



28 by Sam Wood
Festive Feast eBook





G'day 28er!

Tis the season to be jolly, and I mean it!

My advice over this time of year? Make sure you enjoy quality time with friends and family. Enjoy everything that this festive season has on offer, and stay active enough that you feel energized and happy in your efforts. It's not a time for personal bests or a time to drop five kilos. It's a time to enjoy with your loved ones. That's why Sarah and I created these amazing recipes to help you celebrate with beautiful, nutritious, real food that brings the festive spirit.

Lots of love from me and your 28 family. Happy holidays!

Sam xx



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BBQ Prawns with Mango Salsa

Serves 6 (as a starter) Preparation 25 mins Cook 10 mins

Ingredients

18 large raw tiger prawns, peeled and deveined
1 tablespoon extra virgin olive oil

Marinade:

1 tablespoon fish sauce
½ lime, juiced
1 tablespoon coriander, finely chopped
1 garlic clove, finely chopped
½ red chilli, finely chopped

Mango salsa:

1 large mango, flesh removed and finely diced
¼ bunch coriander, finely chopped
1 lebanese cucumber, finely diced
1 cup mint leaves, finely chopped
2 tablespoons roasted peanuts, finely chopped

Dressing:

2 tablespoons fish sauce
1 tablespoon palm sugar, grated or brown sugar
½ lime, juiced

Method

1. For the marinade, mix all ingredients into a bowl. Add the prawns and marinate for at least 2 hours, but overnight if possible.
2. For the mango salsa: Place all ingredients into a medium bowl and mix together. Don't dress the salad until you're about to serve.
3. For the dressing: Mix all ingredients into a small bowl or jug and set aside until serving.
4. Heat a BBQ or large frying pan over high heat. Add the extra virgin olive oil. Grill the prawns for 2-3 minutes each side. Transfer to a serving plate. Dress the mango salsa and serve alongside the grilled BBQ prawns.

Jingle Bell Berry Trifle

Serves 10 Preparation Overnight Cook 30 min

Ingredients

Sponge Cake:

3 eggs
½ cup stevia/truvia/monk
fruit sweetener (100g)
½ cup plain flour
½ tsp baking powder

Custard:

2 cups milk of choice
2 tsp vanilla extract
2 tbs maple syrup
2 eggs
1 tbs corn flour/corn starch

To assemble:

1 sachet sugar free/lite jelly
3 cups berries (2 cups strawberries &
1 cup raspberries/blueberries)
2 cups Greek/high protein yoghurt

Method for Sponge Cake

1. Preheat oven to 180 degrees Celsius and line or lightly grease a 20cm cake tin. Beat eggs for 1 minute on high speed. Gradually add in the sweetener and continue to beat for 10 minutes until the mixture becomes thick and fluffy.
2. Sift in the flour and baking powder and fold until just combined (don't over mix or the cake won't be as fluffy).
3. Transfer mixture into the prepared cake tin and bake for 25 minutes until the top is golden brown and a skewer comes out with just a few crumbs.
4. Allow the cake to cool completely to firm up.

Method for Custard

1. Heat the milk, vanilla and maple syrup in a saucepan and bring to a boil. Just before it boils, take off the heat.
2. Meanwhile, beat the eggs and corn flour together until combined.
3. Pour the milk mixture over the egg mixture and whisk to combine. Transfer back into the saucepan and simmer until thickened, stirring regularly with a whisk or wooden spoon to ensure no lumps.
4. Set aside to cool completely. Optional to strain through a sieve to smooth, if needed.



Assembly

1. Wash and hull 1 cup strawberries, slice in half and place around the sides of your trifle bowl.
2. Prepare jelly per packet instructions and pour into the trifle bowl. Refrigerate until set, approx. 3 hours or overnight.
3. Pour custard on top of the jelly layer. Roughly slice or crumble the cake on top of the custard.
4. Sprinkle over 1-1.5 cups of berries. Cover with a layer of yoghurt.
5. Decorate with remaining berries.

Rainbow Platter

Serves 10 (as a starter) Preparation 10 mins

This pesto adds some excitement and a bit of a spin on the traditional basil pesto. The colour is vibrant, and it tastes delicious! Serve alongside healthy, colourful chopped vegetables and fruits. The colours are amazing, so it's hard to resist having a taste of this healthy platter.

Ingredients

Rocket Pesto:

3 cups rocket
2 cloves garlic, roughly chopped
 $\frac{2}{3}$ cup raw cashews
 $\frac{2}{3}$ cup parmesan cheese, grated
 $\frac{1}{2}$ teaspoon sea salt flakes
1 teaspoon cracked black pepper
 $\frac{2}{3}$ cup extra virgin olive oil
1 large lemon, juiced

Serve the rocket pesto alongside the following:

Baby carrots
Sliced baby cucumbers
Cherry tomatoes
Asparagus spears, blanched for 1-2 mins
Radish, chopped into quarters
Seedy snaps
Blueberries
Strawberries
Oranges, cut into quarters

Method for Rocket Pesto

1. To a food processor, add rocket, garlic, cashews, parmesan cheese, sea salt and pepper. Place the lid on a blitz for about 10 seconds to combine and break down ingredients. Scrap down the sides, then add the extra virgin olive oil and blitz again for up to 10-15 seconds to blend. Taste the pesto and then add lemon according to taste. Scrap down sides and blitz again for 10-15 seconds.

The pesto will last up until a week in an airtight jar, so this one can be made ahead of time.





Festive Greens

Serves 10 (as side) Preparation 25 mins Cook 5 mins

Ingredients

1 kg green beans, washed and trimmed
 6 spring onion, thinly sliced
 ½ cup dried cranberries
 150g Danish feta, crumbled
 ½ bunch parsley, roughly chopped
 ½ bunch mint, roughly chopped
 1 cup almonds, roasted and roughly chopped

Dressing:

⅓ cup lemon juice
 ⅓ cup extra virgin olive oil
 1 tablespoon honey
 1 tablespoon dijon mustard
 1 teaspoon sea salt flakes
 1 teaspoon cracked black pepper

Method

1. Bring a large pot of salted water to the boil. Blanch green beans for 3 minutes. Remove and run under cold water to stop the cooking.
2. For the dressing: Mix all ingredients together in a bowl or jug.
3. To a large bowl, add the green beans, spring onion, dried cranberries and toss them gently together. Then top with the crumbled feta, chopped parsley, mint and then the toasted almonds. Drizzle over the dressing just before serving and gently toss together.



Classic Potato Salad

Serves 8 (as side) Preparation 25 mins Cook 20 mins

Ingredients

1kg baby white potatoes, cut into four, unpeeled
 ½ cup parsley, roughly chopped
 ½ cup dill, roughly chopped
 ½ Spanish onion, very finely diced
 ½ cup cornichons, finely chopped
 4 celery ribs, very finely diced (optional)
 1 teaspoon sea salt flakes
 1 teaspoon pepper

Dressing:

½ cup Greek yoghurt
 ¼ cup mayonnaise
 1 teaspoon Dijon mustard
 ½ teaspoon celery salt
 ½ teaspoon onion powder

Method

1. Place potatoes in a large saucepan, fill to the top with water and salt the water. Bring to the boil, turn the heat right down and simmer for 15 minutes. You don't want to over cook the potatoes or they will fall apart.
2. Meanwhile, make the dressing. Place all dressing ingredients into a bowl and combine. Set aside.
3. Drain the potatoes and let them cool down for approx 15 minutes. Pour them into a large bowl, add the dressing and coat the potatoes well. Then add the dill, parsley, cornichons, Spanish onion and celery. Mix well.
4. Serve in a large salad bowl and top with some chopped parsley and season.

Passionfruit Cheesecake

Serves 12-16 Preparation 30 mins Cook 60 mins

Ingredients

Crust:

1.5 cups almond meal
2 tbs melted butter
2 tbs coconut sugar

Filling:

450g light cream cheese, at room temp
450g Greek yoghurt or high protein yoghurt
¾ cup stevia/truvia/monk fruit sweetener
½ tbs vanilla extract
½ lemon, juice & zest
2 tbs corn starch/flour
3 eggs, at room temp

Topping:

⅓ cup passionfruit pulp (approx. 3 fresh passionfruit) if passionfruit are not available, you can buy 100% passionfruit in the freezer section or alternatively, top with 1 cup fresh berries/mango.

Method

1. Preheat oven to 180 degrees Celsius and line or grease a 20cm spring form cake tin.
2. In a bowl, combine almond meal, melted butter and coconut sugar. Mix until well combined then transfer the mixture to the pan and press evenly to form the base.
3. Place the cream cheese, yoghurt and sweetener in a large mixing bowl and whisk or beat with a hand mixer until smooth and creamy.
4. Add the vanilla, lemon juice/zest and corn starch and beat until well combined. Finally, add the eggs and beat until just incorporated, do not over mix.
5. Pour the cheesecake filling over the crust and bake for 45-50 mins until the centre is just set (the centre may look a little jiggly but is still firm).
6. Remove from the oven, allow to cool for 30 mins. Remove from the springform tin and refrigerate for a further 3 hours or overnight to set.
7. Top with fresh fruit to serve.





Sarah's BBQ Eye Fillet

Serves 12 (alongside another meat) Preparation 10 mins Cook 50 mins

Ingredients

1 whole eye fillet, approximately 1.5 kg

Marinade

3 cloves garlic, finely chopped

4 tablespoons Dijon mustard

1 tablespoon brown sugar

3 tablespoons extra virgin olive oil

1 teaspoon sea salt flakes

1 teaspoon cracked black pepper

Chimichurri Sauce

¼ cup red wine vinegar

1 teaspoon sea salt

2 garlic cloves, chopped

1 small red onion, chopped

1 teaspoon caster sugar

1 bunch coriander, roughly chopped

1 bunch flat-leaf parsley, roughly chopped

1 cup mint leaves

⅓ cup extra-virgin olive oil

Method for Eye Fillet

1. For the marinade: Mix together all ingredients in a bowl. Place the eye fillet in a large container or roasting dish. Pour the marinade all over the beef and rub it in with your hands. Cover and let it marinate for at least 2 hours, but overnight if possible.

2. Preheat oven to 180 degrees Celsius.

3. Take the beef out of the fridge 20 minutes before cooking. Preheat a covered barbecue on high. Cook on the barbecue flat plate for 5 minutes on one side, then turn over and cook for another 5 minutes on the other side. Place in a large roasting dish.

4. Place the eye fillet into the oven and cook for 25 minutes. Remove, cover with foil and let it rest for 15 minutes before slicing and serving.

Tip: You can continue to cook the eye fillet on the bbq. After browning, transfer to a large baking tray. Reduce the heat to low on the BBQ. Cook, with the barbecue lid down, for 20 minutes for medium-rare or 25 minutes for medium. Remove from the barbecue and transfer the beef to a plate. Cover loosely with foil and set aside to rest for 15 minutes.

5. Serve the eye fillet with chimichurri (see below)

Method for Chimichurri Sauce

1. To a food processor, add the red wine vinegar, sea salt, garlic, red onion and caster sugar. Blend until well combined.

2. Add the coriander, parsley and mint and blend for about 15 seconds. Scrap down the sides. While the motor is running, drizzle in the extra virgin olive oil. Taste and adjust to your liking.



So refreshing!!

A Very Merry Lemonade

Serves 4 Cook 15 mins

Ingredients

½ cup freshly squeezed lemon juice (approx. 2-3)

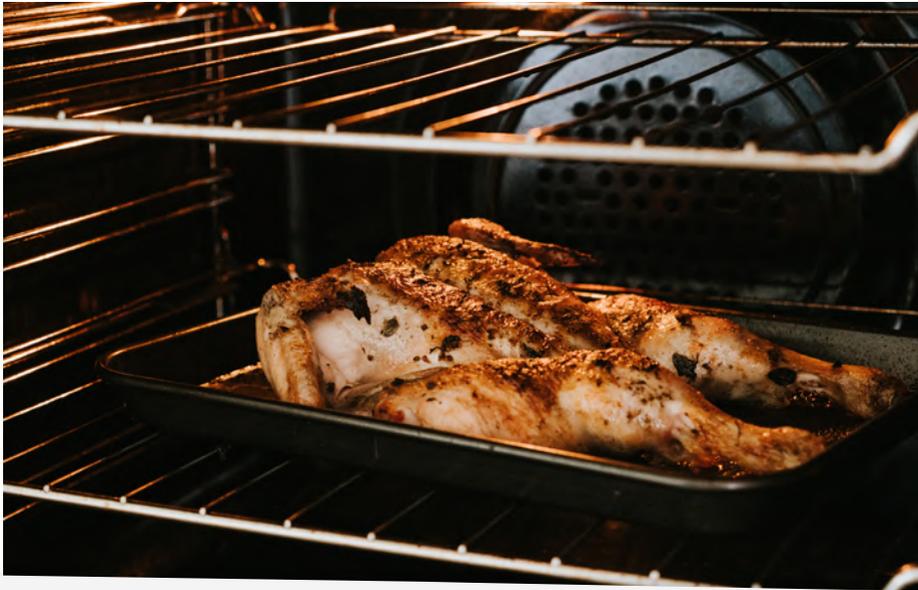
¼ cup stevia/truvia/monk fruit sweetener

2 cups still or sparkling water

To serve - ice, handful of mint leaves, lemon slices

Method

1. For the lemon simple syrup, combine sweetener and 1/3 cup water in a small saucepan. Bring the mixture to a boil, stirring continuously until sweetener has dissolved. Set aside to cool slightly.
2. Meanwhile, juice the lemons. Pour the lemon juice and simple syrup into a serving pitcher.
3. Add the ice, still/sparking water as needed (dilute to taste) and mix to combine. Add the garnishes into the pitcher and mix through.



Minimal effort and super delicious. The chicken can be marinated a day or two before and just pulled out when it's ready to cook. Super stress-free and full of flavour. It looks great on the Christmas table too!



Herby Chicken

Serves 8 (alongside another meat) **Preparation** 10 mins **Cook Time** 1 hr

Ingredients

¼ cup extra virgin olive oil
2 cloves garlic, finely chopped
1 lemon, juice and zest
1 teaspoon sea salt flakes
1 teaspoon cracked black pepper
A good handful oregano leaves
½ cup parsley, chopped

Herbed Yoghurt (Makes 2 cups)

1.5 cups Greek or natural yoghurt
1 lemon, zest & juice
⅓ cup parsley, finely chopped
⅓ cup mint, finely chopped
¼ cup dill, finely chopped
½ teaspoon sea salt flakes
1 teaspoon cracked black pepper

Method for BBQ Chicken

1. For the marinade: Mix together all ingredients in a bowl. Place the butterflied chicken in a large container or roasting dish. Pour the marinade all over the chicken and rub it in with your hands. Cover and let it marinate for at least 2 hours, but overnight if possible.

2. Preheat oven to 180 degrees Celsius.

3. Take the chicken out of the fridge 20 minutes before cooking. Preheat a covered barbecue on high. Cook, skin side down, on the barbecue flat plate for 10 minutes until browned. Remove and place in a large roasting dish.

4. Place the chicken into the oven and cook for 35 minutes. Remove, cover with foil and let it rest for 15 minutes before serving.

Tip: You can continue to cook the chicken on the bbq. After browning, transfer to a large baking tray. Reduce the heat to low on the BBQ. Cook, with the barbecue lid down, for 35 minutes. Remove from the barbecue and transfer to a plate. Cover loosely with foil and set aside to rest for 15 minutes.

5. Serve the chicken with herbed yoghurt (see below)

Method for Herbed Yoghurt

1. Mix all ingredients in a medium sized bowl. Taste and adjust accordingly.



Frosty's Fruit Punch

Serves 6 Cook Time 15 mins

Ingredients

½ cup peeled and chopped fresh ginger (approx. 2-3)

1 lime/lemon, juice and peel (approx. 2 tbs juice)

¼ cup stevia/truvia/monk fruit sweetener

1 cups fresh fruit juice – cranberry, pineapple, orange (or a mix of all 3)

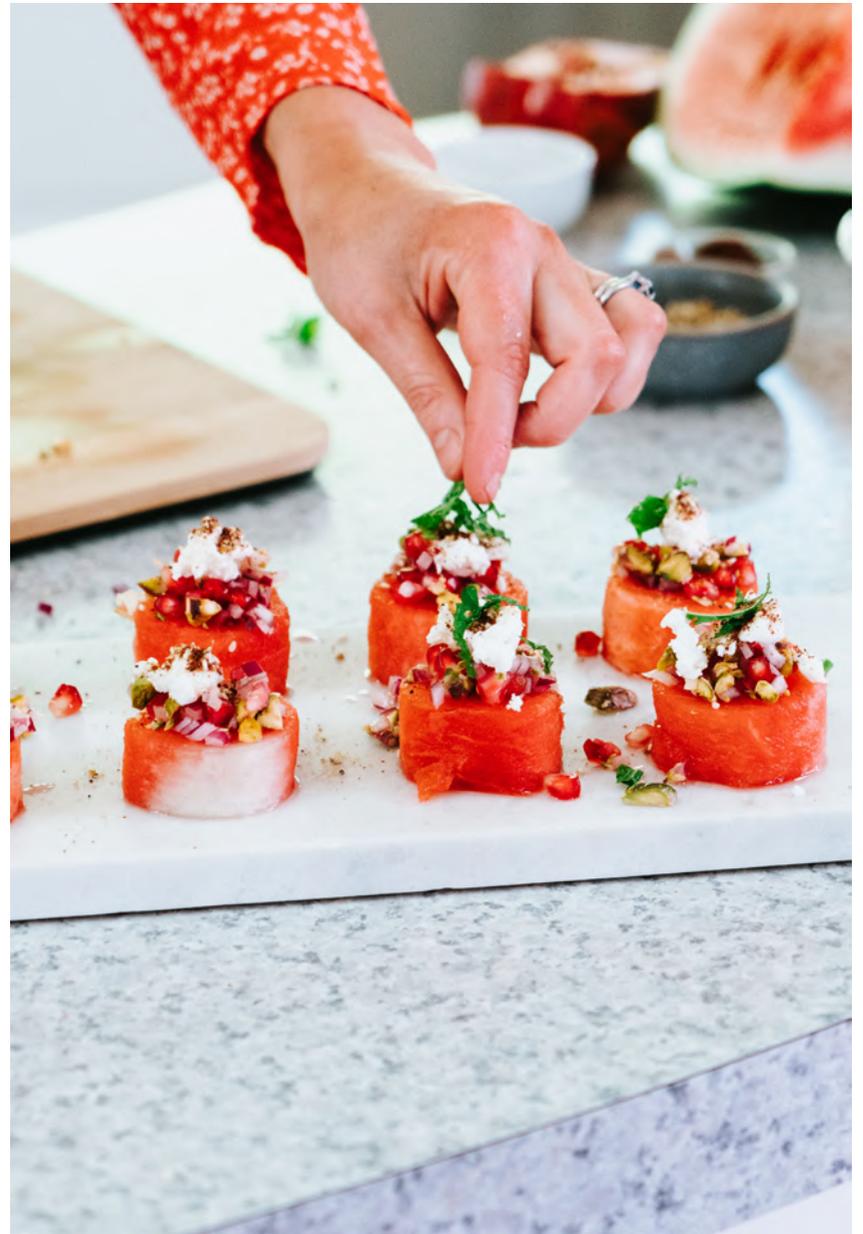
2 cups sparkling water

To serve - ice, halved strawberries, orange sliced, lime/lemon slices

Method

1. For the ginger simple syrup, combine sweetener, fresh ginger, lemon peel and 1/3 cup water in a small saucepan. Bring the mixture to a boil, stirring continuously until sweetener has dissolved. Set aside to cool slightly and then strain, discarding the ginger and lemon peel (or reserve for garnish)
2. Pour the fruit and lemon/lime juices and simple syrup into a serving pitcher.
3. Add the ice, sparkling water as needed (dilute to taste) and mix to combine. Add the garnishes into the pitcher and mix through.







Summer Bites

Serves 6 (as starter) Preparation 20 mins

Fresh, light, and refreshing. My Mum used to make this recipe every year and they remind me of Christmas. I've adapted some ingredients over the years, but every time I serve them, my guests LOVE them! You can serve them as a canape starter or as part of your big main meal spread for guests to add to their plate. Healthy, punchy and full of flavour.

Ingredients

800g watermelon
1 teaspoon apple cider vinegar
¼ Spanish onion, diced very finely
½ pomegranate, seeds removed
1 tablespoon pistachios or pinenuts,
toasted and finely chopped
30g goats cheese or Danish feta
1 tablespoon dukkah
Handful fresh mint leaves, finely chopped
1 teaspoon sumac (optional)

Mini wooden skewers (optional to serve)



Method

1. To a small bowl, add the Spanish onion, apple cider vinegar, pistachios or pinenuts and the pomegranate seeds. Mix and set aside.
2. Slice the watermelon into 3cm thick slices. Use a 5cm cookie cutter and cut rounds out of the watermelon.

To serve: Lay out the watermelon rounds on a serving plate/platter. Sprinkle over a little of the nut/vinegar mix on top of the watermelon rounds. Then add a little goats cheese/feta to each watermelon piece. Then sprinkle over some dukkah on top of the goats cheese/feta. Then top with some chopped mint. You can add a sprinkle of sumac if you wish. Insert a mini wooden skewer (if using) into each round.



A Very Peachy Salad

Serves 10 (as a side) Preparation 25 mins

A beautiful, sophisticated and delicious salad, which requires very little effort. The burrata offers a special treat and makes the salad really creamy and wonderful. The peaches, cherries and tomatoes offer a burst of colour and flavour. This salad is a real winner.

Ingredients

2 cups cherry tomatoes, halved
3 peaches, sliced
1 cup cherries, pitted and halved
2 125g balls fresh burrata cheese
½ cup almonds, toasted & roughly chopped
½ bunch basil leaves

Dressing:

⅓ cup extra virgin olive oil
¼ apple cider vinegar
1 tablespoon honey
½ shallot, very finely sliced
1 small lemon, zest & juice
Handful basil leaves, finely chopped
1 tablespoon dill, finely chopped
½ teaspoon sea salt
1 teaspoon cracked black pepper

Method

1. For the dressing: Mix all ingredients together in a screw top jar and shake well to mix everything. Set aside.

2. To assemble: To a large plate, scatter the cherry tomatoes, peaches and cherries around the plate. Place the burrata balls on each side of the plate and nestle them into the fruits. Then scatter over the basil leaves, you can place some under some bits of the fruit. Then top with the chopped almonds. Drizzle over the dressing just before serving the salad. You may not want to use all of the dressing, just enough that the salad is just coated. Scatter over some extra basil leaves on top of the salad.

The remaining dressing will keep in the screw tight jar in the fridge for up to one week.





Ginger Kisses

Serves 10-12 Preparation 30 mins Cook 40 mins

Ingredients

Biscuits

75g butter
½ cup stevia/truvia/monk fruit sweetener (100g)
2 tbs maple syrup/rice malt syrup/honey
2 eggs
1 ¼ cups (175g) self raising flour
3 tsp ground ginger
½ tsp cinnamon

Filling:

60g butter
¾ cup stevia/truvia/monk fruit sweetener –
blitzed into a fine powder (150g)
1 tsp maple syrup/rice malt syrup/honey

Method

1. Beat butter with sweetener until light and creamy. Add eggs and beat for another minute.
2. Add flour and spices until well combined and forms dough. Place dough in the fridge to firm up while you preheat the oven.
3. Meanwhile, preheat oven to 180 Celsius and line two baking trays.
4. Pipe or roll dough into 20-24 balls (approx. ½ - 1 tbs dough per cookie) leaving space between them on the trays to spread. Bake for 8-10 mins until lightly golden. Allow to cool completely so they firm up.
5. While the cookies are cooling, beat the butter until light and fluffy. Add the sweeteners and beat again until smooth and creamy.
6. Spoon 1 tsp of filling onto a cookie, top with another cookie. Press down so the filling spreads to the edges. Repeat with remaining cookies and filling.

Christmas Cake

Serves 12-14 Preparation 20 min Cook 60 min

Ingredients

500g mixed dried fruit (raisins, apricots, sultanas), roughly chopped (if needed)
5 eggs
1 orange, juice and zest (approx. 70ml juice)
3 tbs olive oil/coconut oil/melted butter (45g)
1 tbs vanilla extract
1 ¼ cups almond meal (125g)
⅓ cup coconut flour (45g)
½ tsp bicarb soda
½ tsp salt
2 tsp cinnamon
1 tsp all spice

½ tsp nutmeg
½ ground ginger
50g walnuts or pecans, roughly chopped

Glaze (optional):

2 tbs orange juice
2 tbs maple syrup

Method

1. Place dried fruit into a large bowl. Cover with boiling water and set aside for 15 minutes to soften, then drain.
2. Preheat oven to 150 degrees Celsius and line a 20cm round cake tin.
3. Whisk the eggs, orange juice and zest, olive oil and vanilla extract together in a large bowl.
4. Add the almond meal, coconut flour, bicarb soda, salt and spices and mix to combine. Fold through the dried fruit and walnuts.
5. Pour the batter into the prepared cake tin. Bake for 60 mins or until a skewer comes out with just a few crumbs.
6. Remove the cake from the oven and poke some holes in the top with a skewer. Mix the orange juice and maple syrup together in a small bowl and drizzle or brush over the cake.
7. Allow the cake to cool slightly, then remove from the tin and allow to cool completely. Store in an airtight container in the fridge for up to 1 month.
8. Serve as is, with Greek yoghurt or custard.





Happy holidays!! xx

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