

WEEK 5 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

FAST SCRAMBLED EGGS

Serves 1

INGREDIENTS

90g (2 regular) Eggs
40ml (2 Tb) Skim milk
20g Grated cheese, reduced fat
40g Tomato
15g Basil
Pinch of salt and pepper
30g (1 slice) Wholemeal bread

METHOD

1. Whisk eggs and milk together and place in a medium microwave-safe container
2. Dice tomatoes and add to the eggs, along with the cheese and basil.
3. Season with salt and pepper and microwave on high for 30 seconds.
4. Remove from microwave, stir, and return to microwave for a further 70-80 seconds or until the eggs are fluffy and set.
5. Serve with a slice of wholegrain toast.

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.

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.

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APPLE PIE QUINOA PORRIDGE

Serves 1

INGREDIENTS

50g Uncooked quinoa
125ml Skim milk
75g (0.5 medium) Apple
1.3g (0.5 tsp) Cinnamon
8g (2 tsp) Sultanas
100ml Water

METHOD

1. Wash and grate the apple and set aside in a small bowl.
2. Rinse quinoa under running water and allow to drain.
3. Add rinsed quinoa, water and milk to a saucepan over high heat. Bring to the boil.
4. Reduce heat, add apple, cinnamon and sultanas and simmer for a further 10-15 minutes
5. Serve with additional cinnamon, as to liking.

TOMATO AND RICOTTA TOASTS

Serves 1

INGREDIENTS

60g (2 slices) Wholemeal or sourdough bread
10g (2 Tb) Fresh basil
150g Tomatoes
4.6g(1 tsp) Extra virgin olive oil
65g Low fat ricotta cheese
5g (1 tsp) Balsamic vinegar
Pinch of salt and pepper

METHOD

1. Slice the tomato thickly and place in a small bowl.
2. Drizzle with olive oil and balsamic vinegar, and season with salt and pepper.
3. Toast the bread to your liking and spread the ricotta evenly over two slices.
4. Layer the dressed tomato on to the toast and finish with freshly torn basil leaves.

BLUE-BANANA SMOOTHIE

Serves 1

INGREDIENTS

30g Frozen blueberries
50g Banana
30g Rolled oats
250ml Skim milk
40g Fat free Greek yoghurt Ice to blend

METHOD

1. Place all ingredients in blender, and blend until smooth.

SPINACH & FETA OMELETTE

Serves 1

INGREDIENTS

90g (2 regular) Eggs
20g Cold water
20g Reduced fat feta cheese
45g Spinach
30g (1 slice) Wholemeal bread
4.6g(1 tsp) Extra virgin olive oil
Pinch of salt and pepper

METHOD

1. Whisk eggs, water, salt and pepper in a small bowl until combined.
2. Heat a frypan over medium heat. Add the eggs to the pan and gently use a spatula to push the egg from the corners of pan into the centre, so that the uncooked egg can reach the hottest surface of the pan.
3. When there is no visible liquid remaining and the egg is set, add the spinach and feta to one half of the omelette.
4. Fold omelette in half with the spatula to enclose the filling.
5. Cook for a further minute to melt the feta and then remove from heat.
6. Serve with slice of toast

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Snacks

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.

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.

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

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.

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.

HOMEMADE TORTILLA CHIPS

Serves 1

INGREDIENTS

25g (1 regular) Rye mountain bread
4.6g (1 tsp) Olive oil
1.3g (0.5 tsp) Cumin
1.3g (0.5 tsp) Paprika
1.3g (0.5 tsp) Dried oregano

METHOD

1. Preheat oven to 180 degrees.
2. Cut mountain bread into triangles.
3. Place on baking tray lined with baking paper.
4. Drizzle over olive oil and sprinkle with cumin, paprika and dried oregano.
5. Bake for 5 minutes or until golden and crisp.

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Lunch & Dinner

TOFU WITH LEMON AND 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.

WARM LENTIL SALAD WITH POACHED EGG

Serves 1

INGREDIENTS

90g (0.5 cup) Tinned brown lentils, rinsed
20g (4 Tb) Fresh parsley
4.6g (1 tsp) Extra virgin olive oil
5g (1 tsp) Balsamic vinegar
30g (1 slice) Sourdough bread
45g (1 regular) Egg
60g (1 cup) Rocket
45g (1 cup) Spinach
40g (0.25 medium) Red onion
60g Cherry tomatoes
5g (1 tsp) Wholegrain mustard

METHOD

1. Heat a saucepan of water over medium heat. Add 1 tsp of vinegar to the water.
2. Crack the egg into a cup and using a knife or spoon, stir the water in a clockwise direction to create a whirlpool.
3. When the water is rapidly simmering, lower the egg into the centre of the whirlpool and cook for 3-4 minutes or 5-6 minutes for a harder boiled egg.
4. Roughly chop the onion, tomatoes and parsley.

5. Assemble the salad while the egg is cooking, by combining the lentils, chopped parsley, rocket, spinach, red onion and tomatoes in a bowl.

6. Combine the mustard, balsamic vinegar and olive oil in a bowl and then pour over salad.

7. Serve the salad with a freshly poached egg and toasted sourdough bread.

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Lunch & Dinner

HONEY PUMPKIN & CARAMELISED ONION PITA PIZZA

Serves 1

INGREDIENTS

100g Butternut pumpkin
65g (1 regular round) Wholemeal pita bread
20g (1 Tb) Tomato paste, reduced salt
15g (2 tsp) Store bought caramelised onion
100g (1 small) Zucchini
1.5g (0.5 tsp) Minced garlic
7g (1 tsp) Honey
15g (1 Tb) Canned brown lentils
4.6g (1 tsp) Extra virgin olive oil
60g (1 cup) Rocket
2.7g (1 tsp) Dried rosemary
5g (1 tsp) Balsamic vinegar

METHOD

1. Preheat oven to 200 degrees.
2. Cut pumpkin into small cubes and add to baking tray lined with baking paper. Sprinkle over garlic, honey, rosemary and olive oil and mix to coat well.
3. Bake in oven for 20-25 minutes or until soft when poked with a fork.
4. Prepare pizza by spreading tomato paste along the base of the pita. Add caramelised onion and smooth over pita base.
5. Slice zucchini longways into long thin strips and spread across pita. Add pumpkin pieces and lentils and cook in oven for 10 minutes, or until base is crisp.
6. Serve with rocket on top of pita, and drizzle over balsamic vinegar to finish.

BRAISED EGGPLANT & CHICKPEAS WITH YOGHURT & POMEGRANATE

Serves 1

INGREDIENTS

200g (0.5 can) Canned tomatoes, salt reduced
320g (1 small) Eggplant
10g (2 Tb) Fresh coriander
20g (1 Tb) Fat free Greek yoghurt
5g (2 tsp) Pomegranate seeds (or dried cranberries if preferred)
2.7g (1 tsp) Cumin
250ml (1 cup) Salt reduced vegetable stock
45g (0.25 cup) Canned chickpeas
45g (1 cup) Spinach
3g (1 clove) Garlic
45g (0.25 cup) Wholemeal cous cous

METHOD

1. Heat olive oil in frypan over medium heat.
2. Cut eggplant into cubes.
3. Add garlic and eggplant, season with salt and pepper and cook, stirring for 3 minutes.
4. Add cumin, stirring for a further 30 seconds, before adding chickpeas, canned tomatoes and half of the vegetable stock. Bring to the boil, then reduce heat to a simmer and cook for 15 minutes covered, or until the eggplant is tender.
5. Meanwhile, prepare cous cous by heating remaining vegetable stock in the microwave and pouring over cous cous. Allow to stand, covered, until all the liquid is absorbed. Fluff cous cous with fork prior to serving.

6. Add spinach to eggplant and stir to wilt leaves. Cook for a further minute before taking off the heat.

7. Serve braised eggplant and chickpeas with cous cous, roughly chopped coriander, Greek yoghurt and a sprinkling of pomegranate seeds.

BAKED PUMPKIN EGGS

Serves 1

INGREDIENTS

90g (2 regular) Eggs
30g (1 slice) Sourdough
100g Pumpkin
50g (0.5 small) Zucchini
200g (0.5 can) Canned tomatoes
55g (0.25 small) Capsicum
10g (3 tsp) Breadcrumbs
10g (2 Tb) Parsley
1.3g (0.5 tsp) Sweet paprika
1.3g (0.5 tsp) Cumin
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Preheat oven to 180 degrees.
2. Finely dice capsicum, grate pumpkin and zucchini, and mix in small bowl with canned tomatoes.
3. Heat olive oil in frypan over medium heat. Add paprika and cumin, stirring for 1 minute.
4. Pour tomato mixture into pan and cook for 5 minutes, or until sauce reduces.
5. Transfer mixture to small baking dish lined with baking paper. Crack eggs into centre of the dish, sprinkle over breadcrumbs, and bake for 12 minutes or until egg whites are set.
6. Serve with fresh parsley and sourdough bread.

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Lunch & Dinner

SHAKSHUKA EGGS WITH SOURDOUGH

Serves 1

INGREDIENTS

45g (1 regular) Egg
200g Canned tomatoes, salt reduced
15g (0.25 cup) Parsley
40g Feta, reduced fat
30g (1 slice) Sourdough bread
60g (0.25 small) Red capsicum
70g (1.5 cup) Spinach
2.7g (1 tsp) Cumin
1.3g (0.5 tsp) Paprika
4.6g (1 tsp) Extra virgin olive oil
40g (0.25) Red onion

METHOD

1. Heat olive oil in frypan over medium heat.
2. Dice onion and add to frypan, cooking for 4 minutes, until translucent.
3. Add red capsicum, cooking for a further 3 minutes.
4. Add paprika and cumin, stirring for 1 minute until fragrant and then add the canned tomatoes.
5. Cook for 5 minutes, until sauce thickens and then stir through spinach. Cook for 1 minute, until spinach wilts and then use a spoon to create a well in the centre of the tomato sauce.
6. Crack egg into the centre of the sauce and cover frypan with lid. Cook for 3 minutes or until egg whites are set.
7. Crumble feta over the top of the shakshuka eggs, sprinkle with fresh parsley and serve with freshly toasted sourdough bread.

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.

BROCCOLI LEMON & CHILLI RICOTTA LINGUINE

Serves 1

INGREDIENTS

140g (1.5 cup) Broccoli florets
65g (0.25 cup) Reduced fat ricotta
40ml (2 Tb) Lemon juice
20g (1 Tb) Fat free Greek yoghurt
55g (0.5 cup) Wholemeal pasta
7g (0.5 medium) Red chilli (optional)
4.6g (1 tsp) Extra virgin olive oil
200g Zucchini

METHOD

1. Boil a saucepan of water and season well with salt.
2. Add wholemeal pasta, cooking as per packet instructions or until al dente.
3. While the pasta is cooking, use a spiraliser or vegetable peeler to create long strips of zucchini or zucchini noodles.
4. In a small bowl, combine yoghurt, ricotta, lemon juice and olive oil.
5. In final 5 minutes of cooking, add broccoli florets to the pasta, and cook until tender.
6. Drain pasta and broccoli and stir through zucchini noodles.
7. Add ricotta sauce and mix well to combine.
8. Finely slice chilli and sprinkle on top of pasta, if using, to finish.