



Meat-Free **MEALS**

FITNESS
fernwood®

Ditch the meat, but keep the flavour

Whether you're a vegetarian or want to up your veggie intake, these vegetarian meals will delight your senses, as well as the budget. We've picked six of our favourite vegetarian recipes to enjoy on meat-free Mondays, or any day of the week. From delicious pasta to green patties, there's something to satisfy your tastebuds for breakfast, lunch or dinner. Enjoy!

Love *Fernwood* xx

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POACHED EGG IN SPICY
CAPSICUM SAUCE

PG 3

BEAN AND ZUCCHINI PATTIES
WITH GREEK SALAD

PG 4

GREEK BOWL WITH
FREEKEH AND CHICKPEAS

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SPANISH RISOTTO

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CRUMBED EGGPLANT
WITH QUINOA COLESLAW

PG 7

CAULIFLOWER CRUST PIZZA
WITH SWEET POTATO



A brunch favourite for any time of the day

**Poached egg
in spicy
capsicum
sauce**



INGREDIENTS

2 sprays olive oil
¼ onion
1 clove garlic
¼ red chilli
½ capsicum
2 tomatoes
⅓ tsp paprika
⅓ tsp ground cumin
1 egg
120g non-fat plain natural yoghurt

METHOD

1. Finely dice onion, garlic and chilli. Deseed capsicum and slice thinly.
2. Spray a non-stick frying pan with olive oil and heat over a medium heat. Add the onion, garlic, chilli and capsicum and stir-fry for 2-3 minutes or until onions begin to brown.
3. Add the chopped tomatoes and spices to the frying pan and continue to stir-fry for a further 5-10 minutes or until thickened.
4. Make an indent in the centre of the capsicum mixture and add the egg. Cover the frying pan and allow to cook for a few more minutes or until the egg is cooked to your liking.
5. Using a big spatula, carefully plate the mixture onto a serving plate. Top with yoghurt and any other herbs and spices to taste to your liking. Enjoy.

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Eat your beans and greens

**Bean and
zucchini
patties with
Greek salad**



INGREDIENTS

120g red kidney beans
100g zucchini
1 slice wholemeal bread
½ large egg
2 tsp extra virgin olive oil
150g cucumber
100g tomato
25g red onion
10g Kalamata olives
5ml balsamic vinegar
30g low-fat Greek yoghurt
¼ lemon
10g spring onion
5g mint
5g basil

METHOD

1. Juice the lemon.
2. **Prepare tzatziki:** grate 50g of cucumber and finely chop spring onion, mint and basil. Mix well with lemon juice and yoghurt, add a pinch of salt and plenty of black pepper. Keep refrigerated.
3. **Prepare patties:** grate zucchini, process bread to make breadcrumbs, mash beans well with vegetable masher and lightly whisk the egg. Combine all ingredients together with your hands, or in a food processor. Form 3 patties.
4. Preheat large non-stick pan. Add half of the olive oil and cook patties for 4-5 minutes on each side or until golden and crunchy on the outside.
5. In the meantime, prepare Greek salad by chopping the tomato, 100g of cucumber, onion and olives. Dress with remaining oil and vinegar and season with salt and pepper.
6. Serve patties warm with cool tzatziki and Greek salad. Add additional lemon slices or fresh herbs if preferred.

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A simple but flavoursome lunch

Greek bowl with freekeh



INGREDIENTS

40g freekeh
60g chickpeas
100g cherry tomatoes
100g Lebanese cucumber
25g red onion
15g baby spinach
4 black olives
10g reduced fat feta
1 tsp extra virgin olive oil
20g low-fat Greek yoghurt
½ garlic clove
10g parsley

METHOD

1. Cook freekeh according to package instructions.
2. Chop tomato, cucumber and onion and slice the olives.
3. Prepare dressing by mixing minced garlic, chopped parsley, oil, yoghurt, pinch of salt and pepper.
4. Arrange freekeh as a first layer in a medium bowl. Top with tomatoes, cucumbers, onion, chickpeas and spinach in separate sections.
5. Top the bowl with crumbled feta and sliced olives. Add dressing and serve.

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A veg-full winter warmer

Spanish risotto



INGREDIENTS

½ tsp extra virgin olive oil
1 garlic clove
50g red onion
50g leek
½ tsp ground cumin
½ tsp smoked paprika
50g tomato
50g brown rice
150ml salt-reduced vegetable stock
60g red kidney beans
10g green olives
30g baby spinach

METHOD

1. Heat the oil in a medium heavy-based saucepan over a medium heat.
2. Finely chop garlic, onion and leek and add to the saucepan. Cook for about 3-5 minutes, stirring. Add cumin and paprika.
3. Chop the tomato and add to the saucepan. Cook for another 2 minutes.
4. Add the rice and mix well. Let the rice absorb all the juices (about 2 minutes).
5. Add drained and rinsed red beans, chopped olives and spinach. Mix well.
6. Finally, add the stock. Bring mixture to the boil, reduce the heat, cover the saucepan and simmer gently for about 35-40 minutes or until rice is soft.
7. Serve topped with cracked black pepper and additional herbs, if preferred.

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Our favourite type of schnitzel

Crumbed eggplant with quinoa coleslaw



INGREDIENTS

¼ cup breadcrumbs
15ml non-fat milk
¼ large egg
120g eggplant
Olive oil spray
25g quinoa
½ cup shredded red cabbage
1 celery stalk
1 tsp wholegrain mustard
¼ medium lemon
35g low-fat cottage cheese

METHOD

1. Cut eggplant into 1cm thick rounds. Shred cabbage and chop celery. Juice lemon, reserving the juice for later.
2. Preheat oven to 200°C. Line a baking tray with baking paper.
3. Cook the quinoa as per packet instructions. Drain well and set aside.
4. In the meantime, add the eggs and milk to a bowl and whisk together. Add the breadcrumbs to a separate bowl and season with salt and pepper.
5. Dip the eggplant rounds into the egg mixture or brush the egg mixture onto the eggplant and then coat with the breadcrumbs.
6. Place the eggplant rounds onto the baking tray and spray the top sides with oil. Bake for about 10 minutes or until the top is golden.
7. Turn the eggplant and spray with oil. Bake for a further 10-15 minutes or until the eggplant is cooked and coating is golden.
8. Add the cooked quinoa, cabbage, celery, wholegrain mustard and lemon juice in a bowl and mix well.
9. Serve the baked eggplant topped with cottage cheese and a side of quinoa coleslaw salad.

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Pizza night just got a whole lot better

Cauliflower crust pizza with sweet potato

INGREDIENTS

300g cauliflower
1 egg
10g parmesan
140g sweet potato
½ clove garlic
½ tsp rosemary
Olive oil spray
30g low-fat cottage cheese
30g rocket leaves

METHOD

1. Pre heat the oven to 230°C (210°C fan forced).
2. Process the cauliflower in a food processor until finely chopped.
3. Cook the cauliflower by steaming or stir-frying it in a non-stick frying pan until tender. Drain well to remove any excess liquid.
4. Add the cauliflower, parmesan and a quarter of the egg in a bowl and mix well.
5. Line a baking tray with baking paper and press the cauliflower mixture firmly into the tray, creating a thin pizza base.
6. Bake in the oven for approximately 20-30 minutes or until the base is golden and crusty.
7. Peel and cut the sweet potato into thin slices and place into bowl - add the garlic and rosemary, and spray with olive oil. Mix well to ensure slices are coated.
8. Spread the sweet potato slices onto a baking tray lined with baking paper. Bake in the oven for about 10-15 minutes or until tender and beginning to brown.
9. While the crust and potato slices are baking, scramble the remaining egg.
10. Spread the sweet potato slices over the cauliflower pizza crust. Top with the scrambled egg, cottage cheese and rocket. Serve and enjoy.

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