

# Healthy Living Recipes

## Ingredients

300g dried pasta of your choice

1 tablespoon olive oil

1 large broccoli head, florets and stem cut into bit-sized pieces

6 garlic cloves, thinly sliced (can used crushed garlic)

2 long red chillies, thinly sliced

8 anchovies (optional), roughly chopped

### Pesto:

1 bunch of basil, leaves picked

2 tablespoons pine nuts, plus extra to serve

40g Parmesan cheese, plus extra to serve

1 garlic clove

Zest and juice of 1 lemon

2 tablespoons olive oil

# Broccoli pasta with basil pesto

(serves 4)

## Method

1

To make the pesto, combine three-quarters of the basil leaves and stems, pine nuts, Parmesan and garlic in a small food processor. Blitz until smooth. Stir through lemon zest and juice, and oil. Set aside.

2

Bring a large saucepan of water to the boil. Cook pasta according to packet directions. Reserve one cup of cooking liquid before draining.

3

Meanwhile, heat oil in a large frying pan over medium-high heat. Cook broccoli for 2-3 minutes or until lightly charred. Add garlic, chilli and anchovies and the remaining chopped basil stems cook for a further minute or until fragrant.

4

Stir pasta and pesto through broccoli. Add enough reserved pasta water to make a thick sauce consistency.

5

Divide pasta between serving bowls. Finish with remaining basil leaves, extra grated parmesan and pine nuts.

## Nutrition Information

(per serve)

Energy	2150kJ (513cal)
Protein	18.5g
Fat	24.0g
Sat fat	5.0g
Carbohydrate	48.0g
Sugars	1.6g
Fibre	11.5g
Sodium	351mg

# Healthy Living Recipes

## Ingredients

- 1 cup brown rice
- 1 tablespoon olive oil
- 1 brown onion, diced
- 1 medium carrot, unpeeled diced
- 1 red capsicum, medium diced
- 4 garlic cloves, finely chopped
- Thumb-sized piece of ginger, finely chopped
- 1 bunch of coriander, stems finely chopped and leaves picked
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 400g tin tomatoes (no added salt or reduced salt)
- ½ cup reduced-fat Greek yoghurt
- 400g tin brown lentils (no added salt or reduced salt), drained and rinsed
- ½ cup frozen peas
- To serve, use ½ cup reduced-fat Greek yoghurt

## Butter lentils

(serves 4)

## Method

- 1 Bring a medium saucepan of water to the boil over high heat. Boil rice for 15-20 minutes or until tender. Drain and keep warm.
- 2 Meanwhile, heat oil in a large frying pan over medium heat. Cook onion, carrot and capsicum for 4-5 minutes or until starting to soften. Add garlic, ginger and coriander stems and cook for a further 1-2 minutes or until fragrant. Stir in cumin and coriander.
- 3 Add tinned tomatoes and cook for 5-6 minutes or until slightly thickened and reduced. Stir through ½ cup reduced fat Greek yoghurt, lentils and peas and cook for a further 2-3 minutes or until warmed through.
- 4 Divide rice and butter lentils between serving bowls. Serve with a dollop of remaining extra reduced fat Greek yoghurt and coriander leaves.

## Nutrition Information

(per serve)

Energy	2018kJ (494cal)
Protein	20.5g
Fat	9.2g
Sat fat	2.0g
Carbohydrate	67.5g
Sugars	15.9g
Fibre	15.5g
Sodium	353mg

## Nutrition tip

Did you know that some passatas are higher in sodium than tinned tomatoes? On average, 100g passata provides 190mg sodium compared to 100g plain, tinned tomatoes at 68mg of sodium (average).

# Healthy Living Recipes

## Chicken & chickpea cous cous paella

(serves 4)

### Ingredients

- 1 tablespoon olive oil
- 4 small (680g) skinless chicken thighs\*, cut into bite-sized pieces
- 1 red onion, medium thinly sliced
- 1 red capsicum, medium thinly sliced
- 4 garlic cloves, thinly sliced
- 2 tablespoons smoked paprika
- 1 tablespoon ground cumin
- 1 cup reduced salt chicken stock
- 400g tin chickpeas (no added salt or reduced salt), drained and rinsed
- ½ cup frozen peas
- ⅔ cup instant cous cous
- ½ bunch of parsley, leaves picked
- 80g reduced fat feta cheese, crumbled (to reduce the salt (sodium) further, drain and rinse before using)
- 1 lemon, cut into wedges

### Method

- 1 Heat oil in a large frying pan over medium-high heat. Cook chicken for 3-4 minutes or until golden brown. Remove from pan.
- 2 Return pan to medium-high heat. Cook onion and capsicum for 2-3 minutes or until softened. Add garlic, parsley stems, lemon zest, paprika and cumin and cook for a further 30 seconds or until fragrant. Return chicken to the pan. Add reduced salt stock, chickpeas and peas before sprinkling over cous cous. Reduce heat to medium-low and simmer until cous cous has absorbed the liquid and is tender.
- 3 Divide cous cous paella between serving plates. Garnish with parsley leaves and feta, and serve with lemon wedges.

### Nutrition Information

(per serve)

Energy	2530kJ (605cal)
Protein	39.0g
Fat	41.5g
Sat fat	12.5g*
Carbohydrate	22.5g
Sugars	6.5g
Fibre	12.5g
Sodium	520mg

### Nutrition tips

\* Using chicken breast instead of chicken thighs lowers total fat to 14g; and saturated fat to 3.9g.

# Healthy Living Recipes

## Spiced beef with chilli beans & parsley sauce

(serves 4)

### Ingredients

- 1 bunch of parsley, leaves picked
- 2 tablespoons capers
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 x 200g beef steaks, fully trimmed, raw weight (eg porterhouse)
- 250g green beans, trimmed
- 4 garlic cloves, thinly sliced
- ½ teaspoon dried chilli flakes
- 2 tablespoons almonds, roughly chopped
- 400g tin cannellini beans (no added salt), drained and rinsed

### Method

- 1 Make the parsley sauce by roughly chopping parsley leaves and capers on a large chopping board. Transfer to a small bowl, add the chilli flakes and cumin and stir through red wine vinegar and one tablespoon olive oil.
- 2 Heat remaining one tablespoon olive oil in a large frying pan over medium-high heat. Rub cumin and coriander over steaks. Cook for 3-4 minutes each side or until done to your liking. Remove steaks from the pan and set aside to rest before slicing.
- 3 Return pan to medium-high heat. Cook green beans for 2-3 minutes or until tender and lightly charred. Add chopped parsley stems, capers, garlic, chilli flakes and almonds and cook for 30 seconds or until fragrant. Stir through cannellini beans until warmed.
- 4 Divide chilli beans between serving plates. Top with sliced steak and drizzle over parsley sauce.

### Nutrition Information

(per serve)

Energy	1398kJ (334cal)
Protein	30.5g
Fat	15.0g
Sat fat	2.5g
Carbohydrate	16.5g
Sugars	4.0g
Fibre	10.0g
Sodium	350mg

### Nutrition tip

Choose leaner cuts of meat and trim all visible fat.

# Healthy Living Recipes

## Chunky tuna and corn bruschetta

(serves 4)

### Ingredients

Zest and juice of 1 lemon

200g light, spreadable cream cheese

425g tuna in spring water, drained

125g tinned corn kernels (no added salt or reduced salt), drained (or frozen corn kernels)

½ red onion, finely chopped

½ bunch of dill, finely chopped

1 tablespoon olive oil

4 regular (35g) slices of wholegrain bread, toasted

2 tomatoes, thinly sliced

### Method

1

Combine lemon zest, cream cheese, chopped dill and lemon juice in a small bowl.

2

Combine tuna, corn kernels, red onion, dill, olive oil and lemon juice in a medium bowl. Toss gently to coat whilst not breaking up the tuna chunks.

3

Spread cream cheese mixture over toast. Top with sliced tomatoes and tuna mixture. Serve immediately.

### Nutrition Information

(per serve)

Energy	1730kJ (413cal)
Protein	40.5g
Fat	16.0g
Sat fat	6.5g
Carbohydrate	23.5g
Sugars	5.5g
Fibre	6.0g
Sodium	529mg

### Nutrition tip

Did you know you can reduce sodium further by using frozen corn kernels? On average, 100g of regular canned corn kernels provide 149mg sodium; salt reduced varieties providing 20mg per 100g; and frozen only 5mg per 100g.