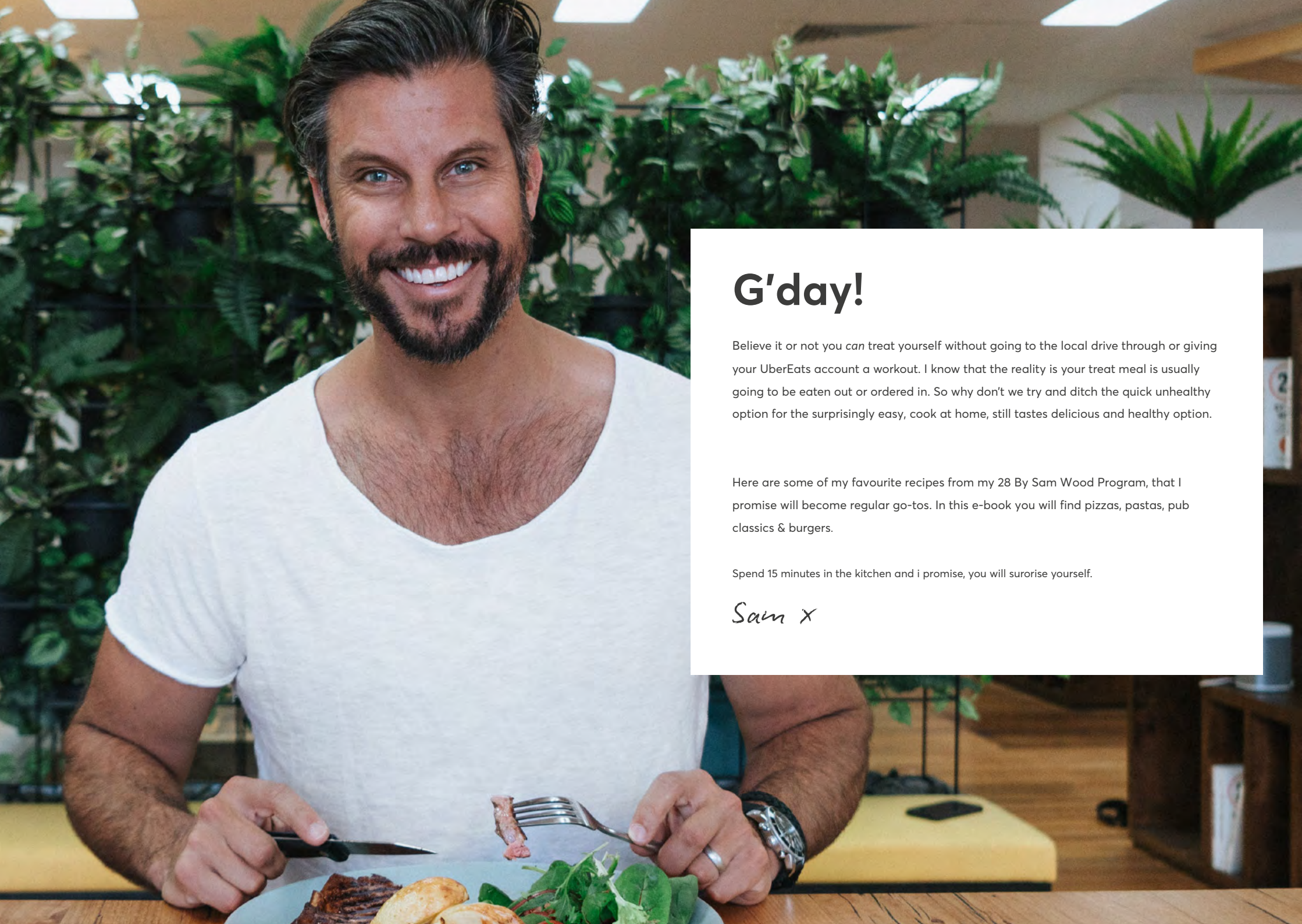


Pub Favourites eBook

Sam's-favourite recipes that taste bloody delicious!

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G'day!

Believe it or not you *can* treat yourself without going to the local drive through or giving your UberEats account a workout. I know that the reality is your treat meal is usually going to be eaten out or ordered in. So why don't we try and ditch the quick unhealthy option for the surprisingly easy, cook at home, still tastes delicious and healthy option.

Here are some of my favourite recipes from my 28 By Sam Wood Program, that I promise will become regular go-tos. In this e-book you will find pizzas, pastas, pub classics & burgers.

Spend 15 minutes in the kitchen and i promise, you will surorise yourself.

Sam x

PIZZAS



BLD PIZZA

Serves 1

Preparation 10 mins

Cook 20 mins

The pizza perfect for breakfast, lunch or dinner!

Ingredients

2 wholemeal (or gluten free) wrap(s)
2 tablespoon(s) tomato paste
6 cherry tomatoes halved
40 g feta cheese
70 g ham (shaved)
1 teaspoon(s) thyme (dried)
2 free range egg(s)
1 cup(s) rocket leaves
salt & pepper to taste

Method

1. Preheat an oven to 180°C. Line a baking tray with baking paper.
2. Lay flat the wrap on the tray and spread with tomato paste.
3. Top the pizza with cherry tomatoes, feta, ham and thyme.
4. Crack an egg in the middle of the pizza.
5. Place in the oven for 10-15 minutes until the egg is cooked to your liking.
6. Top pizza with fresh rocket, season with salt and pepper and cut into slices to serve.

NUTRITIONAL INFORMATION

GF

G

NF

| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 2946 KJ | 46g | 22g | 9g | 71g | 11g | 15g |





HEALTHY MEAT LOVER'S PIZZA

Serves 1

Preparation 5 mins

Cook 5 mins

Ingredients

- 1 wholemeal wrap
- 2 tablespoons tomato paste
- 1 slice salami
- 1 slice ham, shaved off the bone.
- 1 pork sausage
- 1/2 cup sliced swiss brown mushrooms
- 1/2 cup kale, thinly sliced
- 1/4 cup grated cheddar cheese
- 1/4 cup basil leaves

Note:

For gluten free alternative use a gluten free wrap

Method

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Lay the wraps out and smearing the tomato paste evenly over the base.
3. Add the kale and mushrooms to the pizza.
4. Cut open the sausage skin and squeeze out the meat. Arrange on the pizza with the ham and salami.
5. Sprinkle the cheese over the toppings.
6. Place pizza in the oven for 10-15 minutes, until the pork sausage it cooked through and cheese has melted.
7. Serve with fresh basil.

NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3230 KJ | 37.5g | 47g | 20g | 45g | 11g | 8g |



PORK FENNEL PIZZA

Serves 1

Preparation 10 mins

Cook 28 mins

Ingredients

1 wholemeal wrap (or gluten free alternative)
1/2 tablespoon extra-virgin olive oil
1/2 red onion, finely sliced
1/3 fennel bulb, finely sliced
3 sprigs thyme
200g pork mince
1/4 cup mozzarella, grated
2 tablespoons Greek yoghurt, to serve
1/2 cup rocket leaves, to serve

Method

1. Preheat oven to 220°C / 425°F / Gas Mark 7.
2. Heat olive oil in a medium saucepan over medium heat.
3. Add onion, fennel and thyme. Cover and cook, stirring often for 15 minutes or until soft and lightly golden.
4. Uncover and cook for a further 3 minutes.
5. Lay down the wrap and top with caramelised onions and fennel.
6. In the same frying pan you cooked the onion, add in a dash of olive oil and the pork mince on medium heat. Fry off until brown but not full cooked through.
7. Distribute evenly over pizza base.
8. Top with mozzarella and place the pizza in the oven to cook for a further 10 minutes or until cheese has melted.
9. Top pizza with rocket leaves and dollop with yoghurt, serve.

NUTRITIONAL INFORMATION

GF EF NF

| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3406 KJ | 53g | 46g | 17g | 45g | 13g | 7.5g |



PASTAS



SKINNY CARBONARA

Serves 1

Preparation 5 mins

Cook 15 mins

Ingredients

2.5 rasher(s) bacon finely chopped
1 teaspoon(s) olive oil (extra virgin)
2 free range egg(s)
1 tablespoon(s) parmesan cheese finely
grated
120 g wholemeal (or gluten free) spa-
ghetti
black pepper (ground) to taste

Ingredients for Serving

2 tablespoon(s) parsley (fresh) roughly
chopped
1/2 tablespoon(s) parmesan cheese finely
grated

Method

1. In a medium fry pan, heat the olive oil over medium-high heat and fry the bacon until crisp.
2. Bring a pot of water to the boil and add the spaghetti.
3. Meanwhile, whisk together the eggs, Parmesan and black pepper in a small bowl.
4. Once the spaghetti is cooked, drain immediately and place the spaghetti back into the pot. Make sure the heat is turned off.
5. Working quickly, pour the egg mixture and the bacon into the pot. Toss until well combined and the egg has gently cooked into a creamy consistency. (Ensure egg is cooked well if pregnant).
6. Toss with parsley and serve hot with extra Parmesan.

NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3331 KJ | 45g | 33g | 11g | 73g | 0.6g | 13g |

FOOLPROOF LASAGNE

Serves 2

Preparation 10 mins

Cook 40 mins

Ingredients

1 teaspoon olive oil (extra virgin)
1 onion (brown) finely diced
1 carrot(s) finely diced
1 zucchini finely diced
1 stalk celery finely diced
sea salt to taste
2 tomato(es) chopped
200 g beef mince
400 g diced tomatoes (canned)
1 cup beef stock (or bone broth)
100 g lasagne sheet (or gluten free alternative) fresh, use gluten free sheets if required
2 cups rocket leaves
1 tablespoon parmesan cheese grated

Method

1. Heat oil in a medium skillet over a medium heat. Add in onion, carrot, celery and zucchini and salt and sauté for 5 minutes. Add in tomatoes and break up with the back of a spoon. Add in beef mince, breaking it up with the back of a spoon. Let the mince brown whilst moving it around the pan, about 5 minutes.
2. Add in tinned tomatoes and stock and let mixture simmer for 10 minutes. Add in lasagne sheets. You may need to break these up with your hands before they go in. Turn heat to low, place a lid on the skillet and leave for 20 minutes until pasta sheets are cooked. You may need to add in more water if it is starting to dry out.
3. Divide the lasagne in two and serve with rocket and sprinkle over cheese.



NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|-----------|---------|-----|---------|-------|-------|-------|
| 2193.5 KJ | 45g | 15g | 5.2g | 43.5g | 19g | 14g |



RATATOUILLE PASTA BAKE

Serves 6

Preparation 15 mins

Cook 40 mins

Ingredients

1 onion (red) diced
 2 cloves garlic crushed
 1 teaspoon chilli flakes
 1 capsicum (red) diced
 1 capsicum (yellow) diced
 1 eggplant(s) cut into 3cm pieces
 2 zucchini diced
 700 g tomato passata or puree
 1/4 cup water
 1 teaspoon oregano
 1/4 cup basil (fresh) roughly chopped
 1 tablespoon olive oil (extra virgin)
 250 g wholemeal (or gluten free)
 spiral pasta
 1 cup cheddar (or tasty) cheese
 salt & pepper to taste

Ingredients for Salad

80 g mixed salad
 1/2 lemon(s)
 salt & pepper to taste

Method

1. Preheat oven to 180°C and lightly grease a 27cm x 15cm baking dish with 1/2 teaspoon oil.
2. To cook pasta: bring a large saucepan of water to the boil. Add the pasta and cook for 10 minutes or until al dente. Drain and return to the pan.
3. Heat a large saucepan over medium-high heat and add remaining oil. Add onion, garlic and chili and saute for 1-2 minutes or until softened.
4. Add capsicum, eggplant and zucchini. Saute for 3-4 minutes, or until vegetables are starting to soften.
5. Add tomato, water, oregano and season well. Simmer, covered for 20 minutes, stirring occasionally.
6. Add ratatouille to the pasta and toss to combine. Transfer to the prepared baking dish, top with basil and sprinkle with cheese. Bake for 20 minutes, or until golden.
7. Serve pasta bake with mixed salad leaves, dressed with lemon and salt to taste.

NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 1519 KJ | 15g | 11g | 5g | 51g | 11g | 7g |

PUB CLASSICS





CLEAN CHICKEN PARMAS

Serves 1

Preparation 10 mins

Cook 15 mins

Ingredients

250 g chicken thigh fillets
1 free range egg(s)
3 tablespoon(s) almond meal
1/2 tablespoon(s) coconut oil (extra virgin)
2 slice(s) ham (shaved)
2 tablespoon(s) tomato paste
25 g cheddar (or tasty) cheese
salt & pepper to taste

Ingredients for Steamed Vegetables

1/2 bunch broccolini (baby broccoli)
1 cup(s) rocket leaves
salt & pepper to taste

Method

1. Pre-heat oven to 180°C.
2. Crack egg into a small bowl and whisk well. In a separate bowl, add almond meal and season well.
3. Dip chicken thigh into the egg and then toss through the almond meal.
4. Heat coconut oil in a large pan and fry chicken on both sides until lightly browned.
5. Transfer from the frypan onto a lined baking tray. Top with tomato paste, ham and cheese. Bake in the oven for 10 minutes or until the cheese has melted.
6. Bring a saucepan of water to the boil and add the broccolini to the steam for 5 minutes or until softened.
7. To serve, combine the rocket and broccolini and top with the parma. Season well.

NUTRITIONAL INFORMATION

GF

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| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3336 KJ | 74g | 49g | 20g | 9g | 8g | 9g |



BANGERS & MASH WITH ONION GRAVY

Serves 1

Preparation 15 mins

Cook 15 mins

Ingredients

2 beef sausage(s)
1.5 potato(es)
1/2 tablespoon(s) butter
salt & pepper to taste

Ingredients for serving

1 teaspoon(s) olive oil (extra virgin)
1/2 onion (brown) finely sliced
1 clove(s) garlic small, minced
2 tablespoon(s) water
1/2 tablespoon(s) worcestershire sauce
1/2 teaspoon(s) mustard (dijon)
2/3 cup(s) green peas (frozen) frozen,
microwaved on high for 2 minutes
1 tablespoon(s) chives finely chopped

Method

1. Prick sausages and heat a non-stick frypan on low-medium heat. Cook sausages for 6-8 minutes on each side.
2. To make mash: peel and dice potato into 4cm pieces. Place in a large saucepan, cover with cold water and add a pinch of salt. Bring to the boil over a medium-high heat and cook for 20 minutes, until very soft. Drain and return to the pan, add almond milk and mash until smooth.
3. Meanwhile heat oil in a medium fry pan to medium heat with onions and garlic. Cook stirring frequently for 4-5 minutes until starting to soften.
4. Add water, Worcestershire sauce and dijon mustard, cover and cook until completely softened.
5. Serve sausages with mash, peas, gravy and chives on top.

NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3389 KJ | 35g | 52g | 23g | 44g | 11.5g | 14.5g |



TRADITIONAL STEAK & CHIPS

Serves 1

Preparation 10 mins

Cook 30 mins

Ingredients

1.5 potato(es) cut into chips
 1 tablespoon(s) olive oil (extra virgin)
 salt & pepper to taste
 250 g beef steak (porterhouse)
 1.5 cup(s) mixed salad
 6 cherry tomatoes halved
 30 g feta cheese crumbled
 1/2 lemon(s) juiced

Method

1. Preheat oven to 200°C/180°C fan-forced.
2. Place potato and half the olive oil in a large bowl and season with salt and pepper. Toss to combine.
3. Lay the potatoes on a baking tray and bake for 25 minutes (or until golden and tender).
4. Heat the remaining oil in a large non-stick frying pan over medium-high heat.
5. Season steaks with salt and pepper and cook for 4-5 minutes each side, or until cooked to your liking.
6. Transfer to a plate and cover, allowing steak to sit for 5 minutes before serving.
7. Assemble the salad by combining the mixed salad leaves and cherry tomatoes.
8. Drizzle over the lemon juice and serve alongside the steak.

NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3246 KJ | 70g | 39g | 13g | 32g | 4.5g | 5g |

BURGERS



BEEF SLIDERS

Serves 1

Preparation 12 mins

Cook 8 mins

Ingredients

150 grams beef mince minced
1 sprig(s) spring onion(s) finely diced
1 teaspoon(s) tamari (or soy sauce)
1/2 teaspoon(s) olive oil (extra virgin)
salt & pepper to taste

Ingredients for Serving

3 mini burger bun
3 leaves cos lettuce leaves
1 tomato(es) sliced
1.5 teaspoon(s) mustard (dijon)
1/2 avocado(s) sliced

Method

1. Heat a large non stick fry pan, BBQ or grill plate on medium high heat.
2. Combine beef mince, spring onion, soy, salt and pepper into a blender and blitz until well combined.
3. Using wet hands, shape mixture into compacted balls. Oil both sides of patties and lightly press into a flatter disk between your hands.
4. Cook mini beef burgers on hot grill for 4 minutes each side or turning until cooked through.
5. Heat buns cut side down on grill plate and build your mini slider with beef patty, lettuce, tomato, avocado and mustard.



NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3355 KJ | 61.5g | 39g | 11g | 44g | 6g | 12g |



GRASS FED BURGER SALAD

Serves 1

Preparation 10 mins

Cook 10 mins

Ingredients

- 1/2 tomato(es)
- 1/2 capsicum (yellow)
- 1/2 avocado(s)
- 1 tablespoon(s) coriander (fresh) finely chopped
- 1/4 lime(s) juiced
- 1/2 tablespoon(s) olive oil (extra virgin)
- 1 cup(s) iceberg lettuce leaves roughly chopped
- 1 free range egg(s) (cooked thoroughly for pregnancy)
- 30 grams feta cheese

Ingredients for Burger

- 150 g beef mince
- 1 clove(s) garlic crushed
- 1/4 teaspoon(s) chilli flakes
- 1/4 teaspoon(s) oregano

Method

1. Roughly chop tomatoes, capsicum, avocado and combine in a small bowl. Toss through coriander, lime juice and olive oil.
2. In a separate bowl, combine mince, garlic, chilli, oregano and season to taste. Roll well with wet hands and form a patty.
3. Heat a fry pan over medium heat, flatten patty with a spatula and cook for 3 minutes on each side or until cooked through. Crack the egg onto the fry pan and cook to your liking.
4. To serve, add lettuce, salsa and feta to a bowl, top with patty and fried egg.

NUTRITIONAL INFORMATION



| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3318 KJ | 63g | 55g | 17g | 8g | 7g | 9g |

THAI CHICKEN BURGER WITH CORRIANDER SLAW

Serves 2

Preparation 15 mins

Cook 13 mins

Ingredients

Chicken Patties

300g chicken mince
1 clove garlic, minced
2cm ginger, minced
1/2 red chilli, finely chopped
1/2 lime, juiced
1/2 tablespoon tamari
Pinch salt and pepper, to taste
1 tsp olive oil, for frying

Coriander Slaw

1/4 cup Greek yoghurt
1/2 cup coriander leaves, finely chopped
1/4 red onion, finely chopped

To Serve

1 avocado
1/2 lime, juiced
Pinch sea salt and black pepper
2 sourdough buns (or gluten free alternative)
4 cos lettuce leaves

NUTRITIONAL INFORMATION

GF

EF

NF

| Energy | Protein | Fat | Sat.Fat | Carbs | Sugar | Fibre |
|---------|---------|-----|---------|-------|-------|-------|
| 3183 KJ | 43g | 35g | 9g | 61.5g | 8g | 10g |

Method

1. To make the chicken patties, combine all ingredients together in a mixing bowl. Shape into 2 equal sized patties.
2. Add olive oil to a large fry pan on medium heat. Add in the chicken patties and cook for about 8 minutes on the first side and another 5 minutes on the second, or until cooked through. Once cooked, set aside.
3. To make the coriander slaw, add all ingredients into a small bowl and mix together until just combined.
4. Mash the avocado, lime juice and salt and pepper together in a small bowl.
5. Now to assemble the burger: Layer cos lettuce leaves on the burger bun bases, then place on the chicken patty, dollop with avocado mash, followed by the coriander slaw and then the sourdough bun top. Serve.



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