



SIMPLE COOKING

**RECIPES
FOR PROFESSIONAL DISHES
MADE QUICK AND EASY**

by Chef Jaime Imbusch



courses



less food
waste



meal prep



uncomplicated
cooking





contents

07

VEGETARIAN

Broccoli soup. Cashew chilli carrots. Cauliflower cheese. Cauliflower steak. Kung pao brussels. Watermelon gazpacho. Zucchini fritters.

21

SEAFOOD

Clams and prosecco. Firecracker salmon. Fish taco. Spiced prawns. Spicy mussels. Thai snapper.

33

CHICKEN

Bang bang chicken. Drunken noodles. Kung pao chicken.

39

MEAT

House shank curry. Lamb kofta. Japanese-style taco.

45

DESSERT

Almond cake. Keto chocolate brownies.

A Message from the Chef

My story to today hasn't been a clear-cut one.

From a young age, I had always dreamed of winning a Michelin star. It's the highest accolade in hospitality and it's the reason why I enrolled in Culinary school at Westminster College and then threw myself into London's best kitchens. Every decision I took in the first 10 years of my cooking career, such as where I would work, was taken with the view of making that dream a reality.

I soon found myself on the pass with Marcus Wareing and being screamed at by Gordon Ramsay. Of course there was too the occasional word of praise along the way...

By the time I turned 17, I was hooked.

The heat, the quiet nervous feeling just before service, and then the rush during service itself, I loved it all!

The kitchen is a place you have to love.

It's demanding. Working eighteen-hour days under immense pressure and high temperatures, it isn't a place where you can stay at for too long if you don't love it.

In 2007, after spending x amount of years in the kitchen, the opportunity came along to open a tiny eighteen-seater restaurant in Southern Spain. It was a step closer to my dream, but also a whole new ball game.

Things went very well the first few months. We had regulars that sometimes would turn up two, three times a week. We had people visiting from all over Europe.

Unfortunately, the 2008 GFC was just around the corner, and one and a half years later, we were closing our doors in what felt like the end of the dream.



A Message from the Chef

I'll admit it, it was a tough time, and not just for me.

Every day more restaurants closed and there didn't seem to be many opportunities around...until one came along.

I got offered a position for a well-known family in the area.

Coming from a restaurant background, cooking for a family was unlike anything I had done before and I completely missed the mark at the beginning.

Those first few weeks I tried to create dining experiences every night, cooking things like lobster and scallops.

It took me little time to understand that for the family it was all about ease, convenience and enjoyable healthy eating. It was a learning experience, but one that I adapted too quickly.

My cooking since has become simpler and maybe, in many ways, not as confused. It's about creating dishes with fewer ingredients and using amazing produce and cooking techniques to create depth of flavour.

Years later, I took on a short term gig for a young guy and his entourage. We got on well and he loved my food so he offered me a job. I loved coming up with new ideas that would help him achieve his food goals and we constantly travelled, exploring new cuisines.

He would send me off to restaurants to try a dish and then I'd try to replicate them. The first one ever was from the Mandarin Oriental in Las Vegas. It's my version of their Mongolian beef that is still on the menu today at Chef Dine.

I stayed with him for a few years, but while working for one person provides you with some security, the creativity soon dwindles.

It was time for something new.

In 2015 my wife and I packed our apartment, got our two dogs their visas, and landed in Melbourne, Australia.

I decided I wanted to help people eat better quality and good-tasting food. To create a similar service of a full time private chef but without the high costs involved, where we can use the best quality produce available and give our foodies exactly what they need and want.

A Message from the Chef

Today that service is called Private Chef Experience (PCX), at Chef Dine. For years now we have been providing locals with creative custom meal prep.

Every week, we deliver their individually chef-made custom meals. And when our PCX members want to host a dinner party or any other social event, we also provide them with an in-home chef to prepare the event.

While in the last year we have been busy, Covid-19 also forced the business to adapt. It gave me a bit of time to connect the missing links in what I had set out to do.

While we are cooking for so many families, I realised that we were missing the biggest way to make an impact and that was to teach people exactly how to create better tasting food by combining market-fresh ingredients and the right cooking techniques.

It's why I've put together this little e-book. It should give you some fresh ideas to try, and to open up a new world of flavours with different cooking techniques and ingredients.

I sincerely hope you enjoy these recipes and that they get you excited to jump in the kitchen, put on your apron and get cooking.

A handwritten signature in brown ink, appearing to read 'Jaime Imbusch', with a stylized flourish at the end.

Jaime Imbusch



Broccoli Soup

A healthy, nutritious, and filling soup you can make in five minutes. It's so good we've heard even non-broccoli fans love it!

PROCEDURE

1. **Prepare the broccoli.** Trim the stalk of the broccoli to remove the outer part leaving the centre of the stalk intact. Slice into smaller pieces so it can cook quickly and evenly.

2. **Boil the broccoli.** Bring a pan of heavily salted water to a rolling boil. Work in batches and add small amounts of broccoli at a time. Cook the broccoli for about four and a half to five minutes then do a knife test by running a knife through the broccoli. Check if the knife passes through easily or if it easily breaks the broccoli. When it does, it's ready to be puréed.

3. **Purée the broccoli.** Add the cooked broccoli to the blender and purée. To adjust the consistency, use the cooking liquid a small amount at a time until you have the thickness required.

4. **Serving suggestion.** Pour the soup into a serving bowl. Crumb goat cheese and drizzle truffle oil on top. Serve and enjoy!

Serving: 1 person

Prep Time: 5 minutes

Cook time: 5 minutes

INGREDIENTS

- 1 medium-sized broccoli

For serving (optional):

- Goat cheese
- Truffle oil



Cashew Chilli Carrots

*An easy and exciting way of cooking and serving your vegetables.
Here we used purple and orange carrots, but you can use your favorite
vegetable and make it extra special using this delicious recipe.*

PROCEDURE

1. **Preheat the oven** to 180 degrees.
2. **Roast some of the carrots.** If using different types of carrots, get the carrots in similar sizes. If they are not about the same size, the larger ones will take longer to cook, so give them a head start in the oven. Sprinkle some salt and drizzle some oil. Roast in the oven for about ten minutes.
3. **Cook some of the carrots and chillies.** Cook some of the carrots and chillies. Toss the carrots in oil and add to the pan, then add the chillies until it gets some blistering on its skin. (Tip: For less spice or heat, take out the seeds.) Turn off the heat, add the (orange) carrots, mix together, and continue cooking. Season with salt.
4. **Make the cashew yoghurt.** Scoop the yoghurt into a bowl. Add the cashews and squeeze some lemon juice. Add a bit of salt and mix well.
5. **Complete the dish.** When the carrots are nicely coloured and soft, remove from the oven.
6. **Serving suggestion.** Spread some cashew yoghurt on a plate. Stack the carrots and chillies on top. Complete the dish with some chopped cashews and coriander on top. Serve and enjoy!

Serving: 1 person

Prep Time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- Carrots, cleaned and chopped (Optional: Can use purple and orange carrots)
- Two chillies, chopped
- Salt
- Coriander
- Cashews, roughly chopped
- 1 small cup of yoghurt
- Juice of ½ lemon



Cauliflower Cheese

An exciting twist to this classic comforting side dish. Roasted cauliflower filled with a creamy and cheesy sauce, and then completed with a crunchy quinoa and mildly spiced jalapeño toppings.

PROCEDURE

1. **Prepare the milk infusion.** Combine the milk, thyme, garlic, bay leaves, and onion in a saucepan. Bring up to the boil. When it comes up to the boil, turn off the heat and leave for a minute giving time for the milk to get infused. After that, pass through a sieve into a bowl.

2. **Roast the cauliflower.** Preheat the oven to 200 degrees. Cut the cauliflower florets into even-sized pieces and lay them all on the tray. Roast for 10-12 minutes. After that, take it out of the oven and then transfer to another baking tray, completely filling the gaps.

3. **Make the Béchamel sauce.** Melt the butter in a pan and add the flour. Mix into a roux. Gradually add the milk infusion into the pan while mixing everything well between each addition. Cook until the sauce is smooth, without lumps, and thick. Bring up to the boil. Add mustard, mascarpone cheese, parmesan cheese, and black pepper, and continue mixing. Just before the sauce is done, add the egg yolk and continue mixing until the sauce is thick and creamy.

4. **Add toppings to the cauliflower.** Pour the Béchamel sauce over the roasted cauliflower. Sprinkle the feta cheese, quinoa, and jalapeño on top. Put back into the oven and roast for about 20 minutes or until the cauliflower top gets a golden-brown crust and is bubbling. When done, take the dish out of the oven and then sprinkle some sage leaves on top.

5. **Serving suggestion.** Scoop out some cauliflower and transfer to a serving plate. Enjoy!

Serving: 4 people

Prep Time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 cauliflower head
- 25g butter
- 25g flour
- 500ml milk
- 100g grated parmesan
- 2 tablespoons mustard
- 2 tablespoons mascarpone cheese
- 1 egg yolk
- 40g cooked quinoa
- 70g feta
- 1 jalapeño
- Black pepper
- Optional: Deep-fried sage
- Thyme
- Bay leaf
- 1 clove of garlic
- ½ onion



Cauliflower Steak

An exciting vegetarian twist to a steak recipe. Soft and creamy cauliflower steak that melts in your mouth contrasted with tangy herb dressing, crunchy toasted almonds, and refreshing microgreens. It's a delicious burst of flavors and textures.

PROCEDURE

1. **Prepare the cauliflower.** Wash the cauliflower and remove the outer leaves. Slice lengthwise through the core but keep the core intact. You should get one thick cauliflower steak that can sit flat and some outer slices. Chop the outer slices into pieces to use for the cauliflower purée.

2. **Prepare the cauliflower purée.** Put the chopped cauliflower pieces in a small pan. Pour enough milk to submerge the pieces. Add onion and a clove of garlic. Bring up to the boil. As soon as it hits the boil, reduce the temperature.

3. **Make the herb dressing.** Add the coriander, parsley, basil, capers, garlic, and lemon juice to the blender. Add enough oil to get the blade moving. Purée until smooth and then transfer to a small bowl.

4. **Cook the cauliflower steak.** Add olive oil to a preheated pan. Pan-fry the cauliflower steak. While one side is cooking, preheat the oven to 170 degrees. Flip the cauliflower steak to cook the other side. Add butter and baste the steak, giving it a nutty flavor and a nice dark color. Add a clove of garlic for more flavor. Cook until soft or until you can easily scoop the steak with a spoon. Add butter and transfer the pan to the oven. Cook in the oven for about six to seven minutes. Take out from the oven when done. Use a skewer and check if the skewer easily goes through the steak.

5. **Make the cauliflower purée.** Check the cauliflower pieces. When it starts to break up, transfer it to the blender, leaving the milk behind. Check the consistency so that it's enough, not too thin or not too thick. If it's too thick, add more of the milk until you get the right consistency. Purée until smooth.

6. **Serving suggestion.** Add the cauliflower purée to a small serving bowl. Add a drizzle of the herb dressing. Place the cauliflower steak on top. Drizzle more of the herb dressing on top of the steak. Sprinkle some toasted almonds, then top it all off with some microgreens. Enjoy!

Serving: 1 person

Prep Time: 20 minutes

Cook time: 10 minutes

INGREDIENTS

For the cauliflower steak and purée:

- 1 medium-sized cauliflower head
- ¼ white onion, roughly chopped
- 2 cloves garlic, smashed. One will be used for the purée and the other for the steak.
- Milk
- Butter
- Olive oil

For the herb dressing:

- Coriander
- Parsley
- Basil
- 2 tablespoons capers
- ½ clove garlic
- Lemon juice
- Olive oil

For serving:

- Toasted almonds
- Microgreens



Kung Pao Brussels

An all-time favourite side dish. This kung pao brussels sprouts recipe is a balance of sweet, salty, and tangy with some crunch. Quick and easy to prepare and works well with any vegetable.

PROCEDURE

- 1. Cook the brussels sprouts.** Add peanut oil to a preheated pan. Add the brussels sprouts. Leave to cook.
- 2. Make the dressing.** While the brussels sprouts are still cooking, mix the ginger, garlic, chilli paste, rice wine vinegar, maple syrup, and soy sauce in a small bowl.
- 3. Complete the dish.** Continue cooking the brussels sprouts. Add some Shaoxing wine to create some steam. Cook until all the liquid evaporates, and then add the dressing. Sprinkle some sesame seeds. Add the spring onions. Cook until the sugar from the maple syrup glazes the brussels sprouts. Add some red chilli pepper. Stir. Turn the heat off and add the coriander. Mix and add the spring onions.
- 4. Serving suggestion.** Transfer to a serving dish. Garnish with some red chili pepper, coriander, and sesame seeds. Enjoy!

Serving: 2 people

Prep Time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

For the dressing:

- Equal amounts of or ½ each of grated ginger, grated garlic, and chilli paste
- Equal amounts of or 3 tablespoons each of rice wine vinegar, maple syrup, and soy sauce

For the brussels sprouts:

- Brussels sprouts, with the core cut
- Peanut oil
- Spring onions, cut to pieces
- Coriander, roughly chopped
- Shaoxing wine
- Sesame seeds
- Optional: ¼ red chili pepper, thinly sliced



Watermelon Gazpacho

A light and refreshing cold soup perfect for hot summer days. This gluten-free watermelon gazpacho recipe is a savoury balance of flavours from the sweet and juicy watermelons with the tanginess of tomatoes and fresh ingredients.

PROCEDURE

1. **Purée the fruits and vegetables.** To the blender, add the fruits and vegetables. To make space in the blender, work in batches. Start with blending the juicy ingredients first. Continue adding the rest of the fruits and vegetables. Purée until smooth.

2. **Thicken the purée.** Pour the sherry vinegar and the olive oil. Taste and adjust seasoning, if necessary. Purée until smooth.

3. **Pass the soup through a sieve.** Set a sieve over a large bowl. Pour the soup through the sieve. Let the soup drip through to get rid of any unwanted bits and pieces. Stir.

4. **Chill** for at least an hour and a half.

5. **Serving suggestion.** Blend the mint and olive oil. Fill the wine glass with the soup. Top it with a tablespoon of the mint and oil mixture. Serve and enjoy!

Serving: 4 glasses

Prep Time: 5 minutes

Total Time: 20 minutes, plus 1.5 hours to chill

INGREDIENTS

- 1/4 cup of watermelons, cubed
- 5 tomatoes, roughly chopped
- 1/4 red onion, roughly chopped
- 1/2 green pepper, deseeded and roughly chopped
- 1/2 garlic clove, minced
- 1 tablespoon sherry vinegar
- 4 tablespoons olive oil
- Salt
- Optional: mint



Zucchini Fritters

These keto zucchini fritters give off summer vibes with its fresh and light taste. It's easy to prepare and low in calories.

PROCEDURE

1. **Sweat the onion.** Add oil to a pan. Add onion and garlic and then leave to cook for about four to five minutes, or until the onion sweats and releases its sweetness.

2. **Make the zucchini fritter mix.** Grate the zucchinis, then use your hands to squeeze out the excess liquid. Transfer the zucchini to a bowl. Add parmesan and mint. Next, add one tablespoon of ricotta for every zucchini. For this recipe, we're using two zucchinis, so we're going to add two tablespoons of ricotta. Mix well. Beat one egg and then add it to the mix. Mix everything well. When the onions and garlic are done, add it to the zucchini fritter mix. Mix everything well.

3. **Make the lemon aioli.** Add the minced garlic to a small bowl. Add mayonnaise and then add the lemon juice. Mix well.

4. **Cook the fritters.** Season the zucchini fritter mix with salt and pepper right before cooking. Add oil to the pan. Scoop a spoonful of the zucchini fritter mix and place on the pan to cook. Use the spoon to shape the fritter. Make sure not to overcrowd the pan. Give the fritters some space. Flip the fritters to cook the other side.

5. **Serving suggestion.** Use half an avocado and slice it lengthwise. Scoop out the slices and serve on a plate. Salt to taste. Add some olive oil to your green salad and the avocado. Add the zucchini fritter with the lemon aioli to the side. Enjoy!

Serving: 4 people

Prep Time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

For the zucchini fritter mix:

- 1 small white onion, diced
- 2 zucchinis, grated
- 1 clove garlic, minced
- 25g grated parmesan
- Mint, roughly chopped
- 2 large tablespoons of ricotta
- 1 egg

For the lemon aioli:

- 1 clove garlic, minced
- Kewpie or any mayonnaise
- ¼ lemon juice



Clams and Prosecco

Fresh clams cooked in prosecco and freshened up with the aromatics of verbena leaves. A quick and simple dish that is perfect for alfresco dining.

PROCEDURE

1. **Cook the clams.** Add olive oil to a pan under medium heat. Break up the shallots slightly as you add them to the pan. Add garlic. As soon as the shallots have softened slightly, add the clams. Pour some prosecco. Cover the pan with the lid and leave to cook for two minutes. When done, transfer the clams to a serving dish.

2. **Make the sauce.** Add the verbena leaves to the leftover liquid in the pan. Cook down slightly or until the alcohol evaporates and the verbena releases its aromatic flavours. Cook under high heat for 30 seconds.

3. **Serving suggestion.** Pour the sauce over the clams. Serve warm with bread. Enjoy.

Serving: 3 people

Prep Time: 1 minute

Cook time: 2 minutes

INGREDIENTS

- 3 shallots, cut into rounds
- 1 clove of garlic
- Prosecco
- 500g of clams
- Olive oil
- Verbena



Firecracker Salmon

Oven-baked firecracker salmon flavoured with a savoury sauce. A fresh and raw vegetable salad of cucumber and fennel with a sweet and sour dressing completes this tasty seafood dish.

PROCEDURE

1. **Make the marinade.** Combine the Sriracha, soy sauce, brown sugar, garlic, and ginger in a bowl. Mix, and then add the salmon and coat it with the marinade. Set aside.

2. **Make the salad.** Combine the cucumber, fennel, shallot, chili, radish, coriander, Thai basil, and mint in a bowl. Toss everything together and then set aside.

3. **Make the salad dressing.** Combine the ginger, maple syrup, vinegar, fish sauce, and olive oil in a small bowl. Whisk together. Give it a taste and adjust flavours according to taste. Set aside.

4. **Cook the fish.** Preheat the oven to 180 degrees on fan assist. Add peanut oil to a preheated pan. Sear one side of the fish until it gets a golden colour. Turn the fish over and sear on the heat for a few seconds. After that, transfer the fish to a tray and then pour over the remaining sauce and spread it evenly over the fish. Put the tray in the oven and cook for about 7-8 minutes. When done, take it out of the oven and let it rest for about a minute.

5. **Serving suggestion.** Pour the dressing over the salad. Add some microgreens and toss everything together. Serve the fish with the salad and a lime wedge on the side.

Serving: 2 people

Prep Time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

For the marinade:

- 1 tablespoon Sriracha
- 1 tablespoon soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon garlic paste
- 1 1/2 teaspoons ginger paste

For the fish:

- Salmon
- Peanut oil
- For the salad
 - ½ cucumber, deseeded and thinly sliced
 - 1 Fennel, grated
 - 1 Shallot, thinly sliced
 - ½ red chili pepper, diced
 - 2 small radishes, thinly sliced
 - Coriander, roughly chopped
 - Thai basil
 - Mint, roughly chopped
 - ½ teaspoon ginger
 - 1 tablespoon maple syrup
 - 1 tablespoon vinegar
- Fish sauce
- Olive oil
- Microgreens
- Lime wedges



Fish Taco

Funky fish tacos with vibrant flavours from a special rub, salsa, charred corn, and guacamole.

Serve it any day of the week.

PROCEDURE

1. **Prepare the fish.** Season one side of the fish with the spice mix or taco mix. Set aside.

2. **Make the salsa.** Add the tomato seeds to a small bowl. Add the diced tomato, coriander, and lime juice to another bowl. Season both bowls with salt. Add a bit of garlic to the bowl with the diced tomato. Mix well.

3. **Cook the corn.** Peel the corn and blanch it for about two minutes. When the corn is soft, take it out of the pan and put the corn over the stove flame. Turn to get its sides charred.

4. **Cook the fish.** Add olive oil to a preheated pan. Add the fish spiced-side down to the pan. Turn off the heat and flip the fish over. Allow the fish to continue cooking off the heat.

5. **Warm the tortillas.** Place the tortillas on the stovetop and warm it up.

6. **Serving suggestion.** Place the tortilla on a plate. Spread some guacamole in the middle. Put the cooked fish on top. Add the tomato seeds and then the salsa. Slice the corn into pieces and add some pieces on top of the salsa. Add some coriander and pea shoots. Enjoy!

Serving: 4 people

Prep Time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the fish:

- 400g salmon, cut lengthwise into four
- For the spice mix
- A mix of cumin, paprika, and other spices; or, any taco mix

For the salsa:

- 1/2 red onion, diced
- 1 tomato, deseeded and diced. Set aside the seeds.
- Juice of 1/2 lime
- Coriander, roughly chopped
- Grated garlic

For the corn:

- 1 whole corn

For serving:

- Tortillas
- Guacamole
- Pea shoots



Spiced Prawns

Wow your guests with this grilled spiced prawn salad served with a mango, avocado, and chilli salsa, and drizzled over with a prawn oil yoghurt. It's a tasty conversation piece to serve in your summer parties.

PROCEDURE

1. **Make the prawn oil.** Add the prawn shells to a pan and cook in low heat until it gets slightly dried up. Add olive oil, mix it, and leave to cook for five to seven minutes. When done, let it sit to cool and then drain the oil through a fine sieve.

2. **Make the marinade.** Combine the spice mix, garlic, ginger, and yoghurt in a bowl. Mix, and then add to the prawns. Mix and coat the prawns with the marinade. Cover the bowl with cling film and place in the fridge for at least 20 minutes.

3. **Blanch the asparagus.** Blanch the asparagus in seasoned boiling water for about a minute and a half. When done, take out the asparagus and add it to a bowl of iced water. Drain the excess water from the asparagus.

4. **Make the prawn oil yoghurt dressing.** Mix the yoghurt and some prawn oil together. Do this to taste while being careful not to add too much oil to prevent splitting.

5. **Make the salsa.** Combine the tomatoes, chillies, mangoes, and avocado in a small bowl.

6. **Grill the prawns.** Take out the prawns from the fridge. Season with salt and mix well. Add some olive oil to a pre-heated grill pan. Lay the prawns on the pan and cook until it gets a good color then flip the prawns over to cook the other side. When the other side is almost cooked, take the pan off the heat and squeeze some lemon juice on top of the prawns.

7. **Serving suggestion.** Place or fan out some lettuce leaves on a serving plate. Add the salsa and asparagus. Finally, add the prawns and drizzle over some of the prawn oil yoghurt dressing. Serve and enjoy!

Serving: 4 people

Prep Time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

For the marinade:

- 1 tablespoon Jaipur mix or any spice mix
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 4 tablespoons of yoghurt

For the prawns:

- Prawns, peeled off and with the tails removed. Save the shells!
- Olive oil
- Salt

For the salsa/salad:

- Asparagus, cut in half
- Tomatoes, cut in quarters
- Chilli, deseeded and finely diced
- ½ mango chunks
- ½ avocado chunks
- Lettuce leaves
- Lemon slices
- Yoghurt



Spicy Mussels

Perfectly cooked mussels flavoured with a special Indian curry mix. A no yeast homemade spring onion flatbread that is perfect for dipping in the creamy, spicy, and aromatic mussel sauce completes this recipe.

PROCEDURE

1. **Make the spring onion flatbread dough.** Sift the flour into a bowl to remove lumps. Add the spring onions and water to a blender then blend. Season the flour with salt and then pour the spring onion and water mixture into the flour. Add a touch of olive oil and mix everything well. Add more flour if needed. Dust the worktop with flour then knead the dough until it is smooth. Drizzle olive oil into a cling film, spread, and then cover the dough with the cling film. Set aside for at least 10 minutes.

2. **Check and clean the mussels.** Give each mussel a good check. Get rid of the broken ones and those that have chipped or cracked shells. For mussels that have opened, try to squeeze them shut. If they still close, those are still good to use for the dish. Pull the beards off if present in some mussels. Set aside in the fridge.

3. **Cook the flatbread.** Dust the worktop with flour. Cut the dough into four pieces, roll it into balls, and then roll it out into thin flat rounds. Dust off any excess flour from the bread and then place one flatbread into a pan over medium-high heat. Cook until small golden to dark brown spots appear. Flip to cook the other side. When ready, take it off the pan and then continue to cook the remaining pieces.

4. **Cook the mussels.** Add olive oil to the pot. Add the spring onions, ginger, garlic, and chili. Stir until soft and aromatic. Next, add the spice mix and tomato paste. Stir and then add the cherry tomatoes. Next, add the mussels and then the vegetable stock. Turn up the heat and cover the pan with the lid. Leave to cook for about four minutes. Turn down the heat, open the lid, stir the pot, and cook until the mussels open. When ready, take the pot off the heat. Scoop and serve the mussels into a serving bowl. Remember to give the mussels a final check, making sure not to serve those that have not opened. Save the remaining liquid in the pot.

5. **Make the sauce.** Bring the pot with the remaining liquid from the cooked mussels back on the stove. Add coconut cream. Stir and bring to the boil. When ready, take off the heat and add coriander. Shake the pot a bit so the coriander wilts.

6. **Serving suggestion.** Pour the sauce over the mussels. Top it with a few slices of chili. Cut the flatbread into quarters and serve it on the side. Enjoy!

Serving: 2 people

Prep Time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

For the flatbread:

- 1 cup of flour
- Spring onions, roughly chopped
- ½ cup of water

For the mussels:

- Mussels
- Olive oil
- Spring onions, roughly chopped into small rounds
- ½ chili, diced. Set aside ½ chili cut into rounds for garnish.
- 1 clove garlic, minced
- 1 teaspoon ginger paste
- 1 teaspoon Jaipur curry powder or spice mix
- Vegetable stock
- Cherry tomatoes, chopped in half
- 1 teaspoon tomato paste

For the sauce:

- Coconut cream



Thai Snapper

Lightly seasoned fish with crispy skin. Bold and tangy dressing that adds a little kick. Finally served with flavourful Asian greens. This Thai-inspired dish is sure to excite your taste buds. Pair it with rice and you're all set for a delicious meal.

PROCEDURE

1. **Make the dressing.** Add the lemon juice, fish sauce, coconut sugar, ginger, and garlic to a small pan. Bring up to the boil. Give the pan a swirl to get rid of the grainy parts of the sugar. Turn off the heat once the sugar dissolves. Taste and adjust the sugar. Add the chilli and the white part of the spring onion to the dressing while it's still warm. Give the pan a swirl, and then transfer to a small bowl. When it cools or when you're about to serve, add the green part of the spring onion and the lime leaves to this dressing. Mix everything well.

2. **Cook the fish.** Score the fish, cutting small even slits through the skin to prevent the fish from curling up when cooked. Season the fish with sea salt. A tip: Drop the sea salt from a height and open the slits to make sure it's seasoned through. The salt draws out the moisture from the skin to make it crispy. Preheat the pan. Add oil and then fry the fish skin-side down, laying it away from you. Another tip: Hold the fish down for the first thirty seconds. Leave until the skin-side cooks to about 90%. Turn the heat off and turn the fish over. Allow the fish to continue cooking off the heat.

3. **Cook the greens.** Add oil to the pan. Fry the greens. Flip to cook the other side. Add some Shaoxing wine to create some steam. Add the garlic and ginger mixture. Mix it. Add more of the Shaoxing wine and then a touch of sesame oil. Mix well.

4. **Serving suggestion.** Put some greens in a plate. Place the fish on top. Add a lime wedge to the side. Spoon some dressing over the fish. Garnish with coriander. Enjoy!

Serving: 2 people

Prep Time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

For the dressing:

- ¼ cup lemon juice
- ¼ cup fish sauce
- Coconut sugar to taste
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1 red chili pepper, deseeded and sliced into rounds
- 1 spring onion sliced into rounds. Separate the white and green parts.
- Lime leaves, cut finely

For the fish:

- Snapper
- Sea salt

For the greens:

- Asian greens
- Equal parts grated ginger and garlic mix
- Shaoxing wine
- Sesame oil

For serving:

- Lime wedges
- Coriander



Bang Bang Chicken

An easy and delicious recipe using poached chicken. We then dress it up with an Asian-inspired dressing and toasted sesame seeds. It's simple and perfect for meal preps.

PROCEDURE

1. **Poach the chicken.** Add the chicken breasts to a cold pan. Cover or submerge the chicken with water and then turn on the heat. Bring it up to the boil and then turn the heat down. Let it simmer for about three and a half minutes. Turn off the heat, turn the chicken over, and leave until it cools.

2. **Toast the sesame seeds.** Add the sesame seeds to a dry pan. Toss and toast for about a minute. When done, add it to the dressing.

3. **Make the dressing.** Combine the Shaoxing wine, soy sauce, sesame oil, chilli oil, ginger paste, and garlic paste in a bowl. Toss in the coriander and the cucumber. Mix well.

4. **Complete the dish.** Hammer the chicken into bite-sized or roughly shredded pieces. Add it to the dressing. Toss everything together.

5. **Serving suggestion.** Transfer to a serving dish. Enjoy!

Serving: 2 people

Prep Time: 10 minutes

Cook time: 7 minutes

INGREDIENTS

- Two chicken breasts
- Sesame oil
- Chilli oil
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- ½ oz of Shaoxing wine
- Soy sauce
- 1 cucumber, peeled, deseeded, and sliced into small pieces
- White sesame seeds
- Coriander, roughly chopped



Drunken Noodles

A flavourful stir-fry made with only a few ingredients and cooked in just a few minutes. This recipe is the quickest and easiest noodle dish you can make when you're short on time but in need of a flavourful and delicious meal.

PROCEDURE

1. **Marinate the chicken.** Add a drizzle of fish sauce to the chicken slices in a small bowl. Set aside.

2. **Cook the noodles.** Place the noodles in a bowl. Add boiling water and soak the noodles. You can drain the excess liquid or just take the noodles off the bowl and add them directly into the pan as you complete this dish.

3. **Make the dressing.** Combine the palm sugar, oyster sauce, soy sauce, and dark soy sauce in a small bowl. Mix well.

4. **Complete the dish.** Add peanut oil to a preheated pan. Sit fry the onion, garlic, and chilies for about a minute. Add the chicken and stir fry until the chicken gets a light golden color. Add the bok choy and stir. Add the noodles and toss everything together. Cook until the noodles are hot and then add the dressing. Toss everything together. Turn off the heat, break up some Thai basil, and add it to the dish. Give everything a good mix.

5. **Serving suggestion.** Transfer to a serving dish. Enjoy!

Serving: 1 person

Prep Time: 10 minutes

Cook time: 5 minutes

INGREDIENTS

For the dish:

- 1 red onion, diced
- 2 cloves garlic, minced
- 1 red chili pepper, roughly chopped
- 1 head bok choy
- ½ chicken breast, thinly sliced
- Fish sauce
- 1 part of rice noodles
- Thai basil

For the dressing:

- ½ palm sugar cube
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1 tablespoon dark soy sauce



Kung Pao Chicken

Sweet, salty, sour, and spicy. It's all the flavours you love in this classic Chinese stir-fried takeout. Try this recipe to make your version of this highly addictive dish right at your own home.

PROCEDURE

1. **Coat the chicken.** Lightly dust the chicken with corn flour. Mix until all the chicken pieces are coated.

2. **Fry the chicken.** Add peanut oil to a preheated pan. Stir fry the chicken until all the pieces are even and golden in colour. Make sure not to crowd the pan so the chicken cooks evenly. Remove from heat and drain the excess oil. Set aside. Save some oil in the pan to use for the rest of the dish.

3. **Complete the dish.** Add the chilies to the pan with the leftover oil from the stir-fried chicken. Stir-fry the chillies until the oil is fragrant. Add the cashews, ginger, and garlic. Add the stir-fried chicken back to the pan. Toss, and then add the Sichuan pepper. Give it a good toss and then add the chicken stock. Season by adding the Shaoxing wine and soy sauce. Add the spring onion stems on top when the chicken stock is down to about 70%. Cook until there's not much liquid left or until you can see the bottom of the pan and give it a good toss. Turn off the heat and then add the coriander. Toss until everything is mixed.

4. **Serving suggestion.** Transfer to a serving dish. Enjoy!

Serving: 2 people

Prep Time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 550g chicken thigh, cut into bite-sized pieces
- 1 teaspoon corn flour
- Peanut oil
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon Sichuan pepper
- 2 tablespoons Shaoxing wine
- 2 tablespoons soy sauce
- Fistful of cashews, roughly chopped
- 2 red chilli peppers, roughly chopped
- 400ml chicken stock
- Spring onions, roughly chopped
- Coriander, roughly chopped



House Shank Curry

Tender, fall-off-the-bone lamb shanks braised in a spiced gravy. A refreshing mint and avocado purée complement the distinct flavours of this dish.

PROCEDURE

1. **Make the marinade.** Combine ingredients, mix, and rub it all over the lamb shanks. Marinate for a few hours or ideally, overnight.

2. **Cook the lamb shanks.** Add olive oil to a roasting pan. Add the onion and cook it until it softens. Add garlic and ginger, and mix. Add spice mix and give it a good stir. Next, add the lamb shanks. Turn up the heat and cook the lamb shanks until they get a nice colour. Make sure to keep moving the lamb shanks around so that they do not stick to the pan and the onions do not burn. When the shanks have a nice colour, add the stock, tomatoes, and coconut cream. Bring to the boil. Add the coriander stems. Once the dish is up to temperature, cover the pan with foil and turn off the heat.

3. **Braise the lamb shanks.** Preheat the oven to 150 degrees. Transfer the lamb shanks to the oven and cook for an hour and a half. When done, check the sauce. If needed, heat the sauce for a bit to reduce and thicken the sauce.

4. **Make the avocado and mint purée.** Add the avocado, mint, coriander, and lemon juice to the blender. Add salt and cumin to taste. Purée until smooth.

5. **Warm the roti.** Place the roti on the stovetop and warm it up until it gets a nice char. Chop into pieces.

6. **Serving suggestion.** Add a lamb shank to a serving dish. Pour over some of the sauce. Add the roti to the side. Serve with the avocado and mint purée. Enjoy.

Serving: 4 people

Prep Time: 30 minutes

Cook time: 2 hours

INGREDIENTS

For the marinade:

- 4 tablespoons yoghurt
- 1 tablespoon of Jaipur curry mix or any spice mix
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste

For the shanks:

- Olive oil
- Red onion, diced
- 1 teaspoon garlic
- 1 teaspoon ginger
- 1 tablespoon spice mix
- 300ml stock
- 1 can tomatoes
- ½ can coconut cream
- Coriander, leaves separated from the stem, and the stem chopped finely.

For the avocado and mint purée:

- 1 avocado
- Mint
- Coriander
- Juice of ½ lemon
- Salt
- Cumin

For serving:

- Roti



Lamb Kofta

Add some Middle Eastern twist to your barbecues or get-togethers. This lamb kofta recipe is sure to stimulate your taste buds with the aromatic and earthy spices of a warm kofta complimented with a cool and refreshing cucumber yoghurt sauce. A perfect contrast of flavours and temperatures served in warm pita bread.

PROCEDURE

1. **Sauté the onion.** Add the onion to a pre-heated pan. Add olive oil to sweat the onions. Then, add salt and garlic. Next, add the spices: cinnamon, cumin, and paprika. Sauté for five to six minutes or until the onion softens and its sweetness is released. Set aside to cool when cooked.

2. **Prepare the cucumber yoghurt sauce.** Mix the yoghurt, cumin, and salt in a bowl. Transfer the cucumber to another bowl and add a pinch of salt. Adding the salt draws out the moisture and softens the cucumber. Add the cucumber to the yoghurt bowl, making sure to leave behind the cucumber's excess liquid. Add mint and mix all the ingredients well.

3. **Prepare the koftas.** Put the minced lamb in a bowl and add the sautéed onions. Let cool for a bit. Add parsley and then salt, which binds the kofta. Use your hands and mix everything well. Add some oil to a plate. Roll and shape the minced lamb into patties and place them in the oiled plate. Set aside in the fridge to chill and firm up.

4. **Cook the koftas.** Gently place the koftas in a pre-heated pan. Allow to cook on its own or until this cooked side can be lifted off the pan easily. Flip to cook the other side.

5. **Warm the pita bread.** Add the pitas to another pre-heated pan. Warm both its sides. Cut to half when done.

6. **Serving suggestion.** Add the kofta to the pita bread. Top it with the cucumber yoghurt sauce. Wrap. Serve and enjoy.

Serving: 8 people

Prep Time: 25 minutes + chill time

Cook time: 10 minutes

INGREDIENTS

For the kofta:

- 1 white onion, diced
- Garlic, roughly minced
- Salt to taste
- ½ teaspoon cinnamon
- 1 teaspoon paprika
- 1 teaspoon ground cumin seeds
- 900g minced lamb
- Olive oil
- Pita bread

For the cucumber yoghurt sauce:

- Natural yoghurt
- 1 teaspoon cumin
- Salt to taste
- ½ Lebanese cucumber, cut into ribbons
- Mint, roughly chopped
- Parsley, roughly chopped



Japanese Style Taco

An easy-to-prepare Mexican-inspired dish flavored Japanese-style. Bite into the flavored goodness of tender rib eye steak strips marinated with wasabi, ginger, and mirin, mixed with a refreshing slaw, and wrapped with the earthy flavors of a taco. This dish is so simple and flavorful it will easily become a favorite.

PROCEDURE

1. **Prepare the marinade.** In a small bowl, mix the ginger, garlic, and wasabi. Add the mirin to thin out the mixture. Mix well.

2. **Marinate the meat.** Spoon the marinade over the meat. Coat both sides with the marinade. Set aside to marinate the meat for a few minutes.

3. **Prepare the miso kewpie.** In a small bowl, mix the miso and kewpie. Add the mirin to thin out the mixture. Mix well.

4. **Cook the steak.** Add oil to a pre-heated large pan. Place the meat on the pan. Cook until the meat is browned on both sides. When done, set aside and let the meat rest. After the meat is rested, slice the meat into thin strips.

5. **Make the slaw.** In a small bowl, mix the wombok, salt, and pepper. Add the rice wine vinegar. Add the diced red chili pepper. Toss together.

6. **Warm the tortillas.** Place the tortillas directly on the stovetop flame. Leave for a few seconds while allowing the sides to char for extra flavor. Turn to warm and char the other side. When done, wrap the tortilla around the cling film to mold it into a shell. Set aside to rest.

7. **Serving suggestion.** Add a tablespoon of the miso kewpie and spread it down the middle of the taco. Add the slaw. Top it with the rib eye steak strips. Wrap. Serve warm. Enjoy!

Serving: 4 people

Prep Time: 20 minutes

Cook time: 15 minutes

INGREDIENTS

For the marinade:

- 1 teaspoon ginger, minced
- 1 teaspoon garlic, minced
- 1/4 teaspoon wasabi
- Mirin to taste

For the meat:

- 200g rib-eye steak
- Olive oil

For the miso kewpie:

- 1 tablespoon miso
- 3 tablespoons kewpie
- 3 teaspoons mirin

For the slaw:

- 1/4 Chinese cabbage or wombok, thinly sliced
- Black pepper to taste
- Salt to taste
- 3 tablespoons rice wine vinegar or any vinegar
- 1 red chilli pepper, deseeded and diced

For the tacos:

- Mini flour tortillas



Almond Cake

A light and airy almond cake with a dark chocolate mousse filling. It's soft and lightly sweet, with a touch more flavour.

PROCEDURE

1. **Preheat the oven** to 170 degrees.

2. **Melt the chocolate.** Boil water in a pan to use for melting the chocolate. Place a metal bowl on top of the pan with boiling water. Break up the chocolate into small pieces and add it to the metal bowl. Leave until the chocolate melts.

3. **Prepare the batter.** Add the eggs and sugar to the mixer. Mix until this mixture turns pale, then add the almond meal. Next, add the zest of one orange and vanilla extract, and mix again. In another metal bowl, whisk the egg whites until firm. Pour a small amount of the mixture into the whisked egg whites and mix it lightly. Pour the rest of the mixture and fold together with the egg whites until everything is mixed well.

4. **Bake the cake.** Grease the baking pan with butter. Add and spread the batter evenly in the pan. Bake the cake in the oven for 22-25 minutes. When done, remove the cake from the oven and let it rest until it cools down to room temperature.

5. **Make the chocolate mousse.** Take the melted chocolate off the heat. Set it aside to cool down for a bit. In another bowl, add sugar and thick cream. Whisk together until firm. Next, spoon a small amount of the cream and sugar mix, and mix it with the chocolate. Fold the rest of the cream and sugar mix in the chocolate until mixed well.

6. **Serving suggestion.** After the cake cools down, slice through or across the cake. Put a wire rack on top and flip it over. Take half of the cake and flip it onto a plate. Spread the chocolate mousse evenly on top. Top it with the other half of the cake. Finally, dust some icing sugar on top. When ready, slice into portions. Serve and enjoy!

Serving: 8 people

Prep Time: 15 minutes

Bake time: 25 minutes

INGREDIENTS

- 5 eggs
- 250 g sugar (or 50g of sugar per egg)
- 250g almond meal (or 50g of almond meal per egg)
- Egg whites from two eggs
- Optional: Zest of one orange
- Optional: 1 teaspoon vanilla extract
- Butter
- Icing sugar
- For the chocolate mousse:
 - 120g dark chocolate
 - 1 teaspoon sugar
 - 250 ml of thick cream



Keto Chocolate Brownies

Moist, chewy, gooey, and super fudgy dark chocolate brownies with an added caffeine surprise. These low carb keto dark chocolate brownies are so irresistibly delicious and easy to make, they're sure to satisfy your cravings and become a favorite guiltless pleasure.

PROCEDURE

1. **Preheat the oven** to 160 degrees.
2. **Prepare the batter.** Add the eggs and sugar. Mix until the eggs are doubled in volume. Add the baking powder, coconut powder, coconut flour, almond flour, and coconut oil. Mix. Add the coffee. Mix everything well. When done, remove the mixing bowl from the mixer and add the chocolate chips to the batter. Fold together until mixed well.
3. **Grease the baking pan with coconut oil.** Add and spread the batter evenly in the pan.
4. **Bake in the oven** for 23 minutes. It should be a little undercooked in the middle to keep it moist. After 23 minutes, remove from the oven and check the temperature. Let it rest for four to five minutes allowing it to firm up and cook through.
5. **Flip over and transfer to a wire rack.** Let it cool down for a bit.
6. **Serving suggestion.** When ready, slice into portions. Enjoy!

Serving: 8 people

Prep Time: 15 minutes

Bake time: 23 minutes

INGREDIENTS

- Three whole eggs
- 2 teaspoons baking powder
- 3 tablespoons coconut sugar, or any sugar
- ¼ cup coconut powder
- ¼ cup coconut flour
- 2 cups of almond flour
- 1 cup melted coconut oil*
- 1 cup coffee*
- Chocolate chips

*Make sure that the coconut oil and coffee are warm, but not too hot so they do not cook the eggs.

Thanks for checking out our recipes.

Learn to cook like a professional. Check out our courses.

Buy our products. For more information, visit our site:

<https://jaimeimbusch.com/>

Follow us:



Cheers,

Jaime Imbusch