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Maty's menu

WEEK 12:

Banana Baked

2 SERVINGS

INGREDIENTS:

- ☐ 2 bananas, keep skin on
- ☐ 30 grams dark chocolate buttons
- ☐ 1 tablespoon chopped nuts such as almonds or macadamia
- ☐ 2 tablespoons reduced fat plain yoghurt, to serve

This recipe contains nuts - please ensure you're not allergic, and leave these out if you're concerned.

METHOD:

1: Preheat oven to 200° C (or 180° C in fan forced oven)
2: Make a slit through the skin of each banana along one side – make sure you don't cut all the way through to the other side.
3: Stuff each banana with the chocolate buttons and nuts along the cut.
4: Wrap in foil and place on oven tray and bake in oven for fifteen to twenty minutes. Allow to sit for five minutes before removing foil.
5: Place the banana in its skin on serving plates with the split side facing upwards.
6: Drizzle with yoghurt and eat the flesh of the banana.

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

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Maty's menu

WEEK 12:

MMMuesli

12 SERVINGS

INGREDIENTS:

- ☐ 3 cups rolled oats
- ☐ ½ cup bran (pellets or flakes)
- ☐ ½ cup almonds, flaked or slivered
- ☐ ½ cup pumpkin seeds
- ☐ ½ cup sunflower seeds
- ☐ ½ cup sultanas
- ☐ ½ cup dried cranberries
- ☐ ⅓ cup coconut, desiccated or shredded, optional

METHOD:

1: Mix all ingredients together.
2: Store in an airtight container (at room temperature) for up to 6 months.
3: Serve with yogurt and milk, enjoy!

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Maty's menu

WEEK 12:

Lebanese Grilled Fish

4 SERVINGS

INGREDIENTS:

- ☐ 2 corn cobs
- ☐ 2 medium tomatoes
- ☐ 1 Lebanese cucumber
- ☐ 1 avocado
- ☐ 1 red capsicum
- ☐ ½ small red onion
- ☐ 1 long red chilli (optional)
- ☐ 2 tablespoons coriander
- ☐ 2 limes (half for juice, quartered for serving)
- ☐ olive or canola oil spray
- ☐ 4 x 120g firm white fish fillets

METHOD:

1: Remove husk and silk from corn and cut into quarters, dice tomatoes, cucumber and avocado. Finely chop red onion, remove seeds from chilli and chop finely, remove seeds from capsicum and chop finely, chop coriander and cut lime into quarters.
2: Place corn in a microwave-safe bowl with a tablespoon of water.
3: Microwave, covered, on high (100%) for 4 minutes or until just tender.
4: In a medium bowl, add tomatoes, cucumber, avocado, capsicum, onion, chilli, coriander and lime juice. Mix gently to combine.
5: Heat a griddle or large non-stick pan on medium-high heat.
6: Lightly spray corn with oil then cook on pan, turning frequently, for 5 minutes or until lightly charred; set aside. Lightly spray fish with oil then cook on grill for 2-3 minutes each side or until brown and cooked through.
7: Serve fish with corn, salad and lime wedges.

TIP: Salsa can be made in advance though avocado is best added just before serving.

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