

WEEK 4:

Zucchini Slice



5-6 SERVINGS

INGREDIENTS:

- ☐ 2 large zucchini **grated**
- ☐ 3 spring onions **sliced**
- ☐ 60g baby spinach **shredded**
- ☐ 1/2 cup **grated** cheese
- ☐ 4 rashers bacon **chopped**
- ☐ 3 cloves garlic (2 tbs if using a jar)
- ☐ Pepper to taste
- ☐ 5 eggs **whisked**
- ☐ 1/2 cup Self raising flour

METHOD:

- 1:** Pre heat oven to 180 degrees
- 2:** Whisk eggs and add flour in small amounts until eggs are smooth
- 3:** Add all other ingredients, mix well
- 4:** Pour into a rectangular dish (mixture should be about 3cm deep in the tray at the most for best results)
- 5:** Bake for 60 mins or until firm (check after 45 minutes as some ovens may cook faster)

TIP: You can freeze these for later too!

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 4:

Lamb, Rocket & Fetta Balls



5-6 SERVINGS

INGREDIENTS:

- ☐ 500g Lamb Mince
- ☐ 80g Feta Crumbled
- ☐ Tomato Paste – 1 Tablespoon
- ☐ 1/3 Cup Grated Parmesan
- ☐ 1 ½ Cups Rocket finely chopped
- ☐ 1 egg
- ☐ Wholemeal breadcrumbs
- ☐ Pepper to season

METHOD:

- 1:** Pre-heat oven to 180 Degrees
- 2:** Combine all ingredients (except breadcrumbs) in a large bowl & mix well
- 3:** Add a small handful of breadcrumbs to mixture and mix again to combine for rolling your mixture into balls (don't add too much at once, you can always add small amounts as you mix if required) roll into balls about the size of a squash ball (4cm diameter max)
- 4:** line a baking tray with baking paper and place finished balls onto tray with 1cm space between each
- 5:** Bake for 25-30 mins (break one open to check they're cooked through before removing from the oven).

TIP: Great to eat warm or cold with salads

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WEEK 4:

Cajun Salmon & Salad



1 SERVING

INGREDIENTS:

- ☐ Fresh Atlantic Salmon (1 serve)
- ☐ Cajun spice (Masterfoods is good)
- ☐ Macadamia oil
- ☐ Baby Spinach leaves (handful)
- ☐ Cherry tomatoes (1/2 punnet)
- ☐ Red onion (1/4)
- ☐ Red Capsicum (1/2)
- ☐ Cucumber (1/2)
- ☐ Raw Cashew nuts (handful)
- ☐ 1 x lemon
- ☐ Apple Cider Vinegar (1 tablespoon)

METHOD:

- 1:** Chop red onion, red capsicum, cucumber, cherry tomatoes and combine in a bowl with baby spinach leaves & sprinkle with a handful of cashews.
- 2:** In a small bowl, add a squeeze of (half) lemon a drizzle of macadamia oil and apple cider vinegar, stir well to combine and pour over your salad. Toss to coat.
- 3:** Pat Salmon with paper towel, and lightly drizzle with macadamia oil. Lightly season with Cajun spice
- 4:** Cook salmon in a medium pan to your liking – medium/high heat for 4 mins each side will keep the inside of your salmon slightly pink depending on thickness.

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