

Lunch

Cheese Bake and Salad

Ingredients:

Ricotta cheese, (round or wedge)

(first week: 390g cheese= 43g protein), 210g = 30g, 180g = 20g.

¾ tbs.	fresh oregano leaves, finely chopped
¾ tbs.	fresh thyme leaves, finely chopped
¾ tbs.	fresh sage leaves, finely chopped
1.2	fresh red chilli, seeded and finely chopped
¾ tsp.	cracked black pepper
	Olive oil cooking spray
1 cup	Italian salad mix
	Italian seasoning herbs
	herb salt
	squeeze lemon or lime juice
	garnishing fresh chopped, parsley and shallots

Method:

- Place Ricotta cheese on an absorbent paper to drain away excess moisture
- Combine and mix herbs: oregano, thyme, sage, chilli and pepper in small bowl
- Lay Ricotta on a baking tray
- Spray coat Ricotta with Olive oil cooking spray
- Sprinkle mixed herbs over Ricotta and allow to stand for at least an hour (the longer you can leave it to stand, the more intense the flavour)
- Bake at 180°C for 20 minutes or until Ricotta is golden brown
- Sprinkle Italian seasoning over salad
- Add a squeeze of lemon juice
- Spray coat salad with Olive oil cooking spray
- Garnish with fresh chopped parsley and shallots