

# FAST FAMILY FEEDS

## WEEKLY DINNER PLAN



Dinner on the table in around 30 minutes



### CHEESY POTATO FRITTATA

Knock up a salad while the frittata is in the oven and you'll have dinner on the table in no time.

MONDAY



### MICROWAVE RISOTTO

Buy a BBQ chicken today, and get two quick family dinners out of it.

TUESDAY



### HAWAIIAN CHICKEN ROLL

A lot cheaper and healthier than your average takeaway chicken burger!

WEDNESDAY



### NACHOS

This Mexican mince is really versatile and freezes well.

THURSDAY



### OVEN BAKED FISH WITH SWEET POTATO WEDGES

Friday night fish and chips anyone?

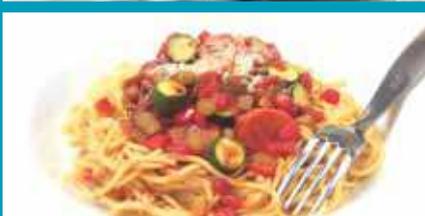
FRIDAY



### BASIL BEAN AND BEEF STIR FRY

Use frozen broccoli and beans to make this tasty dish even speedier.

SATURDAY



### FAST VEGIE SPAGHETTI

The sauce should be cooked by the time the pasta is ready – too easy!

SUNDAY

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# CHEESY POTATO FRITTATA

Serves: 6

Preparation time: 10 minutes Cook time: 25 minutes

## Ingredients

- 4 potatoes, sliced
- 8 eggs
- ¼ cup low-fat milk
- 1 cup low-fat cheese, grated
- Freshly ground or cracked black pepper
- Olive or canola oil spray
- 2 onions, thinly sliced
- 1 clove garlic, crushed
- Garden salad

## Method

1. Preheat oven to 200°C (180°C fan forced).
2. Cook the potato slices in the microwave on high for 5 minutes, or boil until just tender.
3. Beat eggs and milk in a large bowl.
4. Add cheese and pepper.
5. Spray an oven-proof frying pan with oil.
6. Cook onion and garlic over low heat, stirring, for 5-6 minutes until soft.
7. Remove and add to the egg mixture, along with the potato.
8. Wipe pan clean, spray with oil and return to low heat..
9. Pour frittata mixture into pan. Gently pull away from sides of the pan using a blunt knife, allowing uncooked egg to run to edges.
10. Once cooked around the outside (about 2-3 minutes), transfer pan to the oven and bake for 15 minutes until set.
11. Turn out and cool. Serve with a side salad.



## Healthy tip!

Have a side of salad or vegies instead of a second serve.

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# MICROWAVE RISOTTO

Serves: 4

Preparation time: 10 minutes Cook time: 25 minutes

## Ingredients

- 1 brown onion, chopped
- 2 tsp olive oil
- 1 cup Arborio rice
- 2½ cups chicken or vegetable stock
- 1 cup reduced-salt corn kernels, fresh or canned
- 1 cup frozen peas
- 1 cup skinless chicken breast, cooked, diced
- 1 tbs Parmesan cheese, grated

## Method

1. Combine onion and oil in a microwave-safe container. Microwave on HIGH (100%) for 3 minutes.
2. Add rice and stock, and microwave, covered, for 12 minutes on HIGH (100%). Stir well then add corn, peas and chicken.
3. Cover and microwave on HIGH (100%) for 8 minutes.
4. Allow to stand for 2 minutes.
5. Stir and sprinkle with cheese.



### Healthy tip!

Watch your portion sizes.

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### Variation:

Substitute 2 cups cooked, cubed butternut pumpkin for corn.

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# HAWAIIAN CHICKEN ROLL

Serves: 4

Preparation time: 10 minutes Cook time: 0 minutes

## Ingredients

- 4 wholemeal or wholegrain rolls
- 400 g skinless chicken breast, cooked, shredded
- 4 pineapple rings
- 4 small tomatoes, sliced
- 4 medium iceberg lettuce leaves, roughly torn
- 4 tbs low-fat mayonnaise

## Method

1. Cut bread roll in half.
2. Over the base, add chicken slices, pineapple, tomato and lettuce leaf.
3. Spread mayonnaise over bread top and sandwich together with the base.



### Healthy tip!

Use mustard instead of mayonnaise to add extra flavour!

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# NACHOS

Serves: 6

Preparation time: 10 minutes Cook time: 20 minutes

## Ingredients

- 1 tsp canola oil
- 3 cloves garlic, finely chopped
- 1 medium zucchini, grated
- 1 tbs sweet chilli sauce
- 1 tbs ground cumin
- 1 tbs chilli flakes, optional
- Sprinkle of low fat cheese
- Spring onions, optional
- 400 g can no-added-salt red kidney beans, drained and rinsed
- 400 g can no-added-salt diced tomatoes
- 1 onion, chopped
- 250 g beef mince
- 2 medium carrots, grated
- 2 tbs paprika
- 1 tbs ground coriander
- 4 tortillas or wraps
- Spoonful of plain yoghurt

## Method

1. Preheat the oven to 180° C.
2. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, until onions are clear and meat is browned.
3. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally.
4. Use scissors to cut up a tortilla or flat bread into triangle shapes. Cook in the oven (10 minutes at 180° C) or in a sandwich press until golden and crunchy.
5. Top the crispy triangles with a spoonful of Mexican mince, a sprinkle of reduced-fat cheese and a spoonful of low-fat natural yoghurt. Add spring onions and chilli flakes for extra spice.



### Healthy tip!

Enjoy some quality time together at the dinner table and switch off all other distractions.

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### Idea!

Double the recipe and freeze individual portions for an easy dinner another day!

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FRIDAY

# 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.



## Healthy tip!

Flavour your meals with chilli, lemon and or herbs instead of salt and/or butter.

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SATURDAY

# BASIL BEEF & BEAN STIR-FRY

Serves: 4

Preparation time: 5 minutes Cook time: 25 minutes

## Ingredients

- 2 cloves garlic, crushed
- 2 tsp ginger, grated
- 1 tbs reduced-salt soy sauce
- Freshly ground or cracked black pepper
- 400 g lean beef steak, 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
- ½ 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. Serve with steamed rice.



## Healthy tip!

Choose leaner cuts of meat and cut all visible fat off meat before cooking.

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## Variation:

Instead of beef, try lean pork, skinless chicken breasts, kangaroo steak or tofu.

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# FAST VEGIE SPAGHETTI

Serves: 6

Preparation time: 10 minutes Cook time: 15 minutes

## Ingredients

- 500 g spaghetti or other pasta
- 2 tsp olive oil
- 1 small brown onion, thinly sliced
- 1 small carrot, thinly sliced
- 1 stick celery, thinly sliced
- ½ capsicum, seeded and diced
- 1 small zucchini, cut into 2-3cm pieces
- 570 g tomato based pasta sauce
- ¼ cup Parmesan cheese, grated
- Side salad

## Method

1. Cook pasta according to packet directions and drain.
2. Heat oil in a saucepan, add onion and cook until soft.
3. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes.
4. Add pasta sauce to vegetables and heat through.
5. Remove from heat and serve over pasta. Sprinkle with cheese.
6. Serve with side salad.



### Healthy tip!

Choose plain water or soda water instead of a sugary drink.

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### Variation:

Use up the left over vegetables in your fridge instead of the ones listed!

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# FAST FAMILY FEEDS

## SHOPPING LIST

### Pantry

- 1 cup Arborio rice
- 2 cups rice (eg. Basmati)
- 500 g spaghetti or other pasta
- $\frac{3}{4}$  cup breadcrumbs
- 570 g tomato based pasta sauce
- $2\frac{1}{2}$  cups chicken or vegetable stock
- 1 cup reduced-salt corn kernels, fresh or canned
- 410 g can baby corn spears, drained
- 4 rings pineapple
- Olive or canola oil spray
- 4 tsp olive oil
- pepper
- 4 tbs low-fat mayonnaise
- 2 tbs reduced-salt soy sauce
- 2 tbs oyster sauce

### Dairy and eggs

- 9 eggs
- $\frac{1}{4}$  cup low-fat milk
- 5 tbs Parmesan cheese, grated
- 1 cup low-fat cheese, grated
- Low fat plain yoghurt (to top nachos)

### Meat, chicken and fish

- 4 x 120 g firm white fish fillets
- 400 g lean beef steak, trimmed of fat, thinly sliced
- 1 BBQ chicken

### Fresh fruit and vegetables

- 4 potatoes, sliced
- 1 kg sweet potato
- 4 onions, thinly sliced
- 3 clove garlic, crushed
- 2 tsp ginger, grated
- $\frac{3}{4}$  cup basil leaves
- 4 small tomato, sliced
- 4 medium iceberg lettuce leaf, roughly torn
- Lemon wedges
- 1 carrot
- 1 stick celery
- $\frac{1}{2}$  capsicum, seeded and diced
- 1 small zucchini, cut into 2-3cm pieces
- Enough salad vegies to (eg. Tomato, lettuce, carrot, cucumber etc) to make 3 side salads

### Frozen

- 200 g green beans (fresh is good too)
- 1 broccoli, cut into florets (fresh is good too)
- 1 cup frozen peas

### Bakery

- 4 wholemeal or wholegrain rolls
- 4 tortillas or wraps

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