

# TAKE AWAY

Recipes and tips to help take away the junk food

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**If you are one of the 2.6 million Australians who eat at a fast food chain on any given day, these recipes are for you.**

Learn the true cost of buying takeaway meals and save your family's time, money and health by cooking at home more often.

## HOW TO USE THIS BOOKLET

1. Choose one of these fast, easy recipes instead of getting takeaway. Each recipe:
  - ▲ **Takes less than 30 minutes to make**
  - ▲ **Costs less than \$15 to feed four people.**
2. Compare the nutrition and cost information per serve at the bottom of the recipe. These tasty home-made meals:
  - ▲ Are lower in fat (especially saturated fat)
  - ▲ Are lower in sugar and salt
  - ▲ Have more fruit and vegies
  - ▲ Are cheaper
3. Get everyone involved! Look for the symbol  for easy steps that kids and learner cooks can help with
4. If you need to feed more than 4 people
  - ▲ Add extra vegies
  - ▲ Serve with a side salad and bread
  - ▲ Double the recipe and freeze or eat leftovers for lunch



# CHUNKY CHIPS



**Prep time:** 10 mins | **Cooking time:** 20 mins | **Serves:** 4

## Ingredients

- ▲ 4 medium potatoes
- ▲ 1-2 tbs olive oil
- ▲ 1 tsp paprika
- ▲ ¼ tsp ground chilli (optional)



## Method

1. Preheat oven to 200°C and line a large baking tray with baking paper.
2. Wash potatoes well. There is no need to peel them! 🍴
3. Cut potatoes into wedge or chip shapes.
4. Put potatoes, olive oil and spices in a big bowl and toss around to give the potatoes an even covering. 🍴
5. Arrange chips on the baking tray so they are spread out. 🍴
6. Bake on the top shelf of the oven for 20-30 minutes or until crispy.

### How does homemade and takeaway compare?

In one serve	Energy	Total fat	Sodium	Vegie serves	💰
<b>Healthy option:</b> Homemade chunky chips	570 kJ	4.7 g 🍴	9 mg	½	\$0.60
<b>Junk option:</b> Takeaway medium fries	1392 kJ	17.4 g 🍴🍴🍴 ½	200 mg	0*	\$2.50

\*Remember! Even though chips are made out of vegetables, deep fried versions don't count towards your vegie serves as they are high in fat.

# CHICKEN NUGGETS



**Prep time:** 15 mins | **Cooking time:** 15 mins | **Serves:** 4

## Ingredients

- ▲ 400 g chicken breast, cut into pieces
- ▲ 1-2 cups reduced-fat plain yoghurt\*
- ▲ 1 cup breadcrumbs
- ▲ 1 tsp smoked paprika (optional)
- ▲ 1-2 tbs oil

\*Can use a beaten egg or 150mL of milk instead of yoghurt



## Method

1. Put the yoghurt and breadcrumbs into separate bowls. Mix the paprika into the breadcrumbs if using.
2. Dip the chicken pieces into the yoghurt and then press down into the breadcrumbs to coat all sides. 🍴
3. Heat half the oil in a large frying pan. Cook half the chicken pieces over a medium heat until the bottom is brown and crunchy, then flip chicken pieces and cook the other side.
4. They will need about 5 minutes on each side. Repeat with the rest of the oil and chicken.
5. Make sure to check that the chicken is cooked through before serving.

### How do homemade and takeaway compare?

In one serve	Energy	Total fat	Saturated fat	Sodium	💰
<b>Healthy option:</b> Homemade chicken nuggets	1005 kJ	8.7 g 🍴🍴	1.8 g	174 mg	\$2
<b>Junk option:</b> Takeaway nuggets	1450 kJ	20 g 🍴🍴🍴	3 g	552 mg	\$5

# PIZZA



**Prep time:** 15 mins

**Cooking time:** 10 mins

**Serves:** 4

## Ingredients

- ▲ 2 x 25 cm pizza bases
- ▲ 4 tbs reduced-salt tomato paste or tomato sauce
- ▲ 1 chicken breast, cooked and chopped
- ▲ 2 cups baby spinach
- ▲ 1 cup reduced-fat mozzarella, grated
- ▲ ½ onion, finely chopped
- ▲ 1 capsicum, thinly sliced
- ▲ 2 tomatoes, chopped

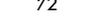


## Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Spread tomato paste evenly over pizza bases. 
3. Top with spinach leaves, onion, chicken, capsicum and tomatoes. 
4. Sprinkle with cheese and place on a baking tray, pizza stone or wire rack. 
5. Bake for 10-15 minutes until cheese is melted and base is crisp.

**Tip:** cold pizza is great for lunchboxes!

## How does homemade and takeaway compare?

In one serve	Energy	Total fat	Saturated fat	Sodium	Vegie serves	\$
<b>Healthy option:</b> Homemade pizzas	1950 kJ	10.2 g 	4.5g 	580 mg 		\$3.25
<b>Junk option:</b> Chain store chicken pizza	3091 kJ	28.5 g   	10.9 g   ½	1915 mg	less than ½	\$10 delivered \$6 pick up

# BURGERS



**Prep time:** 20 mins

**Cooking time:** 10 mins

**Serves:** 4

## Ingredients

- ▲ 400 g chicken mince or lean beef mince
- ▲ 100 g mushrooms, finely chopped
- ▲ 1 celery stick, finely chopped
- ▲ 1 onion, finely chopped
- ▲ 1 tsp dried mixed herbs
- ▲ 2 tbs reduced-salt soy sauce
- ▲ 2 slices bread (or bread crumbs)
- ▲ 4 lettuce leaves
- ▲ 2 tomatoes, sliced
- ▲ ½ cucumber, sliced
- ▲ Sweet chilli or tomato sauce
- ▲ 1 egg
- ▲ Oil spray
- ▲ 4 wholemeal rolls



## Method

1. Use a grater to grate the bread into bread crumbs.
2. Place mince, vegetables and egg in a large bowl and mix. Add enough breadcrumbs to make a soft texture that holds together. 🍴
3. Divide mixture into four and shape into patties slightly wider than the rolls. 🍴
4. Spray a frypan with a little oil and cook patties for 5 minutes on each side, until brown and cooked through.
5. Serve on a roll with salad and sauce.

## How does homemade and takeaway compare?

In one serve	Energy	Total fat	Saturated fat	Vegie serves	💰
<b>Healthy option:</b> Homemade chicken burger	1968 kJ	11.8 g 🍴🍴	3 g 🍴	 ½	\$3.65
<b>Junk option:</b> Large takeaway burger	3803 kJ	54.9 g 🍴🍴🍴🍴🍴🍴🍴	15.7 g 🍴🍴🍴	Less than ½	\$7.50

# NOODLE STIR FRY



**Prep time:** 15 mins

**Cooking time:** 15 mins

**Serves:** 4

## Ingredients

- ▲ 150 g fresh or dried noodles
- ▲ Oil spray
- ▲ 6 eggs
- ▲ 1 onion, thinly sliced
- ▲ 2 cloves garlic, crushed
- ▲ 1 chilli, thinly sliced (optional)
- ▲ ¼ cabbage, shredded
- ▲ 1 capsicum, thinly sliced
- ▲ 2 carrots, thinly sliced
- ▲ 1 can corn spears, drained
- ▲ 2 tbs soy sauce
- ▲ 2 tbs sweet chilli sauce
- ▲ Spring onion and beansprouts (optional)



## Method

1. Cook noodles according to packet instructions.
2. Crack the eggs into a bowl and whisk with 2 tablespoons of water. 🍴
3. Spray a wok or large non-stick frypan with oil and heat. Add half the egg and swirl to form a thin omelette. Remove omelette from pan, roll up and cut into thin slices. Set aside and repeat with remaining egg.
4. Spray pan with oil and place on high heat. Stir-fry onion until soft. Add garlic and chilli and cook for another couple of minutes, until soft.
5. Add cabbage, capsicum, carrots, corn and sauces. Cook until vegetables are just tender.
6. In bowls divide up the noodles, vegie mix and omelette. Top with spring onions and beansprouts if you like. 🍴

## How does homemade and takeaway compare?

In one serve	Energy	Sodium	Vegie serves	\$
<b>Healthy option:</b> noodle stir fry	1295 kJ	704 mg		\$3.40
<b>Junk option:</b> Food hall noodles	38761 kJ	1326 mg	less than 1	\$9

# CREAMY PASTA



**Prep time:** 15 mins

**Cooking time:** 15 mins

**Serves:** 4

## Ingredients

- ▲ 350 g pasta
- ▲ Oil spray
- ▲ 1 onion, finely chopped
- ▲ 2 cloves garlic, crushed
- ▲ 200 g mushrooms, sliced
- ▲ ½ zucchini, chopped
- ▲ 185 g can tuna or salmon, drained
- ▲ 375 mL can low-fat evaporated milk
- ▲ 2 tsp plain flour
- ▲ 1 cup frozen peas
- ▲ ½ cup reduced-fat cheese, grated
- ▲ Pepper, to taste



## Method

1. Cook pasta in boiling water according to packet instruction. Drain and set aside when done.
2. While the pasta is cooking, spray frypan with oil and fry onions till soft.
3. Add garlic and mushrooms and fry for a few minutes.
4. Add zucchini and tuna and cook until zucchini is just soft.
5. Add evaporated milk and heat through.
6. In a small bowl mix flour with a little water and mix to make a smooth paste. 🍴
7. Add flour paste and peas to the vegetable and milk mixture and heat for a few minutes, stirring until sauce is thickened.
8. Add cheese, cracked pepper and pasta and stir through.

## How does homemade and takeaway compare?

In one serve	Energy	Total fat	Saturated fat	Sodium	Veggie serves	💰
<b>Healthy option:</b> creamy tuna pasta	1796 kJ	6.5 g 🍴	3.5 g 🍴	352 mg		\$3.20
<b>Junk option:</b> Takeaway carbonara	4300 kJ	42.5 g 🍴🍴🍴🍴🍴	12.4 g 🍴 ½	2060 mg	less than 0	\$12.90

# FISH AND CHIPS



**Prep time:** 10 mins

**Cooking time:** 20 mins

**Serves:** 4

## Ingredients

- ▲ 4 x 120 g firm white fish fillets
- ▲ 1 kg sweet potato, peeled and cut into wedges
- ▲ Oil spray
- ▲ ¾ cup breadcrumbs
- ▲ 1 tbs Parmesan cheese, grated
- ▲ 1 tsp mixed herbs
- ▲ 1 egg, beaten



## 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 10 minutes on top shelf of the oven.
3. Meanwhile, combine breadcrumbs, cheese and herbs in a shallow dish. Fill a separate shallow bowl with beaten egg.
4. Dip fish in egg wash, shake off excess so it is damp but not wet.
5. Dip egg-y fish in breadcrumb mixture, turning to make sure it is well coated and gently press on crumbs.
6. Spray fish with oil. Arrange on the second baking tray.
7. Turn wedges over and put fish in the oven. Bake both wedges and fish for 10-15 minutes until fish is golden and cooked through and wedges are crisp.

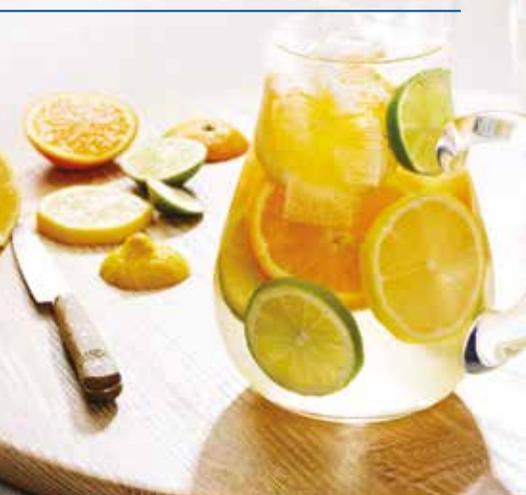
## How does homemade and takeaway compare?

In one serve	Energy	Total fat	Saturated fat	Vegie serves	💰
<b>Healthy option:</b> Homemade fish and chips	2127 kJ	18.7 g 🍴🍴🍴	3.5 g 🍴		\$3.20
<b>Junk option:</b> Takeaway fish and chips	3129 kJ	37.3 g 🍴🍴🍴🍴🍴	9.4 g 🍴🍴	0*	\$9

\*Remember! Even though chips are made out of vegetables, deep fried versions don't count towards your vegie serves as they are high in fat and salt.

## DRINKS

### SLICED CITRUS WATER



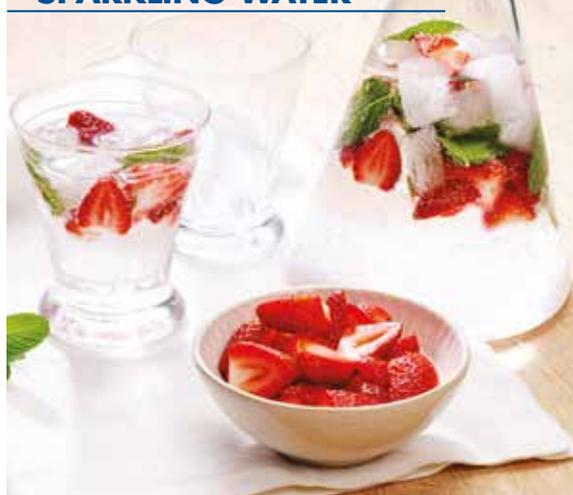
#### Ingredients

- ▲ 1 lime
- ▲ 1 orange
- ▲ 1 lemon
- ▲ 1.25 L tap or sparkling water
- ▲ 1 tray ice cubes

#### Method

1. Wash fruits well
2. Cut the ends off each fruit.
3. Slice each fruit into slices approximately 1 cm wide.
4. Place slices into a large clear jug with ice cubes, fill with water and serve.

### STRAWBERRY AND MINT SPARKLING WATER



#### Ingredients

- ▲ ½ punnet of strawberries (or other berries)
- ▲ 20 mint leaves
- ▲ 1.25 L tap or sparkling water
- ▲ 1 tray ice cubes

#### Method

1. Wash strawberries and mint leaves.
2. Chop the top off the strawberries and cut in half.
3. Pull mint leaves off the stem.
4. Place ice cubes, strawberries and mint leaves in the clear jug.  
Note: this can be done directly into glasses.
5. Fill with chilled tap or sparkling water.

### FROZEN FRUIT ICE CUBES



#### Ingredients

- ▲ 1 kiwi fruit
- ▲ 1 lime
- ▲ ¼ pineapple
- ▲ 4 medium strawberries
- ▲ 500 mL water, chilled

#### Method

1. Wash and cut each fruit into a size slightly smaller than the ice cube tray moulds.
2. You can add several pieces to each mould.
3. Fill trays with a variety of fruits and herbs, either keeping to a colour theme or including a variety of colours in each mould. Once trays are filled with fruits top them up with water and freeze. This will take at least four hours.
4. Use fruit ice cubes in jugs or glasses of tap or sparkling water.

#### How does homemade and takeaway compare?

In one serve	Energy	Total sugar	Fruit serves	\$
<b>Healthy option:</b> sliced citrus water	155 kJ	5.7 g 		\$0.80
<b>Junk option:</b> Can of cola drink	655 kJ	40.9 g 	0	\$2

# FRUIT SORBET

Making your own frozen fruit treats is easy and delicious. Try our flavour combos or invent your own!

**Prep time:** 10 mins | **Freezing time:** 4 hours minimum | **Serves:** 2

## Blueberry

- ▲ 1 cup frozen blueberries
- ▲ 1 ripe banana, peeled and frozen
- ▲ 2 tablespoons milk or yoghurt

## Banana

- ▲ 3 ripe bananas, peeled and frozen

**Variation:** add 1 ½ tablespoons cocoa powder for a chocolate kick

## Tropical

- ▲ ½ 440 g can crushed pineapple, frozen
- ▲ 1 ripe banana, peeled and frozen
- ▲ Pulp of one passionfruit

## Mango

- ▲ Flesh of 1 mango, frozen
- ▲ Juice of ½ lime

## Method

1. Roughly chop frozen fruit and place with other ingredients in the bowl of a food processor.
2. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture.
3. Spoon into bowls and serve immediately or put back into the freezer for another time.

### How does homemade and takeaway compare?

In one serve	Energy	Total sugar	Total fat	Saturated fat	Fruit serves	\$
<b>Healthy option:</b> Banana sorbet	631 kJ	27.7 g 	0.4 g	0	 ½	\$1
<b>Junk option:</b> Small takeaway chocolate sundae	1480 kJ	46.9 g 	9.7 g 	6.9 g  ½	0	\$2.50

# Kitchen Hints

## 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 (s)
g	=	gram (s)
tsp	=	tea spoon (s)
tbs	=	table spoon (s)

## Microwave

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

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

## Reading the nutrition information

	=	4 g of sugar
	=	4.7 g of fat
	=	75 g of vegies
	=	150 g of fruit

For full nutrition information panels and junk food comparisons visit [livelighter.com.au](http://livelighter.com.au)

Recipe costs were calculated using prices in the Perth metro area in February 2016.

### ACKNOWLEDGMENTS

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For more information and recipes visit:

[www.livelightner.com.au](http://www.livelightner.com.au)

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Department of **Health**

