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## HUMMUS FOUR WAYS RECIPE

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# HUMMUS FOUR WAYS RECIPE

## INGREDIENTS

- ✕ 1/2 clove garlic, peeled
- ✕ 1 x 400g can no-added-salt chickpeas
- ✕ 1 tbs hulled tahini paste
- ✕ 2 tbs olive oil
- ✕ 2 tbs lemon juice
- ✕ 1 1/2 tsp ground cumin, optional to taste pepper and salt

## METHOD

### CLASSIC HUMMUS:

1. Mince or grate the garlic. If you are using a food processor with a small bowl you can use it to do the garlic too.
2. Drain and rinse the chickpeas and add to the food processor with the other ingredients.
3. Blitz the ingredients (except pepper and salt), adding a tablespoon of very cold water at a time to help it blend. Keep adding water and blitzing until it's smooth and a texture you like.
4. Taste, and season with pepper and salt if required.

### ROAST PUMPKIN:

- Add 1 cup (175 g) roasted pumpkin and 2 cloves roasted garlic.

### BETROOT AND MINT:

- Add 225 g tin of beetroot, drained (or roasted beetroot) and fresh mint.

### MEDITERRANEAN:

- Add 2 tablespoons olives and 2 tablespoons sundried tomatoes.



Prep: 15 mins  
Cook: 0 mins



Serves 8



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**POTATO & BEETROOT SALAD RECIPE**

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# POTATO & BEETROOT SALAD RECIPE

## INGREDIENTS

- ✕ 5 medium potatoes , cut into chunks
- ✕ 4 medium beetroot
- ✕ 4 spring onions (including green tops), sliced
- ✕ 2 sticks celery, sliced
- ✕ 1 Lebanese cucumber, sliced
- ✕ 1/2 cup sultanas
- ✕ 1 tbs olive oil
- ✕ 1 tbs red wine vinegar
- ✕ 1 tbs orange juice
- ✕ 3 tbs fresh herbs (parsley, mint, coriander and/or basil), chopped

## METHOD

1. Steam potatoes for 15-20 minutes until tender.
2. Boil unpeeled beetroot for 30-40 minutes until tender. Cool, peel and cut into wedges.
3. Mix all salad ingredients in a serving bowl.
4. Combine remaining ingredients in a screw-top jar and shake well to make the dressing.
5. Toss through salad and serve immediately.



Prep: 10 mins  
Cook: 60 mins



Serves 6

## HINT

Salad can be prepared beforehand but do not add beetroot and dressing until just before serving as the beetroot will colour the potato and cucumber.



# MOUSSAKA RECIPE



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# MOUSSAKA RECIPE

## INGREDIENTS

- ✕ 1 eggplant, cut into 1cm slices
- ✕ 400 g lean lamb mince
- ✕ 1 large brown onion, finely chopped
- ✕ 2 cloves garlic, crushed
- ✕ 1 large carrot, peeled and grated
- ✕ 425 g can crushed tomatoes
- ✕ 1 tbs no-added-salt tomato paste
- ✕ 1 bay leaf
- ✕ olive or canola oil spray
- ✕ 1 tbs parsley, chopped (optional)
- ✕ 1 1/4 cups reduced-fat milk
- ✕ 1 1/2 tbs plain flour
- ✕ 15 g Parmesan cheese, grated
- ✕ 1 cup reduced-fat ricotta cheese
- ✕ pinch cayenne pepper
- ✕ pinch ground nutmeg

## METHOD

1. Preheat oven to 200°C (180°C fan forced).
2. Sprinkle eggplant with salt and leave for 30 minutes.
3. Heat non-stick frypan and cook lamb over medium-high. Heat until browned.
4. Remove lamb and cook the onion and garlic in meat juices until softened.
5. Return the meat, add carrot, tomatoes, tomato paste and bay leaf, cover and simmer for 15–20 minutes.
6. Heat the grill. Rinse eggplant slices with water and pat dry with paper towels.



Prep: 40 mins  
Cook: 45 mins



Serves 6

Spray eggplant lightly with oil and grill until golden on each side.

7. Lay half the eggplant in a rectangle baking dish (approx. 30cm x 20cm). Cover with half the meat sauce. Repeat.
8. In a saucepan, mix half a cup of milk with flour until smooth. Stir in remaining milk. Cook, stirring, over low heat until thickened. Remove from heat and stir through Parmesan cheese. Stir in ricotta, cayenne pepper and nutmeg.
9. Pour over dish and bake for 40–45 minutes until golden brown.
10. Sprinkle the chopped parsley, if using, over the top before serving.



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# BANANA BERRY PIKELETS RECIPE

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# BANANA BERRY PIKELETS RECIPE

## INGREDIENTS

- ✕ 2 ripe bananas
- ✕ 1 1/2 cups wholemeal self-raising flour
- ✕ 1 tbs sugar
- ✕ 1 1/4 cups reduced-fat milk
- ✕ 1 tsp white vinegar
- ✕ 2 eggs, lightly beaten
- ✕ olive or canola oil spray
- ✕ 1 1/4 cups blueberries, fresh or frozen
- ✕ 1 1/2 cups low-fat berry or vanilla yoghurt, to serve
- ✕ 2 cups strawberries or other berries, quartered, to serve

## METHOD

1. Mash the bananas with a fork in a large bowl.
2. Sift flour over bananas, adding the remaining husk in the sieve to the bowl.
3. Add sugar and stir to combine.
4. Add milk, vinegar and eggs to the bowl. Mix until combined.
5. Spray a large non-stick frypan with oil and place over medium heat.
6. Place 2 tablespoons of batter evenly spaced around the pan. Cook for 2 to 3 minutes or until small bubbles appear on surface. Top each pikelet with

6 blueberries then carefully turn over. Brown on reverse side for 1 minute or until cooked through.

7. Transfer to a plate and repeat with remaining batter.
8. Divide pikelets between 4 serving plates.
9. To serve, layer with spoonfuls of yoghurt and top with fresh fruit.

## VARIATIONS

- Instead of using blueberries, press a thin ring of peeled, cored apple into each pikelet before flipping.
- Serve as a snack, in a lunchbox or at children's parties.



Prep: 10 mins  
Cook: 20 mins



Serves 4



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## CHOC BERRY CHIA PUDDING RECIPE

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# CHOC BERRY CHIA PUDDING RECIPE

## INGREDIENTS

- ✕ 1 tbs maple syrup or golden syrup
- ✕ 1 1/2 cups reduced-fat milk
- ✕ 1/3 cup chia seeds
- ✕ 2 tsp cocoa powder
- ✕ 2 cups fresh or frozen berries

## METHOD

1. Place maple syrup in a 500mL capacity jar or container with a sealed lid, pour in some of the milk and shake to dissolve the syrup.
2. Add remaining milk, chia seeds and cocoa. Shake and pour into 4 small serving glasses. Cover and refrigerate for at least 2 hours or overnight.
3. Serve chilled, topped with berries.

## SERVING SUGGESTION

Puddings are best made 4 to 8 hours before serving.



Prep: 5 mins  
Set-time: 2 hours



Serves 4



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**BERRY RHUBARB  
MERINGUE POTS RECIPE**





# BERRY RHUBARB MERINGUE POTS RECIPE

## INGREDIENTS

- ✕ 4 stalks rhubarb, cut into 5cm lengths
- ✕ 2 apples, peeled, cored and thinly sliced
- ✕ 1 1/2 cups frozen mixed berries
- ✕ 1/2 cup unsweetened apple juice or water
- ✕ 1 tsp ground cinnamon
- ✕ 2 egg whites, at room temperature
- ✕ 1 tbs caster sugar
- ✕ 1/4 cup slivered almonds

## METHOD

1. Preheat oven to 180°C (160°C fan forced).
2. Place rhubarb, apples, berries, juice or water and cinnamon into a large saucepan over a moderate heat. Cover, bring to the boil and simmer gently, stirring occasionally, over a low heat for 15-20 minutes until rhubarb is soft but apples retain their shape.
3. In a clean dry bowl whisk the egg whites until soft peaks have formed. Add sugar and beat until sugar has dissolved.
4. Divide cooked fruit between 4 small 1-cup capacity overproof bowls and top with meringue, shaping into a peak. Sprinkle with almonds and bake for 10 minutes until golden. Serve immediately.



Prep: 15 mins  
Cook: 25 mins



Serves 4

## HINT

Alternatively bake in a large 1 litre capacity overproof dish.

Fruit can be cooked, covered, in a heat-proof microwave-safe dish on HIGH (100%) for 12-15 minutes, stirring occasionally.

## VARIATIONS

- Substitute pears or nashi fruit for apples.
- Omit meringue top and serve stewed fruit in a breakfast parfait or simply with low fat yoghurt.



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## BASIL BEEF & BEAN STIR FRY RECIPE



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# BASIL BEEF & BEAN STIR FRY RECIPE

## INGREDIENTS

- ✕ 2 cloves garlic, crushed
- ✕ 2 tsp fresh ginger, grated
- ✕ 1 tbs reduced-salt soy sauce
- ✕ pepper
- ✕ 400 g lean beef, trimmed of fat, thinly sliced
- ✕ olive or canola oil spray
- ✕ 200 g green beans, ends trimmed, cut into 3cm pieces
- ✕ 1 broccoli, cut into florets
- ✕ 410 g can baby corn spears, drained
- ✕ 1 tbs reduced-salt soy sauce, extra
- ✕ 2 tbs oyster sauce
- ✕ 1/2 cup basil leaves, roughly torn
- ✕ 4 cups steamed rice (from 2 cups uncooked rice), to serve

## METHOD

1. Mix garlic, ginger and soy in a small bowl; season with black pepper. Add beef, stir to coat and set aside to marinate while vegetables are prepared.
2. Spray a non-stick wok or large frypan with oil and heat. Add half the beef and stir-fry for 2 minutes over high heat until browned. Set aside and repeat with remaining beef.
3. Spray pan with oil, add beans and broccoli and stir-fry for 3 minutes, until tender.
4. Add 2 tablespoons water to the pan, cover and cook until vegetables soften but remain bright green.
5. Add in corn, beef, soy and oyster sauces and basil. Stir-fry until heated through.
6. Serve with steamed rice.



Prep: 15 mins

Cook: 15 mins



Serves 4

## HINT

Cover dish, refrigerate and marinate beef for as long as time permits, from 30 minutes to overnight. Do not discard the broccoli stalk; use a peeler to remove the hard outer layer then dice the remaining vegetable and add to stir-fry.

## VARIATIONS

- For more heat, add a chopped red chilli to beef marinade.
- Substitute lean pork, skinless chicken breasts, kangaroo steak or tofu for beef.



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**QUICK PESTO PASTA SALAD RECIPE**

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# QUICK PESTO PASTA SALAD RECIPE



Prep: 5 mins  
Cook: 15 mins



Serves 4

## INGREDIENTS

- ✕ 250 g high-fibre or wholegrain pasta
- ✕ 3 tbs basil pesto
- ✕ 500 g cherry tomatoes, halved
- ✕ 1 x 400g can artichokes, drained and chopped
- ✕ 120 g rocket or baby spinach

## METHOD

1. Bring a medium-sized saucepan of water to the boil, add pasta and cook for 10-12 minutes or according to packet instructions.
2. Drain well and add to serving bowl and mix through pesto while pasta is warm.
3. Add remaining salad ingredients, toss until well combined. Serve immediately or enjoy cold the next day.

## VARIATION

Other Mediterranean ingredients that work well in this salad include chargrilled eggplant, roast capsicum, sundried tomatoes, olives and shredded basil.



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**SPINACH & CHEESE ROLLS RECIPE**



# SPINACH & CHEESE ROLLS RECIPE

## INGREDIENTS

- ✕ 2 x 250 g packets frozen spinach
- ✕ 1 tsp canola oil
- ✕ 1 onion, chopped
- ✕ 3 cloves garlic, chopped
- ✕ 1 medium zucchini, grated and squeezed of extra moisture
- ✕ 200 g low-fat cottage cheese
- ✕ 2 tbs sweet chilli sauce
- ✕ 1 tsp Worcestershire sauce
- ✕ pepper, to taste
- ✕ 8 sheets filo pastry
- ✕ olive or canola oil spray
- ✕ 2 tbs reduced-fat milk

## METHOD

1. Pre-heat oven to 180°C and line a large baking tray with baking paper.
2. Defrost the spinach in the microwave (about 5 minutes on HIGH) and use your hands or a sieve to squeeze as much water as you can out of the spinach.
3. Heat oil in a large frypan and cook onion, garlic, spinach and zucchini for about 5 minutes, stirring, until soft.
4. Add the cottage cheese, sweet chilli sauce, Worcestershire sauce and pepper. Mix well and take off the heat.
5. Place a single layer of filo pastry down on a bench and spray lightly with oil. Lay another sheet of filo over the top. It doesn't matter if there are cracks or holes in the pastry, just try to line up the sheets so the cracks are covered. Cover the unused filo with a damp tea towel so it doesn't dry out while you're working.
6. Spoon a quarter of the filling in a line along the short edge of the pastry. Tuck in the edges and roll it up almost all the way. Seal the edge by wetting it with a little milk and pressing it down. Place the roll edge-side down on the baking tray and use a brush or your fingers to wet the top of the pastry with milk.
7. Bake for 20 minutes or until the pastry is golden and crispy.



**Prep: 5 mins**  
**Cook: 15 mins**



**Serves 4**



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**QUICK CORN PIKELETS RECIPE**

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# QUICK CORN PIKELETS RECIPE



Prep: 5 mins  
Cook: 20 mins



Serves 10

## INGREDIENTS

- ✕ 1 cup self-raising flour
- ✕ 1 400 g can creamed corn
- ✕ 2 tbs reduced-fat milk
- ✕ olive or canola oil spray

## METHOD

1. Mix flour, creamed corn and milk together. It makes quite a thick batter (more like damper than pancake mixture).
2. Heat a large frypan and spray with oil
3. Use a large spoon to dollop spoonfuls (about ¼ cup size) of batter into the frypan. Cook on a medium heat until golden brown on that side - about 3-5 minutes. They will puff up a bit too. Flip over and cook for another 3 minutes, or until golden brown.
4. Repeat until the batter is all used up.

## VARIATION

Optional additions:

- Add an egg to make these fluffier and higher in protein
- Fresh, frozen or canned veg will bulk these up and make them healthier. Try tinned corn, frozen beans, grated sweet potato
- Add pops of flavour like pepper, curry powder, sundried tomatoes, chillies, italian herbs or olives
- Try a sweet spin on these by adding banana, frozen berries, tinned pears or other fruit. Eat them like pikelets!



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CHICKEN PARMA RECIPE





Prep: 20 mins

Cook: 20 mins



Serves 2

# CHICKEN PARMA RECIPE

## INGREDIENTS

- ✕ 200 g skinless chicken breast
- ✕ 1 x 400g can no-added-salt diced tomatoes with basil, onion and garlic
- ✕ 1/4 cup basil leaves
- ✕ 1 x 270g jar char-grilled capsicum or roasted pepper strips
- ✕ 1 cup baby spinach leaves
- ✕ 1 sweet potato, about 400g
- ✕ 1 potato
- ✕ 2 tbs reduced-fat milk
- ✕ 1/4 cup reduced-fat mozzarella cheese, grated
- ✕ to taste pepper

## METHOD

1. Preheat oven to 200°C (180°C fan forced).
2. Spread a little of the diced tomato in the base of a small ovenproof dish.
3. Halve the chicken breast lengthways to form 2 thin steaks. Using a rolling pin, pound steaks between 2 sheets of plastic wrap to 5mm thickness. Arrange chicken on tomatoes in pan base. Top each with basil leaves (save a few for serving) and capsicum. Pile on spinach, spoon over remaining diced tomatoes and sprinkle with mozzarella. Bake for 20 minutes until chicken is cooked and melted cheese has browned.
4. Microwave potato and sweet potato in a covered dish with 2 tablespoons water on HIGH (100%) for 6-8 minutes, stirring after 4 minutes. Add a splash of milk and pepper and mash with a potato masher until smooth, adding additional milk if a smoother texture is desired.
5. Divide mash and chicken between serving plates, sprinkle with remaining basil.



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**FAKE BAKED LOADED  
SWEET POTATO RECIPE**



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Prep: 10 mins

Cook: 12 mins



Serves 4

# FAKE BAKED LOADED SWEET POTATO RECIPE

## INGREDIENTS

- ✕ 4 sweet potatoes
- ✕ 1 cup reduced-fat mozzarella cheese, grated
- ✕ 300 g cooked or BBQ chicken breast, sliced or shredded
- ✕ 250 g cherry tomatoes, halved
- ✕ 1 cup basil leaves
- ✕ to taste pepper

## METHOD

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.
2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes, turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle halves with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and black pepper and serve.

## VARIATION

- Top with other salad ingredients such as baby spinach leaves, microwaved sliced red onion, canned corn kernels or beans, sliced red capsicum, mushrooms or spring onions.
- Add drained artichokes, olives, sundried tomatoes, roasted pepper strips or other chargrilled vegetables.
- Top with dried chilli flakes or chopped red chilli for some heat.
- Replace basil with fresh coriander leaves and sprinkle yoghurt with ground cumin or paprika for a Mexican-style flavour.



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# GRILLED PUMPKIN ASPARAGUS & CHICKEN SALAD RECIPE



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# GRILLED PUMPKIN ASPARAGUS & CHICKEN SALAD RECIPE



Prep: 10 mins  
Cook: 25 mins



Serves 4

## INGREDIENTS

- ✕ olive or canola oil spray
- ✕ 8 chicken tenderloins
- ✕ 1 clove garlic, crushed
- ✕ 1 lemon, juiced
- ✕ 2 bunches asparagus, ends trimmed
- ✕ 450 g Japanese, Kent or butternut pumpkin, peeled, cut into 5mm thick slices
- ✕ 420 g no-added-salt brown lentils, drained and rinsed
- ✕ 1/3 cup balsamic vinegar
- ✕ 150 g baby spinach or mixed leaves
- ✕ 250 g punnet cherry tomatoes, halved
- ✕ 1/2 cup parsley, chopped

## METHOD

1. Spray a barbecue, char-grill or griddle with oil, pre-heat to medium-high.
2. Place chicken in a small dish with ½ the crushed garlic and lemon juice; stir to coat and set aside to marinate.
3. Place asparagus on heated grill and cook for 7 minutes or until lightly charred, turning occasionally. Remove from grill, cut into 5cm pieces then set aside.
4. Respray grill and cook pumpkin in batches for 2-3 minutes each side until charred and just tender. Remove from heat, cut into 3cm triangles and set aside.
5. Respray grill and cook chicken for 2-3 minutes each side until cooked through.
6. Meanwhile, in a small bowl combine lentils, remaining ½ clove crushed garlic and balsamic.
7. To serve, divide spinach or salad leaves, tomatoes, lentils with dressing, asparagus and pumpkin among serving plates.
8. Sprinkle with parsley then top with chicken; serve immediately.



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# SEAFOOD PAELLA RECIPE



# SEAFOOD PAELLA RECIPE

## INGREDIENTS

- ✕ spray olive or canola oil spray
- ✕ 1 onion, finely chopped
- ✕ 4 cloves garlic, crushed
- ✕ 1 capsicum, seeded and diced
- ✕ 3 tsp smoked paprika
- ✕ 1 tsp ground cumin
- ✕ to taste pepper
- ✕ 2 cups risoni (rice-shaped pasta)
- ✕ 3 cups salt-reduced chicken stock
- ✕ 1 cup water
- ✕ 250 g cherry tomatoes, halved
- ✕ 2 lemons
- ✕ 1/2 cup flat-leaf parsley, chopped, plus extra for serving
- ✕ 1 1/2 cups frozen peas
- ✕ 500 g marinara mix or seafood of your choice

## METHOD

1. Spray a large deep non-stick pan or paella pan (something with a lid) with oil and place on high heat. Cook onion for 3 minutes until softened, stirring often.
2. Add garlic, capsicum, paprika and cumin; season with pepper. Cook for a minute until fragrant then mix in risoni and cook a further minute, stirring to coat in spices.
3. Microwave stock and water for 1 minute, then pour into the pan and bring to the boil, stirring occasionally. Reduce heat to medium and simmer uncovered for 5 minutes.
4. Stir through tomatoes and zest and juice of 1 lemon, then cook a further 5 minutes, allowing a crust to form on the bottom of the pan, until risoni is almost tender.
5. Gently stir through parsley and peas, then press seafood into the top of risoni and cook, covered, for 5 minutes or until prawns change colour and other seafood is cooked through.
6. To serve, garnish with extra parsley and lemon wedges.



Prep: 15 mins  
Cook: 20 mins



Serves 4



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## CHERRY CREAMING SODA RECIPE



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Prep: 5 mins  
Cook: 0 mins



Serves 2

## CHERRY CREAMING SODA RECIPE

### INGREDIENTS

- ✕ 12 frozen cherries
- ✕ 2 tsp sugar
- ✕ 1/2 cup water, cold
- ✕ 2 tsp lime juice
- ✕ 1 1/3 cups no-added-sugar raspberry flavoured sparkling water, cold

### METHOD

1. Add cherries, sugar, water and lime juice to a blender or jug that can be used with a stick blender.
2. Blitz until smooth. Add a little more water if needed to get the mixer going.
3. Just before serving, divide into glasses and top up with 2/3 cup of sparkling water per glass (watch out for the volcano like fizz!)



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## WATERMELON & FETA WONTONS RECIPE



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# WATERMELON & FETA WONTONS RECIPE

## INGREDIENTS

- ✕ 1 packet wonton wrappers (25 sheets)
- ✕ olive or canola oil spray
- ✕ 700 g watermelon, diced
- ✕ 60 g reduced-fat feta cheese, diced
- ✕ 1/2 red onion, finely diced
- ✕ 1/2 cup mint leaves, shredded
- ✕ 24 small mint leaves, extra, to serve

## METHOD

### WONTON CUPS

1. Preheat oven to 200°C (180°C fan-forced).
2. Spray a 24-cup capacity mini muffin pan with oil.
3. Press wonton wrappers well into pan holes to form a cup which is fluted at the top.
4. Bake for 8 minutes until lightly browned and crisp.
5. Remove from muffin pans and cool.

### WONTON FILLING

1. Combine watermelon, feta, onion and mint in a medium-sized bowl, stir to combine.
2. Spoon 2 heaped teaspoons of mixture into each wonton cup.
3. Top with a mint leaf; serve immediately.

## HINT

Wonton cups can be prepared a day in advance and stored in an airtight container until required.



Prep: 15 mins

Cook: 10 mins



Serves 24



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