



# HEALTHY BITES

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## The convenient truth

“Convenient” might not be the first thing that springs to mind when you think of fruit and vegetables!

Frozen, dried, and canned fruit and veg are nutritious, convenient, and often cheaper than fresh produce. And because they keep for much longer, they can help us reduce food waste.

### Frozen

Frozen veg are picked and packed at the peak of their season and freshness, which means all the nutritional goodies get locked in during the freezing process.

Benefits of frozen fruit and veg:

- ▲ Pre-prepared (pre-peeled, chopped and cooked options)
- ▲ Usually cheaper than fresh
- ▲ Available all year round
- ▲ Just as nutritious
- ▲ Can just use as much as you need (don't need to finish a tin)
- ▲ Keep in the freezer for 3-12 months



### Tinned

So convenient – they will sit happily in the pantry or even a desk drawer until called upon to save the day. Go for “no-added-salt” vegetables if available. Choose fruits canned in juice over fruits canned in syrup.

Benefits of tinned fruit and veg:

- ▲ Shelf stable
- ▲ Portable
- ▲ Usually cheaper than fresh
- ▲ Available all year round
- ▲ Many types are ready to eat
- ▲ Some types have added herbs and other flavours

### Dried

Dried fruit, veg and legumes keep for ages and are great for adding flavour and texture to dishes.

One of our favourites is dried red lentils – they are super quick to cook without soaking and are perfect for making dhal, curry or soup.

Benefits of dried fruit and veg:

- ▲ Shelf stable
- ▲ Usually cheaper than fresh
- ▲ Available all year round
- ▲ Can just use as much as you need (don't need to finish a bag)
- ▲ Often have a stronger flavour

# HEALTHY FRIED RICE

**Prep:** 5 min  
**Cook:** 35 min  
**Serves:** 6

## Ingredients

- ▲ 1 cup brown rice (uncooked)
- ▲ 7 cups water
- ▲ 1 tbs olive oil
- ▲ 1 onion, thinly sliced
- ▲ 500 g skinless chicken breasts, trimmed of fat, cut into 2cm cubes
- ▲ 1 egg, lightly beaten
- ▲ 500 g frozen mixed vegetables
- ▲ 2 tbs reduced-salt soy sauce
- ▲ 2 tbs sweet chilli sauce
- ▲ 2 tbs water, extra

## Method

1. Bring the water and rice to boil in a saucepan.
2. When the water has come to a boil, cover the pan and reduce the heat.
3. Boil gently for 20-30 minutes, stirring occasionally.
4. Once rice is cooked, drain and set aside.
5. Heat olive oil in fry pan or wok.
6. Add onion to pan and cook until soft.
7. Stir in chicken and fry for 2 minutes, then set aside.
8. Add egg and scramble until cooked.
9. Stir in rice and fry for 2 minutes.
10. Add in vegetables, cooking until heated through.
11. Stir in chicken, soy sauce, sweet chilli sauce and water.
12. Stir together until well mixed.
13. Serve warm.

**VARIATION:** Try frozen prawns or a quick omelette instead of chicken.



If dinner time is chaos or each night's dinner tends to be a last-minute decision, then you have the most to gain from planning your meals for the week. Check out the LiveLighter® website for free online meal plans.