

# ONE PAN

*dinners*



FITNESS  
*fernwood*®

# FUSS-FREE DINNERS TO *tantalise* YOUR TASTEBUDS

If you're like us and love cooking up a storm in the kitchen, but hate the washing up, this is the recipe book for you!

Here are some of our favourite one pan dinners, guaranteed to make your family and friends think you're an expert chef.

They're so easy, you'll have more time for the important things in life... like spending time with the kids, heading to the gym, or a Netflix binge.

Share your delicious creations on social media using #FernwoodFitness. We hope you enjoy!

Love your Fernwood Family xx



- 1 CHICKEN GREEN CURRY**
- 2 EASY MINESTRONE**
- 3 MOROCCAN FISH STEW WITH COUSCOUS**
- 4 GROUND BEEF AND VEGETABLE SOUP**
- 5 ONE PAN LEMON HERB CHICKEN WITH VEGGIES**
- 6 TURKEY MINCE AND MUSHROOM ZOODLES**
- 7 VEAL RATATOUILLE**
- 8 VEGETARIAN CHICKPEA SATAY**

*recipes*

# OUR *healthier take* ON THIS THAI FAVOURITE

## INGREDIENTS

5 sprays of olive oil  
 100g chicken breast  
 ¼ tbsp green curry paste  
 1 carrot  
 30g baby corn  
 50g bok choy  
 100ml canned light evaporated milk  
 ¼ of an onion

## METHOD

1. Slice the chicken into thin strips.
2. Cut carrot into small discs, finely dice onion, trim bok choy.
3. Spray a non-stick frying pan with half the oil and heat. Add the chicken and curry paste and cook until golden brown and tender. Remove from the pan and set aside.
4. Spray the same frying pan with the remaining oil. Add the carrots, onion and corn and stir fry until vegetables are almost tender. Add the bok choy, evaporated milk and continue to stir until the bok choy has wilted and the mixture is heated through.
5. Stir through the chicken. Remove from heat.  
 Serve and enjoy.

SERVES 1



## CHICKEN GREEN CURRY

# EASY MINESTRONE



SOUP *so good* YOU'LL BE LICKING THE BOWL CLEAN

SERVES 1

## INGREDIENTS

1 tsp extra virgin olive oil  
30g red onion  
½ garlic clove  
40g celery  
35g carrots  
35g capsicum  
120g red kidney beans  
100g canned chopped tomatoes  
40g wholemeal pasta  
½ tsp mixed herbs  
5g parsley

## METHOD

1. Heat the oil in a medium pan. Finely chop onion, garlic and celery. Add into the pan and saute on a low heat for 1-2 minutes.
2. Chop the carrot and capsicum to 1cm cubes. Add to the pan and saute for further 3-4 minutes, adding dry herbs and salt and pepper.
3. Add the beans, canned tomatoes and water. Increase the heat and bring to a boil. Add pasta and simmer until tender (about 7-10 minutes depending on the pasta).
4. Serve topped with finely chopped parsley.

# MOROCCAN FISH STEW WITH COUSCOUS

SERVES 1

## INGREDIENTS

- 1 tsp extra virgin olive oil
- 35g onion
- ½ garlic clove
- 1 pinch of ginger
- ½ tsp ground cumin
- 1 pinch of ground turmeric
- 1 pinch cayenne pepper
- 1 pinch of salt
- 100g tinned diced tomatoes
- 90g white flesh fish fillet
- 100ml fish stock
- 60g chickpeas
- 32g couscous (uncooked)
- 10g coriander

## METHOD

1. Thinly slice onion, mince garlic and ginger.
2. Heat the oil in a large heavy-based pan over a medium heat. Add onion, garlic and ginger and cook for about 3-5 minutes.
3. Add cumin, turmeric, pepper, salt, tomatoes and stock. Bring to the boil, and simmer for about 5 minutes.
4. Cut fish into small chunks, add to the pan and cook for further 5 minutes.
5. Drain and rinse chickpeas then add chickpeas and couscous to stock. Mix gently and simmer for 2 minutes; remove from the heat, mix gently again and let stand for 5 minutes.
6. Serve stew topped with chopped coriander and enjoy!



ONE FOR THE  
*seafood lovers*

# GROUND BEEF AND VEGETABLE SOUP

VEGGIE AND *protein packed*



## INGREDIENTS

- 1 tsp extra virgin olive oil
- 60g extra lean beef mince
- 50g onions
- 50g carrots
- 50g sweet potato
- 40g celery
- 25g frozen peas
- 25g corn kernels
- 50g frozen green beans
- 100g canned diced tomatoes
- 1 tsp thyme
- 1 slice wholemeal sourdough

## METHOD

1. Heat the oil in a medium to large heavy-based saucepan.
2. Add the mince, thyme and a good sprinkle of salt and cook for about 5 minutes, separating the mince with a fork.
3. Chop onion, carrot, sweet potato and celery into 1cm cubes and add to the saucepan. Cook on gentle heat for another 5 minutes.
4. Add frozen peas, corn, beans, bay leaves, pepper and canned tomatoes. Depending on desired thickness, add ½ -1 cup of water.
5. Bring soup to the boil, reduce heat and simmer for about 20-30 minutes.

SERVES 1

ON A TRADITIONAL CHICKEN DISH

simple take

4

# ONE PAN LEMON HERB CHICKEN WITH VEGGIES

SERVES 1

## INGREDIENTS

100g chicken thigh  
50g red onion  
100g red capsicum  
50g zucchini  
100g baby potatoes  
50g broccoli  
75g tomatoes  
15g kalamata olives  
1 tsp extra virgin olive oil  
8ml red wine vinegar  
 $\frac{1}{4}$  medium lemon  
1 garlic clove  
1 tsp mixed herbs

## METHOD

1. Mince the garlic and juice the lemon. Prepare the marinade by mixing the oil, red wine vinegar, lemon juice and Italian herbs together.
2. Place the chicken in a small bowl and pour half of the prepared marinade over the meat. Reserve the other half for later.
3. Cover and refrigerate the chicken for at least 30 minutes (best overnight, but no longer than 24 hours).
4. Preheat oven to 200C.
5. Cut onion into wedges. Cut each potato in two (or four, depending on the size). Slice each tomato in half or more if needed. Cut capsicum, zucchini and broccoli into similar 2-3cm cubes.
6. In a medium baking dish, arrange the marinated chicken and all the vegetables. Pour remaining juices from the chicken and the reserved marinade. Sprinkle with salt and top with sliced olives.
7. Place the dish into the oven and bake for around 40-50 minutes or until potatoes are soft. Serve with additional lemon wedges.



# TURKEY MINCE AND MUSHROOM ZOODLES

SERVES 1

## INGREDIENTS

130g turkey mince  
½ garlic clove  
½ onion  
100g mushrooms  
1 ½ tbsp tomato paste  
120g canned diced tomatoes  
1 tsp oregano  
½ tsp chilli flakes  
1 zucchini

## METHOD

1. Finely dice onion and garlic. Cut the mushrooms into thin slices.
2. Using a spiralizer (or mandolin) cut zucchini into thin spaghetti style strips.
3. Heat a non-stick frying pan over medium-high heat. Stir fry the turkey mince until brown. Add the onion and garlic and stir-fry for a further 1-2 minutes.
4. Add the remaining ingredients and continue to cook until the turkey is cooked well and the zucchini noodles are tender. Serve and enjoy.

A *modern take*  
ON SPAG BOL



# OUI LOVE THIS *French inspired* DISH

**INGREDIENTS**

100g lean boneless veal  
 ¼ tbsp olive oil  
 ¼ small brown onion  
 ½ garlic clove  
 100g button mushrooms  
 150g eggplant  
 400g can chopped tomatoes  
 1 tsp ground oregano  
 2 olive oil spray  
 45g zucchini

**METHOD**

1. Roughly chop the zucchini, mushrooms and eggplant.
2. Cut the veal into bite size cubes and sear on all sides in a hot frying pan. Remove from pan and set aside.
3. Spray the frying pan with oil and add the finely chopped onion and garlic. Cook until onion is lightly browned. Add zucchini, mushrooms, eggplant and tomatoes.
4. Return veal to the frying pan, cover and simmer gently for 30 minutes until veal is tender and sauce has thickened. Add a little water if necessary.
5. Stir through oregano, season with salt and pepper and serve.

**SERVES 1**

## VEAL RATATOUILLE

# VEGETARIAN CHICKPEA SATAY

## INGREDIENTS

¼ medium brown onion  
 ½ garlic clove  
 ½ tsp ginger  
 ¼ red chilli  
 100g pumpkin  
 40ml almond milk  
 30ml vegetable stock  
 50g cauliflower  
 50g broccoli  
 90g mushrooms  
 1 tbsp 100% natural peanut butter  
 5ml tamari sauce  
 ½ tsp brown sugar  
 70g canned chickpeas  
 3g coriander  
 30g non-fat plain natural yoghurt  
 25g baby spinach  
 20g canned lentils  
 2 sprays of olive oil

## METHOD

1. Finely chop onion, garlic, chilli and ginger. Slice mushrooms, cut broccoli and cauliflower into smaller florets, peel and cube pumpkin.
2. Spray a saucepan with olive oil, heat and cook the onion for 4-5 minutes until soft. Add the garlic, ginger and chilli and cook for 1 minute, stirring to combine.
3. Add pumpkin and stir to combine. Pour in almond milk and stock and bring to the boil. Cover and simmer for 8-10 minutes until pumpkin is just cooked.
4. Add cauliflower, broccoli and mushrooms and cook for 3-4 minutes until vegetables are tender. Add the peanut butter, tamari sauce, sugar, chickpeas and lentils and stir to combine until heated through. Stir in coriander, spinach leaves and yoghurt. Serve and enjoy.

SERVES 1

A ONE-PAN, *vegetarian favourite*





STAY IN THE *loop*

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