



BBQ TIME

SIMPLE SUMMER RECIPES

PepperHustleOnDemand.com



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It's summertime and there is nothing nicer than a gathering of family or friends to enjoy simple, tasty BBQ foods.

I absolutely love BBQing. We get to eat outside, consume simple wholesome foods and the food tastes great.

This new collection of recipes for the Pepper Hustle BBQ Time Ebook are easy to make, bursting with flavour and can be **cooked outside or inside**. Let's face it...our Irish summers can be somewhat limited. But these recipes can be used year-round!

So what are you waiting for...fire up the BBQ and get cooking!

Martina

BBQ TIME

SIMPLE SUMMER RECIPES

Mains





Quinoa & Halloumi Burger

Serves 4

55 g quinoa, rinsed
400 g butter beans,
1 tin, drained and rinsed
1 onion, chopped
2 cloves garlic, crushed
1 g thyme, 1 tsp
170 g halloumi, patted
dry and grated
1 egg, lightly beaten
flour for dusting

To Serve

4 wholemeal pitta
30 g mayonnaise, 2 tbsp
4 large lettuce leaves
1 tomato, sliced

Add the quinoa to a saucepan. Cover with 170 ml water and bring to the boil. Cover and simmer over medium-low heat for 15 minutes or until the water fully absorbed. Set aside to cool.

Put the butter beans into a large bowl and mash. Add the cooked quinoa, onion, garlic, thyme, halloumi and egg. Stir until well combined. Coat a plate and your hands with flour. Shape the burgers into 4 evenly shaped patties and dust each one with a little flour. Pop into the fridge to chill for 20 minutes.

Pan Frying

Add a tablespoon of rapeseed oil to a large frying pan and heat over medium heat. Cook the burgers for 4-5 minutes per side.

BBQ

Preheat BBQ for at least 10 minutes. Cook burgers for approximately 5 minutes per side. Flip the burgers carefully halfway through cooking. Only flip once to prevent the burgers from falling apart.

To assemble the burger, toast the pitta bread. Open the pitta once cooked and spread the mayo. Stuff the pitta with your burger trimmings and add the burger.

Topping Suggestions:

- Beetroot
- Onions
- Cheese
- Pesto
- Relish



Green Goddess Pitta Burger

Serves 4

450 g beef mince
1 egg
21 g wholemeal breadcrumbs
2.5 g onion powder, 1 tsp
.5 g thyme, ½ tsp
15 ml Worcestershire sauce, 1 tbsp
Sea salt
Black pepper, freshly ground

Green Goddess Sauce

1 avocado
10 g rocket
2.5 g fresh basil, 2 tbsp
2 cloves garlic
30 g mayonnaise, 2 tbsp
35 g Greek yogurt, 2 tbsp
20 g Parmesan cheese

To Serve

4 wholemeal pittas, toasted
4 large lettuce leaves

In a large bowl, combine the beef mince, egg, breadcrumbs, onion powder, thyme, Worcestershire sauce, salt and pepper. Mix well with clean hands. Form the mixture into four evenly sized patties. Press the centre of the burgers with your thumb to create a small hollow (this prevents the burger from bulging). Pop them into the fridge to chill for 20 minutes.

While the burgers are chilling, add the avocado, rocket, basil, garlic, mayonnaise, Greek yogurt and Parmesan cheese to a food processor. Whizz until smooth. Transfer to an airtight container and pop in the fridge until ready to use.

Pan Frying

Add a tablespoon of rapeseed oil to a large frying pan and heat over medium heat. Cook the burgers for 4-5 minutes per side or until cooked to your liking.

BBQ

Preheat BBQ for at least 10 minutes. Cook burgers for approximately 5 minutes per side. Flip the burgers carefully halfway through cooking. Only flip once to prevent the burgers from falling apart and losing their juice.

To assemble the burger, toast the pitta bread. Serve as an open-faced burger - spread a generous portion of the green goddess dressing on the pitta. Add the lettuce and burger on top. Enjoy!

Topping Suggestions:

- Beetroot
- Onions
- Cheese
- Pesto
- Relish



Fennel Crusted Lamb Leg Steak

Serves 2

300 g lamb leg steak
1.7 g coriander, 1 tsp
2 g fennel seed, 1 tsp
2 cloves garlic, crushed
30 ml olive oil, 2 tbsp
3 g sea salt, ½ tsp

Remove lamb leg steaks from the packaging, pat dry and bring to room temperature.

In a small bowl, mix together the coriander, fennel seed, garlic, olive oil and sea salt. Coat the lamb steaks with this dry rub.

These steaks can be cooked either on a griddle pan or the BBQ. If you're pan-frying, get your pan nice and hot. If BBQing - preheat BBQ for at least 10 minutes. For medium-rare cook the steaks 4-5 minutes per side. Increase cooking time if you prefer your steak well done.

Rest and cover lamb steaks for 5 minutes in a warm place before carving.

Serving Suggestions:

- Green Noodle Zinging Salad
- Griddled Veggies With Roast Aubergine Dip



Meaty Mexican Ribs

Serves 4

2 g cumin, 1 tsp
1 g smoked paprika, ½ tsp
1.7 g coriander, 1 tsp
1 g oregano, 1 tsp
4 g coconut sugar, 1 tsp
2 g lime zest, ½ lime
750 g pork spare ribs

Chipotle BBQ Sauce

7.5 ml olive oil, ½ tbsp
2 cloves garlic, crushed
14 g tomato puree, 1 tbsp
4 g coconut sugar, 1 tbsp
15 ml red wine vinegar, 1 tbsp
2.5 g chipotle paste, ½ tsp
(or increase to 1 tsp if you
like spicy)
15 ml water, 1 tbsp

Mix the cumin, smoked paprika, coriander, oregano, coconut sugar and lime zest together. Massage this dry rub onto the pork ribs. If you have time let it marinate for an hour. If not proceed with cooking.

To make the chipotle BBQ sauce, heat the oil in a small saucepan and soften the garlic for 1 min. Add the rest of the ingredients and stir. Simmer for a few minutes. Set aside.

Preheat oven to 180C/160C fan/gas 4. Put the ribs on a roasting tray. Pour in 50 ml water, cover the tray tightly with foil and bake for 30 minutes. Remove the foil and brush some of the chipotle BBQ sauce on the ribs. Return to the oven for another 30 minutes (add a little more water if completely dry).

For the final stage of cooking, preheat the BBQ for 10 minutes. Brush the ribs with the chipotle sauce again and cook the ribs for 4-5 mins on each side until dark golden and slightly charred. Serve on a platter with the rest of the sauce for drizzling.

Serving Suggestions:

- Griddled Veggies
With Roast
Aubergine Dip
- Mediterranean
Potato Salad



Frank's Chicken Wings

Serves 6

3 cloves garlic, crushed
30 ml olive oil, 2 tbsp
45 ml apple cider vinegar, 3 tbsp
90 ml passata, 6 tbsp
15 ml Worcestershire sauce, 1 tbsp
60 ml Frank's hot sauce, 4 tbsp
45 ml honey, 3 tbsp
2 g smoked paprika, 1 tsp
2.5 g onion powder, 1 tsp
1.7 g coriander, 1 tsp
15 g butter, 1 tbsp
1.5 kg chicken wings

In a large bowl, mix together the garlic, olive oil, apple cider vinegar, passata, Worcestershire sauce, Frank's hot sauce, honey, smoked paprika, onion powder, coriander and butter. Add the chicken wings and toss around to make sure they're fully coated in the marinade. If you have time, leave the wings to marinate for a couple of hours in the fridge or ideally overnight. If you don't have time, they'll still taste great!

Oven-Baked

Heat oven to 180C/160C fan/gas 4. Drain and reserve the marinade, then spread the wings out on a very large baking tray. Bake for 30 minutes, add the reserved marinade and toss well.

Increase oven to 200C/180C fan/gas 6. Cook for a further 20 minutes. They should be sticky and glazed with most of the marinade evaporated.

BBQ

Preheat BBQ for at least 10 minutes. Add the wings to the BBQ - they'll take 20-25 minutes to cook through properly. You want to get the outside charred up (but not burnt) so keep a close eye and flip several times during cooking. When cooked through - transfer to a bowl and pour the reserved marinade (heat first) on top.

Serving Suggestions:

- Mediterranean Potato Salad
- Moroccan Spiced Cauliflower Salad



Lemon Garlic Salmon & Prawn Skewers

Serves 4

3 salmon fillets
300 g prawns
60 g butter, melted
30 ml honey, 2 tbsp
4 clove garlic, crushed
1.7 g fresh parsley
chopped, 1 tbsp
15 ml lemon juice, ½ lemon
Sea salt
Black pepper, freshly
ground

Remove the skin from the salmon fillets with a sharp knife. Cut the salmon into 3cm pieces. Set aside.

In a large bowl add the butter, honey, garlic, parsley and lemon juice. Whisk together well. Season with sea and pepper. Add the salmon and prawns to the bowl. Marinate for 20 minutes.

Thread the salmon and prawns onto skewers (if using wooden skewers, soak in advance).

Pan Frying

Add a tablespoon of rapeseed oil to a griddle pan and heat over medium high heat. Cook the skewers 10 minutes, turning occasionally. Heat the reserved marinade and brush the skewers 2 times during cooking. To serve, drizzle any remaining marinade over the skewers and sprinkle with a little extra chopped parsley. Serve immediately.

BBQ

Preheat BBQ for at least 10 minutes. Cook the skewers 8-10 minutes, turning occasionally. Heat the reserved marinade and brush the skewers 2 times during cooking. To serve, drizzle any remaining marinade over the skewers and sprinkle with a little extra chopped parsley. Serve immediately.

Serving Suggestions:

- Green Noodle Zinging Salad
- Moroccan Spiced Cauliflower Salad

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Sides





Moroccan Spiced Cauliflower Salad

Serves 5

1 head cauliflower, cut into florets
5 ml rapeseed oil, 1 tsp
2.5 g coriander, 1 ½ tsp
2 g cumin seed, 1 tsp
2 g paprika, 1 tsp
.6 g cinnamon, ¼ tsp
3 g lemon zest, ½ lemon
15 g flaked almonds, 2 tbsp
15 g pistachios, 2 tbsp
6 g fresh coriander, chopped, 2 tbsp
1.5 g fresh mint, chopped, 1 tbsp
22 g pomegranate seed, 2 tbsp

Lemon Tahini Dressing

15 g tahini, 1 tbsp
15 ml lemon juice, ½ lemon
15 ml water, 1 tbsp
2.5 ml maple syrup, ½ tsp
Sea salt
Black pepper, freshly ground

Place the cauliflower florets into a food processor and pulse until it takes a cauliflower rice-like appearance.

Heat the oil in a large pan over a medium heat. Add the cauliflower and cook for 5-8 minutes. Transfer to a large bowl and set aside to cool.

Once cooled, add the coriander, cumin seed, paprika, cinnamon, almonds and pistachios. Mix together well. Sprinkle the fresh coriander, mint and pomegranate seeds on top.

To make the dressing, combine the tahini, lemon juice, water and maple syrup. Mix well. Season as desired. Drizzle the dressing over the salad and enjoy!



Griddled Veggies With Roast Aubergine Dip

Serves 4

1 aubergine, halved
15 ml olive oil, 1 tbsp
15 ml lemon juice, ½ lemon
1 clove garlic, crushed
1.7 g fresh parsley chopped, 1
tbsp
12 g mixed seeds e.g. pumpkin,
sesame, sunflower, 4 tsp

Griddled Vegetables

1 red pepper, deseeded and cut
into rounds
1 onion, chunky slices
1 courgette, sliced on the angle
.5 g thyme, ½ tsp
1 clove garlic, crushed
15 ml olive oil, 1 tbsp
Sea salt
Black pepper, freshly ground

Preheat oven to 200C/180C Fan/Gas 6.

Put the aubergine halves onto a roasting tray and drizzle with olive oil. Season well with sea salt and black pepper. Roast for 15-20 minutes (turn halfway through cooking) or until they are dark golden on the outside and soft inside.

When it has cooled enough to handle, remove the skin and finely chop. Add the lemon juice, garlic, parsley and mixed seed to the aubergine. Set aside.

Mix the chopped veggies with the thyme, garlic and olive oil. Season well. These veggies can be cooked on a griddle pan, under the grill or on the BBQ. They will take 5-8 minutes and should be turned half way through cooking.

Serve on a big platter with the aubergine dip in the centre surrounded by the veggies.



Mediterranean Potato Salad

Serves 6

900 g baby potatoes, quartered
30 ml olive oil, 2 tbsp
Sea salt
Black pepper, freshly ground
130 g cherry tomatoes, halved
100 g roasted red peppers,
chopped (jar is fine)
30 g olives, chopped
½ red onion, finely sliced
50 g feta cheese crumbled,
optional
Fresh parsley chopped, to serve

Pesto Dressing

45 g pesto, 3 tbsp
5 ml red wine vinegar, 1 tsp
15 ml olive oil, 1 tbsp

Preheat oven to 200C/180C Fan/Gas 6.

Toss the potatoes into a large baking tray and drizzle with olive oil. Season well with sea salt and black pepper.

Bake for 30 minutes or until tender. Remove from oven and let cool.

In a small bowl, whisk together the dressing ingredients.

Place the potatoes in a large serving dish and top with tomatoes, roasted red peppers, olives and onion. Crumble the feta on top if using.

Drizzle with the pesto dressing and sprinkle some freshly chopped parsley on top.



Green Noodle Zinging Salad

Serves 4

2 courgettes
15 ml lemon juice, ½ lemon
5 ml maple syrup, 1 tsp
Sea salt
Black pepper, freshly ground
1 red chilli, thinly sliced (deseed if you prefer it not too hot)
3 cloves garlic, crushed
40 ml olive oil
50 g Parmesan cheese
50 g rocket

With a spiraliser, turn the courgettes into courgetti. If you don't have a spiraliser, use a vegetable peeler or knife - slice the courgette into long, thin strips.

In a bowl, whisk together the lemon juice, maple syrup, salt, pepper, chilli, garlic and the olive oil. Taste and adjust to your desired zinginess.

Warm a little oil in a pan over medium heat. Add the courgetti and cook for 3-5 minutes. They should be warmed through and have the texture of al dente pasta. Add the dressing and stir through.

While still on the heat, stir through the Parmesan cheese and rocket. Ensure all ingredients are well combined. Serve immediately.

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Desserts





Summer Fruit Brownie Cake

Serves 6

Brownie Cake

50 g ground almond
25 g cornflour
40 g plain flour
2 g baking powder, ½ tsp
1 egg
10 g cacao, 2 ½ tbsp
30 g coconut sugar, 3 tbsp
125 ml milk of choice
5 ml coconut oil melted, 1 tsp

Topping

125 g cream cheese
60 g Greek yogurt
5 ml vanilla extract, 1 tsp
15 ml maple syrup, 1 tbsp
35 g raspberries
20 g blueberries
35 g strawberries
5 g coconut flakes, 1 tsp
2 mint leaves, chopped

Preheat the oven to 180C/160C Fan/Gas 4. Line a cake tin with baking paper.

Add the ground almonds, cornflour, plain flour and baking powder into a mixing bowl. Stir well until combined. Add the egg, cacao, coconut sugar and milk. Mix all ingredients well.

Pour the mixture into the readied cake tin. Bake for 10 minutes. Brush the cake top with the melted coconut oil and return to the oven for a further 5 minutes. Set aside to cool.

Make the topping by placing the cream cheese, Greek yogurt, vanilla extract and maple syrup in a bowl and stirring together well.

When the brownie base is cool, spread the cream cheese mixture onto the cake. Top with raspberries, blueberries, strawberries, coconut flakes and mint.



Mango Nice Cream

Serves 4

2 mangoes peeled, cut into ½ inch pieces, frozen
1 medium banana chopped, frozen
1 pinch salt
170 ml milk of choice

Line a tray with baking paper. Spread out the mango and banana in a single layer on the tray. Freeze until solid, approximately 2 hours.

Transfer the frozen fruit to a food processor. Add the salt. Process until the fruit is crumbly, about 30 seconds. Stop the processor and scrape down the sides with a spatula. Pour in the milk and blend continuously for 1 minute or until the mixture is smooth and creamy.

Serve immediately or transfer to an airtight container.



Raspberry Cheesecake Lollipops

Serves 5

Cheesecake Base

35 g ground almond
15 ml coconut oil melted, 1 tbsp
10 g coconut sugar, 1 tbsp

Cheesecake Mixture

70 g raspberries, fresh or frozen
3.5 g chia seed, 1 tsp
120 g cream cheese
80 g Greek yogurt
15 ml maple syrup, 1 tbsp
5 ml vanilla extract, 1 tsp
85 ml milk of choice

Place the ground almond, coconut oil and coconut sugar in a bowl - stir until the mixture resembles a crumbly cheesecake base.

Place the raspberries, chia seed, cream cheese, Greek yogurt, maple syrup, vanilla extract and milk into a food processor and blend until creamy and smooth.

Pour the cheesecake mixture into lollipop moulds. Don't overfill - leave enjoy space at the top for the cheesecake base.

Spoon the cheesecake base into the moulds and press down gently with a spoon. Insert the lollipop sticks and freeze overnight.

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Drinks





Berry Pink Prosecco

Serves 6

1 bottle prosecco
120 g mixed berries frozen,
approx. 12 tbsp

Add 2 tablespoons of mixed berries to a glass and
top with Prosecco.



Sparkling Strawberry Mint Infused Water

Serves 4

50 g strawberries
4 mint leaves
15 ml lemon juice, ½ lemon
1 litre sparkling water

Puree the strawberries, mint leaves, lemon juice and 125 ml of sparkling water in a blender until smooth, approximately 30 seconds.

Pour the puree into a serving jug. Very slowly pour in the remaining sparkling water.

Serve over ice in tall glasses. Garnish each glass with a sprig of fresh mint.



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MY TOP 6 BBQING TIPS

Make sure you get the most
out of BBQ season!





My Top Tips For BBQing

Fire Up The BBQ Ahead Of Time

It takes about 30 minutes to light a barbecue and wait for it to be at a cookable temperature. Same with gas - preheat for at least 10 minutes. Wait until the BBQ is properly warmed up before putting meat on it...otherwise you'll just scorch the outside and the meat will be raw on the inside.



Prep Before Hand

You can't manage a barbecue whilst chopping things or looking for the tongs. Get all your sides and salads sorted and in their serving dishes, then cover and chill, if needed. Assemble all your equipment before you start cooking.



Season Your Food Properly

Whether it's veg or meat, it needs to be seasoned, either with salt and pepper or a spiced rub (ground cumin and coriander is a great combo).



Don't Overhandle Burgers

To maintain juiciness, handle burgers as little as possible during BBQing. Every turn or prod forces out more juice, which is why you should never press a cooking burger with the back of a spatula in an attempt to speed up the cooking time.



Make Sure Meat Is Properly Cooked

The meat might look done but it could still be raw on the inside, so make sure it stays on the bbq for long enough (otherwise you risk food poisoning). If unsure, use a digital thermometer to check the internal temperature (65°C for pork and beef and 70°C for chicken).



Use Your BBQ To It's Full Potential

Barbecues aren't just for meat. Wrap potatoes in foil and put directly on the embers whilst everything else cooks. You can also bake vegetables and fruit in a similar way or grill them directly on the bars. You can start the cooking process inside like baked ribs and pop them on the BBQ at the end to char up.



