

# Healthy DINNERS





Cooking is probably one of the most important things you can do to improve your diet. When we cook our own food, we become more connected to nature, to food, our bodies and our own health. Cooking meals from scratch can occupy a large part of our lives and understandably many of us feel constrained by the time it can take and can elect to take some shortcuts. The problem with this is that when we don't cook or take those shortcuts too often we become disconnected from food and tend to think of it in terms of what is available at the local takeaway rather than allowing food to nurture us and keep us in good health.

This book is filled with healthy recipes that take a practical and sensible approach. In this book you will find both easy family friendly mid-week meals but also dishes that are fancy enough to serve to friends. We have created recipes that are beautiful to eat but also designed to increase your intake of beautiful seasonal fruits and vegetables.



**We know that eating a healthy diet can also reduce your cancer risk. We estimate that around 7,000 cases of cancer can be prevented each year if people commit to a healthier way of eating, including plenty of fruit, vegetables, and wholegrain cereals and moderated their intake of red meat and limit or avoid processed meats.**

This is important because fruit, vegetables and fibre are known to be protective against certain cancer type such as bowel, oesophageal, and lung cancers. There is strong evidence that consuming processed meat and too much red meat increases the risk of bowel cancer. There is also strong evidence that alcohol is linked with seven different cancer types, including mouth and throat cancers, as well as breast and bowel cancer. Around 3,200 cancer cases can be prevented each year if people limit their alcohol consumption.

## Cancer Council recommends that you:



Maintain a healthy body weight



Consume moderate amounts of lean red meat, and limit or avoid processed meat



Aim for at least 5 serves of vegetables and 2 serves of fruit each day



Limit alcohol intake (to no more than 2 standard drinks per day?)



Eat a variety of wholegrain, wholemeal and high-fibre foods such as cereals, breads, rice and pastas



Choose a diet low in added saturated fats, sugars and salt



Be physically active for at least 30 minutes each day.

Around 3,900 cases of cancer each year can be attributed to being overweight or obese. Being overweight or obese is now linked to 11 different cancer types including breast (post-menopause), bowel, oesophageal, cancer of the uterus and ovarian cancers. For this reason, Cancer Council encourages people to achieve and maintain a healthy weight by eating a balanced diet, limit intake of excess kilojoules that lead to weight gain – particularly food high in added fats and sugars. This includes cakes, pastries, fried foods, biscuits, chips, fast food and sugary drinks.

Our 1 in 3 cancers campaign provides more information about the simple steps you can take to reduce your cancer risk. Visit [www.1in3cancers.com.au](http://www.1in3cancers.com.au)

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# Setting up

## Your Healthy Eating Kitchen

With many of us leading busy lives, cooking a healthy mid-week meal can often feel too time-consuming. With a little planning and a well-organised kitchen, a home cooked meal can also save you time and money.

### Top Tips for a Healthy Eating Kitchen

Keep your kitchen stocked with all the essentials. If you find you have run out of fresh produce, you will at least be able to whip up a decent meal with frozen, dry and tinned goods rather than falling into the take-away trap.

Buying staples in bulk and storing in large jars or airtight containers can save you significant amounts of money. These days, more and more suburbs have bulk produce stores where you can fill your own containers for a fraction of the cost of packaged goods. You can also stock up on pantry staples when they're on sale at the supermarket.

You can also often find a bargain at your local Farmers Market or fruit shop if they have excess produce or stock that is imperfect.

#### Pantry staples

- \* Pasta
- \* Noodles
- \* Rice – brown, basmati, jasmine and Arborio
- \* Oats
- \* Flour – plain, self-raising, wholemeal
- \* Lentils, legumes and chickpeas
- \* Cous cous
- \* Polenta
- \* Yeast
- \* Cocoa
- \* Sultanas and other family favourite dried fruits
- \* Nuts – almonds, cashews, pine nuts and walnuts
- \* Bicarb soda
- \* Baking powder.



### **Canned**

- \* Tomatoes
- \* Corn
- \* Legumes - lentils, beans and chickpeas
- \* Tuna and salmon
- \* Light coconut milk and cream.

### **Vinegars, oils and sauces**

- \* Balsamic vinegar
- \* Red and white wine vinegar
- \* Olive oil
- \* Vegetable oil – canola, peanut sunflower
- \* Sesame oil
- \* Reduced salt soy sauce/tamari
- \* Fish sauce
- \* Passata/sugo (tomato sauce)
- \* Oyster sauce

### **Frozen foods**

- \* Peas
- \* Corn
- \* Carrots
- \* Mixed vegetables
- \* Berries
- \* Mango.

### **Herbs and spices**

- \* Basil
- \* Oregano
- \* Parsley
- \* Rosemary
- \* Thyme
- \* Cinnamon
- \* Dried chillies
- \* Peppercorns
- \* Ground cumin
- \* Cardamom pods
- \* Bay leaves
- \* Ground ginger
- \* Star anise
- \* Cloves.




### **Other things you may like to keep on hand**

- \* Fresh or crushed ginger
- \* Fresh or crushed garlic
- \* Herbal teas
- \* Milk
- \* Butter
- \* Free-range eggs

If you have a bit of space that gets sunlight or even just a window box, it's worth growing a few of your own herbs. Parsley, mint, coriander, rosemary and basil are all easy to grow and give your meals a fresh flavour boost.

Eating healthy meals and saving money in the kitchen is as much about the things you don't buy as the things that you do. Processed foods are often high in added fats, sugar and salt, and can contain additional kilojoules. On top of not being great for your health, they are also expensive and not good for your wallet either. It may help to shop the outside aisles of the supermarket first where all the essentials are. Stock up on fresh fruits and vegetables, bread, dairy foods, meat, chicken and fish before entering the middle aisles that are full of unhealthy processed foods and drinks.



Make the most of your freezer!

For the many of us who are time poor, a home cooked meal may not be realistic every night. This is where the freezer can make all the difference! Cook in bulk, portion out, and freeze. Enter – the Sunday cook up! When the next rainy Sunday rolls around, instead of bunkering down and watching movies, get inspired and bulk-cook a few dishes that you know your family will love. Soups, curries, stews and fresh Bolognese sauce are all perfect to cook in bulk. This will help to stay away from too much processed, convenience foods or expensive take-away and have a quick and easy solution for when you desperately need it.

## Ditch the soft drink

Soft drinks, cordials and fruit 'juices' add excess kilojoules to your waistline and unnecessary dollars to your grocery bill. Couple water with every meal and sip regularly throughout the day. Add fresh fruit slices to water in a jug to keep handy in the fridge, ready for those thirsty throats when they come looking. Play around with some flavoursome combinations such as lemongrass and ginger, mint and orange, strawberries and basil or apple and a cinnamon stick.

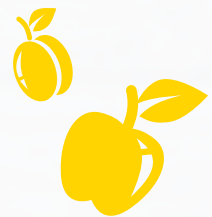
## Keep healthy snacks on hand

When hunger hits, prevent reaching hands from the junk food stash by keeping some healthy snacks on hand!

Try easy-to-reach snacks like fruit such as bananas and apples, or almonds, hummus dip and carrot sticks, peanut butter on celery sticks, cherry tomatoes, avocado on wholegrain toast or plain popcorn.

Nuts and seeds are a great source of vitamins, minerals, protein, healthy fat and fibre. Keep some on hand or try making up your own trail mix to keep hunger pangs at bay.

**Put fresh fruit on display and keep the junk food out of the way – out of sight, out of mind right? On the coffee table in front of the TV might help kids reach for fruit instead of chips! Having cut up fruit and vegetables in the fridge makes it more convenient for the whole family to grab a healthier snack when they're feeling peckish. You can also keep a few pieces of fruit on your desk at work might help to curb those 3pm cravings.**



Don't forget to sip water throughout the day. Often we snack because we are bored or mistake hunger for thirst. If you feel hungry but have eaten a comfortable amount for the day, try drinking a glass of water before chowing down. You may be surprised to find the hunger dissolve away!



## De-clutter your kitchen

If your kitchen is crowded with appliances and utensils and your pantry is overflowing with food, it might be time to have a good clean out and get rid of any duplicate items or things that you just don't use.

When cleaning out your pantry, invest in some good quality airtight containers to store your dry goods in as well as some labels so you always know what you have on hand at a glance. Some people also find it useful to take a few snaps of their fridge and pantry shelves with a smartphone before heading to the supermarket to know what's already on hand and avoid doubling up.

## Get cooking!

The variety of meals in this book range from quick and light recipes that are easy to prepare mid-week, to some that you will also want to serve up to guests on the weekend.

Regardless of when you serve these meals, all of the recipes will have the recipients eagerly tucking into to healthy meals without even realising.



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# Japanese Chicken



## Donburi

Serves **4**   Preparation **30 minutes**

Cooking **10 minutes**

- \* 2 tbsp rice wine vinegar
- \* ½ tbsp caster sugar
- \* 1 tbsp water
- \* 1 medium carrot, peeled, thinly sliced into strips
- \* 8 snow peas, sliced lengthways
- \* ½ small red capsicum, thinly sliced into strips
- \* 1½ cups sushi rice
- \* 2 ¼ cups water
- \* 4 cups salt reduced chicken stock
- \* 2 teaspoons dark soy sauce
- \* 2 small brown onions, sliced
- \* 2 small chicken breasts, thinly sliced
- \* 1 bunch Chinese broccoli, trimmed
- \* 50g enoki mushrooms, trimmed
- \* 1 large red chilli, sliced diagonally
- \* Spring onions, sliced diagonally
- \* ¼ cup coriander leaves

1. Combine vinegar, sugar and water in a small bowl and stir until sugar dissolves. Toss carrot, snow peas and capsicum through the vinegar mixture. Set aside for 30 minutes to create the pickle.
2. Combine rice and water in a medium saucepan. Bring to the boil, stir gently. Cover with a lid reduce to a simmer and cook for 10 minutes. Stand covered for 5 minutes before using.
3. Meanwhile, in a medium saucepan, combine stock, dark soy and onion. Bring liquid to the boil and reduce to a simmer. Pat chicken dry with paper towel. Add chicken to liquid and cook for 5 minutes. Divide Chinese broccoli, enoki mushrooms, rice, stock, chicken and onion between serving bowls. Top each with a little of the pickled vegetables, chilli, spring onion and coriander.

### tip

**For extra protein, pour 2 beaten eggs into the gently simmering stock after cooking the chicken and gently swirl pan for 2 minutes until egg is set. Serve as above.**









# Fried Rice 3 ways

## Veggie Packed Cauliflower Fried Rice



 Serves 4

 Preparation 20 minutes

 Cooking 5 minutes

- \* ½ medium head of cauliflower, roughly chopped
- \* 1 tbsp rice bran oil
- \* 1 small red onion, thinly sliced
- \* 1 medium carrot, thinly sliced into strips
- \* 1 medium zucchini, thinly sliced into strips
- \* 1 small red capsicum, thinly sliced into strips
- \* 100g snow peas, thinly sliced into strips
- \* 400g can baby corn spears, drained and quartered lengthwise
- \* ½ cup bean sprouts
- \* 1 tbsp soy sauce
- \* ½ tbsp sesame oil
- \* 2 tbsp chopped toasted natural almonds
- \* 2 spring onions, sliced diagonally
- \* 1 large red chilli, sliced diagonally
- \* ¼ cup coriander leaves
- \* Lemon wedges to serve

1. In a large food processor, pulse cauliflower in two batches until finely chopped to the size of a grain of rice.
2. Heat oil in a wok over high heat. Saute onion and carrot for 1 minute. Add cauliflower, cook, stirring or tossing wok regularly for 1 minute. Add remaining vegetables, soy sauce and sesame oil and toss over heat for a further minute. Transfer to a serving dish and top with almonds, spring onion, chilli and coriander. Serve with lemon wedges.

# Kids Fried Rice



Serves **4**

Preparation **20 minutes**

Cooking **30 minutes**

- \* 1 cup brown rice
  - \* 2 ½ cups water
  - \* 2 tbsp rice bran oil
  - \* 2 eggs, beaten
  - \* 1 medium carrot, peeled, halved lengthways and thinly sliced
  - \* 1 bunch broccolini, divided into small florets
  - \* 1 small red capsicum, deseeded and diced
  - \* ½ cup frozen peas and corn
  - \* 1 cup chopped cooked chicken
  - \* 1 tbsp soy sauce
1. Combine rice and water in a medium saucepan. Bring to the boil, cover then reduce to a simmer for 25 minutes or until tender.
  2. When rice is cooked, heat ½ tablespoon of oil in a wok over high heat. Add half the egg and swirl around the wok. Cook for 30 seconds, transfer to a plate and roll tightly. Repeat with remaining egg and set both aside.
  3. Heat the remaining oil in the same wok over high heat and saute carrot and broccolini for 2 minutes or until tender. Add remaining vegetables and chicken to warm through. Add the rice and soy sauce and mix well.
  4. Slice the omelette. Serve fried rice topped with omelette.

**TIME SAVE** *tips* **Substitute with brown microwave rice instead. Simply skip step 1 and add microwave rice in step 3.**

**Use shredded BBQ chicken meat for ease. Alternatively, whilst rice is cooking, pan fry 1 chicken breast in a non-stick pan for 4-5 minutes each side or poach in a small saucepan of simmering water for 10-15 minutes or until cooked through.**

# Gourmet Fried Rice



Serves **4**

Preparation **15 minutes**

Cooking **20 minutes**

- \* 3 spring onions, shredded lengthways
  - \* ½ cup coriander leaves
  - \* Iced water
  - \* 2 duck breasts
  - \* 2 tbsp rice bran oil
  - \* 3 eggs, beaten
  - \* 10 swiss brown mushrooms, halved
  - \* 1 bunch of bok choy, each piece halved
  - \* 50g enoki mushrooms
  - \* 2 x 250g lemongrass coconut microwave rice
  - \* 1 tbsp soy sauce
  - \* 1 large red chilli, thinly sliced to serve
1. Place spring onion and coriander in a small bowl of iced water. Set aside to curl.
  2. Place both duck breasts in a large cold wok, skin side down. Cook duck over medium heat for 8 minutes before turning to cook skin side up for 3 minutes. Remove duck from the pan and set aside to rest. Remove duck fat from the pan and discard.
  3. In the same wok, heat half a tablespoon of oil. Add ¼ of the egg mixture and swirl around the wok in a thin layer. Transfer to a plate and keep warm. Repeat with remaining egg mixture.
  4. Panfry the brown mushrooms for 3 minutes. Add bok choy for 1 minute. Add enoki, rice and soy to wok, toss to combine and warm for 1 minute.
  5. Divide rice between serving plates. Loosely fold an omelette on each and top with vegetables from pan. Slice duck and divide between serving plates. Top with spring onion, coriander and chilli.

# Chicken and Pea Pesto Baked



## Risotto

Serves **4**     Preparation **20 minutes**

Cooking **25 minutes**

- \* 1.25 litre (5 cups) salt reduced chicken stock
- \* 1 tbsp rice bran oil
- \* 500g chicken thighs, diced
- \* 25g butter
- \* 1 large brown onion, diced
- \* 5 garlic cloves, crushed
- \* 2 cups arborio rice
- \* ¾ cup finely grated parmesan, plus extra to serve
- \* 1 lemon, finely zested
- \* 3 cups frozen peas, thawed
- \* ¾ cup basil leaves, firmly packed
- \* ¼ cup parsley leaves firmly packed, plus extra chopped leaves to serve
- \* ¼ cup mint leaves, firmly packed
- \* ¼ cup toasted pine nuts
- \* 1 tbsp lemon juice
- \* 1 tbsp extra virgin olive oil
- \* 1 cup baby spinach leaves

1. Preheat oven to 170°C.
2. Bring stock to the boil in a medium saucepan.
3. Heat a large oven proof casserole dish (3L capacity) over high heat. Warm oil and panfry chicken for 5 minutes or until golden. Add butter, melt then sweat onion for 2 minutes or until opaque. Add garlic and cook for 1 minute. Add rice and cook for a further minute.
4. Add hot stock, parmesan and lemon rind to the rice, stir. Season with salt and pepper. Cover with a tight fitting lid, transfer dish to the oven to cook for 15 minutes.
5. Meanwhile, combine peas, basil, parsley, mint, pine nuts, lemon juice and oil in a small food processor and pulse to a rough paste. Season with salt and pepper. When risotto is cooked, remove from oven and gently fold pesto and baby spinach through. Serve risotto topped with extra grated parmesan and parsley.





# Sweet Potato and Salmon




# fish cakes

## with Horseradish Cream

 Serves 4

 Preparation **30 minutes (Plus 30 minutes to chill)**

 Cooking **40 minutes**

- \* 1kg sweet potato, peeled, roughly chopped
  - \* Rice bran oil spray
  - \* 1/3 cup plain flour
  - \* 1/3 cup chopped mixed herbs (We used chives, parsley and oregano)
  - \* 415g can red salmon, skin and bones removed
  - \* 1/2 cup light sour cream
  - \* 1 1/2 tbsp horseradish paste
  - \* 1 small garlic clove, finely grated
  - \* Pinch salt flakes
  - \* 2 tbsp rice bran oil
  - \* 2 cups picked watercress
  - \* Chilli oil to serve
  - \* Lime wedges to serve
1. Preheat the oven to 180°C. Line an oven tray with baking paper.
  2. Place sweet potato on prepared oven tray and lightly spray with rice bran oil. Season with salt and pepper. Roast for 25 minutes or until lightly browned and tender. Transfer to a medium bowl and roughly mash. Reserve the tray for later use.
  3. Add flour, herbs and salmon to the mash. Mix well. Divide mix into 8 and shape each portion into a patty. Return to lined oven tray and chill for 30 minutes or until firm enough to handle.
  4. Meanwhile, combine sour cream, horseradish, garlic and salt in a small bowl and mix well.
  5. Warm half the oil in a non-stick frying pan over medium heat. Cook fish cakes in two batches for 3 minutes each side or until cooked through and golden. Serve with watercress, horseradish cream, chilli oil and lime wedges.

*tip*

Serve fishcakes with a garden salad of seasonal vegetables.







# Lebanese



## Baked Fish in a Bag

 Serves **4**

 Preparation **15 minutes**

 Cooking **15 minutes**

- \* 1 tbsp zaatar spice mix
  - \* 4 x 200g thick fish fillets
  - \* ½ cup instant cous cous
  - \* 2 spring onions, thinly sliced
  - \* ½ cup boiling water
  - \* 4 finger eggplants, halved
  - \* 2 tbsp pomegranate seeds
  - \* ¼ cup coriander leaves
  - \* ¼ cup mint leaves
  - \* 1 orange zest, finely grated
1. Rub 1 teaspoon of zaatar on each fish fillet. Set aside.
  2. In a medium bowl, combine cous cous, spring onion and boiling water. Cover with plastic wrap and stand for 5 minutes. Season with salt and pepper.
  3. Cut four 30cm squares of baking paper. Divide cous cous mixture between sheets of baking paper. Place two halves of eggplant and spiced fish on top. Gather corners of paper and fold to enclose filling.
  4. Place parcels on an oven tray and bake for 12 minutes or until the parcel puffs, the fish is cooked through and the eggplant tender.
  5. Open parcels and serve fish in the paper. Scatter with pomegranate seeds, herbs and zest.



# Roasted Tomato and Capsicum

# Soup



Serves 4    Preparation 15 minutes

Cooking 30 minutes

- \* 1kg vine ripened tomatoes, quartered
- \* 3 red capsicums, deseeded and quartered
- \* 1 red onion, quartered
- \* 1L salt reduced vegetable stock

## Pesto cream

- \* 1 cup basil leaves, firmly packed, plus extra to serve
- \* ½ small clove of garlic
- \* 1 tsp finely grated lemon zest
- \* 2 tbsp greek yoghurt, plus extra to serve
- \* 1 tbsp water

## Hazelnut crumb

- \* 1 white bread roll
- \* ¼ cup hazelnuts, chopped

1. Preheat oven to 180°C fan forced.
2. Place tomato, capsicum and onion on a roasting tray. Roast for 25 minutes.
3. Meanwhile, in a small food processor, pulse bread to chunky crumbs. Transfer to an oven tray with hazelnuts. Cook for 10 minutes, stirring half way through cooking.
4. In the same food processor, purée basil, garlic, lemon, yoghurt and water until smooth.
5. Transfer tomato, capsicum and onion to a large saucepan with stock and use a stick blender to puree. Bring soup to the boil. Season with salt and pepper.
6. Serve soup with a dollop of extra yoghurt, a swirl of pesto cream and sprinkled with hazelnut crumb and small basil leaves.




# Vegetable Loaded



# PIZZA

 Serves **4**     Preparation **15 minutes**

 Cooking **35 minutes**

- \* 1 medium cauliflower, roughly chopped
- \* 1/3 cup finely grated parmesan
- \* 2 eggs, beaten
- \* 1/4 cup milk
- \* 1/4 cup plain flour
- \* 1/4 cup tomato passata
- \* 1 cup baby spinach
- \* 50g Jap pumpkin, thinly sliced
- \* 1 bunch asparagus, 7cm lengths
- \* Handful cherry tomatoes, halved
- \* 150g baby bocconcini, torn
- \* Basil leaves to serve

1. Preheat oven to 180°C fan forced. Place a large oven tray in the oven to heat.
2. In a food processor, combine cauliflower, parmesan, eggs and milk. Process until smooth. Add flour and pulse through. Season with salt and pepper. Carefully remove the hot tray from the oven and line with baking paper. Transfer mixture onto centre of tray and spread to a 40cm x 15cm rectangle. Bake for 15 minutes, flip over and cook other side up for a further 5 minutes
3. Spread tomato passata over pizza base. Top with spinach, pumpkin, asparagus, tomatoes and bocconcini. Bake for 15 minutes or until cheese has melted and pumpkin is tender.
4. Scatter basil leaves over pizza and cut into slices to serve.





# Lentil and Tomato



## SOUP

 Serves **4**       Preparation **20 minutes**

 Cooking **20 minutes**

- \* 1 tbsp rice bran oil
- \* 1 brown onion, chopped
- \* 3 garlic cloves, sliced
- \* 2 carrots, peeled, chopped
- \* 3 celery stalks, chopped
- \* 2 zucchini, chopped
- \* 400g can diced tomatoes
- \* 750ml salt reduced vegetable stock
- \* 400g can green lentils, rinsed and drained
- \* 6 petite capsicums, halved and deseeded
- \* 60g baby spinach
- \* Chopped parsley to serve

### Crusty garlic bread

- \* 2 mini baguettes, halved lengthways
- \* 50g butter, melted
- \* 4 garlic cloves, crushed
- \* 1 tbsp thyme leaves



1. Preheat oven to 180°C fan forced.
2. In a large saucepan, warm oil over medium heat. Add onion and cook for 2 minutes, stirring periodically. Add garlic, carrot, celery and zucchini and cook for 4 minutes, stirring. Add diced tomatoes, stock and thyme and bring to the boil. Reduce to low heat and simmer for 8 minutes or until vegetables are just tender.
3. Meanwhile, make the crusty garlic bread. Place baguette halves on an oven tray, cut side up. Combine butter and garlic in a small bowl and brush onto baguettes. Sprinkle thyme over. Bake for 8-10 minutes or until golden. Cover with foil to keep warm.
4. Add lentils and petite capsicums to the soup and cook for 5 minutes or until capsicums are also tender. Add spinach and cook for 1 minute or until wilted.
5. Serve soup topped with parsley and with crusty garlic bread on the side.




# Quick Green Soup with Cheesy Rye



# crisps

 Serves **4**    Preparation **20 minutes**

 Cooking **15 minutes**

- \* ¼ of a loaf of rye baguette, thinly sliced
- \* ¾ cup grated reduced fat cheddar cheese
- \* 1 tbsp thyme leaves
- \* 10g butter
- \* 1 brown onion, chopped
- \* 4 garlic cloves, chopped
- \* 1 medium broccoli, chopped
- \* 3 celery stalks, chopped
- \* 5cm piece of ginger, finely grated
- \* 4 cups (1L) salt reduced vegetable stock
- \* 2 cups frozen peas
- \* 120g baby spinach
- \* ½ cup toasted pecans, plus extra chopped pecans to serve
- \* Sour cream to serve
- \* Chopped parsley to serve
- \* Olive oil to serve

1. Preheat oven to 180°C fan forced. Line a large oven tray with baking paper. Lay bread in a single layer on prepared oven tray and sprinkle cheese over. Bake for 10 minutes or until cheese is melted and golden.
2. Meanwhile, melt butter in a large saucepan over medium heat. Saute onion for 2 minutes, stirring periodically. Add garlic and cook for a further 1 minute. Add broccoli, celery and ginger, stirring for 3 minutes. Add stock and bring to the boil.
3. Add peas, thyme and spinach and cook for a further 2 minutes or until all vegetables are tender. Add pecans and use a stick blender to puree. Season with salt and pepper.
4. Divide soup between serving bowls and top with a dollop of sour cream, extra pecans and parsley. Drizzle with olive oil. Serve cheesy rye crisps on the side.



# fish

## and Sweetcorn Chowder with Paprika Crumb



Serves 4

Preparation 25 minutes

Cooking 30 minutes

- \* 25g butter
- \* 1 brown onion, chopped
- \* 2 garlic cloves, crushed
- \* 1 tbsp plain flour
- \* 4 cups (1L) salt reduced fish stock
- \* 1 cup (250ml) water
- \* 4 corn cobs
- \* 4 thyme sprigs
- \* 400g washed potatoes, peeled, chopped
- \* 2 x 150g fillets of firm white fish
- \* Chopped chives to serve

### Paprika crumb

- \* 1 wholemeal bread roll or 1 cup fresh breadcrumbs
- \* 10g butter
- \* ½ tsp smoked paprika

1. Melt butter in a large saucepan over medium heat. Add onion and garlic and cook for 1 minute, stirring.
2. Add flour to the saucepan and cook for 30 seconds. Reduce to a low heat. Combine the stock and water and gradually add to the saucepan, stirring after each addition and only adding more liquid when mixture is smooth.
3. Cut the kernels from each corn cob and set one third aside. Add the remaining corn kernels, the corn cobs, thyme and potatoes to the stock and bring to the boil over high heat. Boil, covered for 15 minutes or until the potatoes are tender.
4. Meanwhile, prepare the paprika crumb. In a small food processor, pulse the bread roll to chunky crumbs. Melt the butter in a small frying pan over medium heat. Add the paprika and cook for 10 seconds. Add the breadcrumbs to the pan and cook for 5 minutes, stirring until crispy. Set aside.
5. Pat the fish dry with paper towel. Reduce stock to a simmer and add fish. Cook fish for 8 minutes or until cooked through. Remove fish from the stock and set aside until cool enough to handle. Gently flake the fish.
6. Use a stick blender to purée the stock. Season with salt and pepper. Divide the soup between serving bowls, top each with flaked fish, remaining fresh corn kernels, chives and paprika crumb.



# dukkah lamb



## with Beetroot Pumpkin Cous Cous Salad

Serves 4

Preparation 15 minutes

Cooking 35 minutes

- \* 500g butternut pumpkin, sliced and chopped
  - \* 450g can whole baby beetroots, halved
  - \* 1 tsp apple cider vinegar
  - \* 2 tbsp rice bran oil
  - \* ½ cup pearl cous cous
  - \* 1 cup boiling water
  - \* 2 lamb backstraps
  - \* 2 tbsp dukkah
  - \* 1 cup baby spinach leaves
  - \* ½ cup red seedless grapes, halved
  - \* 2 celery stalks, thinly sliced
1. Preheat oven to 180°C fan forced. Line an oven tray with baking paper.
  2. Place pumpkin in a single layer on prepared tray and roast for 20 minutes or until tender.
  3. Meanwhile, place beetroot juice from the can in a small saucepan over high heat. Bring to the boil and continue to boil for 10 minutes or until slightly thickened. Add vinegar and set aside to cool.
  4. In a large frying pan, warm half the oil over medium heat. Add cous cous, stir to coat in oil evenly and cook for 2 minutes or until golden. Add water, cover with a lid, reduce to low heat and simmer for 10 minutes. Remove lid and transfer to a large bowl.
  5. Heat the remaining oil in the same large frying pan over medium heat. Season lamb with salt and pepper. Place lamb in preheated pan and cook for 6-8 minutes, turning to cook evenly on all sides. Transfer lamb to plate and keep warm; rest for 5 minutes then roll lamb in dukkah and slice.
  6. Add pumpkin, beetroots, lamb, baby spinach, grapes and celery to the cous cous and toss together. Dress salad in the bowl or transfer to serving plates and drizzle with beetroot glaze.

### tip

If beetroot dressing thickens too much when cooled, add a small amount of water to achieve desired consistency.







# Nicoise Salad



Serves 4

Preparation 20 minutes

Cooking 20 minutes

- \* 2 small baby chat potatoes, thinly sliced
  - \* Olive oil spray
  - \* 75g green beans
  - \* 4 eggs
  - \* 2 tbsp white wine vinegar
  - \* 1 tbsp Dijon mustard
  - \* 1/4 cup olive oil
  - \* 450g heirloom cherry tomatoes, halved
  - \* 1/2 cup kalamata olives, pitted, halved
  - \* 425g can tuna in spring water, drained
  - \* 50g snow pea sprouts
1. Preheat the oven to 180°C fan forced. Line a large oven tray with baking paper. Place potatoes in a single layer on the tray and spray lightly with olive oil. Season with salt and pepper. Bake for 10 minutes or until crisp and golden. Set aside to cool.
  2. Bring a medium saucepan of salted water to the boil. Add beans and cook for 1 minute. Remove from the water and cool in iced water. Drain beans and cut in half lengthways. Carefully add eggs to the boiling water and cook for 7 minutes. Remove eggs from the water; submerge in the same iced water to cool. Peel and cut in half.
  3. For the dressing, combine vinegar and mustard in a small bowl. Gradually add the olive oil in a slow and steady stream until dressing has emulsified and thickened. Season with salt and pepper to taste.
  4. In a large bowl, combine crispy potatoes, beans, tomatoes, olives, tuna, snow pea sprouts and dressing. Divide salad amongst serving bowls and top with egg halves.

*tip*

All elements can be prepared in advance. Dress salad just before serving.





# Greek lamb

## and Eggplant Roast with Crispy Smashed Potatoes



Serves **8 with leftovers**

Preparation **20 minutes**

Cooking **3.5 hours**

- \* 2kg lamb shoulder, shank removed
  - \* 2 lemons, zested
  - \* 1 garlic bulb, split into cloves
  - \* 1 tbsp firmly packed oregano leaves, plus extra to serve
  - \* 2kg washed baby potatoes, halved
  - \* 100g butter, melted
  - \* 12 finger eggplants, halved
  - \* 200g Greek feta
  - \* 1/2 small red onion, thinly sliced
1. Preheat oven to 150°C fan forced.
  2. Lay 2 large pieces of baking paper in a large roasting tray side by side. Place lamb on the paper and top with lemon zest, garlic cloves and oregano. Season with salt and pepper and rub into lamb along with aromatics. Wrap lamb tightly in paper and cover roasting dish tightly with foil. Roast for 2 hours.
  3. Line a large oven tray with baking paper. Place potatoes on tray and roast with lamb for the last 45 minutes.
  4. Remove potatoes and lamb from the oven and increase to 200°C. Use a large spoon to squash potatoes. Drizzle with melted butter and season with salt. Discard foil on lamb and open baking paper. Add eggplants to the lamb dish. Roast lamb and potatoes for a further 45 minutes or until potatoes are golden and lamb pulls easily away from the bone.
  5. Crumble feta over lamb whilst hot and scatter onion and extra oregano over before serving.

### tips



**Marinate meat in the fridge overnight, remove 1 hour before cooking.**

**Serve with roasted root vegetables, wilted spinach and tzatziki if liked.**

**You should have leftover meat from this meal. Save leftover lamb for sandwiches or to cook up in a Shepherd's pie later in the week.**

To reduce your risk of cancer, Cancer Council recommends eating no more than 700 grams (raw weight) of red meat per week. For good health we need less than this. Aim for a small 65g serve of cooked meat each day or 2 serves (130g) 3-4 times a week. Avoid consuming more than 455g of cooked lean red meat each week.



# Blood orange

## Chicken Tray Bake with Mustard Seed Kale



Serves **4**

Preparation **25 minutes (plus marinating)**

Cooking **30 minutes**

- \* 1 garlic clove, crushed
- \* 1 tbsp Dijon mustard
- \* ½ tbsp soy sauce
- \* ¼ cup blood orange juice
- \* 1 tbsp olive oil
- \* 1 whole chicken, portioned into eight pieces
- \* 2 red onions, 1cm thick slices
- \* 2 blood oranges, 1cm thick slices
- \* 2 tbsp olive oil
- \* 1 tbsp whole grain seeded mustard
- \* 1 bunch green kale, spine removed and leaves torn

1. In a large bowl, combine garlic, mustard, soy, orange juice and oil. Add chicken, toss to coat and marinate for 20 minutes.
2. Preheat the oven to 180°C fan forced. Transfer chicken to a large oven tray with onion and roast for 25 minutes. Add the orange slices and roast for a further 10-15 minutes or until chicken is cooked through.
3. Just before serving, heat oil and mustard in a wok over medium heat. Add the kale and toss for 2 minutes or until wilted. Serve kale alongside chicken.

### tips

**Serve chicken with roasted seasonal vegetables for extra nutrition.**

**If blood oranges are not in season, use regular oranges.**








# Healthy Tacos



## 4 (for) all



### Turkey Taco with Tomato and Avocado Salsa



 Serves 4    Preparation 15 minutes    Cooking 10 minutes

- \* 1 tbsp rice bran oil
  - \* 300g turkey mince
  - \* 2 tbsp taco seasoning
  - \* 125g cherry tomatoes, quartered
  - \* 1 medium avocado, peeled and chopped
  - \* 1 Lebanese cucumber, chopped
  - \* 8 mini burritos
  - \* 1 oak lettuce, trimmed and leaves separated
  - \* Coriander to serve
1. Warm the oil in a large frying pan over high heat. Cook turkey mince for 5 minutes or until browned and cooked through. Add the taco seasoning and stir well. Transfer to a small bowl and keep warm.
  -  2. In a small bowl, combine tomato, avocado and cucumber.
  3. Wipe the frying pan clean with paper towel and warm each burrito for 10 seconds on each side.
  -  4. Serve burritos topped with lettuce, mince, salsa and coriander.





# Beef and Capsicum Taco



Serves 4

Preparation 10 minutes


Cooking 10 minutes


- \* 1 tbsp rice bran oil
  - \* 300g beef strips
  - \* 2 tbsp taco seasoning
  - \* 1 small red capsicum, sliced
  - \* 1 small yellow capsicum, sliced
  - \* 8 mini burritos
  - \* 1/3 cup sour cream
  - \* 1 tbsp lime juice
  - \* 1 radicchio, trimmed and leaves separated
  - \* Coriander leaves to serve
1. Warm the oil in a large frying pan over high heat. Cook beef strips for 3 minutes or until cooked to your liking. Add the taco seasoning and stir well. Transfer to a small bowl and keep warm.
  2. Wipe the frying pan clean with paper towel, and stir the capsicums over high heat for 2 minutes or until just starting to soften. Transfer to a small bowl and keep warm.
  3. Wipe the frying pan clean with paper towel and warm each burrito for 10 seconds on each side.
  4. In a small bowl, combine sour cream and lime juice and mix until smooth.
  5. Serve each burrito topped with radicchio, beef, capsicum, sour cream dressing and coriander.




# Fish Taco with Apple Slaw and Mango Chutney



 Serves 4

 Preparation 15 minutes


 Cooking 10 minutes

- \* 1 tbsp taco seasoning
  - \* 2 x 150g firm white fish fillets, skin off
  - \* 1 tbsp rice bran oil
  - \* 2 tbsp whole egg mayonnaise
  - \* 2 tsp lemon juice
  - \* ¼ small purple cabbage
  - \* 1 green apple, thinly sliced into strips
  - \* ¼ cup loosely packed coriander leaves
  - \* 8 mini burritos
  - \* 1 avocado, mashed
  - \* Mango chutney to serve
1. Sprinkle taco seasoning over the fish fillets and rub all over. Warm the oil over medium heat. Add fish to the pan and cook for 3 minutes each side or until cooked through. Gently flake the fish into a bowl and keep warm.
  2. In a medium bowl, combine mayonnaise and lemon juice. Season with salt and pepper and mix well. Add cabbage, apple and coriander and mix to coat.
  3. Wipe the frying pan clean with paper towel and warm each burrito for 10 seconds on each side.
  4. Serve each burrito topped with mashed avocado, apple slaw, fish and mango chutney.

# Grilled Vegetable and Salsa Taco



 Serves 4

 Preparation 15 minutes

 Cooking 10 minutes

- \* 2 zucchini, thinly sliced
  - \* 8 petite capsicums, halved and deseeded
  - \* 2 corn cobs, husk removed
  - \* 2 cups baby spinach
  - \* 8 burritos
  - \* Sour cream to serve
  - \* Mild salsa to serve
1. Warm a grill plate over high heat. Grill vegetables for 2 minutes each side or until tender. Grill the corn for 10 minutes, turning to cook all sides evenly. Cut kernels from cob and transfer all to a small bowl and keep warm.
  2. Warm a frying pan over medium heat. Warm each burrito for 10 seconds on each side.
  3. Serve each burrito topped with grilled vegetables, spinach, sour cream and salsa.



*tip*

Prepare all ingredients and serve in small bowls on the table for everyone to make their own burrito. It makes for a fun and interactive meal and can introduce young children to new vegetables and food preparation techniques.

# Cheesy Artichoke Rice Stuffed



# Pumpkins

 Serves **4**    Preparation **15 minutes**

 Cooking **45 minutes**

- \* 1 medium butternut pumpkin, sliced into thick rounds
  - \* 250g white microwave rice
  - \* ½ cup grated reduced fat cheddar cheese, plus 1/3 cup extra to sprinkle
  - \* 1 cup light sour cream
  - \* ¼ cup chopped parsley
  - \* 3 spring onions, chopped
  - \* 1 zucchini, grated
  - \* 400g canned artichoke, drained and chopped
1. Preheat the oven to 180°C fan forced. Line an oven tray with baking paper.
  2. Use a spoon to remove any seeds and hollow out centres of pumpkin. Place on prepared oven tray and roast for 30 minutes.
  3. Meanwhile, microwave rice for 60 seconds. Transfer to a medium bowl and add cheese, sour cream, parsley and onion. Mix well and season with salt and pepper. Add zucchini and artichoke and fold through. Spoon rice mixture into hollowed pumpkins, sprinkle with extra cheese and roast for a further 10-15 minutes or until pumpkin is tender and cheese melted and golden. Serve pumpkin with baby spinach.

## tip

Serve a mixed seasonal salad with the pumpkin. The classic tomato, ice berg lettuce, cucumber, celery and capsicum is always delicious!





# San Choy BOW



Serves 4

Preparation 10 minutes

Cooking 10 minutes

- \* 2 tbsp rice wine vinegar
- \* ½ tsp caster sugar
- \* 1 tbsp water
- \* 1 bunch radish, thinly sliced into strips
- \* 300g pork mince
- \* 1 tbsp finely grated ginger
- \* 3 spring onions, chopped
- \* ½ large red chilli, finely diced, plus extra sliced chilli to serve
- \* 1 tbsp hoisin sauce
- \* ½ tsp soy sauce
- \* 227g can water chestnuts, drained and finely chopped
- \* ¼ cup coriander leaves, plus extra to serve
- \* 3 baby gem lettuce, trimmed and leaves separated
- \* Bean sprouts and chopped roasted peanuts to serve

1. In a small bowl, combine vinegar, sugar and water and mix until sugar dissolves. Add the radish, toss to coat and set aside until ready to serve.
2. In a large non stick frying pan, cook the mince for 5 minutes or until browned, breaking up large lumps with a wooden spoon.
3. Add ginger, spring onion and chilli, stir through and cook for 2 minutes. Add hoisin, soy and water chestnuts, stir through and remove from the heat. Stir coriander through.
4. To serve, spoon mince into lettuce leaves, top with radish, bean sprouts, peanuts, coriander and chilli.

*tip*

**Add other vegetables to the pickling liquid like cucumber, celery and carrot to increase the number of vegetables. The longer you pickle the vegetables for the stronger the flavour. For a mild flavour, try just 20 minutes.**





# Fast Beef

## Pho



Serves **4**

Preparation **20 minutes**

Cooking **10 minutes**



- \* 4 cups (1L) salt reduced beef stock
- \* 2 cups (500ml) water
- \* 1 cinnamon quill
- \* 2 star anise
- \* 3cm knob of ginger, sliced
- \* 250g rump steak, fat trimmed
- \* 1 cup bean sprouts
- \* ½ cup Thai basil leaves
- \* ½ cup coriander leaves
- \* ¼ cup mint leaves
- \* 200g pad Thai rice noodles
- \* ¼ small purple cabbage, shredded
- \* Sliced red chilli, lime wedges and hot sauce to serve

1. In a medium saucepan, combine stock, water, cinnamon, star anise and ginger. Bring to the boil then reduce to a simmer for 20 minutes. Discard spices and ginger.
2. Meanwhile, heat a large non-stick frying pan over medium heat. Cook steak for 2-3 minutes each side or until cooked to your liking. Set aside to rest then slice.
3. In a small bowl, combine bean sprouts and herbs.
4. Divide noodles between bowls and carefully pour hot stock over. Set aside for 10 minutes or until noodles are cooked. Top each with cabbage, beef and herb salad. Serve with chilli and lime wedges if liked.





# Rainbow

## Rice Paper Rolls



Serves 4    Preparation 30 minutes

- \* 12 rice paper sheets
- \* 12 purple cabbage leaves, spine removed
- \* 100g snow pea sprouts
- \* 125g alfalfa sprouts
- \* 1 small yellow capsicum, deseeded, thinly sliced into strips
- \* 1 small red capsicum, deseeded, thinly sliced into strips
- \* 1 Lebanese cucumber, deseeded, thinly sliced into strips
- \* 1 medium carrot, thinly sliced into strips
- \* 1 stalk celery, thinly sliced into strips
- \* Vietnamese dipping sauce to serve

1. One sheet at a time, dip in a shallow bowl of lukewarm water for 10 seconds or until just starting to soften. Place on a clean bench or plate. Place one cabbage leaf and a small portion of vegetable strips into the centre of the rice paper. The paper should now be soft enough to fold. Roll to enclose filling, tucking ends in.

2. Dip rice paper rolls in dipping sauce to serve.

### tips

Use lettuce instead of cabbage if you'd prefer. Chicken, beef, turkey, pork or tofu strips may also be added.

This is a great recipe for interaction around the dinner table. Prepare all the ingredients and have a bowl of lukewarm water on the serving table. Guests can make their own. Also saves preparation time!





# Lamb Koftas

## with Flatbread and Mint Yoghurt



Serves **4**

Preparation **25 minutes**

Cooking **30 minutes**

- \* 2 cups self-raising flour
  - \* 1 cup Greek yoghurt
  - \* 400g lamb mince
  - \* 1 small brown onion, finely diced
  - \* 2 garlic cloves, finely grated
  - \* 1 tsp finely grated ginger
  - \* 1 tsp chilli flakes
  - \* 1 tsp ground coriander
  - \* ½ tsp ground cumin
  - \* ¼ cup mint leaves, chopped, plus extra to serve
  - \* ¼ cup parsley leaves, chopped
  - \* ½ cup breadcrumbs
  - \* 12 x 15cm bamboo skewers
  - \* ¼ cup rice bran oil
  - \* ½ cup reduced fat Greek yoghurt
  - \* ½ cup firmly packed mint leaves
  - \* 3 medium tomatoes, chopped
  - \* 1 continental cucumber, chopped
  - \* 1 large avocado, deseeded and chopped
  - \* Chilli flakes and lemon cheeks to serve
1. On a clean bench, combine flour and yoghurt and season with salt and pepper. Mix to bring together then knead until smooth, adding more flour if sticking to bench. Divide dough into 8 equal portions and use a rolling pin to roll into flat disks approx 2mm thick. Heat a large non-stick frying pan over medium-high heat. Cook flatbread one at a time for 30 seconds each side or until golden and puffed. Transfer to a plate and keep warm.
  2. In a medium bowl, combine mince, onion, garlic, ginger, spices, herbs and breadcrumbs. Mix well and season with salt and pepper. Divide mince into 12 equal portions and shape into sausages. Thread one onto each skewer.
  3. Heat the same large frying pan as used for the flatbread over medium heat and warm 1 tablespoon of the oil. Cook koftas in three batches for 7 minutes, turning to cook evenly on all sides until browned and cooked through. Repeat with remaining oil and koftas.
  4. Meanwhile, combine yoghurt and mint leaves in a small food processor and purée until smooth.
  5. In a medium bowl, combine tomato, cucumber and avocado and toss.
  6. Serve flatbread topped with salad and koftas. Drizzle with mint yoghurt.



# Zucchini

## Haloumi Fritters



Serves **4**

Preparation **20 minutes**

Cooking **20 minutes**

- \* 2 eggs
  - \* 2 tbsp plain flour
  - \* 2 tbsp chopped parsley
  - \* 2 tbsp chopped mint
  - \* ½ lemon, zested, plus extra to serve
  - \* 4 large zucchini, coarsely grated
  - \* 200g haloumi, coarsely grated
  - \* Mixed leaf salad to serve
1. In a medium bowl, combine eggs, flour, herbs and lemon zest. Season with salt and pepper. Whisk to just bring together. Add zucchini and haloumi and fold through.
  2. Heat a large non-stick frying pan over medium heat. Place heaped tablespoons of the mixture into the hot pan and shape into rounds. Cook fritters in batches for 3-4 minutes each side or until golden and cooked through. Transfer to a plate and keep warm.
  3. Stack fritters on serving plates and top with salad and extra lemon zest if liked.

### tips

To keep food warm until serving, cover plate with foil and a clean tea towel. Alternatively, place food on an oven tray, cover with foil and place in a low oven (150°C).

Serve fritters with a garden salad if liked.






# Glazed Maple Miso



# Salmon with Greens

 Serves **4**

 Preparation **10 minutes**

 Cooking **20 minutes**

- \* 1 ½ cups jasmine rice
  - \* 1 ½ cups water
  - \* 2 pak choy, halved
  - \* 300g snow peas, trimmed
  - \* 4 x 200g salmon fillets, skin off
  - \* 1/3 cup white miso paste
  - \* ¼ cup maple syrup
  - \* 1 tbs water
  - \* Spring onion and white sesame seeds to serve
1. Bring water to the boil in a medium saucepan over high heat. Add rice, stir through, cover partially and reduce to medium heat for 5 minutes or until holes appear in the surface. Reduce to a low heat, cover completely and cook for 10 minutes. Remove saucepan from the heat, keep covered and stand for 10 minutes.
  2. Meanwhile, bring a medium saucepan of water to the boil. Add the pak choy to cook for 30 seconds. Add the snow peas and cook all for a further 30 seconds. Drain vegetables and set aside.
  3. Warm a large non-stick frying pan over medium heat. Cook salmon fillets for 2-3 minutes each side or until cooked to your liking.
  4. Meanwhile, combine miso paste, maple and water in a small bowl. When fish is almost cooked, add maple miso mixture to the pan, turn fish through sauce to coat and remove pan from the heat.
  5. Serve salmon with steamed rice and greens. Sprinkle with spring onions and sesame seeds.





# Sweet Chilli Coconut Chicken and Rice Salad



Serves **4**

Preparation **15 minutes**

Cooking **10 minutes**

- \* 165ml light coconut milk
- \* 2 tbsp sweet chilli sauce
- \* 1 tsp lime juice
- \* 2 small chicken breasts
- \* 250g packet of black microwave rice
- \* 1 continental cucumber, halved then thinly sliced on a diagonal
- \* 4 celery stalks, thinly sliced on a diagonal
- \* 1 small red capsicum, deseeded, thinly sliced
- \* ½ cup mint leaves
- \* ½ cup coriander leaves
- \* ¼ cup roasted cashews, chopped
- \* ½ small red apple, thinly sliced

1. In a large bowl, combine coconut milk, sweet chilli and lime juice and mix.
2. Warm a large non-stick frying pan over medium heat. Pan fry chicken for 4-5 minutes each side or until cooked through. Transfer chicken to a plate. When cool enough to handle, shred chicken into the large bowl.
3. Prepare the black rice as per packet instructions and add to the large bowl along with the remaining ingredients. Toss well to coat in the dressing and serve.



# Beet and Beef Burgers



Serves **4**   Preparation **25 minutes**  
 Cooking **30 minutes**

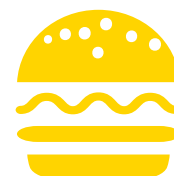
- \* 400g can whole baby beetroots
  - \* 2 tbsp Greek yoghurt
  - \* 2 cups self-raising flour
  - \* 50g unsalted butter, chilled and diced
  - \* ¼ tsp table salt
  - \* 400g beef mince
  - \* 1 red onion, finely chopped
  - \* ¼ cup barbecue sauce
  - \* ¼ cup fresh breadcrumbs
  - \* 2 tbsp finely chopped parsley
  - \* 1 tbsp rice bran oil
  - \* 4 slices of cheddar cheese
  - \* Sliced tomato and oak lettuce to serve
  - \* Mayonnaise to serve
1. In a small food processor, purée three quarters of the beetroot with all of liquid from the can and yoghurt, until smooth. Slice the remaining beetroot and set aside.
  2. To make buns, combine flour, butter and salt in a medium bowl. Use your fingertips to rub butter into flour until mixture resembles fine breadcrumbs and is a pale yellow colour. Add ½ cup of the beetroot puree and mix through until combined. Turn dough onto a clean surface and knead until smooth. Divide dough into 4 equal portions and shape into disks 10cm wide. Heat a large frying pan over low heat, place buns into the pan, cover with a lid and cook for 10 minutes or until golden underneath. Remove the lid, flip buns over and cook uncovered for a further 10 minutes or until golden underneath and cooked through. Remove buns from the pan and set aside.
  3. To make patties, combine and mix mince, onion, sauce, breadcrumbs and parsley in a medium bowl. Divide mince into 4 equal portions and shape into disks 12cm wide. (The meat will shrink when cooked). In the same frying pan as above, warm oil over medium heat. Carefully add mince patties and cook for 3 minutes each side or until browned and cooked through. Top each with cheese, cover with a lid and cook for 1 minute or until cheese melts.
  4. Cut beetroot bread in half, fill with pattie, tomato, sliced beetroot, lettuce and mayonnaise to serve.

## tips

**Add extra vegetable like thinly sliced ribbons of carrot, celery and cucumber. Alternatively, add ½ cup of coarsely grated vegetables to the mince mixture before shaping.**

**For fresh breadcrumbs, pulse bread in a food processor until fine. Store breadcrumbs in the freezer for 3 months. Use from a frozen state. For extra nutrition, use wholemeal or multigrain bread.**

**Serve burgers with oven baked sweet potato wedges if liked. Cut 6 small sweet potatoes lengthways into wedges and toss with 1 tbsp olive oil and 1 tbsp of Cajun spice. Spread on a large oven tray and roast in a preheated oven of 180°C fan forced for 25 minutes or until golden and tender.**







# Wisemans' Crispy Ricotta Gnocchi with Salsa Verde



 Serves 4

 Preparation 30 minutes

 Cooking 15 minutes


- \* 1 ½ cups plain flour
  - \* 3 cups firm ricotta
  - \* Olive oil
  - \* 1 cup of parsley leaves, firmly packed
  - \* ½ cup basil leaves, firmly packed
  - \* ½ cup mint leaves, firmly packed
  - \* ½ cup coriander leaves, firmly packed
  - \* 1 garlic clove, peeled
  - \* 1 tbsp capers, drained
  - \* 1 tbsp lemon juice
  - \* ¼ cup extra virgin olive oil
  - \* 25g unsalted butter
  - \* 1 tbsp olive oil
  - \* 200g Swiss brown mushrooms, halved
  - \* 2 bunches asparagus, trimmed
  - \* ¼ cup frozen peas
  - \* 150g dill goats cheese
1. Place flour on a clean bench and place ricotta on top. Season with salt and pepper. Use a firm spatula or a butter knife to combine in a chopping motion (similar to combining scone dough – this ensures gnocchi doesn't get overworked and is soft and fluffy instead of chewy). Stop when the dough has just been brought together - it's ok if the ricotta is not completely smooth. Divide the dough into 4 manageable pieces, depending on the size of your work space and roll into 2cm logs with well floured hands. Use more flour on the bench if necessary though keep in mind that the less flour used the softer the gnocchi. Use the same spatula or knife to cut 3cm long pieces. Transfer to a tray. Continue with the remaining dough.
  2. Bring a large saucepan of salted water to the boil. Blanch gnocchi in batches for 1 minute or until gnocchi floats to the surface. Immediately transfer to a bowl of iced water. Drain and transfer to a large lightly oiled tray. Drizzle gnocchi with a little olive oil to stop from sticking. Continue with remaining batches.
  3. In a small food processor, combine herbs, garlic, capers and juice. Pulse to chop. Gradually add the oil until well combined.
  4. Warm the butter and oil in a large frying pan/wok over high heat. Add the gnocchi and mushrooms. Cook, tossing pan for 4-5 minutes or until crispy and golden. Add the asparagus and peas, toss and cook all for a further 1 minute.
  5. Divide the salsa verde between serving plates and smear. Divide gnocchi and vegetables between serving plates and crumble goats cheese over.




# Pumpkin and Goats Cheese Ravioli



 Serves 4

 Preparation 30 minutes

 Cooking 15 minutes

- \* 250g firm ricotta
- \* 150g goats cheese
- \* 50g butternut pumpkin, coarsely grated, plus 300g pumpkin diced
- \* 2 x 275g packet gow gee wrappers
- \* 75g unsalted butter
- \* 2 bunches broccolini, trimmed and cut into 7cm lengths
- \* ¼ cup sage leaves
- \* 3 small zucchini, thinly sliced lengthways
- \* ¼ cup raisins
- \* 2 tbsp pine nuts, toasted

1. In a small bowl, combine ricotta, half the goats cheese and grated pumpkin, mix and season with salt and pepper.
2. In small batches, lay gow gee wrappers on a clean surface. Spoon 1 tablespoon measure of mixture into the centre of each and brush around the edge with water. Place another gow gee wrapper on top and press edges together to seal. Continue with remaining mixture and wrappers, placing in a single layer on a large tray. Use a small round cutter to cut into a slightly smaller round and trim edges, leaving a 1cm wide edge on each.
3. Bring a large saucepan of water to the boil. In small batches, add ravioli and cook for 2 minutes or until they start to float. Remove from the water with a slotted spoon and place on the same large tray in a single layer. Continue with remaining batches, keeping warm.
4. Melt 25g of the butter in a large frying pan or wok over medium heat. Add the pumpkin and cook for 5 minutes, tossing pan regularly, until pumpkin is tender. Add the broccolini and sage and cook for a further 3 minutes. Add the remaining butter, zucchini, raisins and pine nuts and toss over high heat for 1-2 minutes or until zucchini just starts to become tender. Season with salt and pepper.
5. Divide ravioli and vegetables between serving plates and spoon butter from the pan over. Crumble remaining goats cheese over if liked.

## tips

**Ravioli can be prepared 3 hours in advance and refrigerated until ready to boil. Store in a single layer on a large tray.**

**Ravioli do not need to be trimmed. You can leave them larger if you like.**







# Beef and Lentil Bolognese with Zucchini



## Spaghetti

Serves **4**      Preparation **20 minutes**

Cooking **15 minutes**

- \* 1 tbsp rice bran oil
- \* 200g beef mince
- \* 1 brown onion, diced
- \* 2 garlic cloves, chopped
- \* 1 medium carrot, coarsely grated
- \* 1 medium zucchini, coarsely grated
- \* 2 celery stalks, coarsely grated
- \* 1 tbsp tomato paste
- \* ½ cup water
- \* 400g can diced tomatoes
- \* 6 large zucchini
- \* 400g can brown lentils, rinsed and drained
- \* 60g baby spinach
- \* Finely grated parmesan and basil leaves to serve

1. In a large frying pan, warm oil over medium heat. Add the mince and cook for 4 minutes or until browned. Add the onion and garlic and cook for a further 2 minutes, stirring occasionally.
2. Add vegetables, stir through and cook for 4 minutes. Add tomato paste, stir through and cook for 1 minute. Add water to deglaze the pan then add the tomatoes. Bring to the boil then reduce to a simmer for 20 minutes.
3. Use a vegetable spiraliser to cut zucchini into long spaghetti-like strands. Bring a large saucepan of water to the boil. Add zucchini and cook for 30 seconds or until a bright green. Immediately drain zucchini well and divide amongst serving plates.
4. Season bolognese with salt and pepper. Add lentils and spinach, stir through to warm lentils and wilt spinach.
5. Serve zucchini topped with bolognese, parmesan and basil.

### tips

If you don't own a spiraliser, cut long thin slices of zucchini lengthways then cut into long thin strips. Cook in the same way as above.

Scrub vegetables in water instead of peeling - most nutrition is found near the surface of the skin and peeling can remove a lot of the vitamins and minerals.





# Vegetable Cannelloni



Serves **4**     Preparation **20 minutes**

Cooking **20 minutes**

- \* 3 large silverbeet leaves
- \* 1 ½ cups firm ricotta
- \* 1 tbsp lemon zest
- \* 1 tbsp chopped parsley, plus extra to serve
- \* 1 tbsp chopped basil, plus extra to serve
- \* 1 egg, beaten
- \* 1 medium eggplant, 2mm thin slices lengthways
- \* 2 large zucchini, 2mm thin slices lengthways
- \* 1 cup tomato passata
- \* 220g bocconcini

1. Preheat the oven to 170°C fan forced.
2. Place the silverbeet in a medium bowl and pour boiling water over. Stand until leaves have wilted, drain and refresh in cold water. Squeeze all liquid from the silverbeet and finely chop. Dry the above bowl and return silverbeet along with ricotta, lemon zest, herbs and egg. Season with salt and pepper and mix well.
3. Lay eggplant in a single layer on the bench. Place 1 tablespoon of the ricotta mixture onto the shortest end of each piece. Roll the eggplant tightly from the shortest end to enclose filling and place in a 30 x 20cm roasting pan. Use a toothpick to secure if necessary. Lay 2 slices of zucchini side by side on the bench, continue with remaining slices. Place 1 tablespoon of ricotta mixture onto the shortest end of each pair and roll tightly to enclose filling. Fit zucchini rolls between eggplant rolls.
4. Remove toothpicks when all rolled vegetables have neatly fit inside the roasting dish. There shouldn't be any gaps. Spoon passata over. Tear bocconcini and scatter over top. Bake for 20 minutes or until vegetables are tender and cheese melted. Scatter chopped parsley and basil leaves over to serve.

*tip*

Use a mandolin to ensure accuracy of slices.





# Pear and Ginger Crumble



Serves **4**    Preparation **10 minutes**


Cooking **15 minutes**

- \* 825g can pear halves, drained
  - \* 30g chilled butter, chopped
  - \* 1/3 cup plain flour
  - \* 2 tbsp rolled oats
  - \* 1 tbsp brown sugar
  - \* 1/2 tbsp finely grated ginger
  - \* 1 tbsp water
  - \* Greek yoghurt and honey to serve
1. Preheat the oven to 180°C fan forced.
  2. Place pears cut side up in a roasting dish or oven tray.
  3. In a small bowl, combine butter and flour and use fingertips to rub to a fine crumb consistency. Add oats, sugar and ginger and mix through. Sprinkle water in and mix through until just combined. Dollop crumble mixture over the pears and press down lightly. Bake for 10-15 minutes or until crumble is golden.
  4. Serve pears with yoghurt and a drizzle of honey.



# Chocolate and Bean Mousse



 Serves 4

 Preparation 15 minutes (3 hours to chill)

- \* 400g can kidney beans, no added salt
- \* 1 ½ tbsp maple syrup
- \* 2 tbsp cocoa powder
- \* 1 tbsp coconut oil, melted
- \* 2 tbsp milk
- \* 50g dark chocolate, melted
- \* Blueberries, blackberries and chopped pistachios to serve

1. Drain the liquid from the can of kidney beans into the bowl of an electric mixer. Use a whisk attachment to whip for 10 minutes until mixture forms stiff peaks.
2. Meanwhile, combine kidney beans, maple syrup, milk, cocoa and coconut oil and process for 10 minutes or until smooth. Add the chocolate and pulse through. Transfer purée to a large bowl and use a balloon whisk to gently fold whipped bean liquid through in 3 batches. Divide the mousse between serving glasses and chill for 3 hours or until firm.
3. Serve mousse topped with blueberries, blackberries and pistachios.

## tips

Mousse can be made and eaten right away but best texture is achieved when set. Mousse can be made 3 days ahead. Cover tightly with plastic wrap to avoid any fridge odours tainting mousse.

Top mousse with any seasonal fruit. Red berries, banana or orange are delicious alternatives.

If you don't have kidney beans, substitute with any variety of canned beans.









# Earl Grey Poached Peaches

## with Hazelnut Crisp



 Serves 4

 Preparation 20 minutes

 Cooking 15 minutes

- \* 4 cups (1L) boiling water
  - \* 5 earl grey teabags
  - \* 4 white peaches, halved and stones removed
  - \* 1 cup hazelnut meal
  - \* 2 tsp maple syrup
  - \* 1 tsp water
  - \* Low fat Greek yoghurt and maple syrup to serve
1. Preheat oven to 180°C fan forced.
  2. In a medium saucepan, combine boiling water and tea bags and bring to the boil. Reduce to a low heat, add the peaches and simmer for 10 minutes or until peaches are soft but still holding their shape.
  3. Meanwhile, in a small bowl, combine hazelnut meal, maple syrup and water. Mix until dough comes together. Place dough between two sheets of baking paper and use a rolling pin to roll very thin. Discard top sheet of baking paper and transfer dough and bottom sheet of baking paper to a large oven tray. Bake for 3 minutes or until the edges just start to brown. Set aside to cool before breaking into large pieces.
  4. Strain peaches from the poaching liquid and serve topped with a dollop of yoghurt and hazelnut crisps. Drizzle with maple syrup if liked.

### tips

Use seasonal fruit as alternatives – apricots, pears, apples, rhubarb. Apricots will poach in the same time as a peach. Harder fruits like apples and firm pears should be halved and will require a longer cooking time (15-20 minutes). Rhubarb will take 5 minutes.

Add berries in the last minute of poaching time to increase fruit intake.

Save any leftover poached fruit for breakfast and serve on top of muesli and yoghurt or purée a small amount of poached fruit and stir through leftover chilled tea for an easy mocktail.

Hazelnut crisps are best baked right before serving. Dough can be made and rolled in advance and refrigerated until ready to cook. Bake for 5 minutes if coming from the refrigerator.





# Halva Ice Cream

# Bars



Serves 8

Preparation 15 mins (5 hours to freeze)

- \* 600ml thickened cream
  - \* 100g halva, chopped
  - \* ¼ cup tahini
  - \* 3 medium frozen bananas, peeled and chopped
  - \* 1 tbsp Dutch cocoa
  - \* ½ tsp vanilla bean paste
  - \* 125g raspberries
  - \* 1 tbsp chopped pistachios
1. Lightly grease and line a 10 x 20cm loaf pan with go between plastic wrap, leaving 2cm edges overhanging on each side.
  2. In a food processor, combine cream, halva, tahini and banana and process until smooth. Transfer half the mixture to a medium jug and mix cocoa into one and transfer to prepared loaf pan, spread evenly and freeze for 1 hour or until just starting to set. Mix vanilla into remaining mixture and pour over the chocolate layer. Scatter raspberries and pistachios over. Freeze for 4 hours or until set firm. Cut into bars to serve.





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