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# 500-CALORIE DINNERS

High Protein • Hearty Salads • Vegetarian + More

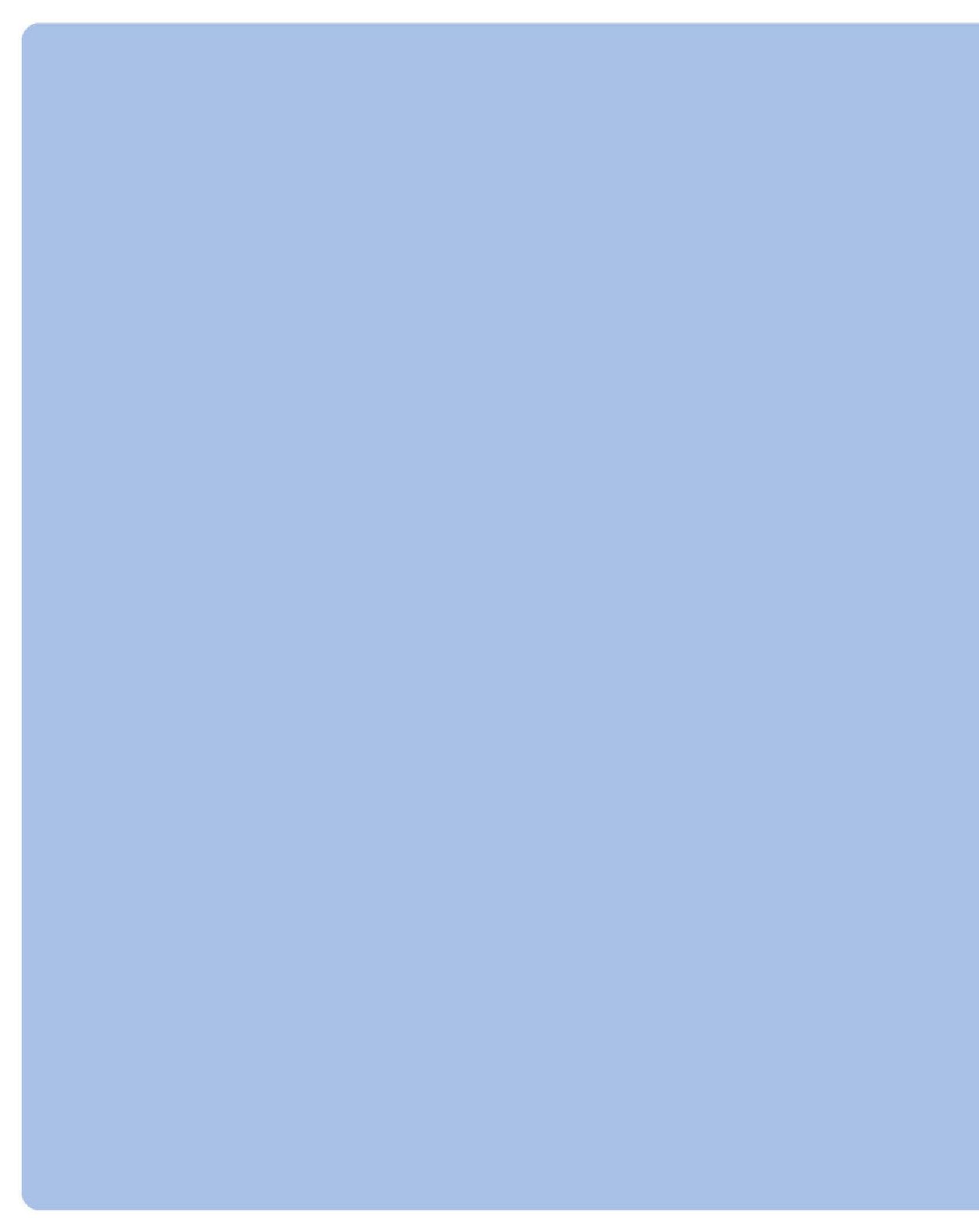


One-pan  
teriyaki beef  
mince





## 500-CALORIE DINNERS





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**High Protein • Hearty Salads • Vegetarian + More**



# Welcome

Load up your plate with cleverly nutritious combos of fresh ingredients to make 500 cals more than enough for dinner.



**Michelle Southan**  
FOOD DIRECTOR

There are plenty of benefits to keeping your dinnertime calorie intake to 500 or under. Yes, it's good for weight loss, but it goes beyond that. Limiting the cals can help stop overeating before bed, which can contribute to better digestion and sleep. It's also a chance to make every calorie count by packing more wholesome ingredients into your day. You'll be amazed how substantial 500 cals can be – no-one will leave the table hungry.

We've put together a delicious collection of ingenious, healthier recipes that use clever combos of fresh ingredients to make 500 cals super satisfying. And plenty from this line-up are totally doable for your busy nights too.

Check out the favourites chapter (page 9) for better-for-you twists on the classics. Turn to page 33 for high-protein dinners that clock 25g or more of protein per serve. Make salad the main event with the hearty dishes from page 51 or hold the meat with our vegetarian winners (page 67). And for when those sweet tooth cravings hit, we've got after-dinner snacks under 125 cals (page 83), so you don't blow all your good work at dinner with just one treat!

We're here to help you fill dinnertime with veg, lean protein and wholegrains in the tastiest way possible.

A handwritten signature in black ink that reads "Michelle Southan".



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## Key

-  quick
-  easy
-  healthy
-  vegetarian
-  super veg
-  low calorie
-  gluten free
-  low fat



Cilantro

Beef stroganoff p21

# Favourites

Dinner is served with lighter, fresher twists on the classics  
that draw everyone to the table every time.



**"I've made this several times.  
The family love this meat-free meal."**

KARAPINCHA



# Vegetarian pad thai

SERVES 4 | PREP 10 MINS (+ 10 MINS SOAKING) | COOKING 15 MINS 

## Ingredients

**½ x 375g pkt dried medium rice stick noodles**  
**60ml (¼ cup) fresh lime juice**  
**2 tbsp vegetarian oyster sauce**  
**2 tsp soy sauce**  
**2 tbsp grated palm sugar**  
**1 large carrot, peeled**  
**1½ tbsp peanut oil**  
**600g firm tofu, cut into 2cm cubes**  
**1 egg, lightly whisked**  
**1 brown onion, halved, cut into thin wedges**  
**2 garlic cloves, crushed**  
**200g green beans, cut into 4cm lengths**  
**1 bunch broccolini, trimmed, halved crossways and lengthways**  
**35g (½ cup) bean sprouts, trimmed**  
**2 tsp sesame seeds, toasted**  
**1 long fresh red chilli, sliced**  
**Lime wedges, to serve**

## Method

- 1.** Place the noodles in a large heatproof bowl. Cover with boiling water. Set aside for 8-10 minutes or until just tender. Use a fork to separate the noodles, then drain.
- 2.** Meanwhile, place the lime juice, oyster sauce, soy sauce and sugar in a bowl. Stir until the sugar dissolves. Use a vegetable peeler to peel long, thin strips from the carrot.
- 3.** Heat a wok or large frying pan over medium-high heat. Add 2 tsp oil and swirl to coat. In 2 batches, stir-fry the tofu for 2-3 minutes or until golden. Transfer to paper towel to drain. Add 2 tsp of remaining oil to the wok. Add the egg. Swirl to cover the base of the wok. Cook for 1 minute or until just set. Transfer to a chopping board and thickly slice.
- 4.** Add the remaining oil to the wok. Add the onion and stir-fry for 2 minutes or until the onion softens. Add the garlic. Stir-fry for 30 seconds or until aromatic. Add the green beans and broccolini. Stir-fry for 2 minutes. Add the carrot, noodles, tofu, egg and sauce mixture. Stir-fry for 2 minutes or until heated through. Add the bean sprouts and toss to combine.
- 5.** Sprinkle the pad thai with the sesame seeds and chilli. Serve with lime wedges to squeeze over.

## Nutrition per serve

**Protein** 26.9g | **Fat** 20.7g (3.1g saturated fat) | **Carb** 51.8g | **Dietary fibre** 13.5g | **Cals** 477 (1997kJ)



# Grilled fish & corn tacos

SERVES 4 | PREP 15 MINS (+ COOLING) | COOKING 15 MINS E H SV LGF LF

## Ingredients

1 tsp ground cumin  
1 tsp smoked paprika  
¼ tsp dried chilli flakes  
500g firm white fish fillets (such as flathead)  
1 corncob  
150g green beans  
1 Lebanese cucumber, finely chopped  
1 long fresh green chilli, deseeded, finely chopped  
1 tbsp fresh lime juice  
½ avocado, sliced  
8 corn tortillas, warmed or chargrilled  
Fresh coriander sprigs and lime wedges, to serve

## Method

1. Combine the cumin, paprika and chilli flakes on a plate. Press both sides of the fish fillets in the spice mixture to coat.
2. Preheat a barbecue grill or chargrill pan on medium-high. Lightly spray the corncob and fish with oil. Cook the corncob, turning, for 8-10 minutes or until lightly charred and tender. Transfer to a plate. Add the fish and cook for 3-4 minutes each side or until cooked through. Transfer to the plate and set aside to cool slightly.
3. Meanwhile, cook the green beans in a steamer basket over a saucepan of boiling water for 3 minutes or until bright green and tender crisp. Refresh under cold running water. Drain well, then slice in half lengthways.
4. Use a small knife to cut down the length of the corncob close to the core to remove the kernels. Transfer the kernels to a bowl. Add the cucumber, green chilli and lime juice. Toss to coat.
5. Break the fish into large pieces. Divide the green beans, fish, corn salsa and avocado among the tortillas. Season and top with coriander. Serve with lime wedges to squeeze over.

## Nutrition per serve

Protein 25g | Fat 9.4g (1.8g saturated fat) | Carb 28.6g | Dietary fibre 7.3g | Cals 315 (1316kJ)



# Healthy chilli con carne

SERVES 4 | PREP 5 MINS | COOKING 30 MINS E H SV LC

## Ingredients

- |                                 |   |
|---------------------------------|---|
| 1 tbsp olive oil                | 120g chargrilled capsicum strips, drained             |
| 1 brown onion, finely chopped   | 400g can black beans or kidney beans, rinsed, drained |
| 2 celery sticks, finely chopped | ½ cup chopped fresh coriander leaves                  |
| 500g extra lean beef mince      | 2 long fresh green chillies, thinly sliced            |
| 3 tsp Mexican spice mix         | Natural yoghurt, to serve (optional)                  |
| 2 tsp ground cumin              |   |
| 115g (½ cup) red lentils        |   |
| 400g can diced tomatoes         |   |

## Method

1. Heat the oil in a large heavy-based pan over medium-high heat. Add the onion and celery. Cook, stirring, for 1-2 minutes. Add the beef and cook, using a wooden spoon to break up any lumps, for 4 minutes. Add the spice mix and cumin. Season well.
2. Stir in the lentils and tomatoes. Add 375ml (1½ cups) water. Bring the mixture to the boil, then reduce heat. Simmer for 20 minutes or until the lentils are cooked through and the mixture thickens.
3. Stir through the capsicum and beans. Cook for 1-2 minutes. Stir through half the coriander and half the chilli. Scatter over the remaining coriander and chilli. Dollop with yoghurt, if using, to serve.

## Nutrition per serve

Protein 43.5g | Fat 13.5g (13.5g saturated fat) | Carb 31g | Dietary fibre 12.5g | Cals 448 (1874kJ)

# Coconut & lemongrass mussels with noodles

SERVES 4 | PREP 10 MINS | COOKING 10 MINS 

## Ingredients

150g rice vermicelli  
noodles  
1 tbsp coconut oil  
2 large (about 150g) red  
Asian shallots, halved,  
thinly sliced  
1 lemongrass stem,  
pale section only,  
finely chopped  
1 long fresh red chilli,  
thinly sliced  
3 tsp finely grated  
fresh ginger  
2 garlic cloves, crushed  
6 makrut lime leaves  
270ml can coconut milk  
1 lime, rind finely grated,  
juiced  
1 tsp fish sauce  
1 tsp brown sugar  
1kg pot-ready  
mussels

## Method

1. Place the noodles in a heatproof bowl. Cover with boiling water. Set aside for 3 minutes or until tender. Use a fork to separate the noodles. Drain. Refresh under cold running water.
2. Heat the oil in a large saucepan over medium-low heat. Add the shallot. Cook, stirring, for 2-3 minutes or until soft. Add the lemongrass, chilli, ginger, garlic and 4 lime leaves. Cook, stirring,
3. Remove from heat and stir in the noodles. Thinly slice the remaining lime leaves and scatter over the mussels along with the lime rind.

## Nutrition per serve

Protein 16g | Fat 18g (15g saturated fat) | Carb 37g

Dietary fibre 1g | Cals 375 (1577kJ)





★★★★★

**"Bingo! What a beauty.  
Living on a low-saturated  
fat, low-carb diet,  
this ticks all the boxes."**

MARTIN

# Tuna, vegetable & brown rice mornay

SERVES 6 | PREP 20 MINS | COOKING 35 MINS 

## Ingredients

1 tsp extra virgin olive oil  
 1 brown onion, finely chopped  
 2 celery sticks, finely chopped  
 1 large carrot, peeled, finely chopped  
 2 zucchini, thinly sliced  
 200g green beans, cut into 1cm lengths  
 1½ tbsp olive oil spread  
 2 tbsp plain flour  
 500ml (2 cups) reduced-fat milk  
 425g can tuna in spring water, drained, flaked  
 40g (½ cup) grated parmesan  
 270g steamed brown rice (see tip)  
 120g baby spinach  
 Mixed salad leaves, to serve

## Method

- Preheat oven to 190°C/170°C fan forced. Lightly spray a 2L (8 cup) baking dish with oil.
- Heat the oil in a large saucepan over medium heat. Add the onion, celery and carrot. Cook, stirring, for 5 minutes or until softened. Add the zucchini and green beans. Cook, stirring, for 2 minutes or until just tender. Transfer the mixture to a bowl.
- Return the pan to medium heat and add the spread until melted. Add the flour and stir until well combined. Slowly start adding the milk, stirring constantly, until well combined and smooth. Bring to the boil, reduce the heat to low and simmer, stirring constantly, until the sauce thickens. Stir in the vegetable mixture, tuna and half the parmesan. Season.
- Spread the rice over the base of the prepared dish. Top with the spinach, then the tuna mixture. Sprinkle with the remaining parmesan and season. Bake for 20 minutes or until golden and bubbling. Set aside for 5 minutes to cool slightly before serving with salad leaves.

## Tips

- For a dairy-free version, swap the reduced-fat milk with reduced-fat soy milk, and the parmesan with grated dairy-free cheese, such as Bio Cheese Dairy Free Original Block.
- About 90g uncooked brown rice makes 270g.

## Nutrition per serve

**Protein** 22g | **Fat** 9g (3g saturated fat) | **Carb** 30g | **Dietary fibre** 6g | **Cals** 302 (1283kJ)



**"Another quick and easy meal  
with wonderful flavours.  
Will definitely make again."**

CONNO65



# Easy Japanese stir-fry

SERVES 4 | PREP 10 MINS | COOKING 10 MINS 

## Ingredients

2 tsp sesame oil  
 1 large red capsicum, deseeded, finely chopped  
 2 zucchini, finely chopped  
 300g pkt superfood mix stir-fry vegetables  
 500g extra lean beef mince  
 2 garlic cloves, crushed  
 2 tsp finely chopped fresh ginger  
 2 tbsp mirin  
 2 tbsp salt-reduced soy sauce  
 2 tsp sesame seeds, lightly toasted  
 270g steamed brown rice (see tip)

## Method

1. Heat half the oil in a wok or large frying pan over high heat. Add the capsicum, zucchini and stir-fry vegetables. Stir-fry for 2 minutes or until tender crisp. Transfer the mixture to a bowl.
2. Heat the remaining oil in the wok. Add the beef and stir-fry for 3 minutes or until browned. Add the garlic and ginger. Stir-fry for a further minute or until aromatic.
3. Return the vegetable mixture to the wok with the mirin and soy sauce. Stir-fry for 1 minute or until heated through. Sprinkle with sesame seeds. Serve with the rice.

## Tips

- + Peeling fresh ginger can be tricky with a knife or vegetable peeler. An easier way is to scrape the skin off using the edge of a dessert spoon – just hold it like you would a vegie peeler. The spoon easily slips around the ginger nodes and your fingers are safe from blades.
- + About 90g uncooked brown rice makes 270g cooked.

## Nutrition per serve

**Protein** 36.2g | **Fat** 9.4g (2.8g saturated fat) | **Carb** 34.4g | **Dietary fibre** 6.5g | **Cals** 393 (1642kJ)



★★★★★

**"Even my husband commented how good this was (he doesn't often). Probably because of the tender eye fillet."**

PRUE GALLAGHER



# Beef stroganoff

SERVES 4 | PREP 20 MINS | COOKING 30 MINS 

## Ingredients

2 tsp extra virgin olive oil  
 500g beef fillet, excess fat trimmed, thinly sliced  
 1 white onion, thinly sliced  
 200g Swiss brown mushrooms, halved, sliced if large  
 200g button mushrooms, halved, sliced if large  
 2 garlic cloves, crushed  
 1 tsp ground paprika  
 200ml salt-reduced beef stock  
 1 tbsp Worcestershire sauce  
 65g (1/4 cup) reduced-fat sour cream  
 100g baby spinach  
 2 x 250g pkt zucchini noodles  
 Fresh baby parsley leaves and steamed green beans, to serve

## Method

1. Heat half the oil in a large non-stick frying pan over high heat. In 2 batches, cook the beef for 2 minutes or until browned. Transfer to a plate.
2. Heat the remaining oil in the pan over medium heat. Add the onion and cook, stirring, for 5 minutes or until softened. Add the mushrooms and increase the heat to high. Cook, stirring, for 3-4 minutes or until browned.
3. Add the garlic and paprika. Cook, stirring, for 1 minute or until aromatic. Add the stock and Worcestershire sauce. Bring to the boil, then reduce the heat to low. Return the beef to the pan and gently simmer for 1-2 minutes or until heated through. Stir through the sour cream and spinach. Cook until the spinach is just wilted.
4. Microwave the zucchini noodles following packet directions.
5. Divide the stroganoff and zucchini noodles among serving bowls. Sprinkle with parsley and serve with green beans.

## Nutrition per serve

Protein 35g | Fat 13g (5g saturated fat) | Carb 6g | Dietary fibre 5g | Cals 297 (1243kJ)



**"Super quick and easy meal! It was spicy with a deep flavour."**

REBECCA



# Spanish chicken & beans

SERVES 4 | PREP 10 MINS | COOKING 15 MINS 

## Ingredients

1 tsp smoked paprika  
1 tsp harissa paste  
2 garlic cloves, thinly sliced  
1 tbsp fresh lemon juice  
4 (about 250g) chicken tenderloins  
125g green beans, chopped  
400g can no-added-salt cannellini beans, rinsed, drained  
1 small zucchini, sliced  
50g (1/4 cup) pitted Sicilian green olives, halved  
400g can cherry tomatoes  
1 tsp extra virgin olive oil  
Fresh continental parsley sprigs, to serve

## Method

1. Combine the paprika, harissa, garlic and lemon juice in a large glass bowl. Add the chicken and turn to coat.
2. Place the green beans, cannellini beans, zucchini, olives and tomatoes in large bowl and stir until combined.
3. Heat the oil in a large frying pan. Add the chicken and cook for 2 minutes each side or until browned. Add the vegetable mixture and cook for 10 minutes or until the vegetables are just tender. Top with parsley to serve.

## Tip

Make this up to 3 months ahead by placing the chicken mixture (made in step 1) and the vegetable mixture (made in step 2) in separate large airtight glass or plastic containers. Freeze the containers, then defrost overnight in the fridge before continuing with step 3.

## Nutrition per serve

Protein 41g | Fat 11g (2g saturated fat) | Carb 23g | Dietary fibre 13.5g | Cals 368 (1537kJ)



# One-pan teriyaki beef mince

SERVES 4 | PREP 15 MINS | COOKING 15 MINS 

## Ingredients

1 tsp cornflour  
2 tbsp salt-reduced soy sauce  
1½ tbsp mirin  
3 tsp honey  
2 tsp sesame oil  
350g broccoli, cut into small florets  
1 large red capsicum, deseeded, chopped  
200g snow peas, trimmed, chopped  
500g lean beef mince  
2 tsp finely grated fresh ginger  
4 long green shallots, thinly sliced  
340g (2 cups) steamed brown rice

## Method

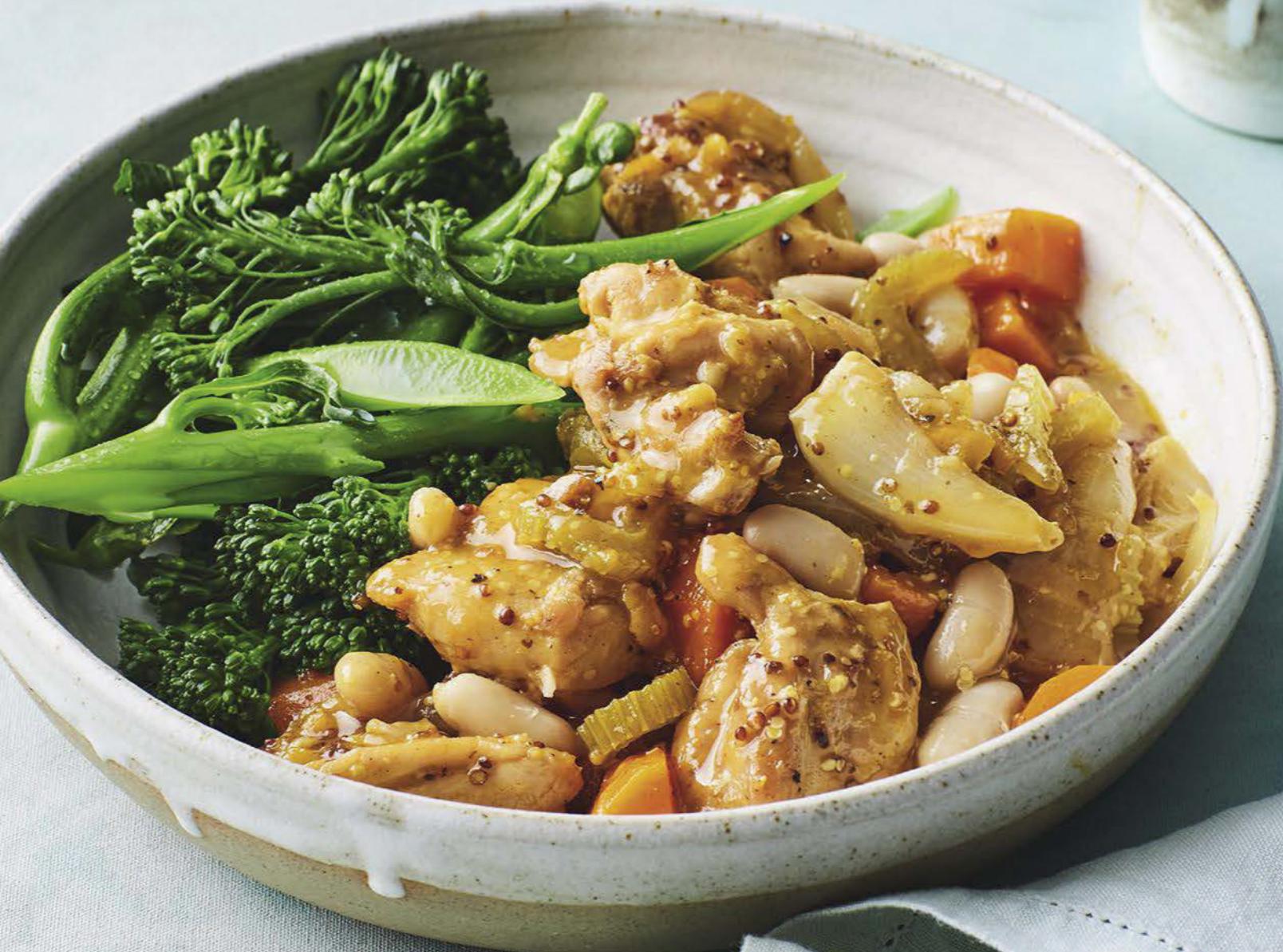
1. Combine the cornflour and 2 tsp water in a small bowl until the cornflour dissolves. Stir in the soy sauce, mirin and honey.
2. Heat 1 tsp oil in a large non-stick wok over high heat. Add the broccoli and 1 tbsp water. Stir-fry for 1 minute or until the water evaporates. Add the capsicum and snow peas. Stir-fry for 2 minutes or until the vegetables are just tender. Transfer the mixture to a bowl.
3. Return the wok to high heat. Add the beef and remaining oil. Stir-fry, using a wooden spoon to break up any lumps, for 3 minutes or until browned. Drain any excess liquid from the wok.
4. Add the ginger and shallot to the wok and stir-fry for 30 seconds. Add the sauce mixture and simmer for 1 minute or until thickened. Return the vegetables to the wok and stir-fry for 1 minute or until heated through. Serve with brown rice.

## Tips

- + Lean beef mince is a budget-friendly source of protein. Substitute for any lean mince you like (pork, chicken or turkey) or swap for lean beef stir-fry strips.
- + About 115g uncooked brown rice makes 340g cooked.

## Nutrition per serve

**Protein** 39.1g | **Fat** 14.9g (5.3g saturated fat) | **Carb** 40.2g | **Dietary fibre** 7.5g | **Cals** 472 (1973kJ)



★★★★★

"Lovely, filling meal  
with subtle flavours.  
Great for batch cooking.  
Will make again."

GCARNIE

# Apricot chicken

SERVES 4 | PREP 20 MINS | COOKING 15 MINS  

## Ingredients

2 tsp extra virgin olive oil  
 600g skinless chicken thigh fillets, trimmed, cut into 3cm pieces  
 1 large brown onion, halved, thinly sliced  
 2 celery sticks, thinly sliced  
 2 carrots, peeled, cut into chunks  
 2 garlic cloves, crushed  
 1 tbsp wholegrain mustard  
 125ml (½ cup) salt-reduced chicken stock  
 250ml (1 cup) apricot nectar  
 35g (¼ cup) chopped dried apricots  
 400g can cannellini beans, rinsed, drained  
 Steamed snow peas and broccolini, to serve

## Method

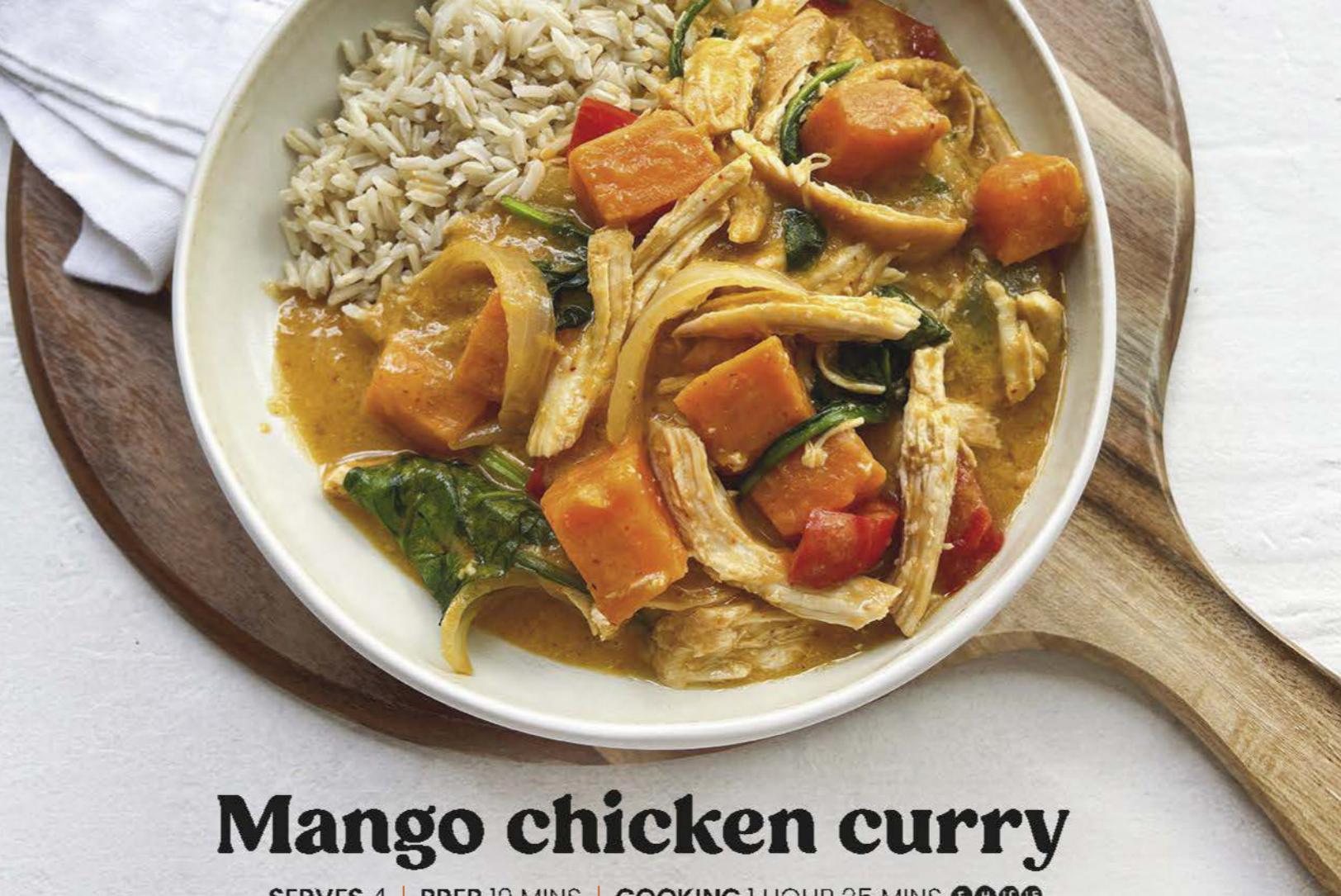
1. Preheat oven to 170°C/150°C fan forced.
2. Heat half the oil in a large flameproof casserole dish over high heat. In 2 batches, cook the chicken for 1-2 minutes each side or until golden. Transfer to a plate.
3. Heat the remaining oil in the dish over medium heat. Add the onion, celery and carrot. Cook, stirring, for 5 minutes or until softened. Add the garlic and cook, stirring, for 30 seconds or until aromatic. Stir in the mustard, stock, apricot nectar and dried apricots. Bring to the boil. Cover the dish with a lid or foil. Bake for 40 minutes, adding the cannellini beans in the last 10 minutes of cooking.
4. Serve the apricot chicken with steamed snow peas and broccolini.

## Tip

Swap the cannellini beans with another legume, such as canned chickpeas or butter beans.

## Nutrition per serve

**Protein** 39g | **Fat** 9g (2g saturated fat) | **Carb** 28g | **Dietary fibre** 12g | **Cals** 345 (1443kJ)



# Mango chicken curry

SERVES 4 | PREP 10 MINS | COOKING 1 HOUR 25 MINS E H LCF

## Ingredients

500g (about 2) chicken breast fillets	1 red capsicum, deseeded, chopped
270ml can light coconut milk	1 tbsp Maesri Red Curry Paste
250ml (1 cup) salt-reduced chicken stock	350g sweet potato, peeled, chopped
3cm-piece fresh ginger, peeled, thinly sliced	1 large mango, peeled, chopped
6 makrut lime leaves	1 tbsp fresh lime juice
1 brown onion, cut into wedges	50g baby spinach 340g (2 cups) steamed brown rice

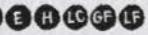
## Method

1. Spray a deep-sided frying pan with oil and place over medium-high heat. Add the chicken. Cook for 2-3 minutes each side or until golden. Add coconut milk, stock, ginger, lime leaves and 500ml (2 cups) water. Bring to the boil. Reduce heat to low. Cover and cook, turning chicken halfway through, for 30 minutes or until chicken is just cooked through. Transfer the chicken to a chopping board.
2. Increase heat to high and bring the coconut cooking liquid to the boil. Cook for 15 minutes or until reduced slightly (you should have about 750ml/3 cups of cooking liquid). Transfer to a heatproof jug.
3. Reduce heat to medium and add the onion, capsicum and curry paste to the pan. Cook, stirring, for 3-4 minutes or until vegetables soften slightly. Add cooking liquid and sweet potato. Cook, stirring occasionally, for 15 minutes or until the sweet potato is tender.
4. Meanwhile, shred the chicken into large pieces. Place the mango in a food processor and process until smooth.
5. Add the chicken, mango puree and lime juice to the pan and bring to a gentle simmer. Cook, stirring, for 2-3 minutes or until heated through. Stir in the spinach for 1-2 minutes or until just wilted. Serve with brown rice.

## Nutrition per serve

Protein 35.9g | Fat 9.5g  
(5.5g saturated fat) | Carb 57.4g  
Dietary fibre 7.5g | Cals 476 (1990kJ)

# No-bun burgers

SERVES 4 | PREP 20 MINS | COOKING 10 MINS 

## Ingredients

400g lean turkey mince	½ small red onion, sliced into rings
1 small zucchini, finely grated, squeezed of excess moisture	2 tsp white balsamic condiment
25g feta, crumbled	95g (⅓ cup) hummus
2 tbsp chopped fresh continental parsley leaves	8 large coral lettuce leaves
2 tbsp chopped fresh mint leaves	4 qukes (baby cucumbers), peeled into ribbons
2 vine ripened tomatoes, sliced	2 carrots, peeled, shredded

## Method

1. Combine the turkey, zucchini, feta, parsley and mint in a large bowl. Season. Use clean hands to mix until well combined. Shape into four 2cm-thick patties.
2. Heat a large non-stick frying pan over medium heat. Lightly spray with oil. Cook the patties for 4 minutes each side or until golden and cooked through.
3. Place the tomato, onion and balsamic in a bowl. Season and stir until combined.
4. Spread the hummus over 4 lettuce leaves. Top with the onion, patties, quke, carrot and tomato. Sandwich with the remaining lettuce leaves.

## Nutrition per serve

Protein 26.1 | Fat 14.3g (3.1g saturated fat) | Carb 12g  
Dietary fibre 6.2g | Cals 296 (1232kJ)





**"It worked exactly as the method explained and looked beautiful. Very tasty and filling."**

ALISON TOUGH



# Vegan stuffed roast pumpkin

SERVES 6 | PREP 30 MINS (+ COOLING) | COOKING 2 HOURS HVSVLC

## Ingredients

1.8kg whole butternut pumpkin  
2 red onions  
1 tbsp extra virgin olive oil  
3 garlic cloves, thinly sliced  
1 tsp smoked paprika  
2 small red capsicums deseeded, cut into 1cm-thick strips  
2 small yellow capsicums, deseeded, cut into 1cm-thick strips  
2 tbsp red wine vinegar  
2 tsp pure maple syrup  
400g can brown lentils, rinsed, drained  
150g baby spinach  
2 tbsp pine nuts  
2 bunches asparagus, trimmed  
Baby rocket, to serve  
Balsamic vinegar, to drizzle

## Method

1. Preheat oven to 190°C/170°C fan forced. Line a large baking tray with baking paper.
2. Cut the pumpkin in half lengthways. Scoop out the seeds and discard. Place the pumpkin, cut-side up, on the prepared tray. Lightly spray with oil. Season. Roast for 1 hour 10 minutes or until tender. Set aside to cool, then scoop out the flesh from each half, leaving a 3cm-thick shell and reserving the flesh.
3. Meanwhile, cut 1 onion into wedges. Thinly slice the remaining onion. Heat the oil in a large frying pan over medium heat. Cook the sliced onion, stirring, for 3 minutes or until softened. Add the garlic and paprika. Cook, stirring, for 1 minute. Add the capsicum and cook, stirring occasionally, for 10 minutes or until just tender. Stir in the red wine vinegar and maple syrup. Cook, stirring occasionally, for 10-15 minutes or until caramelised. Remove from heat.
4. Add the lentils and reserved pumpkin flesh to the onion mixture. Season. Stir until combined, then set aside to cool slightly.
5. Briefly blanch the spinach in boiling water. Drain. Refresh under cold running water, then squeeze out excess liquid. Coarsely chop, then stir into the pumpkin mixture along with the pine nuts.
6. Divide the mixture between pumpkin shells. Carefully join halves and use kitchen string to tie at 2cm intervals. Return the stuffed pumpkin to the tray. Add the onion wedges. Roast for 20 minutes or until just tender, adding the asparagus halfway through cooking.
7. Remove the stuffed pumpkin from the oven. Set aside for 5 minutes, then remove string and cut into 6 thick slices. Arrange on a serving platter with the asparagus, onion wedges and rocket. Drizzle over balsamic to serve.

## Nutrition per serve

Protein 14.3g | Fat 13.1g (1.7g saturated fat) | Carb 31.7g | Dietary fibre 12.3g | Cals 328 (1372kJ)



Beef mince hotpot p43

# High protein

Each of these winners clocks up 25g or more of protein – good for your bones and muscles, while reducing cravings and keeping you fuller for longer.



**"I thought this was really good!  
I did use normal pasta as I had  
some fresh that needed using up."**

McNABBACUS

# Gluten-free lentil pasta with turkey & tomatoes

SERVES 4 | PREP 10 MINS | COOKING 15 MINS 

## Ingredients

250g dried red lentil penne pasta  
200g green beans, sliced diagonally  
1 tsp extra virgin olive oil  
1 small red onion, finely chopped  
2 tsp crushed garlic  
1 tsp dried chilli flakes  
300g extra lean turkey breast mince  
400g can cherry tomatoes  
2 tsp red wine vinegar  
120g baby spinach  
60g (1/4 cup) fresh ricotta

## Method

- Cook the pasta in a large saucepan of salted boiling water following packet directions, adding the green beans in the last 2 minutes of cooking.
- Meanwhile, heat oil in a large deep non-stick frying pan over medium heat. Add onion. Cook, stirring, for 3 minutes or until softened. Add the garlic and chilli. Cook, stirring, for 1 minute or until aromatic. Add turkey and cook, using a wooden spoon to break up any lumps, for 5 minutes or until browned.
- Add the tomatoes, vinegar and 60ml (1/4 cup) water. Bring to the boil, then reduce heat and simmer for 5 minutes. Add the pasta mixture and spinach. Toss to combine. Divide among serving bowls and top with spoonfuls of ricotta to serve.

## Tip

Check the label when buying turkey mince. Buy 'breast mince' over 'ground turkey', which is a mix of white and darker, fattier meats.

## Nutrition per serve

Protein 36.7g | Fat 8.9g (2.6g saturated fat) | Carb 38.2g | Dietary fibre 11.9g | Cals 375 (1577kJ)



**"My ears pricked up  
when I read this was  
under \$5 a serve.  
Awesome for  
leftovers too."**

DANI.BROUGHAM



# Buckwheat, beef & roast veg salad

SERVES 4 | PREP 10 MINS | COOKING 35 MINS 

## Ingredients

800g butternut pumpkin, peeled, deseeded, cut into 2cm pieces  
 1 large red capsicum, deseeded, thinly sliced  
 1 large red onion, cut into wedges  
 1½ tbsp extra virgin olive oil  
 2 tsp sumac  
 205g (1 cup) raw buckwheat  
 1½ tbsp lemon juice  
 1½ tsp wholegrain mustard  
 1 tsp maple syrup  
 400g beef rump steak  
 1 bunch fresh continental parsley, leaves picked

## Method

1. Preheat oven to 210°C/190°C fan forced. Line 2 baking trays with baking paper.
2. Spread the pumpkin, capsicum and onion over prepared trays. Drizzle over 1 tbsp oil. Sprinkle with sumac. Season. Toss to combine, then roast for 25 minutes or until golden and tender.
3. Meanwhile, bring a saucepan of water to the boil. Cook the buckwheat in a non-stick frying pan over medium heat, stirring, for 2 minutes or until toasted. Set aside on a plate for 5 minutes to cool.
4. Line a tray with paper towel. Add the buckwheat to the saucepan of boiling water. Reduce heat to medium-low. Simmer for 5 minutes or until al dente. Drain. Refresh under cold running water. Spread over prepared tray to dry.
5. Combine the lemon juice, mustard, maple syrup and remaining oil in a bowl. Season.
6. Heat a chargrill or barbecue on medium-high. Spray the steak with oil. Season. Cook, turning, for 3 minutes for medium or until cooked to your liking. Transfer to a plate and set aside for 3 minutes to rest. Trim excess fat and thinly slice.
7. Combine the vegetables, buckwheat, steak, parsley and half the dressing in a bowl. Toss. Divide among serving plates. Drizzle over the remaining dressing to serve.

## Tip

Raw buckwheat is available in the health food section of major supermarkets or health food stores. Store in an airtight container in a cool, dark place. You can add it to homemade muesli before toasting.

## Nutrition per serve

**Protein** 36g | **Fat** 15g (4g saturated fat) | **Carb** 53g | **Dietary fibre** 11g | **Cals** 483 (2029kJ)



# North Indian paneer curry

SERVES 4 | PREP 15 MINS | COOKING 45 MINS

## Ingredients

2 tsp macadamia oil	2 tsp ground coriander
200g paneer cheese, drained, cut into 2cm pieces	1 tsp ground turmeric
1 large red onion, finely chopped	2 tbsp no-added-salt tomato paste
1 tbsp finely grated fresh ginger	4 large tomatoes, peeled, chopped
2 garlic cloves, crushed	200g cauliflower, cut into small florets
1 long fresh green chilli, deseeded, finely chopped, plus extra, sliced, to serve	150g (1 cup) frozen peas
2 tsp ground cumin	Fresh coriander leaves, to serve
	270g cooked brown rice

## Method

1. Heat half the oil in a large saucepan over medium-high heat. In batches, cook the paneer for 1-2 minutes each side or until golden. Transfer to a plate.
2. Reduce heat to medium. Add the onion and remaining oil. Cook, stirring, for 3-4 minutes or until softened. Add the ginger, garlic, chilli, cumin, ground coriander and turmeric. Cook, stirring, for 3-4 minutes or until aromatic. Stir in the tomato paste and cook for 1 minute. Add the tomato and 250ml (1 cup) water. Bring to the boil, then reduce heat to medium-low. Cover and simmer for 15 minutes.
3. Add the cauliflower. Simmer, covered, for 5 minutes or until tender. Add the peas and paneer. Simmer for 3-4 minutes or until the peas are tender.
4. Top with fresh coriander and extra chilli. Serve with brown rice.

## Nutrition per serve

Protein 27.4g | Fat 10.2g (2.6g saturated fat) | Carb 29.1g  
Dietary fibre 6g | Cals 370 (1548kJ)

# Pork san choy bau noodles

SERVES 4 | PREP 5 MINS | COOKING 10 MINS 

## Ingredients

- 200g ramen noodles
- 1 tbsp sesame oil
- 500g pork mince
- 3 garlic cloves, crushed
- 1 tbsp salt-reduced soy sauce
- 2 tbsp oyster sauce
- 1 small iceberg lettuce, shredded
- 1 carrot, peeled, cut into long thin strips
- 1 green shallot, thinly sliced
- Fried shallots, thinly sliced
- long fresh red chilli and lime wedges, to serve

## Method

1. Cook the noodles in a large saucepan of boiling water following packet directions. Drain.
2. Heat the oil in a wok or large frying pan over high heat. Add the pork and garlic. Stir-fry, using a wooden spoon to break up any lumps, for 4 minutes or until browned.
3. Meanwhile, combine the soy sauce, oyster sauce and 1 tbsp water in a bowl. Add the mixture to the pan and bring to a simmer. Cook,
- stirring regularly, for 2 minutes or until thickened slightly. Season with pepper.
4. Divide the lettuce among serving bowls, arranging around the edge of each bowl. Top with the noodles, pork mixture, carrot and green shallot. Top with fried shallots and chilli. Serve with lime wedges to squeeze over.

## Tip

To cut prep time, replace the lettuce and carrot with a packet of coleslaw.

## Nutrition per serve

**Protein** 33.3g | **Fat** 18.9g  
(5.9g saturated fat)  
**Carb** 40g | **Dietary fibre**  
4.4g | **Cals** 480 (2007kJ)





"I made this in a pretty rushed fashion and it was still enjoyable. I really loved the flavours."

LAURENBRUINS



# Lamb, chickpea & pumpkin bake

SERVES 6 | PREP 20 MINS (+10 MINS COOLING) | COOKING 1 HOUR 5 MINS 

## Ingredients

1.2kg butternut pumpkin, peeled, deseeded, thinly sliced  
 3 tsp ground cumin  
 1 tsp extra virgin olive oil  
 1 large red onion, finely chopped  
 4 celery sticks, trimmed, finely chopped  
 2 garlic cloves, crushed  
 1 tsp ground cinnamon  
 500g lean lamb mince  
 400g can diced tomatoes  
 400g can no-added-salt chickpeas, rinsed, drained  
 1 zucchini, finely chopped  
 240g (1 cup) fresh ricotta  
 1 egg  
 130g (½ cup) natural yoghurt  
 ¼ cup chopped fresh continental parsley leaves  
 260g cocktail truss tomatoes  
 Baby French kale leaves, to serve

## Method

1. Preheat oven to 200°C/180°C fan forced. Line 2 baking trays with baking paper.
2. Place the pumpkin on prepared trays, spray lightly with oil and sprinkle with half the cumin. Bake, swapping trays halfway, for 25-30 minutes or until golden and tender.
3. Meanwhile, heat the oil in a large saucepan over medium heat. Add the onion and celery. Cook, stirring occasionally, for 7-8 minutes or until softened. Add the garlic, cinnamon and remaining cumin. Cook, stirring, for 1 minute or until aromatic.
4. Add the lamb and cook, using a wooden spoon to break up any lumps, for 5 minutes or until browned. Add the canned tomatoes, chickpeas, zucchini and 185ml (¾ cup) water. Bring to the boil, then reduce the heat to low and simmer, stirring occasionally, for 20 minutes or until thickened.
5. Combine the ricotta, egg, yoghurt and parsley in a bowl. Season.
6. Lightly spray a 2L (8 cup) baking dish with oil. Spread half the lamb mixture over the base of prepared dish. Top with half the pumpkin. Repeat layering with the remaining lamb mixture and pumpkin, then carefully spread the ricotta mixture over the top. Bake for 15 minutes.
7. Line a baking tray with baking paper. Place the truss tomatoes on prepared tray and bake along with the lamb bake for a further 15 minutes or until the bake is golden and bubbling and the tomatoes are just softened. Set aside the bake for 10 minutes to cool slightly.
8. Top the bake with tomatoes and kale.

## Nutrition per serve

Protein 30g | Fat 14g (5g saturated fat) | Carb 22g | Dietary fibre 8g | Cals 354 (1478kJ)



# Beef mince hotpot

SERVES 4 | PREP 10 MINS | COOKING 45 MINS 

## Ingredients

2 tsp extra virgin olive oil  
 500g extra-lean beef  
     mince  
 3 celery sticks, coarsely  
     chopped  
 2 carrots, peeled,  
     coarsely chopped  
 1 brown onion, coarsely  
     chopped  
 3 garlic cloves, crushed  
 2 tbsp tomato paste  
 2 tbsp plain flour  
 500ml (2 cups) salt-  
     reduced beef stock  
 1 tbsp Worcestershire  
     sauce  
 3 bay leaves  
 12 baby coliban (chat)  
     potatoes, halved  
 150g (1 cup) frozen  
     baby peas  
 Finely chopped fresh  
     continental parsley  
     leaves, to serve  
 Wholegrain sourdough  
     bread, to serve  
     (optional)

## Method

1. Heat the oil in a large saucepan over medium heat. Add half the beef and cook, using a wooden spoon to break up any lumps, for 3-4 minutes or until browned. Transfer to a bowl. Repeat with the remaining beef.
2. Add the celery, carrot and onion to the pan over medium heat. Cook, stirring, for 3-4 minutes or until softened slightly. Add the garlic and tomato paste. Cook, stirring, for 1 minute or until aromatic. Return the beef to the pan. Add the flour and stir until well combined. Add the stock, Worcestershire sauce, bay leaves and 750ml (3 cups) water. Stir until well combined.
3. Increase the heat to medium-high and bring to the boil. Add the potato, then reduce the heat to medium. Simmer, stirring occasionally, for 20-25 minutes or until the mixture thickens slightly and the potato is tender. Stir in the peas and cook for 2 minutes or until heated through.
4. Sprinkle with parsley and serve with crusty bread, if using.

## Tip

To make ahead, allow the dish to cool slightly once cooked. Place in an airtight container and in the fridge to chill. Transfer to the freezer for up to 3 months.

## Nutrition per serve

**Protein** 35.7g | **Fat** 14.2g (5.3g saturated fat) | **Carb** 29.9g | **Dietary fibre** 8.8g | **Cals** 410 (1715kJ)



**"I loved that I could prep this and keep in the freezer, all ready for a quick meal midweek."**

HARMONYPUFFIN

# Maple tamari tofu with broccolini noodles

SERVES 2 | PREP 10 MINS | COOKING 5 MINS 

## Ingredients

1 tbsp maple syrup  
1 tbsp fresh lime juice  
1 tbsp salt-reduced tamari  
1 tsp finely grated fresh ginger  
250g firm tofu, cut into 1cm-thick slices  
1 small red onion, cut into thin wedges  
150g sugar snap peas, trimmed  
1 bunch broccolini, cut into 3cm lengths  
150g pkt shelf-fresh ramen noodles  
1 tsp sesame oil  
1 tsp toasted sesame seeds  
Fresh sliced red chilli and Thai basil leaves, to serve

## Method

1. Combine the maple syrup, lime juice, tamari and ginger in a large bowl. Add the tofu and turn to coat.
2. Place the onion, sugar snap peas, broccolini and ramen in another large bowl
3. Heat half the oil in a large non-stick frying pan over high heat. Add the tofu, reserving the marinade, and cook for 2 minutes each side or until golden.
4. Meanwhile, heat the remaining oil in a large wok over high heat. Add the vegetable mixture and stir-fry for 3-4 minutes or until the vegetables are just tender. Pour in the reserved marinade and stir-fry for 1 minute.
5. Divide the vegetable mixture and tofu between serving plates. Top with the sesame seeds, chilli and basil to serve.

## Tip

Make this up to 3 months ahead by placing the tofu mixture (made in step 1) and the vegetable mixture (made in step 2) in separate large sealable glass or plastic containers. Freeze the containers, then defrost overnight in the fridge before continuing with step 3.

## Nutrition per serve

Protein 26g | Fat 13.5g (1.5g saturated fat) | Carb 35.5g | Dietary fibre 12.5g | Cals 397 (1658kJ)



**"Very tasty meal. The sauce is delicious  
and lots of flavour in the rissoles."**

RELSA

# Thai pork rissoles & quinoa salad

SERVES 4 | PREP 10 MINS | COOKING 10 MINS Q H SV LG GF LF

## Ingredients

500g extra lean pork mince  
4 green shallots, finely chopped  
2 tbsp chopped fresh coriander leaves, plus extra, to serve  
 $1\frac{1}{2}$  tbsp Thai seasoning paste  
120g mixed salad leaves  
4 qukes (baby cucumbers), quartered lengthways  
250g tomato medley mix, halved  
4 radishes, sliced  
2 tbsp fresh lime juice  
1 tbsp salt-reduced soy sauce  
 $\frac{1}{2}$  tsp caster sugar  
300g (2 cups) steamed quinoa (see tip)  
Lime wedges, to serve

## Method

1. Combine the pork, shallot, coriander and 1 tbsp seasoning paste in a bowl. Shape into 12 patties.
2. Spray a large frying pan with oil and place over medium-high heat. Cook the patties for 3-4 minutes each side or until cooked through.
3. Meanwhile, combine the salad leaves, quke, tomato and radish in a bowl. Combine the lime juice, soy sauce, sugar and remaining seasoning paste in a small bowl.
4. Divide the patties, quinoa and salad among serving plates. Drizzle over the lime dressing and sprinkle with extra coriander. Serve with lime wedges to squeeze over.

## Tips

- + About 200g (1 cup) uncooked quinoa makes 300g (2 cups) cooked.
- + Make the patties up to 24 hours ahead and store in an airtight container in the fridge. Chilling the patties ahead also helps keep them firm before cooking.

## Nutrition per serve

Protein 29.7g | Fat 8.4g (2.3g saturated fat) | Carb 21g | Dietary fibre 5.5g | Cals 292 (1222kJ)



# Healthy salmon mornay pasta bake

SERVES 4 | PREP 15 MINS | COOKING 35 MINS 

## Ingredients

150g dried wholemeal pasta spirals  
1 tsp extra virgin olive oil, plus extra 1 tbsp  
2 celery sticks, finely chopped  
1 large zucchini, quartered lengthways, sliced  
150g (1 cup) frozen green peas  
4 long green shallots, pale section only, thinly sliced  
2 tsp finely grated lemon rind  
2 tbsp plain flour  
375ml (1½ cups) reduced-fat milk  
40g (½ cup) finely grated parmesan  
2 x 200g cans skinless boneless salmon, drained  
60g baby spinach leaves, plus extra, to serve

## Method

1. Preheat oven to 200°C/180°C fan forced.
2. Cook the pasta in a large saucepan of lightly salted boiling water following packet directions or until al dente. Drain. Transfer to a large bowl.
3. Meanwhile, heat the oil in a large saucepan over medium heat. Add the celery and cook, stirring, for 3-4 minutes or until starting to soften. Add the zucchini, peas, shallot and lemon rind. Cook, stirring, for 2 minutes or until the vegetables are bright green. Transfer to the bowl with the pasta.
4. Return the pan to the heat, then add the flour and extra oil. Cook, stirring constantly, for 1-2 minutes or until well combined and bubbling. Gradually add the milk, whisking constantly, until well combined. Simmer, stirring, until the mixture thickens and coats the back of a wooden spoon. Season. Stir in half the parmesan. Add to the pasta mixture. Add the salmon and spinach and gently stir until combined.
5. Transfer the pasta mixture to a 2L (8 cup) ovenproof dish. Sprinkle with the remaining parmesan. Bake for 20 minutes or until golden and bubbling. Serve scattered with extra spinach.

## Tip

If lumps start to appear in the mornay sauce in step 4, quickly whisk to remove them.

## Nutrition per serve

**Protein** 29.3g | **Fat** 16.2g (4.9g saturated fat) | **Carb** 38.8g | **Dietary fibre** 7.8g | **Cals** 437 (1826kJ)



Sweet & sour Thai beef & mango salad p63

# Hearty salads

Nourishing and filling, we've supersized the goodness in these main-event salads.



**"Family loved it. The slaw was a perfect accompaniment."**

BGRIFFITHS

# Jacket sweet potatoes with jalapeño slaw

SERVES 4 | PREP 20 MINS | COOKING 1 HOUR 5 MINS 

## Ingredients

4 small (about 200g each) sweet potatoes, unpeeled  
 400g can black beans, rinsed, drained  
 150g chopped skinless cooked chicken  
 1 vine ripened tomato, deseeded, diced  
 3 green shallots, thinly sliced  
 1 long fresh green chilli, deseeded, finely chopped  
 250g (1 cup) cottage cheese  
 2 tbsp chopped fresh coriander leaves, plus extra leaves, to serve  
 180g (2 cups) shredded red cabbage  
 2 tbsp drained, chopped pickled jalapeño chillies  
 2 tsp fresh lime juice, plus lime wedges, to serve  
 1 tsp extra virgin olive oil, plus extra, to drizzle

## Method

1. Preheat oven to 200°C/180°C fan forced. Line a large baking tray with baking paper.
2. Prick the sweet potatoes all over with a fork and place on prepared tray. Roast, turning halfway through cooking, for 50-55 minutes or until tender when pierced with a skewer. Set aside to cool slightly.
3. Meanwhile, combine the black beans, chicken, tomato, shallot, green chilli, cottage cheese and half the coriander in a large bowl. Season. Place the cabbage, jalapeño, lime juice, oil and remaining coriander in a separate bowl and toss until combined.
4. Make a long cut lengthways down each sweet potato, making sure not to cut all the way through. Gently separate the sides and use a fork to lightly mash the flesh. Divide the black bean filling among the sweet potatoes. Return to the oven and roast for 10 minutes or until heated through.
5. Top each sweet potato with the jalapeño slaw and extra coriander. Drizzle over extra olive oil. Serve with lime wedges to squeeze over.

## Tip

If your sweet potatoes are a lot bigger than 200g each, cut them in half lengthways before roasting and serve one half per person.

## Nutrition per serve

Protein 21g | Fat 3g (1g saturated fat) | Carb 39g | Dietary fibre 714g | Cals 396 (1656kJ)



# Cypriot grain & chicken salad

SERVES 8 | PREP 40 MINS | COOKING 35 MINS 

## Ingredients

170g (1 cup) burghul	$\frac{1}{2}$ cup chopped fresh continental parsley leaves
1.5kg kent pumpkin, peeled, deseeded, cut into 3cm pieces	80g ( $\frac{1}{2}$ cup) seed mix, toasted (sunflower seeds and pepitas)
500g chicken tenderloins	40g flaked almonds, toasted
1 tbsp Mingle Greek Garlic All Natural Seasoning	50g ( $\frac{1}{3}$ cup) dried cranberries, coarsely chopped
$\frac{1}{2}$ tsp sweet paprika	45g ( $\frac{1}{4}$ cup) currants
60ml ( $\frac{1}{4}$ cup) extra virgin olive oil	50g ( $\frac{1}{4}$ cup) drained capers, coarsely chopped
2 x 400g cans no-added salt chickpeas, rinsed, drained	60ml ( $\frac{1}{4}$ cup) fresh lemon juice
1 small red onion, finely chopped	100g feta, crumbled
1 cup chopped fresh coriander leaves	

## Method

- Place the burghul in a heatproof bowl. Cover with boiling water. Set aside for 20 minutes or until tender. Drain well. Transfer to a large bowl.
- Meanwhile, preheat oven to 220°C/200°C fan forced. Line a large baking tray with baking paper. Place the pumpkin on prepared tray and spray with oil. Season. Roast for 35 minutes or until tender and caramelised. Set aside to cool.
- Place the chicken, seasoning and paprika in a bowl. Toss until well combined. Heat 1 tbsp oil in a non-stick frying pan over medium-high heat. Add the chicken and cook, for 3-4 minutes each side or until golden and cooked through. Thickly slice diagonally. Set aside, covered, to keep warm.
- Place the chickpeas, onion, coriander, parsley, seed mix, almonds, cranberries, currants and capers in the bowl with the burghul. Toss until well combined. Add the roast pumpkin, lemon juice and remaining 2 tbsp oil. Gently stir to combine. Season.
- Spoon the salad onto a large serving platter. Top with the chicken and feta to serve.

## Nutrition per serve

Protein 27.6g | Fat 20.6g (4.3g saturated fat) | Carb 38.5g | Dietary fibre 10.2g | Cals 475 (1984kJ)



# Creamy turmeric prawn & lentil salad

SERVES 4 | PREP 20 MINS | COOKING 20 MINS E H SV LGF LF

## Ingredients

150g (3/4 cup) French style lentils, rinsed, drained	1½ tbsp extra virgin olive oil
3 tsp brown mustard seeds	200g snow peas, halved
1½ tsp ground cumin	1 French shallot, finely chopped
1 tsp ground turmeric, plus extra ¼ tsp	250g cherry tomatoes, halved
1 lime, rind finely grated, juiced, plus extra wedges, to serve	100g mixed salad leaves
400g peeled green prawns, tails intact	½ cup chopped fresh coriander leaves, plus extra sprigs, to serve
	80g (1½ cup) natural yoghurt

## Method

1. Cook lentils in a large saucepan of boiling water for 20 minutes or until just tender. Drain. Refresh under cold running water.
2. Meanwhile, combine the mustard seeds, cumin, turmeric and half the lime rind in a large bowl. Add the prawns. Toss to coat. Heat 1 tbsp oil in a large non-stick frying pan over high heat. Cook the prawns, turning, for 2-3 minutes or until golden.
3. Place the snow peas in a heatproof bowl. Pour over boiling water. Blanch for 30 seconds. Drain. Refresh under cold running water.
4. Combine the lentils, snow peas, shallot, tomato, salad leaves and coriander in a large bowl. Stir in 2 tsp juice and remaining oil. Combine yoghurt, remaining rind, juice and extra turmeric in a bowl.
5. Transfer the lentil salad to a large serving plate. Top with the prawns, dressing and extra coriander. Serve with extra lime wedges.

## Nutrition per serve

Protein 33.6g | Fat 10g (1.9g saturated fat) | Carb 24.9g | Dietary fibre 84g | Cals 347 (1550kJ)

# Easy dense bean salad

SERVES 4 | PREP 20 MINS QEVHLCF

## Ingredients

400g can no-added-salt chickpeas, rinsed, drained  
 400g can no-added-salt cannellini beans, rinsed, drained  
 400g can no-added-salt red kidney beans, rinsed, drained  
 ½ small red onion, finely chopped

1 red capsicum, deseeded, finely chopped  
 250g cherry tomatoes, quartered  
 1 avocado, finely chopped  
 ½ cup chopped fresh continental parsley leaves  
 2 tbsp fresh lemon juice  
 1 tbsp extra virgin olive oil  
 1 tsp pure maple syrup

## Method

- Combine the chickpeas, cannellini beans, kidney beans, onion, capsicum, tomato, avocado and parsley in a large bowl. Season.
- Whisk the lemon juice, oil and maple syrup in a jug. Add to the bean mixture and gently toss to combine.

## Nutrition per serve

Protein 13.9g | Fat 12.1g (1.8g saturated fat) | Carb 29.8g Dietary fibre 16.5g | Cals 325 (1357kJ)





**"The barra really added meatiness and it paired so nicely with the mango and fresh herbs."**

WAFFLEISO



# Cajun barramundi, mango & charred corn

SERVES 4 | PREP 15 MINS | COOKING 15 MINS 

## Ingredients

1½ tbsp chopped fresh thyme leaves  
3 tsp smoked paprika  
3 tsp ground cumin  
1 lemon, rind finely grated, juiced  
4 (about 125g each) barramundi fillets, skin on  
2 corncobs  
2 bunches asparagus, trimmed  
1 long fresh red chilli, deseeded, finely chopped  
2 tsp extra virgin olive oil  
1 butter lettuce, leaves torn  
1 mango, peeled, cut into cubes  
½ cup fresh mint leaves

## Method

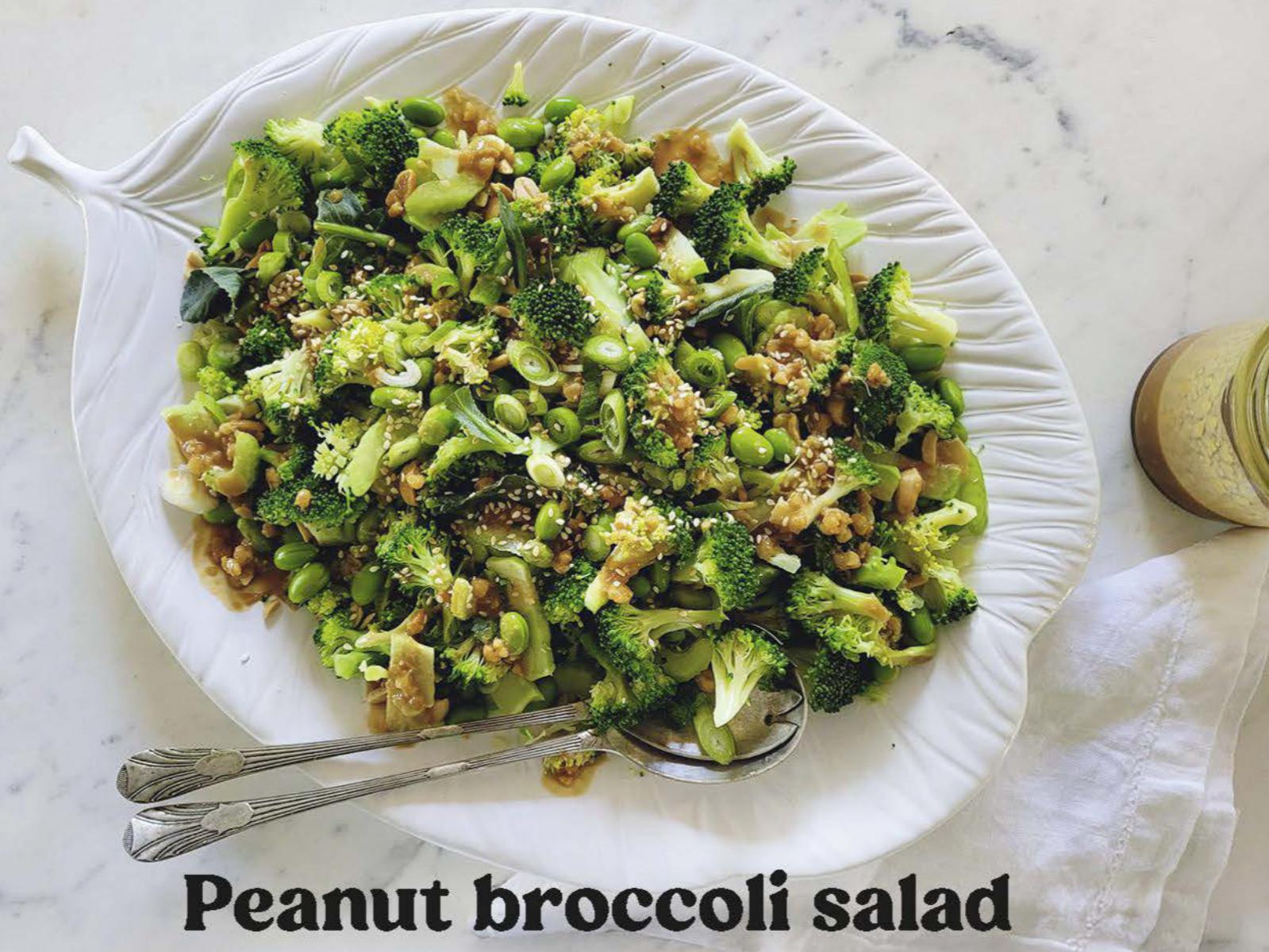
1. Combine the thyme, paprika, cumin and lemon rind on a large plate. Dip the barramundi fillets into the spice mixture, pressing firmly to coat.
2. Preheat a barbecue grill or large chargrill pan on high. Lightly spray the corncobs, asparagus and barramundi with olive oil. Cook the corn, turning, for 8–10 minutes or until lightly charred and tender. Cook the barramundi for 2–3 minutes each side or until slightly charred and cooked to your liking, and the asparagus for 2 minutes each side or until tender. Set aside to cool slightly.
3. Use a sharp knife to cut down the length of the corncobs, close to core, to remove kernels. Slice the asparagus in half lengthways.
4. Whisk together the chilli, oil and 1 tbsp lemon juice in a small bowl.
5. Arrange the lettuce, mango, mint, asparagus and corn on a serving platter. Top with the barramundi and drizzle over the dressing to serve.

## Tip

Use any type of firm, white-fleshed fish or salmon, if you prefer.

## Nutrition per serve

**Protein** 30.6g | **Fat** 13.9g (2.8g saturated fat) | **Carb** 24.1g | **Dietary fibre** 9.4g | **Cals** 361 (1510kJ)



# Peanut broccoli salad

SERVES 4 | PREP 15 MINS | COOKING 5 MINS G E H V L G F

## Ingredients

2 large heads (750g total) broccoli, cut into small florets	1 tbsp cooking sake
200g podded frozen edamame	1 tsp sesame oil
2 tbsp peanut butter	3 celery sticks, sliced
2 tsp finely grated fresh ginger	4 green shallots, thinly sliced
1½ tbsp salt- reduced soy sauce	40g (¼ cup) roasted unsalted peanuts, chopped
	2 tsp sesame seeds, lightly toasted

## Method

1. Cook the broccoli and edamame in a steamer basket over a saucepan of simmering water for 2 minutes or until bright green and tender crisp (do not overcook). Drain and refresh under cold running water.
2. Place the peanut butter, ginger, soy sauce, sake and oil in a small jar. Cover with a tight-fitting lid and shake until well combined. Add 1-2 tsp warm water, if the dressing is too thick.
3. Arrange the broccoli, edamame, celery and half the shallot on a serving platter. Drizzle over the dressing and sprinkle with the peanuts, sesame seeds and remaining shallot. Serve.

## Nutrition per serve

Protein 20.1g | Fat 17g (2.2g saturated fat) | Carb 13.6g | Dietary fibre 10.7g | Cals 277 (1156kJ)

# Miso salmon & edamame noodles

SERVES 4 | PREP 15 MINS (+MARINATING) | COOKING 15 MINS E H SV LO

## Ingredients

2 tsp miso paste  
1 tsp floral honey  
1½ tbsp cooking sake  
2 (about 150g each)  
skinless salmon fillets  
200g podded frozen  
edamame  
200g sugar snap peas  
100g dried edamame  
or soba noodles  
2 tsp finely grated  
fresh ginger  
1½ tbsp salt-reduced  
soy sauce  
1 tsp sesame oil  
4 radishes, thinly sliced  
80g baby spinach  
Sesame seeds, toasted,  
to serve (optional)

## Method

1. Combine miso, honey and 1 tbsp sake in a large shallow dish until smooth. Add the salmon. Turn to coat. Set aside for 5 minutes or, if you have time, cover and place in the fridge for 1-2 hours.
2. Meanwhile, steam, boil or microwave edamame and sugar snap peas together until just tender. Drain and refresh under cold running water.
3. Place the noodles in a large heatproof bowl. Cover with boiling water and set aside for 3 minutes to soften. Drain and refresh under cold running water.
4. Preheat a grill on high. Line a baking tray with foil. Place the salmon on prepared tray and grill, turning once, for 7-8 minutes or until golden, caramelised and cooked to your liking. Set aside for 5 minutes to rest.
5. Combine the ginger, soy sauce, sesame oil and remaining 2 tsp sake in a small bowl. Combine the noodles, edamame, sugar snap peas, radish and spinach in a large bowl. Add the dressing and gently toss to combine. Divide the noodle salad among serving bowls, then coarsely flake the salmon over the top. Sprinkle with sesame seeds, if using.

## Nutrition per serve

Protein 34.7 | Fat 17g (3.5g saturated fat) | Carb 7.4g  
Dietary fibre 376g | Cals 375 (1571kJ)





# Sweet & sour Thai beef & mango salad

SERVES 4 | PREP 15 MINS | COOKING 10 MINS 

## Ingredients

2 tsp peanut oil  
 300g beef rump steak,  
 excess fat trimmed  
 120g rice vermicelli  
 noodles  
 2 Lebanese cucumbers,  
 thinly sliced  
 1 carrot, peeled,  
 shredded (see tip)  
 200g grape tomatoes,  
 halved  
 ½ small red onion,  
 very thinly sliced  
 1 cup fresh coriander  
 sprigs  
 ½ cup fresh mint leaves  
 1 mango, thinly sliced  
 125ml (½ cup) Marion's  
 Kitchen Vietnamese-  
 Style Tangy Dressing

## Method

1. Preheat a barbecue or chargrill pan on high. Drizzle the oil over the beef. Season with salt and toss to coat. Grill the beef for 3-4 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 minutes to rest. Use a sharp knife to thinly slice.
2. Meanwhile, place the noodles in a heatproof bowl. Cover with boiling water. Set aside for 2 minutes or until tender. Drain and refresh under cold running water.
3. Combine the cucumber, carrot, tomato, onion, coriander and mint in a large bowl.
4. Transfer the noodles to a large serving plate. Top with the vegetable mixture, mango and beef. Drizzle over the dressing and serve immediately.

## Tip

A julienne peeler is a great time-saving tool to quickly make long shreds of carrot.

## Nutrition per serve

**Protein** 19.3g | **Fat** 5.9g (1.6g saturated fat) | **Carb** 57.2g | **Dietary fibre** 6g | **Cals** 373 (1561kJ)



**"Yum! This pasta salad went down well with the fam. I left out the chilli to make it kid friendly."**

DRPRETTY



# 'Marry me' chicken pasta salad

SERVES 4 | PREP 15 MINS (+ COOLING) | COOKING 5 MINS 

## Ingredients

250g chickpea pasta  
350g shredded skinless barbecue chicken breast  
250g cherry tomatoes, halved  
10 sun-dried tomatoes no added oil, shredded  
2 red capsicums, deseeded, coarsely chopped  
120g baby spinach  
½ red onion, finely chopped  
½ cup fresh basil leaves

## Dressing

200g (¾ cup) reduced-fat natural yoghurt  
2 garlic cloves, crushed  
2 tsp fresh thyme leaves  
1 tsp lightly dried chilli flakes

## Method

- Cook the pasta in a large saucepan of salted boiling water for 5 minutes or until just al dente (see tip). Drain and set aside to cool completely.
- Meanwhile, make the dressing. Combine all the dressing ingredients in a jug. Season.
- Combine the pasta, chicken, cherry tomato, sun-dried tomatoes, capsicum, spinach, onion and most of the basil in a large bowl. Transfer to a serving platter, then scatter over the remaining basil. Drizzle over the dressing to serve.

## Tip

When cooking chickpea pasta, it is important to not overcook it because it will fall apart. If in doubt, cook the pasta for about 1 minute less than it says on the packet, as the pasta will continue to cook through while cooling.

## Nutrition per serve

**Protein** 41.9g | **Fat** 8.6g (2.1g saturated fat) | **Carb** 50.5g | **Dietary fibre** 12.5g | **Cals** 478 (1999kJ)



Slow cooker tofu pho p81

# Vegetarian

Hold the meat, but pack your plate with  
loads of flavour – minus the cals.



# Roast cauliflower & turmeric buckwheat tray bake

SERVES 4 | PREP 10 MINS | COOKING 25 MINS 

## Ingredients

600g cauliflower, cut into florets  
2 zucchini, coarsely chopped  
6 medjool dates, pitted, quartered  
1 tbsp extra virgin olive oil  
1 tbsp finely grated fresh ginger  
2 tsp finely grated fresh turmeric (see tip)  
2 garlic cloves, crushed  
2 tsp ground cumin  
205g (1 cup) raw buckwheat  
 $\frac{1}{4}$  cup fresh mint sprigs  
130g ( $\frac{1}{2}$  cup) natural yoghurt  
Lemon wedges, to serve

## Method

- Preheat oven to 200°C/180°C fan forced. Line a baking dish with non-stick baking paper.
- Spread the cauliflower, zucchini and dates over prepared dish. Drizzle over the oil. Add the ginger, turmeric, garlic and cumin. Season. Toss well to coat. Roast for 25 minutes or until golden and tender.
- Meanwhile, cook the buckwheat in a saucepan of boiling water following the packet directions (see tip). Drain.
- Top the roasted vegetables with the buckwheat, mint and yoghurt. Serve with lemon wedges to squeeze over.

## Tips

- If you can't find fresh turmeric, replace with 1 tsp ground turmeric. Find it in the spice aisle at the supermarket.
- Add 1 tsp vegetable stock powder to the buckwheat when cooking to enrich with extra flavour, if you like.

## Nutrition per serve

Protein 14g | Fat 8g (2g saturated fat) | Carb 60g | Dietary fibre 14.5g | Cals 402 (1682kJ)



# Caramelised onion pilaf with fried eggs

SERVES 4 | PREP 15 MINS | COOKING 30 MINS

## Ingredients

- 105g (½ cup) green or brown lentils, rinsed, drained
- 1 tbsp ghee
- 1½ tbsp extra virgin olive oil
- 2 tsp cumin seeds
- 1 cinnamon stick
- 3 large brown onions, halved, thinly sliced
- 2 garlic cloves, crushed
- ½ tsp ground cumin
- 200g (1 cup) basmati rice
- 4 eggs
- 2 tbsp Greek-style yoghurt
- ¼ cup fresh coriander leaves

## Method

1. Place the lentils in a saucepan and cover with water. Bring to the boil over high heat. Reduce heat to medium and simmer for 12 minutes or until just tender. Drain and refresh under cold running water.
2. Meanwhile, heat the ghee and 1 tbsp oil in a heavy-based frying pan with a lid over medium-low heat. Add the cumin seeds and cinnamon. Cook, stirring, for 30 seconds or until aromatic. Add the onion. Season well with salt and cook, stirring, for 15 minutes or until caramelised. Reserve 1 tablespoonful of the onion mixture in a small bowl and set aside.
3. Add the garlic and ground cumin to the frying pan and cook for 1 minute or until aromatic. Stir in the rice and lentils. Add 500ml (2 cups) water. Bring to the boil. Reduce heat to low. Cook, covered, for 15 minutes or until the rice is tender. Stand, covered, for 5 minutes. Separate grains with a fork.
4. While pilaf rests, heat remaining oil in a non-stick frying pan over medium heat. Crack the eggs into the pan and cook for 3 minutes for soft yolks.
5. Serve the pilaf topped with the fried eggs, yoghurt, reserved onion mixture and coriander.

## Nutrition per serve

Protein 19g | Fat 17g (6g saturated fat) | Carb 58g | Dietary fibre 7g | Cals 473 (1987kJ)

# Cauliflower dahl

SERVES 4 | PREP 10 MINS | COOKING 30 MINS **E V L G F LF**

## Ingredients

200g chana dahl, rinsed	1 head cauliflower, cut into florets
1½ tbsp ghee	2 tsp ground turmeric
1 tsp cumin seeds	1 tbsp fresh lemon juice
1 tsp brown mustard seeds	¼ cup fresh coriander leaves, coarsely chopped
12 fresh curry leaves	Low-fat Greek-style yoghurt, to serve (optional)
1 brown onion, finely chopped	Mango chutney, to serve
4 garlic cloves, crushed	
2 tsp finely grated fresh ginger	
1 long fresh red chilli, thinly sliced	

## Method

1. Place the dahl in a saucepan. Cover with warm water. Bring to the boil over high heat. Reduce heat to medium and cook, skimming any foam off the surface and discarding, for 12 minutes or until just tender. Drain, reserving 375ml (1½ cups) of the cooking liquid.
2. Meanwhile, heat 1 tbsp ghee in a large non-stick heavy-based frying pan over medium-low heat. Stir in the cumin and mustard seeds for 30 seconds or until aromatic. Stir in the curry leaves for 1 minute or until aromatic. Add the onion and cook, stirring, for 2 minutes or until softened. Add the garlic, ginger and chilli. Cook, stirring, for 1 minute or until aromatic. Add the cauliflower and remaining ghee. Cook, stirring, for 1 minute or until well combined. Stir in the turmeric for 1 minute or until aromatic.
3. Add the dahl and reserved liquid to pan. Cook, covered, stirring occasionally, for 16 minutes or until cauliflower is tender. Season. Stir in juice and coriander. Serve with yoghurt, if using, and chutney.

## Nutrition per serve

Protein 17g | Fat 8g (4g saturated fat) | Carb 33g | Dietary fibre 13g | Cals 292 (1226kJ)





# Stuffed capsicums

SERVES 4 | PREP 20 MINS (+ OVERNIGHT SOAKING) | COOKING 1 HOUR 10 MINS 

## Ingredients

75g (½ cup) dried whole green lentils  
 75g (½ cup) dried risoni  
 2 tbsp extra virgin olive oil  
 1 small red onion, finely chopped  
 1 small eggplant, cut into 1cm pieces  
 2 garlic cloves, crushed  
 ¼ tsp dried chilli flakes  
 400g can Italian cherry tomatoes in tomato juice  
 500ml (2 cups) vegetable stock  
 1 tbsp balsamic vinegar  
 ½ tsp caster sugar  
 4 large red capsicums  
 ¼ cup shredded fresh basil leaves, plus extra leaves, to serve  
 85g (½ cup) smooth ricotta  
 80g (⅔ cup) grated mozzarella

## Method

1. Place the lentils in a glass or ceramic bowl. Cover with cold water. Set aside overnight to soak. Drain.
2. Cook the risoni in a large saucepan of salted boiling water following packet directions or until al dente. Drain.
3. Meanwhile, heat the oil in a large deep frying pan over medium heat. Add the onion and cook for 5 minutes or until softened. Add the eggplant. Cook, stirring occasionally, for 2 minutes or until the eggplant is golden. Add the garlic and chilli. Cook for 1 minute or until aromatic. Add the tomatoes, stock, vinegar, sugar and lentils. Bring to the boil, then reduce heat to medium-low. Simmer, stirring occasionally, for 20-25 minutes or until the lentils are tender and the sauce thickens.
4. Preheat oven to 180°C/160°C fan forced.
5. Cut each capsicum in half lengthways. Scoop out and discard the seeds and membrane. Place the capsicum halves, cut-side up, in a large roasting pan.
6. Add the risoni and basil to the lentil mixture. Season. Stir until well combined. Divide the mixture evenly among the capsicum halves.
7. Combine the ricotta and half the mozzarella in a bowl. Spoon over the filling. Sprinkle with the remaining mozzarella. Bake for 30 minutes or until capsicum is tender. Serve sprinkled with extra basil.

## Tip

If you want to skip the overnight soaking, use ½ x 400g can lentils instead of the dried lentils. Drain and stir into the tomato mixture at the end of step 3.

## Nutrition per serve

**Protein** 18.5g | **Fat** 18.5g (5.6g saturated fat) | **Carb** 33.6g | **Dietary fibre** 11.5g | **Cals** 385 (1609kJ)



**"This was flavoursome and filling.  
A great low-cal vegetarian option.  
Will happily make this again."**

REBECCA



# Grilled tofu with spicy sesame dressing

SERVES 4 | PREP 15 MINS (+ 30 MINS MARINATING) | COOKING 10 MINS    

## Ingredients

2 garlic cloves, crushed  
3 tsp finely grated fresh ginger  
2 tbsp tamari  
1½ tbsp sake  
350g firm tofu, cut into 1cm-thick slices  
3 green shallots, thinly sliced  
1 long fresh red chilli, deseeded, finely chopped  
1 tsp sesame oil  
300g broccoli, cut into florets  
150g snow peas, trimmed  
1 bunch baby buk choy, trimmed  
240g steamed brown rice (see tip)

## Method

1. Combine the garlic, 2 tsp ginger, 1 tbsp tamari and 1 tbsp sake in a shallow glass or ceramic dish. Add the tofu and turn to coat. Cover and set aside for 30 minutes to marinate.
2. Combine the shallot, chilli, oil and remaining 1 tsp ginger, 1 tbsp tamari and 2 tsp sake in a bowl.
3. Preheat a barbecue grill or chargrill pan on medium-high.
4. Drain the tofu, discarding the marinade. Lightly spray with oil. Cook for 2 minutes each side or until lightly charred.
5. Meanwhile, place the broccoli and snow peas in a steamer basket over a saucepan of simmering water. Cover and steam for 2-3 minutes or until tender crisp, adding the buk choy in the last minute of cooking.
6. Serve the tofu with the rice, steamed greens and spicy sesame dressing.

## Tip

About 80g uncooked brown rice makes 240g cooked.

## Nutrition per serve

Protein 21g | Fat 10g (1g saturated fat) | Carb 30g | Dietary fibre 10g | Cals 315 (1319kJ)



**"The flavours come together so well. Rocket and tzatziki are perfect additions! I have meal prepped for my work lunches this week! Nice and easy and freezable."**

PHOEBI

# Sweet potato & lentil patties with tzatziki

**SERVES 4 | PREP 15 MINS (+ COOLING) | COOKING 45 MINS**   

## Ingredients

500g peeled sweet potato, cut into 2cm cubes  
 ½ tsp ground cumin  
 ½ tsp ground coriander  
 400g can brown lentils, rinsed, drained  
 2 tbsp chopped fresh coriander leaves  
 30g (½ cup) fresh wholegrain gluten-free breadcrumbs  
 2 tsp extra virgin olive oil  
 85g (⅓ cup) tzatziki (see tip)  
 100g baby rocket  
 200g grape tomatoes, halved

## Method

1. Preheat oven to 200°C/180°C fan forced. Line a large baking tray with baking paper.
2. Place the sweet potato on prepared tray. Lightly spray with olive oil and sprinkle with ground cumin and coriander. Roast for 25-30 minutes or until tender. Place in a bowl and coarsely mash. Set aside to cool slightly.
3. Add the lentils, fresh coriander and breadcrumbs to the sweet potato mixture. Season. Stir until well combined, then shape into eight 2cm-thick patties.
4. Heat the oil in a large non-stick frying pan over medium-high heat. In batches, cook the patties for 2-3 minutes each side or until golden.
5. Divide the tzatziki among serving plates. Top with the rocket, tomato and patties.

## Tip

Make a quick tzatziki by combining 260g (1 cup) natural yoghurt, 2 tbsp finely chopped Lebanese cucumber, crushed garlic (to taste) and a drizzle of extra virgin olive oil. Alternatively, use store-bought.

## Nutrition per serve

**Protein** 11g | **Fat** 6g (1g saturated fat) | **Carb** 35g | **Dietary fibre** 9g | **Cals** 254 (1063kJ)



**"Loved the tahini dressing with Asian flavours. Could drizzle it on any noodle dish!"**

FOODSLED



# Roasted broccoli & tahini noodle salad

SERVES 4 | PREP 20 MINS | COOKING 20 MINS  

## Ingredients

400g broccoli, cut into small florets  
200g frozen podded edamame, blanched (see tip)  
150g chopped kale leaves, torn into bite-sized pieces  
180g dried soba noodles  
1½ tbsp tahini  
1 tbsp rice wine vinegar  
2 tbsp mirin  
1 tbsp tamari  
2 tbsp roasted unsalted almonds, coarsely chopped  
50g (¼ cup) frozen pomegranate arils, thawed (see tip)  
Lemon wedges, to serve (optional)

## Method

- Preheat oven to 200°C/180°C fan forced. Line 2 large baking trays with baking paper.
- Place the broccoli on a prepared tray and lightly spray with oil. Roast for 15 minutes or until golden and tender. Place the edamame and kale on the remaining prepared tray, lightly spray with oil and roast for 5 minutes or until wilted.
- Meanwhile, cook the noodles following packet directions or until tender. Drain.
- Combine the tahini, vinegar, mirin and tamari in a bowl until completely smooth.
- Place the noodles, roasted vegetables, almonds and half the pomegranate arils in a large bowl. Drizzle over the tahini dressing and gently toss to combine. Divide among serving bowls and scatter over the remaining pomegranate arils. Serve with lemon wedges to squeeze over, if using.

## Tips

- Frozen edamame are available at Asian grocers and selected supermarkets. If you can't find podded edamame, use a 454g pkt edamame and pod after blanching.
- Look for frozen pomegranate arils in the freezer section at supermarkets.

## Nutrition per serve

**Protein** 18g | **Fat** 14g (2g saturated fat) | **Carb** 41g | **Dietary fibre** 11g | **Cals** 391 (1636kJ)



A bowl of pho with chopsticks, garnished with lime, bean sprouts, and basil, served with a side of dipping sauce.

# Slow cooker tofu pho

SERVES 4 | PREP 15 MINS | COOKING 4 HOURS 20 MINS 

## Ingredients

- 250g rice vermicelli noodles
- 1 bunch baby pak choy, quartered lengthways
- 300g firm tofu, cut into 1.5cm pieces
- Bean sprouts, fresh Vietnamese mint sprigs, sliced fresh red chilli, hot chilli sauce and lime wedges, to serve
  
- Vegetable broth**
- 2 cinnamon sticks
- 2 whole star anise
- 5 whole cloves
- 1½ tsp coriander seeds
- 1 tsp black peppercorns
- 1 large brown onion, quartered
- 5cm-piece ginger, peeled, halved horizontally
- 20g (¾ cup) sliced dried shiitake mushrooms
- 3L (12 cups) vegetable stock
- Light soy sauce, to taste

## Method

1. To make the broth, place the cinnamon, star anise, cloves, coriander seeds and peppercorns in a dry frying pan over medium heat. Cook, shaking the pan occasionally, for 2-3 minutes or until aromatic. Set aside to cool slightly. Transfer the mixture to a piece of muslin and tie up with kitchen string to make a pouch (see tip).
2. Add the onion and ginger to the pan over medium-high heat. Cook, turning often, for 3-5 minutes or until lightly charred. Place the onion mixture, spice pouch and mushrooms in a slow cooker. Pour in the stock. Cover and cook on High for 4 hours.
3. Five minutes before the broth is ready, place the noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well.
4. Remove the spice pouch from the broth and season with soy sauce. Add the pak choy and tofu. Cover and cook on High for 5-10 minutes or until the pak choy is tender.
5. Divide the noodles and pho among serving bowls. Top with bean sprouts, mint and sliced chilli. Serve with chilli sauce and lime wedges to squeeze over.

## Tip

If you don't have any muslin to make the spice pouch, use a clean kitchen cloth.

## Nutrition per serve

Protein 17g | Fat 8g (2g saturated fat) | Carb 52g | Dietary fibre 7g | Cals 365 (1528kJ)



Roast grape pastries p89

# After-dinner snacks

Don't let the urge for a sweet treat be a nightly battle with delicious desserts and morsels under 125 cals.



# Flourless choc-nut biscuits

MAKES 30 | PREP 20 MINS (+ COOLING) | COOKING 15 MINS V E L GF

## Ingredients

110g (¾ cup) roasted unsalted cashews  
110g (¾ cup) macadamias  
30g (¼ cup) sesame seeds  
225g (1½ cups) fresh medjool dates, pitted  
1½ tbsp raw cacao or cocoa powder

## Method

- Preheat oven to 170°C/150°C fan forced. Line 2 baking trays with baking paper.
- Place all the ingredients in a food processor and process for 1 minute or until the nuts are finely chopped and mixture is well combined and smooth.
- Roll 2 teaspoonfuls of mixture into a ball. Place on a prepared tray. Repeat with remaining mixture to make about

30 in total. Use a fork to flatten slightly. Bake for 10-12 minutes or until lightly coloured (will still be soft). Set aside on trays for 5-10 minutes. Transfer to a wire rack to cool completely.

## Tips

- Make spiced bikkies by adding ½ tsp ground cinnamon to processor in step 2.
- Freeze uncooked dough balls in an airtight container for up to 2 months. Thaw and bake.

## Nutrition per biscuit

Protein 1g | Fat 5g (1g saturated fat) | Carb 6g | Dietary fibre 1g | Cals 78 (323kJ)

# Peach & mango nice cream

**MAKES 3 CUPS | PREP 25 MINS (+ COOLING & 4 HOURS FREEZING) GF LF**

## Ingredients

1 yellow peach  
2 ripe bananas  
1 mango, coarsely chopped  
125ml (½ cup)  
unsweetened almond milk  
2 passionfruit, halved

## Method

1. Line a baking tray with baking paper.
2. Cut a cross in the base of the peach. Place in a small heatproof bowl. Cover with boiling water and set aside for 5 minutes. Drain. Set aside until cool enough to handle.
3. Peel and discard the peach skin. Coarsely chop flesh, discarding stone. Peel and cut bananas into 4cm pieces.
4. Place frozen fruit and milk in a food processor. Process, scraping down side occasionally, until smooth and creamy.
5. Working quickly, spoon into serving cups. Scoop over the passionfruit pulp and serve immediately.

## Nutrition per serve

Protein 2.3g | Fat 1.2g (0.1g saturated fat) | Carb 23.3g | Dietary fibre 4g | Cals 124 (518kJ)



# Bliss balls



## Peanut butter & honey

MAKES 20 | PREP 30 MINS  
(+ 20 MINUTES CHILLING)  

### Ingredients

12 fresh medjool dates, pitted	20g (1/4 cup) shredded coconut
1 tbsp honey	45g (1/4 cup) sultanas
1 tsp ground cinnamon	2 tbsp white chia seeds
130g (1/2 cup) natural crunchy peanut butter	75g (1/2 cup) crushed peanuts
55g (1/2 cup) cashew meal	

### Method

1. Place the dates, honey, cinnamon, peanut butter, cashew meal, coconut, sultanas and chia seeds in a food processor. Process until well combined and a thick, paste-like consistency.
2. Place the crushed peanuts in a small bowl.
3. Roll level tablespoonfuls of mixture into balls, then roll in the peanuts to lightly coat. Place on a plate and in the fridge for 20 minutes or until firm. Serve.

### Nutrition per bliss ball

Protein 4g | Fat 8g  
(1.4g saturated fat) | Carb 9g  
Dietary fibre 2g | Cals 123 (514kJ)

### Tip

Store the bliss balls in an airtight container in the fridge for up to 1 week or freeze for up to 3 months.

## Macadamia & coconut

MAKES 20 | PREP 30 MINS  
(+ 20 MINUTES CHILLING)  

### Ingredients

12 fresh medjool dates, pitted	1 tbsp cocoa powder
1 tbsp honey	80g (2/3 cup) macadamia meal
1 tsp vanilla extract	35g (1/2 cup) shredded coconut
130g (1/2 cup) coconut spread	40g (1/4 cup) chopped dried apricots

### Method

1. Place the dates, honey, vanilla, coconut spread, apricots, cocoa, 55g (1/2 cup) macadamia meal and 20g (1/4 cup) shredded coconut in a food processor. Process until well combined and a thick, paste-like consistency.
2. Combine the remaining macadamia meal and shredded coconut in a small bowl.
3. Roll level tablespoonfuls of mixture into balls, then roll in the coconut mixture to lightly coat. Place on a plate and in the fridge for 20 minutes or until firm. Serve.

### Nutrition per bliss ball

Protein 2.1g | Fat 8g  
(2.4g saturated fat) | Carb 8g  
Dietary fibre 1.6g | Cals 112 (470kJ)

## Cranberry & orange

MAKES 20 | PREP 30 MINS  
(+ 20 MINUTES CHILLING)  

### Ingredients

12 fresh medjool dates, pitted	20g (1/4 cup) shredded coconut
1 tbsp honey	40g (1/4 cup) dried cranberries
2 tsp finely grated orange rind	115g (3/4 cup) pistachio kernels, toasted LSA
130g (1/2 cup) cashew spread	

### Method

1. Place the dates, honey, orange rind, cashew spread, LSA, coconut, cranberries and 40g (1/4 cup) pistachios in a food processor. Process until well combined and a coarse consistency.
2. Finely chop the remaining pistachios. Place in a small bowl.
3. Roll level tablespoonfuls of mixture into balls, then roll in the pistachio to lightly coat. Place on a plate and in the fridge for 20 minutes or until firm. Serve.

### Nutrition per bliss ball

Protein 3.6g | Fat 7.7g  
(1.6g saturated fat) | Carb 9.2g  
Dietary fibre 2.2g | Cals 121 (506kJ)

Peanut  
butter &  
honey

Cranberry  
& orange

Macadamia  
& coconut

# Watermelon popsicles

MAKES 8 | PREP 10 MINS (+ 8 HOURS FREEZING) E L G F LF

## Ingredients

900g watermelon

130g (½ cup) gluten-free  
vanilla-flavoured yoghurt

2 large kiwifruit

## Method

**1.** Remove the skin and rind from the watermelon. Coarsely chop the fruit. Place in a food processor and process until smooth. Divide the puree (about 400ml) among eight 80ml (⅓ cup) iceblock moulds. Insert paddle-pop sticks. Place in the freezer for 6 hours or until set.

**2.** Divide the yoghurt among moulds. Gently tap the moulds on the bench to remove any air bubbles. Place in the freezer for 1 hour or until firm.

**3.** Peel and place the kiwifruit in the food processor and process until smooth. Divide the kiwi puree among the moulds. Place in the freezer for 1 hour or until set.

## Nutrition per popsicle

Protein 1.5g | Fat 1.2g

(0.6g saturated fat) | Carb 10.8g

Dietary fibre 0.3g | Cals 64 (266kJ)



# Roast grape pastries

**MAKES 16 | PREP 30 MINS | COOKING 35 MINS** 

## Ingredients

16 sheets filo pastry  
30g (1/4 cup) almond meal  
2 tbsp brown sugar  
1/2 tsp ground cinnamon  
1/4 tsp ground cloves  
150g seedless red grapes, halved  
150g seedless green grapes, halved  
25g (1/4 cup) natural flaked almonds (optional)  
Maple syrup, to serve  
Natural yoghurt or whipped cream, to serve (optional)

## Method

1. Preheat oven to 200°C/180°C fan forced. Line 2 large baking trays with baking paper.
2. Cover the filo with a damp tea towel. Lay a sheet of filo on a work surface. Spray liberally with oil. Fold in half lengthways. Starting at a long side, roll up about three-quarters of the way along, then fold into a circle, tucking under the excess pastry and sealing the edges, to make a small tart case.
3. Place on a prepared tray. Repeat with remaining pastry to make 16 in total.
4. Combine the almond meal, sugar, cinnamon and cloves in a bowl, then sprinkle into each tart case. Fill with the grapes. Scatter over flaked almonds, if using, then spray with oil. Bake for 30-35 minutes or until golden and crisp.
5. Drizzle over maple syrup and dollop with yoghurt or cream, if using.

## Nutrition per pastry

Protein 2g | Fat 3g (0.3g saturated fat) | Carb 15g  
Dietary fibre 1g | Cals 96 (402kJ)





# Coconut madeleines with choc drizzle

MAKES 16 | PREP 10 MINS | COOKING 20 MINS 

## Ingredients

- 2 eggs
- 1 tsp vanilla extract
- 55g (1/4 cup) raw caster sugar
- 2 tbsp desiccated coconut
- 2 tbsp plain spelt flour, plus extra, to dust
- 2 tbsp coconut flour
- 2 tsp black or white sesame seeds
- 1/2 tsp baking powder
- 60g butter, melted
- Melted dark chocolate (70% cocoa), to decorate

## Method

1. Preheat oven to 180°C/160°C fan forced. Lightly grease a 12-hole madeleine pan. Dust with extra spelt flour and shake out excess.
2. Use electric beaters to beat the eggs, vanilla and sugar in a large bowl for 5 minutes or until pale and thick. Fold in the desiccated coconut, spelt and coconut flours, sesame seeds and baking powder. Fold in the melted butter until just combined.
3. Spoon tablespoonfuls of the mixture into prepared moulds. Bake for 8-10 minutes or until pale golden and just cooked through. Carefully turn the madeleines onto a wire rack to cool. Repeat with the remaining mixture, greasing and dusting the moulds with extra flour before filling.
4. Drizzle melted chocolate over the madeleines to serve.

## Nutrition per madeleine

Protein 1g | Fat 5g (3g saturated fat) | Carb 5g | Dietary fibre 0.5g | Cals 72 (302kJ)

# Honeyed walnut ginger biscuits

**MAKES 60 | PREP 20 MINS (+ 10 MINS STANDING & COOLING) | COOKING 30 MINS** 

## Ingredients

340g (2½ cups) self-raising flour	2 tsp vanilla extract
1 tbsp ground ginger	1 egg, lightly whisked
1 tsp baking powder	2 tsp finely grated lemon rind
¼ tsp bicarbonate of soda	270g (¾ cup) honey
160ml (⅔ cup) extra virgin olive oil	60g (½ cup) coarsely chopped walnut kernels

## Method

1. Preheat oven to 180°C/160°C fan forced. Grease and line 3 large baking trays with baking paper.
2. Sift the flour, ginger, baking powder and bicarb into a large bowl. Make a well in the centre. Combine the oil, vanilla, egg, lemon rind and 180g (½ cup) honey in a separate bowl, then pour over the flour mixture. Mix until well combined. Set aside for 10 minutes to thicken slightly.
3. Place the walnuts on a plate. Roll 2 level teaspoonsfuls of the mixture into a ball and flatten. Press 1 side into the walnuts. Place, walnut-side up, on a prepared tray. Repeat with the remaining mixture and walnuts. Bake, 1 tray at a time, for 10 minutes or until golden.
4. Meanwhile, combine the remaining 90g (¼ cup) honey and 2 tbsp water in a small saucepan over medium heat. Cook for 2 minutes or until heated through and combined.
5. Brush the honey mixture over the hot biscuits. Set aside to cool completely.

## Nutrition per biscuit

Protein 0.8g | Fat 3.4g (0.4g saturated fat)  
Carb 7.5g | Dietary fibre 0.3g | Cals 64 (267kJ)





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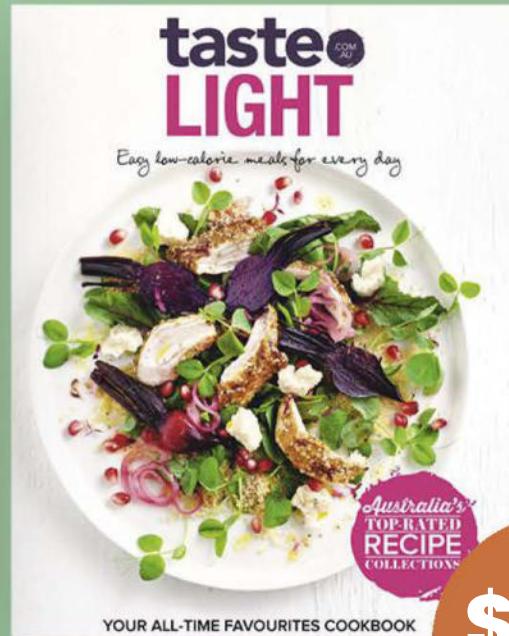
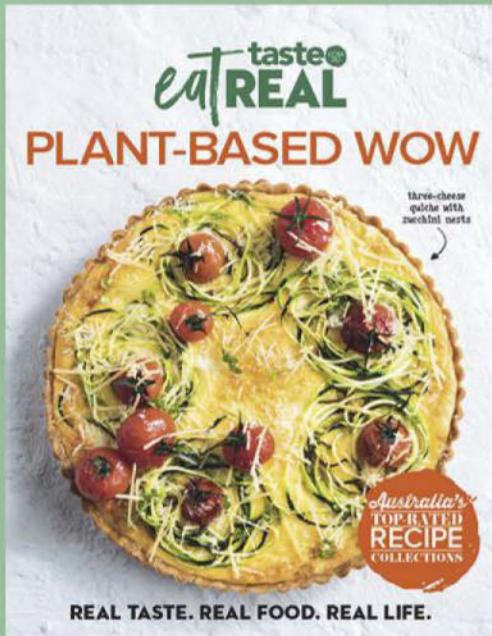
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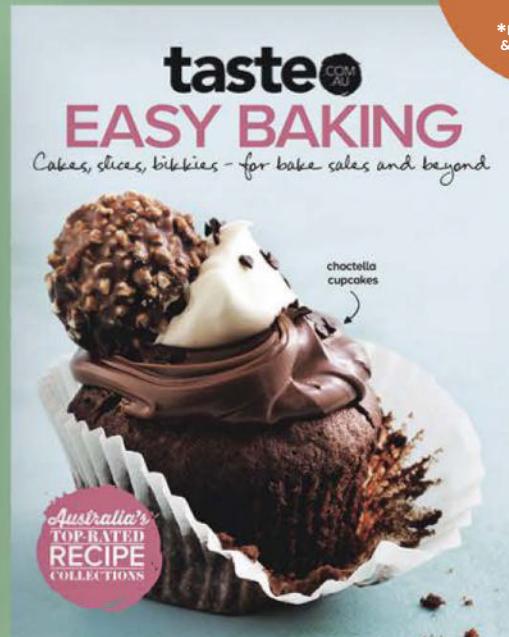
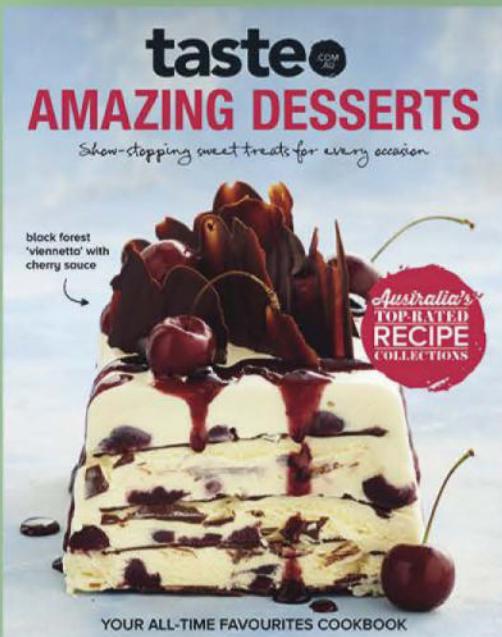
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While we have taken care in the preparation of this book to try to make sure the recipes and dietary labels and information are accurate, not all recipes will suit all persons living with a particular allergy or other dietary restriction. We advise anyone with food allergies or special dietary requirements to always check food labels carefully. If you think we've mislabelled a recipe, please let us know. Nothing in this book should be taken as medical or health advice.





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