

MOSMAN

Nadia shares joy of cooking

FROM CORPORATE LIFE TO KITCHEN

Rosie King

IT WAS not so long ago that Nadia Felsch couldn't even boil an egg.

Now the Mosman food-lover is sharing her healthy recipes with the world after releasing her first cookbook, *Eat Well Look Good Feel Great*.

The 28-year-old discovered her passion for food and cooking after a trip to Vietnam two years ago.

"I went on holiday and came back very different. I'm not sure what happened over there but I realised I wasn't doing what I wanted to do," Ms Felsch said.

"So within two weeks I had quit my job in the corporate world and essentially sold half the things I owned.

"I started a healthy living blog with my mum, who is a personal trainer, and it all blossomed from there. Food was speaking to me over and over.

"I enjoyed being in the kitchen for the first time in my life because it wasn't a necessity, it was a joy."

The finished product took twice as long as Ms Felsch had hoped but is a beautifully crafted e-book that promotes balance and a diet of whole foods. "I think it's perfect for people who are sick of the muffin top and feeling a bit revolting.

"It also has something for those people who eat well but are looking for a bit of extra inspiration."

Eat Well Look Good Feel Great can be found on iTunes and is available for iPad and Mac.



Mosman's Nadia Felsch has written a recipe e-book Picture: ANNIKA ENDERBORG

Brown rice, quinoa and coriander pesto salad

Ingredients

Salad
 ½ cup cooked brown rice
 ¾ cup cooked tri-colour quinoa
 2 tsp lemon juice
 1 tbs coriander pesto (below)
 1 tsp extra virgin olive oil
 Pinch of rock salt

Topping

½ avocado, sliced lengthways
 ½ cup cherry or grapes tomatoes
 2 tsp toasted almonds
 ¼ cup snow pea sprouts
 2 tsp coriander, finely chopped

Pesto

1 cup toasted cashews, cooled
 1 bunch coriander (stems as well)
 2 garlic cloves, crushed
 ½ cup macadamia oil
 1 teaspoon rock salt
 Blend ingredients in food processor
 Store in fridge in airtight container



Method

Combine ingredients in a mixing bowl, coating the brown rice and quinoa with the flavours and moisture. Add the topping ingredients and toss through to mix.

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