

# WEEK 4 - RECIPES

## MEDITERRANEAN DIET



FERNWOOD  
**NUTRITION**  
COACHING

Nourishing you for life

## Breakfast

### 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 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.

### 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.

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### MEDITERRANEAN QUESADILLA

Serves 1

#### INGREDIENTS

50g (2 regular) Rye mountain bread wraps  
20g Tomato paste  
135g Red capsicum  
45g (1 regular) Egg  
45g Rocket  
150g Tomato  
5g Chopped parsley

#### METHOD

1. Prepare vegetables by dicing tomato and capsicum, and finely slicing the parsley.
2. Spread tomato paste along the base of one mountain wrap.
3. Add diced tomatoes, capsicum, parsley and rocket.
4. Create a space in the centre of the mountain bread and crack the egg inside.
5. Place the second mountain wrap on top and transfer quesadilla to a sandwich press.
6. Toast until crispy and golden brown.

### CRANBERRY CHOC MUESLI WITH GREEK YOGHURT

Serves 1

#### INGREDIENTS

20g (0.25 cup) Rolled oats  
4g (1 Tb) Sunflower seeds  
1.8g (1 tsp) Cacao  
2.6g (1 tsp) Cinnamon  
5g (1 tsp) Vanilla extract  
12g (1 Tb) Dried cranberries  
6.7g (1 tsp) Maple syrup  
3.6g (1 tsp) Chia seeds  
20ml Water  
200g Fat free Greek yoghurt

#### METHOD

1. Preheat oven to 180 degrees.
2. In a small bowl, combine all the ingredients, with the exception of the yoghurt, and mix well to combine.
3. Line a baking tray with baking paper and spread the muesli evenly on the tray.
4. Bake for 15-20 minutes, until lightly toasted.
5. Allow to cool for 5 minutes and serve with yoghurt.

### BOILED EGGS WITH HUMMUS, TOMATO & SPINACH TOAST

Serves 1

#### INGREDIENTS

90g (2 regular) Eggs  
2.7g (1 tsp) Dukkah  
20g (1 Tb) Hummus  
120g Tomato  
25g Spinach  
30g (1 slice) Wholemeal bread

#### METHOD

1. Bring a saucepan of water to the boil. Reduce to a medium heat and use a spoon to slowly lower the eggs into the water. Boil for 7 minutes.
2. Meanwhile, toast bread until cooked to liking.
3. Cut tomato into slices and season with salt and pepper.
4. Spread toast with hummus and sprinkle with dukkah. Add tomato and spinach on top of toast. Peel boiled eggs and serve with 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.

### HOMEMADE TZATZIKI WITH RAW VEG STICKS

Serves 1

#### INGREDIENTS

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  
10g (1 large stick) Celery  
65g (0.5 medium) Carrot

#### METHOD

1. Grate cucumber and use paper towel to absorb excess moisture.
2. Combine cucumber, yoghurt, lemon juice and garlic in bowl.
3. Cut celery and carrot into sticks and serve with tzatziki.

### 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.

### HOMEMADE TZATZIKI WITH CRISP BREADS

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.

### WHIPPED RICOTTA WITH BERRIES

Serves 1

#### INGREDIENTS

65g (0.25 cup) Reduced fat ricotta  
3.6g (0.5 tsp) Honey  
1.3g (0.5 tsp) Cinnamon  
2.5g (0.5 tsp) Vanilla extract  
5ml (1 tsp) Lemon juice  
75g (0.5 cup) Frozen berries, thawed

#### METHOD

1. Place ricotta honey cinnamon vanilla extract and lemon juice in food processor.
2. Blend for 30 seconds until light and smooth.
3. Serve with berries.

### 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.

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## Lunch & Dinner

### HERBED CHICKEN & QUINOA BOWL

**Serves 1**

#### INGREDIENTS

60g (0.5 small) Chicken breast  
15g (0.25 cup) Fresh basil  
15g (0.25 cup) Fresh parsley  
40ml (2 Tb) Lemon juice  
4.6g (1 tsp) Extra virgin olive oil  
3g (1 clove) Garlic  
45g (0.25 cup) Quinoa  
20g (1 Tb) Fat free Greek yoghurt  
90g (1 cup) Broccoli  
115g (1 cup) Kale  
200ml Salt reduced chicken stock  
6g (1 tsp) Seeded mustard

#### METHOD

1. Bring stock to boil in saucepan. Reduce heat to a simmer and add quinoa. Cook for 15-20 minutes or until cooked through.
2. Slice chicken into pieces. In a small bowl, mix parsley, basil, garlic, olive oil, chicken and half of the lemon juice, and stir to coat well.
3. Heat olive oil in non-stick frypan over medium heat. Add chicken and cook, stirring for 6-8 minutes or until cooked through. Remove from pan and keep warm.
4. Increase heat to high. Cut broccoli into small florets. Add kale and broccoli to frypan along with 2 Tb of water. Stir fry for 8 minutes or until softens.
5. Serve quinoa, chicken and vegetables in bowl.
6. Mix yoghurt, mustard and remaining lemon juice and pour over salad as dressing.

### SALMON, PEA & ASPARAGUS COUS COUS

**Serves 1**

#### INGREDIENTS

60g (0.5 small) Salmon fillet  
70g (0.5 cup) Frozen peas  
10g (2 Tb) Fresh dill  
4.6g (1 tsp) Extra virgin olive oil  
30g (0.25 cup) Pearl cous cous  
1.5g (0.5 clove) Garlic  
70g (0.5 cup) Asparagus  
250ml Chicken stock  
20ml (1 Tb) Lemon juice  
2.7g (1 tsp) Lemon zest  
35g (0.25 medium) Brown onion  
70g (1.5 cup) Spinach

#### METHOD

1. Heat a non-stick frypan over a medium-high heat.
2. Season salmon skin with salt and place in pan, skin-side down. Press down on salmon with a small plate to flatten and cook for 4 minutes each side.
3. Once cooked, remove salmon from pan. Add olive oil and reduce temperature to low-medium heat.
4. Sauté onion for 5 minutes, or until soft and translucent.
5. Slice asparagus in half long ways and add to pan, cooking for a further 5 minutes.
6. Add garlic and cous cous, stirring for 1 minute, to help coat grains in the oil, onion and garlic mixture.
7. Add 50ml of stock to the cous cous at a time, ensuring that the stock is absorbed each time before adding the next amount. Continue stirring and adding stock for 12-15 minutes.

Taste the cous cous and add more stock if required.

8. When cous cous is cooked, flake salmon with a fork and add to cous cous, along with the peas, spinach, dill, lemon zest and lemon juice. Stir for a final 2 minutes, or until peas are heated through.

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## Lunch & Dinner

### CAULIFLOWER STEAKS WITH TAHINI & COUS COUS

#### Serves 1

#### INGREDIENTS

150g Cauliflower  
4.6g (1 tsp) Extra virgin olive oil  
3g (1 tsp) Dukkah  
46g (0.25 cup) Cous cous, uncooked  
30g (2 Tb) Canned chickpeas, rinsed and drained  
10g (2 tsp) Tahini  
20mL (1 Tb) Lemon juice  
60g (1 cup) Rocket  
10g (2 Tb) Fresh parsley  
10g (2 Tb) Fresh dill  
125ml (0.5 cup) Vegetable stock, salt reduced

#### METHOD

1. Preheat oven to 200 degrees. Line a baking tray with baking paper.
2. Place the cauliflower head on its side and slice into 2cm thick pieces.
3. Drizzle cauliflower with olive oil and sprinkle with dukkah. Bake for 35-45 minutes or until cauliflower is tender when poked with fork.
4. Meanwhile, prepare cous cous by heating stock in microwave and then pouring over cous cous. Allow to stand for 5 minutes and then use a fork to fluff the cous cous.
5. Add rocket, chickpeas, dill and parsley to a bowl. Toss through cous cous and lemon juice.
6. Drizzle tahini over cauliflower steaks and serve cous cous salad on the side.

### BAKED TURKISH LAMB EGGS

#### Serves 1

#### INGREDIENTS

4.6g (1 tsp) Extra virgin olive oil  
40g (0.25 medium) Red onion  
1.5g (0.5 clove) Garlic  
1.3g (0.5 tsp) Cinnamon  
2.7g (1 tsp) Dukkah  
1.3g (0.5 tsp) Cumin  
40g (2 Tb) Lean lamb mince  
45g (1 regular) Egg  
20g (1 Tb) Fat free Greek yoghurt  
33g (0.5 regular) Wholemeal pita bread  
5g (1 Tb) Fresh mint  
100g Canned tomatoes  
30g (2 Tb) Canned brown lentils, drained and rinsed  
20mL (1 Tb) Lemon juice  
70g (1.5 cup) Spinach  
100g (0.5 small) Green capsicum

#### METHOD

1. Heat olive oil in non-stick frypan over medium heat.
2. Finely slice onion, capsicum and garlic. Add lamb, capsicum and onion to pan, and cook for 5 minutes or until meat is browned.
3. Add garlic to pan, along with cinnamon, dukkah and cumin. Mix for 1 minute, until fragrant.
4. Add canned tomatoes, spinach and lentils to pan and mix to coat lamb well in tomato and spices.
5. Remove from heat and add indent into centre of the pan. Crack egg into centre, return to heat and cover with lid.
6. Cook for 6 minutes, or until egg white is set.

7. Roughly tear mint leaves and add to yoghurt along with lemon juice. Mix to combine.
8. Serve Turkish lamb eggs with warmed pita bread and minted yoghurt.

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## Lunch & Dinner

### CHICKEN & WHITE BEAN SOUP

Serves 1

#### INGREDIENTS

50g Chicken breast  
35g (0.25 small) Leek, white part only  
4.6g (1 tsp) Extra virgin olive oil  
500ml Chicken stock  
65g (0.5 medium) Carrot  
65g (0.25 cup) Cannellini beans  
15g (0.25 cup) Fresh parsley  
30g (1 slice) Wholemeal bread  
2.7g (1 tsp) Dried thyme  
115g (1 cup) Kale, stems removed

#### METHOD

1. Heat olive oil in saucepan over medium heat.
2. Dice chicken breast and add to saucepan, cooking for 5 minutes, until browned.
3. Slice carrot and the white of the leek finely and add to chicken. Cook for a further 2 minutes before adding chicken stock, drained cannellini beans, and thyme.
4. Bring stock to a boil, and then reduce heat, add kale and simmer for 15 minutes or until carrots are cooked through.
5. Serve with fresh parsley and toasted wholemeal bread.

### OPEN ROASTED VEGETABLE & HUMMUS PITA

Serves 1

#### INGREDIENTS

30g (1 small round) Round wholemeal pita  
20g (1 Tb) Hummus  
160g Pumpkin  
2.7g (1 tsp) Dukkah  
65g (8 small) Cherry tomato  
135g Red capsicum  
45g (1 cup) Spinach  
20g Reduced fat feta  
4.6g (1 tsp) Extra virgin olive oil

#### METHOD

1. Preheat oven to 180 degrees.
2. Line a baking tray with baking paper.
3. Prepare vegetables by cutting pumpkin into cubes and capsicum into long strips. Add to baking tray along with the cherry tomatoes.
4. Sprinkle vegetables with dukkah and season with salt and pepper. Bake in oven for 30-35 minutes or until pumpkin is tender.
5. During final 5 minutes, add the pita to warm in oven.
6. Remove pita from oven and spread hummus evenly across the base.
7. Layer with roast vegetables and spinach, sprinkle over feta and drizzle with olive oil to finish.

### LEMON PEPPER FISH WITH EASY RICE SALAD

Serves 1

#### INGREDIENTS

80g White fish (Ling, Basa etc)  
2.7g (1 tsp) Lemon rind  
0.5g (0.25 tsp) Black pepper  
0.5g (0.25 tsp) Salt  
20ml (1 Tb) Lemon juice  
90g (0.5 cup) Cooked brown rice  
60g (1 cup) Rocket  
45g (1 cup) Spinach  
125g (1/2 punnet) Cherry tomato  
30g (0.5 cup) Parsley, fresh  
5g (1 tsp) Red wine vinegar  
4.6g (1 tsp) Extra virgin olive oil  
8g (1 Tb) Spring onion  
7g (2 tsp) Currants  
5g (2 tsp) Flaked almonds

#### METHOD

1. Add olive oil to griddle pan and heat over medium-high heat.
2. Season fish with salt and pepper and grate over lemon rind.
3. Add fish to griddle pan, and grill for 2-3 minutes each side or until cooked through.
4. While fish cooks, prepare rice salad. Roughly chop parsley and green part of spring onion, and add to bowl along with cooked brown rice, rocket, spinach, cherry tomatoes, currants and flaked almonds. Dress with red wine vinegar.
5. Remove fish from pan and squeeze over lemon juice. Serve alongside rice salad and enjoy.

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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.