



# Complimentary

SLENDER WONDER RECIPES



# SWEET-AND-SOUR CHICKEN-STIR FRY



- Spray a pan with Spray-&-Cook and fry your allowed amount of chicken strips lightly until brown.
- Add one cup of "Rooibos" tea and let the chicken cook in the tea until tender.
- Season with salt, pepper and sweet basil

- Add one tablespoon of balsamic vinegar.
- Dissolve one Cracker bread in a little bit of hot water.
- Add to chicken – simmer until a nice thick sauce is formed.

While the chicken is cooking, prepare your veggies.

- Boil thinly sliced cabbage and julienne-cut zucchini according to your veggie allowance, in Sprite Zero. Should still be crunchy.
- Season with some herb salt

## DISHING UP

- Place a bed of veggies, with the chicken on top.
- You can add an apple for extra taste and crunch.
- Pour leftover gravy over chicken, and sprinkle with a little bit of dried sweet basil.



Recipe By: **Nikki van Wyk**

# TUNA FISH CAKES



- 100g Tuna in brine, well drained
- Herbs and seasoning to taste.  
*I like to add some Ina Paarman's Lemon Pepper*
- 5ml Lemon Juice
- 5ml Balsamic Vinegar
- 2 Crackerbreads (finely crumbed)
- ± 10gr Onion (from veggie allowance)
- Cauliflower (rest of veggie allowance)
- If you like chilli or tabasco, add to taste

- Boil the cauliflower in water until soft (in the microwave or on stove top)
- Boil until cauliflower is dry – too much liquid makes the mixture gooey.
- Another method is to put the raw cauliflower in the food processor, and then put the chopped cauliflower in a big sieve, and put the sieve over boiling water to steam.
- Add herbs, onion, lemon juice, balsamic vinegar and mash
- Mix all ingredients together and mould into patties
- Spray pan with Spray-and-Cook and cook over medium heat to prevent burning the outside while the inside is still raw.

OR

- Place in an air fryer @ 180° for 15 minutes
- Serve with lemon wedges



Recipe By: **Nikki van Wyk**

# TUNA PIE



- 100g Tuna (in brine – drained)
  - 120g (Onion, cauliflower and tomato)
  - 2ml Parsley (fresh or dried)
  - Pinch of Salt and pepper
  - 2ml Rosemary and thyme mix
  - 2 Sachets slender wonder sweetener
  - 2 Crackerbreads
  - 1ml Chicken spice
  - 2 tablespoons of Sprite Zero
- Boil the cauliflower until it is soft and dry in a little sprite zero and water and mash it. Chopped onion can be added raw, or cooked with the cauliflower, depending on your taste.
  - Add tuna to the mixture.
  - Add seasoning and sweetener and the crumbs of one crackerbread.
  - Mix all ingredients together and spoon into ovenproof dish, sprayed with spray-and-cook.
  - Crumb second crackerbread over the tuna mix.
  - Cut tomato in rings and place on top of the tuna mix.
  - Place in over (180°) for 15 minutes. The crumbs on top should be crispy and brown.



Recipe By: Nikki van Wyk

# APPLE CRUMPETS



- 1 Egg, plus the white of another egg
- 2 Crackerbread
- 10 ml (2 tsp) sweetener
- 100g Apple
- A Pinch of salt
- ½ tsp Cinnamon

- Make apple mousse by peeling and coring the apple. Microwave on "high" for 5 minutes in a little water or on the stove top in a pot – but this option takes a little bit longer.
- Mash the apple until it looks like Purity.
- Crumb the crackerbread.
- Beat the egg, salt and sweetener together.
- Add the Crackerbread crumbs.
- Add the apple to the rest of the ingredients.
- Place spoonful of the mixture in a frying pan with Spray-and-Cook.
- Bake the crumpets on both sides until they are brown and cooked. Keep the heat on "medium" to prevent them from burning, and from being raw and the inside and burnt on the outside.
- This menu covers your protein, and your starch and your fruit, so you still have to add your veggies to make a complete Slender Wonder Meal, therefore I added some tomato and cucumber.



**Recipe By: Nikki van Wyk**

# MUFFINS - SAVOURY OR APPLE



- 1 Egg, plus the white of another egg
- 2 Crackerbread
- 10 ml (2 tsp/sachets) sweetener
- 100g Apple
- A Pinch of salt
- Half a tsp Cinnamon
- If you want to make savory muffins, you can replace the 100g of apple with 120g of veggies of your choice, like tomato and onion, or baby marrow and onion, or even all three, and add some herbs for extra taste and leave the sweetener.

- Peel and core the apple and grate.
- Crumb the crackerbread nice and finely.
- Beat the egg, salt, cinnamon and sweetener together.
- Add the Crackerbread crumbs.
- Add the apple to the rest of the ingredients.
- Place spoonful of the mixture in a muffin pan.
- Bake at 180 degrees for 15 minutes or until golden brown and cooked.
- The cooking time varies with the different sizes of muffin pans. I used the small muffin pan.
- If you make apple muffins, this menu only covers your protein, and your starch and your fruit, so you still have to add your veggies to make a complete Slender Wonder meal, therefore I serve it with 120g of cucumber salad.



Recipe By: **Nikki van Wyk**

# CHICKEN SCHNITZEL WITH APPLE SAUCE



- 100g Chicken breast
- 2 Crackerbreads
- Ina Paarman's Lemon and Black Pepper
- 1 Tbsp. Lemon- or Lime juice
- A few drops of green tabasco (optional)
  
- Flatten the chicken breast a little with a steak hammer. Season with lemon pepper and marinate in the lemon juice and tabasco for a couple of minutes.
- Take two crackerbreads, place in a sandwich bag and crush with a cake roller. Not too finely. It looks and tastes better if it is still chunky.

- Toss the chicken breast into the sandwich bag and cover completely with the crumbs.
- Spray the airfryer tray with spray & cook and bake in pre-heated airfryer at 160° for about 15 minutes.
- If you don't have an airfryer you can fry the chicken in a frying pan that was sprayed with spray& cook.
- Cook it until it is brown and crispy on both sides. Keep the heat on medium to prevent the chicken from burning on the outside, and still being raw on the inside.
- Take the chicken out of the pan and serve it with the apple sauce and veggies of your choice.

## APPLE SAUCE

- Take 1 apple, peel and core, and grate it. Put it in a microwave dish, add 2 - 3 desert spoons of water, 1 sachet of sweetener and steam the apple in the microwave for about 5 minutes. (This can also be done on stove-top if you prefer).
- Mash it with a potato masher or fork until smooth.
- Serve the apple sause with the Schnitzel, or add a little cinnamon and have it for dessert.



Recipe By: **Nikki van Wyk**

# CURRY AND RICE



- 100g mince
- 20g chopped onion
- 1 crushed crackerbread as thickening agent
- Half a teaspoon of curry powder (Cartwrights)
- half a teaspoon of sweetener
- 1 tbsp of vinegar
- 1 bay leaf
- half a clove of garlic - crushed
- salt and pepper to taste if you like, you can add some herbs according to your taste

Enjoy!



Recipe By: Nikki van Wyk



# SAVOURY RICE

---

- I took cauliflower, chopped it up in the food processor, placed it in a big sieve and placed it over boiling water, steaming it until done.
- In the meantime I chopped up some tomato, onion and baby marrow very finely (for some colour) and fried it in a pan sprayed with spray & cook .
- I then mixed the cauliflower with the veggies and added a little bit of the marinade just for a bit of extra flavour. I grilled the prawns in the airfryer for two and a half minutes on 200° and voila! "Slender Wonder Grilled Prawn on a bed of Savoury Rice".



**Recipe By: Nikki van Wyk**



# “SPAGHETTI” & MEATBALLS IN TOMATO SAUCE

## MEATBALLS

- 100g Extra lean beef mince
- 10g Finely chopped onion
- 2ml Ina Paarman’s Garlic Pepper Spice
- 2ml Attwells Herb Salt
- 1ml Garlic Flakes

Combine all ingredients together, and make 8 small meatballs. Fry the meatballs over medium heat in a grill pan, sprayed with Spray-and-Cook until brown on all sides and cooked to your taste / or make them in the air fryer at 180° for 4 to 5 minutes depending on how you want them done.

## TOMATO SAUCE

- 50g Chopped tinned tomatoes
- 10g Chopped onion
- 1 Cracker bread, finely crumbed
- Sprite Zero (or water if you prefer)
- 2 ml Curry powder
- 2 ml Turmeric
- 2ml Ina Paarman’s Basil Pesto
- Salt and pepper to taste.

Brown the onion in a saucepan sprayed with Spray-and-Cook. Add tomato and 90ml of Sprite Zero or water (depending on taste) and bring to boil. Season with salt, pepper, curry powder, basil pesto and turmeric and cook for 5 minutes. Add the crumbed cracker bread to the mix and stir thoroughly. Cook until the sauce is to your taste. If it is too thick, add a little bit of water.

## SPAGHETTI

60g Julienne cut baby marrows, steamed and seasoned with salt and pepper. Dish the meatballs on top of a bed of baby marrow, and pour the tomato sauce on top and garnish.



Recipe By: **Nikki van Wyk**

# APPLE CRUMBLE



- Peel the apple and cut the peel into very small pieces.
- Mix the peel pieces with the crumbed Pro Vitas, cinnamon and sweetener.
- Dice the apple in small blocks and place it in an oven proof dish or ramekin.
- Add 1 tablespoon of water or Spirte Zero.
- Microwave the apple for 1 minute on "high".
- Place the crumb mixture on top of the apple.
- Place in a medium oven (170°C) for 15 to 20 minutes.

Enjoy!

- 1 Apple
- 2 Pro Vitas (crumbed)
- Half a teaspoon of cinnamon
- 1 or 2 sachets sweetener



Recipe By: **Nikki van Wyk**

# CURRY FISH



- 70g Onion sliced to make rings
  - 100g Hake
  - 1 1/2 Tsp Medium Cartwrights Curry Powder
  - 1 Small Fresh Bay Leaf
  - 2 Tbsp White Vinegar
  - Pinch of Saffron (optional)
  - Pinch of Salt
  - Pinch of Black Pepper
  - 1/4 Garlic Clove – crushed
  - 1/2 a Crackerbread - crushed
- Brown onion rings in a pot sprayed with spray and cook
  - Add Vinegar, curry powder, bay leaf, saffron, salt, pepper and garlic.
  - Add a little water until desired amount of liquid is achieved. It should not be too dry, it should have a little gravy.
  - To thicken the gravy just a little, add 1/2 crushed crackerbread.
  - Simmer until onions are soft and cooked.
  - Add fish and simmer until cooked.
- Serve with veggies of choice.
  - I used 50g cabbage, cooked in a little Sprite Zero.



Recipe By: **Nikki van Wyk**



## YOGHURT “MILKTART”

- 175ml fat-free plain yoghurt
- 1 Provita (roughly crumbed)
- 2 Sachets sweetener
- Half a teaspoon cinnamon
  
- Mix the 2 sachets of sweetener and provita with yoghurt.
- Spoon into a glass or bowl and sprinkle the cinnamon on top.
- With a little imagination, this really tastes like milktart!



**Recipe By: Nikki van Wyk**