

LIVELIGHTER

EVERYDAY MEALS



LIVELIGHTER
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Partner:



Government of **Western Australia**
Department of **Health**



To help you LiveLighter[®], we've created a range of delicious and healthy recipes.

For breakfast, lunch or dinner – or if you're looking for a healthy snack – our LiveLighter[®] recipes are for you!

You can find even more recipes on our website. Just visit **livelighter.com.au**

What is a serve?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



½ cup cooked
vegetable or cooked
legume

½ medium
potato

1 cup salad
vegetables

Breakfast

- Coco-mango chia pudding **4**
- Toasted breakfast bars **5**
- Pea smash **6**

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COCO-MANGO CHIA

5
ingredient

PUDDING



Preparation time: 5 minutes

Cooking time: 2+ hours to set

Serves: 4

Ingredients

- ▲ 1 tablespoon maple syrup or golden syrup
- ▲ 1½ cups unsweetened UHT coconut milk
- ▲ ⅓ cup (50g) chia seeds
- ▲ 2 teaspoons desiccated coconut
- ▲ 1 mango, peeled, seed removed, diced

Method

1. Place maple syrup in a 500mL capacity jar or container with a sealed lid, pour in some of the milk and shake to dissolve the syrup.
2. Add remaining milk, chia seeds and half the coconut. Shake and pour into 4 small serving glasses. Cover and refrigerate for at least 2 hours or overnight.
3. Serve chilled, topped with diced mango and sprinkled with remaining coconut.

Hint

Unsweetened UHT coconut milk can be found in the same section of the supermarket as UHT soy milk.

Puddings are best made 4 to 8 hours before serving.

Variation

Include 2 teaspoons cocoa with chia seeds for a chocolatey taste. Top with frozen berries.

This recipe works with any milk or milk alternative (e.g. soy or almond milk).

Replace mango with any fruit you like. Sliced bananas, tinned peaches and berries work well.

For chai flavoured puddings, add a teaspoon of ground cinnamon plus a pinch of cardamom and cloves.

5
ingredient

TOASTED BREAKFAST BARS

Ingredients

- ▲ 2 large (300g peeled) ripe bananas
- ▲ 1 teaspoon vanilla extract
- ▲ 1 teaspoon ground cinnamon
- ▲ 1½ cups natural muesli (untoasted)
- ▲ ¾ cup Allbran™ or bran sticks

Method

1. Preheat oven to 180°C (160°C fan forced). Line base and sides of a 20 x 20cm cake tin with baking paper.
2. Mash bananas and vanilla in a medium bowl with a fork. Add remaining ingredients and mix until well combined.
3. Spoon mixture into prepared tin, smoothing the surface to an even thickness. Bake for 20 minutes until golden, remove from oven and allow to cool in tin for 5 minutes. Cut into 8 pieces then return to the oven and bake for a further 20 minutes to crisp up. Once cool to touch, allow bars to cool completely on a wire rack.
4. Before serving, place in a toaster to reheat and make crispy.

Hint

This recipe works best with very ripe bananas.

Once completely cooled, refrigerate in an airtight container and keep for up to 3 days. These bars also freeze well.

Variations

Replace muesli with 1 cup rolled oats and ⅓ cup dried fruit such as cranberries, currants, sultanas or chopped dates, figs or apricots.

Include a tablespoon of chia seeds or chopped nuts.

Vary the flavour with a teaspoon of almond essence.

Preparation time: 5 minutes

Cooking time: 45 minutes

Serves: 8 bars



Breakfast

PEA SMASH

ready in
30 min
or less

Ingredients

- ▲ ½ lemon
- ▲ 2 cups frozen peas, defrosted
- ▲ ¼ cup (50g) reduced-fat feta
- ▲ 2 tablespoons fresh mint, shredded
- ▲ 1 clove garlic, peeled and chopped
- ▲ Black pepper, to taste
- ▲ 4 slices grainy toast
- ▲ 4 eggs, cooked to your liking
- ▲ Chilli flakes or hot sauce (optional)

Method

1. Get about ½ a teaspoon of zest and 2 teaspoons of juice from the lemon.
2. Use a fork or food processor to smash together the peas, feta, mint, chopped garlic, lemon and pepper. Taste, and add more pepper and lemon as needed.
3. Serve pea smash on toast, topped with a cooked egg and chilli flakes, if desired.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

Hint

The pea smash also makes a delicious dip or accompaniment to grilled fish.

Variation

Rub the toast with a cut piece of garlic as soon as it comes out of the toaster for an extra garlic flavour.



JAPANESE SESAME TUNA

RICE BOWL

ready in
30 min
or less

3
serves
of veg in
every
portion

Preparation time: 10 minutes

Cooking time: 2 minutes

Serves: 4

Ingredients

Dressing

- ▲ ¼ cup hulled tahini
- ▲ ¼ cup water
- ▲ 1 teaspoon honey
- ▲ 3 teaspoons reduced-salt soy sauce
- ▲ 1 clove garlic, crushed
- ▲ Ground black pepper

Salad

- ▲ 425g can tuna in springwater, drained, flaked
- ▲ 2 x 250g pouch microwavable brown rice
- ▲ 1 carrot, peeled into ribbons
- ▲ 200g snow peas, sliced lengthways
- ▲ 2 Lebanese or ½ continental cucumber, sliced diagonally
- ▲ 4 radishes, thinly sliced
- ▲ 1 avocado, stoned, peeled, sliced lengthways
- ▲ 1 tablespoon sesame seeds
- ▲ 2 spring onions, including green tops, sliced diagonally
- ▲ Pickled ginger (optional)

Method

1. To make dressing, combine tahini, water, honey, soy, garlic and pepper to taste. Mix half the dressing into the drained tuna.
2. Microwave rice according to packet instructions then divide among serving bowls.
3. Top each bowl with carrot, snow peas, cucumber, radish, avocado and tuna placed neatly around the bowl in its own area.
4. Drizzle over remaining dressing, sprinkle with sesame seeds and garnish with spring onions and pickled ginger (if using). Best served while rice is warm.

Hint

To enhance their flavour, toast sesame seeds in a dry non-stick pan for 1–2 minutes until golden.

For a quick lunch, pre-prepare the dressing and salad ingredients then assemble on microwaved rice.

Variation

Replace rice with cooked quinoa, barley or wholemeal couscous, or other wholegrain.

Substitute tuna with tinned salmon or 400g cooked tuna, salmon, prawns, skinless chicken, lean beef or tofu.

WALNUT LENTIL SALAD

ready in
30 min
or less

Ingredients

- ▲ 400g can no-added-salt brown lentils, drained and rinsed
- ▲ ½ clove garlic, chopped
- ▲ 2 spring onions (including green tops), sliced
- ▲ 1 bunch English spinach leaves, shredded
- ▲ 150g reduced-fat feta cheese, crumbled
- ▲ 1 punnet cherry tomatoes, halved
- ▲ 2 tablespoons walnuts, chopped
- ▲ ½ cup low-fat Italian salad dressing

Method

1. Combine lentils, garlic, onion, spinach and feta in a mixing bowl.
2. Add tomatoes, walnuts and dressing.

Variation

Use 250g cooked green beans instead of spinach.

Replace canned lentils with 1 ½ cups cooked lentils. Always rinse lentils and pick out stones before cooking. Cook according to packet instructions. Be careful not to overcook as they will go mushy.

Preparation time: 10 minutes

Serves: 6



QUICK PESTO PASTA SALAD

ready in
30 min
or less

5
ingredient



Ingredients

- ▲ 250g high-fibre penne or spiral pasta
- ▲ 3 tablespoons store-bought basil pesto
- ▲ 2 x 250g punnet cherry tomatoes, halved
- ▲ 400g can artichokes, drained, quartered
- ▲ 2 cups rocket leaves

Method

1. Bring a medium-sized saucepan of water to the boil, add pasta and cook for 10–12 minutes or according to packet instructions.
2. Drain well and add to serving bowl and mix through pesto while pasta is warm.
3. Add remaining salad ingredients, toss until well combined. Serve immediately or enjoy cold the next day.

Variation

Replace rocket with baby spinach leaves.

Serve with a source of protein to make a complete meal e.g. cooked chicken, fresh or tinned fish, white beans, bocconcini or nuts.

Other Mediterranean ingredients that work well in this salad include chargrilled eggplant, roast capsicum, sundried tomatoes, olives and shredded basil.

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 4

GREEN PEA SOUP

ready in
30 min
or less

5
ingredient

Ingredients

- ▲ Olive or canola oil spray
- ▲ 3 onions, roughly chopped
- ▲ 2 cloves garlic, chopped
- ▲ 750mL salt-reduced chicken stock plus 250mL water
- ▲ 500g frozen peas
- ▲ ½ cup mint leaves
- ▲ Ground black pepper, to serve
- ▲ Natural yoghurt, to serve
- ▲ Grainy bread or rolls, to serve

Method

1. Heat a large pot and spray with oil. Add onion and cook for 5 minutes over medium-high heat, stirring often until softened but not browned.
2. Stir in garlic, cook for 1 minute then add stock and water and bring to the boil. Simmer for 2 minutes then add peas and mint.

3. Bring back to the boil and simmer, covered, for a further 2 minutes, ensuring peas remain bright green.
4. Remove from heat and puree with a stick mixer or in batches in a food processor or blender until smooth.
5. Ladle soup into bowls, season with pepper and serve immediately with a swirl of yoghurt, mint leaf garnish and bread.

Hint

This recipe requires a food processor, stick mixer or blender to get a nice smooth texture.

To use as an appetiser, canape or palate cleanser, serve soup chilled in shot glasses with a small dollop of yoghurt and mint leaf garnish.

Variation

Substitute a sliced leek for onions.



Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 4

ready in
30 min
or less

LOADED MUSHROOM

BURGER

Ingredients

- ▲ Olive or canola oil spray
- ▲ 1 red onion
- ▲ 4 large flat, field or Portobello mushrooms
- ▲ Ground black pepper
- ▲ 4 slices reduced-fat cheese
- ▲ 4 eggs
- ▲ 4 round wholegrain or sourdough rolls
- ▲ 2 tablespoons tomato chutney or relish
- ▲ 1 avocado, sliced
- ▲ 1 tomato, sliced
- ▲ 4 gherkins, sliced thinly lengthways
- ▲ 4 lettuce leaves

Method

1. Spray a barbecue plate or large griddle pan with oil and heat on high. Slice onion into 1–2cm thick slices, keeping rings intact. Place on grill and cook for 4–5 minutes each side.
2. Trim the mushroom stalk and place on the barbecue, stalk side down. Cook mushrooms 4–6 minutes then flip, season with pepper and cook mushrooms a further 2–4 minutes. Add cheese slice and cook for 2 more minutes until mushroom is cooked through and cheese is melted.
3. Spray a large non-stick fry pan or flat barbecue plate with oil and heat over medium heat. Crack eggs carefully into the pan and cook until tops of white are set but yolks are still runny.
4. Slice bread rolls in half and hollow out the tops to make more room for the fillings if you need. Lightly toast if desired.

5. To assemble burgers, spread each roll base with chutney, add cooked onion slice, a cheesy mushroom and an egg. Fill each roll top with ¼ avocado then load up with tomato, pickles and lettuce. Carefully sandwich both roll halves together and secure with a wooden skewer. Serve immediately.

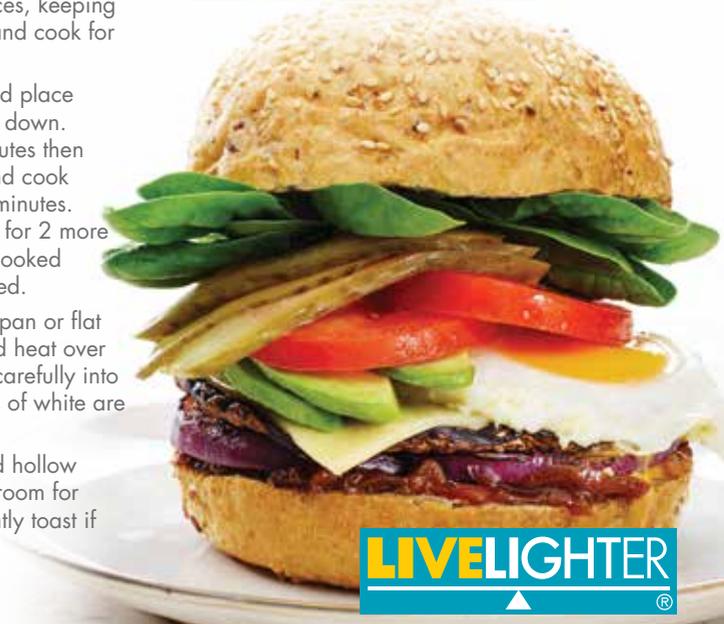
Variation

Other tasty burger additions include grilled pineapple, fresh or canned beetroot, sauerkraut or coleslaw.

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 4



LIVELIGHTER
▲[®]

BEEF BURGER

3
serves
of veg in
every
portion

Ingredients

- ▲ 200g lean beef mince
- ▲ 1 onion, one quarter finely chopped, the rest thinly sliced
- ▲ 1 carrot, grated
- ▲ 1 teaspoon Worcestershire sauce
- ▲ 2 tablespoons breadcrumbs
- ▲ Ground black pepper
- ▲ Olive or canola oil spray
- ▲ 2 wholemeal or grainy rolls
- ▲ 2 tablespoons tomato sauce (optional)
- ▲ 4 lettuce leaves
- ▲ 4 slices canned beetroot
- ▲ 1 medium tomato, sliced
- ▲ ½ avocado, sliced

Preparation time: 25 minutes

Cooking time: 15 minutes

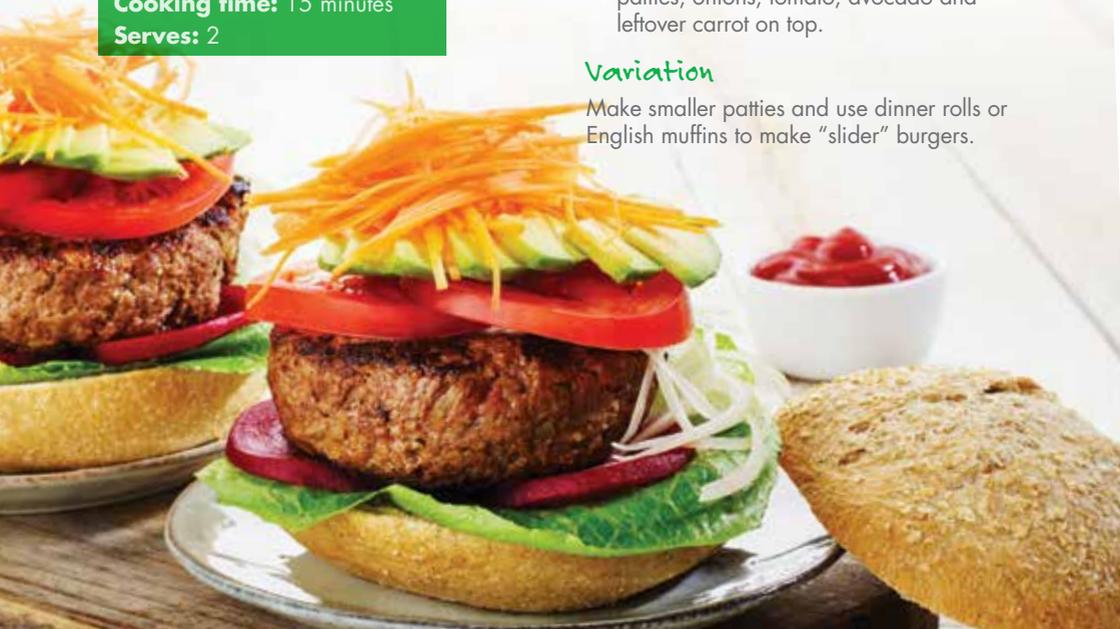
Serves: 2

Method

1. In a medium bowl, add the mince, the finely chopped quarter of the onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper. Mix, and use hands to shape into two patties about 2cm thick. Put in the fridge for at least 20 minutes to firm up.
2. Meanwhile, heat up a frypan and or BBQ and spray with a little oil. Cook the sliced onions on medium heat, stirring often, until golden (at least 5 minutes). Remove onions from the pan.
3. Spray the pan with a little more oil and cook the patties on high heat for about 4 minutes each side, until nicely browned and cooked all the way through.
4. Slice open the rolls, spread the bottom slice with a small amount of tomato sauce (if using), and stack the lettuce, beetroot, patties, onions, tomato, avocado and leftover carrot on top.

Variation

Make smaller patties and use dinner rolls or English muffins to make "slider" burgers.



MASON JAR

RAINBOW SALAD

ready in
30 min
or less

3
serves
of veg in
every
portion

Preparation time: 10 minutes

Serves: 4

Ingredients

- ▲ 1 ½ cups wholemeal couscous
- ▲ 2 cloves garlic, crushed
- ▲ 350mL boiling water
- ▲ 200mL orange juice
- ▲ 1 tablespoon balsamic vinegar
- ▲ 1 tablespoon wholegrain mustard
- ▲ Ground black pepper
- ▲ 2 carrots, grated
- ▲ 400g can no-added-salt corn kernels, drained
- ▲ 250g cherry tomatoes, quartered
- ▲ 400g can no-added-salt chickpeas, drained
- ▲ 2 cups baby spinach leaves
- ▲ 6 hard-boiled eggs, peeled, quartered

Method

1. Place couscous and garlic in a small heatproof bowl, pour over boiling water; cover and set aside for 3 minutes then fluff with a fork.
2. In a small jug or bowl, combine juice, vinegar and mustard; season with pepper.

3. Evenly divide the dressing into each of the jars then layer in couscous, carrots, corn, tomatoes and chickpeas. Add the spinach and compress well to make room for eggs at the top of the jar. Seal the lid and refrigerate.
4. To serve, tip salad ingredients into a bowl and toss to combine.

Hint

This salad keeps the dressing at the bottom separate from leafy greens at the top and can be made up to 5 days in advance. Cheese and proteins are best added to salad ingredients on the day of consumption.

Recipe requires 4 sealable glass jars or tall lidded plastic containers of at least 500mL capacity.

Variation

Pack each jar with 2 cups of your preferred colourful ingredients with dressing in the bottom, leafy greens and nuts and seeds towards the top and everything else layered in between.

CRAB NOODLE SALAD

ready in
30 min
or less

Ingredients

- ▲ 200g brown rice vermicelli noodles
- ▲ 1 continental or 2 large (400g) Lebanese cucumbers, halved lengthways
- ▲ 1 red capsicum, deseeded, thinly sliced
- ▲ 4 spring onions (including green tops), thinly sliced diagonally
- ▲ 2 cups (200g) bean shoots
- ▲ ½ cup coriander leaves, roughly chopped
- ▲ 250g crab meat, cooked
- ▲ Coriander leaves, extra, to serve
- ▲ 1 red chilli, finely sliced, to serve (optional)

Dressing

- 2 tablespoons grated ginger
- 2 cloves garlic, crushed
- 3 tablespoons sweet chilli sauce
- 1 tablespoon fish sauce
- 3 tablespoons lime juice
- 2 teaspoons sesame oil

Method

1. Place noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften.

2. Meanwhile, make the dressing by combining ginger, garlic, sweet chilli sauce, fish sauce, lime juice and sesame oil in a cup; mix and set aside.
3. Drain noodles, refresh under cold water then drain well and place in a large bowl; pour over dressing and toss to combine.
4. Using a teaspoon, discard seeds from cucumber then slice thinly on the diagonal and add to noodles along with capsicum, spring onions, beans shoots and coriander. Mix to combine salad ingredients.
5. Serve onto plates and top each dish with crabmeat. Garnish with coriander leaves and red chilli, if desired.

Variation

Brown rice vermicelli contains more fibre than the white version. If unavailable, use rice stick noodles or vermicelli.

Include other salad ingredients such as sliced red onion, shredded Chinese cabbage, julienned carrot, snow pea sprouts, halved cherry tomatoes, baby spinach leaves or mixed salad greens.

Substitute crab meat with a shredded cooked skinless chicken breast or 250g peeled, cooked prawns.

Preparation time: 20 minutes

Serves: 4



5
ingredient

CHEESE AND SPINACH

GOZLEME

Preparation time: 30 minutes**Cooking time:** 20 minutes**Serves:** 4

Ingredients

- ▲ 1 cup wholemeal self-raising flour, plus extra for dusting
- ▲ 150g low-fat Greek yoghurt
- ▲ Olive or canola oil spray
- ▲ 2 red onions, peeled, thinly sliced
- ▲ 100g reduced-fat feta cheese, crumbled
- ▲ 250g frozen spinach, defrosted and squeezed of extra liquid
- ▲ Ground black pepper
- ▲ Lemon wedges, to serve

Method

1. Place flour and yoghurt in a medium-sized bowl and mix to combine. Use clean hands to bring together until a dough forms then turn out onto a lightly floured surface and knead for three minutes.
2. Place the dough ball into a bowl, cover with plastic wrap and set aside at room temperature to rest (but not rise) while filling is prepared.
3. For filling, spray a large non-stick pan with oil and place on medium heat. Add onion and cook for 10 minutes until soft, stirring often.
4. Turn off heat, stir through feta and spinach and season with pepper.
5. Divide dough into four portions. Flatten and roll each with a floured rolling pin into a thin 20cm square.

6. Place a quarter of spinach filling (squeezing off any extra liquid) evenly onto a rectangular half of the pastry, fold other half over to enclose and press edges together to seal.
7. Repeat with remaining dough and filling.
8. Wipe out the frypan with a paper towel, spray with oil and heat on high. Cook each gozleme for 2 minutes on each side or until golden brown. Transfer to serving plates and serve with lemon wedges.

Variation

Serve warm with a green salad.

Reduce spinach to 1 cup and include 300g sliced mushrooms with a clove of crushed garlic. Add to the pan after 5 minutes of cooking onions.

Fill gozleme with chargrilled chopped vegetables and spice it up with ground cumin, coriander or chilli flakes.

Replace gozleme pastry with a 20cm wholegrain wrap, tortilla, or Lebanese bread. Fold in half and toast in a sandwich press.

You can also use fresh baby spinach. Add to pan for the last minute of cooking the onions.

BALSAMIC PORK ON

3
serves
of veg in
every
portion

GARLICKY WHITE BEAN MASH

Ingredients

- ▲ ¼ cup balsamic vinegar
- ▲ 6 cloves garlic, crushed
- ▲ 2 tablespoons finely chopped rosemary leaves
- ▲ Ground black pepper, to taste
- ▲ 500g pork loin or medallions, trimmed
- ▲ 3 tablespoons olive oil
- ▲ 1 onion, finely diced
- ▲ 2 x 400g cans no-added-salt cannellini or butter beans, drained and rinsed
- ▲ 2 cups baby spinach
- ▲ Olive or canola oil spray
- ▲ 2 bunches asparagus, ends trimmed

Method

1. Combine vinegar, half the garlic, half the rosemary and pepper in a non-metal dish, add pork and turn to coat with the marinade. Cover, refrigerate and marinate for as long as time permits, from 5 minutes to several hours.
2. Heat the olive oil in a large frypan and cook onion for 5 minutes, stirring often, until soft. Add the remaining garlic and rosemary and cook for another 2 minutes.
3. Add beans and spinach to the onions and cook for 2 minutes, until beans are warm and spinach is wilted. Use a potato masher, wooden spoon or fork to crush beans mixture until it is a chunky mash. Season well with pepper.
4. Spray a barbecue, char-grill or griddle pan with oil and heat to medium-high. Drain steaks well and discard marinade. Place pork and asparagus on grill. Cook pork for 2-4 minutes each side, depending on thickness, or until cooked to your liking.
5. Remove pork from heat, cover and set aside to rest for 5 minutes. Cook asparagus for about 7 minutes in total, or until lightly charred, turning occasionally.
6. Serve pork and asparagus on bean mash, spooning over any cooking juices.

Variation

Serve with oven-roasted cherry tomatoes or green beans instead of asparagus.

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4



SATAY CHICKEN

3
serves
of veg in
every
portion

Ingredients

- ▲ 2 cloves garlic, crushed
- ▲ 1 teaspoon grated ginger
- ▲ 3 teaspoons salt-reduced soy sauce
- ▲ Ground black pepper
- ▲ 400g chicken breast, trimmed of fat, sliced thinly
- ▲ 1 cup rice
- ▲ 2 tablespoons crunchy peanut butter (no-added-salt or sugar)
- ▲ 400g can reduced-fat coconut milk
- ▲ Olive or canola oil spray
- ▲ 2 onions, diced
- ▲ 2 sticks celery, trimmed, sliced diagonally
- ▲ ½ cauliflower, cut into florets
- ▲ 2 teaspoons curry powder
- ▲ Lebanese cucumber, sliced diagonally, to serve

Method

1. Combine garlic, ginger, soy sauce, pepper and chicken in a small bowl and set aside to marinate.
2. Prepare rice according to packet instructions.
3. Spoon peanut butter into a cup with a splash of the coconut milk, stir well to combine then add the rest of the coconut milk and set aside.

4. Spray a non-stick wok or large frying pan with oil and heat to high. Add half the chicken and stir-fry for 2 minutes until browned but not cooked through. Remove chicken and set aside and repeat with remaining chicken.
5. Respray pan, add onion and stir-fry for 5 minutes over medium-high heat, stirring often until softened.
6. Add celery and cauliflower, stir-fry a further 5 minutes.
7. Sprinkle in curry powder and cook for 1 minute until fragrant.
8. Add coconut/peanut mix and chicken (including any juices and the leftover marinade) to the pan. Add a splash of water now if you like more sauce. Bring up to a simmer and cook for 2 minutes until heated through.
9. Divide rice and chicken satay between plates; serve garnished with cucumber slices.

Hint

Cover dish, refrigerate and marinate chicken for as long as time permits, from 5 minutes to overnight.

Variations

Substitute chicken for lean pork, beef or tofu. Serve with cauliflower 'rice'.

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4

SWEET POTATO GNOCCHI WITH ROASTED TOMATO CREAM

5
ingredient

Ingredients

- ▲ 800g sweet potato
- ▲ 1 cup plain flour
- ▲ 1 whole head of garlic
- ▲ 750g cherry tomatoes
- ▲ 125g reduced-fat smooth ricotta cheese
- ▲ Ground black pepper
- ▲ Handful of basil leaves, to serve

Method

Preheat oven to 220°C. Fill a large-sized saucepan with water and bring to the boil.

Gnocchi

1. Prick sweet potatoes all over with a sharp knife, place on a plate and microwave on HIGH 100% for 10–12 minutes turning half way through, until flesh is tender in the centre.
2. Cut in half lengthways to let the steam and moisture out and allow to cool. This is important as a cool, dry sweet potato is much easier to work with.
3. Scoop flesh from skin, place into a medium sized-bowl and mash until smooth. Add half the flour to sweet potato and mix to incorporate. You may need to add a bit more flour, but try to use as little as possible.
4. Sprinkle a tablespoon of flour onto a clean work surface and knead potato mixture to form a dry dough which is slightly springy. If still sticky, add flour a tablespoon at a time as necessary.

5. Divide dough into four portions and roll each into a log of 2cm diameter. Use a knife to cut the roll into 1.5cm lengths to make about 20 gnocchi. Shape each into a rough ball. Gently press each with a floured fork to create traditional gnocchi grooves if desired. Repeat with remaining dough.
6. Place half the gnocchi into boiling water and cook until they rise to the surface, about 2 minutes. Remove with a slotted spoon and gently place into bowls on roast tomato sauce. Repeat with remaining gnocchi.

Roast tomato sauce

1. Wrap whole head of garlic (unpeeled) in foil and place with tomatoes into a shallow oven-proof dish. Roast for 20-25 minutes until skins blister and tomatoes are tender.
2. Squeeze garlic out of their skins, and mash with a fork or finely chop.
3. Mix together garlic, tomatoes and their juices, ricotta and pepper.
4. Divide sauce among serving bowls and top with cooked gnocchi and basil.

Hint

To make nice, soft gnocchi, try to incorporate as little flour as possible. Just enough for the dough to be workable and not too sticky. This will depend on how much moisture is in the sweet potato.

Microwaving in skins produces sweet potato which is dry. Alternatively steam or bake potatoes in their skins.

Preparation time: 20 minutes

Cooking time: 30 minutes

Serves: 4



CHARRED CORN, COUSCOUS AND SEARED STEAK

3
serves
of veg in
every
portion

Ingredients

- ▲ Olive or canola oil spray
- ▲ 3 corn cobs, husk and silk removed
- ▲ 1 cup wholemeal couscous
- ▲ 2 cloves garlic, crushed
- ▲ 4 teaspoons ground cumin
- ▲ 1 cup boiling water
- ▲ 500g lean beef rump steak, trimmed off fat
- ▲ ¼ teaspoon cayenne pepper (optional)
- ▲ 250g cherry tomatoes, quartered
- ▲ 1 capsicum, diced
- ▲ 2 spring onions, thinly sliced, including green tops
- ▲ 1 long red chilli, seeded, finely chopped (optional)
- ▲ Juice and zest of 2 limes
- ▲ ¼ cup freshly chopped mint
- ▲ Ground black pepper
- ▲ 50g reduced-fat feta cheese, crumbled



Preparation time: 20 minutes

Cooking time: 25 minutes

Serves: 4

Method

1. Preheat a griddle pan or barbeque grill on medium-high heat. Lightly spray corn with oil and cook on grill, turning, for about 10 minutes until there is a light char all over. Once cool enough to handle, slice off kernels.
2. Meanwhile, place couscous, garlic and half the cumin in a large heatproof bowl. Pour over boiling water. Cover and set aside for 3 minutes.
3. Reheat grill or pan to medium-high temperature. Lightly spray steak with oil and sprinkle each side with remaining cumin and the cayenne if using. Grill for 3-4 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 5 minutes.
4. Fluff couscous with a fork to separate grains and stir through corn kernels, tomatoes, capsicum, spring onions, chilli, lime juice and zest and mint. Add pepper and sprinkle feta over the top.
5. To serve, divide couscous salad between plates and top with thinly sliced steak.

Hint

Couscous salad can be made in advance with mint and feta added just prior to serving.

Variation

Replace couscous with 2 cups cooked quinoa, barley or brown rice.

Swap the beef for 2 cans of no-added-salt beans e.g. black beans, chickpeas or cannellini beans.

Add a diced mango or avocado just before serving.

Serve with grilled zucchini strips or on a bed of baby spinach or rocket.

Microwave the corn or use tinned or frozen corn (2–3 cups) for a speedier version of this dish.



Dinner

SPICE CRUSTED CHICKEN AND SALAD

3
serves
of veg in
every
portion



Ingredients

- ▲ 1 teaspoon cumin seeds
- ▲ 2 tablespoons panko breadcrumbs
- ▲ 1 teaspoon ground coriander
- ▲ 2 teaspoons sesame seeds
- ▲ 3 medium potatoes, chopped
- ▲ 1 teaspoon olive oil
- ▲ Ground black pepper
- ▲ ½ cup reduced-fat plain yoghurt
- ▲ 200g chicken breast
- ▲ 2 tablespoons wholemeal plain flour
- ▲ ¼ cup fresh mint
- ▲ 2 tablespoons lemon juice
- ▲ ¼ (150g) iceberg lettuce, chopped
- ▲ ¼ red onion, thinly sliced
- ▲ ½ cup frozen peas, defrosted
- ▲ ½ apple, thinly sliced

Method

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. In a food processor, mortar and pestle or with a knife, roughly chop cumin seeds. Add panko breadcrumbs, ground coriander and sesame seeds and mix.
3. In a microwave-safe container with a lid (or a bowl with cling wrap) microwave the potatoes for 4 minutes on HIGH, stirring after 2 minutes. Toss with olive oil and pepper and scatter on an oven tray. Place in the oven while you prepare the chicken.
4. Divide the yoghurt evenly into one big bowl and one small bowl. Set the small bowl aside to make the dressing.
5. Slice the chicken breast in half so you get two, thinner pieces. Sprinkle the pieces with flour, and shake off the excess.
6. Dip the floured chicken in the yoghurt, shaking off excess and place on baking tray. Discard yoghurt that has touched the raw chicken. Press half the spicy crumb mixture onto the top of each chicken piece.
7. Put the chicken on the oven tray next to the potatoes. Bake for 20 minutes, until the chicken is golden and crunchy and the potatoes are soft.
8. Meanwhile, make the dressing by finely chopping half the mint and mixing with the reserved yoghurt and the lemon juice. Season with pepper.
9. Assemble the salad by arranging the vegetables, apple and mint on a plate and topping with the chicken. Pour the dressing over just before serving.

Hint

Panko breadcrumbs are bigger and crunchier than the ordinary fine breadcrumbs from a packet. To make your own, blitz or grate stale bread, then dry on a flat tray in a 140°C oven for about 5 minutes. Shake the crumbs every few minutes, you want to dry them out, not brown them.

Make a bigger batch of the spice crust, mix with some crushed nuts and voila! Homemade dukkha to dip bread in or sprinkle on salads and sandwiches for flavour and crunch.

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 2

MEXICAN STREET CORN

ready in
30 min
or less

5
ingredient

Ingredients

- ▲ 6 corn cobs
- ▲ 2 tablespoons olive oil
- ▲ ½ teaspoon smoked paprika
- ▲ Chilli flakes (optional)
- ▲ 2 tablespoons parmesan, grated
- ▲ 2 tablespoons coriander leaves and stems, finely chopped
- ▲ 1 lime, cut into wedges

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 6

Method

1. Heat a BBQ, griddle pan or frypan until very hot.
2. If the corn cobs are in their green skins, pull the skins back but leave attached to make a handle. Remove the corn silks.
3. Cook corn cobs on a high heat, turning often, until lightly charred all over (10–15 mins).
4. Mix the olive oil and smoked paprika and chilli flakes (if using).
5. Once the corn is cooked, brush with the paprika oil, sprinkle with parmesan and coriander and serve with lime wedges.





MOROCCAN BAKED

EGGPLANT

Ingredients

- ▲ 2 eggplants
- ▲ Olive or canola oil spray
- ▲ 1 onion, diced
- ▲ 4 cloves garlic, finely chopped
- ▲ 1 tablespoon ground cumin
- ▲ 2 teaspoons ground cinnamon
- ▲ 1 teaspoon ground turmeric
- ▲ Ground black pepper
- ▲ ¾ cup wholemeal couscous
- ▲ 400g can no-added-salt lentils, drained and rinsed
- ▲ 400g can no-added-salt diced tomatoes
- ▲ 1 lemon, zested and cut into wedges
- ▲ 2 tablespoons raisins
- ▲ ½ cup chopped flat-leaf parsley
- ▲ 4 tablespoons pine nuts
- ▲ 100g reduced-fat feta cheese

Method

1. Preheat oven to 200°C (180°C fan-forced) and line a tray or oven-proof dish with baking paper.
2. Halve eggplants lengthways. Create a cavity by cutting a 1cm-wide border around the edge of each eggplant half. Use a teaspoon to scoop out the flesh then dice and reserve for filling.
3. Put eggplant shells in the oven (even if it's not fully heated yet) while you prepare the filling.

4. Place a large non-stick saucepan on medium-high heat and spray with oil. Cook onion for 3 minutes, stirring occasionally. Add garlic and spices and cook for another minute until fragrant.
5. Add eggplant flesh, couscous, lentils, tomatoes, lemon zest and raisins, and half each of the parsley, pine nuts and feta.
6. Remove the eggplants from the oven and fill with the couscous and lentil mixture.
7. Cover tray with foil and bake for 30 minutes. Remove foil, add remaining feta and pine nuts and bake a further 10–15 minutes until cheese is browned and eggplant is tender.
8. Place an eggplant half on each serving plate and top with remaining parsley and serve with lemon wedges.

Variation

Swap the lentils for 300g beef or lamb mince.

Try using zucchinis or butternut pumpkin instead of eggplant for this recipe.

Preparation time: 25 minutes

Cooking time: 50 minutes

Serves: 4

MEXI-CHICKEN BAKE

5
ingredient

Ingredients

- ▲ 2 onions, chopped
- ▲ 2 capsicums, chopped
- ▲ 2 x 420g cans Mexican-flavoured baked beans
- ▲ 400g chicken breast, sliced in half lengthways and chopped
- ▲ 1 cup grated mozzarella cheese

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Combine onion, capsicum and canned beans in a large ovenproof dish.
3. Place chicken pieces into bean mix and press down so they are covered by sauce.
4. Bake for 20 minutes, then remove foil, sprinkle with cheese and bake for a further 5–10 minutes until chicken is cooked through and cheese has browned.
5. Divide between plates and serve immediately

Hint

Mexican flavoured baked beans are usually in the supermarket with the baked beans. If unavailable, swap for red kidney beans and a jar of salsa, or no-added-salt baked beans with 1 tablespoon of smoked paprika and 1 teaspoon ground coriander.

Serve with tortillas, bread or rice.

Add chilli flakes and fresh coriander for extra flavour.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4



SOFT SHELL FISH TACOS

ready in
30 min
or less

3
serves
of veg in
every
portion

Ingredients

- ▲ ¼ red or white cabbage, finely shredded
- ▲ 2 tablespoons red wine vinegar
- ▲ 400g firm white boneless fish fillets, cut into 1.5cm cubes
- ▲ 1½ teaspoons ground cumin
- ▲ 1 teaspoon smoked paprika
- ▲ 2 limes
- ▲ ½ cup reduced-fat natural yoghurt
- ▲ 1 teaspoon chipotle sauce
- ▲ 400g can black beans, drained and rinsed
- ▲ 125g can no-added-salt corn kernels, drained
- ▲ 1 tomato, diced
- ▲ ½ red onion, finely chopped
- ▲ ½ cup chopped coriander
- ▲ Ground black pepper
- ▲ Olive or canola oil spray
- ▲ 12 x mini tortilla or 4 x regular tortillas

Variation

Replace fish with 400g peeled green prawns, skinless chicken breast or lean beef strips.

Preparation time: 20 minutes

Cooking time: 5 minutes

Serves: 4

Method

1. Combine cabbage and vinegar in a large bowl and set aside to soften.
2. Combine fish, cumin and paprika with 2 tablespoons lime juice in a medium-sized bowl and set aside.
3. Mix yoghurt and chipotle in a small bowl and set aside.
4. To make a salsa, mix beans, corn, tomato, onion and coriander with remaining lime juice (reserve 1 lime wedge per person) in a large bowl. Season with pepper.
5. Spray a non-stick pan with oil and place over medium heat. Add fish and cook for 3-4 minutes, stirring often until browned and just cooked through.
6. Warm tortillas according to packet instructions.
7. To assemble, top each tortilla with cabbage, salsa and fish, drizzle with chipotle yoghurt and serve with lime wedges.

Hint

Chipotle sauce is a flavourful chilli sauce made from smoked chillies. It can often be found in the sauces or international section of the supermarket. It could be replaced with a ½ teaspoon of smoked paprika and dash of other chilli sauce.

ROAST CAULIFLOWER AND BARLEY SALAD

3
serves
of veg in
every
portion

Preparation time: 10 minutes
Cooking time: 40 minutes
Serves: 4

Ingredients

- ▲ ¾ cup raw pearl barley
- ▲ 1 cauliflower, cut into florets
- ▲ 1 red onion, cut into wedges
- ▲ Olive or canola oil spray
- ▲ 1 ½ tablespoons ground cumin
- ▲ Ground black pepper
- ▲ 1 ½ cups reduced-fat plain Greek or natural yoghurt
- ▲ 400g can no-added-salt lentils, drained and rinsed
- ▲ ½ cup currants
- ▲ ½ cup chopped flat-leaf parsley, plus extra to serve
- ▲ 2 cups baby spinach or rocket leaves
- ▲ 1 tablespoon red wine vinegar
- ▲ ⅓ cup roasted almonds, chopped

Variation

Instead of roasting cauliflower, blitz in a food processor until it's a chunky couscous texture and add raw to the salad.

Swap dried fruit for fresh pomegranate seeds and almonds for other crunchy toppings, like pine nuts, hazelnuts or pumpkin seeds.

To make this dish vegan, replace yoghurt with a plain vegan yoghurt, or 2 tablespoons of tahini and some water or lemon juice to thin out.

To make this dish gluten-free, replace barley with a gluten-free grain like quinoa or brown rice.

Method

1. Preheat oven to 200°C and line a tray with baking paper.
2. Place barley into a medium saucepan and fill ⅔ way with water. Bring to the boil, then cover and simmer for 35 minutes or until tender. Drain and set aside to cool.
3. Place cauliflower and onion on the baking tray, spray with a little oil, sprinkle with half of the cumin and cracked pepper. Roast for 20 minutes, until golden brown.
4. In a small bowl, combine yoghurt and the remaining cumin.
5. Combine barley, cauliflower, onion, lentils, currants, parsley, baby spinach, vinegar and almonds onto a serving plate. Drizzle the yoghurt dressing over the top of the salad.

3

serves
of veg in
every
portion

INDONESIAN-STYLE BEEF

Preparation time: 15 minutes

Cooking time: 1 hour

Serves: 4

Ingredients

- ▲ Olive or canola oil spray
- ▲ 500g chuck, oyster blade or lean casserole beef, trimmed of fat, cut into 1.5cm cubes
- ▲ 1½ tablespoons flour
- ▲ 1 onion, diced
- ▲ 4 cloves garlic, thinly sliced
- ▲ 2cm knob of ginger, grated
- ▲ 2 teaspoons Chinese five spice powder
- ▲ Ground black pepper
- ▲ 500g sweet potato, skin on, cut into 2cm cubes
- ▲ 2 carrots, chopped
- ▲ 1½ cups salt-reduced beef stock
- ▲ 1 tablespoon salt-reduced soy sauce
- ▲ 2 cinnamon sticks
- ▲ 1 whole star anise
- ▲ 2 long strips of peel from a fresh orange
- ▲ 1 cup brown or basmati rice
- ▲ 200g mushrooms, quartered
- ▲ 200g green beans, trimmed, cut into 5cm lengths
- ▲ 1 fresh red chilli chopped, or 1 teaspoon chilli powder (optional)

Method

1. Place a large non-stick saucepan (with a lid) on high heat and spray with oil.
2. Shake beef in a plastic bag along with flour to coat all sides.
3. Add half the beef to the hot pan and sear all over for 3-5 minutes until browned. Transfer to a plate, respray pan and repeat with remaining beef.
4. Re-spray the pan with oil and cook onion on medium heat for 3 minutes, stirring occasionally. Add garlic, ginger, five spice powder, pepper and chilli (if using) and stir for 1 minute until fragrant.
5. Return beef to pan with sweet potato and carrots, cook a further minute to coat in spice mixture, adding a splash of stock if it begins to stick.
6. Pour in remaining stock with soy sauce, cinnamon, star anise and orange peel. Mix well, cover and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 45 minutes to 1 hour, until beef is tender. Sweet potato will collapse and sauce will thicken.
7. Cook rice according to packet instruction. (Note: brown rice will take a lot longer than basmati rice).
8. Ten minutes before serving, mix in mushrooms and beans and simmer gently until beans are tender but still bright green.
9. Serve with rice.



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LAMB SHANKS AND MASH

3
serves
of veg in
every
portion

Ingredients

- ▲ Olive or canola oil spray
- ▲ 1 lamb shank (250g)
- ▲ 1 tablespoon plain flour
- ▲ Ground black pepper, to taste
- ▲ 1 onion, chopped
- ▲ 4 cloves garlic, chopped
- ▲ 1 stalk celery, chopped
- ▲ 1 carrot, chopped
- ▲ 10 button mushrooms, quartered
- ▲ 400g can no-added-salt diced tomatoes
- ▲ 1 tablespoon Worcestershire sauce
- ▲ 1 tablespoon dried rosemary (or 15cm stalk if using fresh)
- ▲ 1 tablespoon plum or berry jam
- ▲ 1 cup water
- ▲ 1 teaspoon reduced-salt stock powder
- ▲ 2 medium potatoes, chopped
- ▲ 30mL reduced-fat milk

Method

1. Preheat oven to 160°C.
2. Heat oil in a large non-stick frypan. Toss lamb with flour and pepper in a plastic bag.
3. Shake extra flour off lamb and pan-fry until brown on all sides (about 5 minutes) and

place in a large casserole dish (best if dish has a lid).

4. Add all vegetables except tomatoes and potatoes to the frypan and cook for 5 minutes, stirring often until they begin to colour slightly.
5. Add the tomatoes, Worcestershire sauce, rosemary, jam, water, stock powder and leftover flour from the plastic bag. Stir well and bring to the boil.
6. Pour tomato-vegetable mixture over the lamb, cover with a lid or alfoil and bake in the oven for at least 2 hours. Remove the casserole a couple of times during cooking, and ladle the sauce over the top of the meat to baste. After 2 ½ to 3 hours the meat should fall off the bone.
7. To prepare mash, microwave or boil potatoes till a fork goes easily into the pieces. Add milk and pepper and mash well with a fork or potato masher until you get the texture you like.

Variation

Swap one of the potatoes for sweet potato or a cup of peas to add more colours to your plate.

Preparation time: 15 minutes

Cooking time: 120 minutes

Serves: 2



FAKE-BAKED LOADED SWEET POTATO

ready in
30 min
or less

5
ingredient

Ingredients

- ▲ 4 small sweet potatoes
- ▲ 1 cup grated reduced-fat mozzarella cheese
- ▲ 300g sliced or shredded roast chicken
- ▲ 250g grape or cherry tomatoes, halved
- ▲ Handful of fresh basil leaves
- ▲ Ground black pepper

Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.
2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes, turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato – steam will burn!
3. Carefully cut potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle halves with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and black pepper and serve.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

Hint

Sweet potato cooking time may vary from 4–7 minutes per side, depending on the size and how many are in the microwave at once. If cooking 1 sweet potato, start with 3 minutes each side.

Variations

Top with other salad ingredients such as baby spinach leaves, microwaved sliced red onion, canned corn kernels or beans, sliced red capsicum, mushrooms or spring onions.

Add drained artichokes, olives, sundried tomatoes, roasted pepper strips or other chargrilled vegetables.

Top with dried chilli flakes or chopped red chilli for some heat.

Replace basil with fresh coriander leaves and sprinkle yoghurt with ground cumin or paprika for a Mexican-style flavour.

MAC AND CHEESE BAKE

Ingredients

- ▲ 250g high-fibre or wholemeal pasta
- ▲ ½ cauliflower, chopped into small florets
- ▲ 1 zucchini, chopped
- ▲ 2 tablespoons olive oil
- ▲ 1 onion, finely chopped
- ▲ 2 tablespoons plain flour
- ▲ 1½ cups reduced-fat milk
- ▲ Ground black pepper
- ▲ 1 cup reduced-fat cheese, grated
- ▲ ⅓ cup panko breadcrumbs
- ▲ ⅓ cup parmesan cheese, grated

Method

1. Cook pasta in a large pot according to packet instruction. In the last 5–6 minutes of cooking, add the cauliflower florets and zucchini to the pot of boiling pasta. Drain and set aside.
2. Heat the oil in a saucepan and cook onions for 4–5 minutes until soft.

3. Add the flour to the pan and cook for 2 minutes, stirring. Gradually start adding the milk while stirring (warm the milk in the microwave first to get a smoother sauce, quicker). Bring the sauce to the boil, then remove from the heat. Season with pepper and stir in grated cheese.
4. Combine the pasta, vegies and sauce.
5. Mix the breadcrumbs, parmesan and pepper in a separate bowl.
6. Put pasta, vegies and sauce in an oven proof dish, sprinkle with breadcrumb mixture and place under the grill for 5–10 minutes until golden and crunchy.

Variation

Blitz some of the cooked cauliflower and zucchini into a puree and fold into the cheese sauce if you want to hide some of the vegetables. Peeling the zucchini also makes it less visible.

Use peas, pumpkin, carrots, broccoli or whatever vegetable needs using up in this dish.

Preparation time: 20 minutes

Cooking time: 30 minutes

Serves: 4



3
serves
of veg in
every
portion

CHEAT'S SEAFOOD PAELLA

Ingredients

- ▲ Olive or canola oil spray
- ▲ 1 onion, finely chopped
- ▲ 4 cloves garlic, crushed
- ▲ 1 capsicum, seeded, diced
- ▲ 3 teaspoons smoked paprika
- ▲ 1 teaspoon ground cumin
- ▲ Ground black pepper
- ▲ 2 cups risoni (rice shaped pasta)
- ▲ 3 cups salt-reduced chicken stock plus 1 cup water
- ▲ 250g cherry tomatoes, halved
- ▲ 2 lemons
- ▲ ½ cup chopped flat-leaf parsley, plus extra for serving
- ▲ 1 ½ cups frozen peas
- ▲ 500g marinara mix or seafood of your choice

Method

1. Spray a large deep non-stick pan or paella pan (something with a lid) with oil and place on high heat. Cook onion for 3 minutes until softened, stirring often.

2. Add garlic, capsicum, paprika and cumin; season with pepper. Cook for a minute until fragrant then mix in risoni and cook a further minute, stirring to coat in spices.
3. Microwave stock for 1 minute, then pour into the pan and bring to the boil, stirring occasionally. Reduce heat to medium and simmer uncovered for 5 minutes.
4. Stir through tomatoes and zest and juice of 1 lemon, then cook a further 5 minutes, allowing a crust to form on the bottom of the pan, until risoni is almost tender.
5. Gently stir through parsley and peas, then press seafood into the top of risoni and cook, covered, for 5 minutes or until prawns change colour and other seafood is cooked through.
6. To serve, garnish with extra parsley and lemon wedges.

Variation

To spice it up, add a chopped red chilli or cayenne pepper, to taste.

Replace cherry tomatoes with two chopped tomatoes.

Substitute marinara mix with 400g peeled uncooked (green) prawns.

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4

ready in
30 min
or less

3
serves
of veg
in every
portion

STICKY TOFU NOODLES

Ingredients

- ▲ 1½ tablespoons laksa paste
- ▲ 300g firm tofu, cubed
- ▲ 1 teaspoon water
- ▲ 100g rice noodles
- ▲ 1 teaspoon oil
- ▲ 3 medium bok choy
- ▲ 1 medium carrot, thinly sliced
- ▲ ½ capsicum, sliced
- ▲ 3 tablespoons reduced-fat coconut milk
- ▲ 2 teaspoons reduced-salt soy sauce
- ▲ 2 tablespoons lime juice

Method

1. Put the laksa paste, tofu cubes and water in a bowl and stir to coat the tofu.
2. While tofu marinates, cook noodles according to packet instructions, drain and set aside.
3. Heat oil in a large frypan, and fry the laksa covered tofu pieces until golden (4–5 minutes). Remove from pan and set aside.
4. Pull the bok choy leaves apart, and wash well. Slice up the stems thinly and set aside the leaves. Cook the carrot, capsicum and bok choy stems on a high heat for 2 minutes, or until just soft.
5. Add the coconut milk, soy sauce, lime juice and vegetables to the pan and turn off the heat. Stir to cover the vegetables in sauce.
6. Serve the noodles, tofu and vegetables in a bowl, pouring the pan juices over the top.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 2



ready in
30 min
or less

3
serves
of veg in
every
portion

THAI RED BEEF CURRY



Ingredients

- ▲ ¾ cup rice
- ▲ Olive or canola oil spray
- ▲ 200g lean beef, sliced into strips
- ▲ ½ onion, chopped
- ▲ 2 teaspoons red curry paste
- ▲ 250g pumpkin, peeled, seeded and diced
- ▲ ½ capsicum, seeded and diced
- ▲ 165g can reduced-fat coconut milk
- ▲ ½ lemon, zest and juice
- ▲ 2 cups baby spinach leaves

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 2

Method

1. Cook rice according to packet directions.
2. Heat oil in a large frypan and cook beef for 2 – 3 minutes until the outside is browned.
3. Add onion and cook for another 2–3 minutes, until it starts to soften.
4. Stir in the curry paste, pumpkin and capsicum and simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
5. Pour in coconut milk and lemon rind and stir through spinach and cook until wilted.
6. Serve curry over rice with a wedge of lemon, if desired.

HUMMUS FOUR WAYS

ready in
30 min
or less

Ingredients

CLASSIC HUMMUS

- ▲ ½ clove garlic, peeled
- ▲ 400g can chickpeas, drained and rinsed
- ▲ 1 tablespoon tahini
- ▲ 2 tablespoons olive oil
- ▲ 2 tablespoons lemon juice
- ▲ 1 ½ teaspoons ground cumin (optional)
- ▲ Very cold water
- ▲ Ground black pepper and salt, to taste

ROAST PUMPKIN

- ▲ Add 1 cup (175g) roasted pumpkin and 2 cloves roasted garlic.

BETROOT AND MINT

- ▲ Add 225g tin of beetroot, drained (or roasted beetroot) and fresh mint.

MEDITERRANEAN

- ▲ Add 2 tablespoons olives and 2 tablespoons sundried tomatoes.

Method

1. Mince or grate the garlic. If you are using a food processor with a small bowl you can use it to do the garlic too.
2. Add chickpeas to the food processor with the other ingredients.
3. Blitz the ingredients (except pepper and salt), adding a tablespoon of very cold water at a time to help it blend. Keep adding water and blitzing until it's smooth and a texture you like.
4. Taste, and season with pepper and salt if required.

Hint

This recipe requires a food processor or blender to get a nice smooth texture.

Preparation time: 15 minutes

Serves: 8



CHOCCHINI MUFFINS

ready in
30 min
or less

Ingredients

- ▲ Olive or canola oil spray
- ▲ ½ cup brown sugar
- ▲ ½ cup cocoa powder
- ▲ ½ teaspoon baking powder
- ▲ ½ teaspoon baking soda (bicarbonate)
- ▲ 1 cup plain flour
- ▲ 1 cup wholemeal plain flour
- ▲ 3 eggs
- ▲ 200mL plain yoghurt
- ▲ 2 teaspoons vanilla extract
- ▲ 3 tablespoons olive or canola oil
- ▲ 2 cups grated zucchini
- ▲ ½ cup sultanas

Hint

There will be little green flecks in the muffins. If this is a problem you can peel the zucchini. Once completely cooled, place in an airtight container and keep for up to 3 days. Freeze muffins in snap lock bags and keep for up to 3 months.

Variation

Try other dried fruit like cranberries or raisins. Add 2 tablespoons chopped nuts or seeds.

Method

1. Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.
2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, baking soda and flours, returning husks from the sieve to the bowl.
3. Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.
4. Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

Preparation time: 10 minutes

Cooking time: 20 minutes

Makes: 18 muffins

3-2-1 MEAL PLAN

Do you want to eat better but don't know where to start?

Our dietitians have designed a meal plan that balances the food groups.

What is the 3-2-1 meal planner?

A FREE weekly meal plan that provides you with tasty recipes for dinner and a simple guide to creating nutritious breakfasts and lunches. Each dinner recipe contains 3 serves of vegies, 2 serves of grains, and 1 serve of protein foods.

$$\begin{array}{c} \mathbf{3} \\ \text{Vegies} \end{array} + \begin{array}{c} \mathbf{2} \\ \text{Grains} \end{array} + \begin{array}{c} \mathbf{1} \\ \text{Protein} \end{array} = \text{Simple!}$$

You can customise your plan based on:

- ▲ The food you like and have in your pantry
- ▲ Special dietary requirements or allergies
- ▲ How many people you're cooking for

Stay on track with:

- ▲ A digital diary to track your meals, physical activity and weight
- ▲ A shopping list emailed to you – save time and money at the shops
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Get your free, flexible 3-2-1 meal plan today at livelighter.com.auMealPlans



Temperature

The recipes in this book indicate oven temperature expressed in degrees Celsius.

Celsius °C	Fahrenheit °F
160	325
180	375
200	400
240	475
250	500

Abbreviations

mL	=	millilitres
g	=	grams

Microwave

Microwave cooking times may vary depending on the wattage of your microwave. Follow the manufacturer's directions.

Note: 5-ingredient recipes don't include oil, pepper, garnishes or optional extras in the ingredients count

Conversion Chart

Measurements in this book refer to the standard metric cup and spoon sets approved by the Standards Association of Australia. A basic metric cup set consists of 1 cup, ½ cup, ⅓ cup and ¼ cup sizes.

Measurement		Volume
½ teaspoon	=	2.5mL
1 teaspoon	=	5mL
1 tablespoon	=	20mL
¼ cup	=	60mL
⅓ cup	=	80mL
½ cup	=	125mL
1 cup	=	250mL

ACKNOWLEDGMENTS

Recipe development and testing by Sonia White
Food photography by Simon Westlake, Illustrations
Food styling by Ursula Nairn

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