

A SAMPLE FROM....

FAST, FRESH AND FABULOUS

a collection of 121 healthy recipes
fresh creations in under 11 minutes!



brought to you by
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SAMPLES FROM FAST, FRESH AND FABULOUS!

... to tempt you, feed your friends and excite the taste buds!



- greek salad** cube a cucumber
 halve a punnet of cherry tomatoes
 cube a block of feta
 halve a small jar of black olives
 mix these all together with a couple of glugs of olive oil and the juice of half
 a lemon - mix and serve!
- smoked chicken,
lime and pine
nut salad** cut the chicken into small bite sized portions
 marinade in the juice and zest of a lime
 toast the pine nuts lightly in a dry pan over a medium heat
 serve the chicken, the marinade and pine nuts on a bed of rocket and other
 mixed leaves with a drizzle of olive oil
- prawns with garlic,
ginger and
lime** finely chop a garlic clove and a 2cm cube of fresh ginger and sauté in a little
 olive oil and butter in a heavy frying pan
 toss in the peeled prawns and sauté until pink and hot - doesn't take long!
 finish off with a big squeeze of fresh lime - serve immediately
- chorizo, chick peas
and pimento with
rocket** drain a tin of chickpeas
 combine with cubed chorizo and diced red peppers with a light olive oil and
 lemon juice dressing
 serve on a bed of rocket for a hearty salad
- spicy lamb cutlets
with mushroom
relish** roughly chop a handful of mushrooms and sauté in a little butter and a grind
 of black pepper - add a little water if it starts sticking
 meantime, add a good pinch of paprika to fine polenta
 coat the cutlets and fry to your taste in a drizzle of olive oil
 add a good dollop of salsa to the mushrooms and serve with the chops and
 a watercress salad
- hot cherry toms
and parmesan** cover the bottom of a small non stick frying pan with cherry tomatoes, a glug
 of olive oil, a dash of balsamic vinegar and a good grind of pepper
 ideal with a cover with a lid over a medium heat and shake occasionally and gently
 long pasta until sizzling and starting to caramelize
 serve over pasta with shaved parmesan
- raspberry
smoothie** blend together raspberries, banana and a dollop of greek yoghurt
 thin with a little apple juice if preferred



You can buy the whole book and also find out more about healthy eating and our health motivation programmes by visiting: www.ifeellikeamilliondollars.com