



# PREGNANCY SAFE

## *recipe book*

Over 25 recipes that taste great and are filled with pregnancy safe ingredients!



# FISH & LENTIL SALAD

A refreshing & light meal that is perfect for a midweek dinner



## INGREDIENTS

Serves: 4

- 4 x 100g snapper fillets, cut into smaller pieces
- 1 x 420g can brown lentils, rinsed & drained
- 4 cups baby spinach
- ¼ cup currants
- ¼ cup toasted pepitas
- 1 red chilli, seeded and finely diced
- ½ red onion, finely chopped
- ½ cup parsley, chopped
- 1 lemon, rind grated & juiced
- 1 tsp ground cummin
- 2 tsp olive oil

## METHOD

01

Combine the lentils, currants, pepitas, chilli, onion, spinach and lemon rind in a large bowl. Toss to combine.

02

In a small container, place oil, lemon juice and cumin. Place lid on container and shake until well combined. Pour over salad just before serving and toss well to coat.

03

Heat 1 tsp olive oil in a large fry pan over medium heat. Add fish and cook for 2-3 minutes each side or until lightly golden.

04

Serve fish on a bed of lentil salad.

**Per serve:** Energy 1698kJ, Protein 43.4g,  
Fat 10.1g, Saturated fat 1.9g  
Carbohydrate 29.2g, Fibre 9.5g



# SCRAMBLED EGGS

Start your day the right way with this classic breakfast



## INGREDIENTS

Serves: 2

- 4 eggs, whisked
- 1 tsp olive oil
- 1/3 cup milk
- 1/3 cup cheddar cheese, grated
- 1 red capsicum, diced
- 10 cherry tomatoes, halved
- 10 button mushrooms, diced
- Fresh dill
- Salt and pepper
- 4 slices wholegrain bread

## METHOD

01

In a large bowl, combine eggs, milk, cheese and salt and pepper.

02

Heat oil in a large fry pan over medium heat. Add egg mixture to pan.

03

As the eggs begin to set, gently mix the eggs around the pan using a spatula.

04

Then, add the capsicum, tomatoes and mushrooms to the pan. Stir to combine with the eggs.

05

Meanwhile, toast the slices of bread.

06

Once the eggs are cooked thoroughly through, remove from the heat and serve topped on the slices of toast. Garnish with fresh dill.

**Per serve:** Energy 2222kJ, Protein 33.1g,  
Fat 25.4g, Saturated fat 8.6g  
Carbohydrate 34.7g, Fibre 10.9g

# CHICKPEA & PUMPKIN CURRY

A hearty vegetarian dinner packed with delicious flavours



## INGREDIENTS

Serves: 2

- 1/2 onion, diced
- 1 tbsp olive oil
- 1 tbsp curry paste
- 500g pumpkin, chopped into medium cubes
- 1 small zucchini, diced
- 250g canned chickpeas, drained
- 200ml coconut milk
- 1/2 bunch fresh coriander
- 200g chopped tomatoes
- 1/2 cup cooked rice

**Per serve:** Energy 2711kJ, Protein 19.4g,  
Fat 30.8g, Saturated fat 15.2g  
Carbohydrate 64.9g, Fibre 16.2g

## METHOD

01

Heat oil in large saucepan over medium heat. Add onion and cook until tender. Add curry paste and mix till onion is coated. .

02

Add the curry paste and mix to coat the onions. Cook for 1-2 minutes or until aromatic.

03

Pour in coconut milk and stir until combined with paste. Bring to boil and then reduce heat and let simmer for 1-2 minutes.

04

Add pumpkin, zucchini and chopped tomatoes. Let simmer on low heat for 5-10 minutes.

05

Then, add chickpeas and coriander and stir through. Cook for a further 2-4 minutes.

06

Divide rice among bowls and top with curry

# RATATOUILLE

This dish will well & truly help you get on your way to 5 serves of vegetables a day



## INGREDIENTS

Serves: 4

- 1 eggplant, chopped
- 2 zucchinis, chopped
- 1 red capsicum, chopped
- 2 onions, diced
- 2 garlic cloves, finely diced
- 2 x 400g tins of chopped tomatoes
- 1 tsp dried oregano
- 1 tsp dried chilli flakes
- Cracked pepper
- 2 tbsp extra virgin olive oil

## METHOD

01

Heat olive oil in a large saucepan over medium heat.

02

Add onion, eggplant, zucchini, capsicum and garlic. Saute until starting to lightly brown.

03

Add cracked pepper, oregano and chilli flakes. Stir well until all vegetables are coated.

04

Add tins of tomatoes, Stir. Simmer for 20 minutes or until vegetables are tender. Serve and enjoy!

**Per serve:** Energy 909kJ, Protein 6.2g,  
Fat 10.3g, Saturated fat 1.7g  
Carbohydrate 21.6g, Fibre 9.6g



# SALMON & MANGO SALSA

Ensure your diet is full of omega-3 with this tasty recipe



## INGREDIENTS

Serves: 4

- 4 x 150g salmon fillets
- 2 cloves garlic, chopped
- 1 large red chilli, seeded & finely chopped
- 2 kaffir lime leaves, finely diced
- 1 tbsp fish sauce
- 1 tbsp olive oil
- 1 mango, cut into small cubes
- 1 lime, juiced
- 1 avocado, chopped
- 1 red onion, diced
- ½ tbsp coriander, diced

## METHOD

01

Pat dry salmon fillets with paper towel.

02

Combine garlic, ½ red chilli, kaffir lime leaves and fish sauce together in a bowl. Add the salmon and allow to marinate for 1 hour.

03

Meanwhile, place mango, avocado, red onion, remaining ½ chill, lime juice and coriander in a bowl. Toss to combine.

04

Heat oil in a fry pan over medium-high heat. Add salmon fillets and cook for 4-5 minutes. Turn and cook for another 2-3 minutes.

05

Serve salmon topped with salsa & choice of grains.

**Per serve:** Energy 2145kJ, Protein 32.7g,  
Fat 34.4g, Saturated fat 5.1g  
Carbohydrate 14.0g, Fibre 6.2g

# MUESLI SLICE

The perfect on-the-go snack that's nutritious & delicious



## INGREDIENTS

Makes: 8 - 10 bars

- 2 cups rolled oats
- ½ cup dried fruit (e.g. apricots, dates or sultanas)
- ¼ cup mixed nuts (e.g. cashews, almonds, macadamia)
- 1 tbso LSA mix
- 1 x 400g can low fat condensed milk

## METHOD

01

Pre-heat oven to 160C.

02

In a large bowl, combine oats, dried fruit, mixed nuts and LSA mix.

03

Add condensed milk and mix until well combined.

04

Line a baking tray with baking paper. Fill tray with mixture. Press mixture with back of spoon to spread evenly.

05

Cook in oven for 20 minutes or until golden brown. Remove and allow to cool. Cut into slices.

**Per serve:** Energy 1135kJ, Protein 9.4g, Fat 5.1g, Saturated fat 0.9g Carbohydrate 46.1g, Fibre 3.6g

# PRAWN SALAD

A fresh salad that's packed with flavour - what more could you want?



## INGREDIENTS

Serves: 2

- 20 large green prawns, peeled, tails on
- 2 garlic cloves, chopped
- ½ tsp dried fennel seeds
- 1 red chilli, chopped
- ½ tsp smoked paprika
- 1 tsp olive oil
- 3 cups rocket
- ½ cup mint leaves, chopped
- ½ cup basil, chopped
- 2 spring onions, chopped
- 1 lemon, juiced
- 1 tbsp honey

## METHOD

01

Combine prawns, garlic, fennel seeds, chilli, paprika and oil in a large bowl. Mix to coat the prawns well. Cover and marinate for 1-2 hours.

02

Heat a teaspoon of oil in a large fry pan over medium heat. Add prawns and cook for 2-3 minutes each side.

03

Meanwhile, lay rocket, mint and basil on a serving platter, topped with spring onions.

04

Scatter cooked prawns over salad.

05

Combine honey and lemon in a small container and mix. Pour over salad for dressing when ready to serve.

**Per serve:** Energy 1567kJ, Protein 49.3g,  
Fat 10.4g, Saturated fat 3.9g  
Carbohydrate 16.4g, Fibre 7.1g



# VEGETABLE FRITTATA

An easy & healthy midweek meal that won't break the budget!



## INGREDIENTS

Serves: 8

- 1 leek
- 500g bacon, chopped
- 1 red capsicum, chopped
- 12 eggs
- 4 cups milk
- 1 cup wholemeal flour
- 1 tsp baking powder
- 1 zucchini, grated
- 2 cups mushrooms, diced
- 1 cup spinach
- ½ bunch parsley, chopped
- 1 cup cheese, grated

**Per serve:** Energy 1948kJ, Protein 43.2g,  
Fat 21.5g, Saturated fat 9.4g  
Carbohydrate 21.2g, Fibre 5.4g

## METHOD

01

Pre-heat oven to 180C.

02

Heat 1 teaspoon of oil in a large fry pan over medium heat. Add leek and cook for 2-3 minutes.

03

Add bacon and cook for 2-3 minutes. Add capsicum and cook for a further 2 minutes. Remove from heat and set aside.

04

In a large bowl, crack the eggs and whisk. Add milk and whisk to combine. Stir through flour and baking powder.

05

Combine zucchini, mushrooms, spinach and parsley with bacon mixture. Mix to combine.

06

Place mixture into a large baking tray and pour over egg mixture. Top with grated cheese.

07

Bake for 30-40 minutes or until golden. Serve with salad or vegetables.

# OVERNIGHT OATS

A delicious and nutritious breakfast  
when you are on-the-go!



## INGREDIENTS

Serves: 2

- 1 cup rolled oats
- 1 tsp chia seeds
- ½ cup milk
- ½ Greek yoghurt
- 1 tsp vanilla essence
- 1 cup mixed berries
- Optional topping: mixed nuts, coconut flakes or honey

## METHOD

01

In a large bowl, add oats, chia seeds, milk and yoghurt. Mix to combine.

02

Separate mixture into smaller jars or containers. Cover with lid and place in fridge overnight to soak.

03

When ready to serve, top with mixed berries and other desired toppings.

**Per serve:** Energy 1398kJ, Protein 11.5g,  
Fat 13.0g, Saturated fat 7.0g  
Carbohydrate 36.8g, Fibre 7.6g

# SAN CHOY BAU

A quick and easy meal that will treat your taste buds!



## INGREDIENTS

Serves: 4

- 200g pork mince
- 1 tsp olive oil
- 12 large lettuce leaves
- 1 small piece of ginger
- 2 garlic cloves, diced
- ¼ lime, juiced
- 2 shallots, diced
- 1 tbsp salt-reduced soy sauce
- 1 tbsp oyster sauce
- 1 tsp sesame oil
- 1 cup beansprouts
- Fresh coriander leaves, diced
- ¼ cup unsalted peanuts

## METHOD

01

Heat oil in a fry pan over medium heat.

02

Add garlic, ginger and pork. Cook for 4-5 minutes.

03

Pour over soy and oyster sauce. Add shallots, lime juice and sesame oil. Mix to combine and cook for a further 4-5 minutes. Stir through beansprouts.

04

Spoon pork mixture into lettuce leaves. Top with coriander and peanuts.

**Per serve:** Energy 808kJ, Protein 16.4g,  
Fat 12.2g, Saturated fat 3.4g  
Carbohydrate 3.4g, Fibre 2.1g



# CHICKEN & QUINOA SALAD

Quinoa - it might be hard to say, but it's easy to cook!



## INGREDIENTS

Serves: 2

- 2 x 100g chicken breasts
- 1 cup chicken stock
- 1 cup water
- ½ cup uncooked quinoa
- 1 tsp olive oil
- 1 tsp mixed herbs
- 1 red capsicum, chopped
- 1 zucchini, chopped
- 1 red onion, chopped
- 1 eggplant, chopped
- 1 punnet cherry tomatoes
- ½ bunch fresh parsley
- 1 lemon, juiced

## METHOD

01

Cook quinoa according to instructions on packet. Set aside.

02

Pre-heat oven to 180C. Place capsicum, zucchini, red onion, eggplant and tomatoes on a baking tray. Drizzle with oil and mixed herbs. Roast for 20-25 minutes.

03

In a large saucepan, bring to boil chicken stock and water. Add chicken breasts and poach for 15-18 minutes or until cooked through. Once cooked, shred and set aside.

04

In a large bowl, add cooked quinoa, roasted vegetables and shredded chicken. Top with fresh parsley and lemon juice.

**Per serve:** Energy 2148kJ, Protein 43.1g,  
Fat 10.9g, Saturated fat 2.1g  
Carbohydrate 48.6g, Fibre 20.1g

# BERRY SMOOTHIE

Keep cool with this simple but  
delicious smoothie recipe



## INGREDIENTS

Serves: 2

- 2 cups mixed berries, fresh or frozen
- 1 banana, peeled and chopped
- 1 tbsp Greek yoghurt
- ½ cup milk of your choice
- 1 tbsp LSA mix
- 1 tsp chia seeds
- 1 tsp honey

## METHOD

01

Add all ingredients into a blender and blitz until smooth.

02

Divide smoothie into glasses and top with extra berries if desired.

**Per serve:** Energy 759kJ, Protein 5.4g,  
Fat 5.1g, Saturated fat 1.2g  
Carbohydrate 24.6g, Fibre 7.4g

# TOFU PAD THAI

A classic Thai dish made simple from the comfort of your own home



## INGREDIENTS

Serves: 4

- 1 x 250g packet rice noodles
- 1 tbsp olive oil
- 300g firm tofu, drained and cut into cubes
- 2 shallots, thinly diced
- 1 egg, lightly beaten
- 2 garlic cloves, crushed
- 1 small red chilli
- 1 zucchini, thinly sliced
- 1 tbsp fish sauce
- 1 lime, juiced
- 1 cup bean shoots
- ½ cup crushed peanuts, to serve

## METHOD

01

Cook noodles according to instructions on packet. Set aside.

02

Heat oil in a large fry pan over medium heat. Add tofu and cook for 5-6 minutes, turning occasionally, or until golden. Set aside.

03

Add egg into fry pan and lightly scramble for 2-3 minutes. Remove and set aside.

04

Add the shallots, garlic, chilli and zucchini. Stir fry for 2-3 minutes. Add to pan the noodles, tofu, egg and bean shoots. Pour over fish sauce and lime juice. Toss to combine.

05

Divide among bowls and top with crush peanuts.

**Per serve:** Energy 759kJ, Protein 5.4g,  
Fat 5.1g, Saturated fat 1.2g  
Carbohydrate 24.6g, Fibre 7.4g



# TZATZIKI DIP

A refreshing dip that is sure to be a crowd pleaser when entertaining



## INGREDIENTS

Serves: 4

- 2 cups Greek yoghurt
- 2 Lebanese cucumbers, grated
- 1 garlic clove, crushed
- 1 tbsp fresh dill, chopped
- 1 tbs olive oil
- 1 lemon, juiced
- Veggie sticks and pita bread, to serve

## METHOD

01

Remove any excess moisture from cucumbers by squeezing with hands or patting dry with paper towel. Place in a large bowl.

02

Add yoghurt, garlic, dill, oil and lemon juice. Stir until well combined.

03

Serve with your choice of veggie sticks and pita bread.

**Per serve:** Energy 738kJ, Protein 10.5g,  
Fat 7.4g, Saturated fat 2.4g  
Carbohydrate 13.1g, Fibre 4.2g

# MOROCCAN CAULIFLOWER SALAD

Add a bit of spice to make the cauliflower nice!

## INGREDIENTS

Serves: 4

- 1 small cauliflower, cut into smaller florets
- 1 bunch asparagus spears, chopped
- 1 punnet cherry tomatoes, halved
- 1 cup green beans, chopped
- 1 red onion, diced
- 1 tsp olive oil
- 1 tbsp Moroccan spice mix
- ¼ cup almonds, roughly chopped
- 1 tbsp sultanas
- 3 cup spinach
- 1 lemon, juiced

**Per serve:** Energy 601.kJ, Protein 6.9g,  
Fat 5.7g, Saturated fat 0.5g  
Carbohydrate 12.5g, Fibre 7.7g



## METHOD

01

Pre-heat oven to 180C.

02

Place cauliflower on a baking tray. Top with olive oil and Moroccan spice mix. Use hands to ensure cauliflower is coated well. Roast in oven for 20-25 minutes.

03

Meanwhile, heat an extra 1 tsp olive oil in a fry pan over medium heat. Add asparagus, tomatoes, beans and onion. Stir fry for 5-6 minutes. Remove and set aside.

04

In a large bowl, add spinach leaves. Top with vegetables and roasted cauliflower.

05

Dress with sultanas, almonds and lemon juice.

# VEGETABLE SOUP

This easy recipe is perfect for when you need some healthy comfort food!



## INGREDIENTS

Serves: 2

- 1 onion, finely chopped
- 2 carrots, peeled and chopped
- 1 celery stick, chopped
- 2 small leeks, chopped
- 2 garlic cloves, crushed
- 500g butternut pumpkin
- 1 cup button mushrooms, diced
- 1 cup green beans, halved
- 1 x 400g crushed tomatoes
- 1 x 400g tin four bean mix
- 2 cups vegetable stock
- 1 cup water
- ½ tbsp olive oil
- Fresh parsley, to serve

## METHOD

01

Heat oil in a large pot over medium heat. Add onion, carrot, celery, leeks and garlic. Cook for 2-4 minutes or until softened.

02

Add the pumpkin, mushrooms and beans. Cook for 4-5 minutes or until tender.

03

Add stock, water and crushed tomatoes. Stir to combine. Bring to boil.

04

Cover with lid and let simmer for 15-20 minutes.

05

Remove lid and add in four bean mix. Stir to combine. Cook until beans warmed through.

06

Divide among bowls and top with fresh parsley. Serve with warm crusty bread.

**Per serve:** Energy 1988kJ, Protein 23.9g,  
Fat 8.9g, Saturated fat 3.4g  
Carbohydrate 69.3g, Fibre 31.1g



# FISH TACOS

A tasty way to include fish in your weekly diet!



## INGREDIENTS

Serves: 2

- 200 g white fish fillets, cut into strips
- ¼ red cabbage, shredded
- 2 radishes, thinly sliced
- ½ avocado, smashed
- 1 x 400g can sweet corn, drained
- 1 lime, quartered
- 1 x packet flour tortillas
- 1 tbsp olive oil
- ¼ cup plain flour
- ½ tsp cayenne pepper
- Fresh coriander, to serve

## METHOD

01

Heat 1 tsp olive oil in a fry pan over medium heat. Cook corn for 2-3 minutes. Remove and set aside.

02

Add flour and cayenne pepper to a large bowl. Coast the fish strips in the flour mixture. Transfer to plate.

03

Heat the remaining oil in the fry pan. Add the fish and cook for 4-5 minutes each side or until golden and cooked through.

04

In each tortilla, add avocado, corn, cabbage, radish, fish and top with fresh coriander. Squeeze lime over top and serve.

**Per serve:** Energy 3333kJ, Protein 41.6g,  
Fat 26.9g, Saturated fat 8.2g  
Carbohydrate 88.4g, Fibre 14.8g

# SALMON & HONEY SOY VEGETABLES

Dinner will be ready in no time with this quick and easy salmon recipe!



## INGREDIENTS

Serves: 2

- 2 x 100g salmon fillets
- ½ cup uncooked quinoa
- 2 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp crushed garlic
- 2 carrots, chopped
- ½ head of broccoli, cut into florets
- 1 zucchini, chopped
- 1 capsicum, chopped
- 2 tsp olive oil
- Sesame seeds, to serve

## METHOD

01

Pre-heat oven to 180C.

02

Place salmon fillets in a baking tray, drizzle with olive oil and cook for 10 - 15 minutes.

03

Cook quinoa according to instructions on packet.

04

Meanwhile, in a small bowl, mix honey, soy sauce and garlic. Put aside.

05

Steam broccoli, carrots, zucchini and capsicum in a small saucepan until tender.

06

Place cooked quinoa in a bowl and pour sauce over. Mix to coat.

07

Plate quinoa and vegetables, topped with salmon and a sprinkle of sesame seeds.

**Per serve:** Energy 3620kJ, Protein 45.9g,  
Fat 41.7g, Saturated fat 7.6.4g  
Carbohydrate 69.9g, Fibre 17.4g

# GRILLED CHICKEN WRAP

Here is the healthy but tasty lunch time meal you've been looking for!



## INGREDIENTS

Serves: 2

- 2 x wholemeal wraps
- 2x 100g chicken breasts, chopped into smaller cubes
- 1 tsp olive oil
- 2 cups green leafy salad mix, washed
- ½ avocado
- ¼ red onion, thinly sliced
- 1 punnet cherry tomatoes, halved
- 1 cucumber, chopped

## METHOD

01

Heat oil in a fry pan over medium heat. Add chicken and cook for 12-15 minutes and cooked through. Remove from heat and set aside.

02

Divide all salad ingredients evenly and place into the wraps.

03

Add the grilled chicken on top of the salad in wraps. Fold in the sides of the wrap to encase the filling.

**Per serve:** Energy 2564kJ, Protein 46.4g,  
Fat 24.8g, Saturated fat 8.1g  
Carbohydrate 44.3g, Fibre 13.7g



# PESTO PASTA

Try your hand at making a pasta sauce from scratch rather than using a store bought jar!



## INGREDIENTS

Serves: 2

- 1 cup uncooked bow tie pasta
- 1 punnet cherry tomatoes, halved
- 2 cups spinach
- 2 cups fresh basil leaves
- 1 cup parmesan, grated
- ½ cup olive oil
- ½ cup pine nuts
- 1 small garlic clove
- ½ lemon, juiced

## METHOD

01

Cook pasta according to instructions on the packet.

02

Meanwhile, in a food processor, blend the basil, parmesan, pine nuts and garlic until they are of a fine consistency.

03

With the food processors still running on low, gradually add the oil in until well combined.

04

Placed cooked pasta in a large bowl. Add tomatoes, spinach and pesto sauce. Stir to combine. Divide among bowls to serve.

**Per serve:** Energy 5580kJ, Protein 37.9g,  
Fat 108.7g, Saturated fat 22.5g  
Carbohydrate 46.9g, Fibre 10.7g

# TERIYAKI CHICKEN

This easy chicken recipe is sure to be your new favourite!



## INGREDIENTS

Serves: 2

- 4-6 chicken thighs, cut into smaller cubes
- 1 tsp olive oil
- ¼ cup salt reduced soy sauce
- 200ml mirin
- ½ tablespoon brown sugar
- 2 cups green beans
- 1 cup cooked brown rice
- 1 cup green beans

## METHOD

01

Add soy sauce, mirin and brown sugar in a small saucepan and cook over a medium heat, stirring. Once sugar has dissolved and sauce has thickened, remove from heat and place aside.

02

Meanwhile, heat oil in a fry pan over high heat. Add chicken and cook for 8-10 minutes or until just browned.

03

Pour teriyaki sauce over chicken and bring to boil. Stir to ensure all the chicken pieces are evenly coated. Cook for a further 4-6 minutes.

04

Serve chicken on a bed of rice and steamed greens.

**Per serve:** Energy 3968kJ, Protein 74.9g,  
Fat 27.4g, Saturated fat 8.0g  
Carbohydrate 80.0g, Fibre 4.8g

# TOASTED MUESLI

Looking for something to kick start your day? This recipe is sure to hit the spot!



## INGREDIENTS

Serves: 8

- 2 ½ cups rolled oats
- ¾ cup of mixed nuts (almonds, walnuts, cashews, macadamia), roughly chopped
- ¾ cup mixed seeds (sunflower, chia, pumpkin)
- ½ cup shredded coconut
- ½ cup dried fruit (cranberries, sultanas, apricots, dates)
- ¼ tsp cinnamon
- 1 tsp honey

## METHOD

01

Pre-heat oven to 180C. Line a baking tray with baking paper.

02

Place all ingredients in a large bowl and stir to combine.

03

Spread mixture out evenly over the lined baking tray.

04

Cook in oven for 12-15 minutes, shifting mixture occasionally to ensure mixture doesn't burn and cooks evenly.

05

Remove from oven and let cool. Place in an air-tight container. When ready to use, top with Greek yoghurt and berries.

**Per serve:** Energy 1294kJ, Protein 8.7g,  
Fat 19.0g, Saturated fat 5.4g  
Carbohydrate 23.1g, Fibre 7.1g



# BEEF RISSOLES

A few simple ingredients is all it takes to create this recipe!

## INGREDIENTS

Serves: 4

- 500g beef mince
- 1 tsp olive oil
- 1 onion, thinly diced
- 1 carrot, grated
- 1 zucchini, grated
- 1 egg
- ¼ cup breadcrumbs
- 2 tsp mixed herbs
- 2 tsp Worcestershire sauce

## METHOD

01

In a large bowl add mince, onion, carrot, zucchini, egg, breadcrumbs, mixed herbs and Worcestershire sauce.

02

Use hands to mix until all ingredients are combined.

03

Roll mixture into patties and place on a plate. Place in fridge and let set for 10-15 minutes.

04

Heat oil in a large fry pan over medium heat. Cook rissoles for 5 minutes on one side and then flip to cook on the other. Cook until browned on both sides.

05

Remove from heat and serve with your choice of sides.



**Per serve:** Energy 1482kJ, Protein 44.7g,  
Fat 13.0g, Saturated fat 5.0g  
Carbohydrate 12.6g, Fibre 3.9g

# GREEN SMOOTHIE

Load up on your greens with this super tasty smoothie recipe!



## INGREDIENTS

Serves: 3 - 4

- 3 cups spinach
- 3 cups kale
- 1 tsp ginger, peeled
- ½ avocado
- ½ small cucumber
- 1 apple, core removed
- 1 garlic clove, peeled
- 2 tsp pumpkin seeds
- 2 tsp sunflower seeds
- Water, depending on consistency

## METHOD

01

Blend all ingredients together in a food processor, adding water if necessary to get a good consistency.

02

Divide among glasses to serve.

**Per serve:** Energy 457kJ, Protein 5.9g,  
Fat 3.8g, Saturated fat 0.6g  
Carbohydrate 9.7g, Fibre 6.8g

# THAI FISH CAKES

Lunch time is sorted with these delicious fish cakes



## INGREDIENTS

Serves: 2

- 300g white fish (tinned tuna can also work)
- 1 onion, diced
- 1 capsicum, diced
- 5g ginger, crushed
- 1 tbsp coriander, chopped
- 2 eggs
- 1 red chilli, diced
- 3 tbsp wholemeal flour
- 1 tbsp olive oil

Dipping sauce

- 1 tsp sweet chilli sauce
- 2 tsp soy sauce
- 1 lime, juiced
- 2 tsp sesame oil

## METHOD

01

Place the fish, onion, capsicum, ginger, coriander, eggs, chilli and flour into a food processor and blitz until smooth. Remove mixture and form patties.

02

Heat oil in a large fry pan over medium heat. Add patties and cook for 4-5 minutes on each side.

03

Meanwhile, to make dipping sauce, combine sweet chilli sauce, soy sauce, lime juice and sesame oil in a bowl and mix to combine.

04

Serve fish cakes with dipping sauce on the side

**Per serve:** Energy 2186kJ, Protein 50.4g,  
Fat 23.3g, Saturated fat 4.5g  
Carbohydrate 23.3g, Fibre 7.8g



# BEEF MEATBALLS

Covered in a rich tomato sauce, these meatballs are irresistible



## INGREDIENTS

Serves: 4

- 400g beef mince
- 1 onion, diced
- 1 garlic clove, crushed
- 1 tbsp olive oil
- 1 tsp thyme, chopped
- 1 tsp rosemary, chopped
- 1 tsp dried oregano
- 1 tbsp tomato paste
- 1 x 400g tinned tomatoes
- 1 egg, whisked
- 1 tsp basil, roughly chopped

## METHOD

01

In a large bowl add beef mince, onion, garlic, thyme, rosemary, oregano and egg. Mix until combined well.

02

Using your hands, shape the mince into medium sized meatballs.

03

Heat oil in fry pan over medium heat. Place meatball into pan and cook for 4-5 minutes on each side or until browned.

04

Add tinned tomatoes and tomato paste. Stir to ensure all meatballs are covered. Cover with lid and let simmer for 5 minutes.

05

Stir through basil and serve with side salad or steamed vegetables.

**Per serve:** Energy 1248kJ, Protein 35.6g,  
Fat 13.9g, Saturated fat 4.6g  
Carbohydrate 6.0g, Fibre 2.8g

# VEGETABLE FRITTERS

Try this recipe for your a great weekday lunch!



## INGREDIENTS

Makes: 6-8

- 2 carrots, grated
- 1 medium sweet potato, peeled and grated
- 2 zucchinis, grated
- 1 x 125g can corn kernels, drained
- 1 x 125g can chickpeas, drained
- 1 onion, finely diced
- 2 eggs, lightly whisked
- 1/2 cup self raising flour
- 1/2 teaspoon curry powder
- 1/4 cup chopped parsley
- 1 teaspoon olive oil

## METHOD

01

In a large bowl, add grated carrot, sweet potato, zucchini, corn, chickpeas, onion and eggs. Mix slightly.

02

Add flour, curry powder and parsley to bowl and mix until all ingredients are combined.

03

Heat oil in a fry pan over medium heat. Add 3 separate heaped tablespoon of the mixture to the pan and cook each fritter for 5-8 minutes on each side. Repeat with remaining mixture.

04

Serve with a side of garden salad or vegetables.

**Per serve:** Energy 1207kJ, Protein 11.6g,  
Fat 4.9g, Saturated fat 0.9g  
Carbohydrate 43.9g, Fibre 10.4g

# CHICKPEA SALAD

An easy salad recipe that is full of fresh and flavoursome ingredients



## INGREDIENTS

Serves: 2

- 1 tbsp olive oil
- 50g halloumi, chopped
- 1 x 400g can chickpeas, drained and rinsed
- 1 punnet cherry tomatoes, halved
- 1/2 avocado
- 1/2 red onion, thinly sliced
- 1 cucumber, diced
- 1/2 lemon, juiced
- 1 tbsp olive oil
- Fresh parsley, stalks removed

## METHOD

01

Add olive oil to pan and heat for 5 minutes. Add chopped halloumi and cook until light brown.

02

Add all ingredients, except lemon and oil, to a large bowl. Mix to combine.

03

In a small separate container, mix lemon juice and olive oil to make the dressing.

04

Pour dressing over salad and mix to coat all ingredients.

**Per serve:** Energy 1682kJ, Protein 19.9g,  
Fat 15.8g, Saturated fat 5.4g  
Carbohydrate 32.9g, Fibre 19.4g



# BANANA MUFFINS

A sweet treat that is perfect for an afternoon snack!



## INGREDIENTS

Makes: 12

- 2 ripe bananas, mashed
- 1 egg, whisked
- ½ cup milk
- 1 tbsp honey
- 3 cups wholemeal self-raising flour
- ½ teaspoon cinnamon
- ½ teaspoon baking powder
- ½ walnuts, chopped

## METHOD

- 01** Pre-heat oven to 180C. Grease a muffin tray or line with patty pans
- 02** In a large bowl, place flour, cinnamon and baking powder.
- 03** In a separate bowl, mix together mashed bananas, egg, milk and honey until well combined.
- 04** Add wet ingredients into the dry ingredients and stir until combined and smooth.
- 05** Add walnuts and gently fold through.
- 06** Using a tablespoon, divide mixture into the muffin tray. Bake in oven for 12-15 minutes or until cooked through and golden.
- 07** Allow to cool slightly before serving.

**Per muffin:** Energy 806kJ, Protein 5.9g,  
Fat 5.5g, Saturated fat 0.8g  
Carbohydrate 27.g, Fibre 3.9g