



EVERYDAY

HEALTHY RECIPES

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01

SALADS

Mexican Beef Salad

SERVES 4



INGREDIENTS

400g butternut pumpkin, peeled, cut into 1cm cubes

4 limes

450g beef rump steak, trimmed

35g packet taco seasoning

400g can red kidney beans, rinsed, and drained

310g can corn kernels, rinsed, and drained

1/2 cup fresh coriander leaves

4 green onions, thinly sliced

2 garlic cloves, crushed

METHOD

1

Preheat oven to 200°C. Place pumpkin in a roasting pan. Spray with oil. Roast, shaking pan occasionally, for 15 minutes or until golden and tender.

2

Meanwhile, preheat a barbecue plate or chargrill on medium heat. Juice 2 limes and set aside. Sprinkle beef with taco seasoning. Spray with oil. Cook for 3 minutes each side for medium or until cooked to your liking. Remove to a plate. Cover and set aside for 5 minutes to rest.

3

Meanwhile, cut remaining limes in half. Cook, cut side down, for 1 minute or until slightly charred.

4

Place pumpkin in a bowl. Add beans, corn, coriander, onion, garlic and reserved lime juice. Thinly slice beef. Add to pumpkin mixture. Toss to combine. Serve with lime halves.

NUTRITION PER SERVING

ENERGY	PROTEIN
274 kcalories	32.5g
CARBOHYDRATE	FAT
25.4g	5.4g
SATURATED FAT	FIBRE
2.0g	9.4g
SALT	
2.2g	

Thai Beef Salad

SERVES 4



INGREDIENTS

- 3 sirloin steaks, trimmed
- 2 tablespoons lime juice
- 1 tablespoon fish sauce
- 1 long red chilli, seeded and thinly sliced
- 125g cherry tomatoes, halved
- 125g salad leaves
- 1 /2 cup mint leaves
- 1 /3 cup coriander leaves
- 1 Lebanese cucumber, thinly sliced
- 1 /2 small red onion, thinly sliced

NUTRITION PER SERVING

ENERGY	PROTEIN
252kcalories	41.0g
CARBOHYDRATE	FAT
3.9g	8.0g
SATURATED FAT	FIBRE
3.4 g	1.4g
SALT	
0.5g	

METHOD

- 1 Preheat a stovetop grill on high heat. Spray the steak with a little oil and place on grill. Cook for 3 minutes each side or until cooked to your liking. Remove and keep warm. Meanwhile, combine the lime juice, fish sauce, chilli in a small bowl, stirring until sugar has dissolved. Set aside.
- 2 Combine the lettuce, cherry tomatoes, mint, coriander, cucumber and onion in a large bowl. Slice the steak and add to the salad. Serve with dressing on the side.

Warm balsamic lamb salad

SERVES 4



INGREDIENTS

1/2 tablespoon olive oil
1 tablespoon balsamic vinegar
600g lamb backstrap, trimmed
600g butternut pumpkin, peeled, seeds removed, cut into 3cm wedges
Rice Bran Oil
1 bunch asparagus, trimmed, cut into thirds
1 large red onion, cut into thin wedges
Baby rocket leaves
35g feta cheese, crumbled

NUTRITION PER SERVING

ENERGY	PROTEIN
355 kcalories	35.1g
CARBOHYDRATE	FAT
18.7g	16.0g
SATURATED FAT	FIBRE
6.4g	5.7g
SALT	
0.5g	

METHOD

- 1 Preheat oven to 200°C. Line a large baking tray with baking paper. Whisk oil, vinegar and pepper in a ceramic bowl. Add lamb. Turn to coat. Cover and refrigerate.
- 2 Line baking tray with baking paper. Place pumpkin on baking tray. Season with pepper. Roast, turning once, for 35 minutes or until golden and tender. Transfer to a large bowl.
- 3 Meanwhile, preheat a barbecue grill on medium-high heat. Lightly spray asparagus and onion with oil. Season with pepper. Cook for 3 to 4 minutes or until tender. Remove to a large bowl.
- 4 Remove lamb from marinade. Barbecue for 3 to 4 minutes on each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil. Stand for 5 minutes. Thinly slice.
- 5 Add rocket, feta and pumpkin to onion mixture. Toss gently to combine. Place salad on serving plates. Top with lamb and serve. Serve Balsamic vinegar on side for additional dressing if necessary.

Honey and garlic lamb kebabs with couscous salad

SERVES 4



INGREDIENTS

3 cloves of garlic crushed
1 tablespoon honey
1 tablespoon malt vinegar
½ tablespoon olive oil
600 g lamb back strap or lamb fillets, trimmed of fat and chopped
2 cups of cooked instant couscous, no fat added
300 g cherry tomatoes, halved
250 g green beans, blanched and sliced lengthways
1 tablespoon lemon zest
1 cut of mint leaves
Natural yoghurt and lemon wedges to serve
Serve with a green leaf salad

NUTRITION PER SERVING

ENERGY	PROTEIN
366kcalories	35.9g
CARBOHYDRATE	FAT
23.6g	14.8g
SATURATED FAT	FIBRE
5.8 g	3.6g
SALT	
0.4g	

METHOD

- 1 Place 2 cloves of crushed garlic, honey, vinegar and oil in a bowl and mix well, add lamb and set aside for 10 minutes to marinade
- 2 Thread onto skewers reserving the marinade
- 3 Heat non-stickpan over medium heat, cook for 2 to 3 minutes each side or to your liking
- 4 Add reserved marinade to pan and heat until slightly thickened, add water if necessary to create enough liquid
- 5 Place couscous, tomatoes, beans, lemon zest mint and remaining garlic in a bowl and mix well to combine.
- 6 Top with lamb skewers and spoon over sauce. Serve yoghurt on side with lemon wedges.

Chicken and Mediterranean Salad

SERVES 4



INGREDIENTS

2 small red onions cut into wedges
250g cherry tomatoes
1 red and 1 green capsicum cut into wedges
2 zucchini sliced on an angle
3 cups torn ciabatta bread
2 small chicken breast fillets
1 tsp. dried Italian herbs
1 small garlic clove, crushed
2 tbsp. balsamic vinegar
1 tbsp. extra virgin olive oil
mixed baby salad leaves (mesclun)
1/2 cup small fresh basil leaves
1/2 cup of pitted olives

NUTRITION PER SERVING

ENERGY	PROTEIN
199 kcalories	19.6g
CARBOHYDRATE	FAT
17.5g	5.9g
SATURATED FAT	FIBRE
1.0g	5.2g
SALT	
0.8g	

METHOD

- 1 Preheat oven to 200°C. Place onions, tomatoes capsicum and zucchini on a baking tray and spray lightly with oil. Bake for 30 minutes or tender.
- 2 Meanwhile, toss chicken and dried herbs in a bowl with remaining olive oil. Cook chicken on a hot chargrill over high heat for 4-5 minutes each side until just cooked through. Tear into strips while still warm.
- 3 Combine garlic, vinegar and extra virgin olive oil in a screw top jar and shake well.
- 4 Place the salad leaves in a large bowl and add chicken, roasted vegetables, olives and basil leaves and toss lightly. Serve dressing separately.

Chicken San Choy Bau Salad

SERVES 4



INGREDIENTS

1 cos lettuce
500g lean chicken mince
5 spring onions finely chopped
3 cloves of garlic crushed
3 teaspoons grated ginger
100 g water chestnuts finely chopped
2 grated carrots
2 grated zucchini
8 button mushrooms finely chopped
1 tbsp. salt reduced light soy sauce
1 tbsp. oyster sauce
Fresh bamboo shoots

METHOD

- 1 Take finely chopped whites of the spring onion, plus the garlic and ginger and fry in a lightly sprayed wok for 1 minute
- 2 Add the chicken mince and stir fry until cooked through
- 3 Add the water chestnuts, carrots and zucchini and button mushrooms and fry for another minute
- 4 Finally take off heat, add the sauces and stir through. Allow to cool for 5 minutes and add bamboo shoots. Share chopped lettuce across plates, add a lettuce bowl to each plate. Spoon chicken mix into the lettuce bowls.

NUTRITION PER SERVING

ENERGY	PROTEIN
193 kcalories	33.9g
CARBOHYDRATE	FAT
9.2g	2.5g
SATURATED FAT	FIBRE
0.6g	4.2g
SALT	
1.0g	

Asian Chicken Salad

SERVES 4



INGREDIENTS

- 1L (4 cups) water
- 1 brown onion, halved
- 2 single chicken breast fillets
- 1 carrot, peeled, cut into matchsticks
- 150g snow peas, trimmed, thinly sliced
- 1 red capsicum, deseeded, thinly sliced
- 1 small cucumber cut into matchsticks
- 1/3 wombok (Chinese cabbage), hard core removed, finely shredded
- 1/3 of purple cabbage finely shredded
- 1 baby cos lettuce shredded finely
- 3 green shallots, ends trimmed, thinly sliced diagonally
- 1/2 cup fresh coriander leaves
- 2 tbsp. fresh lime juice
- 1 tbsp. fish sauce
- 2 tsp. brown sugar
- 1 tsp. chinese five spice
- 1 fresh red chilli, deseeded, chopped

NUTRITION PER SERVING

ENERGY	PROTEIN
158kcalories	22.4g
CARBOHYDRATE	FAT
13.9g	1.7g
SATURATED FAT	FIBRE
0.3 g	6.0g
SALT	
0.6g	

METHOD

- 1 Place water, onion and chicken in a saucepan over medium heat. Bring to the boil. Reduce heat to low and cook, covered, for 10 minutes or until cooked. Drain chicken and discard onion.
- 2 Place carrot and snow peas in a bowl. Cover with boiling water. Set aside for 1 minute or until bright green and tender crisp. Refresh under cold running water.
- 3 Shred chicken. Place chicken, carrot, snow peas, capsicum, cabbage, lettuce, cucumber, shallot and coriander in a bowl. Combine lime juice, fish sauce, sugar, five spice and chilli in a jar. Pour over salad and combine. Divide among serving bowls to serve.

Chicken Arrabiata Pasta and Salad

SERVES 4



INGREDIENTS

1 teaspoon olive oil
1 cup chopped onion
4 garlic cloves -- minced
2 tablespoons balsamic vinegar
1 tablespoon chopped fresh or 1 teaspoon dried basil
1 teaspoon crushed red chilli pepper
2 tablespoons tomato paste
1 tablespoon lemon juice
1/2 teaspoon dried italian seasoning
1/4 teaspoon black pepper
2 cans diced tomatoes -- undrained (14.5-ounce)
2 tablespoons chopped fresh parsley
2 poached chicken breasts, shredded
2 cups of penne wholemeal pasta
Salad - Lettuce, cherry tomatoes, cucumber, basil leaves and balsamic vinegarett

NUTRITION PER SERVING

ENERGY	PROTEIN
355kcalories	27.3g
CARBOHYDRATE	FAT
38.1g	11.5g
SATURATED FAT	FIBRE
1.5g	3.8g
SALT	
0.7g	

METHOD

- 1 Heat oil in a saucepan or large skillet over medium-high heat. Add onion and garlic; sauté 5 minutes
- 2 Stir in vinegar and remainder of ingredients (except chicken and parsley), bring to a boil. Reduce heat to medium, and cook, uncovered, about 15 minutes.
- 3 Stir in parsley and shredded poached chicken and the pasta.

Cajun chicken and chickpea salad

SERVES 4



INGREDIENTS

600g chicken breasts, trimmed of fat
Cajun seasoning, to taste
1-2 tablespoons lemon juice
Rice bran oil spray
200g punnet grape tomatoes, halved
1 red onion cut in thin wedges
1 Lebanese cucumber, seeded, chopped
2 sticks celery, diagonally sliced
400g can chickpeas, rinsed
1/3 cup small flat-leaf parsley leaves

NUTRITION PER SERVING

ENERGY	PROTEIN
259 kcalories	41.5g
CARBOHYDRATE	FAT
14.8g	4.1g
SATURATED FAT	FIBRE
0.7g	5.2g
SALT	
0.6g	

METHOD

- 1 Cut chicken in strips; sprinkle with seasoning. Toss in lemon juice; marinate 5-10 minutes.
- 2 Preheat a non-stick frying pan over moderate heat; lightly spray with oil. Cook the chicken, in batches, 5-6 minutes until cooked.
- 3 Combine remaining ingredients in a bowl; season to taste with black pepper. Spoon mixture onto serving plates. Top with chicken; drizzle with pan juices.

Chilli lime chicken salad

SERVES 4



INGREDIENTS

- 1 cup (250ml) water
 - 1 cup (250ml) chicken stock
 - 340g chicken breast fillets
 - 1 small carrot (70g)
 - 1 small red pepper (150g), sliced thinly
 - ½ small chinese cabbage (200g), shredded finely
 - 2 green onions, chopped finely
 - ¾ cup (60g) bean sprouts
 - ½ cup firmly packed fresh coriander leaves
 - 100g watercress, trimmed
- CHILLI LIME DRESSING:
- ¼ cup (60ml) lime juice
 - 2 tablespoons sweet chilli sauce
 - 1 clove garlic, crushed
 - 1 tablespoon oyster sauce
 - 1 teaspoon sesame oil

NUTRITION PER SERVING

ENERGY	PROTEIN
165 kcalories	23.9g
CARBOHYDRATE	FAT
11.6g	2.8g
SATURATED FAT	FIBRE
0.5g	4.2g
SALT	
1.4g	

METHOD

- 1 Bring the water and stock to a boil in large saucepan. Reduce heat; add chicken, simmer about 10 minutes or until chicken is cooked through. Allow chicken to cool in cooking liquid before draining. Discard liquid; slice chicken thinly.
- 2 Meanwhile, halve carrot crossways, cut each half into 2mm-wide lengths; cut lengths into matchstick-thin strips.
- 3 Place chicken and carrot in large bowl with capsicum, cabbage, onion, sprouts, coriander and watercress; add chilli lime dressing, toss to combine. Chilli lime dressing: Combine ingredients in screw-topped jar; shake well.

Turkey, mango and macadamia Salad

SERVES 4



INGREDIENTS

125 g natural yoghurt
¼ cup 97% fat free praise mayo
½ teaspoon dried chilli flakes
1/3 cup coriander seeds
420 g tin of mixed beans, drained and rinsed
2 red peppers sliced
1 red onion thinly sliced
1 large mango diced
Baby rocket
2 cups sliced skinless turkey breast
32 macadamia nuts

METHOD

- 1 Combine yoghurt and mayo in a bowl and beat lightly until smooth. Stir in chilli flakes and 1 tablespoon of coriander. Cover and refrigerate.
- 2 Combine remaining and divide onto plates. Add 8 nuts per plate.
- 3 Serve dressing separately

NUTRITION PER SERVING

ENERGY	PROTEIN
358 kcalories	21.1g
CARBOHYDRATE	FAT
31.9g	17.0g
SATURATED FAT	FIBRE
2.8g	12.0g
SALT	
0.9g	

Asian Pork Salad

SERVES 4



INGREDIENTS

- 1/3 cup salt-reduced light soy sauce
- 2 garlic cloves, crushed
- 1 teaspoon Chinese five-spice powder
- 500g pork fillet, trimmed
- 1 tablespoon olive oil
- Baby Asian greens
- 1 red pepper, deseeded, cut into thin strips
- 100g mushrooms, thinly sliced
- 2 nashi pears, peeled, cored, thinly sliced
- 1/2 cup coriander leaves
- 1/2 cup mint leaves

NUTRITION PER SERVING

ENERGY	PROTEIN
229 kcalories	30.4g
CARBOHYDRATE	FAT
10.5g	7.6g
SATURATED FAT	FIBRE
2.0 g	3.7g
SALT	
2.2g	

METHOD

- 1 Combine soy sauce, garlic and Chinese five-spice in a shallow ceramic dish. Add pork and turn to coat. Cover and refrigerate for at least 2 hours.
- 2 Preheat oven to 200°C. Drain pork, reserving marinade. Place pork in a shallow roasting pan and roast for 15 to 20 minutes or until just cooked through. Transfer to a plate. Cover. Set aside to rest for 5 minutes.
- 3 Place reserved marinade in a small saucepan. Add 2 tablespoons water. Bring to the boil over high heat. Reduce heat to medium and simmer for 3 minutes. Transfer to a bowl and whisk in oil. Set aside to cool.
- 4 Thinly slice pork across the grain. Combine Asian greens, capsicum, mushroom, pear, coriander and mint in a large bowl. Add pork and dressing. Toss to combine. Serve.

Tuna Nicoise Salad

SERVES 4



INGREDIENTS

2 x 180g tuna in spring water

2 hard boiled eggs

200g handful of fine green beans,
blanched until tender

cherry tomatoes halved

1 small red onion finely sliced

lettuce chopped to bite size pieces

1/2 cup of pitted whole black olives,
drained and rinsed

Dressing

2 parts lemon juice

2 parts cider vinegar

1 part olive oil

Black pepper

METHOD

1

Toss all salad ingredients together and top with tuna and boiled eggs quartered. Serve dressing on the side.

NUTRITION PER SERVING

ENERGY	PROTEIN
169 kcalories	19.3g
CARBOHYDRATE	FAT
4.2g	8.3g
SATURATED FAT	FIBRE
1.7g	3.2g
SALT	
1.7g	

Tuna salad with corn cakes

SERVES 4



INGREDIENTS

- 2 x 180 g of tuna in spring water, drained
- 1 baby cos lettuce leaves torn
- 2 tomatoes sliced
- ½ a red onion sliced
- 1 Lebanese cucumber sliced
- 12 corn cakes
- 1 lemon juiced
- 1 teaspoon wholegrain mustard
- 1 tablespoon olive oil

NUTRITION PER SERVING

ENERGY	PROTEIN
204 kcalories	16.7g
CARBOHYDRATE	FAT
13.7g	9.5g
SATURATED FAT	FIBRE
3.1g	2.7g
SALT	
1.2g	

METHOD

1

- 1 Mix lemon, mustard and oil together to make dressing
- 2 Mix tuna, tomato, and cucumber together.
- 3 Top corn cakes with lettuce, then the tuna mix and sprinkle with onion.
- 4 Serve dressing separately

Lentil Salad

SERVES 4



INGREDIENTS

125g Persian dried red lentils
1 garlic clove, crushed
1 cup chopped ripe tomatoes
½ small red onion, finely chopped
1 tbsp. extra-virgin olive oil
½ tablespoons red wine vinegar or lemon juice, plus extra to taste
¼ cup roughly chopped mint leaves
Garden salad to serve

METHOD

1

Place lentils in a large saucepan, cover with water and bring to a boil. Reduce heat and simmer, uncovered, for about 15mins or until tender. Drain and rinse with cold fresh water. Allow to cool completely.

2

Place lentils, garlic, tomatoes, onion, oil and vinegar in a bowl. Add extra oil and vinegar to taste, and then mix well. Add mint and season with pepper. Serve at room temperature.

NUTRITION PER SERVING

ENERGY	PROTEIN
145 kcalories	8.5g
CARBOHYDRATE	FAT
21.2g	3.5g
SATURATED FAT	FIBRE
0.5g	3.6g
SALT	
0.1g	

Teriyaki tofu salad

SERVES 4



INGREDIENTS

- 1 tablespoon kecapmanis
- 1 tablespoon soy sauce
- 2 (250g) medium carrots, peeled, cut into matchsticks
- 200g Japanese-style teriyaki tofu, thinly sliced
- 1 cup beansprouts, trimmed
- 3 green onions, thinly sliced
- 80g baby Asian salad greens
- 2 teaspoons sesame seeds, toasted

METHOD

- 1 Whisk kecapmanis and soy sauce together in a jug.
- 2 Combine carrot, tofu, beansprouts, onion and salad greens in a bowl. Drizzle with kecapmanis mixture. Sprinkle with sesame seeds.

NUTRITION PER SERVING

ENERGY	PROTEIN
120 kcalories	6.9g
CARBOHYDRATE	FAT
9.4g	6.2g
SATURATED FAT	FIBRE
1.0g	3.6g
SALT	
1.4g	

Spinach, raspberry & feta salad

SERVES 4



INGREDIENTS

1 tbsp. olive oil
1 tbsp. red wine vinegar
1 tsp. Dijon mustard (see note)
1/2 tsp. caster sugar
1 lemon
Baby spinach leaves
2 x 120g punnets fresh raspberries
45g (1/3 cup) coarsely chopped pecans
100g feta, crumbled

METHOD

- 1 Place the oil, vinegar, mustard and sugar in a small screw-top jar. Season with pepper. Shake well to combine.
- 2 Use a zester to zest the lemon.
- 3 Place the spinach in a large bowl. Sprinkle with the lemon rind, raspberries, pecans and feta.
- 4 Drizzle the dressing over the salad. Toss gently to combine.

NUTRITION PER SERVING

ENERGY	PROTEIN
182kcalories	6.4g
CARBOHYDRATE	FAT
5.2g	15.2g
SATURATED FAT	FIBRE
3.7g	4.1g
SALT	
1.0g	

Pumpkin and pinenut salad with feta

SERVES 4



INGREDIENTS

200 g feta
400 g pumpkin cut into 3 cm cubes
mixed leaves
1 Lebanese cucumber roughly chopped
50 g pinenuts
1 lemon juiced

METHOD

1

Steam or bake pumpkin until tender, allow to cool.

2

Place all ingredients together in a large bowl and gently mix. Add lemon juice, mix and serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
202kcalories	8.9g
CARBOHYDRATE	FAT
4.7g	16.5g
SATURATED FAT	FIBRE
5.8g	2.6g
SALT	
1.4g	

Hummus

SERVES 4



INGREDIENTS

- 1 tablespoon lemon juice
- ½ small brown onion finely chopped
- 1 clove garlic, crushed
- ½ teaspoon ground cumin
- ½ x 425g can chickpeas, rinsed and drained
- ¼ cup low fat milk
- 1 teaspoon smooth peanut butter
- ¼ teaspoon sesame oil
- 2 teaspoons chopped coriander leaves

METHOD

- 1 Heat lemon juice in small pan, add onion and garlic.
- 2 Cook stirring, until onion softens.
- 3 Blend or process onion mixture with remaining ingredients until smooth.

NUTRITION PER SERVING

ENERGY	PROTEIN
93kcalories	5.6g
CARBOHYDRATE	FAT
12.3g	2.8g
SATURATED FAT	FIBRE
0.4g	3.7g
SALT	
0.4g	

Roast Pumpkin and cumin dip

SERVES 4



INGREDIENTS

- 1.2kg butternut pumpkin coarsely chopped
- 2 tablespoons cumin seeds
- 2 cloves garlic, crushed
- 1 tablespoon balsamic vinegar

METHOD

- 1 Boil, steam or microwave pumpkin until just tender, drain.
- 2 Combine with cumin and garlic in baking dish. Bake uncovered in very hot oven for 15 minutes, or until lightly browned.
- 3 Lightly mash mixture with vinegar

NUTRITION PER SERVING

ENERGY	PROTEIN
111kcalories	4.1g
CARBOHYDRATE	FAT
25.2g	1.0g
SATURATED FAT	FIBRE
0g	6.5g
SALT	
0.1g	

Beetroot Dip

SERVES 4



INGREDIENTS

- ¼ cup yoghurt
- 1 teaspoon ground coriander
- 2 teaspoon ground cumin

METHOD

- 1 Blend or process all ingredients until smooth

NUTRITION PER SERVING			
ENERGY	ENERGY		
kcalories	Protein: g		
ENERGY	ENERGY		
Carbohydrate: g	Fat: g		
ENERGY	ENERGY		
Saturated fat: g	Fibre: g		
ENERGY			
Salt: g			

Baba Ghanoush

SERVES 4



INGREDIENTS

- 2 small (460g) eggplants, peeled and coarsely chopped
- 1/3 cup yoghurt
- 1 tablespoon lemon juice
- 2 cloves garlic
- 1 teaspoon peanut butter
- 1 teaspoon ground cumin
- ½ teaspoon sesame oil
- 2 tablespoons finely chopped coriander

METHOD

- 1 Place eggplant in a single layer in baking dish. Bake in moderate oven for 40 minutes or until tender.
- 2 Blend or process eggplant with remaining ingredients until smooth. Cover and refrigerate until cool.

NUTRITION PER SERVING

ENERGY	PROTEIN
46 kcalories	2.8g
CARBOHYDRATE	FAT
4.6g	2.2g
SATURATED FAT	FIBRE
0.7g	3.2g
SALT	
0.1g	

Spinach and tofu dip

SERVES 4



INGREDIENTS

2 cups spinach, well washed, stems removed, chopped
1 (10.5 oz.) pkg. firm silken tofu, drained
1-1/2 Tbsp. lemon juice
3 Tbsp. chopped green onion/spring onion
1/2 tsp. garlic powder

METHOD

- 1 Steam the spinach 2-3 minutes
- 2 In a food processor, puree all of the ingredients until smooth.
- 3 Chill for 2-4 hours.
- 4 Serve as dip with fresh vegetables or as a sandwich spread.

NUTRITION PER SERVING

ENERGY	PROTEIN
52kcalories	5.7g
CARBOHYDRATE	FAT
1.1g	2.8g
SATURATED FAT	FIBRE
0.3g	0.6g
SALT	
0.1g	

Grilled Chicken Thighs with Rice and Cilantro Salad

SERVES 4



INGREDIENTS

- 4 chicken thighs
- 2 tsp herbs seasonings
- 2 tsp canola oil
- 2 cups cooked brown rice
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tbsp extra virgin olive oil
- 1 tbsp lime juice
- 1 handful cilantro leaves, sliced (keep some for garnish)

NUTRITION PER SERVING

ENERGY	PROTEIN
264 kcalories	23.9g
CARBOHYDRATE	FAT
15.1g	12.4g
SATURATED FAT	FIBRE
2.8g	0.5g
SALT	
0.1g	

METHOD

- 1 Heat the grill to high. Put the herbs seasonings in a bowl, mix with the canola oil and add the chicken, stirring until coated. Put the chicken on the grill and cook until brown.
- 2 Mix all the other ingredients in a bowl, preparing the salad. Add salt and pepper to taste then divide among four plates; place one chicken thigh on each plate.
- 3 Garnish with cilantro leaves and serve!

Greek Chicken Salad with Barley

SERVES 4



INGREDIENTS

250 g cooked chicken breast, shredded
2 cups pearl barley, cooked
1 cup cucumbers, diced and seeded
1/2 cup black or green olives, halved and pitted
1 cup yellow peppers, diced
1 cup cherry tomatoes, halved
1/2 cup crumbled feta cheese, optional
2 red onions, diced
one small handful parsley
one small handful oregano
3 tbsp lemon juice
3 tbsp olive oil
salt and pepper to taste

METHOD

1

In a non-stick skillet, heat 1 tsp of olive oil at medium hit, for 1-2 minutes. Place the shredded chicken breast and cook on both sides until brownish.

2

Meanwhile, in a large bowl, mix together all the ingredients except for the feta cheese, salt and pepper. Add the olive oil and the lemon juice then season to taste.

3

Divide the salad among 4 plates and add the feta cheese where wanted. Divide the chicken breast among the 4 plates and serve!

NUTRITION PER SERVING

ENERGY	PROTEIN
347 kcalories	25.8g
CARBOHYDRATE	FAT
27.6g	15.5g
SATURATED FAT	FIBRE
4.0g	2.5g
SALT	
1.7g	

Tangy Noodle Salad

SERVES 4



INGREDIENTS

1/2 1-lb package of rice noodles
5 cherry tomatoes, quartered
2 baby carrots, sliced
1/2 yellow pepper, sliced
one small handful broccoli florets
1 English cucumber, sliced
2 tbsp soy sauce
1 tbsp mango chutney
1 tbsp orange juice
2 tsp sesame oil
one handful fresh coriander, minced
one small handful crushed peanuts

METHOD

- 1 Prepare the dressing by mixing the mango chutney, soy sauce, orange juice and sesame oil in a bowl and transfer it to a tightly capped container.
- 2 In a bowl, add the rice noodles and cover with boiled water. Let stand for a couple of minutes, until they're cooked. Rinse with cold water and drain.
- 3 Add the carrots, cucumber, tomatoes, broccoli and peppers to the noodles and top with coriander. Add the dressing and toss together with salad tongs.
- 4 Add the peanuts and the remaining dressing before serving the noodles. Enjoy!

NUTRITION PER SERVING

ENERGY	PROTEIN
279 kcalories	6.0g
CARBOHYDRATE	FAT
51.5g	4.7g
SATURATED FAT	FIBRE
0.8 g	1.5g
SALT	
1.5g	

Chicken Salad with Sesame

SERVES 4



INGREDIENTS

450 gm chicken breasts
50 gm cornflakes, lightly crushed
2 heads endive
1 cup fresh whole-wheat breadcrumbs
2 eggs
1 tsp chili powder
1/4 white cabbage
1/2 chicory
1 tbsp chopped fresh oregano
4 tsp sesame seeds, plus extra to garnish
1 tbsp chopped fresh tarragon
1 tbsp chopped parsley
5 tbsp olive oil
1 tsp clear honey
1 tbsp white wine vinegar
pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
453 kcalories	36.1g
CARBOHYDRATE	FAT
28.8g	22.3g
SATURATED FAT	FIBRE
3.8g	3.1g
SALT	
1.0g	

METHOD

- 1 Preheat the oven to 400°F (200°C). Slice each chicken breast in half horizontally. Cut lengthwise into strips.
- 2 Place the breadcrumbs, sesame seeds, cornflakes and chilli powder in a plastic bag and shake to mix well. Break the eggs into a shallow dish and beat together lightly.
- 3 Dip the chicken strips, one at a time, in the egg. Drop into the plastic bag, shaking to coat evenly with the sesame seed mixture. As the chicken strips are coated, transfer to 2 non-stick baking sheets, spreading out the pieces in a single layer.
- 4 Bake the sesame chicken strips for 15-20 minutes, turning the pieces over halfway through baking time.
- 5 Meanwhile, to make the salad, finely shred the cabbage and place in a large mixing bowl. Pull the chicory and endive leaves apart and tear any large ones into smaller pieces. Add to the mixing bowl.
- 6 In a small jar, shake together the herb dressing ingredients. Season with pepper. Pour the dressing over the salad and toss well.
- 7 Divide the salad among 4 individual plates and pile the cooked sesame chicken pieces on top. Garnish with a few more sesame seeds and serve.

Healthy fish & chips with tartare sauce

SERVES 2



INGREDIENTS

450g potatoes , peeled and cut into chips

1 tbsp olive oil , plus a little extra for brushing

2 white fish fillets about 140g/5oz each
grated zest and juice 1 lemon

small handful of parsley leaves, chopped

1 tbsp capers , chopped

2 heaped tbsp 0% Greek yogurt

lemon wedge, to serve

METHOD

1

Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.

2

Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.

NUTRITION PER SERVING

ENERGY	PROTEIN
373 kcalories	35.00g
CARBOHYDRATE	FAT
41g	9g
SATURATED FAT	FIBRE
1g	3g
SALT	
0.96g	

Spicy chicken salad with broccoli

SERVES 4



INGREDIENTS

- 2 broccoli heads, cut into florets
- 2 tbsp olive oil
- 5 shallots , finely sliced
- handful pitted black olives
- 4 roast chicken breasts , sliced
- 4 tbsp soy sauce
- 2 red chillies , deseeded and sliced
- 2 garlic cloves , sliced

METHOD

- 1 Steam the broccoli for 4 mins until just tender, tip into a large bowl, then season. Meanwhile, heat the oil in a pan, then fry the shallots for 2 mins. Add the chillies and garlic, then cook for a further 4 mins until softened.
- 2 Remove the shallots, chilli and garlic with a slotted spoon, then mix with the broccoli, olives and chicken. Add the soy sauce to the pan, warm over a medium heat, then pour over the salad. Eat warm or cold.

NUTRITION PER SERVING

ENERGY	PROTEIN
291 kcalories	42.00g
CARBOHYDRATE	FAT
4g	12g
SATURATED FAT	FIBRE
2g	3g
SUGAR	SALT
3g	3.05g

Superhealthy salmon salad

SERVES 2



INGREDIENTS

100g couscous
1 tbsp olive oil
2 salmon fillets
200g sprouting broccoli, roughly shredded, larger stalks removed
juice 1 lemon
seeds from half a pomegranate
small handful pumpkin seeds
2 handfuls watercress
olive oil and extra lemon wedges, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
320 kcalories	30g
CARBOHYDRATE	FAT
30g	10g
SATURATED FAT	FIBRE
4g	2g
SUGAR	SALT
14g	0.88g

METHOD

1

Heat water in a tier steamer. Season the couscous, then toss with 1 tsp oil. Pour boiling water over the couscous so it covers it by 1cm, then set aside. When the water in the steamer comes to the boil, tip the broccoli into the water, then lay the salmon in the tier above. Cook for 3 mins until the salmon is cooked and the broccoli tender. Drain the broccoli and run it under cold water to cool.

2

Mix together the remaining oil and lemon juice. Toss the broccoli, pomegranate seeds and pumpkin seeds through the couscous with the lemon dressing. At the last moment, roughly chop the watercress and toss through the couscous. Serve with the salmon, lemon wedges for squeezing over and extra olive oil for drizzling, if you like.

Roasted butternut squash salad with soy balsamic dressing

SERVES 4



INGREDIENTS

2kg butternut squash , peeled and cut into 2cm cubes

olive oil

100g Puy lentils

100g rocket

1 tsp sesame seeds , toasted

6 spring onions , sliced

SOY DRESSING

5 tbsp olive oil

3 tbsp balsamic vinegar

1 tbsp soy sauce

1 red chilli , seeded and chopped

1 garlic clove , finely chopped

1 tsp clear honey

METHOD

1

Heat the oven to 200C/fan 180C/gas 6. Put the squash on a baking sheet, drizzle with 1 tbsp olive oil and season. Roast for 20 minutes or until tender, shaking the tray a couple of times to keep it from sticking. Simmer the lentils for about 15 minutes or until al dente, then drain.

2

Whisk together the dressing ingredients. Put the rocket in a shallow serving bowl and arrange the lentils and squash on top. Pour the dressing over and top with sesame seeds and spring onion.

NUTRITION PER SERVING

ENERGY

342 kcalories

CARBOHYDRATE

37.1g

SATURATED FAT

2.4g

SALT

0.72g

PROTEIN

10.3g

FAT

17.9g

FIBRE

7g

Warm Puy lentil, cherry tomato & halloumi salad

SERVES 4



INGREDIENTS

250g cherry tomatoes , halved
½ red onion , finely sliced
½ garlic clove , crushed
½ lemon , juiced
1 tbsp olive oil
150g Puy lentils
250g pack halloumi cheese , cut into chunks
a small bunch coriander , roughly chopped

METHOD

1

Toss the tomatoes, red onion, garlic, lemon juice and olive oil in a bowl. Cook the Puy lentils until just tender, drain and add to the bowl. Season well and toss.

2

Grill the halloumi until golden. Stir the coriander through the lentils and serve with the halloumi.

NUTRITION PER SERVING

ENERGY	PROTEIN
346 kcalories	22.4g
CARBOHYDRATE	FAT
21.9g	19.4g
SATURATED FAT	FIBRE
9.7g	4.2g
SALT	
2.32g	

10-minute couscous salad

SERVES 2



INGREDIENTS

100g couscous
200ml hot low salt vegetable stock (from a cube is fine)
2 spring onions
1 red pepper
½ cucumber
50g feta cheese , cubed
2 tbsp pesto
2 tbsp toasted pine nuts

METHOD

1

Tip couscous into a large bowl, pour over stock. Cover, then leave for 10 mins, until fluffy and all the stock has been absorbed. Meanwhile, slice the onions and pepper and dice the cucumber. Add these to the couscous, fork through pesto, crumble in feta, then sprinkle over pine nuts to serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
327 kcalories	13g
CARBOHYDRATE	FAT
33g	17g
SATURATED FAT	FIBRE
5g	2g
SUGAR	SALT
7g	0.88g

Tangy couscous salad

SERVES 4 AS A SIDE DISH



INGREDIENTS

300g couscous or bulghar wheat
vegetable stock
2 courgettes
1 tbsp olive oil
100g feta cheese , crumbled
20g pack parsley , chopped
juice 1 lemon

METHOD

1

Cook the couscous or bulghar wheat in vegetable stock according to pack instructions. Trim the ends off the courgettes, then cut into slices.

2

Heat a griddle pan or grill. Drizzle the courgette slices with oil, then season. Cook for 2 mins, then turn over and cook 1-2 mins more until softened and golden brown. Tip into a large bowl along with the cooked couscous or bulghar wheat, then mix through the remaining ingredients. Serve at room temperature.

NUTRITION PER SERVING

ENERGY	PROTEIN
269 kcalories	9g
CARBOHYDRATE	FAT
0g	9g
SATURATED FAT	FIBRE
4g	1g
SUGAR	SALT
3g	0.92g

Quinoa, courgette & feta salad

SERVES 2



INGREDIENTS

75g quinoa
1 large courgette
1 tbsp red wine vinegar
olive oil
4 spring onions , finely sliced
100g cherry tomatoes , halved
1 red chilli , finely chopped
100g feta cheese , crumbled
small bunch parsley , chopped

METHOD

1

Cook the quinoa following the pack instructions then drain and rinse under cold water. Drain again. Cut the ends off the courgette then cut into ribbons using a potato peeler. Whisk together the vinegar and 2 tbsp oil and season.

2

Put the rest of the ingredients in a large bowl, then pour over the dressing and toss everything together.

NUTRITION PER SERVING

ENERGY	PROTEIN
375 kcalories	15.9g
CARBOHYDRATE	FAT
25.9g	23.8g
SATURATED FAT	FIBRE
8g	2g
SALT	
1.37g	

Hot-smoked salmon salad with a chilli lemon dressing

SERVES 8



INGREDIENTS

- 500g new potatoes , halved
- 200g pack asparagus tips
- 250g bag mixed salad leaves (including young beetroot leaves and watercress)
- bunch each parsley and mint, leaves picked and roughly chopped
- 140g radishes , thinly sliced
- 8 x hot-smoked salmon steaks, skin removed
- 4 spring onions , sliced diagonally

FOR THE DRESSING

- 3 tbsp lemon juice
- 125ml olive oil
- 1 tsp wholegrain mustard
- 2 red chillies

NUTRITION PER SERVING

ENERGY	PROTEIN
299 kcalories	21g
CARBOHYDRATE	FAT
13g	19g
SATURATED FAT	FIBRE
3g	2g
SALT	
2.09g	

METHOD

- 1 Boil potatoes in salted water for 10 mins until tender, adding the asparagus tips for the final 2 mins of cooking. Drain and allow to cool. Whisk together the salad dressing ingredients. then season to taste.
- 2 In a large bowl, toss together the potatoes, asparagus, salad leaves, herbs and radishes. Add two-thirds of the dressing, thoroughly mix through the salad, then spread the salad over a large platter. Break the hot-smoked salmon into large chunks, then scatter over the top along with the spring onions. Finish by pouring remaining dressing over the top.

Thai minced chicken salad

SERVES 4 AS A LIGHT MEAL OR STARTER



INGREDIENTS

2 lemongrass
4 lime leaves , stalks removed
2 red chillies , deseeded
3 garlic cloves
fingertip-length piece fresh root ginger
4 skinless chicken breasts
1 tbsp vegetable oil
1 tbsp sesame oil
1 tsp chilli powder
50ml fish sauce
1 red onion , chopped
3 tbsp lime juice
handful each mint , basil and coriander leaves, roughly chopped

TO SERVE

3 Baby Gem lettuces , leaves separated
1 cucumber , seeds removed and cut into strips lengthways
200g beansprouts
lime wedges, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
261 kcalories	39g
CARBOHYDRATE	FAT
9g	8g
SATURATED FAT	FIBRE
1g	2g
SUGAR	SALT
5g	2.72g

METHOD

- 1 Roughly chop the lemongrass, lime leaves, red chillies, garlic and ginger, then throw them all into a processor and blitz until everything is very finely chopped together. Mince the chicken breasts into tiny pieces.
- 2 Heat a wok over a high heat and add the vegetable oil and the sesame oil. Throw in the lemongrass mixture and fry briefly before adding the minced chicken and the chilli powder. Stir-fry the chicken for 4 mins then splash in the fish sauce. Turn down the heat a little and allow the chicken and fish sauce to bubble together for another 4 mins, stirring, then add the chopped red onion and cook for another min.
- 3 Remove from the heat, pour over the lime juice and toss in the herbs. Serve with the salad veg and a lime wedge on the side.

Quinoa Wilted Spinach Salad

SERVES 4



INGREDIENTS

2 cups water

1 cup quinoa, rinsed

1 package (6 ounces) fresh baby spinach, torn

1/2 cup dried cranberries

DRESSING:

3 tablespoons olive oil

2 tablespoons orange juice

1 tablespoon red wine vinegar

1 tablespoon maple syrup

1 garlic clove, minced

1/2 teaspoon salt

1/8 teaspoon pepper

1 green onion, finely chopped

1/2 cup chopped pecans, toasted

METHOD

1

In a small saucepan, bring water to a boil. Add quinoa. Reduce heat; cover and simmer for 12-15 minutes or until water is absorbed. Remove from the heat; fluff with a fork.

2

In a large bowl, combine the warm quinoa, spinach and cranberries. For dressing, in a small bowl, whisk the oil, orange juice, vinegar, maple syrup, garlic, salt and pepper. Stir in onion. Pour over quinoa mixture; toss to coat. Sprinkle with pecans.

NUTRITION PER SERVING

ENERGY

171 calories

CARBOHYDRATE

2g

SATURATED FAT

1g

CHOLESTEROL

0

PROTEIN

3g

FAT

9g

FIBRE

2g

SODIUM

136mg

Green beans, spring onions and chicken liver with a soy dressing



INGREDIENTS

300g green beans (75 cal)

50g chicken liver (that's about 1 whole liver) (58 cal)

¼ tsp olive oil (10 cal)

4 thin spring onions, thinly sliced (40g) (13 cal)

Dressing:

1 tbsp soy sauce (10 cal)

1 tsp olive oil (40 cal)

¼ tsp wine or cider vinegar

(0 cal)

a few drops of chilli sauce (optional)

METHOD

1

Steam the green beans until just done then cool under the tap.

2

Check the liver for any white membranes or greenish spots and cut them out.

3

Preheat the grill. Run the liver over with the ¼ tsp olive oil. Spread out the lobes of the liver and grill it for about two minutes on each side until lightly browned. Leave to cool.

4

Mix the dressing ingredients. Toss the beans and spring onion in the dressing.

5

Thinly slice the liver (a ceramic knife is the best implement) and mix through the salad.

NUTRITION PER SERVING

ENERGY

260 calories

Griddled courgettes with feta, lemon, mint, puy lentils



INGREDIENTS

500g courgettes, the smallest you can find (90 cals)

30g feta cheese (83 cals)

15 mint leaves (1 cal)

1 tsp olive oil (40 cals)

30g (2 rounded tbsp) cooked puy lentils (35 cals)

lemon zest (1 cal)

METHOD

- 1 Cut the courgettes into long, ½ cm wide slices. Mix with the oil and a pinch of salt.
- 2 Heat a ridged griddle until smoking, then cook the courgette slices, turning once, until striped with dark brown on both sides. You will probably have to do this in at least two batches.
- 3 Transfer the courgettes to a bowl and mix with the lemon zest, feta and lentils. Just before serving, mix through the ripped mint leaves. If the feta is more salty than sharp, you may want to squeeze over a little lemon juice.

NUTRITION PER SERVING

ENERGY
250 calories

Wilted Spinach Salad with Warm Feta Dressing

SERVES 4



INGREDIENTS

- 1 9-ounce bag fresh spinach leaves
- 5 tablespoons olive oil, divided
- 1 medium red onion, halved, cut into 1/3-inch-thick wedges with some core attached
- 1 7-ounce package feta cheese, coarsely crumbled
- 2 tablespoons Sherry wine vinegar

METHOD

- 1 Place spinach in large bowl.
- 2 Heat 2 tablespoons oil in heavy large skillet over high heat. Add onion; sauté until brown and softened, about 7 minutes.
- 3 Transfer to bowl with spinach; remove skillet from heat. Add remaining 3 tablespoons oil and cheese to skillet.
- 4 Stir to melt cheese slightly, about 1 minute. Stir in vinegar.
- 5 Season to taste with salt and pepper.
- 6 Pour over spinach; toss to coat and wilt slightly.

NUTRITION PER SERVING

ENERGY	PROTEIN
328.29 calories	8.80g
CARBOHYDRATE	FAT
12.06g	77g
SATURATED FAT	FIBRE
28.08g	3.39g
CHOLESTEROL	SUGAR
44.15	3.21

Smoked Turkey and Bulgur Salad

SERVES 6



INGREDIENTS

Salad

- 1 cup(s) uncooked bulgur
- 2 cup(s) boiling water
- 1 slice(s) (3/4-in.-thick) deli smoked turkey (about 12 oz)
- 2 medium yellow tomatoes
- 1 seedless cucumber
- 1/2 small red onion
- cup(s) chopped parsley
- Lemon-Cumin Dressing
 - 1/4 cup(s) lemon juice
 - 2 tablespoon(s) olive oil
 - 1/2 teaspoon(s) ground cumin
 - 1/4 teaspoon(s) each salt and pepper

Serve with: hummus

METHOD

- 1 Put bulgur in a medium bowl. Add boiling water; cover and let soak 30 minutes.
- 2 Meanwhile, cut smoked turkey into 3/4-in. pieces and coarsely chop tomatoes. Cut cucumber lengthwise in quarters, then into 1/2-in. slices. Finely chop red onion. Gently mix turkey, tomatoes, cucumber, onion and parsley in a large bowl.
- 3 Meanwhile, make dressing: Whisk lemon juice, olive oil, cumin, salt and pepper in a small bowl until blended.
- 4 Drain bulgur well; add to turkey mixture. Toss with dressing until evenly coated.
- 5 To serve, spread a little hummus on a plate and place a large scoop of salad on the side.

NUTRITION PER SERVING

CALORIES	TOTAL FAT
298	10g
SATURATED FAT	CHOLESTEROL
2g	36mg
SODIUM	TOTAL CARBOHY
961mg	36g
DIETARY FIBER	ENERGY
8g	Sugars n/a

No-Cook Thai Beef Salad

SERVES 4



INGREDIENTS

- 2 limes
- 3 tablespoon(s) less-sodium fish sauce
- 1 tablespoon(s) sugar
- 1 bag(s) (10-ounce) romaine salad mix
- 1 seedless cucumber, cut lengthwise in half, then thinly sliced crosswise
- 8ounce(s) deli-sliced rare roast beef, cut crosswise into 1/2-inch-wide strips
- 1 cup(s) packed fresh cilantro (or mint leaves)
- 1/2 medium red onion, thinly sliced

NUTRITION PER SERVING

CALORIES	TOTAL FAT
105	2g
SATURATED FAT	CHOLESTEROL
1g	26mg
SODIUM	TOTAL CARBOHY
485mg	9g
DIETARY FIBER	ENERGY
2g	Sugars n/a

METHOD

- 1 From limes, grate 1 teaspoon peel and squeeze 3 tablespoons juice.
- 2 In small bowl, prepare dressing: Combine lime peel and juice, fish sauce, and sugar; stir until sugar completely dissolves.
- 3 In large bowl, combine romaine salad mix, sliced cucumber, roast beef, cilantro or mint, and onion. Add dressing to bowl and toss to combine. Divide salad among 4 dinner plates.

Salmon & broccoli cakes with watercress, avocado & tomato salad

SERVES 4



INGREDIENTS

500g potatoes , cut into chunks
85g broccoli , cut into small florets
pack of 2 poached salmon fillets
juice 1 lemon , plus wedges to serve
small bunch dill , chopped
1 tbsp sunflower oil
1 tbsp Dijon mustard
1 avocado , peeled, stoned and roughly chopped
100g cherry tomatoes , halved
100g bag watercress

METHOD

- 1 Cover the potatoes in salted water, bring to the boil and simmer for 8-10 mins, until just tender, adding the broccoli 3 mins before the end of cooking time. Drain, allow it all to steam dry, then roughly mash. Flake in the salmon, add half the lemon juice and dill with some seasoning, then shape into 4 cakes.
- 2 Heat the oil in a pan and fry the cakes for 3 mins each side until golden. Meanwhile, mix remaining lemon juice with the mustard and seasoning, then set aside. Mix the avocado, tomatoes and watercress and divide between plates. Serve one fish cake each with the salad, drizzled with dressing, and extra lemon wedges for squeezing over.

NUTRITION PER SERVING

ENERGY	PROTEIN
315 kcalories	17g
CARBOHYDRATE	FAT
23g	18g
SATURATED FAT	FIBRE
3g	4g
SUGAR	SALT
3g	0.7g

Cajun-spiced fish with fresh corn salad

SERVES 4



INGREDIENTS

- 2 teaspoons cajun seasoning
- 4 (175g each) boneless white fish fillets (we used smooth dory fillets)
- olive oil cooking spray
- Fresh corn salad
- 2 corn cobs, kernels removed
- 250g green beans, trimmed
- 1 small red onion, finely chopped
- 1 lemon, juiced
- 1/4 cup coriander leaves, roughly chopped

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1096kJ	0.70g
FAT TOTAL	ENERGY
3.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
15.90g	5.70g
PROTEIN	CHOLESTEROL
38.00g	105.00mg

METHOD

- 1 Make salad: Half-fill a saucepan with water. Bring to the boil over high heat. Add corn and beans. Cook for 3 to 4 minutes or until beans turn bright green. Drain. Refresh under cold water. Pat dry with paper towel. Combine corn, beans, onion, 2 tablespoons lemon juice and coriander in a bowl. Season with salt and pepper.
- 2 Sprinkle seasoning over both sides of fish. Gently rub onto surface with fingertips.
- 3 Heat a large, non-stick frying pan over medium-low heat. Spray with oil. Cook fish, in batches, for 3 to 4 minutes each side or until just cooked through. Serve with salad.

Dukkah chicken and quinoa salad

SERVES 4



INGREDIENTS

1 cup quinoa, rinsed (see note)
Olive oil cooking spray
2 medium carrots, peeled, diced
2 (250g each) Steggles chicken breast fillets, trimmed, halved horizontally
2 tablespoons pistachio dukkah (see note)
1/3 cup orange juice
1/3 cup finely chopped fresh flat-leaf parsley leaves
1/4 cup shredded fresh mint leaves
2 green onions, finely sliced
2 teaspoons extra-virgin olive oil

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1615kJ	1.70g
FAT TOTAL	ENERGY
11.60g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
32.00g	5.50g
PROTEIN	CHOLESTEROL
35.20g	81.00mg

METHOD

- 1 Place quinoa and 2 cups cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low. Simmer, covered, for 10 minutes or until water has absorbed and quinoa is tender. Rinse. Drain.
- 2 Meanwhile, lightly spray a frying pan with oil. Heat over medium-high heat. Cook carrot, stirring, for 5 minutes or until just tender. Transfer to a bowl.
- 3 Place chicken on a plate. Sprinkle both sides with dukkah. Cook chicken in pan over medium heat for 5 to 6 minutes each side or until golden and cooked through.
- 4 Combine quinoa, orange juice, parsley, mint, onion, oil and carrot in a bowl. Season with pepper. Toss to combine. Serve chicken with quinoa salad.

Chicken and mango salad

SERVES 4



INGREDIENTS

250g sugar snap peas, trimmed
2 (about 250g each) single chicken breast fillets
1 tsp ground cinnamon
Olive oil spray
2 tbs fresh orange juice
2 tbs fresh lime juice
2 tsp white wine vinegar
2 tsp honey
2 tsp extra virgin olive oil
1 tsp finely grated lime rind
400g can no-added-salt cannellini beans, rinsed, drained
2 mangoes, cheeks removed, peeled, thinly sliced
1/3 cup fresh mint leaves, torn

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1500kJ	2.50g
FAT TOTAL	ENERGY
9.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
24.00g	10.00g
PROTEIN	ENERGY
44.00g	Cholesterol: -

METHOD

- 1 Cook the sugar snap peas in a saucepan of boiling water until bright green and tender crisp. Rinse. Drain.
- 2 Preheat a barbecue grill or chargrill on high. Sprinkle the chicken with cinnamon and spray lightly with oil. Cook for 3-4 minutes each side or until lightly charred and cooked through. Set aside to cool slightly.
- 3 Whisk the orange juice, lime juice, vinegar, honey, oil and lime rind in a jug until well combined. Season with pepper. Combine the sugar snap peas, cannellini beans, mango and mint in a bowl.
- 4 Thinly slice the chicken across the grain. Divide the salad and chicken among serving plates and drizzle over the dressing.

Tuna & ginger noodle salad

SERVES 4



INGREDIENTS

3 (about 400g) tuna steaks
2 tsp finely grated fresh ginger
80ml (1/3 cup) mirin (rice wine)
2 tbs fresh lime juice
1 tbs salt-reduced soy sauce
150g dried soba noodles
150g snow peas, ends trimmed
2 tsp sesame oil
Pinch of caster sugar
Olive oil spray
2 tbs pickled ginger, thinly sliced
75g baby spinach leaves
Fresh coriander leaves, to garnish

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1415kJ	1.50g
FAT TOTAL	ENERGY
7.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
33.00g	3.00g
PROTEIN	ENERGY
32.00g	Cholesterol: -

METHOD

- 1 Place tuna in bowl. Combine the fresh ginger and half the mirin, lime juice and soy sauce in a bowl. Pour over tuna. Place in the fridge for 20 minutes to marinate.
- 2 Cook the noodles following packet directions, adding the snow peas in the last 2 minutes of cooking. Drain. Place in a bowl. Add half the oil and toss to coat.
- 3 Combine sugar, remaining mirin, lime juice, soy sauce and oil in a screw-top jar.
- 4 Spray a non-stick frying pan with olive oil spray. Place over high heat. Cook tuna for 1-2 minutes each side for medium or until cooked to your liking. Thinly slice.
- 5 Stir the pickled ginger, spinach and half the dressing into the noodle mixture. Divide among serving bowls. Top with tuna and coriander. Drizzle over the remaining dressing to serve.

Lime & pepper vietnamese chicken salad

SERVES 4



INGREDIENTS

2 (about 200g each) chicken breast fillets, halved lengthways
60ml (1/4 cup) fresh lime juice
1 tsp finely grated lime rind
1 long red chilli, seeded, finely chopped
1 tbs fish sauce
1/2 tsp freshly ground black pepper
1 tbs brown sugar
200g green round beans, trimmed, cut into 3cm lengths
2 baby cos lettuces, trimmed, shredded
200g punnet grape tomatoes, halved
110g (2 cups) trimmed bean sprouts
1/2 cup fresh mint leaves
Olive oil spray

NUTRITION PER SERVING

ENERGY	FAT SATURATED
740kJ	1.00g
FAT TOTAL	ENERGY
2.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
11.00g	5.00g
PROTEIN	ENERGY
27.00g	Cholesterol: -

METHOD

- 1 Place chicken in a glass or ceramic dish. Combine lime juice and rind, chilli, fish sauce, pepper and sugar in a bowl. Add half the mixture to chicken. Turn to coat. Marinate for 10 minutes.
- 2 Meanwhile, cook beans in a saucepan of boiling water for 3 minutes or until bright green and tender-crisp. Refresh under cold running water. Drain. Combine beans, lettuce, tomato, bean sprouts and mint in a large bowl.
- 3 Heat a non-stick frying pan on high. Spray with oil. Cook chicken for 2-3 minutes each side or until cooked through. Thickly slice.
- 4 Drizzle remaining lime juice mixture over salad and toss to combine. Divide salad among plates and top with chicken.

Cumin-spiced chicken skewers with orange and lentil salad

SERVES 6



INGREDIENTS

- 1 tbs ground cumin
- 2 garlic cloves, crushed
- 2 tsp olive oil
- 2 oranges, rind finely grated, segmented
- 1kg chicken thigh fillets, excess fat trimmed, cut into 3cm pieces
- 2 x 400g cans brown lentils, rinsed, drained
- 1/2 cup firmly packed fresh continental parsley leaves
- 1 bunch fresh chives, cut into 1cm lengths
- 1 small red onion, halved, thinly sliced
- 2 Lebanese cucumbers, trimmed, halved lengthways, thinly sliced

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1365kJ	3.00g
FAT TOTAL	ENERGY
10.00g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
20.00g	6.00g
PROTEIN	ENERGY
38.00g	Cholesterol: -

METHOD

- 1 Combine the cumin, garlic, oil and orange rind in a glass or ceramic bowl. Add the chicken and season with salt and pepper. Toss to coat. Thread 4 pieces of chicken onto each skewer.
- 2 Preheat grill on medium-high. Line a baking tray with foil. Place the skewers on prepared tray. Cook under grill for 3-4 minutes each side or until the chicken is cooked through.
- 3 Combine the orange segments, lentils, parsley, chives, onion and cucumber in a bowl. Season with salt and pepper. Divide among serving plates and top with skewers.

Lime & chilli pork with snow pea & asparagus salad

SERVES 4



INGREDIENTS

4 (about 150g each) pork loin cutlets, French trimmed

2 tsp McCormick's Lime & Chili seasoning

Olive oil spray

200g snow peas, topped, halved diagonally

1 bunch asparagus, woody ends trimmed, cut into 4cm lengths diagonally

1 Lebanese cucumber, halved, thinly sliced diagonally

1 cup fresh coriander leaves

1 tbs fresh lime juice

1 tbs fresh orange juice

1 tbs rice wine vinegar

2 tsp honey

METHOD

1

Sprinkle both sides of the pork with the seasoning. Heat a non-stick frying pan over medium heat. Spray with olive oil spray to lightly grease. Add the pork and cook for 4-5 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside for 2-3 minutes to rest.

2

Meanwhile, cook the snow peas and asparagus in a saucepan of boiling water for 1-2 minutes or until bright green and tender crisp. Refresh under cold running water. Drain. Combine the snow pea mixture, cucumber and coriander in a bowl.

3

Whisk together the lime juice, orange juice, vinegar and honey in a small bowl. Season with pepper. Divide the pork and salad among serving dishes. Drizzle over the dressing to serve.

NUTRITION PER SERVING

ENERGY	FAT SATURATED
770kJ	1.00g
FAT TOTAL	ENERGY
3.00g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
10.00g	4.50g
PROTEIN	ENERGY
29.00g	Cholesterol: -

02

SOUPS

Beef Chilli Soup

SERVES 4



INGREDIENTS

- 1 onion chopped
- 175 g lean minced beef
- 2 cloves garlic crushed
- 1 red chilli seeded
- 25 g plain flour
- 1 can chopped tomatoes
- 600 mls of reduced salt beef stock
- 225 g canned kidney beans
- 2 tablespoons chopped parsley
- Fresh ground black pepper
- 2 large carrots diced
- 200g green beans
- 3 large zucchini's

NUTRITION PER SERVING

ENERGY	PROTEIN
219 kcalories	18.6g
CARBOHYDRATE	FAT
24.7g	6.0g
SATURATED FAT	FIBRE
2.2g	9.9g
SALT	
1.2g	

METHOD

- 1 Fry onion and beef in a light spray of oil to brown and seal.
- 2 Add garlic, chilli and flour, cook for 1 minute, and add tomatoes and stock, bring to boil.
- 3 Stir in kidney beans and vegetables and pepper to taste.
- 4 Cook for 20 minutes.
- 5 Stir in most of parsley, and then serve in bowls.
- 6 Sprinkle remaining parsley to garnish

Minestrone Soup

SERVES 4



INGREDIENTS

- 1 clove garlic
- 1 onion finely chopped
- 2 back bacon rashers, rind and fat removed, chopped finely
- 1 celery stalk grated coarsely
- 400g tinned chopped tomato
- 2 cups of reduced salt beef stock
- ½ cup of wholemeal short pasta
- 2 medium zucchini coarsely grated
- 300 g tin of white beans, rinsed and drained
- 1/3 cup shredded basil

NUTRITION PER SERVING

ENERGY	PROTEIN
151kcalories	11.0g
CARBOHYDRATE	FAT
23.4g	2.3g
SATURATED FAT	FIBRE
0.6g	6.7g
SALT	
1.4g	

METHOD

- 1
- 1 Heat non-stick saucepan over medium heat, Add 2 tablespoons of water and cook onion, garlic bacon and celery for 5 minutes, Add carrot, tomato, stock and pasta 2 Bring to boil. Reduce heat and simmer for 5 minutes, Stir in beans and zucchini. Simmer for another 10 minutes or until pasta is cooked. Remove from heat and stir in basil.

Pea and Ham soup

SERVES 4



INGREDIENTS

- 1 x 500g packet green split peas
- 1 tbsp. water
- 2 brown onions, coarsely chopped
- 3 carrots, peeled, coarsely chopped
- 3 celery sticks, ends trimmed, coarsely chopped
- 1 large (about 750g) ham hock (see note)
- 2.75L (11 cups) water
- Wholegrain bread, toasted, to serve
- Bouquet garni
- 3 sprigs fresh thyme
- 2 dried bay leaves
- 4 black peppercorns

NUTRITION PER SERVING

ENERGY	PROTEIN
514kcalories	38.4g
CARBOHYDRATE	FAT
83.5g	5.3g
SATURATED FAT	FIBRE
1.2g	14.0g
SALT	
1.7g	

METHOD

1

1 Place the split peas in a large bowl and cover with cold water. Set aside for 6 hours or overnight to soak. Drain. 2 To make the bouquet garni, place the thyme, bay leaves and peppercorns in a small piece of muslin cloth. Wrap up and tie with unwaxed kitchen string to secure. 3 Heat a large saucepan over medium heat. Add the water, onion, carrot and celery and cook, uncovered, stirring often, for 10 minutes or until the onion is soft. 4 Use tongs to remove the ham hock from the pan. Set aside until cool enough to handle. Use your hands to pull the ham off the bone. Discard the bone. Shred the ham. Return the ham to the soup. (To freeze, see notes.) 5 Stir the soup over low heat for 4-5 minutes or until heated through then serve.

Chicken and vegetable soup

SERVES 4



INGREDIENTS

2 teaspoons rice bran oil
4 cloves garlic, sliced
1 tablespoon finely grated fresh ginger
½ teaspoon chilli flakes
2 litres (8 cups) salt-reduced chicken stock
300g chicken breast fillets, trimmed
1 cup brown rice
1 bunch baby pakchoy (baby bokchoy), shredded coarsely
2 medium (240g) carrots cut into matchsticks
115g punnet baby corn, sliced diagonally
1 cup coarsely chopped fresh coriander
6 green onions (green shallots), finely sliced diagonally

NUTRITION PER SERVING

ENERGY	PROTEIN
301 kcalories	23.4g
CARBOHYDRATE	FAT
44.6g	4.4g
SATURATED FAT	FIBRE
0.8g	4.8g
SALT	
0.6g	

METHOD

- 1 Combine oil, garlic, ginger and chilli in a large saucepan. Stir over medium heat until aromatic. 2 Add the stock and chicken breast fillets to the saucepan and bring to a simmer over medium heat. Simmer gently until chicken is just cooked through. 3 Remove chicken from saucepan. 4 Bring soup back to the boil; add the rice and cook until almost tender. Add pakchoy, carrots and corn, and simmer for 1-2 minutes or until the pakchoy leaves are bright green. 5 Meanwhile, shred the chicken. 6 Remove the saucepan from the heat; stir in the chicken and coriander. Serve soup topped with the green onions.

Pumpkin and chick pea soup

SERVES 4



INGREDIENTS

1 tablespoon olive oil
Ginger to flavour
1 onion, chopped
1 carrot, diced
1 celery stick, sliced
1kg pumpkin, peeled, cubed
2 cups (500ml) reduced-salt chicken stock
400g can chickpeas, drained, rinsed
1 cup lentils, drained and rinsed
3 garlic cloves, 2 finely chopped, 1 halved
3 tablespoons shredded basil

NUTRITION PER SERVING

ENERGY	PROTEIN
192kcalories	10.5g
CARBOHYDRATE	FAT
26.4g	5.6g
SATURATED FAT	FIBRE
0.9g	10.1g
SALT	
0.7g	

METHOD

- 1 Heat oil in a large saucepan on medium. Cook garlic and ginger, onion, carrot and celery for 5 minutes, stirring occasionally, until beginning to soften. Add pumpkin and cook for 5 minutes.
- 2 Add stock and 2 cups water and bring to boil. Simmer, covered, for 15 minutes. Add chickpeas and lentils and simmer for another 2 minutes. Add finely chopped garlic and basil and season to taste.
- 3 Blend soup together

Curry Lentil Soup

SERVES 4



INGREDIENTS

- 1 cup (200g) split yellow lentils, rinsed, drained
- 1 cup canned chickpeas
- 1 tablespoon vegetable oil
- 1 teaspoon ground turmeric
- 2 garlic cloves, crushed
- 3 large tomatoes, chopped
- ¼ cup chopped coriander
- juice of ½ lemon
- 1 tablespoongarammasala
- 1/3 cup quinoa to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
390 kcalories	22.0g
CARBOHYDRATE	FAT
62.9g	7.3g
SATURATED FAT	FIBRE
0.9g	7.0g
SALT	
0.4g	

METHOD

- 1 Place lentils, oil, turmeric, garlic and 2½L water in a large saucepan. Bring to boil. Reduce heat to low and simmer for 30- 35 minutes, until lentils are very soft. Add more water if needed.
- 2 Add tomato with any juice and chick peas and simmer for another 15 minutes.
- 3 Add quinoa and cook for 12 minutes (tip you may need to add more water when you add the quinoa)
- 4 Stir through coriander, lemon juice and garammasala.

Lentil soup

SERVES 4



INGREDIENTS

- 1 tablespoon rice bran oil
- 1 clove of garlic
- 2 carrots, diced
- 2 zucchini, diced
- 2 sticks celery, diced
- 1 brown onion, finely chopped
- 400g can diced tomatoes
- 2 cups salt-reduced vegetable stock
- 400g can brown lentils, rinsed, drained
- 1/2 cup flat-leaf parsley leaves, chopped
- 1 lemon, quartered

NUTRITION PER SERVING

ENERGY	PROTEIN
152 kcalories	9.2g
CARBOHYDRATE	FAT
20.6g	4.2g
SATURATED FAT	FIBRE
0.5g	7.7g
SALT	
0.5g	

METHOD

- 1 Heat oil in a large saucepan over medium-high heat. Once the oil has heated, add the zucchini, onions, garlic, carrot and celery. Cook until onion turns clear and vegetables soften.
- 2 At this point, it is time to add the vegetable stock and the canned tomatoes to the saucepan. Stir soup through, cover and let it come to the boil. Once boiling, reduce the heat to medium low and simmer for 15 minutes uncovered.
- 3 After 15 minutes, the lentils may be added to the soup. Stir the soup for 5 minutes until lentils have heated through.
- 4 Divide the soup into bowls; serve with chopped parsley and a wedge of lemon.

Curried pumpkin and chickpea soup

SERVES 4



INGREDIENTS

- 1 tablespoon olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, crushed
- 2 teaspoons curry powder
- 1.75kg butternut pumpkin, peeled, cut into 1.5cm pieces
- 400g cans chickpeas, drained, rinsed
- 4 cups chicken stock
- Plain Greek-style yoghurt and fresh coriander sprigs, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
302kcalories	11.4g
CARBOHYDRATE	FAT
50.9g	7.5g
SATURATED FAT	FIBRE
1.9g	13.9g
SALT	
1.1g	

METHOD

- 1 Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook for 5 minutes or until onion has softened. Add curry powder. Cook for 1 minute or until fragrant. Add pumpkin. Stir to coat.
- 2 Using a fork, crush half the chickpeas. Add crushed chickpeas, stock and 1 cup cold water to pan. Bring to the boil. Reduce heat to low.
- 3 Simmer, partially covered, for 30 minutes or until pumpkin is very tender and soup has thickened. Stir in remaining chickpeas.
- 4 Ladle into bowls. Top with yoghurt and coriander. Serve.

Four-bean soup with barley

SERVES 4



INGREDIENTS

- 1 tbsp. olive oil
- 1 onion, roughly chopped
- 3 garlic cloves, sliced
- 1 celery stalk, roughly chopped
- 1 carrot, roughly chopped
- 3 thyme sprigs
- 1/2 cup (105g) pearl barley
- 2 cups (500ml) salt-reduced vegetable stock
- 2 x 400g cans four-bean mix, rinsed, drained
- 400g can chopped tomatoes
- 1/2 cup finely sliced flat-leaf parsley leaves

NUTRITION PER SERVING

ENERGY	PROTEIN
284 kcalories	12.5g
CARBOHYDRATE	FAT
51.6g	4.5g
SATURATED FAT	FIBRE
0.7g	12.6g
SALT	
1.7g	

METHOD

- 1 Heat the oil in a large, deep saucepan over low heat. Add the onion, garlic, celery, carrot and thyme, and cook, stirring, for 8- 10 minutes until onion is soft. Add the barley and stir to coat in the onion mixture.
- 2 Add the vegetable stock and 1 litre (4 cups) water, and then bring to the boil. Reduce heat to medium-low and simmer for 20 minutes or until barley is slightly tender.
- 3 Add the beans and tomato, and stir to combine. Bring back to a simmer and cook for a further 15 minutes or until barley is soft. Serve in bowls sprinkled with parsley.

Ham and lentil soup

SERVES 4



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 2 medium carrots, peeled, chopped
- 3 celery stalks, finely chopped
- 2 garlic cloves, crushed
- 2 litres salt-reduced chicken stock
- 100g piece leg ham
- 1 cup red lentils, rinsed, drained

METHOD

- 1 Heat oil in a large saucepan over medium heat. Add onion, carrots, celery and garlic. Cook, stirring, for 5 minutes or until onion has softened.
- 2 Increase heat to high. Add stock. Bring to the boil. Reduce heat to medium. Add ham and lentils. Simmer for 20 to 30 minutes or until lentils are tender.
- 3 Remove ham from pan. Using a fork, shred ham. Return to soup. Cook for 2 minutes or until heated through. Stir in parsley. Season with pepper. Serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
146kcalories	10.6g
CARBOHYDRATE	FAT
17.1g	4.4g
SATURATED FAT	FIBRE
0.7g	3.9g
SALT	
1.6g	

Moroccan sweet potato, carrot and chickpea soup

SERVES 4



INGREDIENTS

2 tablespoons olive oil
1 large brown onion, roughly chopped
2 garlic cloves, crushed
1 teaspoon ground coriander
2 teaspoons ground cumin
1/4 teaspoon chilli powder
600g orange sweet potato, peeled, diced
500g carrots, peeled, sliced
6 cups reduced-salt chicken stock
300g can chickpeas, drained, rinsed
1/2 small lemon, juiced
Low fat natural yoghurt to serve

METHOD

- 1 Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring often, for 3 minutes. Stir in coriander, cumin and chilli powder. Cook, stirring, for 1 minute. Add sweet potato and carrot. Cook, stirring often, for 5 minutes. Add stock. Cover.
- 2 Bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 20 minutes.
- 3 Add chickpeas to soup and simmer, covered, for 10 minutes or until chickpeas are tender.
- 4 Blend soup, in batches, until smooth. Return to saucepan over medium-low heat. Season with salt and pepper. Stir in 1 tablespoon lemon juice. Heat, stirring, until hot (do not boil). Ladle into bowls.
- 5 Sprinkle with pepper and a teaspoon of natural yoghurt.

NUTRITION PER SERVING

ENERGY	PROTEIN
305kcalories	8.1g
CARBOHYDRATE	FAT
53.1g	8.8g
SATURATED FAT	FIBRE
1.3g	12.5g
SALT	
1.3g	

Chicken and sweet potato soup

SERVES 4



INGREDIENTS

- 1.25L (5 cups) chicken stock
- 2 (about 700g) orange sweet potatoes (kumara), peeled, cut into 2cm cubes
- 1 large red onion, halved, chopped
- 2 garlic cloves, quartered
- 4 sprigs fresh thyme
- 1/2 tsp. dried oregano leaves
- Freshly ground black pepper
- 2 small (about 300g) single chicken breast fillets
- 1 bunch fresh continental parsley
- 250ml (1 cup) full-fat soy milk

NUTRITION PER SERVING

ENERGY	PROTEIN
286 kcalories	23.2g
CARBOHYDRATE	FAT
44.1g	3.2g
SATURATED FAT	FIBRE
0.6g	7.3g
SALT	
1.4g	

METHOD

- 1 Bring the chicken stock to the boil in a large saucepan over high heat. Add the sweet potato, onion, garlic, thyme and oregano. Season with pepper and bring to the boil. Cook, covered, for 10 minutes or until the sweet potato is tender. Remove from heat. Set aside for 5 minutes to cool.
- 2 While soup is cooking, cut chicken into 1cm pieces. Coarsely chop parsley to make 1/4 cup, loosely packed. Set aside. Place one-quarter of soup in the jug of a blender and blend until smooth. Transfer to a clean saucepan. Repeat with remaining soup in three more batches.
- 3 Bring soup to the boil over medium heat. Add chicken and parsley and cook for 3 minutes or until chicken is cooked.
- 4 Remove from heat. Stir in soy milk and season with pepper.

Lentil Stew

SERVES 4



INGREDIENTS

1 tbsp. olive oil
2 garlic cloves, grated
1 small onion, grated
1 tsp. ground cumin
½ tsp. ground coriander
½ tsp. turmeric
1 cup dried red lentils, rinsed
3 cups reduced-salt or chicken stock
1 tbsp. reduced-salt tomato paste
½ cup pumpkin, diced
½ cup frozen peas
½ cup sweet corn
White or brown rice, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
411kcalories	17.9g
CARBOHYDRATE	FAT
77.0g	5.7g
SATURATED FAT	FIBRE
1.0g	7.5g
SALT	
0.4g	

METHOD

- 1 Heat olive oil in a large saucepan and sauté garlic and onion for 2 minutes. Add cumin, coriander and turmeric chilli, and cook for 1 minute. Add lentils, stock, tomato paste and pumpkin; bring to the boil.
- 2 Reduce heat to simmer and cook for 15 minutes. Add peas and corn and cook for an additional 5 minutes. Serve with steamed rice.

Carrot & coriander soup

SERVES 4



INGREDIENTS

1 lb carrots, sliced
1 onion, sliced
1 potato, diced
coriander, 1 bunch, preferably fresh and chopped
1 tbsp vegetable oil
1 tsp ground coriander
black pepper and salt to taste

METHOD

- 1 Put the oil in a large pan and heat it for 1-2 minutes, then add the sliced onion and fry it until it gets soft - around 5 minutes.
- 2 Stir in the coriander and diced potato and cook for 1 minute.
- 3 Add the sliced carrots and bring to the boil, then continue to cook for about 20 minutes at reduced heat. Make sure to cover the pan.
- 4 When carrots are tender, add the chopped coriander, salt and pepper to taste and serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
128 kcalories	3.2g
CARBOHYDRATE	FAT
22.1g	3.6g
SATURATED FAT	FIBRE
0.4g	5.5g
SALT	
0.1g	

Cabbage and Carrot Soup

SERVES 4



INGREDIENTS

- 8 cups green cabbage, shredded
- 2 carrots, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- ½ cup homemade tomato paste, salt-free preferably
- 2 cups chicken stock
- 1 tsp olive oil
- 2/4 cup fresh dill, snipped
- salt and pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
114 kcalories	6.2 g
CARBOHYDRATE	FAT
18.3g	2.2g
SATURATED FAT	FIBRE
0.3 g	9.7g
SALT	
0.4g	

METHOD

- 1 Heat the oil in a large pan, at medium heat, for 1-2 minutes then add the sliced onion and the garlic. Sauté for 5-7 minutes until the onion is soft then add the carrots and sauté for another 5 minutes.
- 2 Stir in the shredded cabbage and cook for 10 minutes or so, stirring occasionally. Don't forget to cover the pan.
- 3 When cabbage is wilted, add 2 ½ cups of water, the tomato paste, the chicken, dill, salt and pepper. Cover the pan, bring to boil and simmer for about 15 minutes, at reduced heat. Serve when cabbage is very tender.

Red lentil, chickpea & chilli soup

SERVES 4



INGREDIENTS

2 tsp cumin seeds
large pinch chilli flakes
1 tbsp olive oil
1 red onion , chopped
140g red split lentils
850ml vegetable stock or water
400g can tomatoes , whole or chopped
200g carton chickpeas or ½ a can,
rinsed and drained (freeze
leftovers)
small bunch coriander , roughly chopped
(save a few leaves, to
serve)
4 tbsp 0% Greek yogurt , to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
222 kcalories	13g
CARBOHYDRATE	FAT
33g	5g
SATURATED FAT	FIBRE
0g	6g
SUGAR	SALT
6g	0.87g

METHOD

1

Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for 1 min, or until they start to jump around the pan and release their aromas. Add the oil and onion, and cook for 5 mins. Stir in the lentils, stock and tomatoes, then bring to the boil. Simmer for 15 mins until the lentils have softened.

2

Whizz the soup with a stick blender or in a food processor until it is a rough purée, pour back into the pan and add the chickpeas. Heat gently, season well and stir in the coriander. Finish with a dollop of yogurt and coriander leaves.

Chicken & white bean stew

SERVES 4



INGREDIENTS

2 tbsp sunflower oil
400g boneless, skinless chicken thighs ,
trimmed and cut into
chunks
1 onion , finely chopped
3 carrots , finely chopped
3 celery sticks, finely chopped
2 thyme sprigs or ½ tsp dried
1 bay leaf , fresh or dried
600ml vegetable or chicken stock
2 x 400g / 14oz cans haricot beans ,
drained
chopped parsley , to serve

METHOD

- 1 Heat the oil in a large pan, add the chicken, then fry until lightly browned. Add the veg, then fry for a few mins more. Stir in the herbs and stock. Bring to the boil. Stir well, reduce the heat, then cover and cook for 40 mins, until the chicken is tender.
- 2 Stir the beans into the pan, then simmer for 5 mins. Stir in the parsley and serve with crusty bread.

NUTRITION PER SERVING

ENERGY	PROTEIN
291 kcalories	30g
CARBOHYDRATE	FAT
24g	9g
SATURATED FAT	FIBRE
2g	11g
SUGAR	SALT
9g	0.66g

Italian-style beef stew

SERVES 2



INGREDIENTS

- 1 onion , sliced
- 1 garlic clove, sliced
- 2 tbsp olive oil
- 300g pack beef stir-fry strips, or use beef steak, thinly sliced
- 1 yellow pepper , deseeded and thinly sliced
- 400g can chopped tomatoes
- sprig rosemary , chopped
- handful pitted olives

METHOD

- 1 In a large saucepan, cook onion and garlic in olive oil for 5 mins until softened and turning golden. Tip in the beef strips, pepper, tomatoes and rosemary, then bring to the boil. Simmer for 15 mins until the meat is cooked through, adding some boiling water if needed. Stir through the olives and serve with mash or polenta.

NUTRITION PER SERVING

ENERGY	PROTEIN
225 kcalories	25g
CARBOHYDRATE	FAT
7g	11g
SATURATED FAT	FIBRE
3g	2g
SUGAR	SALT
6g	0.87g

Middle Eastern chicken & apricot stew

SERVES 4



INGREDIENTS

olive oil
1 large onion , chopped
1 tbsp root ginger , grated
2 garlic cloves , chopped
4 skinless chicken breasts , cut into chunks
2 tsp baharat or ras-el-hanout spice blend (look for Bart spices in the supermarket)
100g red lentils
10 ready-to-eat apricots , finely chopped
1 lemon , juiced
750ml chicken stock
a handful of mint or coriander (or both), chopped
a handful of pomegranate seeds (optional)

NUTRITION PER SERVING

ENERGY	PROTEIN
295 kcalories	41.6g
CARBOHYDRATE	FAT
28.3g	2.5g
SATURATED FAT	FIBRE
0.6g	3.6g
SALT	
0.29g	

METHOD

1

Heat 1 tbsp olive oil in a pan. Add the onion, ginger and garlic, and season. Cook for 8 minutes and then add the chicken. Cook for 5 minutes and then add the spice blend, lentils, apricots and lemon juice.

2

Stir in 750ml of stock or water and simmer for 15 minutes. Stir in the herbs and pomegranate seeds (if using) and serve with rice or couscous.

Chorizo & chickpea soup

SERVES 2



INGREDIENTS

400g can chopped tomatoes
110g pack of chorizo sausage (unsliced)
140g wedge Savoy cabbages
sprinkling dried chilli flakes
410g can chickpeas, drained and rinsed
1 chicken or vegetable stock cube
crusty bread or garlic bread, to serve

METHOD

- 1 Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces (removing any skin) and shred the cabbage.
- 2 Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

NUTRITION PER SERVING

ENERGY	PROTEIN
366 kcalories	23g
CARBOHYDRATE	FAT
30g	18g
SATURATED FAT	FIBRE
5g	9g
SALT	
4.26g	

Chorizo, lentil & chickpea soup

SERVES 4



INGREDIENTS

olive oil
100g chorizo , cut into small chunks
1 large onion , chopped
2 carrots , halved lengthways and thickly sliced
2 stalks celery , halved lengthways and thickly sliced
1 tsp smoked paprika
big pinch chilli flakes
6 tbsp red or green lentils
1 x 400g tin chickpeas , drained and rinsed
750ml chicken stock
parsley (optional)

METHOD

- 1 Heat 1 tbsp of olive oil in a pan. Fry the chorizo for 2 minutes, add the onion and cook for 5 minutes. Add the carrot and celery and cook for 5 minutes. Add the paprika and chilli flakes, and cook for a minute, then add the lentils, chickpeas and stock.
- 2 Simmer for 20-25 minutes until the lentils and veg are tender. Finish with chopped parsley if you like.

NUTRITION PER SERVING

ENERGY	PROTEIN
290 kcalories	16.2g
CARBOHYDRATE	FAT
30.8g	12.2g
SATURATED FAT	FIBRE
2.9g	5.5g
SALT	
2.6g	

Ramen soup



INGREDIENTS

- 1 sheet (60g) Ramen or Chinese egg noodles (108 cal)
- ½ tsp sesame seeds (8 cal)
- 1 sachet of miso soup (27 cal)
- 1 tsp mirin (7 cal)
- 1 tbsp Japanese soy sauce (10 cal)
- ½ tsp grated root ginger (1 cal)
- 50g spring cabbage thinly sliced (12 cal)
- 50g beansprouts (14 cal)
- 50g carrot (15 cal)
- 50g shiitake mushrooms, sliced (20 cal)

NUTRITION PER SERVING

ENERGY
222 calories

METHOD

- 1 Cook the noodles according to the instructions on the packet, put them in a sieve and cool under the tap.
- 2 Toast the sesame seeds in a hot dry frying pan until golden. Squeeze the gunky contents of the miso soup sachet into a saucepan with 500ml boiling water. Add the soy sauce, mirin and ginger and bring to the boil.
- 3 Meanwhile, shave the carrot into long ribbons with a potato peeler.
- 4 Add the cabbage to the soup pan and simmer for a minute. Add the carrot and mushrooms and simmer for another minute. Stir in the beansprouts.
- 5 Drain the noodles and put them in the bottom of a large soup bowl. Pour over the contents of the pan. Sprinkle with the sesame seeds and serve.

Indian spiced tomato soup

SERVES 2



INGREDIENTS

1 onion , roughly chopped
2 tsp garam masala
pinch chilli flakes
2 tbsp red lentils
1 x 400g tin chopped tomatoes
500ml vegetable stock
½ bunch coriander , chopped
natural yogurt , to serve (optional)

METHOD

- 1 Put all the ingredients (except the coriander and yogurt) in a pan, bring to a simmer and cook for 20 minutes until the lentils are soft. Add the coriander and cook for a minute. Use a stick blender to roughly whizz together.
- 2 Stir in a little natural yogurt to serve if you like.

NUTRITION PER SERVING

ENERGY	PROTEIN
130 kcalories	7.5g
CARBOHYDRATE	FAT
21.3g	2.2g
SATURATED FAT	FIBRE
0.1g	3.8g
SALT	
2.82g	

Mexican chicken stew with quinoa & beans

SERVES 4 - 5



INGREDIENTS

1 tbsp olive oil
1 onion , sliced
2 red peppers , deseeded and chopped into largish chunks
3 tbsp chipotle paste
2 x 400g cans chopped tomatoes
4 skinless chicken breasts
140g quinoa
2 chicken stock cubes
1 x 400g can pinto beans , drained
small bunch coriander , most chopped, a few leaves left whole
juice 1 lime
1 tbsp sugar
natural yogurt , to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
336 kcalories	33.4g
CARBOHYDRATE	FAT
34.7g	6g
SATURATED FAT	FIBRE
0.9g	4.1g
SUGAR	SALT
15.8g	2.1g

METHOD

- 1 Heat the oil in a deep frying pan and fry the onions and peppers for a few mins until softened. Stir in the chipotle paste for a minute, followed by the tomatoes. Add up to a tomato can-full of water to cover the chicken and bring to a gentle simmer. Add the chicken breasts and gently simmer, turning the chicken occasionally, for 20 mins until the chicken is cooked through.
- 2 Bring a large saucepan of water to the boil with the stock cubes. Add the quinoa and cook for 15 mins until tender, adding the beans for the final min. Drain well and stir in the coriander and lime juice, then check for seasoning before covering to keep warm.
- 3 Lift the chicken out onto a board and shred each breast using two forks. Stir back into the tomato sauce with the sugar and season. Serve with the quinoa, scattering the stew with some coriander leaves just before dishing up and eating with a dollop of yogurt on the side.

Spring Vegetable and Chicken Stew

SERVES 6



INGREDIENTS

- 1 slow-cooker liner (we used Reynolds)
- 1 1/2 pound(s) boneless, skinless chicken thighs, cut in chunks
- 2 cup(s) baby carrots, halved lengthwise
- 1 large leek, white and light green parts only, sliced (2 cups)
- 1 tablespoon(s) chopped fresh tarragon
- 1 jar(s) (12 oz) chicken gravy
- cup(s) dry white wine
- 1 tablespoon(s) flour
- 1/2 teaspoon(s) salt
- 8 ounce(s) fresh asparagus, trimmed, cut in 1- to 2-in. lengths
- cup(s) thawed frozen peas

NUTRITION PER SERVING

CALORIES	TOTAL FAT
207	5g
SATURATED FAT	CHOLESTEROL
1g	99mg
SODIUM	TOTAL CARBOHY
567mg	15g
DIETARY FIBER	ENERGY
2g	Sugars n/a

METHOD

- 1 Line a 3-qt or larger slow-cooker with liner. Put chicken, carrots, leeks and tarragon in slow-cooker. Pour in gravy. Put wine, flour and salt in gravy jar; cover and shake to mix. Pour into slow-cooker; toss to coat. Cover and cook on low 5 to 8 hours until chicken and vegetables are tender.
- 2 Turn to high. Add asparagus; cover and cook on high 10 to 15 minutes until asparagus are crisp-tender. Stir in peas.

Moroccan chicken, carrot and chickpea soup

SERVES 6



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 medium red capsicum, finely chopped
- 2 celery stalks, trimmed, finely chopped
- 2 medium carrots, peeled, chopped
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 dried bay leaf
- 1.6kg whole chicken
- 1/2 cup pearl barley
- 2 x 400g cans chickpeas, drained, rinsed
- Fresh coriander leaves and harissa (see note), to serve

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1950kJ	4.10g
FAT TOTAL	ENERGY
17.40g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
28.10g	8.60g
PROTEIN	CHOLESTEROL
45.40g	143.00mg

METHOD

- 1 Heat oil in a large, heavy-based saucepan or stockpot over medium-high heat. Add onion, capsicum, celery and carrot. Cook, stirring, for 5 minutes or until onion has softened. Add coriander, cumin and bay leaf. Cook, stirring, for 1 minute or until fragrant.
- 2 Rinse chicken under cold water. Pat dry with paper towel. Trim excess fat. Add barley, chicken (breast-side down) and 8 cups cold water to pan. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 1 hour or until chicken is cooked through. Remove pan from heat. Stand, covered, for 30 minutes. Transfer chicken to a bowl. Cool for 20 minutes. Remove and discard skin and bones. Shred chicken.
- 3 Return pan to heat. Skim surface. Cover. Bring to the boil. Reduce heat to medium-low. Add shredded chicken and chickpeas. Simmer for 5 minutes or until heated through. Season with salt and pepper. Serve with coriander leaves and harissa.

Bean and Veggies Stew

SERVES 6



INGREDIENTS

- 1 small squash
- 2 carrots, cut into chunks
- 2 cans pinto beans, drained and rinsed
- 1 lb new potatoes, cut into small pieces
- 2 large zucchini, cut into chunks
- 4 large sprigs of fresh rosemary (save for garnish as well)
- 2 parsnips, cut into chunks
- 1 garlic clove, chopped
- 2 tsp olive oil
- 1 cup apple cider
- 1 cup hot low-sodium vegetable broth
- salt and pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
278 kcalories	11.5g
CARBOHYDRATE	FAT
50.3g	3.1g
SATURATED FAT	FIBRE
0.5g	8.1g
SALT	
0.3g	

METHOD

- 1 Preheat the oven to 200°C (400°F). Cut the squash in halves, peel the skin and remove the seeds, then cut into smaller chunks.
- 2 In a bowl, put the squash, carrots, potatoes, zucchini and parsnips. Drizzle the olive oil over the veggies, stir in the garlic and then toss to coat evenly. Season with pepper and salt to taste.
- 3 At the bottom of a large roasting pan, lay the rosemary sprigs and spread the veggies on top, in a single layer. Roast for about 30 minutes, until they get lightly browned, turning once.
- 4 Remove from the oven and stir in the pinto beans, cider and broth. Cover the pan tightly with foil, then return to the oven and cook until the vegetables are tender, about 20 to 25 minutes.
- 5 Before serving, remove the rosemary stalks and garnish with fresh rosemary sprigs.

**MAIN
DISHES
-
CHICKEN
&
TURKEY**

Chargrilled Paprika Chicken

SERVES 4



INGREDIENTS

- 1 garlic clove, crushed
- 4 (200g each) chicken breast fillets
- olive oil cooking spray
- 2 limes, halved (see note)
- 2 corn cobs, quartered
- 2 teaspoons spicy barbecue seasoning
- 1 tablespoon sweet paprika
- 2 sweet potato's for mashing
- 200g green beans
- 200g broccoli florets

NUTRITION PER SERVING

ENERGY	PROTEIN
340 kcalories	53.3g
CARBOHYDRATE	FAT
24.0g	4.1g
SATURATED FAT	FIBRE
0.9g	6.2g
SALT	
0.4g	

METHOD

- 1 Combine seasoning, paprika, garlic and 1 tablespoon cold water in a shallow, ceramic dish. Add chicken. Turn to coat.
- 2 Lightly spray a barbecue plate or chargrill with oil. Heat over medium heat. Cook chicken for 6 to 8 minutes each side or until cooked through. Transfer to a plate. Cover and stand for 5 minutes.
- 3 Cook limes, cut side down, for 1 minute or until charred.
- 4 Meanwhile, bring a saucepan of water to the boil over high heat. Add corn. Cook for 5 minutes or until tender. Drain.
- 5 Serve chicken with ¾ a cup of steamed rice, corn and lime.
- 6 Steam vegies and then mash sweet potato

Tandoori chicken and Tzatziki wrap

SERVES 4



INGREDIENTS

- 2 tablespoons tandoori paste
- 1 cup low fat plain yoghurt
- 12 (600g) chicken tenderloins
- 2 tablespoons chopped fresh mint leaves
- 1 small Lebanese cucumber coarsely grated
- 80g baby spinach
- 80g cos lettuce
- 2 grated carrots
- 2 tomato's - sliced
- 4 wholemealwraps

NUTRITION PER SERVING

ENERGY	PROTEIN
341 kcalories	43.7g
CARBOHYDRATE	FAT
33.4g	4.5g
SATURATED FAT	FIBRE
1.0g	4.0g
SALT	
0.9g	

METHOD

- 1 Combine tandoori paste and 1/2 cup yoghurt in a shallow glass or ceramic bowl. Add chicken. Toss to coat. Refrigerate, covered, for 30 minutes, if time permits.
- 2 Preheat a barbecue plate or chargrill over medium-high heat. Cook chicken for 3 to 4 minutes each side or until browned and cooked through. Transfer to a plate. Cover with foil. Set aside for 5 minutes.
- 3 Meanwhile, combine mint, cucumber and remaining yoghurt in a bowl. Heat breads.
- 4 Place spinach, lettuce, carrots and tomato chicken and tzatziki along the centre of each bread. Roll up firmly to enclose filling.

Chicken and Vegetable curry

SERVES 4



INGREDIENTS

Rice Bran Oil
350 g (12 oz.) skinless chicken breasts, diced
1 onion, chopped
225 g (8 oz.) sweet potato, peeled and diced
225 g (8 oz.) carrots, sliced
200g green beans
300g cauliflower
1 eggplant, diced
2 garlic cloves, crushed
1 fresh green chillies, de-seeded and chopped finely
3 tablespoons medium curry powder
50 g (1 3/4 oz.) dried, split red lentils
400 g can of chopped tomatoes
300 ml (10 oz.) salt reduced chicken stock
freshly ground black pepper
2 tablespoons chopped fresh coriander, to serve
1 cup of steamed basmati rice

NUTRITION PER SERVING

ENERGY	PROTEIN
374 kcalories	33.5g
CARBOHYDRATE	FAT
52.1g	5.0g
SATURATED FAT	FIBRE
0.9g	14.3g
SALT	
1.2g	

METHOD

- 1 Heat a large non-stick frying pan and spray it lightly with oil.
- 2 Add the chicken and stir fry over a high heat until it is evenly browned. Add the onion, potatoes, carrots, cauliflower and green beans, eggplant, garlic, chillies and curry powder to the pan. Stir well so that all the ingredients get an even coating of the curry powder. Cook for 2 minutes. Stir in the lentils, chopped tomatoes, stock and seasoning, and bring to the boil.
- 3 Reduce the heat, cover and simmer for 1 hour, stirring from time to time.
- 4 Spoon into serving bowl scatter with chopped fresh coriander to serve. Place 1/4 cup basmati rice on each plate to serve

Sweet Chilli chicken

SERVES 4



INGREDIENTS

650g chicken breast fillets
¼ cup (60ml) sweet chilli sauce
1 tablespoon soy sauce
2 tablespoons olive oil
4cm piece of ginger, coarsely chopped
2 garlic cloves, chopped
2 bunches pakchoy, trimmed, leaves separated, washed
2 tablespoons chicken stock
Steamed broccoli and cauliflower and green beans to serve
½ cup buckwheat noodles, to serve

METHOD

- 1 Slice each chicken breast horizontally through centre, then cut in half lengthways. Place in a shallow bowl and pour over combined sweet chilli sauce, soy sauce and half of oil. Turn to coat and set aside to marinate for 10 minutes.
- 2 Preheat a grill on high. Line a grill tray with foil. Place chicken pieces on prepared tray and cook under grill, 6cm from heat, for 3 minutes, basting well. Turn, baste again and cook for another 2 minutes. Meanwhile, heat remaining oil in a wok on high. Cook ginger and garlic for 1 minute, until fragrant. Add pakchoy and stir-fry for 2 minutes. Stir through stock and cook for another minute.
- 3 Serve chicken with ginger pakchoy and buckwheat noodles and drizzle with wok juices

NUTRITION PER SERVING

ENERGY	PROTEIN
292kcalories	43.2g
CARBOHYDRATE	FAT
11.5g	8.4g
SATURATED FAT	FIBRE
1.5g	3.3g
SALT	
2.1g	

Chicken cacciatore

SERVES 4



INGREDIENTS

4 x skinless, boneless chicken breasts, about 100g each, each cut into 3 pieces
1 rice bran oil
1 red onion, halved and sliced
1 large green capsicum, seeds and membranes removed, cut into long strips
2 celery stalks, cut into 1cm dice
2 medium carrots, cut into 1/2cm slices
2 large cloves garlic, finely chopped
1/4 cup dry white wine
400g can Italian peeled no added salt tomatoes, coarsely chopped
1 cup button mushrooms, cut into 1/2cm slices
freshly squeezed juice of 1/2 lemon
1/4 tsp. chilli flakes
1 cup quinoa
2 tbsp. chopped flat-leaf parsley

NUTRITION PER SERVING

ENERGY	PROTEIN
309 kcalories	33.7g
CARBOHYDRATE	FAT
33.6g	4.2g
SATURATED FAT	FIBRE
0.6 g	4.4g
SALT	
0.4g	

METHOD

- 1 Season chicken with freshly ground black pepper. Heat the oil in a non-stick pan over moderately high heat, add the chicken and sauté until browned on both sides. Remove from the pan and set aside.
- 2 Add onion, capsicum, celery and carrots to the pan and cook over moderate heat until vegetables are soft, about 10 minutes, stirring frequently. Stir in garlic and cook a further 2 minutes.
- 3 Add wine, scraping browned bits from the bottom. Add tomatoes, mushrooms, lemon juice and chilli flakes and bring to a simmer.
- 4 Return chicken to the pan, cover with crumpled, wet baking paper, and simmer over low heat until chicken is cooked through, about 15 minutes.
- 5 Meanwhile prepare quinoa. Spoon into bowls, add the chicken and scatter with parsley.

Lemon and garlic Roast chicken

SERVES 4



INGREDIENTS

- 1 tbsp. extra virgin olive oil
- 1 large lemon, juiced
- 3 large garlic cloves, crushed
- 1 tsp. honey
- 4 (125g each) chicken breast fillets, trimmed
- 4 (about 120g each) Charisma potatoes, unpeeled
- 1 sweet potato's
- 2 large carrots
- 2 zucchini's
- 2 tbsp. flat leaf parsley, roughly chopped

NUTRITION PER SERVING

ENERGY	PROTEIN
322kcalories	35.0g
CARBOHYDRATE	FAT
35.5g	5.3g
SATURATED FAT	FIBRE
1.1g	6.1g
SALT	
0.3g	

METHOD

- 1 Combine the extra virgin olive oil, lemon juice, garlic and honey in a bowl. Season with pepper and whisk to combine. Place the chicken on a large plate. Pour over half the lemon mixture and turn to coat. Cover and place in the fridge for 10 minutes.
- 2 Preheat oven 200°C fan forced. Cut vegetables into small chunks and place into large roasting pan lines with baking paper. Drizzle with the remaining lemon mixture. Roast until soft.
- 3 Meanwhile, heat a large non-stick frying pan over high heat until hot. Add two chicken fillets and cook for two minutes each side until golden. Repeat with remaining chicken. Place chicken into the roasting pan with vegetables and roast together further five to eight minutes, turning the potatoes occasionally until chicken is cooked through and potatoes golden and crisp. Sprinkle over the parsley and serve

Turkey Breast Steak Marinated in Lemon & Tarragon

SERVES 4



INGREDIENTS

4 Turkey Breast Steaks
2 lemons, grated rind and juice (half cup)
1/4 cup flat leaf parsley, roughly chopped
2 tablespoons tarragon leaves, roughly chopped
Steamed green beans, spinach, cauliflower, zucchini
4 tablespoons lemon juice
2 teaspoon honey

METHOD

- 1 Dressing for steamed vegetables 2 tablespoon lemon juice, 1 level teaspoon honey
- 2 Place breast steaks in a large ceramic dish in a single layer.
- 3 Combine lemon rind, lemon juice, parsley, tarragon in a jug. Season with pepper. Pour over steaks. Cover with plastic wrap and refrigerate. Set aside to marinate for 30 minutes. Cook for 3 to 4 minutes on each side, in a non-stick pan, char-grill or on a barbecue hot plate. Serve with steam vegetables, tossed in lemon honey dressing

NUTRITION PER SERVING

ENERGY	PROTEIN
201kcalories	39.8g
CARBOHYDRATE	FAT
6.1g	2.1g
SATURATED FAT	FIBRE
0.6g	3.0g
SALT	
0.4g	

Moroccan Turkey skewers

SERVES 4



INGREDIENTS

600g turkey mince
3 tbsp. mint leaves, finely chopped
1 carrot, peeled and grated
400g can chick peas, crushed
1 egg
20g Moroccan seasoning
100g dukkah
200g hummus dip
Garden salad to serve

METHOD

- 1 In a large bowl combine turkey mince, mint leaves, grated carrot, chick peas, egg and Moroccan seasoning mix well.
- 2 Divide mixture into 12 x 100g portions and shape into sausage shapes.
- 3 Thread Moroccan turkey onto 12 skewers and coat each skewer in dukkah.
- 4 Place skewers under a pre-heated fan grill or onto a pre-heated BBQ plate or cook on medium heat in a griddle pan 4 minutes each side.
- 5 Serve hot with garden salad

NUTRITION PER SERVING

ENERGY	PROTEIN
596kcalories	58.3g
CARBOHYDRATE	FAT
21.0g	32.4g
SATURATED FAT	FIBRE
5.5g	6.0g
SALT	ENERGY
1.8g	455 kcalories

Sweet Chicken and Oranges

SERVES 4



INGREDIENTS

8 boneless skinless chicken thighs
2 cloves garlic, minced
1 cup fresh orange juice
2 tsp canola oil
1 tbsp chopped fresh parsley
2 tsp herb seasonings
2 tbsp unseasoned rice vinegar
1 tbsp sodium reduced soy sauce
salt and pepper to taste

METHOD

- 1 In a bowl, mix the garlic, herb seasonings, parsley and pepper. Add the chicken thighs and the canola oil and toss well, until the thighs are evenly coated.
- 2 Heat a large nonstick skillet at medium heat, then place the chicken thighs and brown them on both sides. When ready, place the chicken in an ovenproof casserole.
- 3 Meanwhile, in a small bowl, mix the orange juice with vinegar and soy sauce. Return the skillet to medium heat and simmer the mixture for a few minutes, stirring occasionally.
- 4 Pour this mixture over the chicken thighs and place them in the oven, at 200°C (400°F), for about 15 minutes.
- 5 Serve when the chicken is fully cooked inside.

NUTRITION PER SERVING

ENERGY	PROTEIN
358 kcalories	45.5g
CARBOHYDRATE	FAT
6.5g	16.7g
SATURATED FAT	FIBRE
4.4g	0.3g
SALT	
0.5g	

Grilled Chicken Thighs with Rice and Cilantro Salad

SERVES 4



INGREDIENTS

- 4 chicken thighs
- 2 tsp herbs seasonings
- 2 tsp canola oil
- 2 cups cooked brown rice
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tbsp extra virgin olive oil
- 1 tbsp lime juice
- 1 handful cilantro leaves, sliced (keep some for garnish)

NUTRITION PER SERVING

ENERGY	PROTEIN
264 kcalories	23.9g
CARBOHYDRATE	FAT
15.1g	12.4g
SATURATED FAT	FIBRE
2.8g	0.5g
SALT	
0.1g	

METHOD

- 1 Heat the grill to high. Put the herbs seasonings in a bowl, mix with the canola oil and add the chicken, stirring until coated. Put the chicken on the grill and cook until brown.
- 2 Mix all the other ingredients in a bowl, preparing the salad. Add salt and pepper to taste then divide among four plates; place one chicken thigh on each plate.
- 3 Garnish with cilantro leaves and serve!

Moroccan Chicken with Apricots and Olives

SERVES 4



INGREDIENTS

4 chicken breasts, boneless and skinless, cut in half
1 cup chicken broth
1 cup whole-wheat couscous
1/2 cup dried apricots, cut in half
1/4 cup black or green olives, pitted
2 tbsp chopped pine nuts or almonds
1 onion, chopped
1 garlic clove
1/2 tsp each cumin, dried cinnamon, ginger and turmeric
2 tsp olive oil
one handful fresh coriander, chopped

NUTRITION PER SERVING

ENERGY	PROTEIN
370 kcalories	44.3g
CARBOHYDRATE	FAT
28.5g	9.4g
SATURATED FAT	FIBRE
1.4g	1.9g
SALT	
1.0g	

METHOD

- 1 Heat 1 tsp of olive oil in a frying pan, on medium heat. On a cutting board, place the chicken breasts and cover them with plastic wrap. With a rolling pin or meat mallet, flatten the breasts.
- 2 Place the chicken in the frying pan and cook on both sides for 3- 4 minutes, until brownish. Put the breasts on a plate for a couple of minutes.
- 3 In another pan, heat 1 tsp of olive oil and sauté the onion, until softened. You can also sauté the garlic at this point. Add spices and stir in the apricots, broth and olives.
- 4 Simmer for 5 minutes then cover the pan and return the chicken breasts to this pan, cooking for another 5 minutes and turning occasionally.
- 5 In a bowl, add the couscous and 1 ¼ cups boiling water. Let it stand for 5 minutes then fluff with a fork and add the almonds, stirring until mixed. Divide the mixture among 4 plates and top with chicken and coriander. Enjoy!

Chicken Breasts Stuffed with Pesto and Asparagus

SERVES 4



INGREDIENTS

4 chicken breasts, boneless
16 asparagus stalks, cut into quarters
one large handful of fresh basil, minced
(keep some for garnish)
1/4 cup parmesan, grated
2 large tomatoes, diced
16 olives, chopped and pitted
4 cloves of garlic, minced
1 large red onion, diced
2 tbsp lemon zest
3 tbsp extra virgin olive oil
salt and pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
302 kcalories	36.4g
CARBOHYDRATE	FAT
8.2g	14.0g
SATURATED FAT	FIBRE
3.7g	3.2g
SALT	
0.8g	

METHOD

- 1 For preparing the pesto, take a bowl and mix the basil, the minced garlic and 2 tbsp of olive oil. Add salt and pepper to taste and mix until you obtain a paste.
- 2 Preheat the oven to at 195°C (375°F).
- 3 Make a lengthwise split in the chicken breast, on each side, to form deep pockets, and stuff with pesto, rubbing a small amount on the outside as well.
- 4 Place the chicken in a baking pan, with 1 tsp of oil. Cook for 20 minutes, until brownish. You can also grill the chicken, preheating the grill to medium-high and cooking for 5-6 minutes on each side. For extra taste, rub the chicken with olive oil.
- 5 In a sauté pan, put the remaining olive oil, add the remaining garlic and the onion and sauté until translucent. Then add the tomatoes, olives and asparagus and continue to cook for about 5 minutes. Top the chicken with this mixture.
- 6 Slice the chicken breasts in two and divide among the 4 plates. Add lemon zest, salt and pepper to taste. Garnish with parmesan and basil and serve!

Spicy Chicken Casserole With Chickpeas, Rice and Peppers



INGREDIENTS

8 chicken thighs
1 cup basmati rice
3 cloves crushed garlic
1/2 cup chick peas
1 bunch fresh coriander (cilantro)
3 tsp ground coriander seeds
1-2 green chillies, halved, seeded and finely chopped

NUTRITION PER SERVING

ENERGY	PROTEIN
529 kcalories	55.1g
CARBOHYDRATE	FAT
39.1g	17.3g
SATURATED FAT	FIBRE
4.4g	5.5g
SALT	ENERGY
0.2g	353 kcalories

METHOD

- 1 Preheat the oven to 200°C (400°F) and put a casserole to heat.
- 2 In a large frying pan put 1 tbsp olive oil and brown the chicken thighs.
- 3 Remove from pan, increase temperature to high and cook the yellow peppers and onions until well-browned.
- 4 Mix the rice with 1 bunch of fresh cilantro or coriander, crushed garlic, 1-2 green chillies, coriander seeds and chickpeas and stir.
- 5 Pour in the juice of 1 large lemon and the chicken stock and bring to boil. Pour this mixture into the pre-heated casserole.
- 6 Stir in the pitted green olives then place the chicken on top and cover. Bake for 50 minutes or until the rice is fully cooked. Serve!

Turkey steaks with citrus & ginger sauce

SERVES 2



INGREDIENTS

2 tsp cornflour

4 quick-cook turkey breast steaks,
weighing about 300g/10oz

total

1 tbsp sunflower oil

3 oranges , juice of 2 and one peeled
and cut into segments

1 tsp grated fresh ginger

1 tsp clear honey

1 pink grapefruit , peeled and cut into
segments

1 tbsp fresh snipped chives or chopped
parsley

wild or long grain rice and steamed
broccoli, to serve

METHOD

1

Sprinkle a teaspoon cornflour onto a plate, then press the turkey steaks into the cornflour to dust them lightly. Heat the oil in a large non-stick frying pan, until it is really hot. Add the turkey and fry for 3-4 minutes, turning once until golden on both sides - cook in batches if need be. Transfer to a plate.

2

Add the orange juice, ginger and honey to the pan. Gently bring to the boil. Mix the remaining cornflour with 1 tbsp cold water and stir into the sauce. Keep stirring on a gentle heat until thickened and syrupy, like a sweet and sour sauce. Season.

3

Return the turkey to the pan. Add the orange and grapefruit segments and heat through gently. Scatter over chives or parsley and serve straight away with rice and broccoli.

NUTRITION PER SERVING

ENERGY	PROTEIN
310 kcalories	39g
CARBOHYDRATE	FAT
25g	7g
SATURATED FAT	FIBRE
1g	3g
SUGAR	SALT
1.9g	0.22g

Spring chicken in a pot

SERVES 4



INGREDIENTS

1 tbsp olive oil
1 onion , chopped
500g boneless, skinless chicken thighs
300g small new potatoes
425ml low-salt vegetable stock (such as Kallo low-salt vegetable stock cubes)
350g broccoli , cut into small florets
350g spring greens , shredded
140g petits pois
bunch spring onion , sliced
2 tbsp pesto

NUTRITION PER SERVING

ENERGY	PROTEIN
339 kcalories	36g
CARBOHYDRATE	FAT
27g	10g
SATURATED FAT	FIBRE
3g	8g
SUGAR	SALT
12g	0.5g

METHOD

1

Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, then fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.

2

Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.

Sweet potato & chicken curry

SERVES 4



INGREDIENTS

500g sweet potatoes , peeled and cut into bite-size pieces
1 tbsp olive oil
4 skinless chicken thigh fillets, each cut into large chunks
1 large red onion , cut into wedges
2 tbsp rogan josh curry paste
2 large tomatoes , roughly chopped
125g spinach

METHOD

1

Cook the sweet potatoes in boiling, salted water for 5-7 mins until just tender. Drain well, then set aside. Meanwhile, heat the oil in a large frying pan, then add the chicken and onion. Cook for 5-6 mins until the chicken is browned and cooked through. Stir in the curry paste, cook for 1 min, add the tomatoes, then cook for another min.

2

Pour in 100ml boiling water and mix well. Simmer for 5 mins, add the spinach, then cook for 2 mins until wilted. Fold in the potatoes and heat through. Serve with rice and naan breads.

NUTRITION PER SERVING

ENERGY	PROTEIN
281 kcalories	22g
CARBOHYDRATE	FAT
32g	8g
SATURATED FAT	FIBRE
2g	5g
SUGAR	SALT
12g	0.75g

Thai chicken cakes with sweet chilli sauce

SERVES 2 - 3



INGREDIENTS

2 large boneless, skinless chicken breasts (about 175g/6oz each), cubed

1 garlic clove , roughly chopped

small piece fresh root ginger , peeled and roughly chopped

1 small onion , roughly chopped

4 tbsp fresh coriander , plus a few sprigs to garnish

1 green chilli , seeded and roughly chopped

2 tbsp olive oil

sweet chilli sauce , lime wedges, shredded spring onion and red chilli, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
306 kcalories	43g
CARBOHYDRATE	FAT
4g	13g
SATURATED FAT	FIBRE
2g	1g
SALT	
0.28g	

METHOD

- 1 Toss the chicken, garlic, ginger, onion, coriander and chilli into a food processor and season well. Blitz until the chicken is finely ground and everything is well mixed. Use your hands to shape six small cakes.
- 2 Heat the oil in a frying pan, then fry the cakes over a medium heat for about 6-8 minutes, turning once. Serve hot, with sweet chilli sauce, lime wedges, coriander, shredded spring onion and red chilli.
- 3 Heat the canola oil in a saucepan, on medium heat, for a couple of minutes, then add the onion and mixed seasonings. Cook until the onion softens.
- 4 Add the tomato, chickpeas, peppers and mushrooms then simmer until they're cooked, for about 20 minutes. Make sure to cover the saucepan.
- 5 Meanwhile, in a large bowl, place the couscous and stir 1 cup of boiling water, letting it stand for about 5 minutes.
- 6 In a non-stick pan, heat the olive oil and cook shrimp, for 3-5 minutes.
- 7 Fluff the couscous with a fork, dividing among 6 plates and then spoon the veggies over it.
- 8 Add 4 shrimp on each plate, top with feta and serve!

Chicken parmigiana

SERVES 4



INGREDIENTS

- 2 large, skinless chicken breasts , halved through the middle
- 2 eggs , beaten
- 75g breadcrumbs
- 75g parmesan , grated
- 1 tbsp olive oil
- 2 garlic cloves , crushed
- ½ x 690ml jar passata
- 1 tsp caster sugar
- 1 tsp dried oregano
- ½ 125g ball light mozzarella , torn

NUTRITION PER SERVING

ENERGY	PROTEIN
327 kcalories	33g
CARBOHYDRATE	FAT
22g	13g
SATURATED FAT	FIBRE
5g	1g
SUGAR	SALT
5g	1.31g

METHOD

- 1 Place the chicken breasts between cling film sheets and bash out with a rolling pin until they are the thickness of a £1 coin. Dip in the egg, then breadcrumbs, mixed with half the Parmesan. Set aside on a plate in the fridge while you make the sauce. 2 Heat oil and cook garlic for 1 min, then tip in passata, sugar and oregano. Season and simmer for 5-10 mins. 3 Heat grill to High and cook the chicken for 5 mins each side, then remove. Pour the tomato sauce into a shallow ovenproof dish and top with the chicken. Scatter over the mozzarella and remaining Parmesan and grill for 3-4 mins until the cheese has melted and the sauce is bubbling. Serve with vegetables or salad and some pasta or potatoes, if you like.

The ultimate makeover: Chicken pie

SERVES 4



INGREDIENTS

FOR THE FILLING

450ml chicken stock , from a cube (I use Kallo, organic)
100ml white wine
2 garlic cloves , finely chopped
3 thyme sprigs
1 tarragon sprig, plus 1 tbsp chopped tarragon leaves
225g carrots , cut into batons
4 skinless chicken breasts , 500g/1lb 2oz total weight
225g leeks , sliced
2 tbsp cornflour , mixed with 2 tbsp water
3 tbsp crème fraîche
1 heaped tsp Dijon mustard
1 heaped tbsp chopped flat-leaf or curly parsley

FOR THE TOPPING

70g filo pastry (I used three 39 x 30cm sheets)
1 tbsp rapeseed oil

NUTRITION PER SERVING

ENERGY	KCALORIES PRO
320 kcalories	34.0g
CARBOHYDRATE	FAT
22g	10.0g
SATURATED FAT	FIBRE
4g	3g
SUGAR	SALT
7g	1.37g

METHOD

- 1 Pour the stock and wine into a large, wide frying pan. Add the garlic, thyme, tarragon sprig and carrots, bring to the boil then lower the heat and simmer for 3 mins. Lay the chicken in the stock, grind over some pepper, cover and simmer for 5 mins. Scatter the leek slices over the chicken, cover again then gently simmer for 10 more mins, so the leeks can steam while the chicken cooks. Remove from the heat and let the chicken sit in the stock for about 15 mins, so it keeps moist while cooling slightly.
- 2 Strain the stock into a jug - you should have 500ml (if not, make up with water). Tip the chicken and veg into a 1.5 litre pie dish and discard the herb sprigs. Pour the stock back into the sauté pan, then slowly pour in the cornflour mix. Return the pan to the heat and bring to the boil, stirring constantly, until thickened. Remove from the heat and stir in the crème fraîche, mustard, chopped tarragon and parsley. Season with pepper. Heat oven to 200C/180C fan/gas 6.
- 3 Tear or cut the chicken into chunky shreds. Pour the sauce over the chicken mixture, then stir everything together.
- 4 Cut each sheet of filo into 4 squares or rectangles. Layer them on top of the filling, brushing each sheet with some of the oil as you go. Lightly scrunch up the filo so it doesn't lie completely flat and tuck the edges into the sides of the dish, or lay them on the edges if the dish has a rim. Grind over a little pepper, place the dish on a baking sheet, then bake for 20-25 mins until the pastry is golden and the sauce is bubbling. Serve immediately.

Mexican chicken stew with quinoa & beans

SERVES 4 - 5



INGREDIENTS

1 tbsp olive oil
1 onion , sliced
2 red peppers , deseeded and chopped into largish chunks
3 tbsp chipotle paste
2 x 400g cans chopped tomatoes
4 skinless chicken breasts
140g quinoa
2 chicken stock cubes
1 x 400g can pinto beans , drained
small bunch coriander , most chopped, a few leaves left whole
juice 1 lime
1 tbsp sugar
natural yogurt , to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
336 kcalories	33.4g
CARBOHYDRATE	FAT
34.7g	6g
SATURATED FAT	FIBRE
0.9g	4.1g
SUGAR	SALT
15.8g	2.1g

METHOD

- 1 Heat the oil in a deep frying pan and fry the onions and peppers for a few mins until softened. Stir in the chipotle paste for a minute, followed by the tomatoes. Add up to a tomato can-full of water to cover the chicken and bring to a gentle simmer. Add the chicken breasts and gently simmer, turning the chicken occasionally, for 20 mins until the chicken is cooked through.
- 2 Bring a large saucepan of water to the boil with the stock cubes. Add the quinoa and cook for 15 mins until tender, adding the beans for the final min. Drain well and stir in the coriander and lime juice, then check for seasoning before covering to keep warm.
- 3 Lift the chicken out onto a board and shred each breast using two forks. Stir back into the tomato sauce with the sugar and season. Serve with the quinoa, scattering the stew with some coriander leaves just before dishing up and eating with a dollop of yogurt on the side.

Chicken tikka skewers

SERVES 4



INGREDIENTS

150g pot low-fat natural yogurt

2 tbsp hot curry paste

4 boneless, skinless chicken breasts , cubed

250g pack cherry tomatoes

4 wholemeal chapatis , warmed, to serve

FOR THE CUCUMBER SALAD

½ cucumber , halved lengthways, deseeded and sliced

1 red onion , thinly sliced

handful chopped coriander leaves

juice 1 lemon

50g pack lamb's lettuces or pea shoots

METHOD

1

Put 8 wooden skewers in a bowl of water to soak. Mix the yogurt and curry paste together in a bowl, then add the chicken (if you have time, marinate for an hr or so). In a large bowl, toss together the cucumber, red onion, coriander and lemon juice. Chill until ready to serve.

2

Shake off any excess marinade, then thread the chicken pieces and cherry tomatoes onto the pre-soaked skewers. Cook under a medium grill for 15-20 mins, turning from time to time, until cooked through and nicely browned.

3

Stir the lettuce or pea shoots into the salad, then divide between 4 plates. Top each serving with 2 chicken tikka skewers and serve with the warm chapatis.

NUTRITION PER SERVING

ENERGY

214 kcalories

CARBOHYDRATE

8g

SATURATED FAT

1g

SUGAR

7g

PROTEIN

37g

FAT

4g

FIBRE

1g

SALT

0.61g

Light chicken korma

SERVES 4



INGREDIENTS

- 1 onion , chopped
- 2 garlic cloves , roughly chopped
- thumb-sized piece ginger , roughly chopped
- 4 tbsp korma paste
- 4 skinless, boneless chicken breasts , cut into bite-sized pieces
- 50g ground almonds , plus extra to serve (optional)
- 4 tbsp sultanas
- 400ml chicken stock
- ¼ tsp golden caster sugar
- 150g pot 0% fat Greek yogurt
- small bunch coriander , chopped

NUTRITION PER SERVING

ENERGY	PROTEIN
376 kcalories	40g
CARBOHYDRATE	FAT
28g	11g
SATURATED FAT	FIBRE
1g	3g
SUGAR	SALT
26g	1.1g

METHOD

- 1 Put the onion, garlic and ginger in a food processor and whizz to a paste. Tip the paste into a large high-sided frying pan with 3 tbsp water and cook for 5 mins. Add the korma paste and cook for a further 2 mins until aromatic.
- 2 Stir the chicken into the sauce, then add the ground almonds, sultanas, stock and sugar. Give everything a good mix, then cover and simmer for 10 mins or until the chicken is cooked through.
- 3 Remove the pan from the heat, stir in the yogurt and some seasoning, then scatter over the coriander and flaked almonds, if using. Serve with brown or white basmati rice.

Roast chicken with couscous & pine nut stuffing

SERVES 2



INGREDIENTS

100g couscous
175ml boiling chicken stock
50g butter
1 onion , finely chopped
1 garlic clove , crushed
100g pine nuts
140g dried apricots , roughly chopped
large handful parsley , roughly chopped
2 tbsp mint leaves, roughly chopped
1 lemon
1 egg , beaten
6 skinless chicken breasts
16 rashers streaky bacon

NUTRITION PER SERVING

ENERGY	PROTEIN
348 kcalories	26.3g
CARBOHYDRATE	FAT
16g	20g
SATURATED FAT	FIBRE
7g	2g
SUGAR	SALT
9g	1.32g

METHOD

- 1 Put couscous in a large heatproof bowl, pour over stock, then cover with cling film for 5 mins until liquid is absorbed. Melt half the butter in a pan, then gently cook onion and garlic for 5-8 mins until soft. Set aside. Dry-fry pine nuts for a few mins until golden. Combine onions, pine nuts, apricots and herbs with couscous. Add a good squeeze of lemon juice, season, then stir in egg. Leave to cool.
- 2 Using the back of a knife, stretch rashers to 1½ times their original length. Lay, slightly overlapping, on a large sheet of foil to form a rectangle. Make a few slashes in the thickest part of each chicken breast and lay between 2 sheets of cling film. Use the base of a heavy pan to bash the chicken until about 1cm thick. Arrange chicken over the bacon, fitting so there are no gaps, but leave a border on longer sides. (This helps to roll up the chicken.)
- 3 Spoon stuffing over chicken in a strip along one of the longest sides. Using tin foil to help, roll bacon and chicken around stuffing like a log. Wrap tightly in foil, twisting the ends to secure, then chill for 2 hrs or up to 1 day.
- 4 Heat oven to 180C/fan 160C/gas 4. Place chicken, join-side down, in a roasting tray. Cook for 30 mins, then unwrap foil and brush roast with remaining butter. Cook, uncovered, for 20-30 mins more until cooked through, and the stuffing is hot (a metal skewer inserted into the chicken's centre should come out hot). Cool and wrap in fresh foil to transport.

Moroccan chicken one-pot

SERVES 6



INGREDIENTS

4 boneless, skinless chicken breasts
3 tbsp olive oil
2 onions , 1 roughly chopped, 1 sliced
100g tomatoes
100g ginger , roughly chopped
3 garlic cloves
1 tsp turmeric
1 tbsp each ground cumin , coriander and cinnamon
1 large butternut squash , deseeded and cut into big chunks
600ml chicken stock
2 tbsp brown sugar
2 tbsp red wine vinegar
100g dried cherries

TO SERVE

1 small red onion , finely chopped
zest 1 lemon
handful mint leaves
100g feta cheese , crumbled
couscous and natural yogurt

NUTRITION PER SERVING

ENERGY	KCALORIES PRO
324 kcalories	27g
CARBOHYDRATE	FAT
39g	7g
SATURATED FAT	FIBRE
1g	6g
SUGAR	SALT
24g	0.4g

METHOD

1

Season the chicken. Heat 2 tbsp of the oil in a flameproof dish, then brown the chicken on all sides. Remove the chicken to a plate. Whizz the chopped onion, tomatoes, ginger and garlic into a rough paste. Fry the sliced onion in the remaining oil in the dish until softened, then add the spices and fry for 1 min more until fragrant. Add the paste and fry for another few mins to soften.

2

Return the chicken to the dish with the squash, stock, sugar and vinegar. Bring to a simmer, then cook for 30 mins until the chicken is cooked through. Lift the chicken out and stir in the cherries, then continue simmering the sauce to thicken while you shred the chicken into bite-sized chunks. Stir the chicken back into the sauce and season.

3

Mix the red onion, lemon zest, mint and feta. Scatter over the dish, then serve with some couscous and yogurt.

Green beans, spring onions and chicken liver with a soy dressing



INGREDIENTS

300g green beans (75 cal)

50g chicken liver (that's about 1 whole liver) (58 cal)

¼ tsp olive oil (10 cal)

4 thin spring onions, thinly sliced (40g) (13 cal)

Dressing:

1 tbsp soy sauce (10 cal)

1 tsp olive oil (40 cal)

¼ tsp wine or cider vinegar

(0 cal)

a few drops of chilli sauce (optional)

METHOD

1

Steam the green beans until just done then cool under the tap.

2

Check the liver for any white membranes or greenish spots and cut them out.

3

Preheat the grill. Run the liver over with the ¼ tsp olive oil. Spread out the lobes of the liver and grill it for about two minutes on each side until lightly browned. Leave to cool.

4

Mix the dressing ingredients. Toss the beans and spring onion in the dressing.

5

Thinly slice the liver (a ceramic knife is the best implement) and mix through the salad.

NUTRITION PER SERVING

ENERGY

260 calories

Thai Mango Chicken

SERVES 4



INGREDIENTS

1 mango, peeled and cut into 1/2-in. chunks

1 jar(s) (11.09 oz) Thai Kitchen Red Curry 10-Minute Simmer Sauce

1 pound(s) skinless, boneless chicken thighs, cubed

METHOD

1

Put 1/2 cup of the mango and the sauce in a food processor or blender and process until smooth.

2

Heat 1 tsp oil in a large nonstick skillet over medium-high heat. Add chicken and sauté 5 minutes, or until browned.

3

Add sauce mixture and bring to a simmer. Simmer 3 minutes, or until chicken is cooked through. Stir in remaining mango. Serve in lettuce leaves or over rice sprinkled with chopped cilantro if desired.

4

Sauté a thinly sliced red bell pepper along with the chicken.

5

Sprinkle with chopped mint or basil and toasted sliced almonds.

NUTRITION PER SERVING

CALORIES

228

SATURATED FAT

4g

ENERGY

Sodium 688mg

DIETARY FIBER

1g

TOTAL FAT

9g

CHOLESTEROL

94mg

TOTAL CARBOHY

13g

ENERGY

Sugars n/a

Grilled Mojo Chicken and Pineapple

SERVES 4



INGREDIENTS

- 5 ¾-in.-thicks slices fresh pineapple
- 1 tablespoon(s) oil
- 4 boneless, skinless chicken breast halves (about 6 oz each)

METHOD

- 1 Chop 1 slice pineapple; process in blender with marinade until smooth. Remove and reserve 2 Tbsp. Pour remaining mixture into a large ziptop bag; add chicken, turn to coat and refrigerate at least 2 hours.
- 2 Heat outdoor grill or stovetop ridged grill pan. Brush grill and pine apple slices with oil. Remove chicken from bag; discard bag with marinade.
- 3 Grill chicken 5 minutes. Turn chicken; add pineapple to grill. Grill both, turning pineapple once, 3 minutes, or until chicken is cooked through and pineapple is lightly charred. Slice chicken; drizzle with the reserved 2 Tbsp marinade. Garnish with chopped cilantro, if desired. Good served with black beans and plantain chips.
- 4 Different Takes: Add some cilantro to the blender when puréeing the pineapple with the marinade. Substitute pork chops for the chicken breasts. Serve with sliced avocado and red onion salad.

NUTRITION PER SERVING	
CALORIES	TOTAL FAT
273	7g
SATURATED FAT	CHOLESTEROL
1g	99mg
SODIUM	TOTAL CARBOHY
468mg	14g
DIETARY FIBER	ENERGY
1g	Sugars n/a

Spring Vegetable and Chicken Stew

SERVES 6



INGREDIENTS

- 1 slow-cooker liner (we used Reynolds)
- 1 1/2 pound(s) boneless, skinless chicken thighs, cut in chunks
- 2 cup(s) baby carrots, halved lengthwise
- 1 large leek, white and light green parts only, sliced (2 cups)
- 1 tablespoon(s) chopped fresh tarragon
- 1 jar(s) (12 oz) chicken gravy
- cup(s) dry white wine
- 1 tablespoon(s) flour
- 1/2 teaspoon(s) salt
- 8 ounce(s) fresh asparagus, trimmed, cut in 1- to 2-in. lengths
- cup(s) thawed frozen peas

NUTRITION PER SERVING

CALORIES	TOTAL FAT
207	5g
SATURATED FAT	CHOLESTEROL
1g	99mg
SODIUM	TOTAL CARBOHY
567mg	15g
DIETARY FIBER	ENERGY
2g	Sugars n/a

METHOD

- 1 Line a 3-qt or larger slow-cooker with liner. Put chicken, carrots, leeks and tarragon in slow-cooker. Pour in gravy. Put wine, flour and salt in gravy jar; cover and shake to mix. Pour into slow- cooker; toss to coat. Cover and cook on low 5 to 8 hours until chicken and vegetables are tender.
- 2 Turn to high. Add asparagus; cover and cook on high 10 to 15 minutes until asparagus are crisp-tender. Stir in peas.

Sweet chilli chicken pockets

SERVES 2



INGREDIENTS

- 1 wholemeal pita pocket
- 1 tbs cream cheese
- 1 tsp sweet chilli sauce
- 4 small lettuce leaves
- 1/2 Lebanese cucumber, cut into matchsticks
- 2 tbs cooked chicken, shredded
- 1 tbs carrot, coarsely grated
- 1 tbs cheddar, coarsely grated

METHOD

- 1 Cut pita pocket in half crossways. Use your fingers to gently open up each half to make a pocket. Combine cream cheese and sweet chilli sauce in a small bowl. Spread evenly over the inside of each pocket. Divide lettuce, cucumber, chicken, carrot and cheddar between the pockets. Serve.

NUTRITION PER SERVING

ENERGY	FAT SATURATED
620kJ	3.50g
FAT TOTAL	ENERGY
7.00g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
11.00g	2.00g
PROTEIN	ENERGY
8.00g	Cholesterol: -

**MAIN
DISHES
-
BEEF**

Broccoli Beef in Oyster Sauce

SERVES 4



INGREDIENTS

600g broccoli
200g green beans
3 large zucchini
300g cauliflower
600g lean beef
4 tsp. chopped garlic
2 tsp. peanut oil
Marinade Ingredients:
4 tbsp. reduced salt soy sauce
2 tsp. peanut oil
Sauce Ingredients:
8 tsp. oyster sauce
4 tsp. reduced salt soy sauce
4 tsp. cornflour
1 cup water

NUTRITION PER SERVING

ENERGY	PROTEIN
376kcalories	45.0g
CARBOHYDRATE	FAT
15.8g	15.0g
SATURATED FAT	FIBRE
5.4g	10.1g
SALT	
1.9g	

METHOD

- 1 Cut beef across grain into thin slices. Add marinade ingredients into beef and stir for 15 seconds until beef is sticky / smooth. Marinate for 30 minutes.
- 2 Wash Chinese broccoli and drain. Discard the ends. Cut into 2- inches sections.
- 3 Pre-mix corn-starch and water together and set aside.
- 4 Preheat 1 tsp. peanut oil in a wok over high temperature; add in 2 tsp. garlic, sauté until golden.
- 5 Add the broccoli and all other vegies and stir-fry to the desired texture. Remove and put it on a dish.
- 6 Preheat 1 tsp. peanut oil in a wok over high temperature; add in 2 tsp. garlic, stir fry until golden.
- 7 Put in beef, 4 tsp. oyster sauce and 2 tsp. of soya sauce.
- 8 When beef is almost cooked; quickly remix the corn starch solution and add in.
- 9 Stir fry until beef is cooked and sauce is thick.
- 10 On a bed of steam veg, arrange the chinese broccoli and pour over beef and sauce

Beef and Vegetable Casserole

SERVES 4



INGREDIENTS

600g lean casserole beef such as chuck steak, trimmed

2 large onions chopped

2 cloves garlic

2 parsnips chopped into large chunks

2 leeks cut into 2 inch sticks

2 carrots chopped into large chunks

3 zucchini's

200g green beans

200g cauliflowers

Button mushrooms

1 tbsp. dried split peas

1 tbsp. of lentils

Reduced salt beef stock

1 glass of red wine

Pepper

Bouquet Garni

Cornflour

METHOD

1

Using a non-stick pan, lightly fry onion and garlic until soft and turning brown. Remove to oven proof dish.

2

Use dry fry pan on a high heat to seal the beef in batches and remove to the oven proof dish.

3

Add chopped parsnip, leeks and carrots to the same oven proof dish, together with the dried split peas and lentils. Add wine and then enough stock to cover contents of casserole. Season with pepper and add bouquet garni. Place lid on dish or seal dish with foil and place in a low oven.

4

Cook for at least 3 hour on a low heat.

5

30 minutes before serving add mushrooms and other vegetables to casserole and return to oven. Ten minutes before serving turn up heat in oven, remove casserole. Mix cornflour with some water and then add enough cornflour liquid to casserole to thicken gravy to appropriate consistency.

6

Return to oven for 10 minutes, and then serve with steamed green vegetables.

NUTRITION PER SERVING

ENERGY	PROTEIN
431 kcalories	43.8g
CARBOHYDRATE	FAT
34.8g	11.6g
SATURATED FAT	FIBRE
4.2g	15.1g
SALT	
0.7g	

Beef Stroganoff



INGREDIENTS

600g lean beef fillet, cut into strips
2 medium onions, sliced
2 cloves garlic, chopped
500g mushrooms, sliced
½ cup (125ml) white wine
1 teaspoon smoked paprika
1 cup (250ml) vegetable stock
½ cup (125ml) skim evaporated milk
Fresh parsley, chopped
Steamed broccoli, spinach, green beans, cauliflower
Sweet potato mash to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
404kcalories	41.2g
CARBOHYDRATE	FAT
29.1g	12.3g
SATURATED FAT	FIBRE
5.3g	8.5g
SALT	
0.9g	

METHOD

- 1 Brown beef over a high heat in a non-stick pan sprayed with a little olive oil. Set aside.
- 2 In the same pan, sauté onion and garlic with a little water or stock until soft, then add mushrooms, followed by wine, paprika, stock and evaporated milk. Cook for another few minutes then add beef and parsley and warm through.

Sweet potato and beef pie



INGREDIENTS

200g beef mince (reduced fat)
60g onion, finely diced
1 clove garlic
100g broccoli, cut into small florets
400g can of chopped tomatoes
1 can of lentils
2 carrots diced
4 celery sticks diced
200g sweet potato, peeled and cut into cubes
Fresh parsley, chopped to serve
Garden salad to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
244 kcalories	20.0g
CARBOHYDRATE	FAT
29.0g	6.2g
SATURATED FAT	FIBRE
2.3g	9.2g
SALT	
0.4g	

METHOD

- 1 Preheat non-stick pan over medium heat.
- 2 Add onion and cook until translucent, add garlic and cook further one minute.
- 3 Add beef mince to pan and stir in with onion until well combined.
- 4 Cook beef mince until well browned, add lentils, broccoli, celery and carrots and chopped tomatoes and stir well to combine. Set aside.
- 5 Place sweet potatoes in small sauce pan and cover with water
- 6 Cook until sweet potato is tender and drain.
- 7 Mash sweet potato well using fork.
- 8 Lightly grease four oval oven proof ramekins and evenly place lamb mince in each until $\frac{3}{4}$ full.
- 9 Place sweet potato over the top and cook in oven at 180 degrees or 160 degrees (fan forced) for 10 minutes or until bubbling.
- 10 Serve immediately with salad

Beef Chilli Soup

SERVES 4



INGREDIENTS

- 1 onion chopped
- 175 g lean minced beef
- 2 cloves garlic crushed
- 1 red chilli seeded
- 25 g plain flour
- 1 can chopped tomatoes
- 600 mls of reduced salt beef stock
- 225 g canned kidney beans
- 2 tablespoons chopped parsley
- Fresh ground black pepper
- 2 large carrots diced
- 200g green beans
- 3 large zucchini's

NUTRITION PER SERVING

ENERGY	PROTEIN
219 kcalories	18.6g
CARBOHYDRATE	FAT
24.7g	6.0g
SATURATED FAT	FIBRE
2.2g	9.9g
SALT	
1.2g	

METHOD

- 1 Fry onion and beef in a light spray of oil to brown and seal.
- 2 Add garlic, chilli and flour, cook for 1 minute, and add tomatoes and stock, bring to boil.
- 3 Stir in kidney beans and vegetables and pepper to taste.
- 4 Cook for 20 minutes.
- 5 Stir in most of parsley, and then serve in bowls.
- 6 Sprinkle remaining parsley to garnish

Beef with Zucchini and Almonds

SERVES 4



INGREDIENTS

1/2 pound lean ground beef
4 medium zucchini
1/3 cup salt-free almonds
2 large cloves garlic, minced
1 onion, diced
1 can diced tomatoes, salt-free, strained
½ tomato sauce, salt-free
1 tsp ground coriander
½ tsp cinnamon
½ tsp red pepper flakes
1 tsp olive oil
salt and pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
295 kcalories	21.6g
CARBOHYDRATE	FAT
13.7g	17.4g
SATURATED FAT	FIBRE
3.4g	4.2g
SALT	
0.4g	

METHOD

- 1 Heat the olive oil in a large skillet, at medium-high heat. Add the onions and cook, stirring until they're soft, for about 3 minutes. Add the garlic and cook for another 2 minutes.
- 2 Add the beef and cook until you can break it up into smaller pieces with a wooden spoon. When it's nearly all brown, stir in the coriander, red pepper flakes, cumin and cinnamon. Add salt to taste and cook for 1-2 minutes.
- 3 Add the tomatoes and cook for 2-3 minutes then remove from the heat and stir in the almonds.
- 4 Cut the zucchini lengthwise, in half, scooping out the seeds, then place them into a baking dish. Add the tomato juice and sauce, as well as salt to taste.
- 5 Fill each zucchini with the beef mixture, then cover with a foil and bake for half an hour at 190°C (375°F).
- 6 Remove the foil and bake for another 10 minutes, until the zucchini is fully cooked.
- 7 Place 2 zucchini halves on each plate and serve!

Italian-style beef stew

SERVES 2



INGREDIENTS

- 1 onion , sliced
- 1 garlic clove, sliced
- 2 tbsp olive oil
- 300g pack beef stir-fry strips, or use beef steak, thinly sliced
- 1 yellow pepper , deseeded and thinly sliced
- 400g can chopped tomatoes
- sprig rosemary , chopped
- handful pitted olives

NUTRITION PER SERVING

ENERGY	PROTEIN
225 kcalories	25g
CARBOHYDRATE	FAT
7g	11g
SATURATED FAT	FIBRE
3g	2g
SUGAR	SALT
6g	0.87g

METHOD

1

In a large saucepan, cook onion and garlic in olive oil for 5 mins until softened and turning golden. Tip in the beef strips, pepper, tomatoes and rosemary, then bring to the boil. Simmer for 15 mins until the meat is cooked through, adding some boiling water if needed. Stir through the olives and serve with mash or polenta.

Beef kebabs with yoghurt and mint

SERVES 4



INGREDIENTS

600g lean beef mince
100g (1/3 cup) tandoori paste
2 tsp vegetable oil
1 x 200g ctn natural yoghurt
2 tsp caster sugar
Mint leaves, to garnish

METHOD

1

Preheat grill on medium-high. Combine mince and tandoori paste in a bowl. Divide mince mixture into 8 equal portions. Shape each portion around a skewer into a 12cm sausage. Brush with oil and place on a baking tray. Cook under preheated grill for 3 minutes each side or until brown and cooked through.

2

Kids' task: Combine yoghurt and sugar in a small bowl. Divide kebabs among serving plates and top with yoghurt mixture. Garnish with mint and serve immediately.

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1250kJ	5.00g
FAT TOTAL	ENERGY
13.00g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
9.50g	1.00g
PROTEIN	ENERGY
35.00g	Cholesterol: -

Honey-soy beef with sweet potato and Asian greens

SERVES 4



INGREDIENTS

2 tbs salt-reduced soy sauce
2 tbs mirin (rice wine)
1 tsp honey
4 (about 125g each) beef fillet steaks
700g orange sweet potato (kumara),
peeled, coarsely chopped
ProChef Olive Oil Spray
1 tsp olive oil
2 tsp finely grated ginger
1 long fresh red chilli, deseeded, finely
chopped
1 tbs chopped fresh coriander
Steamed Asian greens, to serve

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1275kJ	2.50g
FAT TOTAL	ENERGY
7.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
28.00g	3.50g
PROTEIN	ENERGY
31.00g	Cholesterol: -

METHOD

- 1 Combine the soy sauce, mirin and honey in a shallow glass or ceramic dish. Add the beef and stir to coat. Cover with plastic wrap and place in the fridge for 30 minutes to marinate.
- 2 Cook the sweet potato in a large saucepan of boiling water for 12 minutes or until tender. Drain and return to the pan. Use a potato masher to mash until almost smooth.
- 3 Meanwhile, preheat a chargrill on high. Spray with olive oil spray to lightly grease. Drain the beef from the marinade. Cook the beef on grill for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside for 2 minutes to rest.
- 4 Heat the oil in a small frying pan over medium heat. Add the ginger and chilli. Cook, stirring, for 1 minute or until aromatic. Add the ginger mixture and coriander to the sweet potato and stir to combine. Taste and season with pepper.
- 5 Divide the sweet potato mixture and Asian greens among serving plates. Top with the beef and serve immediately.

**MAIN
DISHES
-
LAMB**

Lamb and Rosemary open sandwich

SERVES 4



INGREDIENTS

4 lean lamb leg fillets
2 cloves garlic crushed
¼ cup lemon juice
2 tablespoons rosemary leaves
1 tablespoon wholegrain mustard
2 tomatoes
2 cobs of corn
4 slices of wholegrain bread
Lettuce, cucumber, tomato
Dressing - 2 parts olive oil, 2 parts balsamic vinegar, 1 part honey, ¼ part dijon mustard

NUTRITION PER SERVING

ENERGY	PROTEIN
320 kcalories	34.7g
CARBOHYDRATE	FAT
21.1g	11.4g
SATURATED FAT	FIBRE
4.1g	4.1g
SALT	ENERGY
0.7g	62 kcalories

METHOD

- 1 Combine lamb, garlic, juice, rosemary and mustard in a small bowl
- 2 Heat grill or cast iron hotplate to medium hot. Cut tomatoes into wedges, and corns into 4 slices. Place on grill and cook until browned slightly and just tender
- 3 Drain the lamb, discard the marinade. Cook lamb on same grill until brown and cooked as desired. Cover and stand for 5 minutes before slicing thickly. Toast bread
- 4 Place one slice of toast on each plate. Top with lettuce and then tomatoes, corn and lamb
- 5 Serve dressing separately

Lamb Casserole

SERVES 4



INGREDIENTS

2 tablespoons plain flour
500g extra-lean lamb leg steaks cut into cubes
Rice Bran oil
2 brown onions, halved, sliced
6 garlic cloves, chopped
1 cup salt-reduced beef liquid stock
400g can reduced-salt or no-salt whole peeled tomatoes
500g butternut pumpkin, peeled, deseeded, cut into 1.5cm cubes
3 large rosemary sprigs
400g can Chick Peas, drained, rinsed
2 cups Green beans
250 g cauliflower
2 cups peas (frozen or fresh)
Sweet potato mash to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
509kcalories	39.9g
CARBOHYDRATE	FAT
58.6g	14.6g
SATURATED FAT	FIBRE
5.1g	15.3g
SALT	
1.1g	

METHOD

- 1 Preheat oven to 180°C. Place flour in a snap-lock bag. Add lamb and shake bag to coat.
- 2 Spray a heavy-based casserole dish lightly with oil. Heat over medium-high heat. Add half the lamb. Cook, stirring, for 3 to 4 minutes or until browned. Remove to a plate. Repeat with oil and remaining lamb.
- 3 Spray pan lightly with oil. Add onion. Cook, stirring, for 3 to 4 minutes or until onion is tender. Add garlic and cook for 1 minute. Add stock, tomatoes, pumpkin and rosemary. Return lamb with juices to pan. Bring to the boil.
- 4 Cover and place in the oven. Cook for 30 to 40 minutes or until lamb is tender.
- 5 Remove from oven. Stir in chickpeas beans, cauliflower and peas. Cover and return to oven. Cook for a further 5 to 10 minutes or until heated through.
- 6 Remove rosemary sprigs and discard

Mediterranean vegetables with lamb

SERVES 4



INGREDIENTS

1 tbsp olive oil
250g lean lamb fillet, trimmed of any fat and thinly sliced
140g shallots , halved
2 large courgettes , cut into chunks
½ tsp each ground cumin , paprika and ground coriander
1 red, 1 orange and 1 green pepper , cut into chunks
1 garlic clove , sliced
150ml vegetable stock
250g cherry tomatoes
handful coriander leaves, roughly chopped

METHOD

- 1 Heat the oil in a large, heavy-based frying pan. Cook the lamb and shallots over a high heat for 2-3 mins until golden. Add the courgettes and stir-fry for 3-4 mins until beginning to soften.
- 2 Add the spices and toss well, then add the peppers and garlic. Reduce the heat and cook over a moderate heat for 4-5 mins until they start to soften.
- 3 Pour in the stock and stir to coat. Add the tomatoes, season, then cover with a lid and simmer for 15 mins, stirring occasionally until the veg are tender. Stir through the coriander to serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
192 kcalories	17g
CARBOHYDRATE	FAT
11g	9g
SATURATED FAT	FIBRE
3g	4g
SUGAR	SALT
10g	0.25g

Feta and capsicum lamb with garlic silver beet

SERVES 4



INGREDIENTS

Olive oil spray

70g (1 cup) coarse fresh breadcrumbs
(made from day-old crusty
bread)

1 (about 75g) roasted red capsicum,
finely chopped

35g (1/4 cup) reduced-fat feta, crumbled

1 tbs chopped fresh basil

1 tsp finely grated lemon rind

3 garlic cloves, crushed

2 x 250g mini lamb round or rump roasts

1 large (about 750g) bunch silver beet

250g white cabbage, hard core
removed, thinly sliced

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1060kJ	3.00g
FAT TOTAL	ENERGY
7.00g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
13.00g	6.00g
PROTEIN	ENERGY
34.00g	Cholesterol: -

METHOD

- 1 Heat a large non-stick frying pan over medium-high heat. Spray lightly with olive oil spray. Add the breadcrumbs and cook, stirring, for 4-5 minutes or until golden. Transfer to a heatproof bowl and set aside to cool.
- 2 Add the capsicum, feta, basil, lemon rind and half the garlic to the breadcrumbs. Season with pepper.
- 3 Preheat oven to 200°C. Use a sharp knife to cut a deep horizontal slit into each lamb round to make a pocket. Stuff the pockets with the breadcrumb mixture and use toothpicks to secure.
- 4 Place the lamb on a baking tray and spray with olive oil spray. Season with pepper. Bake in oven for 20-25 minutes for medium or until cooked to your liking. Cover loosely with foil and set aside for 10 minutes to rest.
- 5 Meanwhile, remove the stems and centre veins from the silver beet. Coarsely chop the leaves. Heat a large non-stick frying pan over medium-high heat. Spray with olive oil spray. Add the remaining garlic and cook, stirring, for 30 seconds or until aromatic. Add the silver beet and cabbage. Cook, stirring occasionally, for 2 minutes or until just wilted. Season with pepper.
- 6 Cut the lamb into 1cm-thick slices across the grain. Divide the silver beet mixture among serving plates. Top with the lamb and serve immediately.

Lamb with crushed peas & caper

SERVES 4



INGREDIENTS

Olive oil spray
500g lamb eye of loin (backstrap)
2 tbs chopped fresh continental parsley
2 tsp finely grated lemon rind
1 tbs baby salted capers, rinsed, coarsely chopped
450g (3 cups) frozen baby peas, thawed
1 brown onion, finely chopped
1 garlic clove, crushed
1 tbs chopped fresh mint

NUTRITION PER SERVING

ENERGY	FAT SATURATED
900kJ	2.00g
FAT TOTAL	ENERGY
5.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
7.00g	7.00g
PROTEIN	ENERGY
34.00g	Cholesterol: -

METHOD

- 1 Preheat oven to 200°C. Heat a large non-stick frying pan over high heat. Spray with olive oil spray. Add the lamb and cook for 2 minutes each side or until browned. Transfer to a baking tray. Roast for 6-8 minutes for medium or until cooked to your liking. Cover with foil. Set aside for 5 minutes to rest.
- 2 Meanwhile, combine the parsley, lemon rind and capers in a small bowl.
- 3 Cook the peas in a large saucepan of boiling water for 2-3 minutes or until bright green and tender. Drain.
- 4 Heat the frying pan over medium heat. Spray with olive oil spray. Add the onion and cook, stirring, for 5 minutes or until soft. Add the garlic and cook, stirring, for 1 minute or until aromatic. Add the peas and cook, stirring, for 1 minute. Use a fork to coarsely mash the pea mixture. Stir in the mint. Season with pepper.
- 5 Cut the lamb across the grain into 1cm-thick slices. Divide the pea mixture among serving plates. Top with lamb and parsley mixture to serve.

06

**MAIN
DISHES
-
PORK**

Citrus and rosemary pork with barbecued pumpkin

SERVES 4



INGREDIENTS

8 thin pork medallions or 4 pork butterfly steaks, trimmed of fat
3 cup rosemary leaves, roughly chopped
2 garlic cloves, crushed
1 lemon, rind finely grated
1 orange, rind finely grated
2 tsp. vegetable oil
1 leek, trimmed
600g butternut pumpkin, peeled
200g broccoli
200g cauliflower
2 zucchini's
Rice bran oil
mixed salad leaves, to serve

METHOD

- 1 Place rosemary, garlic, lemon rind, orange rind and oil in a large bowl. Season with pepper. Add pork. Using your hands, rub mixture over pork.
- 2 Place rosemary, garlic, lemon rind, orange rind and oil in a large bowl. Season with pepper. Add pork. Using your hands, rub mixture over pork.
- 3 Steam broccoli, zucchini and cauliflower
- 4 Meanwhile, spray barbecue plate with oil. Add leek and pumpkin. Season with pepper. Barbecue for 3 to 4 minutes each side or until tender.
- 5 Serve pork with barbecued vegetables and salad leaves on the side

NUTRITION PER SERVING

ENERGY	PROTEIN
295 kcalories	36.9g
CARBOHYDRATE	FAT
20.1g	8.2g
SATURATED FAT	FIBRE
2.1g	9.2g
SALT	
0.2g	

Grilled pork with apple & sage

SERVES 4



INGREDIENTS

- 1 lemon
- 4*160g pieces of pork fillet
- 2 tbsp. sage leaves, roughly chopped
- 3 granny smith apples, peeled, cored and chopped
- 1 round tsp. light muscovado sugar
- Whole green beans and baby carrots
- 2 sweet potato's for mashing

NUTRITION PER SERVING

ENERGY	PROTEIN
353 kcalories	38.4g
CARBOHYDRATE	FAT
38.2g	6.4g
SATURATED FAT	FIBRE
2.2g	8.1g
SALT	
0.4g	

METHOD

- 1 Heat grill to high. Grate the zest from half the lemon and squeeze the juice from both halves. Split the pork fillet down the centre, cutting almost all the way through, and open out like a book. Lift onto a baking tray and pepper and the lemon zest. Sprinkle with 1 tbsp. of the sage. Grill for 8-10 mins, turning once, until cooked through.
- 2 Meanwhile, pour the lemon juice into a small pan. Add the apple to the pan with the remaining sage, sugar and pepper. Bring to the boil, stirring, and then simmer until soft, about 6 mins. Serve with steamed whole baby green beans and baby carrots and sweet potato mash

Spiced pineapple pork

SERVES 4



INGREDIENTS

2 tsp vegetable oil
4 pork steaks, trimmed of excess fat
2 tbsp light muscovado sugar
1 tsp tomato purée
432g can pineapples rings in juice, drained, but juice reserved
½ tsp chilli powder
1 tsp Chinese five-spice powder
coriander leaves, to serve
1 tbsp dark soy sauce

METHOD

1

Add the oil to a large non-stick pan, season the steaks well, then fry for 5 mins on each side until golden and almost cooked through. Mix the sugar, soy, tomato purée and most of the pineapple juice in a bowl.

2

Add the pineapple rings to the pan and let them caramelise a little alongside the pork. Add the chilli and five-spice to the pan, then fry for 1 min until aromatic. Tip in the soy mix and let it bubble around the pork and pineapple for a few mins until slightly reduced and sticky. Sprinkle with coriander, and serve with rice and Chinese greens.

NUTRITION PER SERVING

ENERGY	PROTEIN
315 kcalories	39g
CARBOHYDRATE	FAT
22g	9g
SATURATED FAT	FIBRE
1g	1g
SUGAR	SALT
21g	1.25g

Roasted Almond and Herb-Crusted Pork Tenderloin

SERVES 4



INGREDIENTS

- 1/4 cup(s) roasted almonds
- 4 clove(s) garlic
- 1 slice(s) country bread, crust removed and bread torn into 1-in. pieces
- 1/4 cup(s) fresh flat-leaf parsley, roughly chopped
- 1 1/4 pound(s) pork tenderloin
- Kosher salt and pepper
- 1 tablespoon(s) Dijon mustard
- 2 tablespoon(s) olive oil
- 1 bunch(es) spinach, thick stems discarded

NUTRITION PER SERVING

CALORIES	TOTAL FAT
316	16g
SATURATED FAT	CHOLESTEROL
3g	83mg
SODIUM	TOTAL CARBOHY
492mg	10g
DIETARY FIBER	ENERGY
3g	Sugars n/a

METHOD

- Heat oven to 400°F. Line a rimmed baking sheet with parchment paper or foil. In a food processor, roughly chop the almonds and 2 cloves garlic. Add the bread and parsley and pulse until small crumbs form.
- Season the pork with ¼ tsp each salt and pepper, then spread with the mustard. Coat with the bread-crumb mixture, pressing gently to help it adhere. Transfer the pork to the prepared baking sheet and roast until the internal temperature reaches 145°F, 18 to 22 minutes. Let rest at least 5 minutes before slicing.
- Meanwhile, thinly slice the remaining 2 cloves garlic. Heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, until golden brown, about 2 minutes. Add the spinach and ¼ tsp each salt and pepper and cook, tossing, until beginning to wilt, about 2 minutes. Serve with the pork.

Pork & bulghar-stuffed peppers

SERVES 4



INGREDIENTS

4 peppers , halved and cores removed
200g minced pork
1 garlic clove , crushed
2 tsp ground cumin
1 tsp paprika
50g bulghar wheat
250ml vegetable stock
½ small bunch parsley , chopped
4 tbsp 0% Greek yogurt , to serve

METHOD

- 1 Put the peppers, cut-side down, on a plate and microwave on High for 4 mins until cooked through (but not so soft they collapse). If they need longer, microwave for 1 min more and repeat until done.
- 2 Put the pork in a cold frying pan and turn on the heat. Fry, breaking up any lumps, until it starts to brown. Stir in the garlic and spices for 1 min, then add the bulghar and stock. Cover and simmer for 10 mins until the bulghar is soft.
- 3 Heat the grill. Stir half the parsley into the bulghar, then stuff into the peppers on a baking tray. Grill to crisp, sprinkle over most of the parsley, then serve with the yogurt mixed with remaining parsley.

NUTRITION PER SERVING

ENERGY	PROTEIN
185 kcalories	13g
CARBOHYDRATE	FAT
20g	6g
SATURATED FAT	FIBRE
2g	3g
SUGAR	SALT
9g	0.26g

07

**MAIN
DISHES
-
VEGETARIAN**

Veggie pot

SERVES 4



INGREDIENTS

- 1 onion, finely chopped
- 2 teaspoons ground cumin
- 1 teaspoon ground paprika
- 500g pumpkin, peeled, seeded, cut into 2cm pieces
- 400g can diced tomatoes
- 400g can chickpeas, drained, rinsed
- Rice bran oil
- 1 garlic clove, finely chopped
- 1 tablespoon blanched almonds
- 2 tablespoons finely chopped parsley leaves
- 400g can cannellini beans, drained, rinsed
- 300g green beans, trimmed, blanched
- Pumpkin and sunflower seeds to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
249kcalories	15.4g
CARBOHYDRATE	FAT
29.8g	8.4g
SATURATED FAT	FIBRE
1.0g	13.6g
SALT	
0.9g	

METHOD

- 1 Lightly spray a large saucepan with cooking oil spray and heat on medium. Cook onion for 5 minutes, stirring, until golden. Stir in cumin and paprika and cook for 30 seconds, until fragrant. Add pumpkin, tomato and chickpeas with 1 cup water and season to taste. Cook, covered, for 10 minutes, until pumpkin is tender.
- 2 Meanwhile, heat oil in a small frying pan on low. Lightly toast garlic and almonds until golden. Stir through parsley.
- 3 Add cannellini and green beans to pumpkin mixture and toss gently until heated through. Serve sprinkled with pumpkin and sunflower seeds.

Lentil curry

SERVES 4



INGREDIENTS

Rice bran oil spray
1 red onion, halved, cut into thin wedges
2 garlic cloves, crushed
2 long fresh green chillies, halved, deseeded, finely chopped
1 tsp. cumin seeds, lightly crushed
2 tsp. ground coriander
1/2 tsp. ground turmeric
2 x 250g punnets cherry tomatoes, halved
300g cauliflower, trimmed, cut into florets
125ml (1/2 cup) water
1 x 400g can chickpeas, rinsed, drained
1 can lentils, rinsed, drained
200g green beans, topped, cut into 3cm lengths
300g broccoli
2 large carrots diced
2 tbsp. chopped fresh coriander
Steamed basmati rice, to serve
Fresh coriander leaves, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
432kcalories	22.6g
CARBOHYDRATE	FAT
75.1g	5.2g
SATURATED FAT	FIBRE
0.8g	16.2g
SALT	
0.5g	

METHOD

- 1 Spray a wok or large non-stick frying pan. Heat over medium- high heat. Add the onion and stir-fry for 3 minutes or until light golden. Add the garlic, chilli, cumin seeds, ground coriander and turmeric. Stir-fry for 1 minute or until aromatic.
- 2 Stir in the tomato, cauliflower broccoli and carrot and water. Bring to the boil. Reduce heat to low. Simmer, covered, for 6 minutes.
- 3 Stir in the chickpeas and lentils and beans. Simmer, covered, for 3 minutes or until beans are bright green and tender crisp.
- 4 Stir in the chopped coriander and season with pepper. Divide the rice and curry among serving bowls. Top with coriander leaves to serve.

Tofu and eggplant stir fry with couscous

SERVES 4



INGREDIENTS

- 1 tbsp. balsamic vinegar
- 2 garlic cloves, crushed
- 1 x 400g packet firm tofu, drained, cut into 2cm cubes
- 250ml (1 cup) vegetable stock
- 190g (1 cup) couscous
- 1 tsp. extra virgin olive oil
- 1 large red onion, halved, each half cut into thin wedges
- 3 baby eggplant, thinly sliced diagonally
- 2 green zucchini, thinly sliced diagonally
- 80ml (1/3 cup) vegetable stock, extra
- Pesto**
- 1 tbsp. pine nuts
- 1 cup firmly packed fresh basil leaves
- 60ml (1/4 cup) vegetable stock
- 1 1/2 tbsp. (about 10g) finely grated parmesan
- 3 tsp. extra virgin olive oil
- 1 garlic clove, crushed

NUTRITION PER SERVING

ENERGY	KCALORIES PRO
295 kcalories	16.0g
CARBOHYDRATE	FAT
34.8g	11.0g
SATURATED FAT	FIBRE
1.7g	5.2g
SALT	
0.6g	

METHOD

- 1 To make pesto, heat a small saucepan over medium heat. Add pine nuts and cook, stirring, for 1-2 minutes or until toasted. Remove from heat. Place pine nuts, basil, stock, parmesan, oil and garlic in the bowl of a food processor. Season with salt and pepper. Process, scraping down the side occasionally, until smooth. Transfer to a bowl, cover surface with plastic wrap and set aside.
- 2 Combine 1 tbsp. of the pesto, balsamic vinegar and garlic in a large glass or ceramic bowl. Add the tofu and gently toss until coated. Cover with plastic wrap and set aside for 30 minutes to develop the flavours.
- 3 Bring the stock to the boil in a small saucepan over high heat. Remove from heat. Add the couscous and use a fork to stir until combined. Cover and set aside for 5 minutes or until all the stock is absorbed. Use a fork to separate the grains. Cover and set aside.
- 4 Meanwhile, heat half the oil in a large wok over medium-high heat. Add the tofu and stir-fry for 5 minutes or until lightly browned. Return tofu to the pesto marinade and gently toss to coat.
- 5 Heat the remaining oil in the wok over medium-high heat. Add the onion and stir-fry for 3 minutes. Add the eggplant and stir-fry for 3 minutes. Add zucchini and stir-fry for 2 minutes. Add the extra stock and stir for 2 minutes or until the vegetables are tender. Add tofu and stir-fry for 1 minute or until heated through.
- 6 Spoon couscous among bowls and top with stir-fry. Serve with the pesto.

Couscous with Veggies and Blueberries

SERVES 4



INGREDIENTS

- 1 cup vegetable stock
- 1 cup couscous
- 1/2 cup cooked (canned) chickpeas
- 1 1/4 cups frozen wild blueberries
- 1/4 cup walnut halves, chopped
- 2 carrots, diced
- 1 small zucchini, diced
- 4 sprigs fresh coriander, chopped
- 4 springs flat leaf parsley, chopped
- 1 tsp grated lemon rind
- 3 tbsp olive oil
- pinch ground cumin
- salt and pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
247 kcalories	5.8g
CARBOHYDRATE	FAT
32.5g	11.2g
SATURATED FAT	FIBRE
1.4 g	4.3g
SALT	
0.6g	

METHOD

- 1 In a small saucepan, heat the oil for 1-2 minutes and put the veggies, bringing to boil. Add the couscous, cumin and lemon rind and stir until they are perfectly mixed.
- 2 Remove from heat and let it stand for 5 minutes, covering the saucepan. Fluff with a fork and scrape into a large bowl.
- 3 Meanwhile, add the remaining oil in a skillet and heat it at medium temperature. Add the carrots and cook for 5 minutes, until they're softened. Add the zucchini and continue cooking for another 3 minutes. Then add the almonds as well and remove from heat.
- 4 Top the vegetable couscous with this mixture. Add chickpeas and blueberries and season to taste, adding salt and pepper.
- 5 Add parsley and coriander, stirring until they combine. Serve!

Quinoa with Grilled Eggplant

SERVES 4



INGREDIENTS

- 1 cup quinoa
- 2 baby eggplants, cut lengthwise into 4 pieces
- 4 sprigs fresh thyme
- 2 1/2 cups vegetable broth, salt-free
- 1 cup cherry tomatoes
- 1 1/4 cups tomato juice, salt-free
- 1 red pepper, cut into chunks and seeded
- 2 garlic cloves, crushed
- 1 red onion, sliced
- 2 tsp olive oil
- salt and pepper to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
204 kcalories	8.5g
CARBOHYDRATE	FAT
34.2g	4.7g
SATURATED FAT	FIBRE
0.6g	2.6g
SALT	
1.6g	

METHOD

- 1 Preheat the oven to 190°C (375°F). In a sieve, put the quinoa and rinse under cold water.
- 2 Put the quinoa, broth and thyme springs into a saucepan and bring to boil. Cover the pan and simmer until the broth is absorbed and the quinoa is tender. This should take up to 20 minutes.
- 3 Heat a grilled pan, add 1 tsp of olive oil and put the red pepper, eggplant and onion pieces, grilling until softened. Transfer to a plate.
- 4 Grill the tomatoes until they begin to burst their skins then remove from heat.
- 5 Place the cooked quinoa in an ovenproof dish, add the grilled veggies and top with tomato sauce, garlic, salt and pepper.
- 6 Fold together and cover with foil. Bake for about 35 minutes, until the veggies are tender. Serve hot!

Beans and Zucchini Curry

SERVES 4



INGREDIENTS

225 g fresh zucchini
225 g fresh string beans
1 large onion
1 tsp cumin
1 tbsp olive oil
1 tsp coriander
1/2 tsp each garlic and turmeric powder
1/4 tsp each dark mustard seeds and chilli powder
pepper and salt, to taste

NUTRITION PER SERVING

ENERGY	PROTEIN
70 kcalories	2.8 g
CARBOHYDRATE	FAT
7.6g	3.4g
SATURATED FAT	FIBRE
0.5g	3.4g
ENERGY	
Salt: <0.1g	

METHOD

- 1 Wash the string beans, snap the stems off and break them into long pieces.
- 2 Clean the zucchini thoroughly with a brush, under cold water. Cut away the ends of each zucchini then slice them into small rounds.
- 3 Peel and slice the onion, then sauté it at medium heat, in butter. When onion gets soft enough, add the mustard seeds. Wait a couple of minutes then add the cumin, turmeric and coriander powders.
- 4 Sauté the onion again until it's fully covered with spices then add the string beans. Mix and cover the mixture for 4 minutes.
- 5 Add zucchini and stir again. Add chilli, garlic and salt and cook for 8 to 10 minutes.
- 6 Serve hot or warm as a side dish.

Spicy root & lentil casserole

SERVES 4



INGREDIENTS

- 2 broccoli heads, cut into florets
- 2 tbsp olive oil
- 5 shallots , finely sliced
- handful pitted black olives
- 4 roast chicken breasts , sliced
- 4 tbsp soy sauce
- 2 red chillies , deseeded and sliced
- 2 garlic cloves , sliced

METHOD

- 1 Heat the oil in a large pan and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.
- 2 Stir in the curry paste or powder, pour in the stock and then bring to the boil. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.
- 3 Stir in most of the coriander, season and heat for a minute or so. Top with yogurt and the rest of the coriander. Serve with naan bread.

NUTRITION PER SERVING

ENERGY	PROTEIN
378 kcalories	14g
CARBOHYDRATE	FAT
64g	9g
SATURATED FAT	FIBRE
1g	10g
SALT	
1.24g	

Vegetable tagine with chickpeas & raisins

SERVES 4



INGREDIENTS

2 tbsp olive oil
2 onions , chopped
½ tsp each ground cinnamon , coriander and cumin
2 large courgettes , cut into chunks
2 chopped tomatoes
400g can chickpeas , rinsed and drained
4 tbsp raisins
425ml vegetable stock
300g frozen peas
chopped coriander , to serve

METHOD

1

Heat the oil in a pan, then fry the onions for 5 mins until soft. Stir in the spices. Add the courgettes, tomatoes, chickpeas, raisins and stock, then bring to the boil. Cover and simmer for 10 mins. Stir in the peas and cook for 5 mins more. Sprinkle with coriander, to serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
246 kcalories	12g
CARBOHYDRATE	FAT
36g	9g
SATURATED FAT	FIBRE
1g	9g
SUGAR	SALT
19g	0.52g

Spinach samosas with Indian salad

SERVES 4



INGREDIENTS

For the Samosas

600g frozen chopped spinach ,
defrosted and drained

4 spring onions , trimmed and sliced

100g cherry tomatoes , quartered

1 tbsp garam masala

6 sheets filo pastry

2 tbsp olive oil

For the Salad

100g cherry tomatoes

4 spring onions , sliced

1 carrot , cut or peeled into long strips

1 tsp mustard seeds

1 green chilli , sliced

juice ½ lime

METHOD

1

Heat oven to 200C/180C fan/gas 6. In a large bowl, mix the spinach, spring onions, cherry tomatoes and garam masala with a grinding of pepper.

2

Lay out a sheet of filo and cut it lengthways into 3 long strips. Brush roughly with the oil - don't worry about covering the whole sheet. Spoon tablespoons of mix onto the top of each strip and fold each over into a triangle. Keep folding until each strip of filo is used up. Brush with any remaining oil, then bake for 20 mins until golden and crisp.

3

To make the salad, toss all the ingredients together and serve alongside.

NUTRITION PER SERVING

ENERGY

224 kcalories

CARBOHYDRATE

28g

SATURATED FAT

1g

SUGAR

9g

PROTEIN

9g

FAT

9g

FIBRE

6g

SALT

0.85g

Pumpkin curry with chickpeas

SERVES 4



INGREDIENTS

1 tbsp sunflower oil
3 tbsp Thai yellow curry paste
2 onions , finely chopped
3 large stalks lemongrass , bashed with the back of a knife
6 cardamom pods
1 tbsp mustard seed
1 piece pumpkin or a small squash (about 1kg)
250ml vegetable stock
400ml can reduced-fat coconut milk
400g can chickpeas , drained and rinsed
2 limes
large handful mint leaves
naan bread , to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
293 kcalories	9.0g
CARBOHYDRATE	FAT
26.0g	18.0g
SATURATED FAT	FIBRE
10.0g	0.0g
SUGAR	SALT
10.0g	1.32g

METHOD

1

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. The curry can now be cooled and frozen for up to 1 month.

2

Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.

Chickpea & coriander burgers

SERVES 4



INGREDIENTS

400g can chickpeas , drained
zest 1 lemon , plus juice ½
1 tsp ground cumin
small bunch coriander , chopped
1 egg
100g fresh breadcrumbs
1 medium red onion , ½ diced, ½ sliced
1 tbsp olive oil
4 small wholemeal buns
1 large tomato , sliced, ½ cucumber,
sliced and chilli sauce, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
344 kcalories	15g
CARBOHYDRATE	FAT
56g	8g
SATURATED FAT	FIBRE
1g	6g
SUGAR	SALT
6g	1.3g

METHOD

1

In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning. Scrape into a bowl and mix with 80g of the breadcrumbs and the diced onions. Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 mins.

2

Heat the oil in a frying pan until hot. Fry the burgers for 4 mins each side, keeping the heat on medium so they don't burn. To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.

Summer vegetable curry

SERVES 4



INGREDIENTS

1-2 tbsp red Thai curry paste
(depending on taste)

500ml low-sodium vegetable stock

2 onions , chopped

1 aubergine , diced

75g red lentils

200ml can reduced-fat coconut milk

2 red or yellow peppers , deseeded and
cut into wedges

140g frozen peas

100g bag baby spinach , roughly
chopped

brown basmati rice and mango chutney,
to serve

METHOD

- 1 Heat the curry paste in a large non-stick saucepan with a splash of the stock. Add the onions and fry for 5 mins until starting to soften. Stir in the aubergine and cook for a further 5 mins - add a little more stock if starting to stick.
- 2 Add the lentils, coconut milk and the rest of the stock, and simmer for 15 mins or until the lentils are tender. Add the peppers and cook for 5-10 mins more. Stir through the peas and spinach and cook until spinach has just wilted. Serve the curry with rice and mango chutney.

NUTRITION PER SERVING

ENERGY	PROTEIN
207 kcalories	10g
CARBOHYDRATE	FAT
28g	7g
SATURATED FAT	FIBRE
4g	7g
SUGAR	SALT
12g	0.49g

Roasted shallot, aubergine and cumin filo tart



INGREDIENTS

200g small shallots (not the large "banana" shallots) (40 cals)
1 tsp olive oil (40 cals)
1 tsp cumin seed (1 cal)
a 300g aubergine (45 cals)
200g baby plum tomatoes (34 cals)
a small clove of garlic, crushed (3 cals)
½ tsp fresh thyme leaves (0 cals)
1 sheet of filo pastry (49 cals) plus ½ tsp olive oil (20 cals)
1 tbsp Greek yogurt (17 cals)
3-4 basil leaves (1 cal)

NUTRITION PER SERVING

ENERGY
250 calories

METHOD

- 1 Preheat the oven to 200C/400F/Gas 6.
- 2 Cut the shallots into quarters and peel off the papery skin. Put them in a large roasting tin lined with non-stick parchment and toss in the 1 tsp olive oil and most of the cumin (keep a pinch back for the pastry). Cut the aubergine into olive-sized chunks and mix them in.
- 3 Put the roasting tin in the oven and cook for 15 minutes. Meanwhile, halve the tomatoes.
- 4 Mix the tomatoes, garlic and thyme in with the shallots and aubergines and cook for another 15 minutes.
- 5 Lay the sheet of pastry on a baking sheet lined with non-stick parchment. Brush with ½ tsp oil and sprinkle with the last of the cumin seed. Crumple up the edges lightly to make a nest about the size of a side plate. Bake for about 4 minutes, until golden and crisp.
- 6 Pile the shallot and aubergine mixture into the nest. Mix the yogurt with 1-2 tbsp water to make a pouring consistency. Drizzle over the tart and top with basil leaves.

Spiced tomato dal



INGREDIENTS

½ tsp vegetable oil (20 cals)
80g red onion, thinly sliced (28 cals)
¼ tsp turmeric powder (0 cals)
½ tsp black mustard seeds (optional) (0 cals)
½ tsp ground cumin seeds (0 cals)
a pinch of dried chilli flakes (optional) (0 cals)
1 clove garlic, chopped (5 cals)
500g tomatoes, chopped (105 cals)
20g red lentils (72 cals)
3 tbsp coriander leaves, chopped (1 cal)
1 tbsp Greek yogurt (17 cals)

NUTRITION PER SERVING

ENERGY
248 calories

METHOD

- 1 Heat the oil in a saucepan, add the onion and cook until soft and lightly browned.
- 2 Stir in the turmeric, cumin, mustard seed and chilli flakes (if you are using them) and cook gently for another minute.
- 3 Add the garlic, tomatoes and lentils. Stir in 500ml water and a fat pinch of salt. Simmer for about half an hour, topping up with water if necessary, until the lentils are swollen and collapsing.
- 4 Taste and adjust the seasoning. Mix the yogurt with 1-2 tbsp water to make a pouring consistency. Eat the soup scattered with coriander and drizzled with yogurt.

Zucchini and sweet potato slice

SERVES 4



INGREDIENTS

2 tsp olive oil
1 large brown onion, finely chopped
300g sweet potato, peeled, coarsely grated
2 garlic cloves, crushed
4 eggs
2 egg whites
40g (1/4 cup) plain flour
125g (1/2 cup) reduced-fat fresh ricotta
250g zucchini, grated, moisture removed
2 tbs chopped fresh chives
2 tbs chopped fresh continental parsley
240g cherry truss tomatoes (see note)
Baby rocket leaves, to serve
Balsamic vinegar, to serve

METHOD

- 1 Preheat oven to 180C. Grease and line a 26 x 16cm (base measurement) slice pan.
- 2 Heat the oil in a large non-stick frying pan over high heat. Cook the onion, stirring, for 3 minutes or until soft. Stir in the sweet potato for 3-4 minutes or until soft. Stir in the garlic for 1 minutes or until aromatic.
- 3 Whisk the eggs, egg whites and flour in a large bowl until smooth. Whisk in ricotta until just combined. Stir in the sweet potato mixture, zucchini, chives and parsley.
- 4 Pour the mixture into the prepared pan. Bake for 25-30 minutes or until golden and cooked through. Set aside to cool slightly.
- 5 Meanwhile, place the tomatoes on a baking tray. Spray with olive oil. Roast for 10 minutes or until just soft.
- 6 Serve the slice with tomatoes, rocket and a drizzle of vinegar.

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1060kJ	3.50g
FAT TOTAL	ENERGY
10.00g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
25.00g	5.0g
PROTEIN	ENERGY
16.00g	Cholesterol: -

08

**MAIN
DISHES
-
FISH**

Prosciutto-wrapped fish with smashed peas

SERVES 4



INGREDIENTS

4 sprigs fresh rosemary
4 (about 750g) firm white fish fillets (such as ling)
4 slices lean prosciutto fat removed
Spray oil
2 tomatoes, thickly sliced
1 leek, pale section only, washed, dried, thinly sliced
2 sweet potato's for mashing
300g broccoli
600g (4 cups) frozen peas
125ml (1/2 cup) low salt chicken or vegetable stock
2 tbsp. chopped fresh mint
Freshly ground white pepper
Mixed leaves

NUTRITION PER SERVING

ENERGY	PROTEIN
412 kcalories	52.1g
CARBOHYDRATE	FAT
40.0 g	5.9g
SATURATED FAT	FIBRE
1.4g	17.9g
SALT	
1.4g	

METHOD

- 1 Place a rosemary sprig on top of each fish fillet. Season with pepper. Wrap a slice of prosciutto around each fish fillet to enclose the rosemary.
- 2 Heat a lightly sprayed large non-stick frying pan over medium- high heat. Add the fish and cook for 4-5 minutes each side or until the flesh flakes when tested with a fork in the thickest part. Transfer to a plate and cover with foil to keep warm. Add the tomato to the pan and cook for 1 minute each side or until tender.
- 3 Meanwhile, heat a medium saucepan over low heat, and again spray lightly with oil. Add the leek and cook, stirring, for 2 minutes or until soft. Add the peas and stock and simmer for 6 minutes or until peas are tender. Stir in the mint. Season with pepper. Use a potato masher to coarsely mash the pea mixture.
- 4 Steam broccoli and sweet potato until soft then mash sweet potato
- 5 Divide the smashed pea mixture among serving plates. Top with the fish and serve with the tomato.
- 6 Serve salad leaves on the side

White Fish with Asian salsa and vegetables

SERVES 4



INGREDIENTS

4 skinless white fish fillets, grilled or baked

4 tomatoes finely chopped

3 spring onions finely chopped

2 limes juiced

2 green chillies, chopped in half, deseeded and finely chopped.

2 tbsp. finely chopped coriander

Pepper

Steamed vegetables

METHOD

1

Steam Vegetables

2

Bake the fish. Meanwhile combine tomatoes, onions, lime juice, coriander and pepper. Add enough chilli to flavour depending on strength of chilli's.

3

Serve with steamed vegetables

NUTRITION PER SERVING

ENERGY

165kcalories

CARBOHYDRATE

4.7g

SATURATED FAT

0.6g

SALT

1.1g

PROTEIN

31.0g

FAT

2.6g

FIBRE

3.5g

Fish parcels with lemon and dill

SERVES 4



INGREDIENTS

2 lemons, juiced
2 tablespoons dill leaves,
finely chopped
4 thick (about 200g each) white-fleshed
fish fillets (such as blue eye
or ling)
2 green onions, thinly sliced diagonally
8 small yellow button squash, halved
200g snow peas, trimmed
200g Green beans
200g broccoli florets
2 teaspoons extra virgin olive oil
lemon wedges, to serve

METHOD

- 1 Combine 1/3 cup lemon juice and dill in a small bowl. Cut four 30cm-square pieces of non-stick baking paper.
- 2 Place 1 fillet, skin side down, in centre of 1 piece baking paper. Drizzle with one-quarter lemon mixture. Season with salt and pepper. Top with one-quarter green onion. Repeat with remaining fish, paper, lemon mixture and green onion. Fold paper edges and turn upwards to seal (so juices don't run out) to form a parcel. Place parcels, in a single layer, in steamer basket. Steam covered over boiling water for 6 to 8 minutes or until fish is just cooked through. Transfer to a plate. Cover with foil to keep warm.
- 3 Place vegetables in steamer basket. Steam, covered, over boiling water for 2 to 3 minutes or until just tender. Transfer to a heatproof bowl. Drizzle with oil and season with salt and pepper.
- 4 Place parcels on serving plates. Serve with squash, snow peas and lemon wedges.

NUTRITION PER SERVING

ENERGY	PROTEIN
256kcalories	42.9g
CARBOHYDRATE	FAT
12.9g	3.9g
SATURATED FAT	FIBRE
0.6g	6.9g
SALT	
0.3g	

Baked fish

SERVES 4



INGREDIENTS

2 green onions
1 red capsicum
1 carrot
4 thick white fish fillets
1/4 cup reduced-salt soy sauce
steamed rice to serve
steamed broccoli, carrots green beans
and spinach to serve

METHOD

- 1 Preheat oven to 200°C. Cut onions into 5cm lengths. Remove seeds from capsicum. Peel carrot. Finely shred all vegetables and place into a bowl. Toss until well combined.
- 2 Line a baking dish with baking paper. Place fish fillets into prepared baking dish. Top each fillet with shredded vegetables. Drizzle with soy sauce.
- 3 Place another sheet of baking paper over fish. Fold all sides of baking paper together to form a parcel. Place dish into oven. Bake for 12 to 15 minutes, or until fish flakes when tested with a fork. Serve with rice or noodles.

NUTRITION PER SERVING

ENERGY	ENERGY
serving	387kcalories
PROTEIN	CARBOHYDRATE
42.7g	48.3g
FAT	SATURATED FAT
3.7g	0.7g
FIBRE	SALT
5.9g	1.8g

Asian marinated fish

SERVES 4



INGREDIENTS

4 fillets (200g each) john dory or barramundi

steamed basmati rice, steamed bokchoy, green beans, sweet

potato, zucchini

lemon wedges, to serve

Marinade

2cm piece ginger, peeled, grated

4 garlic cloves, crushed

1 red onion, thinly sliced

1 green onion, cut into 4 pieces

1/3 cup soy sauce

1 tablespoon sesame oil

METHOD

1

Make marinade: Combine ginger, garlic, onion, green onion, soy sauce, oil and pepper in a large ceramic dish.

2

Add fish to marinade. Turn to coat. Cover and refrigerate for at least 1 hour.

3

Preheat oven to 220°C. Cut four 50cm lengths of foil. Place 1 fish fillet in centre of each piece of foil. Spoon 2 tablespoons marinade over each. Fold up foil to form parcels. Seal edges (so juices won't run out). Place on a large baking tray. Bake fish for 15 to 20 minutes or until cooked through.

4

Remove fish from foil and place on plates. Pour over any juices from parcels. Serve with steamed rice, vegetables and lemon wedges.

NUTRITION PER SERVING

ENERGY	PROTEIN
431kcalories	43.8g
CARBOHYDRATE	FAT
49.7g	6.2g
SATURATED FAT	FIBRE
1.1g	2.7g
SALT	
1.2g	

Chargrilled harissa fish

SERVES 4



INGREDIENTS

- 1 1/2 tablespoons harissa
- 4 x 200g blue-eye fillets, skin removed
- 1 red capsicum, cut into quarters, deseeded
- 2 x 400g cans chickpeas, drained, rinsed
- 1/2 cup flat-leaf parsley leaves
- 4 green onions, thinly sliced
- 1 lemon, juiced
- Rice bran oil
- 1/3 cup low-fat natural yoghurt
- Serve with rocket leaves, cos lettuce and baby spinach salad

NUTRITION PER SERVING

ENERGY	PROTEIN
382 kcalories	50.0g
CARBOHYDRATE	FAT
24.3g	10.0g
SATURATED FAT	FIBRE
1.4g	9.0g
SALT	
1.2g	

METHOD

- 1 Combine harissa and 1/2 cup cold water in a shallow ceramic dish. Add fish fillets and turn to coat. Cover and refrigerate for 30 minutes, if time permits.
- 2 Preheat a barbecue grill on high heat. Place capsicum, skin side down, on grill. Cook for 8 to 10 minutes or until skin turns black. Transfer capsicum to a plastic bag. Twist top to seal and stand for 5 minutes. Peel and discard skin. Roughly chop capsicum and place in a bowl.
- 3 Add chickpeas, parsley and green onions to capsicum. Drizzle over 2 tablespoons lemon juice. Toss gently to combine.
- 4 Reduce barbecue grill to medium heat. Spray both sides of fish with oil. Cook for 3 minutes each side or until cooked through. Place fish and salad on plates. Top with yoghurt. Season with pepper and serve.

Fish rissoles

SERVES 4



INGREDIENTS

750g fresh white fish
1/4 cup red curry paste
2/3 cup coriander leaves
Rice Bran oil
steamed rice, to serve
Dipping sauce
1/3 cup sweet chilli sauce
1 tablespoon lime juice
1 teaspoon fish sauce
1 tablespoon finely chopped coriander leaves
Garden salad to serve

METHOD

- 1 Place fish, curry paste and half the coriander in a food processor. Process to a paste. Shape into 12 rissoles.
- 2 Heat a non-stick frying pan over medium heat. Spray both sides of rissoles lightly with oil. Cook rissoles for 3 to 4 minutes each side, or until cooked through. Transfer to a plate. Cover with foil to keep warm.
- 3 Make sauce: Combine all ingredients in a bowl. Serve with rissoles, steamed rice and remaining coriander and garden salad

NUTRITION PER SERVING

ENERGY	PROTEIN
386 kcalories	39.5g
CARBOHYDRATE	FAT
45.5g	4.8g
SATURATED FAT	FIBRE
0.2g	1.0g
SALT	
2.2g	

Soy and Ginger Steamed Fish with Choy Sum

SERVES 4



INGREDIENTS

- 800g white fish fillets skin removed
- 16 thin slices of ginger
- 2 tablespoons reduced salt soy sauce
- 1 ½ tablespoons oyster sauce
- 3 tablespoons of water
- 2 cloves of garlic
- Steamed green beans, cauliflower, squash

METHOD

- 1 Steam vegetables and 2 bunches of choy sum, halved and blanched
- 2 Place each piece of fish in a foil bag. Top with 4 slices of ginger. Combine the soy, oyster, water and garlic, and spoon equally over each piece of fish. Seal each foil bag and place in a moderate oven for 10 minutes. When foil bag is puffed remove from oven.
- 3 Plate choy sum and carefully open foil bag being careful not to lose the liquid. Lift the fish carefully onto the top of the choy sum, and then pour the sauce over the fish to serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
194kcalories	38.8g
CARBOHYDRATE	FAT
5.8g	1.8g
SATURATED FAT	FIBRE
0.3g	2.1g
SALT	
1.4g	

Cajun spiced tuna steaks

SERVES 4



INGREDIENTS

4 x 120g tuna steaks
2 tablespoons Cajun spice mix
Cos lettuce
Green beans
Avocado
Salsa
1 tomato, finely diced
1 Lebanese cucumber, finely diced
1 small red onion, finely chopped
¼ cup coriander leaves
2 tablespoons lime juice
1-2 small red chillies, seeded, finely chopped

NUTRITION PER SERVING

ENERGY	PROTEIN
275 kcalories	31.6g
CARBOHYDRATE	FAT
6.8g	13.7g
SATURATED FAT	FIBRE
3.0g	5.8g
SALT	
0.2g	

METHOD

- 1 Preheat a chargrill or barbecue plate on medium. Coat fish with spice mix.
- 2 Make Salsa by combining all ingredients in a bowl and set aside. Spray grill or plate with cooking oil spray. Cook fish for 2-3 minutes each side depending on thickness.
- 3 Serve with Salsa and a salad.

Tuna Steak with Salsa Rossa

SERVES 4



INGREDIENTS

220g jar oven-roasted capsicum drained and rinsed

5 semi-dried tomatoes (25g total)

1 garlic clove, crushed

1/2 tsp. caster sugar

2 tsp. red wine vinegar

Pinch of dried oregano

1/2 tbsp. extra virgin olive oil

4 x 180g tuna steaks

Rocket leaves

Mixed leaves

METHOD

1

For the salsa, whiz roast capsicum, tomatoes, garlic, sugar, vinegar and oregano in a food processor until roughly blended. Add oil and process until well combined. Season with pepper to taste, then set salsa aside.

2

Preheat a lightly spray oiled chargrill pan or frypan over medium-high heat. Season tuna with pepper, then cook in batches until cooked to your liking. Top the tuna with salsa and serve mixed leaves and rocket.

NUTRITION PER SERVING

ENERGY	PROTEIN
316kcalories	43.8g
CARBOHYDRATE	FAT
5.4g	13.4g
SATURATED FAT	FIBRE
2.9g	1.7g
SALT	
0.4g	

Smoked salmon mountain bread rolls

SERVES 4



INGREDIENTS

- 1/2 cup light sour cream
- 1 tablespoon low fat mayonnaise
- 2 tablespoons chopped chives
- 2 tablespoons chopped dill
- cracked black pepper
- 4 pieces of mountain bread
- Baby spinach leaves
- 250g smoked salmon slices
- Rocket, tomato and basil and lemon dressing salad

METHOD

- 1 Combine sour cream, mayonnaise, chives and dill
- 2 in a small bowl. Season with pepper.
- 3 Spread bread slices with 1 tablespoon of the sour cream mixture and top with a little spinach and a slice of salmon.
- 4 Starting at the shorter edge closest to you, gently roll up the bread to enclose the filling. Repeat with remaining mountain bread.
- 5 To serve, cut each roll into quarters and arrange on a serving platter. Serve with side salad, dressing on the side.

NUTRITION PER SERVING	
PART LEMON JU	ENERGY
1part	272kcalories
PROTEIN	CARBOHYDRATE
19.8g	18.4g
FAT	SATURATED FAT
13.8g	3.9g
FIBRE	SALT
2.7g	3.3g

Miso salmon

SERVES 4



INGREDIENTS

1/3 cup (80ml) mirin

¼ cup (70g) white miso

4 x 125g salmon fillets

2 bunches asparagus, trimmed

1 bunch green onions (shallots),
trimmed

Steamed broccoli, green beans, spinach

Steamed basmati rice, to serve

METHOD

1

Combine mirin, and miso in a shallow bowl. Add salmon fillets and turn to coat.

2

Meanwhile, preheat a grill on medium and line grill tray with foil. Spray asparagus and green onion lightly with cooking oil spray.

3

Drain salmon pieces and arrange on foil with asparagus and onion. Grill for 5-10 minutes, turning once, until tender and fish flakes easily. Serve with steamed vegies and rice.

NUTRITION PER SERVING

ENERGY

472 kcalories

CARBOHYDRATE

45.6g

SATURATED FAT

2.64.5g

SALT

0.6g

PROTEIN

34.4g

FAT

15.4g

ENERGY

Fibre: g

Moroccan salmon

SERVES 4



INGREDIENTS

3 garlic cloves, crushed
30g (1/4 cup) cumin seeds
25g (1/4 cup) coriander seeds
1½ tbsp. sweet paprika
1½ tbsp. finely grated lemon rind
4 (about 150g each) salmon fillets
Olive oil spray
Lemon wedges, to serve
Mint & lemon salad
250ml (1 cup) boiling water
1 tbsp. finely grated lemon rind
125ml (1/2 cup) fresh lemon juice
1 x 400g can chickpeas, rinsed, drained
1 bunch fresh mint, chopped
1 bunch fresh chives, chopped
Mixed green salad leaves

NUTRITION PER SERVING

ENERGY	PROTEIN
366 kcalories	38.4g
CARBOHYDRATE	FAT
13.1g	21.7g
SATURATED FAT	FIBRE
3.3g	4.3g
SALT	
0.5g	

METHOD

- 1 Place garlic, cumin, coriander, paprika and lemon rind in a mortar and crush with a pestle to form a paste. Rub over both sides of salmon. Cover and place in fridge for 3 hours to marinate.
- 2 Meanwhile, to make the salad, place the burghul in a bowl. Add water and set aside for 20 minutes or until tender. Drain. Transfer to a bowl. Stir in the lemon rind, lemon juice, chickpeas, mint and chives.
- 3 Spray a frying pan with olive oil spray. Add salmon and cook over medium-low heat for 4-5 minutes each side. Divide salad among serving plates and top with salmon. Serve with lemon wedges.

Couscous with Shrimp and Feta

SERVES 6



INGREDIENTS

1 cup couscous
24 shrimp, without tails and deveined
1 cup white mushrooms, sliced
1 cup tomatoes, sliced
1 onion
½ cup chickpeas
¼ cup feta cheese
1 green pepper
1 red pepper
2 tbsp canola oil
1 tbsp olive oil
1 tsp each cumin, cinnamon, coriander, salt and turmeric
pepper to taste

METHOD

- 1 Heat the canola oil in a saucepan, on medium heat, for a couple of minutes, then add the onion and mixed seasonings. Cook until the onion softens.
- 2 Add the tomato, chickpeas, peppers and mushrooms then simmer until they're cooked, for about 20 minutes. Make sure to cover the saucepan.
- 3 Meanwhile, in a large bowl, place the couscous and stir 1 cup of boiling water, letting it stand for about 5 minutes.
- 4 In a non-stick pan, heat the olive oil and cook shrimp, for 3-5 minutes.
- 5 Fluff the couscous with a fork, dividing among 6 plates and then spoon the veggies over it.
- 6 Add 4 shrimp on each plate, top with feta and serve!

NUTRITION PER SERVING

ENERGY	PROTEIN
243 kcalories	12.6 g
CARBOHYDRATE	FAT
28.0g	9.7g
SATURATED FAT	FIBRE
2.6 g	4.2g
SALT	
1.4g	

Broiled Salmon with Sauteed Spinach

SERVES 4



INGREDIENTS

4 salmon fillets
2 bags baby spinach, 150 grams each bag
1/3 cup pine nuts
1/2 cup crumbled feta
2 tsp. fresh lemon juice
1 tbsp. olive oil
salt and ground pepper to taste

METHOD

- 1 Heat the broiler at medium heat and place the salmon fillets on a rimmed baking sheet. Add salt and pepper to taste and broil for about 5-7 minutes, until opaque.
- 2 Meanwhile, in a large skillet, heat oil at medium temperature and add part of the spinach, salt and pepper. Cook for 2 minutes, tossing the spinach and adding the remaining amount, as more space becomes available in the skillet. Cook until tender.
- 3 Remove the skillet from heat and drain the excess liquid, then add lemon juice, feta and pine nuts, stirring.
- 4 Divide the salmon and sautéed spinach among 4 plates. Serve!

NUTRITION PER SERVING

ENERGY	PROTEIN
397 kcalories	33.6g
CARBOHYDRATE	FAT
1.9g	28.4g
SATURATED FAT	FIBRE
5.6 g	12.4g
SALT	
1.0g	

Salmon with Asparagus, Olives and Herbed Brown Rice

SERVES 4



INGREDIENTS

4 salmon fillets
20 large asparagus stalks
2 cups instant brown rice
2 beefsteak tomatoes, diced
30 pitted Greek olives, chopped
2 tsp ground cumin
2 tbsp chopped fresh basil
2 tbsp chopped fresh herbs
non-stick cooking spray
salt and ground black pepper, to taste

METHOD

- 1 Preheat the oven to 200°C (400°F). Coat a large baking sheet with cooking spray.
- 2 Prepare the salmon fillets by seasoning with salt and pepper on both sides. Rub cumin into the flesh-side of salmon and place the fish on the baking sheet. Let it roast for 10 minutes, until the fillets get slightly tender.
- 3 Meanwhile, mix the brown rice with 2 cups of water in a covered bowl and microwave for 5 minutes. Let it stand another 5 minutes then add herbs and fluff with a fork. Add salt and pepper to taste.
- 4 Put the asparagus in a glass container covered with a lid and microwave for 3 minutes at high temperature, so that it gets tender.
- 5 Mix the tomatoes, basil and olives into a bowl and toss until they mix. Season with salt and pepper.
- 6 Place the salmon fillets on 4 plates, add the mixture and the rice and serve!

NUTRITION PER SERVING

ENERGY	PROTEIN
495 kcalories	37.1g
CARBOHYDRATE	FAT
44.8g	19.8g
SATURATED FAT	FIBRE
3.9g	4.2g
SALT	
0.5g	

Salmon Frittata

SERVES 4



INGREDIENTS

185 g can salmon
4 eggs
2 large tomatoes, chopped
440 g frozen corn kernels
1 capsicum (bell pepper) chopped
1 onion, halved and then sliced
several sprigs fresh basil or mint, chopped
1 tsp. olive oil
salt and pepper to taste

METHOD

- 1 In a pan, mix the corn, drained salmon, chopped capsicum and tomatoes. Stir gently to combine, making sure that the salmon remains as it is and doesn't get too mashed.
- 2 Sprinkle with salt, pepper and chopped mint or basil.
- 3 Beat the eggs lightly, pouring the mixture over. Cook at very low heat for about 12 minutes, until the eggs are cooked.
- 4 Serve with fresh green salad.

NUTRITION PER SERVING

ENERGY	PROTEIN
316 kcalories	23.0g
CARBOHYDRATE	FAT
26.2g	14.1g
SATURATED FAT	FIBRE
3.2g	4.5g
SALT	
0.7g	

Super healthy salmon burgers

SERVES 4



INGREDIENTS

4 boneless, skinless salmon fillets ,
about 550g/1lb 4oz in total, cut
into chunks

2 tbsp Thai red curry paste

thumb-size piece fresh root ginger ,
grated

1 tsp soy sauce

1 bunch coriander , half chopped, half
leaves picked

1 tsp vegetable oil

lemon wedges, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
292 kcalories	29g
CARBOHYDRATE	FAT
7g	17g
SATURATED FAT	FIBRE
4g	0g
SUGAR	SALT
6g	0.83g

METHOD

- 1 Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.
- 2 Meanwhile, use a swivel peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the burgers and rice.

Sea bass with sizzled ginger, chilli & spring onions

SERVES 6



INGREDIENTS

6 x sea bass fillets, about 140g/5oz each, skin on and scaled
about 3 tbsp sunflower oil
large knob of ginger , peeled and shredded into matchsticks
3 garlic cloves , thinly sliced
3 fat, fresh red chillies deseeded and thinly shredded
bunch spring onion , shredded long-ways
1 tbsp soy sauce

NUTRITION PER SERVING

ENERGY	PROTEIN
202 kcalories	28g
CARBOHYDRATE	FAT
2g	9g
SATURATED FAT	FIBRE
1g	0g
SUGAR	SALT
1g	0.26g

METHOD

1

Season the fish with salt and pepper, then slash the skin 3 times. Heat a heavy-based frying pan and add 1 tbsp oil. Once hot, fry the fish, skin-side down, for 5 mins or until the skin is very crisp and golden. The fish will be almost cooked through. Turnover, cook for another 30 secs-1 min, then transfer to a serving plate and keep warm. You'll need to fry the fish in 2 batches.

2

Heat the remaining oil, then fry the ginger, garlic and chillies for about 2 mins until golden. Take off the heat and toss in the spring onions. Splash the fish with a little soy sauce and spoon over the contents of the pan.

Parmesan & parsley-crusted salmon

SERVES 4



INGREDIENTS

4 fillets salmon , look for organically farmed or wild Alaskan

butter

50g fresh white breadcrumbs

2 tbsp chopped parsley

½ lime , juiced

olive oil

40g Parmesan

METHOD

1

Heat the oven to 200C/fan 180C/gas 6. Season and put the salmon fillets on a lightly buttered non-stick baking tray.

2

Whizz the breadcrumbs, parsley, lime juice, 1 tbsp oil and Parmesan in a food processor. Cover the salmon with the breadcrumb mixture and bake in the oven for 10-12 minutes until the salmon is cooked through and the breadcrumbs golden. Serve with salad or new potatoes.

NUTRITION PER SERVING

ENERGY	PROTEIN
346 kcalories	30.4g
CARBOHYDRATE	FAT
9.9g	20.8g
SATURATED FAT	FIBRE
5.7g	0.4g
SALT	
0.6g	

Smoked salmon with prawns, horseradish cream & lime vinaigrette

SERVES 2



INGREDIENTS

- 1 tbsp crème fraîche
- 1 tsp horseradish sauce
- 4 slices smoked salmon
- 10 large cooked prawns , peeled but tails left on
- juice 1 lime , finely grated zest of ½
- 1 tsp clear honey
- ½ tsp finely grated fresh root ginger
- 2 tbsp light olive oil
- 2 handfuls small leaf salad

METHOD

1

Mix the crème fraîche with the horseradish and a little salt and pepper. For the dressing, whisk the lime juice and zest with the honey, ginger and seasoning, then whisk in the oil. Lay the smoked salmon and prawns on 2 plates, then top with a dollop of the horseradish cream. Toss the salad in most of the dressing and pile on top. Drizzle the remaining dressing around the plate and serve.

NUTRITION PER SERVING

ENERGY	PROTEIN
266 kcalories	25g
CARBOHYDRATE	FAT
4g	17g
SATURATED FAT	FIBRE
4g	0g
SUGAR	SALT
3g	3.34g

Thai prawn, ginger & spring onion stir-fry

SERVES 2



INGREDIENTS

200g raw, peeled tiger prawns from a sustainable source
1 green Thai chilli , chopped
3 garlic cloves , 1 crushed and 2 finely sliced
1 bunch coriander , leaves and stalks separated
1 tbsp caster sugar
juice 1 lime
3 tbsp fish sauce
2 tbsp groundnut oil
3cm piece ginger , finely sliced, then shredded
8 spring onions , finely sliced
1 red pepper , thinly sliced
85g water chestnuts , sliced
100g beansprouts
1 tbsp soy sauce
egg or rice noodles , to serve
lime wedges, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
294 kcalories	25g
CARBOHYDRATE	FAT
22g	12g
SATURATED FAT	FIBRE
2g	3g
SUGAR	SALT
17g	6.32g

METHOD

- 1 Put the prawns in a bowl. Put the chilli, crushed garlic, coriander stalks (snip these up using scissors first) and caster sugar in a spice grinder or small food processor and whizz together. Add half of the lime juice and the fish sauce, then pour this over the prawns.
- 2 Heat 1 tbsp oil in a wok, add the ginger and spring onions and fry for 1 min. Add the red pepper and fry for 1 min, until the pepper starts to soften. Add the water chestnuts and bean sprouts, and toss together until the bean sprouts start to wilt. Add the soy sauce and a really good grind of black pepper, then tip the lot into a serving dish.
- 3 Heat the remaining oil in the wok and add the prawns, lifting them out of their juices. Toss for 1-2 mins until they turn pink, add the marinade and swirl the wok quickly, then tip the lot onto the veg. Snip over the coriander leaves and sprinkle on the remaining lime. Serves over noodles with extra lime for squeezing over.

Tuna sweetcorn burgers

SERVES 4



INGREDIENTS

85g white bread , torn into pieces
198g can sweetcorn , drained
2 x 185g cans tuna in water, drained well
25g grated cheddar
3 spring onions , finely chopped
1 egg , beaten
2 tbsp vegetable oil
wholegrain bread rolls, lettuce, salsa, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
262 kcalories	22g
CARBOHYDRATE	FAT
21g	11g
SATURATED FAT	FIBRE
3g	1g
SUGAR	SALT
5g	0.87g

METHOD

1

Whizz the bread in a food processor to crumbs, tip into a bowl, then whizz half the sweetcorn until finely chopped. Add the chopped corn, remaining whole corn, tuna, cheese, spring onions and some seasoning into the bowl with the bread and mix well. Add the egg, bit by bit (you may not need it all), until the mixture is sticky enough to be shaped into four even-size burgers.

2

Heat the oil in a non-stick pan, then cook the burgers for 5 mins on each side until golden and hot through the middle. Stuff into wholemeal buns with your favourite lettuce and a good dollop of salsa.

Soy-glazed tuna steaks

SERVES 4



INGREDIENTS

50ml soy sauce
4 tbsp soft brown sugar
1 garlic clove
½ tsp sesame oil
4 tuna steaks
4 bunches of bok choy (pak choy), halved
2 large limes, halved
oil
2 spring onions, thinly sliced diagonally
1 tbsp sesame seeds, toasted

NUTRITION PER SERVING

ENERGY	PROTEIN
315 kcalories	35g
CARBOHYDRATE	FAT
18g	12g
SATURATED FAT	FIBRE
2.1g	0.4g
SALT	
2.71g	

METHOD

- 1 Put the soy sauce and brown sugar in a small saucepan over a medium heat and stir until the sugar dissolves. Add the garlic and sesame oil, remove from the heat and cool. Cover the tuna steaks with the marinade and leave for 1 hour.
- 2 Barbecue the tuna steaks for 1 minute each side for rare, 2 for medium, basting constantly with the marinade, until charred and sticky on the outside.
- 3 Barbeque the bok choy halves cut-side down for 2 minutes. Put in a bowl and squeeze over lime juice and a little oil and scatter with spring onions and sesame seeds. Serve with the tuna.

Prawn, pea & tomato curry

SERVES 4



INGREDIENTS

1 tbsp vegetable oil
2 onions , halved, each cut into 6 wedges
6 ripe tomatoes , each cut into 8 wedges
large knob of fresh root ginger , chopped
6 garlic cloves , roughly chopped
3 tbsp curry paste (we used Patak's tikka masala paste)
400g shelled raw king prawns
250g frozen peas
small bunch coriander , leaves chopped
basmati rice or chapatis, to serve

NUTRITION PER SERVING

ENERGY	PROTEIN
236 kcalories	24g
CARBOHYDRATE	FAT
18g	0g
SATURATED FAT	FIBRE
1g	6g
SUGAR	SALT
10g	1.24g

METHOD

- 1 Heat the oil in frying pan, then fry the onions over a medium heat until soft and beginning to brown, about 5 mins. Meanwhile, reserve 8 of the tomato wedges, then whizz the remainder in a food processor with the ginger and garlic.
- 2 Add the curry paste to the pan for 30 secs. Stir through the tomato mix and remaining tomato wedges, then bubble over a high heat for 5 mins, stirring so the sauce doesn't catch. Mix in the prawns and peas; simmer until prawns are pink and cooked through. Scatter with coriander, then serve with rice.

Sticky salmon with Chinese greens

SERVES 4



INGREDIENTS

4 skinless salmon fillets , 150g/4oz each
3 tbsp oyster sauce
2 tbsp teriyaki sauce
1 tbsp honey
1 tbsp oil (a mix of vegetable and sesame)
1 tbsp finely grated fresh root ginger
1 garlic clove , finely sliced
1 red chilli , deseeded amd finely sliced
500g mixed green vegetables - we used bok choy, sugar snaps and broccoli

NUTRITION PER SERVING

ENERGY	PROTEIN
354 kcalories	35g
CARBOHYDRATE	FAT
10g	20g
SATURATED FAT	FIBRE
4g	0g
SUGAR	SALT
8g	2.81g

METHOD

- 1 Heat oven to 200C/fan 180C/gas 6. Place the salmon on a baking tray. Mix together the oyster sauce, teriyaki and honey, then brush a little over the fish. Roast for 8-10 mins until glazed and just cooked through. Set aside.
- 2 Heat the oil in a wok, then fry the ginger, garlic and chilli for 1 min. Stir-fry the broccoli or any larger, harder veg for 3 mins, then add the leafy veg and cook for 1-2 mins more. Stir in the rest of the sticky sauce, heat through and serve with the fish.

Steamed fish & pak choi parcels

SERVES 4



INGREDIENTS

4 plaice , haddock or other
MSC-certified white fish fillets
2 pak choi , thickly sliced
4 spring onions , shredded
1 red chilli , thinly sliced
3cm ginger , cut into matchsticks
2 tbsp reduced-salt soy sauce
juice 1 lime
1 tsp sesame oil

METHOD

- 1 Heat oven to 200C/180C fan/gas 6. Place each fillet in the centre of a large square of foil. Top with the pak choi, spring onions, chilli and ginger, then pull up the edges of the foil.
- 2 Mix together the soy sauce, lime juice and 1 tbsp of water then spoon a little over each fillet. Crimp the top of the foil to enclose the fish and make sure there are no gaps for the steam to escape.
- 3 Place the parcels on a baking sheet and bake for 10-15 mins until the fish is cooked through (this will depend on the thickness of your fish). Open up the parcels and drizzle over a few drops of sesame oil. Serve with rice.

NUTRITION PER SERVING

ENERGY	PROTEIN
124 kcalories	22g
CARBOHYDRATE	FAT
2g	3g
SATURATED FAT	FIBRE
0g	1g
SUGAR	SALT
2g	1.31g

Salmon with mango & chilli salsa

SERVES 2



INGREDIENTS

- 1 tbs olive oil
- 4 (about 220g each) skinless salmon fillets
- 2 ripe mangoes, cheeks removed, peeled, finely chopped
- 1 long fresh red chilli, halved, deseeded, thinly sliced
- 2 tbs chopped fresh coriander
- 1 tbs fresh lime juice
- 1 bunch asparagus, woody ends trimmed
- Lime wedges, to serve

METHOD

- 1 Heat oil in a non-stick frying pan over medium-high heat. Season salmon with salt and pepper. Cook for 3-4 minutes each side or until just cooked through.
- 2 Meanwhile, combine the mango, chilli, coriander and lime juice in a bowl. Taste and season with salt and pepper.
- 3 Cook the asparagus in a saucepan of boiling water for 2-3 minutes or until bright green and tender crisp.
- 4 Divide the salmon among serving plates. Top with asparagus and salsa and serve with lime wedges.

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1395kJ	2.50g
FAT TOTAL	CARBOHYDRATE
11.00g	12.00g
CARBOHYDRATE	DIETARY FIBRE
12.00g	2.50g
PROTEIN	CHOLESTEROL
47.00g	110.00mg

Cajun-spiced fish with fresh corn salad

SERVES 4



INGREDIENTS

2 teaspoons cajun seasoning
4 (175g each) boneless white fish fillets
(we used smooth dory fillets)
olive oil cooking spray
Fresh corn salad
2 corn cobs, kernels removed
250g green beans, trimmed
1 small red onion, finely chopped
1 lemon, juiced
1/4 cup coriander leaves, roughly chopped

METHOD

- 1 Make salad: Half-fill a saucepan with water. Bring to the boil over high heat. Add corn and beans. Cook for 3 to 4 minutes or until beans turn bright green. Drain. Refresh under cold water. Pat dry with paper towel. Combine corn, beans, onion, 2 tablespoons lemon juice and coriander in a bowl. Season with salt and pepper.
- 2 Sprinkle seasoning over both sides of fish. Gently rub onto surface with fingertips.
- 3 Heat a large, non-stick frying pan over medium-low heat. Spray with oil. Cook fish, in batches, for 3 to 4 minutes each side or until just cooked through. Serve with salad.

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1096kJ	0.70g
FAT TOTAL	ENERGY
3.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
15.90g	5.70g
PROTEIN	CHOLESTEROL
38.00g	105.00mg

Tuna & ginger noodle salad

SERVES 4



INGREDIENTS

3 (about 400g) tuna steaks
2 tsp finely grated fresh ginger
80ml (1/3 cup) mirin (rice wine)
2 tbs fresh lime juice
1 tbs salt-reduced soy sauce
150g dried soba noodles
150g snow peas, ends trimmed
2 tsp sesame oil
Pinch of caster sugar
Olive oil spray
2 tbs pickled ginger, thinly sliced
75g baby spinach leaves
Fresh coriander leaves, to garnish

NUTRITION PER SERVING

ENERGY	FAT SATURATED
1415kJ	1.50g
FAT TOTAL	ENERGY
7.50g	Carbohydrate sugars:
CARBOHYDRATE	DIETARY FIBRE
33.00g	3.00g
PROTEIN	ENERGY
32.00g	Cholesterol: -

METHOD

- 1 Place tuna in bowl. Combine the fresh ginger and half the mirin, lime juice and soy sauce in a bowl. Pour over tuna. Place in the fridge for 20 minutes to marinate.
- 2 Cook the noodles following packet directions, adding the snow peas in the last 2 minutes of cooking. Drain. Place in a bowl. Add half the oil and toss to coat.
- 3 Combine sugar, remaining mirin, lime juice, soy sauce and oil in a screw-top jar.
- 4 Spray a non-stick frying pan with olive oil spray. Place over high heat. Cook tuna for 1-2 minutes each side for medium or until cooked to your liking. Thinly slice.
- 5 Stir the pickled ginger, spinach and half the dressing into the noodle mixture. Divide among serving bowls. Top with tuna and coriander. Drizzle over the remaining dressing to serve.

DESSERTS

Grilled Pineapple

SERVES 4



INGREDIENTS

- 1 firm pineapple
- 1 tsp ground cinnamon
- 1 tbsp grated lime zest
- 1/4 tsp ground cloves
- 1 tbsp fresh lime juice
- 1 tbsp olive oil

METHOD

- 1 Heat a gas grill. In a bowl, mix the cinnamon, cloves, lime juice and olive oil and blend. Set the mixture aside for preparing the marinade.
- 2 Cut the leaves and base of the pineapple and pare off the skin, cutting downward. Once the pineapple is perfectly peeled, cut it in half, lengthwise, then cut each half into four long wedges.
- 3 Put the pineapple slices in the marinade bowl and stir until all the fruit pieces are perfectly coated.
- 4 Grill for 3-4 minutes, basting 1-2 times with the remaining marinade. Continue grilling until the pineapple gets golden and tender enough.
- 5 Place two slices of pineapple on each plate and serve warm or hot, after sprinkling with lime zest.

NUTRITION PER SERVING

ENERGY	PROTEIN
118 kcalories	0.9g
CARBOHYDRATE	FAT
22.9g	3.2g
SATURATED FAT	FIBRE
0.4g	3.6g
SALT	
0g	

Healthy Rice Pudding

SERVES 4



INGREDIENTS

350 g brown rice, cooked
20 blanchd almonds
30 g currants
30 g raisins
6 whole green cardamom pods
1 cinnamon stick
1 l almond milk
1 tsp vanilla extract

METHOD

- 1 Add the almonds to boiling water and let sit for 1 minute, then drain and add cold water to cool the almonds. Slip off the skins.
- 2 In a saucepan, blend the almonds with the milk until smooth.
- 3 Add the rest of the ingredients, boiling until the rice is cooked, then reduce the heat to simmer.
- 4 Cover and cook for another 20 minutes, mashing lumps out of the rice with a wooden spoon. Stir until the rice has the desired consistency. Serve warm or cold!

NUTRITION PER SERVING

ENERGY	PROTEIN
227 k calories	4.8g
CARBOHYDRATE	FAT
39.0g	6.6g
SATURATED FAT	FIBRE
0.7g	2.3g
SALT	
0g	

Banana & Cinnamon Porridge

SERVES 2



INGREDIENTS

1 cup rolled oats
1 banana, peeled and sliced
one handful of raisins
350 ml water or almond milk
1/4 tsp of cinnamon
honey for drizzling
a pinch of salt
extra milk to serve

METHOD

1

In a saucepan, add the milk or water and the oats and bring to the boil, at medium heat. Simmer for 5-7 minutes, add the cinnamon and stir occasionally.

2

Add the salt and continue stirring for a couple of minutes.

3

Spoon the porridge into bowls and add the dried fruits.

4

Top with the sliced banana and add a tsp of honey and 1/4 cup of milk. Serve!

NUTRITION PER SERVING

ENERGY	PROTEIN
307 kcalories	7.3g
CARBOHYDRATE	FAT
59.6g	5.1g
SATURATED FAT	FIBRE
0.3g	6.6g
SALT	
0.8g	

Colourful Fruit Salad

SERVES 8



INGREDIENTS

- 675 g berries (raspberries, blueberries, strawberries)
- 450 g green grapes, seedless
- 2 crisp sweet apples
- 3 peaches
- 3 nectarines
- 2 bananas, sliced
- 225 g fresh orange juice
- nutmeg, optionally

METHOD

- 1 Chop all the fruits and mix them gently in large bowl.
- 2 Pour fresh orange juice over the fruits, stirring.
- 3 Refrigerate and serve as it is or with a dash of nutmeg.

NUTRITION PER SERVING	
ENERGY	PROTEIN
134 kcalories	2.6g
CARBOHYDRATE	FAT
32.0g	0.4g
SATURATED FAT	FIBRE
0.1g	5.0g
SALT	
0g	

Peach and Blueberry Pannacotta

SERVES 4



INGREDIENTS

- 1 cup skim milk
- 1 cup fresh peaches, sliced
- 1 ½ cups plain yogurt, non-fat
- 1 cup fresh blueberries
- 2 tbsp honey
- 2 tsp vanilla extract
- 1 tbsp unflavored gelatin powder

METHOD

- 1 Put four small plates into the refrigerator.
- 2 In a small pot, warm 1/2 cup of the milk and all the honey. Sprinkle gelatine over the milk mixture, then heat and stir until gelatine dissolves.
- 3 Transfer the mixture to a bowl and stir in remaining milk, adding the yogurt and vanilla.
- 4 Spray four bowls with non-stick cooking spray and divide the mixture equally among them, refrigerating again until set.
- 5 Un-mould by running a knife along the inside edge of the bowls. Turn each bowl upside-down on top of a refrigerated plate and garnish with fruits. Serve!

NUTRITION PER SERVING

ENERGY	PROTEIN
111 kcalories	9.1g
CARBOHYDRATE	FAT
18.9g	0.4g
SATURATED FAT	FIBRE
0.2g	1.6g
SALT	
0.3g	

Crunchy Oatmeal Cookies with Raisins

(FOR 15 COOKIES)



INGREDIENTS

2 cups oats
2/3 cup flour, whole-wheat preferably
1/3 cup brown sugar
1/2 cup raisins
1/3 cup canola oil
1 egg white
1/2 tsp baking soda
2 tsp ground cinnamon
1/4 tsp salt
3/4 tsp vanilla extract
3 tbsp water
cooking spray

NUTRITION PER SERVING

ENERGY	KCALORIES PRO
133 kcalories	2.4g
CARBOHYDRATE	FAT
18.8g	5.8g
SATURATED FAT	FIBRE
0.6g	1.7g
SALT	
0.1g	

METHOD

- 1 In a medium-large bowl, mix the water with egg white, oil and vanilla.
- 2 In another bowl, combine the whole wheat flour with baking soda, cinnamon and salt and once mixed, add this mixture to the previous one, gradually and stirring permanently, so that they mix perfectly.
- 3 Stir in the oatmeal and raisins.
- 4 Coat some baking sheets with cooking spray and drop by scant ¼ cupfuls onto these sheets. Flatten with the back of a spoon or with a knife and bake for 10-12 minutes at 177°C (350°F).
- 5 When cookies are golden brown, take them out and wait to cool for one minute, then remove them from the cooking sheets with wire racks. Serve!

Lemon and Raspberry Bars

(FOR 16 BARS)



INGREDIENTS

3/4 cup whole-wheat flour
3/4 cup no-calorie granulated sweetener
¼ cup light, fat-free butter
pinch of salt
Ingredients for filling
2 tbsp whole-wheat flour
1/2 cup egg substitute*
1/4 cup raspberry preserves, low-sugar
1/2 cup lemon juice, fresh and sugar-free
½ cup half-and-half
1 ¼ cups no-calorie granulated sweetener
1 tbsp lemon peel, fresh and grated
non-stick cooking spray

NUTRITION PER SERVING

ENERGY	PROTEIN
40 kcalories	2.2g
CARBOHYDRATE	FAT
6.7g	0.7g
SATURATED FAT	FIBRE
0.2g	1.0g
SALT	
0.2g	

METHOD

- 1 Preheat the oven to at 177°C (350°F) and spray a baking pan with non-stick, butter-flavoured spray. Set it aside and prepare the composition.
- 2 In a bowl, mix the flour, no-calorie sweetener and salt. Add small pieces of butter and mix until the mixture gets crumbly, but don't over mix it. Press the dough into the baking pan and bake for 15-20 minutes, until it gets lightly browned.
- 3 Put the granulated no-calorie sweetener and the flour in a mixing bowl, stirring thoroughly and add the half-and-half and the egg substitute. Stir until blended, then slowly add the lemon juice and peel, continuing to stir.
- 4 Add the raspberry preserves and spread evenly over the warm crust. Pour the lemon mixture over the preserves, then put into the oven and bake for another 20-25 minutes, or until set.
- 5 Remove from the oven and wait until it cools. Refrigerate the bars for 2 hours then serve! *liquid fat-free egg substitute

Light Pumpkin Pie

SERVES 8



INGREDIENTS

1 ½ whole-wheat flour
1/2 cup canola-oil margarine
1 tsp honey
1/2 tsp cinnamon
4 tbsp ice water
Ingredients for filling
2 cups pumpkin purée, canned or freshly made
2 large eggs
1/2 cup condensed milk, fat-free
1/2 tsp vanilla extract
1/4 tsp each ground cinnamon, cloves, allspice, ginger

NUTRITION PER SERVING

ENERGY	PROTEIN
268 kcalories	7.3g
CARBOHYDRATE	FAT
30.1g	14.0g
SATURATED FAT	FIBRE
3.0g	4.8g
SALT	
0.4g	

METHOD

- 1 Preheat oven to 200°C (400°F).
- 2 For the crust: mix the flour with honey and cinnamon in a food processor and pulse. Add the margarine and pulse again until the mixture resembles coarse crumbs.
- 3 Add water, a tbsp at a time, pulsing until mixture clumps together. Roll out pastry and place in a pie plate, trimming the edge to 1-in. overhang. Flute with your fingers.
- 4 For the filling: In a bowl, mix together all the ingredients until smooth. Pour into pastry and bake, uncovered, for about 45 minutes or until set. Let it cool before serving.

Sweet Berries and Melon Soup, Iced

SERVES 4



INGREDIENTS

- 1 ripe honeydew melon
- 3/4 cup strawberries or raspberries
- 3/4 cup blueberries
- 1-in. piece fresh ginger, peeled and grated
- 1 tbsp fresh lime juice
- 1/2 cup orange juice
- 2 tbsp low-fat plain yogurt

METHOD

- 1 Cut the melon in halves, remove the seeds and use a spoon to scoop the flesh out of the peel into a blender or food processor.
- 2 Add the lime juice and ginger and purée until smooth, pausing occasionally to push the pieces of melon to the bottom of the goblet or bowl.
- 3 Pour the purée into a bowl, cover and refrigerate until completely cool, about 30 minutes.
- 4 Put the blueberries into the blender or food processor. Add the orange juice and yogurt and purée until smooth. Transfer to a second bowl, cover and refrigerate until completely cool, about 30 minutes.
- 5 Divide the melon soup among 4 chilled glass bowls. Swirl a quarter of the blueberry purée in the centre of each bowl. Scatter the raspberries or strawberries on top. Serve immediately.

NUTRITION PER SERVING	
ENERGY	PROTEIN
120 kcalories	3.4g
CARBOHYDRATE	FAT
26.9g	0.7g
SATURATED FAT	FIBRE
0.2g	3.8g
SALT	
0.3g	

Rhubarb and Berries Crisp

SERVES 8



INGREDIENTS

- 1 cup whole-wheat flour
- 3 cups blueberries or halved strawberries
- 6 cups diced rhubarb
- 1 cup instant plain oatmeal
- 3/4 tsp cinnamon
- 1/4 cup honey
- 1/2 cup unsalted butter, cold
- 1/4 tsp powdered ginger
- 1/4 tsp vanilla
- 1/2 cup walnuts, chopped
- 1/3 cup honey

NUTRITION PER SERVING

ENERGY	PROTEIN
326 kcalories	5.3g
CARBOHYDRATE	FAT
38.5g	17.7g
SATURATED FAT	FIBRE
8.0g	5.9g
SALT	
0.1g	

METHOD

- 1 Preheat oven to 190°C (375°F).
- 2 In a bowl, mix the berries, rhubarb, cinnamon, ginger, honey and vanilla. Combine until perfectly mixed and pour the mixture into a rectangular dish.
- 3 In a different bowl, combine the flour and oatmeal. With your fingertips, mix the butter and honey and add them gradually into the flour and oatmeal mixture until crumbly. You can also use the food processor and pulse until pebbly.
- 4 Add the chopped walnuts and stir until mixed, then sprinkle over the fruits.
- 5 Bake uncovered for about 30 minutes or until the topping looks golden and fruits look soft. Serve!