

# Fresh DEALS

**GREAT TASTING IDEAS!**

## KIDZ

### MEAL DEALZ

Let the kids cook for a change! It's a great way to teach them about healthy eating, and you'll love the extra family time together!



## FREE! SOFT DRINK

The greatest thirst quencher on Earth comes straight from the tap. Water is ready to go anytime, anywhere, so grab a cold glass today!



## SPEED SNACK

Looking for a quick and delicious snack? Cut up some fruit and vegetables for a crunchy, energising treat!



## Tastebud *sensation*

In-season fruit is the best way to make sure it tastes great. See the Livelighter website for more information on getting fruity at home!



## FAMILY BANQUET BOX

Feed a family of 4 for just \$15! See reverse for a simple, healthy burger recipe. Better tasting and better for them!



## Party STARTER

Eating in can be just as fun as eating out, plus it can save you a packet. So next time, kick the night off with a home-cooked meal.



## SHAKE IT UP!

Shake things up a bit! Add fruit slices and herbs to still or sparkling water for a refreshing drink with a twist!



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# better Burgers

FEED 4  
FOR  
\$15.00

**Preparation time: 15 minutes**

**Cooking time: 10 minutes**

**Serves: 4**

## Pattie Ingredients

- 400g chicken or lean beef mince
- 100g mushrooms, finely chopped
- 1 stick celery, finely chopped
- 1 onion, finely chopped
- 1 teaspoon dried mixed herbs
- 1 egg
- 2 teaspoons reduced-salt soy sauce
- 2 slices bread (or breadcrumbs)
- Olive or canola oil spray

## To serve

- 4 wholemeal rolls
- 4 lettuce leaves, shredded
- 2 tomatoes, sliced
- ½ cucumber, sliced
- Sweet chilli sauce

1. Use a grater to grate the bread into breadcrumbs.
2. Finely chop the mushrooms, celery and onion. Use a food processor if you have one.
3. Place mince, chopped vegetables and egg in a large bowl and mix. Add enough bread crumbs to make a soft texture that holds together.
4. Divide mixture into four and shape into round patties slightly larger than the width of the rolls.
5. Spray a non-stick pan with oil and cook for 4–5 minutes on each side until brown and cooked through.
6. Serve on a roll spread with sweet chilli sauce with the lettuce, tomato and cucumber slices.

2½ serves  
of vegies  
per burger!

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