

WEEK 5 - RECIPES

MEDITERRANEAN DIET



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

3 INGREDIENT PANCAKES WITH BLUEBERRY SYRUP

Serves 1

INGREDIENTS

60g Cottage cheese, reduced fat
20g Rolled oats
90g (2 regular) Eggs
55g Blueberries or any frozen berries
1.3g (0.25 tsp) Vanilla extract
0.6g (0.25 tsp) Cinnamon

METHOD

1. Set aside half of the blueberries and place all remaining ingredients in a blender.
2. Blend for 20 seconds, or until smooth and combined.
3. Heat a non-stick frypan over a medium heat.
4. Using a tablespoon, spoon the mixture into the centre of the pan to make one large pancake. Flip with a spatula once bubbles start to appear, cooking until both sides are golden brown.
5. While the pancake is cooking, microwave the blueberries with 1 tsp of water for 1 minute or until heated through. Remove pancake from pan and serve with blueberry syrup.

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 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.
5. Fold omelette in half with the spatula to enclose the filling.
6. Cook for a further minute to melt the feta and then remove from heat.
7. Serve with slice of toast

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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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.

TOMATO & 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.

MEDITERRANEAN EGGS WITH CHICKPEAS

Serves 1

INGREDIENTS

45g (1 regular) Egg
4.6g(1 tsp) Extra virgin olive oil
3g (1 clove) Garlic
2.7g (1 tsp) Cumin
20g (1 Tb) Tomato paste
150g Tinned tomatoes
2.7g (1 tsp) Sweet paprika
40g Canned chickpeas, rinsed and drained
30g (1 slice) Sourdough bread
5g Fresh parsley
45g (1 cup) Spinach

METHOD

1. Heat olive oil in a frying pan over medium heat. Add garlic, cooking for 3 minutes or until soft.
2. Add cumin and paprika to garlic, stirring until fragrant.
3. Add tomato paste and stir for a further minute before adding tinned tomatoes, spinach and chickpeas. Bring tomatoes to the boil, and then reduce to a low heat.
4. After 5 minutes, or when the sauce begins to reduce, create a space in the centre of the pan. Crack the egg in the centre of the mixture and cook for a further minutes or until egg whites are set.
5. Toast sourdough and serve with Mediterranean eggs. Garnish with fresh parsley to finish.

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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.

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.

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 TZATZIKI WITH CRISPbread

Serves 1

INGREDIENTS

17g (2 slices) Ryvita crispbread
80g (1/3 cup) Fat free Greek yoghurt
1.5g (0.5 tsp) Minced garlic
55g (0.25 medium) Cucumber
10ml (2 tsp) Lemon juice

METHOD

1. Grate cucumber and use paper towel to absorb excess moisture.
2. Combine cucumber, yoghurt, lemon juice and garlic in a bowl.
3. Serve with Ryvita.

CINNAMON APPLE

Serves 1

INGREDIENTS

150g (1 medium) Apple
1.3g (0.5 tsp) Cinnamon
5ml (1 tsp) Water
2.5g (0.5 tsp) Vanilla extract

METHOD

1. Cut apple in cubes, leaving skin on.
2. Add to bowl, and sprinkle with cinnamon, vanilla extract and water.
3. Microwave on high for 5 minutes or until soft when poked with fork.

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Lunch & Dinner

MEDITERRANEAN CHICKEN WITH COUS COUS & SAUTÉED SILVERBEET

Serves 1

INGREDIENTS

60g (0.5 small) Chicken breast
3g (1 tsp) Minced garlic
1.3g (0.5 tsp) Dried oregano
4.6g (1 tsp) Extra virgin olive oil
40g (0.25 medium) Red onion
30g (0.5 cup) Fresh parsley
20g Reduced fat feta
1 Lemon
70ml Chicken stock
120g (1 small) Tomato
45g (0.25 cup) Cous cous
65g (1.5 cup) Silverbeet leaves, stems removed
1.3g (0.5 tsp) Chilli flakes, optional

METHOD

1. In a small bowl, marinate chicken in garlic, oregano, salt and pepper.
2. Heat olive oil in frypan over medium heat. Cook chicken, 2 minutes each side or until beginning to brown.
3. Dice tomato, and add to chicken along with silverbeet leaves, lemon juice, half of the stock and chilli flakes (if using). Cover with lid and cook for 5 minutes on one side.
4. Uncover chicken and rotate to other side. Add cous cous, remaining stock and cook for a further 5 minutes, adding additional water if required.
5. While chicken is cooking, finely dice red onion, parsley and feta cheese.

6. Place silverbeet and cous cous in a bowl, add chicken on top, and serve with red onion salsa on top of chicken.

QUINOA MINISTRONE SOUP

Serves 1

INGREDIENTS

40g (1 medium stalk) Celery
35g (0.25 medium) Brown onion
3g (1 clove) Garlic
65g (0.5 medium) Carrot
500ml Vegetable stock
45g (2 Tb) Salt reduced tomato paste
50g Zucchini
100g Cannellini beans
2.7g (1 tsp) Dried oregano
100g Tinned plum tomatoes
30g (2 Tb) Quinoa
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat olive oil in saucepan over medium heat.
2. Dice onion and garlic and add to pan. Cook for 4 minutes, stirring frequently.
3. Cut carrot, zucchini and celery into small cubes and add to pan. Cook for a further minute and then add tomato paste.
4. Stir for 2 minutes, before adding vegetable stock, tinned tomatoes, quinoa, cannellini beans and oregano.
5. Bring soup to the boil, before reducing to a simmer.
6. Allow to simmer for 20 minutes or until quinoa is cooked through.

MEDITERRANEAN FISH BURRITO

Serves 1

INGREDIENTS

40g (1 regular) Corn tortilla
50g Firm white fish (Ling, Basa)
1.3g (0.5 tsp) Cumin
1.3g (0.5 tsp) Dried oregano
0.5 Lemon
30g (0.5 cup) Fresh basil
35g (1 cup) Mixed leafy greens
4.6g (1 tsp) Extra virgin olive oil
120g (1 small) Tomato
35g (0.25 medium) Red onion
40g Haloumi cheese
20g (1 Tb) Fat free plain Greek yoghurt
100g (1 small) Cucumber

METHOD

1. Slice fish into long strips and marinate in olive oil, cumin, oregano, parsley and lemon juice.
2. While fish marinates, prepare vegetables by dicing red onion and tomato and slicing cucumber into long strips.
3. Heat frypan over a medium heat. Add fish, cooking for 2-3 minute each side or until cooked through.
4. Remove fish from heat, wipe out pan with paper towel, and add haloumi cheese.
5. Cook cheese, 3 minutes each side, or until golden brown. Remove from pan and cut into small cubes.
6. Warm corn tortilla in sandwich press for 30 seconds.
7. Assemble burrito by adding all ingredients, finishing with yoghurt and an extra squeeze of lemon juice.

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Lunch & Dinner

HERBED MUSHROOM BURGER

Serves 1

INGREDIENTS

85g (1 large) Flat or Portobello mushroom
70g (1 regular) Wholemeal bread roll
50g (1 cup) Cos lettuce
2.7g (1 tsp) Thyme
1.5g (0.5 clove) Garlic
10g (2 tsp) Balsamic vinegar
65g (0.5 medium) Carrot
75g (0.5 medium) Tomato
20g Reduced fat cheddar cheese
5.9g (1 tsp) Dijon mustard
20g (1 Tb) Fat free Greek yoghurt
20g (1 Tb) Lemon juice
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat non-stick frypan medium heat.
2. Finely slice garlic. In a small bowl, add the garlic, thyme and olive oil and then pour over mushroom.
3. Add mushroom to frypan. Cook covered with frypan lid, for 6-8 minutes, or until mushroom is tender.
4. Meanwhile, prepare the burger by slicing bread roll in half.
5. Grate carrot and finely dice tomato. Layer burger with cos lettuce, tomato, carrot and cheese.
6. In a small bowl, combine Greek yoghurt, lemon juice and mustard and mix to combine. Spread sauce evenly onto the bread roll.
7. Remove mushroom from the frypan and place on top of bed of salad.

8. Finish by covering the mushroom with the top of the burger bun and enjoy.

ONE-PAN ROAST CHICKEN & VEG WITH CRUSTY CROUTONS

Serves 1

INGREDIENTS

80g Chicken breast
3g (1 clove) Garlic
1.3g (0.5 tsp) Dried thyme
1.3g (0.5 tsp) Dried oregano
100g Pumpkin
140g (1 cup) Green beans
100g (0.5 small) Sweet potato
30g (1 slice) Sourdough
4.6g (1 tsp) Extra virgin olive oil
1 Lemon

METHOD

1. Preheat oven to 200 degrees.
2. Add chicken breast to baking tray lined with baking paper.
3. Finely slice garlic and sprinkle over chicken along with the thyme, oregano and zest from 1 lemon. Season well with salt and pepper.
4. Cut pumpkin and sweet potato into small cubes and cut green beans and lemon in half. Arrange around chicken.
5. Drizzle over olive oil and bake in oven for 10 minutes.
6. Remove dish from oven and rotate chicken. Cut sourdough into small cubes and scatter around chicken. Return to oven for another 10 minutes, or until chicken is cooked through.
7. Assemble on plate and squeeze over roast lemon juice to serve.

LENTIL LAMB & BARLEY STEW

Serves 1

INGREDIENTS

4.6g (1 tsp) Extra virgin olive oil
60g (0.25 cup) Lean lamb mince
30g (2 Tb) Barley, uncooked
20g (1 Tb) Salt reduced tomato paste
500ml Reduced salt beef stock
115g (1 cup) Kale, stems removed
35g (0.25 medium) Brown onion
75g (1 small) Carrot
30g (0.5 cup) Fresh parsley
30g (2 Tb) Canned brown lentils, rinsed and drained
2.7g (1 tsp) Rosemary

METHOD

1. Heat oil in saucepan over medium heat.
2. Dice onion and add to pan, along with lamb mince and rosemary. Cook, stirring for 5 minutes until meat begins to brown.
3. Cut carrot into small cubes and add to pan. Cook for a further 2 minutes.
4. Add tomato paste, barley, lentils and beef stock to saucepan. Bring to boil and then reduce heat to simmer. Cook for 15-20 minutes or until barley is tender, adding more water/stock if necessary.
5. Add kale leaves and cook for a final 2 minutes until leaves begin to wilt.
6. Serve in a bowl with fresh parsley.

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Lunch & Dinner

ZUCCHINI & SALMON PASTA WITH CREAMY RICOTTA SAUCE

Serves 1

INGREDIENTS

75g (0.5 medium) Salmon fillet
200g (1 medium) Zucchini
5g (0.5 small) Red chilli
90g (1 cup) Broccoli
20g (1 Tb) Fat free
Greek yoghurt
20ml (1 Tb) Lemon juice
30g (0.25 cup) Wholemeal
pasta, uncooked
65g (0.25 cup) Ricotta, reduced fat

METHOD

1. Bring a saucepan of water to the boil and season well with salt. Add wholemeal pasta and cook as per packet instructions or until al dente. Cut broccoli into small florets and add during the final 5 minutes, or until cooked through. Drain once cooked.
2. While the pasta and broccoli cooks, heat a non-stick frypan over medium heat. Season salmon skin well with salt and cook skin side down for 4 minutes, before turning and cooking on the other side for a further 4 minutes.
3. Use spiraliser or vegetable peeler to create thin long strips of zucchini or zucchini noodles.
4. Toss zucchini through drained pasta and broccoli to heat through. Add to bowl along with Greek yoghurt, lemon juice and ricotta.
5. Flake salmon using a fork, add to pasta, and mix well to coat pasta in sauce.
6. Finely slice chilli, if using, and sprinkle over pasta to finish.

RUMP STEAK WITH HERBED MUSHROOM RICE

Serves 1

INGREDIENTS

80g Beef rump steak, trimmed
50g (0.25 cup) Brown rice
85g (1 cup) Mushrooms
250ml Chicken stock
4.6g (1 tsp) Extra virgin olive oil
1.5g (0.5 clove) Garlic
15g (0.25 cup) Parsley
15g (0.25 cup) Dill
20ml (1 Tb) Lemon juice
6ml (1 tsp) Worcestershire
90g (2 cups) Spinach
Salt and pepper, to season

METHOD

1. Heat non-stick saucepan over medium heat.
2. Slice mushrooms and garlic and add to saucepan cooking for 5 minutes.
3. Add brown rice, Worcestershire sauce and 250ml chicken stock. Bring to boil and then reduce heat, stirring frequently, for 20 minutes. Add spinach during final 2 minutes of cooking and stir through until wilted.
4. Meanwhile, heat oil in frypan over medium-high heat.
5. Season beef with salt and pepper. Cook for 3 minutes each side for medium steak, or as cooked to liking.
6. Set aside and allow to rest for 5 minutes to seal in juices.
7. Remove mushroom rice from heat. Roughly chop parsley, dill and stir through rice. Finish with a squeeze of lemon juice.
8. Slice beef rump thinly and serve on top of herbed mushroom rice.