

WEEK 6 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

RASPBERRY YOGHURT POTS

Serves 1

INGREDIENTS

70g Frozen raspberries
1.3g (0.5 tsp) Cinnamon
200g No fat Greek yoghurt
40g Rolled oats

METHOD

1. Heat raspberries with cinnamon in a saucepan over a medium heat.
2. Cook for 5 minutes or until berries are heated through and the liquid has reduced.
3. Place yoghurt in a jar or small bowl. Pour over the berries.
4. Garnish with rolled oats and enjoy.

BASIL & CHILI SCRAMBLED EGGS

Serves 1

INGREDIENTS

2 Eggs
4.6g (1 tsp) Extra virgin olive oil
10g Fresh basil
20g Reduced fat feta
0.5 Small red chilli or a good sprinkle of dry flakes
30g (1 slice) Sourdough or wholemeal bread

METHOD

1. Crack eggs into a bowl and whisk together with a fork. Finely slice the chilli and remove the seeds (optional). Add the chilli to the eggs and season with salt and pepper.
2. Heat a small saucepan with olive oil over a low heat. Once the oil has heated, slowly pour in the eggs.
3. Use a wooden spoon or spatula to slowly stir the eggs. Stir using an inwards direction to keep the mixture from sticking to the sides of the pan.
4. When the eggs begin to look silky but still runny, roughly tear the basil leaves and add to the eggs. Crumble the feta over the eggs and remove from the heat.
5. Serve with a slice of toasted bread.

CHOC-BANANA PORRIDGE

Serves 1

INGREDIENTS

40g (0.5 cup) Rolled oats
125ml Reduced fat cow's milk or milk of choice
125ml Water
50g (0.5 medium) Banana, ripe
1.3g (0.5 tsp) Cinnamon
3.6g (2 tsp) Cocoa or cacao powder
1.3g (0.25 tsp) Vanilla extract
Pinch of salt

METHOD

1. Place oats in saucepan, and cover with milk and water.
2. Use a fork to mash the banana and mix through the oats along with the cinnamon, cocoa/cacao, vanilla extract and salt.
3. Place oats in refrigerator and leave to soak overnight for extra creaminess prior to cooking. You may need to add extra water to loosen the mixture in the morning.
4. Alternatively, cook the oats right away. Bring to the boil over a high heat before reducing to a low heat.
5. Allow the oats to simmer for 5 minutes or until the porridge is thick and creamy.

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WHIPPED COTTAGE CHEESE AND BANANA 'CREPE'

Serves 1

INGREDIENTS

60g Cottage cheese, reduced fat
20mL Lemon juice
7.2g (1 tsp) Honey
75g Banana
50g (2 regular) Rye mountain bread
1.3g (0.5 tsp) Cinnamon
2.5g (1 tsp) Flaked almonds

METHOD

1. Using a blender, whip the ricotta, lemon juice and honey until smooth.
2. Layer the mountain bread slices on top of each other to increase the thickness of the crepe. Warm in the microwave for 30 seconds.
3. Spread cottage cheese evenly across the mountain bread. Slice banana finely and add to the mountain bread along with the flaked almonds.
4. Roll the mountain bread tightly to enclose the filling and enjoy.

BEAN 'MUSH' MUFFIN

Serves 1

INGREDIENTS

75g (1) Wholemeal English muffin
70g Reduced-salt baked beans
20g Spinach
40g Button mushrooms
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat the olive oil in a frying pan over medium heat.
2. Slice mushrooms in half and add to the heated frying pan.
3. Cook for approximately 5 minutes or until softened.
4. Add baked beans to pan and stir to heat through (approximately 2 minutes).
5. Remove the mixture from the heat and add the spinach to the pan. Stir through until the spinach wilts and shrinks in size.
6. Slice muffin in half and toast until golden. Layer mixture on one half of the muffin and place the other muffin on top to finish.

NUTTY BANANA TOASTIE

Serves 1

INGREDIENTS

50g Small banana
10g (2 tsp) Peanut or another nut butter
2 slices Sourdough bread
1.5g Cinnamon

METHOD

1. Mash banana with peanut butter and cinnamon in a small bowl.
2. Spread mixture over 1 slice of bread, and layer with remaining slice on top.
3. Toast in sandwich press until cooked to liking.

BLUEBERRY OVERNIGHT OATS

Serves 1

INGREDIENTS

45g Rolled oats
250ml Skim milk
1.3g (0.5 tsp) Cinnamon
60g Frozen blueberries or raspberries
2.5g (0.5 tsp) Vanilla extract

METHOD

1. Place the oats in a glass, jar or small bowl.
2. Add milk, vanilla extract and frozen berries to oats and sprinkle with cinnamon.
3. Mix well and place in fridge overnight, or until creamy and thick.

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Snacks

WARM CHOCOLATE SMOOTHIE CUP

Serves 1

INGREDIENTS

200ml Skim milk
3.5g (0.5 Tb) Cocoa powder
5g (1 tsp) Vanilla extract
5g (1 tsp) Maple syrup
40g (0.5 small) Banana
1.3g (0.5 tsp) Cinnamon

METHOD

1. Heat milk in microwave until warmed through.
2. Combine all ingredients in blender and serve.

SWEETENED YOGHURT

Serves 1

INGREDIENTS

150g (3/4 tub) Fat free Greek yoghurt
3.6g (0.5 tsp) Honey

METHOD

1. Mix honey through Greek yoghurt and serve.

BERRY SMOOTHIE

Serves 1

INGREDIENTS

75g (0.5 cup) Frozen mixed berries
150ml Reduced fat milk
3.5g (0.5 tsp) Honey

METHOD

1. Blend all ingredients until combined and serve.

MINI GREEK SALAD CUP

Serves 1

INGREDIENTS

100g Cherry tomatoes
40g Reduced fat feta cheese
15g (0.25 cup) Fresh basil leaves
60g (0.5 small) Cucumber

METHOD

1. Cut cucumber and feta into 1cm pieces.
2. Combine in cup with cherry tomatoes and basil and serve.

CHOC HAZELNUT BALLS

(makes 4 balls) Serving size 1

INGREDIENTS

30g (3 Tb) Hazelnuts
2g (1 tsp) Cacao powder
40g (0.25 cup) Medjool dates
2.5g (0.5 tsp) Vanilla extract
15g (2 Tb) Rolled oats
1.3g (0.5 tsp) Cinnamon

METHOD

1. Combine all ingredients in food processor or blender, adding 1 Tb of water if necessary to help combine.

Note: These can be made in large batches and frozen for use at a later date.

BERRY YOGHURT CUP

Serves 1

INGREDIENTS

100g No fat Greek yoghurt
25g (2 Tb) Frozen raspberries
3.6g (0.5 tsp) Honey

METHOD

1. Microwave raspberries on high with 1 Tb of water for 3 minutes.
2. Drain excess liquid.
3. Stir berries through yoghurt and drizzle with honey to finish.

3-INGREDIENT BANANA SMOOTHIE

Serves 1

INGREDIENTS

50g (0.5 medium) Banana
1.3g (0.5 tsp) Cinnamon
150ml Skim milk

METHOD

1. Combine all ingredients in blender and blend.

YOGHURT AND STRAWBERRY SALSA

Serves 1

INGREDIENTS

70g (6 medium sized) Strawberries
10g (2 Tb) Mint
20ml (1 Tb) Lime juice
7.2 (1 tsp) Honey
100g Fat free Greek yoghurt

METHOD

1. Dice strawberries and add to small bowl.
2. Roughly chop mint and add to strawberries along with freshly squeezed lime juice and honey. Stir to combine.
3. Serve salsa with yoghurt.

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Lunch & Dinner

ROAST CAULIFLOWER ALMOND & CRANBERRY SALAD

Serves 1

INGREDIENTS

170g (1.5 cup) Cauliflower
4.6g (1 tsp) Extra virgin olive oil
1.3g (0.5 tsp) Thyme
3g (1 clove) Garlic
45g (0.25 cup) Quinoa
125mL (0.5 cup) Vegetable stock,
salt reduced
15g (1 Tb) Dried cranberries
5g (2 tsp) Flaked almonds
10g (2 Tb) Fresh dill
20g (1 Tb) Fat free Greek yoghurt
5g (1 tsp) Wholegrain mustard
70g (1.5 cup) Spinach leaves

METHOD

1. Preheat oven to 200 degrees.
2. Using hands, break apart cauliflower into small florets. Add to baking tray lined with baking paper.
3. Slice garlic finely and add to cauliflower along with olive oil and thyme. Mix to coat cauliflower well.
4. Roast for about 30 minutes, until cauliflower is tender.
5. While the cauliflower is roasting, add stock to a saucepan and bring to the boil. Rinse quinoa with water and add to stock. Reduce heat to gentle simmer and cook for 20 minutes or until tender.
6. Combine quinoa with cauliflower in a salad bowl. Add spinach, dill, flaked almonds and cranberries. Mix yoghurt with mustard in a small bowl and pour over salad to finish.

HERBED BEETROOT & BEAN PATTIES WITH GREENS

Serves 1

INGREDIENTS

120g (0.5 cup) Canned cannellini beans
30g (2 Tb) Wholemeal cous
cous, uncooked
60ml (3 Tb) Vegetable stock,
salt reduced
10g (2 Tb) Fresh parsley
10g (2 Tb) Fresh dill
45g (0.25 cup) Canned beetroot
15g (1 regular) Spring onion
3g (1 clove) Garlic
4.6g (1 tsp) Extra virgin olive oil
140g (1 cup) Green beans
140g (1 cup) Asparagus

METHOD

1. Heat vegetable stock in the microwave. In a small bowl, add cous cous and cover with stock. Allow to stand, until liquid is absorbed.
2. Reserve 1 Tb of juice from the canned beetroot. In a food processor, combine the beetroot, beetroot juice, cous cous, cannellini beans, parsley, dill, garlic and spring onion.
3. Process to combine all ingredients.
4. Use hands to form mixture into 2 patties.
5. Heat olive oil in frypan over medium heat.
6. Cook patties 4 minutes each side, until golden and crisp. Transfer to plate lined with paper towel.

7. In a separate non-stick griddle pan, add green beans and asparagus. Cook, rotating frequently, for 10 minutes or until tender.

8. Serve herbed patties with griddled greens.

OPEN MEDITERRANEAN SANDWICH

Serves 1

INGREDIENTS

60g (2 slices) Sourdough bread
15g (2 tsp) Caramelised onion
100g (0.5 small) Red capsicum
150g Butternut pumpkin
100g (1 small) Zucchini
60g (1 cup) Rocket
4.6g (1 tsp) Extra virgin olive oil
10g (2 tsp) Balsamic vinegar
10g (2 tsp) Hummus

METHOD

1. Heat olive oil in griddle pan over medium-high heat.
2. Slice pumpkin and zucchini thinly and cut capsicum into long strips.
3. Add to griddle pan, cooking for 5 minutes each side, or until tender and cooked through.
4. Toast sourdough bread and spread caramelised onion and hummus evenly across 2 slices.
5. Divide rocket, pumpkin, zucchini and capsicum across 2 slices and layer onto sandwich.
6. Drizzle with balsamic vinegar to finish.

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Lunch & Dinner

ROAST BEET, APPLE & LENTIL SOUP

Serves 1

INGREDIENTS

80g (1 medium) Beetroot
10g (2 Tb) Fresh dill
45g (0.25 cup) Canned brown lentils
500mL (2 cup) Reduced salt vegetable stock
70g (0.5 small) Apple
70g (0.5 medium) Red onion
4.6g (1 tsp) Extra virgin olive oil
30g (1 slice) Sourdough
20g (1 Tb) Fat free Greek yoghurt
100g (1 small) Potato

METHOD

1. Preheat oven to 200 degrees.
2. Wash beetroot, leaving skin intact and place on sheet of aluminium foil. Drizzle with olive oil, season with salt and pepper and wrap in aluminium foil.
3. Add beetroot to baking tray lined with baking paper. Slice apple, potato and onion into large chunks and add to baking tray. Roast with beetroot for 40-45 minutes, or until beetroot is tender when poked with fork.
4. Heat saucepan over medium heat. Add stock and bring to a boil. Remove from heat and add roast vegetables and brown lentils.
5. Blend with stick blender until creamy and smooth.
6. Serve with dollop of Greek yoghurt, fresh dill and slice of sourdough bread.

MUSHROOM, LENTIL BOURGUIGNON WITH SMASHED CAULIFLOWER

Serves 1

INGREDIENTS

170g (2 cups) Mushrooms
2.7g (1 tsp) Dried thyme
2.7g (1 tsp) Dried oregano
4.6g (1 tsp) Extra virgin olive oil
50g (0.5 small) Brown onion
3g (1 clove) Garlic
65g (0.5 medium) Carrot
55g (1/3 cup) Canned brown lentils, rinsed and drained
20g (1 Tb) Tomato paste
60ml Red wine
250ml Vegetable stock, salt reduced
10g (1 Tb) Plain flour
230g (2 cup) Cauliflower
40ml Skim milk

METHOD

1. Heat olive oil over medium heat in non-stick saucepan.
2. Dice onion finely and slice mushrooms, adding both to pan and cooking for 5 minutes, or until browned and soft.
3. Slice garlic and add to mushrooms, stirring for 2 minutes. Sprinkle over thyme and oregano.
4. Cut carrot into small cubes, add to pan along with tomato paste and red wine. Cook for 1 minute, to cook off the alcohol in the wine.
5. Pour over vegetable stock, add lentils and bring to a boil and then simmer for 15-20 minutes, or until carrots are cooked through.

6. Meanwhile, cut cauliflower into florets. Steam or cook in microwave for 6-8 minutes, until soft when poked with fork.
7. Add cauliflower to bowl with milk, season with salt and pepper and mash.
6. Remove 1/2 cup of stock from the stew using a ladle. Mix through flour to create a thick sauce, then stir back through bourguignon and cook for a final minute.
8. Serve cauliflower mash alongside mushroom, lentil bourguignon.

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Lunch & Dinner

TOFU & VEGETABLE SKEWERS WITH QUICK TABBOULEH

Serves 1

INGREDIENTS

100g Tofu
70g (0.25 medium) Red capsicum
70g (0.25 medium) Green capsicum
125g (0.5 punnet) Cherry tomato
4.6g (1 tsp) Extra virgin olive oil
20mL (1 Tb) Lemon juice
30g (0.5 cup) Parsley
30g (2 Tb) Burghul
30g (0.25 medium) White onion
60g (1 cup) Rocket

METHOD

1. Prepare tabbouleh first by adding burghul to a bowl. Cover with boiling water and allow to stand for 15 minutes, or until softened.
2. Heat olive oil in griddle pan over medium heat.
3. Cut tofu and capsicums into equal size chunks and thread onto skewers with cherry tomatoes.
4. Grill for 8 minutes, rotating frequently, until tofu becomes crispy and tomato skins blister.
5. While the skewers are cooking, prepare the tabbouleh. Finely dice the white onion and chop the parsley, adding to a bowl with the softened burghul. Add rocket and lemon juice and mix to combine.
6. Serve skewers on bed of tabbouleh.

PESTO TOFU STEAKS WITH COUS COUS & CAULIFLOWER RICE

Serves 1

INGREDIENT

115g (1 cup) Cauliflower
100g Tofu
30g (2 Tb) Cous cous, uncooked
15g (0.25 cup) Fresh parsley
15g (0.25 cup) Fresh coriander
5g (2 tsp) Flaked almonds
125ml (0.5 cup) Reduced salt vegetable stock
10g (2 tsp) Store bought basil pesto, made with olive oil
20mL (1 Tb) Lemon juice
60g (1 cup) Rocket

METHOD

1. Add tofu to a small bowl and pour over pesto and lemon juice. Allow to marinate for 10 minutes.
2. Heat frypan over medium heat. Cook tofu, 3 minutes each side, or until crisp and cooked through.
3. While the tofu is cooking, heat vegetable stock in the microwave and pour over cous cous. Cover and allow to stand for 5 minutes, or until liquid is absorbed.
4. Remove tofu from the pan and set aside. Chop cauliflower into small florets, the size of rice grains, and add to frypan. Cook for 3 minutes or until heated through and then add to cous cous.
5. Roughly chop parsley, coriander, rocket and almonds and add to cous cous and cauliflower
6. Serve cous cous and cauliflower rice alongside pesto tofu steaks.

EGG PITA PIZZA

Serves 1

INGREDIENTS

65g (1 regular round) Wholemeal pita
110g (1 small) Red capsicum
120g (1 small) Tomato
10g (2 Tb) Basil
20g Reduced fat feta
20g (1 Tb) Tomato paste, salt reduced
45g (1 cup) Spinach leaves
40g (0.25 medium) Red onion
45g (1 regular) Egg

METHOD

1. Preheat oven to 180 degrees.
2. Add pita to baking tray lined with baking paper.
3. Spread tomato paste evenly over base of pita.
4. Roughly chop spinach and finely dice tomato, red onion and capsicum and spread over pita base, leaving a gap in the centre for the egg.
5. Crack the egg into the centre of the pita and sprinkle over basil leaves.
6. Bake in oven for 12-15 minutes, until egg white is set and pita is crisp.