

# TAKE AWAY

# THE TAKEAWAY

Make healthier versions of your favourites at home



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Government of Western Australia  
Department of Health



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**Sick of paying top dollar for greasy food packed full of cheap ingredients?**



**We've got quick, easy and tasty versions of your fast food faves to help take away the takeaway and eat better.**



**There are also loads of time-saving cooking hacks and convenient lunch options to help you bump the junk.**



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## FAST FOOD MADE HEALTHY

If you think healthy eating is all green smoothies and salad bowls, think again. You can still eat all your favourites, like fish and chips, burgers and pizza, by giving them a healthy twist.



Food from takeaway outlets is often much higher in saturated fat, sugar, salt and kilojoules, and comes in bigger servings than we actually need.

# FISH AND CHIPS



**Prep time:** 5 minutes

**Cook time:** 25 minutes

## Ingredients

	Serves 2	Serves 4
Sweet potato, cut into wedges	500 g	1 kg
Olive or canola oil spray		
Breadcrumbs	1/3 cup	3/4 cup
Parmesan cheese, grated	2 tsp	1 tbs
Basil leaves, finely chopped	3 tbs	1/4 cup
Egg, beaten	1	1
Firm white boneless fish fillets	2 x 120 g fillets	4 x 120 g fillets
Garden salad, to serve		
Lemon wedges, to serve		

## Method

1. Preheat oven to 230°C (210°C fan-forced). Line 2 baking trays with baking paper.
2. Spread potatoes in a single layer on one tray, spray liberally with oil and bake for 25 minutes on top shelf of the oven, until cooked through and crisp on the outside.
3. Combine breadcrumbs, cheese and basil in a shallow dish. Fill a separate shallow bowl with beaten egg.
4. Dip fish in egg wash and shake off the excess so the fillet is damp but not wet. Gently press fish into the breadcrumb mixture, turning to make sure it is well coated. Spray liberally with oil.
5. Place fish on the second baking tray and bake for 10 minutes, until fish is cooked through and golden.
6. Serve with salad and lemon wedges.



# LOADED BURGER

**Prep time:** 5 minutes

**Cook time:** 25 minutes



## The meaty version (makes four patties)

Mix 400 g lean mince (beef, pork, kangaroo, chicken etc), a grated carrot,  $\frac{1}{2}$  an onion finely chopped, 2 teaspoons Worcestershire sauce,  $\frac{1}{3}$  cup breadcrumbs and a good crack of pepper. Shape into four patties about 2 cm thick and let firm up in the fridge for at least 20 minutes. Cook in a hot pan for about 4 minutes each side.

## Ingredients

	Serves 2	Serves 4
Olive or canola oil spray		
Red onion, sliced into 1 cm thick rings	½	1
Large flat, field or portobello mushrooms, stalks trimmed	2	4
Ground black pepper		
Reduced-fat cheese	2 slices	4 slices
Eggs	2	4
Wholegrain or sourdough rolls	2	4
Tomato chutney or sauce	1 tbs	2 tbs
Avocado, sliced	½	1
Tomato, sliced	½	1
Pickles or gherkins, sliced	2	4
Lettuce leaves	2	4

## Method

1. Spray a flat barbecue plate or large frypan with oil and heat on high. Cook onion rings for 4–5 minutes each side.
2. Place mushrooms on the barbecue plate or in the frypan, stalk side down. Cook mushrooms for 4–6 minutes then flip, season with pepper and cook mushrooms a further 2–4 minutes. Place a cheese slice on top of each mushroom and cook for 2 more minutes until mushroom is cooked through and cheese has melted.
3. Spray the barbecue plate or frypan with oil and turn to medium heat. Crack eggs carefully into the pan and cook until tops of white are set but yolks are still runny.
4. Slice bread rolls in half. Hollow out the top of the roll to make more room for fillings if you need. Lightly toast if desired.
5. To assemble burgers, spread each roll base with chutney, add cooked onion, a cheesy mushroom, an egg, avocado, tomato, pickles and lettuce. Carefully add the top of the roll. Serve immediately.

# HOME FRIES



**Prep time:** 10 minutes

**Cook time:** 25 minutes

## Ingredients

	Serves 2	Serves 4
Medium potatoes	2	4
Olive oil	1 tbs	2 tbs
Ground black pepper		
Paprika or rosemary, optional		

## Method

1. Preheat oven to 200°C (180°C fan-forced) and line a large baking tray with baking paper.
2. Wash potatoes well and cut into wedges or chips.
3. Add potatoes, oil, pepper and paprika or rosemary (if using) to a big bowl and mix to give an even covering.
4. Spread potatoes evenly on the baking tray.
5. Place on the top shelf of the oven and cook for 20–30 minutes or until cooked through and crispy.



Make double! Leftover home fries are great in a frittata or potato salad, or as a base for nacho fries.



# CHICKEN NUGGETS



**Prep time:** 10 minutes

**Cook time:** 10–20 minutes

## Ingredients

	Serves 2	Serves 4
Breadcrumbs	½ cup	1 cup
Plain yoghurt	1 cup	2 cups
Chicken breast, cut into chunks	200 g	400 g
Canola oil	1 tbs	2 tbs



Mix a little smoked paprika, onion powder or other seasoning into the breadcrumbs for extra flavour.

## Method

1. Put breadcrumbs and yoghurt into separate bowls.
2. Dip the chicken pieces into the yoghurt and then press down into the breadcrumbs to coat all sides.
3. Heat a little oil in a large frying pan over medium heat. In batches, being careful not to overcrowd the pan, cook the chicken pieces until the outside is brown and crunchy, then flip pieces to cook the other side. They will need about 5 minutes on each side.
4. Make sure to check that the chicken is cooked through before serving.

# PIZZA

**Prep time:** 10 minutes

**Cook time:** 15 minutes



Use any kind of bread-y base for your pizza. Tortillas, pita breads, English muffins and focaccia all work a treat!

## Ingredients

	Serves 2	Serves 4
No-added-salt tomato paste	2 tbs	4 tbs
Pizza base (dinner plate size)	1	2
Baby spinach leaves	1 cup	2 cups
Red onion, thinly sliced	¼	½
Cooked chicken breast, sliced	½	1
Capsicum, thinly sliced	½	1
Cherry tomatoes, halved	3	6
Reduced-fat mozzarella cheese, grated	½ cup	1 cup
Basil leaves, to serve		

## Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Spread tomato paste evenly over pizza base. Top with spinach leaves, sliced onion, chicken, capsicum and cherry tomatoes. Sprinkle with cheese and place on a baking tray, pizza stone or wire rack.
3. Bake for 5-10 minutes until cheese is melted then cover with foil if needed to prevent burning. Bake for a further 5 minutes until base is crisp.
4. Sprinkle over basil leaves and serve.

## Other topping ideas

- ▲ **Breakfast:** pesto + baby spinach + egg + cherry tomatoes + mushrooms
- ▲ **Mediterranean:** olives + cherry tomatoes + baby spinach + marinated artichokes + marinated eggplant
- ▲ **Prawn:** prawns + red onion + tomato + chilli + feta cheese + rocket (add rocket after cooking pizza)

# BIG BATCH NACHOS

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Serves:** 6



## Ingredients

1 tsp canola oil
1 onion, chopped
3 cloves garlic, finely chopped
250 g lean beef mince
1 medium zucchini, grated
2 medium carrots, grated
400 g can no-added-salt red kidney beans, drained and rinsed
400 g can no-added-salt diced tomatoes
1 tbs sweet chilli sauce
2 tbs paprika
1 tbs ground cumin
1 tbs ground coriander
Chilli flakes, optional
6 tortilla wraps
1 cup reduced-fat mozzarella cheese
6 tbs reduced-fat natural yoghurt
1 spring onion, sliced, optional

## Method

1. Preheat oven to 180°C (160°C fan-forced).
2. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, until onions are clear and mince is browned.
3. Add the zucchini, carrots, kidney beans, tinned tomatoes, chilli sauce and spices and simmer for 10 minutes with the lid off, stirring occasionally.
4. While the mince is simmering, use scissors to cut up tortillas into triangles. Cook triangles in the oven for 10 minutes until golden and crunchy.
5. Divide the crispy triangles between 6 plates and top with mince mixture, a sprinkle of cheese and a spoonful of yoghurt.
6. Add spring onions and chilli flakes for extra spice.

Scoop single portions into zip-lock bags and freeze flat. These reheat in a jiffy and can be used in so many ways! Try on baked potatoes or home fries (p 6), in a burrito or even a humble toastie.





# FRIED RICE



**Prep time:** 5 minutes

**Cook time:** 10 minutes

## Ingredients

	Serves 2	Serves 4
Canola oil	1 tsp	2 tsp
Brown onion, thinly sliced	½	1
Chicken breast, chopped	1	2
Frozen mixed vegies	3 cups	6 cups
Cooked or "microwave" rice	250 g	500 g
Reduced-salt soy sauce	1 tbs	2 tbs
Sweet or hot chilli sauce	1 tbs	2 tbs
Unsalted roasted cashews or peanuts	¼ cup	½ cup

## Method

1. Heat oil in a large wok or frypan and add onion. Cook for 2 mins on high heat, stirring often, until onions start to soften.
2. Add the chicken and cook for a further 3 mins, until outside is golden brown.
3. Add frozen mixed vegetables and continue to cook, stirring often, until the vegies are defrosted and the chicken is cooked through.
4. Add the rice, chilli sauce, soy sauce and cashews and cook, stirring often, until rice is hot.

Use any combo of fresh and frozen vegetables – whatever you have!

Try frozen prawns, tofu or omelette instead of chicken.



# STICKY NOODLES



Use wok-ready noodles and frozen vegies for even quicker dinner prep.

Try with prawns or chicken.

Use red or green curry paste for a flavour twist.

**Prep time:** 15 minutes

**Cook time:** 15 minutes

## Ingredients

	Serves 2	Serves 4
Laksa paste	1 ½ tbs	3 tbs
Firm tofu, cut into cubes	300 g	600 g
Rice noodles	100 g	200 g
Bok choy	1 bunch	2 bunches
Canola oil	1 tsp	2 tsp
Carrot, thinly sliced	1	2
Capsicum, thinly sliced	½	1
Reduced-fat coconut milk	¼ cup	½ cup
Reduced-salt soy sauce	2 tsp	1 tbs
Lime juice	2 tbs	⅓ cup

## Method

1. Mix laksa paste, tofu and a spoonful of water in a small bowl.

2. While tofu marinates, cook noodles according to packet instructions, then drain and divide between the serving bowls.
3. Separate the bok choy leaves and wash well. Set aside the leaves and slice the stems.
4. Heat oil in a large frypan or wok and fry the marinated tofu pieces until golden (4-5 minutes). Remove from pan and divide among serving bowls.
5. Cook the carrot, capsicum and bok choy stems on a high heat for 2 minutes, or until just soft.
6. Add the coconut milk, soy sauce and lime juice and bok choy leaves to the pan, stir, and cook for a further minute.
7. Divide vegies and sauce between the serving bowls.

# EASY DINNERS WHEN YOU'RE SHORT ON TIME

## Faster pasta

If you know how to boil water and open a jar of pasta sauce, you've got this one in the bag.

- ▲ Add frozen vegies to the pot of boiling water when the pasta is almost cooked to up your vegie count.
- ▲ Include a quick source of protein, like bocconcini, sunflower seeds, tinned chickpeas, tinned fish, or pre-cooked chicken.



## Eggs anyway



Have you got eggs in the fridge? You've got a meal! Scrambled eggs and baked beans on toast, a cheesy egg and tomato toastie, or a mushroom and spinach omelette are all great options.

## Curry in a hurry

For a quick weeknight meal, there's no shame in ready-made curry paste! Choose your favourite flavour and whack a few tablespoons of paste into a large saucepan together with fresh or frozen vegies and a protein source like chickpeas, tofu, frozen prawns, or strips of lean beef.



## Home-cooked microwave meals



Curry, soup, pasta sauce, tagines, casseroles and stews all do very well in the freezer. Cook up big batches for maximum efficiency and to save on dishes! Spoon meal-sized portions into freezer-safe containers or zip-lock bags and freeze for a rainy day.

# TIME-SAVING MEAL HACKS

## Bulk up meals with frozen vegies

They're pre-cut, affordable, have a long shelf life and are just as nutritious as fresh. Frozen peas, spinach, broccoli and corn are some of our favourites.



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## Use quick cooking grains

### ▲ Couscous

Add boiling water, cover, leave for a few minutes and voila, ready to go!

### ▲ Small pasta shapes

Risoni, angel hair spaghetti and those tiny stars cook very quickly – saving you valuable meal-prep minutes!

### ▲ Ready-cooked or 'microwave' rice

The microwave sachets are more expensive than freshly made, but very convenient.

### ▲ Tortillas and wraps

These transform into pizza bases, lasagne sheets, quesadillas and quiche pastry.

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## Swap like a pro

Don't feel like you need to follow recipes exactly. Make swaps to use up ingredients you already have and avoid an extra trip to the shops.

▲ Don't have the right vegies? Mix it up with whatever you've got. Swap cauliflower for broccoli, brown onion for spring onions, pumpkin for carrots, or black beans for kidney beans.

▲ Short on mince? Add tinned beans or lentils to bulk up your dish.

▲ Swap fresh herbs for dried.

▲ Use plain yoghurt instead of sour cream or mayonnaise.

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## Get kids in the kitchen

Make meals a family affair and delegate age-appropriate jobs. Be aware that while tasks may take a little longer at first, they're learning great life skills and will be *actually* helping in no time!

# FAST AND FRESH WORK LUNCHES

It doesn't get easier than a sandwich, a piece of fruit and a handful of nuts if you're looking for a healthy, no-nonsense work lunch.



There's nothing wrong with a sanga, but if you'd prefer something different there are plenty of other quick and easy options.

## Leftovers



Make extra at dinner time to take for lunch the next day.

## Stuffed spud



Prick potatoes with a fork and cook in the microwave for around 10 minutes before adding your favourite toppings:

- ▲ Leftover chicken, tomato, baby spinach and grated cheese
- ▲ Baked beans
- ▲ Salsa/pesto, black beans, grated cheese and natural yoghurt

## Instant quesadilla



Whack your ingredients together and toast in a sandwich press.

- ▲ Tortilla or wrap
- ▲ Four-bean mix
- ▲ Chilli sauce
- ▲ Grated cheese
- ▲ Chopped tomato, capsicum or avocado



# THE DESK DRAWER PANTRY

There are loads of shelf-stable foods that mean you can always have a balanced meal ready to go in your desk drawer. Our favourites are grainy crackers, tinned fish, tinned vegies, tinned beans, nut butter, oats and microwave rice and pasta. Use it as an emergency back-up or as a base to add a few fresh things from home.



**Oats**



**Tinned  
fruit**



**Long-life  
milk**



**Flaked  
almonds**



**Tinned  
beans**



**Tinned  
tomatoes**



**Tinned  
corn**



**Microwave  
pasta sachet**



**Microwave  
rice**



**Tinned tuna  
or salmon**



**Tinned  
vegies**



**Chilli  
sauce**

# SUGARY DRINK SPIN-OFFS

While we all know water is the healthiest drink, sometimes that just doesn't cut it when you're struggling to resist the temptation of a soft drink. Try our light and refreshing drinks for a flavour hit that will help you break up with soft drinks for good.



# CHERRY

# CREAMING

# SODA



**Prep time:** 5 minutes

## Ingredients

	Serves 2	Serves 4
Frozen cherries	12 cherries (100 g)	24 cherries (200 g)
Sugar	2 tsp	1 tbs
Cold tap water	½ cup	1 cup
Lime juice	2 tsp	1 tbs
No-added-sugar raspberry flavoured sparkling water, chilled	1 ⅓ cups	2 ⅔ cups

## Method

1. Add cherries, sugar, tap water and lime juice to a blender or jug that can be used with a stick blender and blitz until smooth. Add a little more water if needed to get the mixer going.
2. Just before serving, divide into glasses and top up with ⅔ cup of sparkling water per glass. Watch out! This drink will fizz up like a volcano.

# ICED LATTE



**Prep time:** 5 minutes

## Ingredients

	Serves 2	Serves 4
Instant coffee	2 tsp	1 tbs
Reduced-fat milk	1½ cups	3 cups
Vanilla essence	1 tsp	2 tsp
Ice cubes, to serve		

## Method

1. Mix all ingredients (except ice) together in a jug and taste. If sweet enough for your tastebuds go to step 2. Otherwise, add ½ teaspoon of sugar at a time (up to a max of 1 teaspoon per serving) until sweet enough.
2. Pour into tall glasses, add ice and serve immediately.



For a frappe version, mix all ingredients together, then freeze in ice cube trays. Once frozen, blitz in a powerful blender.

Try swapping instant coffee for a shot of espresso or plunger coffee.

# POOLSIDE PERCY



**Prep time:** 5 minutes

## Ingredients

	Serves 2	Serves 4
Strawberries, fresh or frozen	6	12
Orange, peeled and chopped	½	1
Coconut water, chilled	⅔ cup	1 ⅓ cups
No-added-sugar grapefruit flavoured sparkling water, chilled	1 ⅓ cups	2 ⅔ cups
Mint leaves, to serve, optional	2 sprigs	4 sprigs
Cucumber slices, to serve, optional	2 slices	4 slices

## Method

1. Add strawberries, orange and coconut water to a blender or jug that can be used with a stick blender. Blitz until smooth.
2. Just before serving, divide into glasses (strain if desired) and top with ⅔ cup of sparkling water per glass.
3. Garnish with mint and cucumber slices if desired.

Slap the mint leaves between your palms to get a stronger flavour out of them.





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