Jack Fruit and Zucchini Noodle Salad



Crispy Tofu Poke Bowl

INGREDIENTS

- **1 1/2 cups** / Wild rice, rinsed
- **1 teaspoon** / Salt
- **100 grams** / Edamame, fresh or frozen
- **400 grams** / Organic firm tofu
- **1/3 cup** / Tamari
- **1/2 cup** / Arrowroot starch
- **2 tablespoons** / Virgin coconut oil
- **4** / Radishes, sliced
- **2** / Carrots, peeled into ribbons
- **1** / Avocado, peeled and quartered
- **2** / Nori sheets, torn into pieces
- **1/2 cup** / Radish sprouts
- **1 tablespoon** / White sesame seeds, toasted
- **1 tablespoon** / Black sesame seeds, toasted

Dressing

- **4 tablespoons** / Tamari
- **2 tablespoons** / Apple cider vinegar
- **1 teaspoon** / Cold-pressed sesame oil

METHOD

1. To cook the black rice and edamame, add rice to a medium saucepan with 3 1/2 cups of water and 1 teaspoon of salt. Bring to the boil. Allow rice to cook for 15-20 minutes or until tender and water has absorbed. While rice is cooking, place a steamer attachment over the saucepan. Add edamame and cook for 3-4 minutes until bright green.
2. Meanwhile, cut tofu into 2cm cubes. Place tamari in a bowl. Add tofu and set aside for 10 minutes to marinate. Place arrowroot starch in a separate bowl. Drain tofu and toss through arrowroot starch until evenly coated.
3. Place a medium frypan over medium-high heat. Add coconut oil. Fry tofu until crispy on all sides. Remove tofu from pan and drain on absorbent paper.
4. To make the dressing, whisk together tamari, vinegar and sesame oil.
5. To serve, divide rice into 4 serving bowls. Arrange edamame, radish, carrots, avocado and nori sheets. Top with warm crispy tofu. Drizzle over dressing and garnish with radish sprouts and sesame seeds.

Serves: 4





Black Bean Tacos with Pineapple Guacamole and Red Cabbage Salad

INGREDIENTS

- **2 tablespoons** / Extra virgin olive oil
- **2 tablespoons** / Ground cumin
- **1 tablespoon** / Smoked paprika
- **2 tablespoons** / Garlic powder
- **2 tablespoons** / Mustard seeds
- **2 cloves** / Garlic, finely sliced
- **1** / Brown onion, diced
- **2 stalks** / Celery, finely diced
- **2** / Carrots, finely diced
- **400 grams** / Organic black beans, drained and rinsed
- **1 large** / Sweet potato, peeled and chopped
- **2 tablespoons** / Tomato paste
- **1 L** / Tomato passata
- **500 ml** / Vegetable stock
- **Salt and pepper**
- **12** / Corn tortillas

Red Cabbage Salad

- **1/4** / Red cabbage, finely sliced
- **1/2 cup** / Coriander, roughly chopped
- **1 tablespoon** / Lime juice
- **1 tablespoon** / Pure maple syrup
- **2 tablespoons** / Extra virgin olive oil
- **1/2 teaspoon** / Salt

Pineapple Guacamole

- **3** / Avocados
- **1 Clove** / Garlic, finely grated
- **1/4** / Pineapple, peeled and diced
- **2 tablespoons** / Lime juice
- **Salt and pepper**

METHOD

1. Heat oil in a large saucepan over medium heat. Add spices and stir until fragrant. Add garlic, onion, celery and carrot. Sauté for 5 minutes. Add black beans and sweet potato. Stir through tomato paste, passata and stock. Bring to a simmer and cook until mixture has reduced and thickened. Season to taste with salt and pepper.
2. Meanwhile, place the cabbage and coriander in a bowl. Whisk together lime juice, maple syrup, olive oil and salt in a small jug. Pour dressing into bowl and toss well to combine.
3. To make the pineapple guacamole, mash avocados using a fork in a bowl. Stir through garlic, pineapple and lime juice. Season to taste with salt and pepper.
4. To serve, heat corn tortillas as per packet instructions. Place a generous spoonful of black bean filling on each. Top with cabbage salad and guacamole. Garnish with additional coriander.

Serves: 4





Warm Pumpkin and Quinoa Salad with Tahini Yoghurt

INGREDIENTS

- **2 tablespoons** / Extra virgin olive oil
- **1/2 medium** / Pumpkin
- **2 tablespoons** / Extra virgin olive oil
- **1 tablespoon** / Ground cumin
- **1 tablespoon** / Ground coriander
- **1 tablespoon** / Sumac, extra to serve
- **Salt and pepper**

Tahini Yoghurt

- **200 ml** / Natural yoghurt or coconut yoghurt
- **2 tablespoons** / Hulled tahini
- **1 teaspoon** / Lemon juice
- **1/2 teaspoon** / Salt

Quinoa Salad

- **1 cup** / Quinoa
- **2 / cups** / Vegetable stock
- **1 bunch** / Radish, quartered
- **1/2** / Red onion, finley sliced
- **100 grams** / Baby spinach
- **1** / Lebanese cucumber, peeled into ribbons
- **1/2** / Pomegranate, seeds removed
- **1/4 cup** / Pepitas, toasted
- **1/4 cup** / Parsley, roughly chopped
- **2 tablespoons** / Lemon juice
- **4 tablespoons** / Extra virgin olive oil
- **1 clove** / Garlic, finely grated
- **Salt and pepper**

METHOD

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Cut pumpkin into 3-4cm wedges, remove seeds and place in a large bowl. Add olive oil, cumin, coriander and sumac. Season well with salt and pepper. Toss to coat pumpkin in spice mixture. Arrange on prepared baking tray and bake for 30-40 minutes until golden brown and pumpkin is tender.
3. Meanwhile, place quinoa and vegetable stock in a medium sized saucepan. Place over medium heat. Bring to a simmer and continue to cook for 20 minutes. Set aside to cool.
4. To make the salad, place quinoa, radish, onion, spinach, cucumber, pomegranate seeds, pepitas and parsley in a bowl. In a small jug, whisk together lemon juice, olive oil and garlic. Season to taste with salt and pepper. Pour over salad and toss to combine.
5. To make the tahini yoghurt, mix together yoghurt, tahini, lemon juice and salt in a bowl.
6. To serve, spread tahini yoghurt onto each serving plate. Top with a piece of pumpkin. Place a generous spoonful of quinoa salad over the pumpkin. Sprinkle with a little extra sumac.

Serves: 4





Root Vegetable + Brown Rice Croquette Salad Bowls

INGREDIENTS

- **1 large** / Sweet potato
- **2** / Carrots
- **4 tablespoons** / Extra virgin olive oil
- **1/4 cup** / Brown rice, rinsed
- **2 cloves** / Garlic, finely chopped
- **1** / Brown onion, finely diced
- **1** / Leek, finely chopped
- **2 stalks** / Celery, finely chopped
- **1/4 cup** / Parsley, roughly chopped
- **4 sprigs** / Fresh thyme
- **2 teaspoons** / Lemon juice
- **1 tablespoon** / Dijon mustard
- **3 tablespoons** / Pepitas
- **3 tablespoons** / Hemp seeds
- **1 teaspoon** / Fennel seeds
- **1 tablespoon** / Sesame seeds
- **1/2 teaspoon** / Salt

To serve

- **2 cups** / Wild rocket
- **200 grams** / Cherry tomatoes, sliced
- **1 bunch** / Asparagus, grilled
- **2 ears** / Sweet corn, cut into portions
- **1/2 cup** / Beetroot sauerkraut
- **Selection of sprouts**
- **Extra virgin olive oil**
- **Edible flowers**

METHOD

1. Preheat oven to 180°C.
2. Cut sweet potato and carrots into 2cm pieces and transfer to a roasting tray. Drizzle with half the olive oil and season with salt and pepper. Bake for 25-30 minutes or until golden brown.
3. Meanwhile, place brown rice in a small saucepan with 150ml water. Bring to a simmer and cook for 25 minutes or until water has absorbed and rice is tender.
4. Place a medium frypan over medium-high heat. Add remaining olive oil. Sauté garlic, onion, leek and celery for 4-5 minutes.
5. In a large bowl, add roasted sweet potato and carrot, brown rice and sautéed vegetables. Mash together until mixed well. Fold through parsley, thyme, lemon juice and mustard. Season to taste with salt and pepper.
6. Place pepitas, hemp seeds, fennel seeds, sesame seeds and salt into a food processor. Pulse into a crumb. Shape vegetable mixture into croquettes. Roll croquettes in seeds until evenly coated.
7. Transfer croquettes to a baking tray and cook for 20-30 minutes until seeds are golden brown and crunchy.
8. Fill serving bowls with rocket, tomatoes, asparagus, sweet corn and sauerkraut. Top with warm croquettes. Garnish with sprouts, a drizzle of olive oil and edible flowers.

Serves: 4





Jack Fruit + Zucchini Noodle Salad

INGREDIENTS

- **2 tablespoons** / Extra virgin olive oil
- **2 cloves** / Garlic, finely chopped
- **2 tablespoons** / Ginger, finely grated
- **1/4 cup** / Tamari
- **2 tablespoons** / Pure maple syrup
- **2 tablespoons** / Apple cider vinegar
- **1 teaspoon** / Cold-pressed sesame oil
- **2 tablespoons** / Virgin coconut oil
- **1** / 400g tin Organic jackfruit, drained and rinsed
- **1 bunch** / Broccolini
- **12** / Baby corn
- **1/2 cup** / Raw cashews
- **2 tablespoons** / Tamari
- **2 tablespoons** / Black and white sesame seeds
- **2 large** / Zucchini, spiralised
- **1/4 small** / Red cabbage, finely grated
- **1** / Red chilli, finely sliced
- **1 cup** / Fresh mint leaves
- **1 punnet** / Pea shoots

METHOD

1. To make the dressing mix together garlic, ginger, tamari, maple syrup, vinegar and sesame oil in a small bowl.
2. Place a medium frypan over medium heat. Add coconut oil. Fry jackfruit for 4-5 minutes. Pour over dressing and bring to a simmer. Remove from heat.
3. Meanwhile, preheat oven to 200°C. Line a baking tray with baking paper. Place broccolini, baby corn and cashews onto prepared tray. Drizzle with tamari and sprinkle over sesame seeds. Roast in the oven for 10-15 minutes or until cashews and vegetables are golden brown.
4. To serve, place zucchini noodles on each plate and top with a generous spoonful of warm jackfruit and dressing. Layer red cabbage, roasted broccolini, baby corn and cashews.
5. Garnish with red chilli, fresh mint leaves and pea shoots.

Serves: 4

GF

DF

EF

V







Black Bean Tacos with
Pineapple Guacamole
and Red Cabbage Salad

CHAPTER 04

AFTERNOON TEA

Relax your mind, body and soul with these nutritious tasty afternoon tea snacks. A lovely way to take a break from your busy life.

Tamari Seed Crackers

Beetroot Hummus

Basil and Sundried Tomato Muffins

Chilled Cucumber Soup

Polenta-Crusted Sweet Potato Wedges



Tamari Seed Crackers

INGREDIENTS

- **1/2 cup** / Sunflower seeds
- **1/2 cup** / Pepitas
- **1/4 cup** / Linseeds
- **1/4 cup** / Chia seeds
- **2 tablespoons** / Tamari
- **1 cup** / Water

METHOD

1. Preheat oven to 160°C. Grease and line an oven tray with baking paper.
2. Combine all ingredients together in a bowl. Allow mixture to stand for 10 minutes.
3. Evenly spread mixture onto prepared tray. Bake in the oven for 30 minutes.
4. Remove tray from oven and cut into triangular crackers. Return to the oven and bake for a further 15 minutes.
5. Store crackers in an airtight container in the refrigerator for up to two weeks.

Serves: 4





Beetroot Hummus

INGREDIENTS

- **3 large** / Beetroot, peeled
- **2-3 cloves** / Garlic
- **400 g** / Organic canned canellini beans, drained and rinsed
- **2 tablespoons** / Hulled tahini
- **1** / Lemon, juiced
- **3 tablespoons** / Extra virgin olive oil, extra to serve
- **3 tablespoons** / Water
- **Salt and pepper**

To Serve

- **1/2 teaspoon** / Sesame seeds (optional)
- **1/2 teaspoon** / Sumac (optional)
- **1/2 teaspoon** / Mustard seeds (optional)
- **Micro herbs** (optional)
- **Organic corn chips**

METHOD

1. Bring a medium saucepan of water to boil. Cut beetroot into wedges and cook for 20 minutes or until tender.
2. Transfer beetroot to a food processor. Add garlic, canellini beans, tahini, lemon juice, olive oil and water. Blend until smooth. Season to taste with salt and pepper.
3. Spread hummus onto a serving plate. Drizzle with a little extra olive oil. Sprinkle with sesame seeds, sumac, mustard seeds and herbs. Serve with organic corn chips or crudité's.
4. Store leftover hummus in an airtight container in the refrigerator for 4-5 days.

Serves: 4

GF

DF

NF

EF

V



Basil + Sundried Tomato Muffins

INGREDIENTS

- **1/2 cup** / Almond meal
- **1/4 cup** / Coconut flour
- **1/4 cup** / Arrowroot flour
- **1 teaspoon** / Baking powder
- **4 large** / Free-range eggs
- **60 mls** / Virgin coconut oil, melted
- **1/2 cup** / Unsweetened almond milk or preferred milk
- **2 tablespoons** / Organic tomato paste
- **2 cloves** / Garlic, finely chopped
- **1/2 cup** / Pitted green olives, sliced
- **1/2 cup** / Organic sundried tomatoes, finely sliced
- **1/4 cup** / Fresh basil leaves, roughly chopped
- **2 tablespoons** / Pine nuts
- **75 grams** / Goats feta (optional)
- **Salt and pepper**

METHOD

1. Preheat oven to 180°C. Grease a 12 hole muffin tray.
2. Mix all dry ingredients together into a large bowl.
3. Whisk together eggs, coconut oil, milk and tomato paste until well combined. Pour over dry ingredients and mix well.
4. Fold through garlic, olives, sundried tomatoes and basil. Season with salt and pepper. Evenly distribute mixture into muffin tray. Sprinkle with pine nuts and goats feta. Bake in the oven for 30-40 minutes until golden brown and cooked through.
5. Serve warm or store in the refrigerator or freezer in an airtight container.

Makes 12 Muffins

GF

DF

GRF



Chilled Cucumber Soup

INGREDIENTS

- **2 tablespoons /** Extra virgin olive oil
- **1 /** Leek, roughly chopped
- **3-4 sprigs /** Thyme
- **3 large /** Cucumber, peeled and sliced
- **1 /** Potato, chopped
- **1 large /** Organic vegetable stock
- **1 tablespoon /** Lemon juice
- **200 ml /** Goat or cow milk kefir
- **Salt and pepper**

METHOD

1. Place a medium saucepan over medium heat. Add olive oil and sauté leek for 4-5 minutes.
2. Add thyme, cucumber and potato and cook for a further 5 minutes.
3. Add stock and bring to the boil. Simmer for 20 minutes.
4. Using a stick blender, puree soup until smooth and creamy. Transfer to the refrigerator to chill.
5. Once chilled, stir through lemon juice and kefir. Season to taste with salt and pepper.
6. Serve chilled.

Serves: 4

GF

EF

GRF

NF



Polenta-Crusted Sweet Potato Wedges

INGREDIENTS

- **3 medium /** Sweet potatoes, sliced into thin wedges
- **3 tablespoons /** Extra virgin olive oil
- **1/4 cup /** Polenta
- **1 tablespoon /** Garlic powder
- **2 teaspoons /** Smoked paprika
- **3 teaspoons /** Thyme
- **Salt and pepper**

METHOD

1. Preheat oven to 220°C. Line a baking tray with baking paper.
2. Place sweet potato into a large bowl. Add remaining ingredients. Toss to combine.
3. Transfer to prepared tray, separating wedges slightly. Bake for 30-40 minutes or until golden brown and crisp.
4. Serve warm with your preferred dipping sauce.

Serves: 4





Basil + Sundried
Tomato Muffins





CHAPTER 05 DINNER

A wonderful way to finish your day with these perfectly balanced, nutritious and delicious recipes.

Roasted Cauliflower, Braised Lentils and Babaganoush

Amaranth Crusted Snapper with Potato Cashew Mash and Fennel Salad

Yoghurt Spiced Chicken with Crispy Turmeric Potatoes and Zesty Pear Salad

Hot and Sour Pineapple Fish Curry

Zaatar Lamb Backstrap with Minted Pea Puree and Fattoush Salad



Roasted Cauliflower, Braised Lentils and Babaganoush

INGREDIENTS

Babaganoush

- **3 large** / Eggplant
- **2 tablespoons** / Hulled tahini
- **2 tablespoons** / Lemon juice
- **1/3 cup** / Extra virgin olive oil, extra for roasting
- **1/3 cup** / Water

Roasted Cauliflower

- **1 whole** / Cauliflower
- **1/4 cup** / Virgin coconut oil, melted
- **2 teaspoons** / Turmeric powder

Braised lentils

- **2 tablespoons** / Extra virgin olive oil
- **2-3 cloves** / Garlic, finely chopped
- **1 large** / Brown onion, finely diced
- **2 stalks** / Celery, finely diced
- **1 large** / Carrot, finely diced
- **1 cup** / Puy lentils, rinsed
- **1 tablespoon** / Apple cider vinegar
- **1** / Bay leaf
- **2 cups** / Organic vegetable stock
- **Salt and pepper**

METHOD

1. Preheat oven to 180°C.
2. To make the babaganoush, cut eggplant into quarters and score the flesh with a sharp knife in a crisscross pattern. Arrange on a roasting tray. Drizzle with olive oil and season with salt and pepper. Place in the oven to roast for 45-50 minutes. Set aside to cool. Once cooled, remove skin from eggplant and transfer to a food processor. Add remaining ingredients and blend until smooth. Season to taste with salt and pepper.
3. Cut cauliflower into quarters and place on a roasting tray. Mix together coconut oil, turmeric powder, salt and pepper. Brush mixture over cauliflower until evenly coated. Roast in the oven for 25-30 minutes or until golden brown.
4. Meanwhile, to braise the lentils, heat olive oil in a medium saucepan over medium heat. Add garlic, onion, celery and carrot and sauté for 4-5 minutes. Stir through lentils and apple cider vinegar. Add bay leaf and vegetable stock and bring to a simmer. Cook for 20 minutes or until stock has been absorbed and the lentils are tender.
5. To serve, spread a generous spoonful of babaganoush onto each serving plate. Spoon over braised lentils and top with roasted cauliflower.

Optional: Serve alongside roasted kale and a sprinkle of spiced dukkah.

Serves: 4





Amaranth Crusted Snapper with Potato Cashew Mash and Fennel Salad

INGREDIENTS

- **4 fillets** / Snapper
- **1/2 cup** / Pepitas
- **1 tablespoon** / Tarragon
- **1 teaspoon** / Lemon zest
- **1/2 cup** / Puffed amaranth
- **1/2 teaspoon** / Sea salt
- **1/4 cup** / Dill, to serve
- **1 tablespoon** / Capers, to serve

Potato Cashew Mash

- **4 medium** / Potatoes, peeled and chopped
- **2 tablespoons** / Extra virgin olive oil
- **1 clove** / Garlic, crushed
- **1** / Leek, finely chopped
- **1/2 cup** / Raw cashews, soaked in water overnight
- **Salt and pepper**

Fennel Salad

- **1 bulb** / Fennel, finely sliced
- **1** / Green apple, finely sliced
- **1** / Red apple, finely sliced
- **Juice of 1/2 lemon**
- **1 cup** / Fresh dill
- **Pinch of salt**

METHOD

1. Preheat oven to 200°C.
2. In a food processor, blend pepitas, tarragon and lemon zest into a fine crumb. Transfer to a bowl. Add amaranth and salt.
3. Cut snapper into even pieces. Press fish firmly into crumb mixture until well coated. Place fillets onto a baking tray and bake for 10-15 minutes, or until cooked through.
4. To make the mash, place potatoes in a saucepan and cover with cold water. Place over high heat and bring to a boil. Cook until soft and tender. Meanwhile, heat oil in a medium frypan. Sauté garlic and leek. In a blender combine garlic and leek with cashews. Blend, adding a little water at a time until smooth and creamy. Mash cooked potatoes and combine with cashew cream. Season to taste with salt and pepper.
5. To make the salad, place all ingredients in a bowl and toss to combine.
6. To serve, spoon mash onto a serving plate. Top with fish and salad. Garnish with dill and capers.

Serves: 4





Yoghurt Spiced Chicken with Crispy Turmeric Potatoes and Zesty Pear Salad

INGREDIENTS

Yoghurt Spice Roasted Chicken

- **1 clove** / Garlic
- **1 tablespoon** / Ginger, finely grated
- **1 tablespoon** / Tomato paste
- **1 teaspoon** / Ground coriander
- **1 teaspoon** / Ground cumin
- **1 teaspoon** / Garam Masala
- **1/2 cup** / Natural Greek yoghurt
- **1** / Lemon juice and zest
- **500 grams** / Organic chicken breasts
- **Salt and pepper**

Crispy Turmeric Potatoes

- **4 medium** / Potatoes
- **2 tablespoons** / Virgin coconut oil
- **1 teaspoon** / Mustard seeds
- **1 teaspoon** / Cumin seeds
- **1 teaspoon** / Turmeric powder
- **1 teaspoon** / Garam Masala
- **1 bulb** / Garlic, cut in half
- **2** / Tomatoes, quartered
- **1** / Lemon, sliced

Zesty Pear Salad

- **1** / Pear, sliced
- **1** / Lime, juiced
- **1/2 cup** / Blueberries
- **1/2 cup** / Raspberries
- **1 cup** / Baby spinach

- **1 cup** / Mint leaves
- **1 cup** / Coriander leaves
- **1** / Orange, cut into segments
- **1 tablespoon** / Extra virgin olive oil

METHOD

1. Place garlic, ginger, tomato paste, spices, yoghurt and lemon juice in a large bowl. Season with salt and pepper and mix well. Add chicken breasts and toss to coat evenly. Cover and store in the refrigerator to marinate for 4 hours or overnight.
2. Preheat oven to 180°C.
3. Transfer chicken pieces to an oven proof tray. Bake for 30-40 minutes or until cooked all the way through.
4. To make the crispy potatoes, cut potatoes into even pieces. Transfer to a large saucepan and cover with cold water. Bring to the boil and cook until potatoes are soft and tender. Drain and set aside.
5. Heat coconut oil in a small frypan over medium heat. Add mustard seeds, cumin seeds, turmeric powder and garam masala. Toast until fragrant. In a roasting tray, add garlic, tomatoes and lemon slices. Place potatoes on top and pour over coconut oil mixture. Roast in the oven for 25-30 minutes or until golden brown and crunchy.
6. To make the salad, place all ingredients in a large bowl. Toss to combine.
7. To serve, slice chicken breast into pieces and serve with crispy potatoes and zesty salad.
8. Serve with condiments such as tomato chutney and raita or natural yoghurt.

Serves: 4

GF

NF

EF

GRF



Hot and Sour Pineapple Fish Curry

INGREDIENTS

- **3 tablespoons** / Virgin coconut oil
- **2 cloves** / Garlic
- **1 tablespoon** / Ginger, finely chopped
- **1 tablespoon** / Coriander roots, roughly chopped
- **1 stalk** / Lemongrass, roughly chopped
- **1-2** / Long red chilli, roughly chopped
- **1 teaspoon** / Fresh turmeric, finely chopped
- **1 teaspoon** / Turmeric powder
- **1 teaspoon** / Garam Masala
- **1 tablespoon** / Tamari
- **1 tablespoon** / Rapadura sugar
- **2 tablespoons** / Fish sauce
- **4** / Potatoes, peeled and chopped
- **1/4** / Pineapple, peeled and sliced
- **500 ml** / Fish or vegetable stock
- **400 ml** / Coconut cream
- **2 tablespoons** / Lime juice
- **2 tablespoons** / Extra virgin olive oil
- **4 Fillets** / Wild caught reef fish, skin on
- **Salt and pepper**

To serve

- **Coriander leaves**
- **Toasted coconut**
- **Red chilli, sliced**
- **Steamed rice**

METHOD

1. In a food processor, blend coconut oil, garlic, ginger, coriander roots, lemongrass, chilli, fresh turmeric, turmeric powder, garam masala, tamari, rapadura sugar and fish sauce into a smooth paste.
2. Place a wok over medium-high heat. Add curry paste and sauté until fragrant. Add potatoes and pineapple and cook for a further 3-4 minutes.
3. Pour over stock and bring to a simmer. Cook for 15 minutes, or until sauce has reduced slightly and potatoes are tender. Remove from heat. Stir through coconut cream and lime juice. Season to taste.
4. Meanwhile, add olive oil to a large frypan and place over medium heat. Season fish fillets with salt and pepper. Place fish skin side down into pan and cook for 3-4 minutes on each side or until cooked through. Remove from pan and allow to rest.
5. To serve, ladle curry into a bowl. Place fish on top. Garnish with coriander leaves, toasted coconut and chilli. Serve with steamed rice and wedges of lime.

Serves: 4

GF

DF

NF

EF



Zaatar Lamb Backstrap with Minted Pea Puree and Fattoush Salad

INGREDIENTS

- **2** / Lamb backstraps, trimmed
- **2 tablespoons** / Black sesame seeds
- **1 tablespoon** / White sesame seeds
- **1 tablespoon** / Nigella seeds
- **1 tablespoon** / Thyme leaves
- **1 tablespoon** / Sumac
- **Salt and pepper**

Pea Puree

- **500 grams** / Organic frozen peas
- **1/2 cup** / Mint leaves
- **3 tablespoons** / Extra virgin olive oil
- **1/4 cup** / Hot water
- **2 tablespoons** / Lemon juice
- **1 teaspoon** / Lemon zest
- **Salt and pepper**

Fattoush

- **200 grams** / Heirloom tomatoes, sliced
- **1** / Lebanese cucumber, sliced
- **1/2** / Red capsicum, chopped
- **1/2** / Yellow capsicum, chopped
- **1/4** / Red onion, finely sliced
- **2 cups** / Baby spinach leaves
- **1/4 cup** / Parsley, roughly chopped
- **1/4 cup** / Mint leaves

- **1/4 cup** / Basil leaves
- **1/4 cup** / Macadamia nuts
- **4 tablespoons** / Extra virgin olive oil
- **2 tablespoons** / Lemon juice
- **1 teaspoon** / Sumac
- **1 teaspoon** / Smoked paprika
- **1 clove** / Garlic, finely grated
- **1/2 teaspoon** / Salt
- **2** / Gluten free wholegrain wraps, toasted

To serve

- **100 grams** / Sugarsnap peas
- **1/2 cup** / Mint leaves
- **Micro parsley**

METHOD

1. Preheat oven to the lowest setting, preferably 60°C.
2. In a large tray, mix together sesame seeds, nigella seeds, thyme and sumac. Press backstrap firmly into zaatar mixture until evenly coated. Transfer to an oven tray and bake for 2 hours or until lamb is cooked through but still blushing pink. Set aside to rest.

Serves: 4

GF

DF

EF

3. To make the pea puree, blanch the frozen peas in boiling hot water until they turn bright green. Drain from hot water and plunge into iced cold water. Reserve a small portion of peas for garnish and transfer remainder to a food processor. Add mint leaves, olive oil, hot water, lemon juice, lemon zest and blend until smooth. Season to taste with salt and pepper.
4. To make the fattoush salad, add tomatoes, cucumber, capsicum, onion, spinach, parsley, mint, basil and macadamia nuts to a large bowl. In a small jug, whisk together olive oil, lemon juice, sumac, smoked paprika, garlic and salt. When ready to serve, pour dressing over salad and toss to combine.
5. Slice lamb backstrap into even portions. Serve alongside puree, fattoush salad and toasted flatbread. Garnish with reserved peas sugarsnap peas, mint leaves and micro parsley.







Yoghurt Spiced Chicken with
Crispy Turmeric Potatoes
and Zesty Pear Salad

Thank You

Your dining experience is an integral part of your time here with us at Eden Health Retreat. We like our guests to walk away with a new appreciation of the foods we use to nourish our bodies.

We are delighted to bring you these recipes so you can reproduce the Taste of Eden in your own homes and share the nutritious and delicious meals with your family and friends.

Thank you to our guests for your continued positive feedback and requests for these recipes which have led us to create this recipe book for you.

To find out more about
Eden Health Retreat visit us at:

edenhealthretreat.com.au

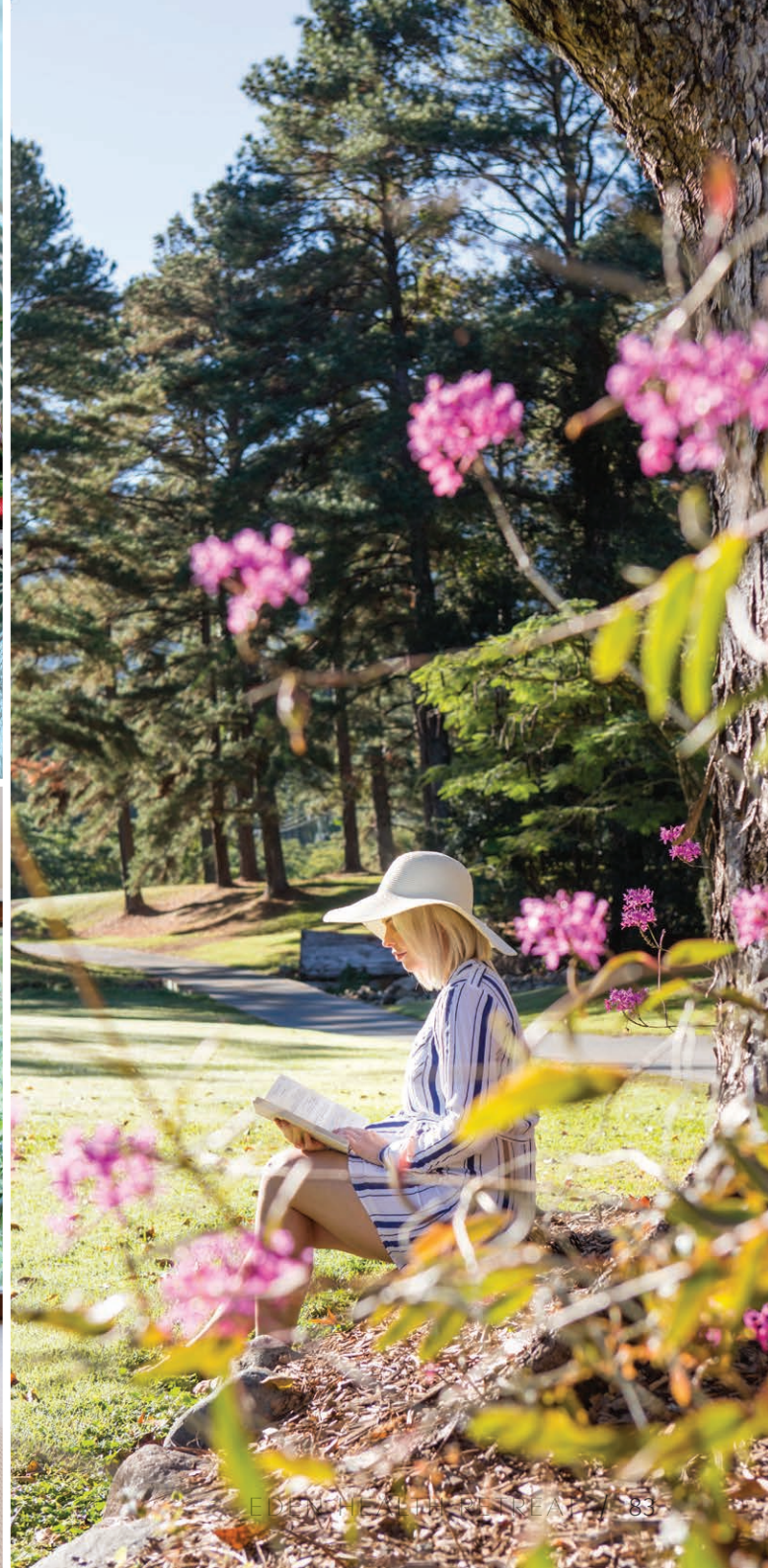
(07) 5533 0333

reservations@edenhealthretreat.com.au

1815 Currumbin Creek Road, Currumbin Valley,
Queensland 4223, Australia

©All rights reserved. No part of this eBook may be reproduced or transmitted by any person or entity in any form or by any means, electronic or mechanical including printing, photocopying, recording, scanning or by any digital or information storage and retrieval system without prior permission in writing to the author and organisation.







EDEN

To find out more about Eden Health Retreat contact us:

(07) 5533 0333 | reservations@edenhealthretreat.com.au

1815 Currumbin Creek Road, Currumbin Valley, Queensland
4223, Australia

edenhealthretreat.com.au