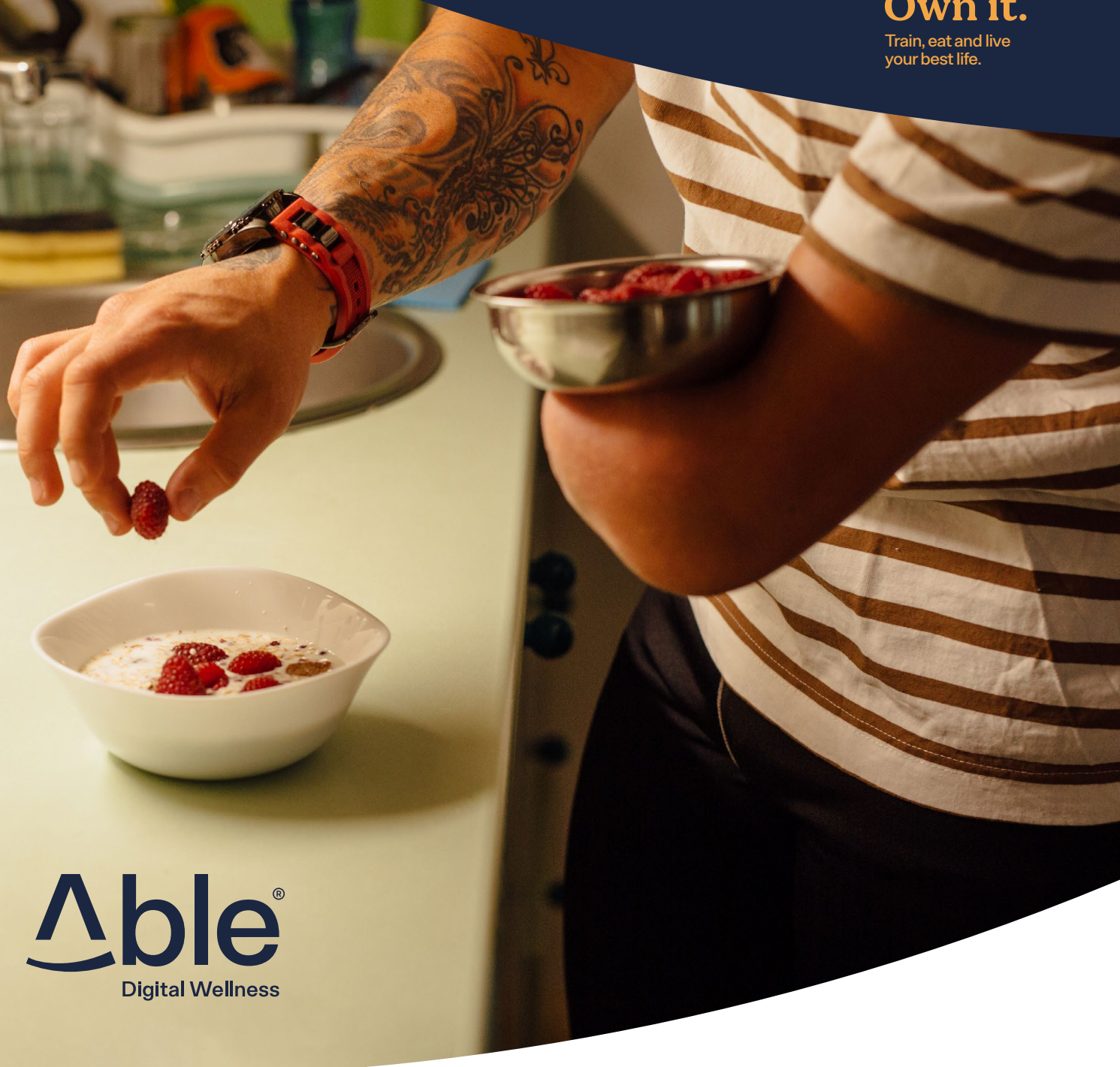


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## Recipes & shopping lists

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

Items Marked with an asterix \* are pantry items. Check the pantry before you do the shopping so you don't buy more than you need!

## Loaded Avocado Halves



**2-3 SERVINGS**

### INGREDIENTS & SHOPPING LIST:

- 500g lean mince beef
- 1tbs chili powder\*
- tsp salt\*
- tsp cumin\*
- tsp dried oregano\*
- garlic powder\*
- onion powder\*
- 100g diced tomatoes
- 3 avocados halved
- cup cherry tomatoes
- lettuce shredded

### METHOD:

- 1:** Brown beef in frypan
  - 2:** Once cooked, drain an excess grease from beef and add seasoning and diced tomatoes
  - 3:** Remove the pit from halved avocados and load with avo with seasoned beef
  - 4:** Top with lettuce, tomatoes
- TIP:** If you'd like to make more room for more beef, spoon out some of the avo

## Ham and Egg Cups



### 5 SERVINGS

#### INGREDIENTS:

- 16 slices deli ham
- 8 eggs\*
- Handful of chopped Mushrooms
- Handful of chopped cherry Tomatoes
- Sea salt and Pepper\*
- Chives\*

#### METHOD:

- 1:** Preheat oven to 180
- 2:** Spray eight regular-sized muffin cups with cooking spray (or rub on olive oil).
- 3:** Wisk eggs and combine all ingredients
- 4:** Spread evenly across 8 muffin cups
- 5:** Sprinkle with salt and pepper.
- 6:** Bake for 10-12 minutes, or until white appears cooked. Sprinkle each serving with chives.



## Honey Lemon Chicken



**5 SERVINGS**

### INGREDIENTS:

- 1 whole chicken
- 2 tbsp olive oil\*
- 2 tbsp honey\*
- 1 tbsp sea salt\*
- 3 lemons\*
- 2 medium onions
- 1 head garlic

### METHOD:

- 1:** Preheat the oven to 180°C
- 2:** Place the chicken, breast side down, in a large baking dish.
- 3:** Drizzle the chicken with the olive oil and honey, sprinkle with the salt, and stuff with 1 of the whole lemons.
- 4:** Cut the remaining 2 lemons in half and place in the corners of the baking dish. Cut the onions in half (leaving the skin on) and place alongside the lemon halves. Break the head of garlic apart (leaving the skin on) and scatter the cloves around the baking dish.
- 5:** Bake the chicken for 50 to 60 minutes, until the skin is well browned.
- 6:** Increase the heat to 230°C, turn the chicken breast side up, and bake for about 15 more minutes, until an instant-read thermometer inserted into the thigh reads 75°C to 80°C.
- 7:** Remove the chicken from the oven.
- 8:** Carve the chicken, drizzle with the pan juices, and serve with your favourite vegetables



## 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



## 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!

## 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 & fightly 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!!



## Baked Oatmeal



**5-6 SERVINGS**

### INGREDIENTS:

- 5 cups rolled oats (not instant...rolled oats are where the health benefits are)
- 2 cups milk Almond Milk\*
- 4 large eggs
- 3/4 cup honey \*
- 1 Table spoon Baking Powder\*
- 1 Tea spoon Cinnamon \*
- 1 pinch of salt \*
- 1 Tea spoon Vanilla Extract\*
- 1/2 cup raisins (optional)
- Seasonal fruit

### METHOD:

- 1:** Preheat oven to 180 degrees
- 2:** Mix all ingredients together and pour into a 9x13 baking pan or cupcake trays
- 3:** Bake for 35 minutes or until golden brown.

**TIP:** This reheats well.





## Chicken & Avo Salad



### 1+ SERVING

#### INGREDIENTS:

- 1 Chicken breast – pre-cooked (You can grab a whole or half cooked chicken from your supermarket and keep the rest for other meals)
- 1/2 Avocado
- Red onion (1/4 diced)
- Small can of corn kernels
- 1 lemon cut into quarters\*
- Salt pepper\*

#### METHOD:

- 1:** Chop all ingredients into small pieces
- 2:** Combine all ingredients in your bowl
- 3:** Squeeze a quarter of lemon, add a pinch of salt and pepper and toss to coat
- 3:** ENJOY!

## Mac Chicken



**1-2 SERVINGS**

**INGREDIENTS:**

- 180g chicken breast
- Macadamia nuts (handful)
- Small bag of mixed lettuce
- Macadamia oil\*
- Salt & pepper\*

**METHOD:**

- 1:** Preheat oven on 180degrees
- 2:** Line macadamia oil in baking tray
- 3:** Slice chicken horizontally to make 2 thinner peices from each breast, then place sliced chicken in baking tray and flip each piece to cover in oil
- 4:** Chop Macadamia nuts & sprinkle over each piece of chicken
- 5:** Cook in oven for roughly 20mins or until cooked through – I like it slightly browned
- 6:** While chicken is cooking, place a drizzle of macadamia oil with a pinch of salt and pepper in a medium bowl, add your mixed lettuce and toss to coat.
- 7:** Divide chicken and lettuce onto plate(s) if you're sharing – Enjoy!

## 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!

## Lamb, Rocket & Fetta Balls



**5-6 SERVINGS**

### INGREDIENTS:

- 500g Lamb Mince
- 80g Feta Crumbled
- Tomato Paste – 1 Tablespoon
- 1/3 Cup Grated Parmesan
- 1 1/2 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

## 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.

## Overnight Oats



### 1 SERVING

#### INGREDIENTS:

- 1/2 cup Rolled oats
- Tsp chai seeds\*
- Tsp LSA \*
- Coconut milk\*
- Plain yoghurt (any you like)\*
- Handful of Berries (Rasberries or blueberries are both great)

#### METHOD:

- 1:** Combine oats, chai seeds and LSA in bowl, pour on coconut milk until just covered and place in fridge overnight with gladwrap over the top.
- 2:** In the morning, add yogurt and berries.  
Enjoy!



## Rice Salad



### 4+ SERVINGS

#### INGREDIENTS:

- 1 cup (uncooked) brown rice\*
- 1/2 green capsicum finely diced
- 1 small cucumber finely diced
- 1 cup corn kernels
- 1/2 red onion finely chopped
- Big Handful baby spinach
- Lemon\*

**OPTION:** Tzatziki or Greek Yogurt

#### METHOD:

- 1:** Cook rice (follow packet instructions) rinse with cold water and drain
- 2:** Finely dice capsicum, cucumber and red onion, shred the baby spinach thinly
- 3:** Add all ingredients to a large bowl and mix together, add a squeeze of lemon juice and chill in fridge for 15 mins (You can leave it as long as you like)
- 4:** Serve with dollop of tzatziki or yogurt to yours if you have it.

**TIP:** This is great to make in bigger batches and store in containers for snacks



## Roasted Pumpkin Slice



**4-6 SERVINGS**

### INGREDIENTS:

- 1 pumpkin (butternut if you like)
- 1 large zucchini
- 1 brown onion
- 1 cup corn kernels
- 1 carrot
- 1 sweet potato
- 1/2 cup grated cheese
- 3 cloves garlic (2 tbs if using a jar)\*
- 5 eggs\*
- 1/2 cup SR flour\*
- Pepper to taste\*

### METHOD:

- 1:** Preheat oven to 180degrees
- 2:** Dice 200g or a 1/4 of the pumpkin and spread on a baking tray, roast for 20mins
- 3:** Whisk eggs and add flour, until smooth
- 4:** Grate zucchini, carrot and sweet potato
- 5:** Grate 1 cup of the remaining pumpkin
- 6:** Finely chop brown onion and garlic
- 7:** Mix all ingredients together in a large bowl (including roasted pumpkin, egg & flour, grated zucchini, carrot, sweet potato, onion, garlic, grated cheese, corn kernels and pepper)
- 8:** Pour mixture into large baking dish and bake until firm for 60mins (slide a knife in and make sure its firm, and leave for 5 more minutes if not)
- 9:** Slice into 4cm thick slices and serve!



## Baby Spinach Nachos



**2 SERVINGS**

### INGREDIENTS:

- 500g chicken mince
- brown or red onion
- 1 clove garlic
- 1 zucchini (grated)
- 1 carrot (grated)
- 1 can black beans
- 6 chopped roma tomatoes
- cup corn kernels
- Handful spinach leaves
- Mexican seasoning to taste\*
- 1tsp coconut oil\*

### METHOD:

- 1:** Dice onion & finely chop or crush garlic
- 2:** Grate carrot and zucchini
- 3:** Add a small amount of coconut oil to the pan and lightly cook onion in pan with garlic
- 4:** Add mince and brown, add zucchini, carrots & beans
- 5:** Add tomatoes, seasoning, and spinach
- 6:** Divide mixture to bowls and serve with avocado

## Chia See Pudding



### 1 SERVING

#### INGREDIENTS:

- 1 cup natural yoghurt
- 1 cup oat milk\*
- 2 tbsp. maple syrup 100%
- 1tsp vanilla extract\*
- 1/4 cup chia seeds

**OPTION:** Cocoa Powder

#### METHOD:

- 1:** Add all ingredients to a medium bowl
  - 2:** Wisk until smooth and cover with glad wrap
  - 3:** Place in fridge overnight & serve
- TIP:** If you have cocoa powder, add a sprinkle to the top of your pudding before eating



## Cauliflower Rice



**4-5 SERVINGS**

### INGREDIENTS:

- 1 packet of cauliflower rice
- 200g Short cut Bacon
- 1/2 brown onion
- 1 cup peas
- 1 cup corn kernels
- 1 capsicum (green or red) chopped
- Large handful of spinach
- 1 carrot
- 1 tsp. Garlic\*
- 1 large red chilli

### METHOD:

- 1:** Heat garlic and onion in a large pan
- 2:** Add bacon and fry until bacon is cooked
- 3:** Dice carrot, and capsicum & add to pan
- 4:** Add peas and corn
- 5:** When ingredients in the pan are soft, add cauliflower rice and stir for 1-2 minutes
- 6:** Chop chilli (if you're using it) and add to the top of each bowl or plate to serve

## Lemon, chia seed Parfaits



### 4 SERVINGS

#### INGREDIENTS:

- 2 cups reduced-fat plain Greek yogurt
- 1/4 cup honey\*
- 2 tablespoons lemon juice\*
- 2 teaspoons grated lemon zest\*
- 2 tablespoons chia seeds\*
- 1 teaspoon vanilla extract\*
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen blueberries

#### METHOD:

- 1:** Combine the first 6 ingredients (everything but the berries).
- 2:** Layer the yogurt mixture into 4 small glasses or custard cups so it fills roughly one quarter of the cup.
- 3:** Add a layer of berries so the cup is now half full
- 4:** Repeat layers until cup is full for each of your four cups.

**TIP:** Depending on the cups you're using, you may choose to do just one layer of each. these can be refrigerated for a few hours, but they're best eaten fresh!



## Chickpea Patties



### 4 SERVINGS

#### INGREDIENTS:

- 425g Chickpea can
- 1 x sweet potato
- 1/3 cup almond meal\*
- 1tsb chives, finely chopped
- 1tsb coconut oil\*

#### METHOD:

- 1:** Peel and grate sweet potato and combine with chickpeas and chives in a large bowl
- 2:** Add almond meal to a second smaller bowl and set aside
- 3:** Form chickpea mixture into 4cm balls and roll in almond meal to coat them fully
- 4:** Heat oil over medium heat in frypan.
- 5:** Brown Patties on both sides
- 6:** Place patties on paper towel to remove any excess oil
- 7:** Serve warm and enjoy

**TIP:** These can make great burger patties, just grab some nice rolls, salad mix, sliced tomato and a little bit of light mayonnaise!

## Sweet Sheppard's Pie



### 4-5 SERVINGS

#### INGREDIENTS:

- 500g turkey mince
- 1 x sweet potato
- 1/2 onion
- Frozen peas
- 1 small can of corn kernels
- 1 x carrot
- 400g tin tomatoes
- 1 clove of garlic
- Tsp mixed spice \*
- Himalayan salt\*
- pepper\*

#### METHOD:

- 1:** Preheat oven to 180degrees
- 2:** Dice onion & carrot, crush or chop garlic
- 3:** Peel and chop sweet potato into 2cm cubes
- 4:** Add onion and garlic to a pan on medium-high heat with a drizzle of oil (olive oil or coconut oil) cook for 1-2 mins.
- 5:** Add mince and cook until browned
- 6:** Bring a medium pot of water to the boil
- 7:** Add sweet potato to boiling water and cook until tender (a fork should go right through)
- 8:** Drain sweet potato in a colander, and place back into pot for mashing. Mash until smooth
- 9:** Add peas, corn, carrots, tomatoes, spice and salt to mince pan & cook for 3 mins
- 10:** Place mince mixture into a large baking dish, spread sweet potato on top & place in oven for 15minutes – Serve with a large spoon

## Morrocan dip & sticks



### 2-4 SERVINGS

#### INGREDIENTS:

- 1/2 cucumber, cut into sticks
- 4 celery stalks, cut into sticks
- 2 carrots, grated
- 1 tsp. olive oil\*
- 2 1/2 cups natural Greek yoghurt\*
- 1 garlic clove, crushed\*
- Pinch cumin\*
- Pinch turmeric\*
- Himalayan pink salt\*

#### METHOD:

- 1:** Cut cucumber and celery into sticks
- 2:** Saute carrots, cumin, turmeric, olive oil in a saucepan on medium-high heat for around 5 minutes
- 2:** Transfer the cooked carrots into a bowl and add the yoghurt, garlic and a pinch of salt (to taste) and mix well
- 3:** Serve dip with vegetable sticks on the side for dipping!

**TIP:** You can store your dip for a day or two in the fridge and cut any vegetable you like to dip in it (capsicum can be good too).



## Lamb and Haloumi Salad



### 2 SERVINGS

#### INGREDIENTS:

- 50g Haloumi cheese, sliced
- 200g lamb strips
- 3 cups rocket leaves
- 1 red onion, sliced
- 1 zucchini, sliced
- 2 garlic cloves, crushed\*
- 2 tbsp. pine nuts\*
- 1 tbsp. rosemary\*
- 1 tsp. butter\*

#### Dressing

- 1 tbsp. olive oil\*
- 4 tbsp. balsamic vinegar\*

#### METHOD:

- 1:** Slice Haloumi into 1cm thick pieces and set aside
- 2:** Slice red onion, zucchini and finely slice or crush the garlic cloves
- 3:** Melt butter in a non stick pan over low heat, place lamb strips, zucchini, and onion in the pan, season with salt, pepper, rosemary and garlic. Cook for around 3-5 minutes or until the lamb is browned all over
- 4:** Whilst lamb is cooking, add haloumi to another pan on high heat and cook for a few minutes on each side (they should go a bit brown)
- 5:** Place rocket in a medium bowl and sprinkle with pine nuts. Add lamb and haloumi on top of salad

**DRESSING:** Combine vinegar and olive oil in separate bowl and drizzle over salad with a spoon.



## Middle Eastern Beef Bowl



### 2 SERVINGS

#### INGREDIENTS:

- 200g beef strips
- 1/2 cup chickpeas, drained & rinsed
- 1/2 cucumber diced
- 1 tomato diced
- 2 cups rocket
- 8 olives
- 1 tsp. coconut oil\*
- 1 tsp. cumin\*

#### Yogurt dressing

- 1 cup Greek yoghurt
- 1 Tbsp. dried mint\*
- 1 garlic clove, crushed\*
- 1 tsp. olive oil\*

#### METHOD:

- 1:** Drain and rinse your chickpeas, dice the cucumber and tomato and crush or finely chop the garlic.
- 2:** Heat coconut oil in non stick pan over medium heat and cook beef strips with cumin and turmeric for 7 to 10 minutes
- 3:** In two separate containers / bowls place cucumber, tomato, rocket, chickpeas and olives - half in each container
- 4:** Divide beef to each container / bowl

**DRESSING:** Mix together yoghurt, mint, garlic and olive oil for dressing. Divide dressing and pour over salads

## No Bake Energy Bites\*



### 4+ SERVINGS

#### INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup ground flax seed\*
- 1/2 cup **crunchy peanut butter\***
- 1/3 cup honey\*
- 1 teaspoon vanilla extract\*

**Just be aware there is peanuts in this dish – ensure you or anyone else who'll be eating these do not have an allergy.**

#### METHOD:

- 1:** Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl
- 2:** Form into 4cm diameter balls using your hands
- 3:** Arrange energy bites on a baking sheet and freeze until set, about 1 hour
- 4:** Remove from the freezer and enjoy!

**TIP:** If you would rather, you can also press the mixture into a square baking dish and cut into flat energy bars instead of round energy balls.



## Salmon And Greens



### 2 SERVINGS

#### INGREDIENTS:

- 2 x 100g salmon fillets
- 2 cup peas
- 1 cup snow peas
- 1 cup green beans
- 1 red onion, chopped
- 1.5 Tbsp. wholegrain mustard\*
- 1.5 Tbsp. olive oil\*
- 4 Tbsp. fresh lemon juice\*
- 2 Tbsp. dried dill\*
- 2 garlic cloves, crushed

#### METHOD:

- 1:** Chop red onion, crush or finely chop garlic and juice lemon into a small bowl and trim the ends of the beans
- 2:** Heat a non stick pan and place the salmon, beans, snow peas, peas and onion in the pan.
- 3:** Mix through garlic cloves and salt and cook for 5 minutes. Turn the salmon over and cook for a further 3 minutes
- 4:** Meanwhile separately combine dill, lemon juice, oil and mustard in bowl
- 5:** Place salmon fillets and divide vegetables on your plates and pour over sauce to taste

**TIP:** Salmon cooking time may change depending on how you like it – gently separate the flesh (at the thickest point of the fillet) once cooked to ensure it's as you wish it to be.

## Turmeric Chicken And Cauliflower



### 2 SERVINGS

#### INGREDIENTS:

- 4 cups cauliflower, chopped
- 250g chicken breast, diced
- 1 tbsp. turmeric powder
- 1/2 lemon juiced\*
- 1 tbsp. tahini\*
- 1 tbsp. olive oil\*
- 1 garlic clove, crushed
- 1 tbsp. coconut oil\*
- 1 tbsp. dried Italian herbs

#### METHOD:

- 1:** Chop roughly 4 cups of cauliflower and set aside. Dice the chicken breast and set aside (separately), juice 1/2 lemon into a bowl.
- 2:** In a bowl put chicken, garlic, lemon juice, Italian herbs and salt/pepper to marinate
- 3:** Heat not stick pan with coconut oil and cook chicken pieces until browned
- 4:** Boil water in saucepan over medium heat and cook cauliflower for 5 to 7 minutes or desired consistency
- 5:** Drain water from saucepan and place cauliflower into a bowl.
- 6:** In a small bowl combine tahini, olive oil and garlic
- 7:** In two bowls place half the chicken and half cauliflower mixtures
- 8:** Pour tahini dressing over the top and mix together

## 10 minute Carrot Fries & Dip



**4+ SERVINGS**

### INGREDIENTS:

- 4 large carrots, peeled
- Paprika\*
- 60g (1/4 cup) basil pesto
- 125g (1/2 cup) sour cream
- Chopped fresh continental parsley, to serve\*

### METHOD:

- 1:** Preheat oven to 200C/180C fan forced. Line a large tray with baking paper.
- 2:** Cut carrots into chips about 1cm thick. Arrange in a single layer on the prepared tray. Spray with oil. Sprinkle with paprika and salt.
- 3:** Bake carrots, turning halfway through cooking, for 20 minute or until golden brown but not too soft.
- 4:** Swirl the pesto through the sour cream in a small bowl.
- 5:** Remove carrots from the oven and sprinkle the fries with the parsley. Serve with the dip.

## Tuna & Avo Lettuce Wraps

2 SERVINGS

### INGREDIENTS:

- 2 drops grapeseed or canola oil\*
- 2 x 140g fresh tuna fillets, defrosted
- 1 ripe avocado
- 1/2 tsp English mustard powder
- 1 tsp cider vinegar\*
- 1 tbsp capers\*
- 8 romaine lettuce leaves
- 16 cherry tomatoes, preferably on the vine, halved



### METHOD:

- 1:** Brush the tuna with a little oil. Heat a non-stick pan, add the tuna and cook for 1 min each side, or a min or so longer for a thicker fillet. Transfer to a plate to rest.
- 2:** Halve and stone the avocado and scoop the flesh into a small bowl. Add the mustard powder and vinegar, then mash well so that the mixture is smooth like mayonnaise. Stir in the capers. Spoon into two small dishes and put on serving plates with the lettuce leaves, and tomatoes.
- 3:** Slice the tuna (it should be slightly pink inside) and arrange on the plates. Spoon some 'mayo' on the lettuce leaves and top with tuna and cherry tomatoes and a few extra capers. To eat, roll up into little wraps.



## Japanese Beef pots

2 SERVINGS

### INGREDIENTS:

- 250g pack wholegrain rice mix with seaweed (Merchant Gourmet)
- 2 tbsp chopped sushi ginger
- 4 spring onions
- 160g (1 head) broccoli
- 225g lean fillet steak (fat-trimmed)

Optional Sesame Seeds

### METHOD:

- 1:** Chop sushi ginger. Cut the broccoli florets from the stalk into bite sized pieces
- 2:** Chop the green section of your spring onions finely, cut the white section in half lengthways and cut into 1cm wide lengths
- 3:** Tip the rice mix into a large microwave safe bowl and stir in the ginger, chopped onion greens and 4 tbsp water. Add the broccoli and the spring onion whites, but keep the onions together, on top, as you will need them in step 6.
- 4:** Cover with cling film, pierce with the tip of a knife and microwave for 5 mins.
- 5:** Meanwhile heat a non-stick frying pan and sear the steak for 2 mins each side, then set aside.
- 6:** Take the onion whites from the bowl and add to the pan so they char a little in the meat juices while the steak rests.
- 7:** If you're ready to eat, do the following, but place it all into 2 medium bowls instead. Tip the rice mixture into 2 large sealable containers. Slice the steak, pile the charred onions on top and seal until you're ready to eat (place them in the fridge if it'll be longer than 30 mins). Sprinkle with sesame seeds if you have them.



## Mexi-toast



### 1 SERVING

#### INGREDIENTS:

- Sliced wholegrain bread\*
- 2 tablespoons reduced-salt corn kernels
- 1/3 Lebanese cucumber
- 1 tablespoon coriander
- 2 slices red onion
- 1 tablespoon no-added-salt red kidney beans
- Chilli flakes – optional\*

#### METHOD:

- 1:** Chop the cucumber, roughly chop the coriander, cut 2 slices of red onion and finely dice those and strain your red kidney beans
- 2:** Pop your bread in the toaster
- 3:** Mix all ingredients (including 2tbs corn & 1tbs of kidney beans) in a small bowl
- 4:** Once toast is ready, spread your mixture on top of your toast and enjoy!

**OPTIONAL:** Sprinkle with a few chilli flakes



## Pretty Pasta



### 4 SERVINGS

#### INGREDIENTS:

- 300g green beans
- 200g spiral or bowtie pasta (3 cups cooked)
- 1x 420g can no-added-salt corn kernels
- 1x 420g can four bean mix
- 250g punnet cherry tomatoes
- 1 medium red capsicum
- 1/2 medium red onion
- 1/2 cup drained fat-free semi-dried tomatoes
- 1/2 cup flat-leaf parsley\*
- 1/2 cup basil leaves\*

#### Dressing

- 1 1/2 tablespoons Dijon mustard
- 1/2 tablespoon honey\*
- 1/2 tablespoon white vinegar or white wine vinegar\*
- 1/2 tablespoon water\*

#### METHOD:

- 1:** Trim the ends off green beans and cut into 3cm pieces, drain corn kernels & bean mix, cut cherry tomatoes in half, cut red capsicum into 3cm thin strips, finely chop the red onion, drain and chop the sun-dried tomatoes, finely chop parsley and shred the basil leaves.
- 2:** Bring a medium-sized saucepan of water to the boil. Add green beans and simmer for 2 minutes until they are bright green. Remove beans with a slotted spoon and refresh under cold water. Alternatively cook beans in the microwave on high (100%) for 2 minutes with a tablespoon of water in a microwave-safe bowl.
- 3:** Add pasta to the boiling water and cook according to packet directions until just tender. Drain well and add to a large serving bowl with drained beans and remaining salad ingredients.
- 4:** In a small jug, mix dressing ingredients together then pour over salad. Toss until well combined.
- 5:** Serve immediately or enjoy cold the next day.

## Tuna Couscous Salad



**6 SERVINGS**

### INGREDIENTS:

- 1 cup couscous
- 1 cup boiling water\*
- 420g can tuna in spring water
- 420g can reduced-salt corn kernels
- 2 cups frozen peas
- 4 spring onions (including green tops)
- 1 cup fresh coriander\*
- 2 tablespoons sweet chilli sauce\*
- 1 tablespoon lemon juice\*
- 2 teaspoons curry powder, optional\*

### METHOD:

- 1:** Place couscous in a small heatproof bowl, pour over 1 cup of boiling water; cover and set aside for 3 minutes.
- 2:** Drain and flake tuna, drain corn kernels, finely slice spring onions, finely chop coriander
- 3:** In a large bowl combine the tuna, corn, peas, spring onions and coriander.
- 4:** Fluff couscous with a fork to separate grains and stir through sweet chilli sauce, lemon juice and curry powder.
- 5:** Add couscous mixture to salad ingredients, mix well and serve.



## 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 degrees C (or 180 degrees 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.



## MMMuesli



**12 SERVINGS**

### INGREDIENTS:

- 3 cups rolled oats
- 1/2 cup bran (pellets or flakes)
- 1/2 cup almonds, flaked or slivered
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup sultanas
- 1/2 cup dried cranberries
- 1/3 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!

## Lebanese Grilled Fish

4 SERVINGS

### INGREDIENTS:

- 2 corn cobs
- 2 medium tomatoes
- 1 Lebanese cucumber
- 1 avocado
- 1 red capsicum
- 1/2 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.