

WEEK 4 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

MUSHROOM BRUSCHETTA

Serves 1

INGREDIENTS

4.6g (1 tsp) Extra virgin olive oil
40g Spinach
85g Button mushrooms
5g Fresh parsley
10g Fresh (or 1tsp dry) thyme
3g (1 clove) Garlic
30g (1 slice) Sourdough bread
1 Egg

METHOD

1. Prepare ingredients by slicing mushrooms and garlic finely. Roughly chop herbs and set aside.
2. Heat 1 tsp (4.6g) olive oil over a medium heat in a frying pan. Add garlic, stirring until fragrant.
3. Add mushrooms to garlic and cook until softens, for approximately 5 minutes.
4. Push mushrooms to one side of pan to keep warm, and crack egg in middle of pan. Cook egg for 3 minutes or until egg whites have set.
5. Remove egg from pan. Prior to removing mushrooms from pan, stir through herbs, spinach and season with salt and pepper.
6. Serve on top of lightly toasted sourdough.

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.

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.

WEEK 4 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

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.

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.

CAPRESE BREAKFAST SALAD

Serves 1

INGREDIENTS

45g (1 regular) Egg
15g (4 whole) Pitted olives
15g (0.25 cup) Basil leaves
90g Rocket
40g (2 small) Bocconcini
250g Kumata or other
sweet tomatoes
10g (2 tsp) Balsamic vinegar
15g (0.5 slice) Wholemeal bread

METHOD

1. Bring a saucepan of water to the boil over a high heat, and then lower the heat to create a rapid simmer.
2. Add the egg slowly to prevent it from cracking, and cook for

5 minutes for a runny yolk, or 7 minutes if you prefer a harder yolk.

3. While the egg is cooking, prepare the salad. Slice the tomatoes, olives and bocconcini and add to a bowl.
4. Roughly tear the basil leaves and add to the bowl, along with the rocket.
5. Once cooked, peel the egg and place on top of the salad.
6. Drizzle with balsamic vinegar.

MANGO YOGHURT PARFAIT

Serves 1

INGREDIENTS

200g Fat free Greek yoghurt
140g Frozen diced mango
3.6g (1 tsp) Chia seeds
20g Rolled oats
5g (1 tsp) Vanilla extract
3.8g (1 tsp) Lime juice
Zest from 1/2 Lime
40g (2 Tb) Water

METHOD

1. Blend mango, vanilla extract, lime juice and zest with water in a blender or food processor. If the mixture is too thick, add additional water until you reach a puree consistency.
2. Using a container, glass or jar, assemble the parfait alternating with layers of mango, chia seeds and yoghurt.
3. Leave overnight or enjoy immediately, sprinkling with oats right before serving.

WEEK 4 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Snacks

SWEET CRACKERS

Serves 1

INGREDIENTS

15g (6 regular round) Brown rice crackers
40g (2 Tb) Reduced fat ricotta
50g (6 small) Strawberries

METHOD

1. Cut strawberries in half.
2. Spread ricotta evenly across crackers.
3. Top crackers with strawberries and serve.

BERRY YOGHURT CUP

Serves 1

INGREDIENTS

100g (0.5 tub) 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.

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.

TOMATO RICOTTA CRISP

Serves 1

INGREDIENTS

11g (1 crispbread) Ryvita crispbread
75g (0.5 medium) Tomato
20g Reduced fat ricotta cheese

METHOD

1. Slice tomato thickly and season with salt and pepper.
2. Spread ricotta evenly over Ryvita.
3. Top with tomato slices to serve.

EGG & TOMATO CRACKER

Serves 1

INGREDIENTS

45g (1 regular) Egg
6g (1 slice) Ryvitacrispbread
15g (0.25 cup) Fresh basil
75g (0.5 medium) Tomato

METHOD

1. Bring saucepan of water to a boil over high heat.
2. Boil egg for 8-10 minutes over medium-high heat.
3. Allow egg to cool slightly and peel from shell.
4. Slice tomato and egg and arrange on Ryvita with fresh basil leaves.

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.

WEEK 4 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Lunch & Dinner

SIMPLE VEGETABLE LASAGNE

Serves 1

INGREDIENTS

100g (1 small) Zucchini
85g (1 cup) Mushrooms
135g (0.5 medium) Red capsicum
135g (0.5 cup) Store bought pasta sauce
65g (0.25 cup) Reduced fat ricotta cheese
4.6g (1 tsp) Extra virgin olive oil
10g Parmesan cheese
70g (1.5 cup) Spinach
3g (1 clove) Garlic
30g (1 fresh) Lasagne sheets

METHOD

1. Heat olive oil in a frypan over medium heat.
2. Roughly cut mushrooms, zucchini and capsicum into equal bite size pieces.
3. Add to frypan and cook for 8 minutes or until vegetables soften.
4. Preheat oven to 180 degrees.
5. Line a small baking dish with baking paper. Cut pasta sheet in half and add one half to the bottom of the baking dish.
6. Pour over half of the vegetables, spinach and pasta sauce.
7. Repeat using remaining vegetables, spinach, sauce and lasagne sheets to create a second layer.
8. Smooth ricotta cheese over the top layer and sprinkle with parmesan cheese.
9. Bake for 20 minutes or until edges are golden.

PUMPKIN & CHICKPEA STEW WITH PEARL COUS COUS

Serves 1

INGREDIENTS

50g (1/3 cup) Canned chickpeas
35g (0.5 small) Carrot
100g Pumpkin
35g (0.25 medium) Brown onion
500ml (2 cup) Vegetable stock, salt reduced
20g (1 Tb) Tomato paste, reduced salt
10g (1 large stick) Celery
10g (2 Tb) Parsley
10g (2 Tb) Mint
2.7g (1 tsp) Cumin
2.7g (1 tsp) Oregano
30g (3 Tb) Pearl cous cous
20g (1 Tb) Fat free Greek yoghurt
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat olive oil in saucepan over medium heat.
2. Dice onion and add to pan, sautéing for 5 minutes.
3. Chop carrot, celery and pumpkin into small cubes and add to onion along with tomato paste. Stir for 1 minute before adding vegetable stock and chickpeas. Season with salt and pepper.
4. Cook for 10 minutes and then add cous cous to the pan. You may need to add extra water or stock if the mixture has reduced too much.
5. Cook for a further 5 minutes or until cous cous is tender, then serve in bowl with Greek yoghurt, mint and parsley.

LEMON GARLIC TOFU & GRIDDLED VEGETABLE BOWL

Serves 1

INGREDIENTS

100g Firm tofu
100g (1 small) Zucchini
110g (0.5 small) Red capsicum
90g (1.5 cup) Mixed rocket and spinach leaves
15g (0.25 cup) Fresh basil
40g (3 Tb) Canned chickpeas
4.6g (1 tsp) Extra virgin olive oil
10g (2 tsp) Balsamic vinegar
30g (1 slice) Sourdough bread
2.7g (1 tsp) Oregano
1.5g (0.5 clove) Garlic
20ml (1 Tb) Lemon juice

METHOD

1. Preheat griddle pan over medium heat.
2. Slice tofu into long strips and marinate in bowl, with garlic, lemon juice, oregano and olive oil. Set aside to marinate for 5 minutes.
3. Slice zucchini and red capsicum thinly. Season with salt and pepper and add to griddle pan and cook for 4 minutes each side or until tender and grill lines form.
4. Remove from pan and add tofu, cooking for 5 minutes, rotating often.
5. Assemble by adding tofu, griddled vegetables, basil, canned chickpeas, rocket and spinach to a bowl. Dress with balsamic vinegar and serve with toasted sourdough.

WEEK 4 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Lunch & Dinner

ZUCCHINI, PEA & MINT FRITTERS WITH HERBED YOGHURT

Serves 1

INGREDIENTS

100g (1 small) Zucchini
20g (2 Tb) Wholemeal self-raising flour
45g (1 regular) Egg
15g (1 regular) Spring onion, green part only
4.6g (1 tsp) Extra virgin olive oil
30g (2 Tb) Green peas, frozen
10g (2 Tb) Mint
40g (2 Tb) Fat free Greek yoghurt
20ml (1 Tb) Lemon juice
3g (1 tsp) Minced garlic
30g (1 small) Wholemeal pita bread
35g (1 cup) Mixed lettuce leaves
120g (1 small) Tomato
40g (0.25) Red onion

METHOD

1. Grate zucchini into a bowl and season with salt and pepper. Set aside for 10 minutes, and then use paper towel to soak up excess moisture.
2. Finely slice the mint and green part of the spring onion.
3. Whisk egg and add to zucchini, along with the flour, peas, spring onion and half of the mint.
4. Combine yoghurt, lemon juice, minced garlic and remaining mint to create the herbed yoghurt.
5. Heat olive oil over a medium heat. Use a tablespoon to transfer fritter mixture into the pan. Cook for 1-2 minutes each side, or until crispy and golden.

6. Prepare simple salad by slicing red onion finely and dicing tomato. Cut pita in half and add salad filling.

7. Fill pita with fritters and herbed yoghurt and serve.

ROAST CAULIFLOWER & WHITE BEAN SOUP WITH SOURDOUGH

Serves 1

INGREDIENTS

200g Cauliflower
3g (1 clove) Garlic
250ml (1 cup) Skim milk
250ml (1 cup) Reduced salt vegetable stock
60g (0.25 cup) Canned cannellini beans
2.7g (1 tsp) Thyme
2.7g (1 tsp) Oregano
70g (0.5 small) Leek, white part only
4.6g (1 tsp) Extra virgin olive oil
30g (1 slice) Sourdough

METHOD

1. Preheat oven to 200 degrees.
2. Use hands to break apart cauliflower into chunks. Add to baking tray lined with baking paper, and dress with garlic, olive oil, thyme and oregano.
3. Slice the white part of the leek into large chunks and add to the baking tray along with the cannellini beans. Bake for 20 minutes or until cauliflower is tender.
4. Heat vegetable stock in a saucepan over medium heat. Remove from heat and add roast vegetables and milk.
5. Use a stick blender to puree soup until smooth. You may need more or less stock or water to reach the desired consistency.

6. Serve with a slice of freshly toasted sourdough.

ORZO & TOMATO SOUP

Serves 1

INGREDIENTS

40g Dried orzo pasta
4.6g (1 tsp) Extra virgin olive oil
3g (1 clove) Garlic
125g (0.5 cup) Canned tomato, salt reduced
20g (1 Tb) Tomato paste, salt reduced
500ml Vegetable stock, salt reduced
2.7g (1 tsp) Dried oregano
2.7g (1 tsp) Dried basil
50g Brown onion
90g (2 cup) Silverbeet, stems removed
30g (1 slice) Sourdough bread

METHOD

1. Heat olive oil in saucepan over medium heat.
2. Finely slice onion and add to saucepan, cooking for 4 minutes or until softened. Add garlic, cooking for a further 2 minutes.
3. Add tomato paste, oregano and basil to pan stirring for 1 minute. Add canned tomatoes and vegetable stock and bring the soup to the boil.
4. When boiling, add the orzo pasta, reduce the heat to a simmer and cook for 10 minutes.
5. Remove the stems from the silverbeet and add the leaves to the soup. Cook for a final 3 minutes or until leaves wilt and reduce in size.
6. Serve soup with a slice of sourdough bread.

WEEK 4 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Lunch & Dinner

LENTIL STUFFED EGGPLANT

Serves 1

INGREDIENTS

320g (1 small) Eggplant
40g (0.5 cup) Mushrooms
45g (0.25 cup) Canned brown lentils
200g (0.5 can) Canned tomatoes
2.7g (1 tsp) Oregano
3g (1 clove) Garlic
1.3g (0.5 tsp) Cumin
15g (1 regular) Spring onion
20g (1 Tb) Fat free Greek yoghurt
5g (1 tsp) Tahini
10ml (0.5 Tb) Lemon juice
4.6g (1 tsp) Extra virgin olive oil
10g Parmesan cheese
10g (1 Tb) Breadcrumbs

METHOD

1. Preheat oven to 200 degrees.
2. Cut eggplant in half. Use a spoon to remove the eggplant flesh, leaving enough flesh so that the eggplant still holds its shape when filled. Dice eggplant flesh finely and place remaining eggplant case on a baking tray lined with baking paper.
3. Heat frypan over medium heat and add olive oil and eggplant flesh.
4. Dice mushrooms, garlic and white part of spring onion and add to pan, cooking for 4 minutes or until mushrooms soften.
5. Add oregano, cumin, brown lentils and canned tomatoes. Season with salt and pepper and cook for a further 5 minutes.

6. Remove mixture from pan and fill eggplant shells, allowing mixture to overfill.
7. Sprinkle with lemon juice, breadcrumbs, parmesan cheese and the green part of the spring onion. Bake for 30 minutes or until the eggplant is soft and breadcrumbs are browned.
8. Drizzle Greek yoghurt and tahini over eggplant prior to serving.

TOFU WITH LEMON & SPINACH RICE

Serves 1

INGREDIENTS

80g Tofu
35g (0.25 small) Leek, white part only
10g (0.5 Tb) Tomato paste, salt reduced
20ml (1 Tb) Lemon juice
1 tsp Lemon zest
90g (2 cup) Spinach
4.6g (1 tsp) Extra virgin olive oil
3g (1 clove) Garlic
50g (1/4 cup) Brown rice, uncooked
150ml Vegetable stock, salt reduced
1.3g (0.5 tsp) Dried basil
1.3g (0.5 tsp) Dried thyme
5g (1 tsp) Balsamic vinegar

METHOD

1. Slice tofu into cubes and marinate in garlic, balsamic vinegar, basil and thyme. Allow to stand for 10 minutes.
2. Heat olive oil in saucepan over medium heat. Cook tofu for 5 minutes or until golden brown. Remove from heat and set aside.

3. Slice the garlic and white part of the leek thinly and add to saucepan, stirring for 4 minutes.
4. Add spinach and lemon zest, stirring for 3 minutes or until the spinach wilts and reduces in size.
5. Add tomato paste and rice, stirring for 1 minute to coat the rice in the herbs and tomato paste.
6. Add vegetable stock and bring to a boil. Reduce the heat to a simmer, cover, and cook around 20 minutes or until the rice is tender. You may need to add more water/stock if necessary.
7. Return tofu to the saucepan for 2 minutes to heat through and squeeze over lemon juice prior to serving.