



CANDIDA RECIPES



Dominique Ludwig
Nutrition



Cod served with Tomato, Ginger and Garlic

Ingredients – serves 4

- 4 pieces cod loin or any other firm white fish (
- 1 tabbsp. Olive Oil
- 1 onion, finely chopped or 2 Shallots
- 4 cloves Garlic
- 2 thumb sized pieces ginger, grated (around 50g)
- 400g fresh Tomatoes, diced, or 1 tin
- 1 small red chilli pepper
- 2 tabbsp. Tomato Puree
- 2 tabbsp coriander
- 2 tabbsp Parsley
- Salt pepper
- 1 tabbsp. lemon juice



Method

1. Turn oven to 180C
2. Wrap the fish in a foil parcel. Lightly grease the foil beforehand. Sprinkle on salt and pepper and place in oven on a baking tray for 15-20 minutes, depending on the thickness of the cod.
3. To make the sauce: Add 1 tblsp olive oil to a heavy pan. Add the onions, chilli, garlic and ginger and sauté for 3 minutes.
4. Add the diced tomatoes, tomato puree, parsley and coriander and simmer down gently to thicken. Puree slightly if desired using a puree stick or food processor
5. Season with salt and pepper.
6. To Serve: Place a spoonful of the sauce on a plate and place the fish on top. Splash over the lemon juice if using.

Serve with 100g vegetables per serving



Chicken with Tarragon and Dijon Mustard

This is one of my easiest and simplest chicken recipes. I love the warm taste of Tarragon combined with the Dijon Mustard.

You can jazz this recipe up for a dinner party by adding some cream in at the end, but I have kept it simple to make it suitable for everyone, even those on my Renew Reset Recharge Programme.

Ingredients – Serves 4

4 chicken Breasts
2 medium Leeks, finely chopped
200g closed cup mushrooms, sliced
2 Tablsp. EVOO
3 Tblsp. Dijon Mustard
2 tsps dried Tarragon or a few sprigs of fresh
600ml HOT Chicken Stock or Chicken Bone Broth
Salt, Pepper



Method

1. Sauté the leeks and mushrooms in the olive oil until softened (around 3-4 minutes) in a heavy bottomed pan
2. Add the whole chicken breasts, Dijon Mustard, Tarragon, Chicken Stock or Bone Broth as well as salt and pepper. (Add cream at this stage, but do not boil as this could separate the cream)
3. With a lid on, simmer gently for 20-30 minutes until the chicken is cooked through.
4. Turn the heat off and allow to sit for a while with the lid on. I find this allows the chicken to be more tender. Alternatively you can cook this in a Ceramic cooking pot in the oven 180C for 40 minutes or even slow cook in a crockpot.
5. When cooled slightly, flake the chicken if preferred.

Serve with 100g extra non-starchy vegetables per portion.