



**PaleoRanking**

The App that measures  
**how Paleo** a food is.  
Aim for 0 > 3

## Three Recipes + Tips - Feb 2016

Enjoy treats while moving towards a Paleo lifestyle ...  
because the app *averages out* your daily entries.

Enter Dish number, (Dxxx) in the app to add it to your day's foods.

'Paleo – without rules ... just options'

## PUMPKIN SOUP WITH PRAWNS D112



2.5



The deep golden colour comes from lightly frying the vegetables first. Thick and sweet, this variation of pumpkin Soup is hearty enough for main course.

Enter D112 in the app to add to your day's foods.

### INGREDIENTS

2 kg pumpkin. TIP: Choose a starchy variety, not a watery type.

3 large onions

1 large carrot

2 tbsp olive oil

1 litre chicken stock

140 ml coconut milk

½ teaspoon curry powder

200g cooked peeled shrimp or prawns

Peel and chop the pumpkin into small chunks ~1" cubes or smaller. Fry in half of the olive oil. Chop the carrot and onions and fry them in the rest of the oil.

It's important to let the vegetables develop some colour, a nice dark golden brown, while frying. You will need to fry in batches to get it all done. As you finish one lot, set it aside in a large bowl while the rest cooks.

Now process the cooked vegetables in a food processor and add a little of the stock to assist mixing. Place all the processed vegetables in a large saucepan and add the rest of the chicken stock, curry powder and half the coconut milk. Cook on a low heat without boiling.

To serve, place seafood in centre, add soup and drizzle remaining coconut milk.

Serves 6.

## SEARED SCALLOPS D115

2.63



**TIP: Choose fresh scallops and cook them after you have prepared everything else. They only take a moment!**

Enter D115 into app to add to your day's foods.

### INGREDIENTS

Fresh scallops – 8 per person (main course)  
Mini beets  
Cherry toms  
Radicchio red lettuce  
Radish  
Rocket  
Salmon roe  
Lime juice  
Olive oil

### METHOD

Slice the radicchio into slivers and mini beets into bite size pieces. Slice radish thinly. Put rocket in a large bowl along with other vegetables and toss gently with lime juice and a little olive oil. Spoon onto plates.

In a fry pan heat a little olive oil and quickly saute the cherry toms. Remove from pan and add to salad. Sear scallops gently on both sides. With minimal cooking they stay tender. Arrange scallops with salad and top with salmon roe.

## FLOURLESS ORANGE CAKE D114



4.34



**TIP: Remember your PaleoRanking is an AVERAGE of all your day's foods ... so if your PRg is low – you can have treats like this without getting off track!**

Orange cake – sophisticated, not super sweet – as tea cake or dessert.

### INGREDIENTS

2 medium oranges  
The zest of an additional orange  
3 large eggs  
1 cup caster (powder) sugar  
300g almond meal  
½ teaspoon GF baking powder  
Natural soy yogurt to serve

### METHOD

Pre-heat oven to 150C. Grease a 20 cm round cake tin and line the base. In a saucepan cover with water and boil the oranges for 10 minutes. Then drain, peel and take out pips. Process the fruit in a blender then press it through a sieve. Keep the rich juice, discard pulp.

In a large bowl beat sugar and eggs until thick. Mix in almond meal, baking powder, HALF the orange juice and the orange zest. Pour into the tin and bake for 45 minutes, or until the top is spongy and lightly browned. Cool 5 minutes in tin then turn out onto a wire rack.

Gently heat remaining orange juice in saucepan to reduce gradually to a syrup.

Serve warm, with syrup drizzled over – perhaps with a dollop of natural soy yogurt.