

WEEK 2:

Super Omelette



1-2 SERVINGS

INGREDIENTS:

- ☐ 2 eggs
- ☐ Cherry tomatoes - 1 handful
- ☐ Kale - 1 handful
- ☐ Red onion - half
- ☐ Salt & pepper - pinch

METHOD:

- 1:** Sauté onion, tomatoes, kale in non-stick fry pan (1-2mins)
- 2:** Wisk eggs and add to pan
- 3:** Fry until omelette slides in pan
- 4:** Flip omelette and cook until there is no longer runny sections

NOTE: This menu has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from the menu are suitable for your personal circumstances.

WEEK 2:

Sweet Potato Fritters



2+ SERVINGS (makes about 12 fritters)

INGREDIENTS:

- ☐ 2 sweet potato's grated
- ☐ 1 onion finely diced
- ☐ 1 small can of corn kernels
- ☐ 1 cup self-raising flour
- ☐ 2 eggs
- ☐ Parmesan cheese (1/4 cup)
- ☐ salt/pepper to taste
- ☐ **Optional sesame seeds**

METHOD:

1: Mix everything together in a large bowl (Mixture should not be too thick or too runny. You may have to add more flour to get the right consistency).

2: Heat a large pan with a drizzle of olive oil

3: Use a ladle or large spoon to drizzle mixture into pan (ideally 5-7cm diameter)

4: Lightly fry in extra virgin olive oil.

5: Place on paper towel when cooked

6: Continue from step 3 until mixture is all used up

TIP: If you've got sesame seeds, sprinkle them on top as you place them on your plate. These are great with a couple of runny eggs on top too!

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WEEK 2:

Chicken Curry



1-3 SERVINGS

INGREDIENTS:

- ☐ 400ml light coconut cream
- ☐ Keens curry powder (add to your liking)
- ☐ Teaspoon of garlic
- ☐ Red onion
- ☐ Red capsicum
- ☐ Green capsicum
- ☐ Green beans
- ☐ Snow peas
- ☐ Zucchini
- ☐ Broccoli
- ☐ 500g diced chicken tenderloins or breast

METHOD:

- 1:** Heat a large pan with a drizzle of olive oil
- 2:** Dice onion & lightly fry
- 2:** Dice chicken and brown in pan (~4 mins)
- 3:** Add coconut cream and curry powder
- 4:** Simmer (10-15 mins)
- 5:** Add all veges for last 5 minutes stir, I like veges to still be crunchy!!

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