



# LIVE WELL EAT HEALTHY BE HAPPY!

ISOWHEY PROGRAM RECIPE COLLECTION



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# ISOWHEY®

FOR HEALTHY LIVING

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# RECIPES



THE FOLLOWING HEALTHY AND FLAVOURFUL RECIPES HAVE BEEN PUT TOGETHER BY ISOWHEY'S TEAM OF QUALIFIED NUTRITIONISTS AND CHEFS.

Each recipe varies in its carbohydrate, fat and protein content, so be sure to refer to the menu plan of your chosen program for the best meals to meet your needs.

Each of the recipes is packed with nutrients and is easy to make. For more of our great recipes, visit [isowhey.com.au](http://isowhey.com.au).

A close-up photograph of two glasses filled with a vibrant pink smoothie. The smoothie is topped with fresh raspberries, blueberries, and a sprig of bright green mint leaves. The background is softly blurred, showing more of the same ingredients. The word "Smoothies" is written in a white, elegant serif font, centered over the image with a thin white horizontal line underneath it.

# *Smoothies*

# SMOOTHIES

## BANANA, MIXED BERRIES & VANILLA

200mL water  
1 cup frozen berries  
½ frozen banana (peel before you put in the freezer)  
1½ scoops IsoWhey Madagascan Vanilla  
1 tablespoon natural yoghurt  
1 tablespoon LSA (linseed, sunflower seed, almond) mix  
Ice

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1166kj</b> <b>(279Cal)</b>	<b>22g</b>	<b>8g</b>	<b>23g</b>	<b>5g</b>
Energy	Protein	Fat	Carbs	Fibre



## BLUEBERRIES & DOUBLE CHOCOLATE

200mL low-fat milk  
½ cup blueberries  
1 heaped scoop IsoWhey Ivory Coast Chocolate  
1-2 tablespoons flaxseed meal  
Ice

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>815kj</b> <b>(195Cal)</b>	<b>17g</b>	<b>6g</b>	<b>16g</b>	<b>4g</b>
Energy	Protein	Fat	Carbs	Fibre



## MANGO & VANILLA

200mL low-fat milk  
½ mango  
1½ scoops IsoWhey Madagascan Vanilla  
1-2 tablespoons flaxseed meal  
Ice

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1561kj</b> <b>(373Cal)</b>	<b>34g</b>	<b>9g</b>	<b>43g</b>	<b>4g</b>
Energy	Protein	Fat	Carbs	Fibre



# SMOOTHIES



## CHERRIES & DOUBLE CHOCOLATE

- 200mL low-fat milk
- ½ cup frozen cherries
- 1 heaped scoop IsoWhey Ivory Coast Chocolate
- 1-2 tablespoons flaxseed meal

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1426kJ</b> <b>(340Cal)</b>	<b>40g</b>	<b>16g</b>	<b>6g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre

## STRAWBERRIES & CREAM

- 200mL low-fat milk
- ½-1 cup fresh or frozen strawberries
- 1½ scoops IsoWhey Strawberry Smoothie
- 1-2 tablespoons flaxseed meal
- Ice (if using fresh strawberries)

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1385kJ</b> <b>(331Cal)</b>	<b>34g</b>	<b>9g</b>	<b>24g</b>	<b>5g</b>
Energy	Protein	Fat	Carbs	Fibre



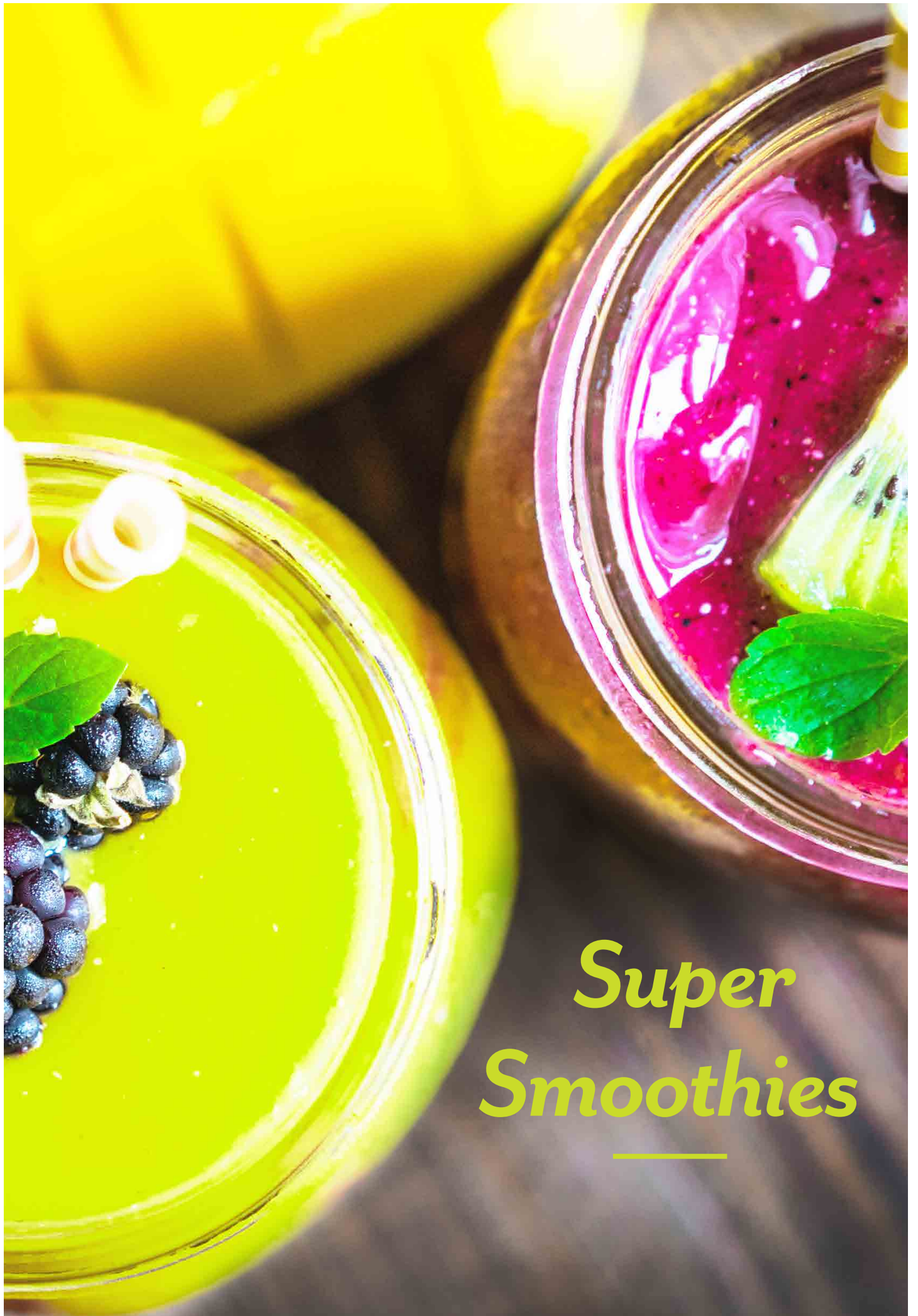
## VANILLA, DOUBLE CHOCOLATE & MINT

- 200mL low-fat milk
- 1½ scoops IsoWhey Madagascar Vanilla
- 1-2 teaspoons IsoWhey Ivory Coast Chocolate
- Fresh mint leaves

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1241kJ</b> <b>(296Cal)</b>	<b>35g</b>	<b>6g</b>	<b>19g</b>	<b>0.3g</b>
Energy	Protein	Fat	Carbs	Fibre



*Super  
Smoothies*

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# SUPER SMOOTHIES

## TROPICAL

- 1 heaped scoop IsoWhey Madagascar Vanilla
- 2 heaped teaspoons IsoWhey Wholefoods Organic Sacha Inchi, Turmeric + Gubinge Powder
- 1 teaspoon chia seeds
- ½ cup frozen pineapple chunks
- 1 cup almond milk
- 3-4 ice cubes

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1246.8kJ</b> <b>(297.8Cal)</b>	<b>20.35g</b>	<b>8g</b>	<b>29.9g</b>	<b>9.4g</b>
Energy	Protein	Fat	Carbs	Fibre





# SUPER SMOOTHIES



## CARROT CAKE

- 1 heaped scoop IsoWhey Madagascan Vanilla
- 1 teaspoon IsoWhey Wholefoods Organic Lucuma, Coconut + Chia Powder
- 200mL milk or milk substitute
- 1 medium banana
- 1 ½ carrots, grated
- 2 dates, pitted
- 1 teaspoon cinnamon

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1694.8kJ</b> <b>(405Cal)</b>	<b>24.3g</b>	<b>11g</b>	<b>62.9g</b>	<b>15.2g</b>
Energy	Protein	Fat	Carbs	Fibre



## BEET + CHERRY

- 1 heaped scoop IsoWhey Strawberry Smoothie
- 2 level metric teaspoon IsoWhey Wholefoods Organic Beetroot, Maqui + Goji Powder
- 200mL almond milk
- 1 cup frozen cherries

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>976.7kJ</b> <b>(234Cal)</b>	<b>17.6g</b>	<b>4.7g</b>	<b>32.2g</b>	<b>9.7g</b>
Energy	Protein	Fat	Carbs	Fibre



## CHOC BANANA

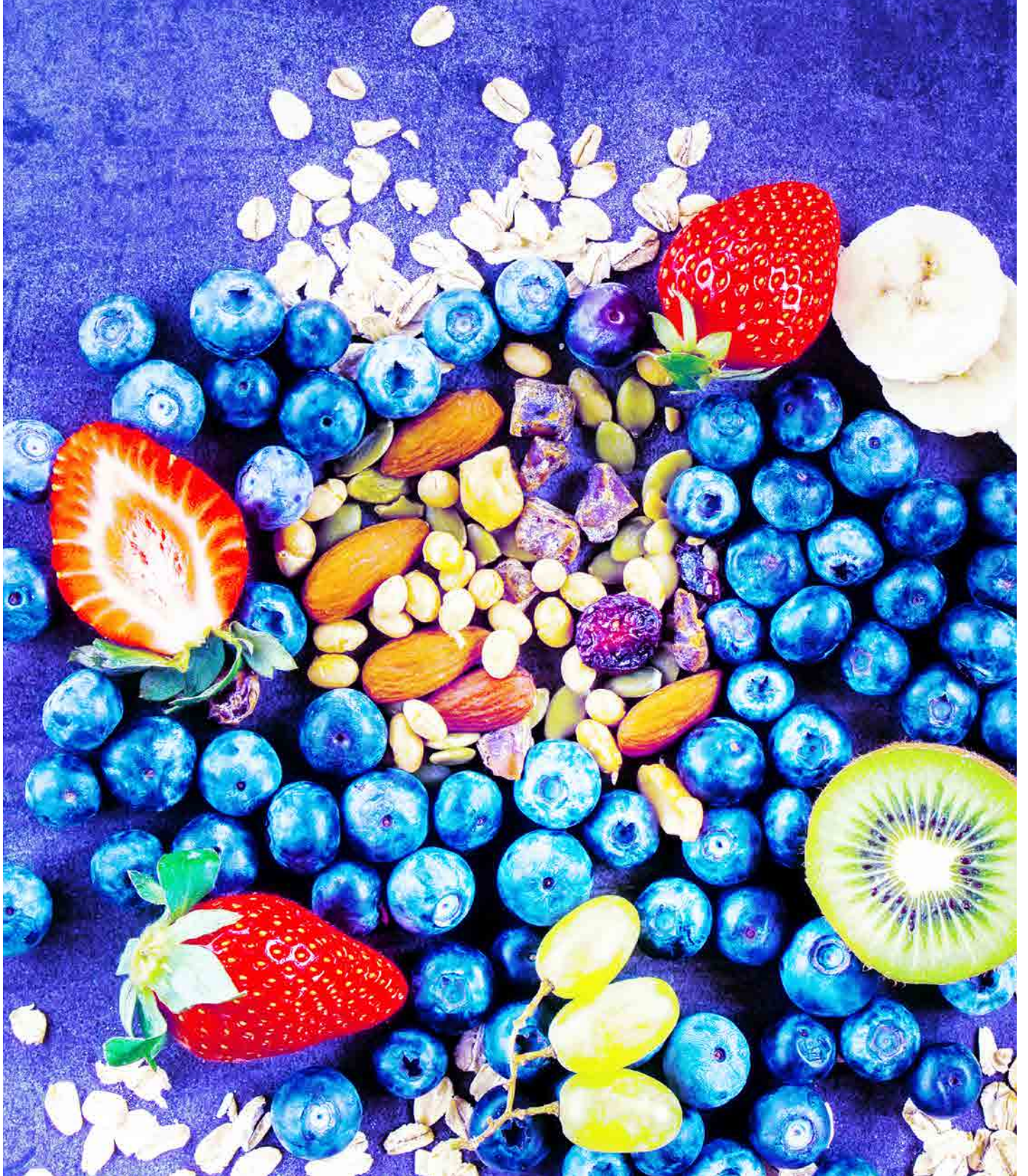
- 1 heaped scoop IsoWhey Banana Smoothie
- 1 tablespoon IsoWhey Wholefoods Organic Maca, Cacao + Mesquite Powder
- 200mL low fat milk or milk alternative
- ½ frozen banana
- 1 tablespoon nut butter
- 1 tablespoon cacao powder
- 3-4 ice cubes

Combine all ingredients in a blender.

SERVES = 1. EACH SERVE PROVIDES:

<b>1610kJ</b> <b>(384Cal)</b>	<b>289g</b>	<b>13.4g</b>	<b>41.2g</b>	<b>10.7g</b>
Energy	Protein	Fat	Carbs	Fibre

# Breakfast



# BREAKFAST

## POACHED EGGS & SMOKED SALMON

- 2 eggs
- 2 slices smoked salmon
- 1 slice 100% rye bread, toasted, lightly buttered

Poach the eggs, then assemble on a plate with salmon and toast.

SERVES = 1. EACH SERVE PROVIDES:

<b>1332kj</b> <b>(318Cal)</b>	<b>27g</b>	<b>14g</b>	<b>19g</b>	<b>3g</b>
Energy	Protein	Fat	Carbs	Fibre



## OAT PORRIDGE WITH APPLES & ALMONDS

- 60g rolled oats
- 200mL cold water
- 1 apple, peeled and grated
- 12 raw almonds, roughly chopped
- 1 teaspoon ground cinnamon
- 200mL low-fat milk
- 1½ scoops IsoWhey Madagascar Vanilla

Combine the oats with water in a saucepan. Bring to the boil and cook the oats, stirring for a few minutes or until the porridge thickens. Reduce heat and simmer gently for 10 minutes or until the oats are thick. Spoon porridge into a bowl and top with grated apple, cinnamon and almonds. Mix IsoWhey Madagascar Vanilla into the low-fat milk and pour over the porridge.

SERVES = 2. EACH SERVE PROVIDES:

<b>1374kj</b> <b>(328Cal)</b>	<b>15g</b>	<b>10g</b>	<b>39g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre

## SUMMER FRUIT SALAD WITH YOGHURT

Choose fresh fruit in season

- ½ cup grapes
- ½ cup blueberries
- ½ cup strawberries, sliced
- 2 small apricots, stone removed, chopped
- 1 nectarine, stone removed, chopped
- 1 cup chopped rockmelon
- Pulp of 2 passionfruits
- 200mL low-fat yoghurt
- ½ scoop IsoWhey Madagascar Vanilla
- Fresh mint leaves, chopped

Combine fruit in a bowl. Mix passionfruit pulp with yoghurt and IsoWhey Madagascar Vanilla and serve over fruit. Sprinkle with mint leaves.

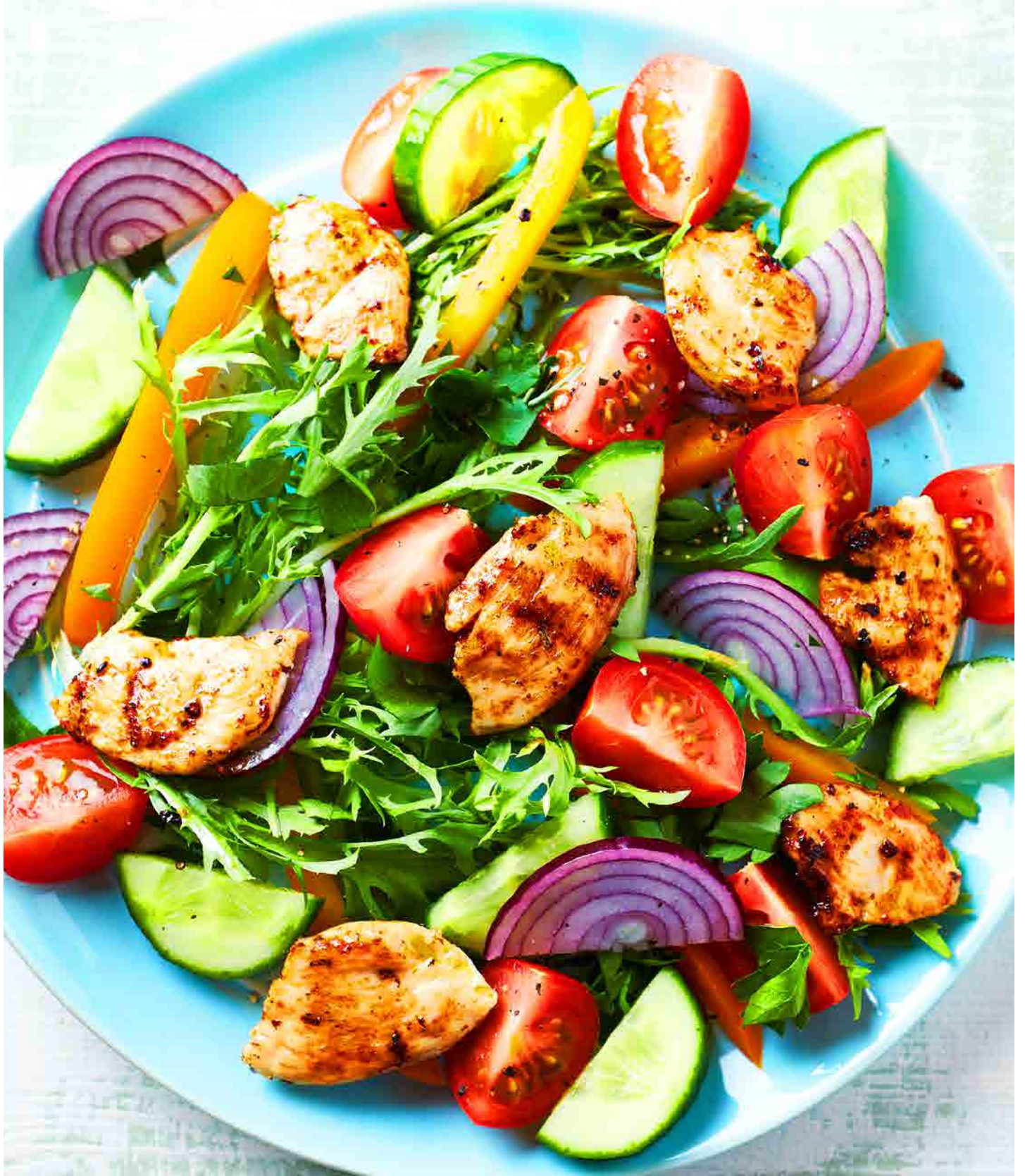
SERVES = 2. EACH SERVE PROVIDES:

<b>1176kj</b> <b>(280Cal)</b>	<b>17g</b>	<b>4g</b>	<b>39g</b>	<b>10g</b>
Energy	Protein	Fat	Carbs	Fibre



# *Lunch & Dinner*

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## SPICE-CRUSTED BAKED CHICKEN WITH CUCUMBER & MINT SALAD

2 x 150g chicken breast fillets

Extra virgin olive oil spray

### Spice crust

50g sesame seeds

50g blanched almonds

25g coriander seeds

5g cumin

Pinch sea salt

½ teaspoon cracked black pepper

### Salad

50g fresh mint, roughly chopped

1 medium Lebanese cucumber, thinly sliced

100g plain yoghurt

Preheat oven to 200°C. In a hot, dry pan, toast sesame seeds, blanched almonds, coriander seeds and cumin seeds until fragrant, stirring. Cool completely. Then coarsely grind with sea salt and black pepper using a nut grinder or a small food processor. Spray chicken with extra virgin olive oil. Press spice crust onto chicken. (If you have any excess spice crust, store in a screw-top jar for use at another time.) Place chicken in an ovenproof dish and roast for 15-20 minutes or until cooked. To check that the chicken is cooked, slice through the middle and look to see that it is no longer pink. Prepare the salad by mixing together the cucumber, mint and yoghurt. Season with cracked black pepper. Serve with sliced chicken.

SERVES = 2. EACH SERVE PROVIDES:

<b>2498kJ</b> <b>(596Cal)</b>	<b>49g</b>	<b>38g</b>	<b>10g</b>	<b>12g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER



## AUTUMN SOUP WITH MISO & TOFU

- 600mL water
- 2cm ginger, finely chopped
- 2 shallots, sliced on an angle
- 2 fresh shitake mushrooms (can use Swiss brown or portabello mushrooms)
- 2 tablespoons shoyu (can use low salt soy sauce)
- 2 tablespoons mirin (Japanese rice wine)
- 150g firm tofu, cut into 2cm cubes
- 60g snow peas, trimmed
- 40g baby spinach
- 2 asparagus spears, sliced on an angle
- 2 tablespoons miso (genmai)
- Roasted seaweed (optional)

Place the water into a pot and add the ginger, shallots, shoyu and mirin. Bring to the boil and simmer gently to allow the flavours to mingle. Add in tofu, snow peas, mushrooms, asparagus and baby spinach to the soup. Simmer for a further 2 minutes. Remove soup from the heat. Add a tablespoon of the soup to a small bowl and mix with the miso paste. Add this back into the soup and mix to combine all flavours. Place into bowls to serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>770kJ</b> <b>(183Cal)</b>	<b>15g</b>	<b>7g</b>	<b>7g</b>	<b>8g</b>
Energy	Protein	Fat	Carbs	Fibre

## BAKED MIXED MUSHROOMS & WHOLEMEAL PASTA

- 140g wholemeal penne pasta
- 1 tablespoon olive oil
- 1 small red onion, finely chopped
- 200g mixed mushrooms (button, portobello, Swiss brown), sliced
- 1 clove garlic, crushed
- 1 teaspoon fresh thyme, finely chopped
- 1 tablespoon fresh flat parsley, finely chopped
- 150mL chicken stock
- 1 teaspoon cornflour
- Cracked black pepper
- 100g reduced-fat ricotta
- 30g parmesan cheese, finely grated
- ½ cup soft breadcrumbs, wholemeal

Preheat oven to 180°C. Cook penne pasta in boiling salted water for 10 -12 minutes or until al dente. Drain and place into ovenproof baking dish. Heat oil in a frypan on medium heat. Sauté onion, mushrooms and garlic. Add in the herbs. Combine stock and cornflour and add to the pan to thicken. Season with cracked black pepper. Remove from the heat and mix through the ricotta. Pour over the penne pasta in the baking dish and sprinkle with the parmesan and breadcrumbs. Bake for 15-20 minutes until golden brown. Sprinkle with extra chopped parsley and serve with a rocket salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>2077kJ</b> <b>(496Cal)</b>	<b>21g</b>	<b>15g</b>	<b>66g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER

## CHICKEN TERIYAKI PATTIES WITH STEAMED CHINESE VEGETABLES

- 400g chicken mince
- 1 tablespoon tamari sauce (can use shoyu or low-salt soy sauce)
- 1 tablespoon mirin (Japanese rice wine)
- 1cm fresh ginger, finely chopped
- 1 garlic clove, crushed
- 2 shallots, white part only, finely chopped
- 1 tablespoon fresh coriander leaves, finely chopped
- Juice of 1 lime or ½ lemon
- 30g roasted cashews, finely chopped
- Extra virgin olive oil spray
- 1 bunch baby bok choy, sliced
- 1 bunch gai lan (Chinese broccoli), sliced
- 60g snow peas, trimmed

Mix the chicken mince with the tamari, mirin, ginger, garlic, shallots, coriander, lime juice and cashews until well combined. Roll about 2 tablespoons of the chicken mixture into a ball, then flatten slightly to form a patty. Wet your hands with cold water between patties to prevent sticking. Heat a non-stick frypan and spray with the extra virgin olive oil. Cook the chicken patties over medium heat for 3-4 minutes each side, until browned and cooked through. Steam the green vegetables for 2 minutes. Place onto two plates and top with the chicken teriyaki patties to serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>1561kJ</b> <b>(373Cal)</b>	<b>49g</b>	<b>10g</b>	<b>18g</b>	<b>8g</b>
Energy	Protein	Fat	Carbs	Fibre



## CHICKEN & BEAN SALAD

- 1 cup steamed chicken fillets, chopped
- 2 cups vegetables (celery, red onion, parsley, capsicum, etc.), chopped
- 400g can white beans or 1 cup cooked beans
- Juice of ½ lemon
- 2 tablespoons olive oil

Combine all ingredients and dress with lemon juice and olive oil.

SERVES = 2. EACH SERVE PROVIDES:

<b>1494kJ</b> <b>(357Cal)</b>	<b>25g</b>	<b>21g</b>	<b>15g</b>	<b>8g</b>
Energy	Protein	Fat	Carbs	Fibre



## CRUNCHY PUMPKIN SEED TABOULI & TUNA

- ¼ cauliflower
- 1 tablespoon parsley, chopped
- 1 tablespoon mint, chopped
- 1 Lebanese cucumber, chopped
- 20g pumpkin seeds
- 2 Roma tomatoes, chopped
- 2 spring onions, finely chopped
- Juice of 1 lemon
- 1 tablespoon extra virgin olive oil
- 2 x 100g tinned tuna in springwater, drained

Finely grate the cauliflower; it will resemble breadcrumbs. In a bowl, combine the cauliflower with the parsley, mint, cucumber, pumpkin seeds, tomato and spring onions. Drizzle over lemon juice and olive oil. Mix well. Place onto two plates and top with tuna to serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>791kj</b> <b>(189Cal)</b>	<b>14g</b>	<b>11g</b>	<b>6g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre





# LUNCH & DINNER



## CHICKEN WALDORF SALAD

- ½ cup steamed chicken fillet, chopped
- ½ green apple, chopped
- 1 stalk celery, chopped
- 6 walnuts
- ¼ red onion, finely sliced
- 2 tablespoons olive oil
- Juice of ½ lemon
- Vegetable salt, if desired
- Black pepper

Combine chicken, apple, celery, walnuts and red onion. Dress with olive oil mixed with lemon juice. Season to taste.

SERVES = 1. EACH SERVE PROVIDES:

<b>2385kj</b> <b>(570Cal)</b>	<b>23g</b>	<b>46g</b>	<b>16g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre

## CHICKEN & ALMONDS

- 2 teaspoons light olive oil
- 60g blanched almonds
- 2 teaspoons grated ginger
- 1 onion, cut into wedges
- 1 carrot, sliced diagonally
- ⅓ cup sliced bamboo shoots (optional)
- 2 stalks celery, sliced diagonally
- 4 spring onions, thinly sliced
- 1 whole chicken breast (2 halves), cut into small cubes
- 2 tablespoons white wine or sherry

In a non-stick frypan, cook almonds with 1 teaspoon of olive oil until golden. Remove and drain on absorbent paper. Sauté 1 teaspoon of ginger with onion, carrot and bamboo shoots for 1 minute, then add celery and spring onions and cook for another 1-2 minutes. Remove vegetables and set aside. Lightly cook chicken cubes and remaining ginger in remaining oil until almost done. Add white wine/sherry to deglaze pan, then return vegetables and almonds to pan and warm through. Serve with green Chinese vegetables such as snow peas or bok choy.

SERVES = 2. EACH SERVE PROVIDES:

<b>791kj</b> <b>(189Cal)</b>	<b>14g</b>	<b>11g</b>	<b>6g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre

## CHICKEN TIKKA

- 350g chicken breasts, cubed or sliced

### Marinade

- 1 small onion
- 1 clove garlic
- 3 tablespoons yoghurt
- 2 tablespoons mint
- 1 knob ginger
- 1 tablespoon lemon juice
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- ½ teaspoon ground cumin
- Mint peas, chopped tomato and red onion salad, to serve

Combine marinade ingredients in a food processor. Marinate chicken for several hours. Chicken can be made into kebabs, barbequed as slices, baked at a high temperature or grilled. Serve with a green salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>1326 kj</b> <b>(326Cal)</b>	<b>36g</b>	<b>16g</b>	<b>6g</b>	<b>5g</b>
Energy	Protein	Fat	Carbs	Fibre





## FISH WITH RATATOUILLE

- 1 tablespoon olive oil
- 1 small red onion, finely chopped
- 1 clove garlic crushed
- 1 small eggplant, diced
- 1 medium zucchini, diced
- 3 Roma tomatoes, diced
- ½ red capsicum, diced
- 1 tablespoon parsley, chopped
- 1 tablespoon red wine vinegar
- Cracked black pepper
- Sea salt
- 300g white fish fillets such as snapper or dory

Preheat oven to 180°C. Heat a non-stick frypan to medium heat. Add olive oil, onion, garlic and eggplant and sauté until lightly browned. Add in zucchini, red capsicum and tomatoes and simmer for 30 minutes to achieve a thick stew. Sprinkle with red wine vinegar and parsley. Season with salt and pepper. Place fish fillets into a baking dish. Top with ratatouille and bake for 15 minutes or until the fish is cooked. Serve with a green salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>1192kJ</b> <b>(284Cal)</b>	<b>34g</b>	<b>12g</b>	<b>7g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre

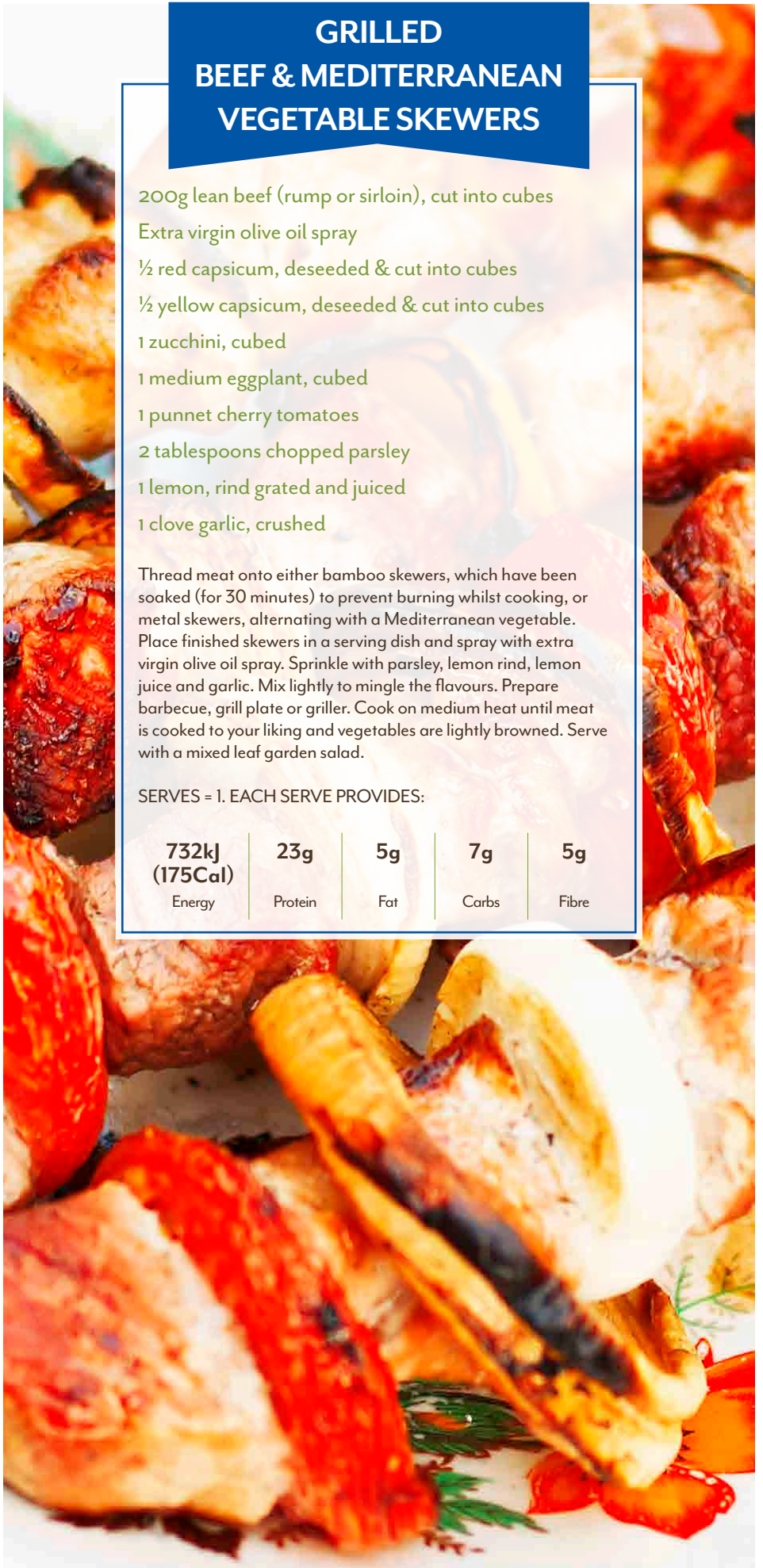
## GRILLED BEEF & MEDITERRANEAN VEGETABLE SKEWERS

- 200g lean beef (rump or sirloin), cut into cubes
- Extra virgin olive oil spray
- ½ red capsicum, deseeded & cut into cubes
- ½ yellow capsicum, deseeded & cut into cubes
- 1 zucchini, cubed
- 1 medium eggplant, cubed
- 1 punnet cherry tomatoes
- 2 tablespoons chopped parsley
- 1 lemon, rind grated and juiced
- 1 clove garlic, crushed

Thread meat onto either bamboo skewers, which have been soaked (for 30 minutes) to prevent burning whilst cooking, or metal skewers, alternating with a Mediterranean vegetable. Place finished skewers in a serving dish and spray with extra virgin olive oil spray. Sprinkle with parsley, lemon rind, lemon juice and garlic. Mix lightly to mingle the flavours. Prepare barbecue, grill plate or griller. Cook on medium heat until meat is cooked to your liking and vegetables are lightly browned. Serve with a mixed leaf garden salad.

SERVES = 1. EACH SERVE PROVIDES:

<b>732kJ</b> <b>(175Cal)</b>	<b>23g</b>	<b>5g</b>	<b>7g</b>	<b>5g</b>
Energy	Protein	Fat	Carbs	Fibre



## GRILLED LEMON & HERB CHICKEN SKEWERS WITH STEAMED GREENS

2 x 150g chicken tenderloins or breast fillets, cut into strips

Grated rind of 1 lemon

Juice of 2 lemons

1 tablespoon olive oil

2 teaspoons thyme, finely chopped

1 tablespoon flat leaf parsley, finely chopped

Cracked black pepper

½ cup broccoli florets

1 zucchini, sliced

½ cup green beans, trimmed

Thread chicken onto either bamboo skewers, which have been soaked (for 30 minutes) to prevent burning whilst cooking, or metal skewers. Mix together lemon juice, lemon rind, chopped herbs and olive oil to make a marinade. Pour over skewered chicken and marinate for 1 hour. Prepare barbecue, grill plate or griller. Season chicken with cracked pepper. Cook skewers, turning every 2-3 minutes until browned on all sides and cooked through. Steam the green vegetables for 2 minutes until lightly cooked but still crunchy. Serve with chicken skewers.

SERVES = 2. EACH SERVE PROVIDES:

<b>1214kJ</b> <b>(290Cal)</b>	<b>37g</b>	<b>12g</b>	<b>6g</b>	<b>5g</b>
Energy	Protein	Fat	Carbs	Fibre

## GRILLED BEEF STEAKS WITH ROAST BEETROOT & WALNUTS

3 medium beetroot bulbs, ends trimmed

40g walnuts, roughly chopped

½ red onion, sliced

1 orange, peeled and cut into chunks

1 bunch rocket (or 2 cups of mixed leaves)

2 x 100g lean beef steaks (rump, sirloin, etc.)

Cracked black pepper

1 teaspoon fresh thyme, chopped  
(if fresh is unavailable, substitute with  
½ teaspoon dried)

Extra virgin olive oil spray

Red wine vinegar to taste

Preheat oven to 200°C. Wrap each beetroot bulb in foil. Place on a baking tray. Bake for 1 hour or until tender when pierced with a skewer. Set aside to cool. Just before cooking is finished, pop the walnuts into the oven to roast slightly, or leave raw if preferred. Wearing plastic gloves to avoid staining your hands, peel the beetroot. Cut into chunks and mix with orange, onion and walnuts. Add red wine vinegar to taste. Arrange on two plates with the rocket. Prepare barbecue, grill plate or griller. Spray the steaks with extra virgin olive oil spray. Season with cracked black pepper and thyme. Cook steaks to your liking. Serve with the roast beetroot and walnut salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>1591kJ</b> <b>(380Cal)</b>	<b>28g</b>	<b>19g</b>	<b>20g</b>	<b>11g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER



## LENTIL & CARROT SOUP

- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 teaspoon grated ginger
- 3 cups vegetable stock
- 1 cup red lentils
- 1 carrot, chopped
- 3 tomatoes, chopped
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- ½ cup light coconut milk (optional)
- ¼ cup fresh coriander leaves, chopped
- Vegetable salt, if desired
- Black pepper

Brown onion, garlic and ginger in a non-stick saucepan. Add stock, lentils, carrot, tomatoes and spices. Bring to boil and simmer for approximately 45 minutes. Add coconut milk and heat through. Season to taste. Garnish with coriander leaves.

**Variation:** Add 1 cup chopped poached chicken breast and lemon juice to taste.

SERVES = 2. EACH SERVE PROVIDES:

<b>1444kj</b> <b>(345Cal)</b>	<b>27g</b>	<b>3g</b>	<b>45g</b>	<b>18g</b>
Energy	Protein	Fat	Carbs	Fibre

Amounts expressed exclude coconut milk.



## MINISTRONE SOUP

- 2 teaspoons olive oil
- 1 onion, chopped
- 1 small potato with skin, chopped (optional)
- 1 carrot, chopped
- 1 stalk celery, chopped
- 4 cups beef or vegetable stock
- 1 can borlotti beans or 1 cup cooked beans
- 3 tomatoes, skins removed, chopped
- Vegetable salt, if desired
- Black pepper
- 1 cup cabbage, chopped
- ¼ cup fresh parsley, chopped
- Parmesan cheese

Heat oil in a large saucepan. Sauté onion, then potato, carrot and celery. Add stock, beans and tomatoes. Season to taste. Simmer until vegetables have just softened. Add cabbage a few minutes before the end of cooking. Serve with parsley and freshly grated parmesan cheese.

SERVES = 2. EACH SERVE PROVIDES:

<b>1526kj</b> <b>(364Cal)</b>	<b>19g</b>	<b>4g</b>	<b>57g</b>	<b>14g</b>
Energy	Protein	Fat	Carbs	Fibre

## MEXICAN-STYLE CHICKEN WRAP

- 200g chicken breast fillets, cut into 2cm thick strips
- Juice of 1 lime or ½ lemon
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ avocado, sliced
- 1 tomato, chopped
- ¼ red capsicum, sliced
- 1 cup lettuce, shredded
- 1 tablespoon fresh coriander leaf
- Wholemeal wraps

Mix together the olive oil, lime juice, cumin and smoked paprika. Add chicken strips and marinate for up to 1 hour. Pan-fry the chicken strips in a non-stick pan until lightly browned and cooked through. Set aside to cool. Roll up chicken, avocado, tomato, capsicum, lettuce and coriander in the wholemeal wraps and serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>1429kj</b> <b>(341Cal)</b>	<b>41g</b>	<b>8g</b>	<b>19g</b>	<b>10g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER

## MOROCCAN LENTIL SALAD

2 cups vegetables (red capsicum, baby spinach leaves, rocket, shallots, etc.), chopped

1 cup small brown (Puy) lentils, cooked until tender and drained

2 tablespoons olive oil

1 tablespoon lemon juice

1 teaspoon ground coriander

1 teaspoon ground cumin

Grated lemon rind

Pinch turmeric

Black pepper

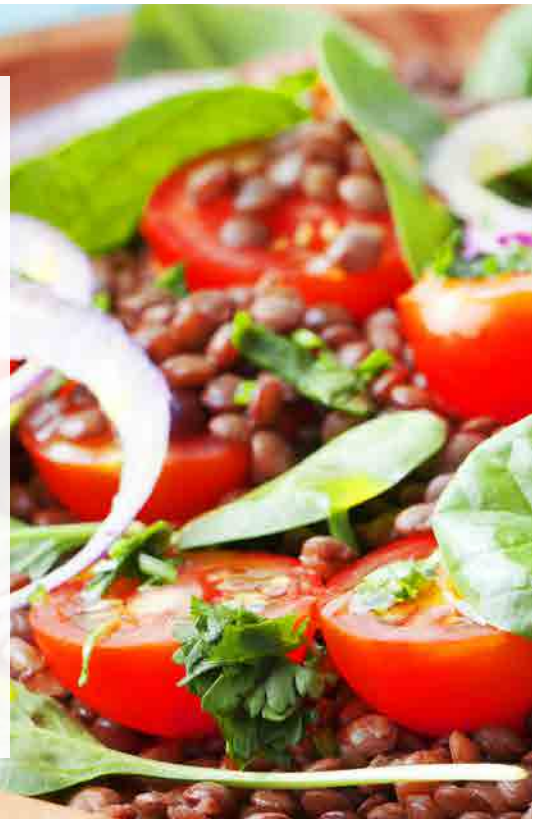
Vegetable salt, if desired

Combine all ingredients. Season to taste.

**Variation:** Serve with king prawns, chicken breast or hummus and a salad of cucumber, natural yoghurt, lemon juice and chopped mint.

SERVES = 2. EACH SERVE PROVIDES:

<b>1570kJ</b> <b>(375Cal)</b>	<b>30g</b>	<b>20g</b>	<b>16g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre



## MOROCCAN-STYLE CHICKPEAS WITH QUINOA

1 tablespoon extra virgin olive oil

1 small red onion, finely chopped

1 teaspoon cumin

1 teaspoon ginger

½ teaspoon turmeric

1 teaspoon cinnamon

1 small eggplant, chopped

2 ripe Roma tomatoes, roughly chopped

200g pumpkin, peeled and cut into small chunks

1 cup cooked chickpeas (preferably from dried chickpeas)

1½ cups water

1 tablespoon fresh coriander, roughly chopped

¼ cup quinoa

Heat extra virgin olive oil in a medium saucepan. Add onion, cumin, ginger, turmeric, cinnamon and eggplant and sauté until lightly browned. Stir in tomatoes, pumpkin, chickpeas and 1 cup water. Bring to the boil, then reduce heat and simmer for 20 minutes to let the flavours mingle and to cook the pumpkin into a thick stew. Add quinoa to a small saucepan with the remaining water. Bring to the boil, then reduce heat and cook with the lid on for 10 minutes or until all the liquid has been absorbed. Serve with the Moroccan-style chickpeas, sprinkled with fresh coriander.

SERVES = 2. EACH SERVE PROVIDES:

<b>1513kJ</b> <b>(361Cal)</b>	<b>13g</b>	<b>13g</b>	<b>40g</b>	<b>14g</b>
Energy	Protein	Fat	Carbs	Fibre



## ITALIAN-STYLE ROLLED CHICKEN

2 x 150g chicken breast fillets

100g semi-dried tomatoes, finely chopped

50g olives, finely chopped

¼ cup fresh basil, finely chopped

Cracked black pepper

4 asparagus spears, steamed or blanched

Preheat the oven to 200°C. To prepare the chicken, flatten breasts out between plastic film, using a meat mallet or rolling pin until they are about 2cm thick. Mix together tomatoes, olives and basil. Place a thick row of the tomato mixture down the middle of each chicken breast and top with 2 asparagus spears. To roll the chicken, fold in the sides of the chicken breast, then roll to form a sausage shape. Wrap in foil and bake in the oven for about 10 minutes. The chicken should feel firm when cooked. To check, carefully unravel the foil, cut through the middle of the chicken and look to see that it is no longer pink. Serve with steamed vegetables or a mixed leaf salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>1429kJ</b> <b>(341Cal)</b>	<b>41g</b>	<b>8g</b>	<b>19g</b>	<b>10g</b>
Energy	Protein	Fat	Carbs	Fibre

# LUNCH & DINNER



## POLENTA WITH ROASTED TOMATO & EGGPLANT SAUCE

- 1 cup polenta
- 2½ cups water
- 1 punnet cherry tomatoes
- Extra virgin olive oil spray
- 2 teaspoons fresh thyme, roughly chopped
- 1 medium eggplant, chopped
- 1 clove garlic, finely chopped
- 1 tablespoon fresh parsley, roughly chopped
- 100g low-fat ricotta

Preheat the oven to 200°C. Place the eggplant into an ovenproof dish and spray with olive oil. Roast eggplant for 10 minutes then add in the cherry tomatoes and sprinkle with thyme. Roast for another 10 minutes or until the eggplant is golden brown and the tomatoes are softened but not dry. Place water in a large saucepan and bring to the boil over high heat. Gradually add the polenta in a thin steady stream, stirring constantly with a wooden spoon for 3-5 minutes or until polenta thickens. The more you stir the better the polenta will turn out. Remove from heat. Pour into a non-stick lamington tin that has been lightly sprayed with extra virgin olive oil. Allow to cool and set. Top the polenta with the roasted eggplant and cherry tomatoes, dot with ricotta and bake for 10 minutes or until golden brown and warmed through. Serve with a mixed leaf salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>1570kJ</b> <b>(375Cal)</b>	<b>30g</b>	<b>20g</b>	<b>16g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre



## ONE-POT MOROCCAN LAMB

- 200g lamb fillet or backstrap, cut into chunks
- 1 tablespoon extra virgin olive oil
- 1 small red onion, finely chopped
- 1 teaspoon cumin
- 1 teaspoon ginger
- ½ teaspoon turmeric
- 1 teaspoon cinnamon
- 2 ripe Roma tomatoes, roughly chopped
- 1 cup water
- 5 prunes, pitted and chopped
- 2 teaspoons honey
- 1 tablespoon fresh coriander, roughly chopped
- 1 tablespoon fresh parsley, roughly chopped
- 2 tablespoons flaked blanched almonds

Heat olive oil in a medium-sized, heavy-based saucepan and sauté the meat until lightly browned. Remove lamb from the pan. Add in onion, cumin, ginger, turmeric, cinnamon and tomatoes. Stir to mix all the flavours together. Add in the water and reduce the heat to simmer for 20 minutes or until the mix becomes a thick stew. Return lamb back to the pan and add in prunes and honey. Cook for a further 10 minutes to let the flavours mingle. Sprinkle with coriander, parsley and almonds. Serve with steamed mixed vegetables.

SERVES = 2. EACH SERVE PROVIDES:

<b>1514kJ</b> <b>(361Cal)</b>	<b>26g</b>	<b>19g</b>	<b>20g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre

## ROAST SALMON FILLET WITH ZUCCHINI RIBBONS

- 2 x 150g salmon fillets
- 1 punnet cherry tomatoes, halved
- 2 teaspoons fresh thyme (parsley or basil can also be used)
- Extra virgin olive oil spray
- Juice of 1 lemon
- Cracked black pepper to taste
- 2 medium zucchinis

Roast the salmon for 10-15 minutes or until it is cooked and the cherry tomatoes have softened. To check that the salmon is cooked, insert a knife into the salmon and look to see that the flesh flakes away nicely. Using a vegetable peeler, make zucchini ribbons by drawing the peeler the length of each zucchini and getting nice thin slices. Spray lightly with the extra virgin olive oil and pan-fry for 2 minutes. Serve roast salmon and cherry tomatoes with zucchini ribbons on top and a side salad.

SERVES = 2. EACH SERVE PROVIDES:

Preheat the oven to 200°C. Pat the salmon dry with a paper towel and place into a baking dish with the cherry tomatoes and thyme. Spray salmon and tomatoes with the extra virgin olive oil. Season the salmon with ground black pepper and lemon juice.

<b>1429kJ</b> <b>(341Cal)</b>	<b>41g</b>	<b>8g</b>	<b>19g</b>	<b>10g</b>
Energy	Protein	Fat	Carbs	Fibre

# LUNCH & DINNER

## POACHED SALMON WITH SALSA, SNOW PEAS & GREEN BEANS

- |  |                   |
|--|-------------------|
| 1 x 200g salmon fillet                     | <b>Salsa</b>      |
| 1 knob ginger                              | 1 small capsicum  |
| 1 cup green beans, steamed al dente        | 3 small tomatoes  |
| 1 cup snow peas, blanched in boiling water | 3 spring onions   |
| Black pepper or cayenne powder             | 2 anchovies       |
| Vegetable salt, if desired                 | ¼ cup fresh basil |

Prepare salsa ahead of time by finely chopping and combining all ingredients and allow the flavours to infuse for at least 1 hour. Gently poach salmon fillet in water with ginger for 10 minutes or until cooked. Remove salmon from water and serve topped with salsa, snow peas and green beans on the side. Season to taste.

SERVES = 1. EACH SERVE PROVIDES:

<b>1426kj</b> <b>(340Cal)</b>	<b>40g</b>	<b>16g</b>	<b>6g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre



## POACHED CHICKEN SPRING SALAD WITH AVOCADO

- 2 x 150g chicken breasts
- Black peppercorns
- 1 medium carrot, grated
- 2 stalks celery, finely chopped
- ¼ red cabbage, finely sliced
- 2 shallots, finely chopped
- 2 teaspoons parsley, roughly chopped
- Apple cider vinegar to taste
- 20g pepitas (pumpkin seeds)
- ½ avocado, thinly sliced

Place chicken breasts into a pot that can fit both breasts in a single layer. Cover with water, then add peppercorns and a couple of sprigs of parsley. Bring to a gentle boil and simmer until cooked, about 10 minutes. Check by removing and slicing through the middle, ensuring it is not pink. Refrigerate or freeze the stock for use in future recipes. Mix together the carrot, cabbage, shallots, parsley and celery to make a spring salad. Add apple cider vinegar to taste. Place on two dishes. Slice chicken thinly and arrange on top of the spring salad. Place avocado on top and sprinkle with pepitas to serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>1426kj</b> <b>(340Cal)</b>	<b>40g</b>	<b>16g</b>	<b>6g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER



## PRAWN & LEMONGRASS STIR-FRY WITH SPINACH

- 10-15 medium to large green prawns, peeled with tails intact
- 1 stalk lemongrass, chopped and ground
- 1cm fresh ginger, finely chopped
- 1 small red chilli (optional)
- Pinch turmeric spice
- 2 lime leaves, thinly sliced
- 15mL extra virgin olive oil
- 150g spinach leaves
- 1 cup broccoli florets
- 1 red capsicum, deseeded and sliced

Heat the oil in an electric wok or non-stick frypan at medium-high heat. Stir-fry the prawns with the lemongrass, ginger, chilli, turmeric and lime leaves for a few minutes until they turn orange. Remove from the pan and set aside. Stir-fry the broccoli, red capsicum and spinach for 2 minutes or until wilted. Return prawns to the pan to reheat. Toss with lime juice and tamari. Serve.

SERVES = 1. EACH SERVE PROVIDES:

<b>650kJ</b> <b>(155Cal)</b>	<b>16g</b>	<b>8g</b>	<b>4g</b>	<b>4g</b>
Energy	Protein	Fat	Carbs	Fibre

- Lime (or lemon) juice to taste
- Dash tamari or soy sauce

## PAN-FRIED WHITE FISH FILLETS WITH SALSA VERDE

- 300g white fish fillets (such as snapper or dory)
- Extra virgin olive oil spray
- Juice of 1 lemon
- 1 bunch parsley
- ½ bunch basil
- 1 clove garlic
- 2 teaspoons capers
- 1 teaspoon Dijon mustard
- 30mL olive oil
- 10mL red wine vinegar
- Pinch sea salt

Spray a non-stick pan with the extra virgin olive oil and heat to medium. Add the white fish fillets and panfry for 2-3 minutes each side until cooked through. Remove and set aside. Place the lemon juice, parsley, basil, garlic, capers, mustard, olive oil and red wine vinegar into a blender or food processor and mix into a coarse sauce. Season with salt. Serve the salsa verde either on the fish or to the side. Accompany with a mixed salad.

SERVES = 2. EACH SERVE PROVIDES:

<b>1163kJ</b> <b>(287Cal)</b>	<b>31g</b>	<b>16g</b>	<b>1g</b>	<b>1g</b>
Energy	Protein	Fat	Carbs	Fibre





## SOBA NOODLES WITH SHREDDED CHICKEN, GINGER & LIME

- 2 x 150g chicken breast fillets
- 90g soba noodles
- 1cm fresh ginger, finely chopped
- 1 carrot, cut into matchsticks
- 1 red capsicum, thinly sliced
- 1 long red chilli, deseeded and thinly sliced
- 2 spring onions, thinly sliced
- Juice of 1 lime
- 1 tablespoon mirin (Japanese rice wine)
- Dash sesame oil
- Dash tamari sauce (can use shoyu or low-salt soy sauce)
- 1 teaspoon sesame seeds, lightly toasted

Place chicken breasts into a pot that can fit both breasts in a single layer and cover with water. Bring to a gentle boil and simmer until cooked, for about 10 minutes. Check by removing and slicing through the middle, ensuring it is not pink. Allow to cool. Refrigerate or freeze the stock for use in future recipes. Cook soba noodles in a pot of boiling water, according to the packet, being careful not to overcook. Drain, rinse in cold water, and drain again. Place into a bowl with the ginger, carrot, capsicum, chilli and spring onions. Shred the cooled chicken breast and add to the noodle mix. Combine lime juice, mirin, sesame oil and tamari. Add to the chicken and soba noodles. Mix well and serve with sprinkled sesame seeds.

SERVES = 2. EACH SERVE PROVIDES:

<b>1570kJ</b> <b>(375Cal)</b>	<b>30g</b>	<b>20g</b>	<b>16g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER



## ROASTED PUMPKIN, FENNEL, QUINOA & PINE NUTS

300g butternut pumpkin, peeled and cut into small chunks

½ fennel bulb, core removed and sliced

Extra virgin olive oil spray

1 cup quinoa (tri-colour or white)

2 cups water

30g pine nuts, lightly toasted

80g baby spinach or English spinach

2 tablespoons mixed fresh herbs (parsley, rosemary, etc.)

Cracked black pepper to taste

40mL salad dressing (extra virgin olive oil and balsamic vinegar)

Preheat oven to 180-200°C. Place pumpkin and fennel in an ovenproof dish and spray with extra virgin olive oil. Roast for 30 minutes or until the pumpkin is golden brown. Add quinoa to a small saucepan with 2 cups of water. Bring to the boil, then reduce heat and cook with the lid on for 10 minutes or until all the liquid has been absorbed. Allow to cool. Combine the cooled quinoa with the fresh herbs, spinach, roasted pumpkin and fennel. Sprinkle with the pine nuts and salad dressing to serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>1174kJ</b> <b>(280Cal)</b>	<b>6g</b>	<b>21g</b>	<b>217g</b>	<b>4g</b>
Energy	Protein	Fat	Carbs	Fibre

Amounts expressed include salad dressing. Omit the salad dressing to reduce the calorie content by 524kJ.

## STIR-FRIED BEEF WITH SHIITAKE AND ASIAN GREENS

200g lean beef (rump, sirloin), cut into strips

2 teaspoons olive oil

Extra virgin olive oil spray

2 fresh shiitake mushrooms, sliced (can use Swiss brown or portobello mushrooms)

1 bunch baby bok choy, sliced

1 bunch gai lan (Chinese broccoli), sliced

60g snow peas, trimmed

1 tablespoon fresh coriander, finely chopped

### Marinade

½ cup Shaoxing cooking wine\*

1 tablespoon light soy sauce

1cm fresh ginger, finely chopped

1 garlic clove, crushed

1 tablespoon sweet chilli sauce or lime ginger sauce

Marinate the beef strips in the cooking wine, soy sauce, ginger, garlic and chilli/lime sauce for up to 30 minutes. Heat the oil in a non-stick wok or frypan. Drain the beef strips from the marinade and cook in batches over high heat until just brown. Remove beef and wipe out pan. Spray pan lightly with olive oil spray. Add mushrooms, baby bok choy, gai lan and snow peas and sauté for 2 minutes. Return beef to the pan and stir to heat through. Serve with coriander.

SERVES = 2. EACH SERVE PROVIDES:

<b>1463kJ</b> <b>(350Cal)</b>	<b>39g</b>	<b>13g</b>	<b>17g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre

\*From Asian food stores.





## SPICY TOFU & VEGETABLE SOUP

- 3 cups water
- 1 stalk lemongrass, chopped and ground
- 1 knob of galangal or ginger, thinly sliced
- 3 fresh lime leaves, sliced
- 1 small carrot, sliced
- ½ cup broccoli florets
- ½ cup button mushrooms, sliced
- ½ cup Chinese cabbage, shredded
- 300g hard tofu
- 1 fresh red chilli, seeded and sliced
- 1 shallot, finely chopped
- Dash tamari or soy sauce
- Lime or lemon juice to taste
- 1 tablespoon fresh coriander leaves, roughly chopped

Bring water to the boil with the lemongrass, galangal and lime leaves. Simmer for 20 minutes to let the flavours mingle. Add in the carrot, broccoli, mushrooms, cabbage and tofu and cook for a further 2 minutes. Stir in chilli, shallot, lime juice and tamari. Garnish with coriander leaves and serve.

SERVES = 2. EACH SERVE PROVIDES:

<b>1463kj</b> <b>(350Cal)</b>	<b>39g</b>	<b>13g</b>	<b>17g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre

## SAUTÉ PORK WITH RED CABBAGE, PEAR & PINE NUTS

- 300g pork loin steak, cut into strips
- Extra virgin olive oil spray
- 1 small red onion, thinly sliced
- 2 cups red cabbage, finely shredded
- 1 pear, cored and sliced
- 30g raw pine nuts
- 1 tablespoon apple cider vinegar
- Cracked black pepper to taste

Spray a non-stick frypan with the extra virgin olive oil and place on a medium heat. Sauté the pork until lightly browned and almost cooked through. Remove the pork and wipe out the pan. Spray the frypan again with the extra virgin olive oil. Add in the onion and cabbage and sauté lightly. Add in the pear, pine nuts and apple cider vinegar to finish. Return pork back to the pan and warm through. Season with pepper and serve with steamed green vegetables.

SERVES = 2. EACH SERVE PROVIDES:

<b>1463kj</b> <b>(350Cal)</b>	<b>39g</b>	<b>13g</b>	<b>17g</b>	<b>7g</b>
Energy	Protein	Fat	Carbs	Fibre



# LUNCH & DINNER

## STEAMED SALMON PARCELS WITH FRESH ASPARAGUS

- 2 x 150g salmon fillets
- 1 lemon
- 1 bunch dill, roughly chopped
- 4 asparagus spears, sliced on an angle
- Cracked black pepper
- 1 bunch watercress
- 200g green beans, trimmed
- ½ red capsicum, deseeded and sliced
- ½ yellow capsicum, deseeded and sliced
- 50g black olives

Preheat a barbecue or oven to 180°C. Pat salmon fillets dry with a paper towel and place each onto a large piece of baking paper. Cut the lemon in half and squeeze over the juice from one half. Layer the dill and asparagus slices on top of the fish. Season with cracked black pepper. To make a parcel, fold in right and left sides of the baking paper, then start to roll and fold forward till it is nice and tight. Place on the preheated barbecue or in the oven. It will take 10-15 minutes to cook depending on the thickness of the fish. To check that the fish is cooked, carefully open the parcel to allow the steam to escape, insert a knife and look to see that the flesh flakes away nicely. Blanch green beans quickly in a pot of boiling water, then refresh in cold water. Combine green beans with watercress, capsicum and black olives. Serve the fish in its parcel with the watercress salad and lemon wedges.

SERVES = 2. EACH SERVE PROVIDES:

1623kj	40g	22g	4g	4g
Energy	Protein	Fat	Carbs	Fibre



## WHITE FISH PARCELS WITH WATERCRESS, CAPSICUM & GREEN BEANS

- 2 x 200g white fish fillets (such as snapper or dory)
- 1 lemon
- 1 bunch dill, roughly chopped
- 1 zucchini, peeled and thinly sliced
- Cracked black pepper
- 1 bunch watercress
- 200g green beans, trimmed
- ½ red capsicum, deseeded and sliced
- ½ yellow capsicum, deseeded and sliced
- 60g black olives
- Extra virgin olive oil

Preheat a barbecue or oven to 180°C. Pat fish fillets dry with a paper towel and place each onto a large piece of baking paper. Cut the lemon in half and squeeze over the juice from one half. Layer the dill and zucchini on top of the fish. Season with cracked black pepper. To make a parcel, fold in right and left sides of the baking paper, then start to roll and fold forward till it is nice and tight. Place on the preheated barbecue or in the oven. It will take 5-10 minutes to cook depending on the thickness of the fish. To check that the fish is cooked, carefully open the parcel to allow the steam to escape, insert a knife and look to see that the flesh flakes away nicely. Blanch green beans quickly in a pot of boiling water, then refresh in cold water. Combine green beans with watercress, capsicum and black olives. Serve the fish in its parcel with the watercress salad and lemon wedges.

SERVES = 2. EACH SERVE PROVIDES:

1205kj	44g	10g	4g	4g
(287Cal)	Protein	Fat	Carbs	Fibre

## TUNA & BROWN RICE SALAD

185g tinned tuna in springwater, drained

2 cups vegetables (red onion or spring onion, celery, capsicum, etc.), finely chopped

¼ cup fresh herbs, e.g. parsley, finely chopped

2 teaspoons homemade mayonnaise (egg, virgin olive oil, lemon juice)

⅓ cup of cooked brown rice

Combine all ingredients and serve.

SERVES = 1. EACH SERVE PROVIDES:

2162kj	41g	20g	40g	4g
(516Cal)	Protein	Fat	Carbs	Fibre

# LUNCH & DINNER

## WARM THAI CHICKEN LETTUCE WRAPS

- 200g chicken breast fillets
- 1 stalk lemongrass, bottom part only, chopped and ground
- 1 small red chilli, finely chopped (optional)
- 1 tablespoon coriander, finely chopped
- 1 tablespoon mint, finely chopped
- 1 tablespoon Thai basil, finely chopped
- Juice of 1 lime or lemon
- Dash fish sauce
- Dash sweet chilli sauce
- 1 carrot, grated
- 1 Lebanese cucumber, finely chopped
- 1 iceberg or butter lettuce, washed and separated into cups
- 1 shallot, finely chopped

Place chicken breasts into a pot that can fit the fillets in a single layer and cover with water. Bring to a gentle boil and simmer until cooked, for about 10 minutes. Check by removing and slicing through the middle, ensuring that it is not pink. Allow to cool. Refrigerate or freeze the stock for use in future recipes. Cut up the chicken breast into small cubes or pulse in a food processor. Combine chicken with lemongrass, chilli, coriander, mint, Thai basil, lime juice, fish sauce and sweet chilli sauce. Serve a small amount of chicken in lettuce cups topped with carrot, cucumber and shallots.

SERVES = 2. EACH SERVE PROVIDES:

<b>591kJ</b> <b>(142Cal)</b>	<b>25g</b>	<b>2g</b>	<b>3g</b>	<b>5g</b>
Energy	Protein	Fat	Carbs	Fibre



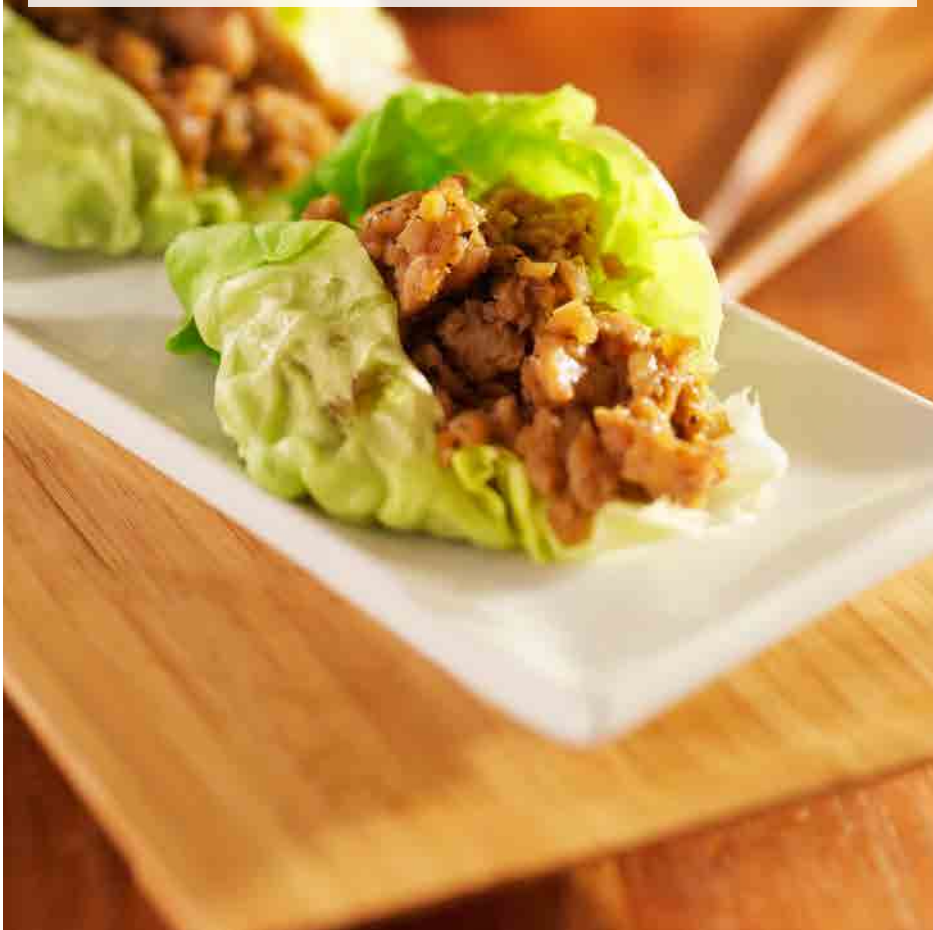
## ZUCCHINI FRITTATA

- 100g pumpkin, chopped into small pieces
- Extra virgin olive oil spray
- 6 eggs
- 2 medium zucchinis, grated
- 120g fetta
- Salt
- Cracked black pepper
- 50g fresh basil, shredded

Preheat oven to 180-200°C. Place pumpkin into an ovenproof dish and spray with extra virgin olive oil spray. Roast for 30 minutes or until the pumpkin is golden brown. Allow to cool. Whisk together the eggs, salt and pepper. Combine with zucchini, fetta and pumpkin. Pour mixture into a lamington tin that has been lined with non-stick baking paper. Sprinkle with basil and bake for 20 minutes or until set. Remove from oven. Allow to cool slightly before removing from the pan. Cut into squares and serve with a mixed salad.

SERVES = 4. EACH SERVE PROVIDES:

<b>810kJ</b> <b>(193Cal)</b>	<b>19g</b>	<b>12g</b>	<b>3g</b>	<b>2g</b>
Energy	Protein	Fat	Carbs	Fibre





## WARM CHICKEN VERMICELLI SALAD WITH ASIAN GREENS

- 300g skinless chicken breast fillets
- 100g rice vermicelli noodles
- 1 small Chinese cabbage, shredded
- 1 medium carrot, cut into matchsticks
- 3 shallots, finely sliced
- ½ cup mint leaves, roughly chopped
- ½ cup coriander leaves, roughly chopped
- ¼ cup red mint,\* roughly chopped
- ¼ cup Thai basil leaves, roughly chopped
- 4 Vietnamese mint leaves, roughly chopped

### Marinade

- ½ cup Shaoxing cooking wine\*
- 1 tablespoon light soy sauce 1cm fresh ginger, finely chopped
- 1 tablespoon sweet chilli sauce or lime ginger sauce

### Dressing

- 1 clove garlic, finely chopped
- 1cm fresh ginger, finely chopped
- 1 long red chilli, finely chopped (optional)
- ⅓ cup rice wine vinegar
- ¼ cup light soy sauce
- Juice of 1 lime
- 1 teaspoon sesame oil
- 1 teaspoon honey (to taste)
- Fresh bean sprouts

Marinate the chicken in the marinade ingredients for up to 1 hour. Preheat an electric wok or heat a wok on the stove to medium heat and cook the chicken covered until cooked through. Keep warm. Place the vermicelli rice noodles into a bowl, pour over boiling water and let stand for a few minutes to soften. Drain the noodles, then chop and place into a bowl. Add in Chinese cabbage, carrot, shallots and herbs. Toss to combine. Mix the dressing ingredients together, add to the salad bowl and toss to combine. Slice the chicken breast and add to the salad. Top with fresh bean sprouts.

SERVES = 2. EACH SERVE PROVIDES:

<b>1296kJ (309Cal)</b>	<b>39g</b>	<b>5g</b>	<b>22g</b>	<b>6g</b>
Energy	Protein	Fat	Carbs	Fibre

\*From Asian food stores.