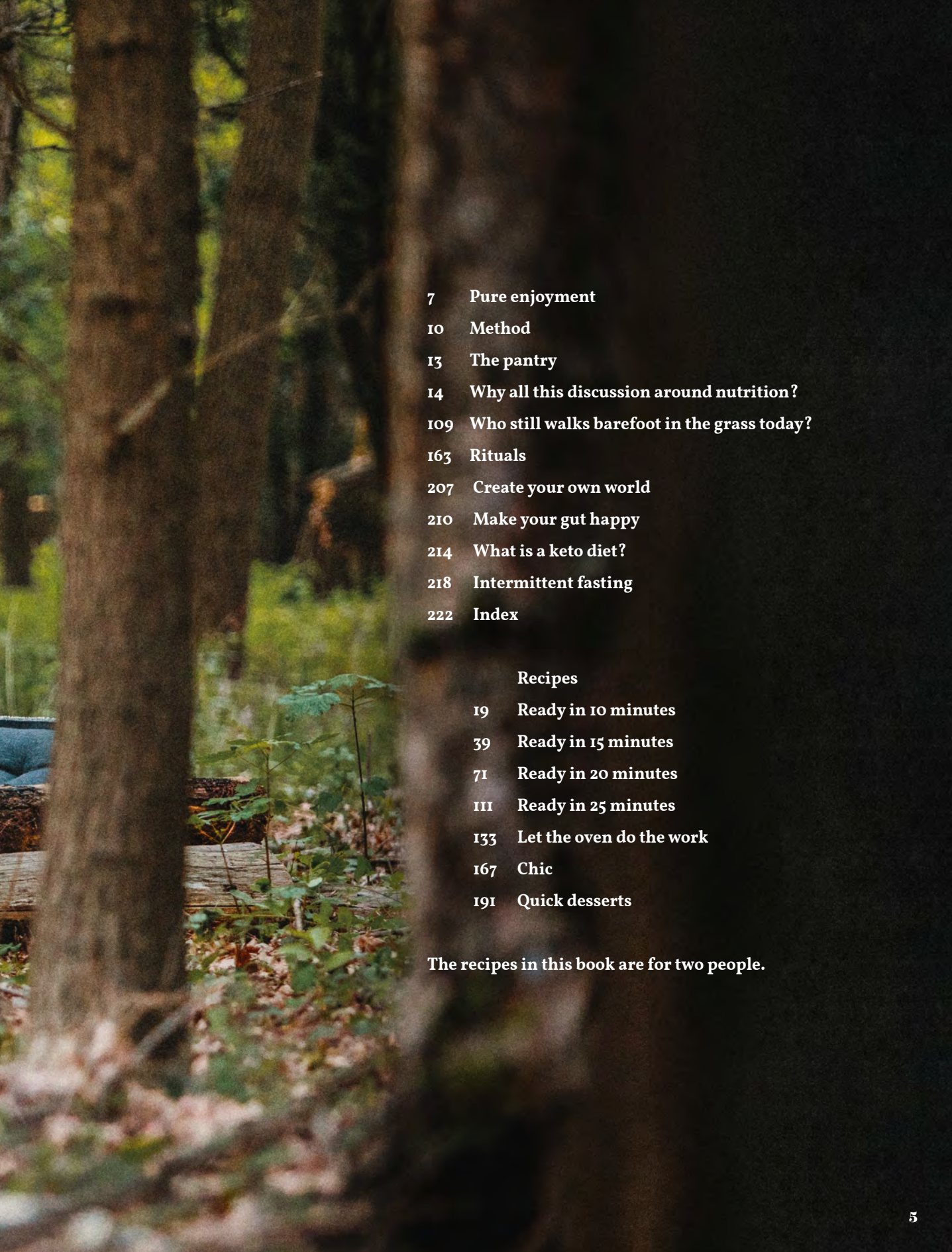




# Low Carb Cookbook 2

with 4 ingredients



A photograph of a forest with tall trees and a blue cushion on the ground. The text is overlaid on the right side of the image.

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The recipes in this book are for two people.



# Pure enjoyment

If this book could be summed up in two words, those are the right ones. I've just invited a few friends over and prepared all sorts of recipes from this book. It shows that my approach works on all fronts. As a hostess, preparing this meal didn't take much work and not much shopping either. Each recipe only requires four ingredients, and each dish is a taste explosion in its own right. It never ceases to amaze me how you can enhance flavors by using as few ingredients as possible. The strength of each recipe lies in its pure flavors, and that's something worth appreciating.

No bells and whistles, no pretentiousness, just recipes that come straight from the heart. The guests were very enthusiastic, and the atmosphere was amazing. I enjoy such experiences to the fullest, especially when I can create the atmosphere myself. To me, cooking will always be one of the most wonderful ways to communicate with your loved ones. Which explains why I have a hard time cooking for people I don't like. Thankfully, that's not a problem for me. 😊 But when I cook for my husband, my friends and my family, I enjoy myself to the fullest and everything falls effortlessly into place. I do so love the gesture of "giving food". Perhaps that's why I love making baked dishes so much. Not only are they beautiful to look at, but they also let you share the food at the table. It's a way of dining that immediately has a casual, convivial feel to it. Everyone feels welcome, everyone feels at home.

I also really enjoy the everyday dinners with just the two of us. This book shows you how you can bring an exceptionally delicious, fresh dish to the table in practically no time, so you can relax and unwind after a busy day. It also gives you a moment to catch up with each other, which is easier to do when the food is delicious and the time in the kitchen is kept to a minimum.

Cooking will always be a magical experience for me. I hope that you will experience many wonderful and welcoming moments with the recipes from this book.

Love, Pascale

XXX





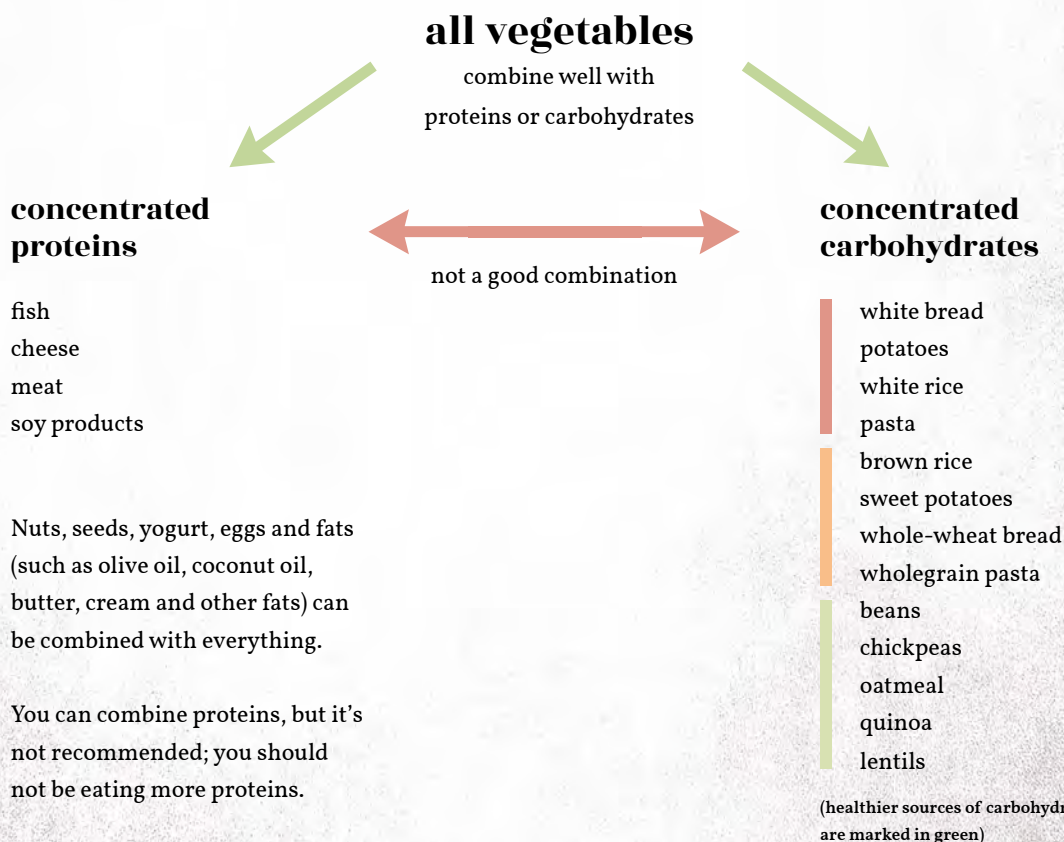
# Eating well is more important than the theory behind it

Eating delicious and healthy food; in my kitchen, that's what it's all about. What's on your plate is far more important than all the theories and food fads. If you just get started and cook according to my recipes, you'll always be eating delicious, healthy food – and then you can forget about all the rest. Each recipe fits into my approach to food and will contribute to a better and healthier life. Enough said. Bon appétit!

I know some readers won't want to stop there. They want more details, to know more about the science behind healthy nutrition. They want to understand better terms such as "low carb", "keto", "resistant starch" and "intermittent fasting". For those readers, I have included additional information towards the end of the book about these terms and how they fit into my cooking style.

The way of eating I have been following for years and that you will find in all my books can best be described as a moderately low-carbohydrate Mediterranean diet. It's still my favorite cuisine, but it's also the most scientifically-researched and proven healthy way of eating.

Below you'll find an overview of my tried-and-tested approach, the same approach that's in all my books. When you use this approach, you'll automatically choose authentic, natural food and start eating "low carb", the healthiest, most delicious, and simplest cuisine out there.









# ready in 10 minutes

The chapters in this book are divided according to the time you need to make a dish. The time starts from the moment that all the ingredients are out on your kitchen counter until the dish is ready to be served. It may be that you won't be able to prepare the dish in the given time the first time round, but chances are you'll succeed the second time round, and you may even have some time left over on the third try. Cooking is not a race against the clock, but it helps if you only need to spend ten minutes getting a meal ready after a long day at work or during a short lunchbreak. Afterwards, you can take all the time you need to savor a delicious and healthy meal. This will give you peace and energy and make you happy.



# spinach ✓keto

## with tomato and halloumi

- 10½ oz (300 g) organic spinach (see tip)
- 3 plum tomatoes
- 1 package halloumi cheese



- 2 tablespoons ras el hanout -

Slice the tomatoes and sauté them in a dash of olive oil, then cover with a lid.

After 3 minutes, sprinkle 2 tablespoons of ras el hanout over the tomatoes and season with salt and pepper.

Add the spinach and another splash of olive oil, then cover the pan once more.

Sauté the vegetables for another 3 minutes.

Dice the halloumi into cubes and cook with the vegetables for an additional 2 minutes.

Serve in bowls.

### TIP: SPINACH

Organic spinach has thicker leaves and contains less water, making it much tastier.

If you use regular spinach you'll find it gives off too much moisture, which will make this dish watery.

A close-up photograph of a vibrant blue ceramic bowl with a speckled texture, filled with a sautéed vegetable dish. The dish consists of dark green spinach leaves, bright red diced tomatoes, and white, cubed pieces of cheese, likely feta, which are slightly browned. A dark wooden spoon is tucked into the bowl on the right side. In the background, a black pan with a silver handle is partially visible on the left, and a clear glass of water sits on the right. The entire scene is set on a dark, rustic wooden table. The lighting is soft and natural, highlighting the textures of the food and the bowl.

*This is one of my favorite dishes  
when I'm strapped for time.*

*Use all your leftover  
vegetables to make this  
simple yet delicious dish.  
I call this one of my  
leftover recipes.*





*no-waste recipe*

# vegetables ✓keto

## with feta and nuts

- 1 to 1½ lbs (500 to 700 g) leftover vegetables
- leftover fresh herbs such as parsley, chives ...
- 1 package of feta
- a handful of nuts, e.g. pecans

Dice all the hard vegetables (see tip) into small pieces and cook them, covered, in plenty of olive oil and a small amount of water. Meanwhile, cut the softer vegetables into various different shapes: slices, cubes, strips ... and add them to the hard vegetables. Season with salt and pepper and cover the pan again. Stir occasionally and add a little olive oil if necessary. Let the vegetables sauté for about 7 minutes. Crumble three quarters of the feta over the vegetables and cover once more. After a minute, remove the pan from the heat. Add the nuts and the finely chopped herbs. Serve in an attractive bowl and garnish with the remaining feta.

### TIP: VEGETABLES

Hard vegetables are root vegetables such as carrots, cabbages ... Soft vegetables include tomatoes, zucchini, spinach, asparagus ...

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