

ONE PAN

80 simple low-carb recipes
from a multi-award-winning author







Good food is often – maybe even always – simple food.

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All recipes are written to serve two, unless otherwise indicated. In writing this book, I assumed that you all have the basics in your kitchen, like olive oil, butter, salt and pepper, etc., so I didn't include these in the ingredients.



Honest, unpretentious, pure food

THAT'S GOOD FOR YOUR BODY AND SOUL

Very often — maybe even always — good food is simple food. Not complicated, not over-processed, not overloaded. Just pure, honest and prepared with love. Every dish in this book is made in a single pan or baking dish. Practical, simple, but oh so satisfying. Ideal for anyone who likes to eat well but doesn't like to be in the kitchen for hours.

With the right ingredients and a little love, you can create dishes that not only taste good but do you good. In a time when we often let life move too fast, cooking in simplicity offers us a refuge. A way of getting back in contact with ourselves, with the rhythm of the seasons, and with the ones we share our table with.

The recipes in this book are more than just delicious; they're good for you, too. Eating makes us happy, but it's also vitally important to our health. Countless studies have shown that unhealthy eating is the primary driver of the general decline in health worldwide. Deep inside, we all know that our contemporary Western approach to food is making us sick — and research proves it.

Twenty years ago, perhaps, the evidence wasn't so clear, but now we know that the rise in type 2 diabetes, obesity, various forms of cancer, cardiovascular disease, brain health and gut health can be linked to the fundamental issues in our diet.

The idea that food is medicine goes back to ancient times. It's a concept that was introduced by Hippocrates to highlight the power of nutrition. Healthy eating is good for you, and when you're healthy, you save money — think of the cost of doctor's appointments and medications. So do yourself a big favor and prescribe yourself healthy food! A lot of people think that means some kind of special diet, but that's not the case. It simply means eating unprocessed foods that are readily available: fruits and vegetables, seeds, nuts, whole grains, beans, yogurt, fish, meat, and all the good, pure things.

These are the ingredients that go into all these wonderful dishes that taste great as they make you healthier. All the dishes in this book have been composed with these simple, quality ingredients. Enjoy them to the fullest. The more you eat of them, the happier and healthier you'll be.

I hope this book inspires you to cook more simply, more mindfully, and above all to have more fun doing it, every day.

Happy eating,
Pascale



Every morning, I take my time waking up while Paul prepares our fruit breakfast.

And that's something I really love. Every day I'm thankful I get to experience what it feels like when someone prepares something tasty and healthy for me, and does it with love. Our breakfast is usually full-fat yogurt, seasonal fruit and seeds. I've described our fruit breakfast in detail in my previous books.

On weekends, I'm often the one making breakfast, and that's when I get to experiment. Only the successful experiments have made it into this book! And that's what I'd like to share with you in this chapter.







Breakfast

*Be mindful of every new beginning, including the new day:
self-care starts AT BREAKFAST*



Vegetarian

The VEGETABLE KINGDOM in the starring role – playful and surprising



Recipe for cooled roasted tomatoes: see p. 45
Parsley oil: see p. 72



Cooled roasted tomatoes

WITH STRACCIATELLA

ACTIVE TIME: 10 MINUTES – COOKING TIME: 10 MINUTES

Stracciatella is THE BEST OF TWO WORLDS: even better than the best mozzarella or burrata!

3 large tomatoes
6 cherry tomatoes
6 sun-dried tomatoes (in oil)
150 g stracciatella
handful of sliced almonds
fresh green herbs (thyme, etc., for garnish)
parsley oil (optional; see p. 72)

Equipment: baking dish

Preheat the oven to 180 °C.

Slice the large tomatoes in half. Cut out the white, hard core and, using a sharp knife, score the skin with an X. Place the tomato halves, cut side down, in a baking dish and scatter the sliced almonds around them. Pour a little olive oil over the tomatoes and place them in the oven for around 10 minutes, but do not overcook: We want them somewhat cooked, but not collapsing. Set them aside to cool and then remove the skins.

To serve, place three tomato halves (cut side down) per person on a plate or serving board.

Arrange some stracciatella over each and place the halved cherry tomatoes around

them; then decorate with the finely sliced sun-dried tomatoes.

Garnish with the toasted almond slices, olive oil or parsley oil, and some fresh green herbs (I used thyme sprigs).

TIP: STRACCIATELLA

This is a fresh, creamy cheese that you also find at the heart of a burrata. It's a mixture of shredded mozzarella and cream. Mild, silky, decadently rich and, above all, irresistibly delicious. If you can't find stracciatella, try mixing mozzarella with some cream.

TIP: OLIVE OIL OR PARSLEY OIL?

Either works. Do use the best olive oil you can, or the parsley oil on page 72.





Fish & seafood

Fresh, PURE and powerful

Cod

WITH CARROTS IN A GOCHUJANG BROTH

ACTIVE TIME: 15 MINUTES – COOKING TIME: 20 MINUTES

This dish is ideal to make for guests. You can prepare the vegetables and the sauce ahead of time, so when it's time to serve all you have to do is steam the fish on the vegetables. It's as easy as the presentation is fabulous!

2 cod loins (see tip)
1 large onion
200 g large carrots
4 cm piece of ginger

4 garlic cloves
2 tbsp gochujang (see tip)
fresh thyme (for garnish)
parsley (for garnish)

Halve the onion and slice into half rings.

Sauté the onion in a generous amount of olive oil until done; stir frequently and don't let it brown (add a splash of water if needed). Season with pepper and salt.

Meanwhile, chop the garlic and ginger finely (you can leave the skin of the ginger on) and slice the carrot into matchsticks; first pieces approximately 10 cm long, then thin slices, and finally fine matchsticks.

Add the garlic and ginger to the pan and let cook briefly with the onion. Stir in the gochujang and continue to cook. Then add the carrot and stir-fry for 2 minutes.

Pour about 400 ml of water into the pan (or enough to cover the carrots) and stir everything well. Cover the pan and simmer for a few minutes until the carrots are cooked but still crunchy. Then put the fish on top of the vegetables and season with pepper and salt. Put the lid back on the pan and cook

for about 5 minutes or until the fish is just cooked.

To serve, first divide the vegetables among the plates, place the fish on top, and spoon the remaining sauce over the fish. Garnish with some fresh green herbs, like thyme (on the fish) and parsley (on the carrots).

TIP: COD LOINS

Choose a firm fish filet, such as cod loin or a thick cut of pollack, Atlantic wolffish, turbot or salmon. Filets of softer fish can fall apart during cooking.

TIP: GOCHUJANG

Gochujang is a Korean fermented paste made from chili peppers, soybeans, sticky rice and salt. Thick and spicy, it is used in sauces, marinades and stews. Unlike sriracha (see p. 114), which primarily adds heat, gochujang also brings a complex, umami-rich flavor. But like sriracha, gochujang is extremely popular; these days you can find it in most supermarkets. Can't find it? Then try using red curry paste instead.

*This is an absolute must-try!
A touch of exotic, surprisingly
delicious and A GUARANTEED
HIT at the table. And it's
amazingly simple to prepare.*





Recipe: see p. 134



Meat

*Prepared with respect, and FULL OF CHARACTER
– less meat, but better meat*

Eggplant-wrapped meatballs

IN TOMATO SAUCE

ACTIVE TIME: 25 MINUTES – COOKING TIME: 40 MINUTES

*300 g ground lamb and beef,
combined*

1 long eggplant (see tip)

1 Marconi red pepper

250 g passata

400 g cherry tomatoes, canned

½ small red onion

½ red chili pepper

1 garlic clove

handful of flat-leaf parsley

2 tsp ras-el-hanout

4 tbsp Greek yogurt (10% fat)

juice and zest of ½ lemon

Equipment: oven-safe pan

Preheat the oven to 180 °C.

Using a mandoline, slice the eggplant into eight thin, long slices (about 2-3 mm thick). Sprinkle both sides of each slice with salt and let rest for 10 minutes to draw the water out.

Finely chop the chili pepper, garlic, red onion and half of the parsley. Combine in a bowl with the ground meat, a tablespoon of olive oil, the ras-el-hanout, and pepper and salt.

Rinse the eggplant slices briefly under cold water and pat them dry with paper towels. Scoop a little of the meat onto each eggplant slice and roll up tightly.

In an oven-safe pan, heat some olive oil and fry the rolls until they are golden-brown, turning once. Chop the red pepper coarsely and add it to the pan.

Add the cherry tomatoes and passata. Drizzle with a little olive oil and place in the oven for 20-25 minutes, until the eggplant is soft and the sauce has thickened somewhat.

Meanwhile, combine the yogurt and lemon juice, the zest and the rest of the finely chopped parsley. Season with pepper and salt.

Serve the hot eggplant rolls with the yogurt sauce.

TIP: FROZEN EGGPLANT SLICES

Frozen eggplant slices are usually a little short and don't work quite so well in this dish.

*When you make this dish, you
can just feel: WHEN IT COMES
TO THE TABLE, THEY'LL BE
SPEECHLESS. It's a little more
work, but it pays off.*





A woman with dark, wavy hair and bangs is shown from the chest up. She is wearing a vibrant green, long-sleeved dress with a V-neckline. She is holding a small, white coffee cup with green vertical stripes in her right hand, and a matching saucer in her left hand. She is looking down at the cup with a gentle smile. The background is softly blurred, showing warm indoor lighting and green foliage. A grey vertical bar is visible on the left side of the frame.

Coffee time

Embrace the quietude within the coffee ritual





Chocolate

Sweet & dark

A close-up photograph of a brownie cheesecake. The dessert is a wedge-shaped slice resting on a wooden board. It features a thick, dark brownie base and a layer of smooth, white cheesecake on top. The top surface is garnished with dark chocolate shavings. In the background, another slice of the same dessert is visible on a wooden board, with a small green plant in a striped pot to the left. The overall scene is set on a dark wooden surface.

Brownie *CHEESECAKE*

Two desserts in one





Desserts with fruit

*The SWEET FINALE.
Desserts to daydream about.*

