

FAMILY FAVOURITES

WEEKLY DINNER PLAN



PIZZA AND SALAD

Pizza with 2 ingredient base. Too easy!

Make miniature versions and everyone can customise their own pizza with their favourite toppings. Serve with a side salad, just in case not everyone's pizza ends up overflowing with vegetables!

MONDAY



GRILLED SALMON WITH BROWN RICE SALAD

Aim for a few fish meals every week. This is a ripper!

Hot tip: make double the quantity of rice salad and take it for lunch tomorrow with a boiled egg or small can of tuna.

TUESDAY



BURRITOS

This Mexican mince is so versatile!

Have it as burritos tonight, and in toasties or as nachos tomorrow!

WEDNESDAY



CHICKPEA CURRY

Curry in a hurry!

This is a great recipe to use up any vegies that are looking a little sad. Adjust the spice to your family's liking.

THURSDAY



OVEN BAKED FISH WITH SWEET POTATO WEDGES

Friday night fish and chips anyone?

This fast and fresh version is on the table in 30 minutes.

FRIDAY

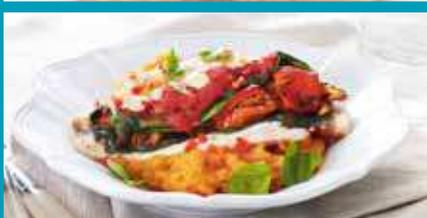


CHICKEN BURGERS

This recipe feeds 4 people for about \$12 – who says takeaway is cheaper?

These chicken burgers also have about half the fat and double the vegies compared to a fast food hamburger.

SATURDAY



BAKED CHICKEN PARMA WITH SWEET POTATO MASH

This is one of our most popular recipes.

Super tasty, with loads more vegies than a pub parma.

SUNDAY

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PIZZA AND SALAD

Serves: 2-4

Preparation time: 5 minutes **Cook time:** 15 minutes

Ingredients

- 1 cup self-raising flour
- 1 cup Greek or natural yoghurt
- Olive or canola oil spray

Pizza Toppers

Tropical

- Pineapple pieces
- No-added-salt tomato paste
- Mushrooms, sliced
- Low-fat grated cheese
- Tomato, diced

Vegetarian

- Onion, thinly sliced
- Champignons (mushrooms), sliced
- Low-fat grated cheese
- Capsicum, sliced
- Spinach leaves

Method

1. Preheat oven to 200°C (180°C fan forced).
2. In a bowl, combine the flour and yoghurt and bring together to form a ball.
3. Add more flour if it's too sticky, until you get a soft dough.
4. Turn out onto a floured board to knead and roll.
5. Knead for 5-8 minutes.
6. Roll into a pizza shape and place on a lightly oiled oven tray.
7. Prick the dough all over with a fork.
8. Cook pizza dough in oven for 8-10 minutes.
9. Remove cooked dough from oven and add your selection of toppings.
10. Return pizza to oven and cook for an additional 10 minutes or until toppings are cooked through.

Not quite right for your family?

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COWBOYS' (OR GIRLS') PIZZA



QUICK CHICKEN PIZZA

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GRILLED SALMON

with brown rice salad

Serves: 4

Preparation time: 15 minutes Cook time: 10 minutes

Ingredients

- 2 cups cooked brown rice (from 1 cup uncooked rice)
- 6 spring onions
- 1 medium yellow capsicum
- ½ cup currants
- Olive or canola oil spray
- ½ cup unsalted roasted cashews
- 2 tsp balsamic vinegar
- 1 tsp sesame oil
- 1 medium red capsicum
- ½ cup parsley
- 4 x 100 g salmon fillets
- 1 bunch bok choy
- 1 tbs reduced-salt soy sauce
- 2 tsp honey
- Juice of ½ lemon

Method

1. In a large bowl, mix together cooked rice, spring onions, capsicums, parsley and currants.
2. To make dressing, combine soy sauce, vinegar, honey, sesame oil and lemon juice in a cup. Pour over salad and stir through well.
3. Place a metal steamer into a large saucepan with a few centimetres of water. Add bok choy and bring to the boil. Steam with lid on for 3 minutes or until tender.
4. Meanwhile heat a griddle, barbeque grill or large non-stick frypan on high. Lightly spray each side of salmon with oil, season with pepper. Reduce heat to medium and cook salmon for 3 minutes each side until golden brown and just cooked.
5. Top rice salad with cashews then spoon onto serving plates.
6. Add bok choy and salmon fillets; serve immediately.

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with brown rice salad
TERRIYAKI CHICKEN DRUMSTICKS



ITALIAN PASTA SALAD

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BURRITOS

Serves: 6

Preparation time: 10 minutes Cook time: 20 minutes

Ingredients

- 1 tsp canola oil
- 1 onion, chopped
- 3 cloves garlic, finely diced
- 250 g beef mince
- 1 medium zucchini
- 2 medium carrots
- 400 g can no-added-salt red kidney beans
- 400 g can no-added-salt diced tomatoes
- 1 tbs sweet chilli sauce
- 2 tbs paprika
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tbs chilli flakes, optional
- Tortillas or other wraps
- Fresh salsa eg. chopped tomato, corn, cucumber and fresh coriander
- Plain yoghurt and grated cheese (optional)

Method

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, till onions are clear and meat is browned.
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally.
3. To serve, roll up the Mexican mince in a tortilla with fresh salsa and any other salad you like. Add plain yoghurt and grated cheese if you like.

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CHICKPEA CURRY

Serves: 4

Preparation time: 10 minutes Cook time: 20 minutes

Ingredients

- 1 tsp canola oil
- 1 onion, chopped
- 3 cloves garlic, finely diced
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tbs curry powder
- 400 g can no-added-salt chickpeas
- ½ zucchini, chopped
- 3 carrots, chopped
- 1 cup frozen green beans
- 400 g can no-added-salt diced tomatoes
- 165 g can reduced-fat coconut milk
- 4 cups steamed rice (from 2 cups uncooked rice)

Method

1. Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes.
2. Add the rest of the ingredients and simmer with the lid off for 15-20 minutes.
3. Serve with rice.

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CREAMY VEGIE CURRY



POTATO AND PEA CURRY



VEGIE CURRY



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OVEN BAKED FISH with sweet potato wedges

Serves: 4

Preparation time: 5 minutes Cook time: 25 minutes

Ingredients

- 1 kg sweet potato
- Olive or canola oil spray
- $\frac{3}{4}$ cup breadcrumbs
- 1 tbs Parmesan cheese
- $\frac{1}{4}$ cup basil leaves, chopped
- 1 egg, beaten
- 4 x 120 g firm white fish fillets
- Garden salad and lemon wedges, to serve

Method

1. Preheat oven to 230°C (210°C fan-forced) and line 2 baking trays with non-stick baking paper.
2. Spread potatoes in a single layer on a tray, spray liberally with oil and bake for 15 minutes on top shelf of the oven.
3. Combine breadcrumbs, cheese and basil in a shallow dish. Fill a separate shallow bowl with beaten egg. Dip fish in beaten egg, shake off excess so it is damp but not wet. Add fish to breadcrumb mixture, turning to make sure it is well coated and gently press on crumbs. Spray liberally with oil. Arrange on the second baking tray and place in oven underneath wedges.
4. Turn wedges over and bake both for 10 minutes until fish is golden and cooked through and wedges are crisp.
5. Divide between plates and serve with salad and lemon on the side.

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BAKED TOMATO RICE



CREAMY PASTA



with crunchy salad
THAI FISH CAKES

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CHICKEN BURGERS

Serves: 6

Preparation time: 15 minutes Cook time: 10 minutes

Ingredients

- 500 g chicken mince
- 100 g mushrooms
- 1 stick celery
- 1 brown onion
- 1 sprig parsley
- 1 egg
- 2 tsp reduced-salt soy sauce
- ½ – 1 cup breadcrumbs
- A little flour to shape patties
- Olive or canola oil spray
- 6 wholemeal or wholegrain rolls
- 3 lettuce leaves
- 1 tomato, sliced
- ½ cucumber
- Sweet chilli sauce (optional)

Method

1. Place mince in a large bowl and process pattie ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture.
2. Divide mixture into six and shape with a little flour to round patties larger than the width of the rolls.
3. Spray a non-stick pan with oil and cook for 4-5 minutes on each side until brown and cooked through.
4. Serve on a roll with lettuce, tomato and cucumber slices.

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TASTY TOFU BURGERS



BEAN BALLS



SAUSAGE BURGER

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with sweet
potato mash

BAKED CHICKEN PARMA

Serves: 6

Preparation time: 15 minutes Cook time: 10 minutes

Ingredients

- 20 basil leaves
- 2 cups baby spinach leaves
- ¼ – ½ cup low-fat milk
- Basil leaves, extra, to serve
- ½ red chilli, chopped (optional)
- 400 g can no-added-salt diced tomatoes with basil, onion and garlic
- 2 small skinless chicken breasts, fat trimmed
- 270 g jar 97% fat free sundried tomatoes, drained
- 270 g jar char-grilled capsicum or roasted pepper strips, drained
- 1 cup reduced-fat mozzarella cheese
- 800 g sweet potato, peeled and cut into 1½cm dice

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spread ¼ cup diced tomato in the base of a large ovenproof dish.
3. Halve each chicken breast lengthways to form 4 thin breast steaks. Using a rolling pin, pound steaks between 2 sheets of plastic wrap to 5mm thickness. Arrange chicken on tomatoes in pan base; layer each with basil leaves, sundried tomatoes pieces 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. Place sweet potato in a steaming basket over a medium saucepan of boiling water; steam for 10-15 minutes or until tender. Discard water and return potato to the hot dry saucepan. Add ¼ cup milk and mash with a potato masher until smooth, adding additional milk if required for desired consistency.
5. Divide sweet potato and chicken between serving plates, sprinkle with basil.
6. Serve with fresh chilli for extra heat.

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with coleslaw
CHICKEN SCHNITZEL



HAWAIIAN CHICKEN ROLL

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FAMILY FAVOURITES

SHOPPING LIST

Pantry

- Olive or canola oil spray
- 1 cup self-raising flour
- 1 $\frac{3}{4}$ cup breadcrumbs
- 3 cups rice
- $\frac{1}{2}$ cup currants
- $\frac{1}{2}$ cup unsalted roasted cashews
- Tomato paste, sauce or passata (for pizza base)
- 2 x 400 g can no-added-salt diced tomatoes (one with basil, onion and garlic)
- 165 g can reduced-fat coconut milk
- 270 g jar 97% fat free sundried tomatoes
- 270 g jar char-grilled capsicum or roasted pepper strips
- 400 g can no-added-salt red kidney beans
- 400 g can no-added-salt diced tomatoes
- 400 g can no-added-salt chickpeas
- 2 tbs ground cumin
- 2 tbs ground coriander
- 1 tbs curry powder
- 2 tbs paprika
- 1 tbs chilli flakes, optional
- $\frac{1}{2}$ tbs reduced-salt soy sauce
- 2 tsp balsamic vinegar
- 2 tsp honey
- 1 tsp sesame oil
- $\frac{1}{2}$ cup sweet chilli sauce

Dairy and eggs

- 1 cup Greek/natural/plain yoghurt
- 2 cup reduced-fat mozzarella cheese
- 1 tbs Parmesan cheese
- $\frac{1}{2}$ cup low-fat milk
- 2 eggs

Meat, chicken and fish

- 2 small skinless chicken breasts, fat trimmed
- 500 g chicken mince
- 4 x 100 g salmon fillets
- 4 x 120 g firm white fish fillets
- 250 g beef mince

Fresh fruit and vegetables

- 6 spring onions
- 6 cloves garlic
- 3 onions
- 1.8 kg sweet potato
- 2 capsicums (one red, one yellow)
- 1 bunch bok choy
- 100 g mushrooms
- 1 tomato, sliced
- $\frac{1}{2}$ cucumber, sliced
- 1 stick celery
- $1\frac{1}{2}$ zucchini
- 5 carrots
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ red chilli (optional)
- $\frac{1}{2}$ cup basil leaves, chopped
- $\frac{1}{2}$ cup parsley
- 3 lettuce leaves, shredded
- 2 cups baby spinach leaves
- Favourite pizza toppings eg. capsicum, mushrooms, tomatoes, pineapple etc.
- Side salad for pizza
- Salsa for burritos eg. tomato, onion, cucumber and fresh coriander
- Garden salad and lemon wedges, to serve with fish and chips

Frozen

- 1 cup frozen green beans

Bakery

- 6 wholemeal or wholegrain rolls
- Tortilla or other wraps for burritos

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