

LIVELIGHTER®

SUMMER RECIPES 2



LIVELIGHTER®

Partner:



Government of Western Australia
Department of Health



To help you LiveLighter®, we've created a range of delicious and healthy recipes.

For breakfast, lunch or dinner – or if you're looking for a healthy snack – our LiveLighter® recipes are for you!

You can find even more recipes on our website. Just visit **livelighter.com.au**

What is a serve?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetable or cooked
legume

1/2 medium
potato

1 cup salad
vegetables

Breakfast

Homemade muesli	4
Summer breakfast hash	5
Zucchini and corn fritters	6
Blueberry and banana bread	8
Toast toppers	10

Lunch

Avocado, egg and spinach sandwich	12
Hawaiian chicken roll	13
Hummus and salad sandwich	14
Grilled pumpkin, asparagus and chicken salad	15
Zucchini quiche with rice crust	16
Quick tuna couscous salad	17
'More than a handful' coleslaw and beef burger	18
Chargrilled chicken and veggie stack with salsa verde	20

Dinner

Lamb tagine with couscous	22
Beef kofta with tzatziki	24
'Roo-soni'salad	26
Pork medallions with chargrilled potato salad	28
Chicken cacciatore pasta	29
Oven baked fish with sweet potato wedges	30
Prawn jambalaya	31
Cashew chicken stirfry with cauliflower 'rice'	32

Dessert

Honey pannacotta with tropical fruit salsa	34
Rosewater berry mousse	36

Snacks & drinks

Wontons	38
Corn bread	40
Tutti fruity popsicles	41

Summer tips to LiveLighter®

42

HOMEMADE MUESLI

Make your own so you can add all your favourite ingredients!

Ingredients

- ▲ 3 cups rolled oats
- ▲ ½ cup bran (pellets or flakes)
- ▲ ½ cup almonds, flaked or slivered
- ▲ ½ cup pumpkin seeds
- ▲ ½ cup sunflower seeds
- ▲ ½ cup sultanas
- ▲ ½ cup dried cranberries
- ▲ ⅓ cup coconut, desiccated or shredded, optional

Method

Mix all ingredients together. Store in an airtight container (at room temperature) for up to 6 months.

Variation

You can easily substitute any of your favourite nuts such as walnuts or hazelnuts or dried fruits such as apricot, pawpaw, dried apple, raisins.

Serving suggestion

Serve with low-fat milk or yoghurt. Add a burst of freshness by topping with fresh fruit.

Preparation time: 5 minutes

Serves: 12 serves



SUMMER BREAKFAST HASH

A colourful dish perfect for brunch on the porch.

Ingredients

- ▲ 2 potatoes, unpeeled, cut into 1cm cubes
- ▲ 1 sweet potato, peeled, cut into 1cm cubes
- ▲ olive or canola oil spray
- ▲ 1 red onion, peeled and diced
- ▲ 1 clove garlic, crushed
- ▲ 1 medium zucchini, diced
- ▲ 1 red capsicum, seeded and diced
- ▲ 400g can chickpeas, drained
- ▲ 420g can no-added salt corn kernels, drained
- ▲ 1 teaspoon smoked paprika
- ▲ freshly ground black pepper, to taste
- ▲ ½ cup flat-leaf parsley, stalks removed, leaves roughly chopped
- ▲ 4 poached or boiled eggs, to serve

Method

Place the potato and sweet potato into a saucepan. Cover with water and boil for 5-7 minutes or until tender. Drain and set aside. Lightly spray a large non-stick pan with oil and heat on high. Add onion and garlic. Cook onion about 2 minutes or until softened. Add zucchini, capsicum, chickpeas and corn. Cook for 8 minutes until starting to brown, stirring often. Remove vegetable mix from pan and wipe out the pan. Lightly spray with oil. Add potato and sweet potato to the pan. Cook for 5 minutes on medium heat without stirring. Flip and cook on the other side for a further 5 minutes, till browned. Add vegetable mix to the pan. Add smoked paprika and mix well, cooking for 2 minutes. Season with freshly ground black pepper and parsley and toss well. Remove and serve immediately topped with an egg.

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4



ZUCCHINI AND CORN FRITTERS

Ingredients

- ▲ 1 medium zucchini, grated
- ▲ 2 small red capsicums, diced (put 1/3 aside for salsa)
- ▲ 400g can no-added-salt corn kernels, drained
- ▲ 2 spring onions, including green tops, chopped
- ▲ 1/2 cup chopped basil
- ▲ 1 cup grated reduced-fat cheddar cheese (80g)
- ▲ freshly ground black pepper, to taste
- ▲ 3/4 cup self-raising flour
- ▲ 3 eggs
- ▲ 1/2 cup low-fat milk
- ▲ olive or canola oil spray

Salsa

- ▲ 2 avocados, diced
- ▲ 1 large tomato, diced
- ▲ juice of 1 lime
- ▲ 1/4 cup chopped basil

Preparation time: 25 minutes

Cooking time: 20 minutes

Serves 6 (makes 18)

Method

Squeeze zucchini of excess liquid and place in a large bowl with 2/3 of the capsicum and the corn, spring onions, basil and cheese. Season with pepper. Sift flour over vegetables then mix to combine. Pour milk into a jug, add eggs and whisk together with a fork. Add to vegetables and stir well. Heat a large non-stick frypan over medium heat and spray liberally with oil. Drop heaped tablespoons of mixture evenly spread around the pan and spread using the back of a spoon to 8cm diameter. Cook for 2 minutes or firm and golden. Flip and brown on reverse side for 2 minutes. Transfer to a plate, keep warm and repeat with remaining mixture. To make salsa, combine remaining capsicum with avocado, tomato, basil and lime in a medium-sized bowl. Divide salsa between plates and serve with a stack of 3 fritters each.

A vegie-licious way to start the day! Save the extras as a lunchbox treat.

Hint

Fritters can also be served cold.

Salsa can be made in advance though avocado is best added just before serving.

Fritters can be frozen if sealed individually in plastic wrap and then wrapped in foil.

Variation

Use 4 cups (600g) of any combination of grated or diced vegetables including sweet potato, carrot, pumpkin, potato, peas, leek, English spinach, drained semi-sundried tomatoes or frozen diced vegetables.

Replace basil with herbs of your choice such as coriander, chives, parsley or thyme.

Serve fritters with tomato salsa, relish, tzatziki or yoghurt dressing.



BLUEBERRY AND BANANA BREAD

Ingredients

- ▲ olive or canola oil spray
- ▲ 4 ripe bananas, peeled
- ▲ ¼ cup raw sugar (60g)
- ▲ ½ cup low-fat milk
- ▲ 2 eggs
- ▲ 1 cup self-raising flour
- ▲ 1 cup wholemeal self-raising flour
- ▲ 1 teaspoon ground cinnamon
- ▲ 1 cup frozen blueberries

Method

Preheat oven to 220°C (200°C fan forced). Spray a 20 x 10cm loaf tin with oil; line base and sides with non-stick baking paper. Reserve one whole banana for presentation and mash remaining 3 bananas in a large bowl (1½ cups mashed). Add sugar, milk and eggs and mix with a fork until well combined. Sift flours and cinnamon on top of banana mixture, returning husks from the sieve to the bowl. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries. Spoon mixture into prepared loaf

tin and smooth the surface. Slice remaining banana thinly and overlap slices through the centre of the loaf. Bake for 35-40 minutes then cover with foil and bake for a further 20 minutes. Centre of loaf will remain moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack. Cut into 1cm slices and toast before serving, if desired.

Hint

Once completely cooled, place in an airtight container and keep for up to 3 days.

Slice and freeze individual pieces in snap lock bags and keep for up to 3 months.

Variation

Replace blueberries with raspberries or dried fruit such as figs, cranberries, currants, sultanas, apricots or chopped dates.

Substitute a grated apple or pear for one of the mashed bananas to vary the flavour.

A tasty treat that fills the house with an enticing aroma.

Preparation time: 15 minutes

Cooking time: 1 hour

Serves: 18 slices (9 serves)



TOAST TOPPERS

Summer breeze topper

- ▲ 1 slice wholemeal or multigrain toast
- ▲ 1 tablespoon avocado
- ▲ ½ medium tomato, sliced
- ▲ ½ tablespoon basil leaves, roughly torn
- ▲ freshly ground black pepper, to taste

Spread avocado on toast. Top with tomato, basil and pepper.

Mango delight

- ▲ 1 slice wholemeal or multigrain toast
- ▲ 2 tablespoons low-fat natural Greek yoghurt
- ▲ ¼ mango, peeled and sliced

Spread yoghurt on cooled toast. Top with mango slices and serve immediately. Substitute with any fresh summer stone fruit such as peaches or plums.

Pesto topper

- ▲ 1 slice wholemeal or multigrain toast
- ▲ ½ medium tomato, diced
- ▲ ½ spring onion, diced
- ▲ 2 tablespoons reduced-fat ricotta cheese
- ▲ ½ tablespoon pesto

Mix tomato, onion and ricotta in a small bowl. Spread toast with pesto and top with tomato mix.

Egg, rocket and avocado

- ▲ 1 slice wholemeal or multigrain toast
- ▲ 1 tablespoon avocado
- ▲ handful of rocket leaves

- ▲ ½ medium tomato, sliced
- ▲ 1 egg, hard boiled, shelled and sliced
- ▲ sprinkle of Tabasco sauce, optional
- ▲ freshly ground black pepper, to taste

Spread avocado on toast. Top with rocket leaves, sliced tomato and egg slices. Add a sprinkle of Tabasco sauce, if using, and pepper.

Mexicorn salsa

- ▲ 1 slice wholemeal or multigrain toast
- ▲ 2 tablespoons no-added-salt corn kernels
- ▲ ⅓ Lebanese cucumber, chopped
- ▲ 1 tablespoon coriander, roughly chopped
- ▲ 2 slices red onion, finely diced
- ▲ 1 tablespoon red kidney beans
- ▲ chilli flakes, optional

In a bowl, mix all the topper ingredients. Spread over toast and serve.

Fruity mix

- ▲ 1 slice wholemeal or multigrain toast
- ▲ 1 tablespoon reduced-fat cottage cheese
- ▲ ½ banana, sliced
- ▲ 1 strawberry, hulled and sliced
- ▲ 2 tablespoons blueberries

Spread cottage cheese on toast. Top with banana, strawberry and blueberries. Serve immediately.

Try a different topper on a piece of toast each day of the working week!



AVOCADO, EGG AND SPINACH SANDWICH

The best vegie sandwich around!

Ingredients

- ▲ 2 slices wholemeal or multigrain bread
- ▲ ½ cup spinach leaves
- ▲ 1 egg, hard boiled and de-shelled
- ▲ 2 tablespoons avocado
- ▲ 1 tablespoon low-fat natural Greek yoghurt
- ▲ ¼ teaspoon Dijon mustard
- ▲ ½ tablespoon lemon juice

Method

Put spinach leaves over one slice of bread. In a small bowl, mash egg and avocado together. Add yoghurt, mustard and lemon juice and mix well. Spread over the remaining bread slice and sandwich to the spinach.

Preparation time: 5 minutes
Serves: 1



HAWAIIAN CHICKEN ROLL

A delicious chicken roll for the season!

Ingredients

- ▲ 1 wholemeal or multigrain bread roll
- ▲ 100g skinless, cooked chicken breast, sliced
- ▲ 1 pineapple ring
- ▲ 1 small tomato, sliced
- ▲ 1 medium lettuce leaf, roughly torn
- ▲ 1 tablespoon reduced-fat mayonnaise

Method

Cut bread roll in half. Over the base, add chicken slices, pineapple, tomato and lettuce leaf. Spread mayonnaise over bread top and sandwich with the base.

Preparation time: 5 minutes
Serves: 1



HUMMUS AND SALAD SANDWICH

A great change of pace from the ordinary salad sandwich.

Ingredients

- ▲ 2 slices wholemeal or multigrain bread
- ▲ 1 tablespoon hummus
- ▲ 1 small stick celery, finely diced
- ▲ 2 cherry tomatoes, sliced
- ▲ ½ small carrot, grated
- ▲ ½ Lebanese cucumber, thinly sliced
- ▲ 1 medium lettuce leaf, roughly shredded

Method

In a small bowl, mix hummus and celery. Spread over 1 slice of bread. Add cucumber slices, grated carrot, tomatoes and lettuce leaf. Top with remaining bread.

Preparation time: 5 minutes

Serves: 1



GRILLED PUMPKIN, ASPARAGUS AND CHICKEN SALAD

A salad with grunt to enjoy in the sun.

Ingredients

- ▲ olive or canola oil spray
- ▲ 8 chicken tenderloins (400g)
- ▲ 1 clove garlic, crushed
- ▲ juice of 1 lemon
- ▲ 2 bunches asparagus, ends trimmed
- ▲ 450g jap, kent or butternut pumpkin, peeled, cut into 5mm thick slices
- ▲ 420g can no-added-salt lentils, rinsed and drained
- ▲ ⅓ cup balsamic vinegar
- ▲ 150g baby spinach or mixed leaves
- ▲ 1 punnet cherry tomatoes, halved (250g)
- ▲ ½ cup chopped continental parsley

Method

Spray a barbecue, char-grill or griddle with oil, pre-heat to medium-high. Place chicken in a small dish with ½ the crushed garlic and lemon juice; stir to coat and set aside to marinate. Place asparagus on heated grill and cook for 7 minutes or until lightly charred, turning occasionally. Remove from grill, cut into 5cm pieces then set aside. Respray grill and cook pumpkin in batches for 2-3 minutes each side until charred and just tender. Remove from heat, cut into 3cm

triangles and set aside. Respray grill and cook chicken for 2-3 minutes each side until cooked through. Meanwhile, in a small bowl combine lentils, remaining ½ clove crushed garlic and balsamic. To serve, divide spinach or salad leaves, tomatoes, lentils with dressing, asparagus and pumpkin among serving plates. Sprinkle with parsley then top with chicken; serve immediately.

Hint

Cover dish, refrigerate and marinate chicken for as long as time permits, from 30 minutes to overnight.

Variation

Add other chargrilled vegetables such as green beans, broccolini, cauliflower, zucchini, eggplant, capsicum or sweet potato.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4

ZUCCHINI QUICHE WITH RICE CRUST

A creative way to use up leftover rice that will be perfect for a picnic treat!

Ingredients

- ▲ olive or canola oil spray
- ▲ 3 cups cooked rice (from 1 cup uncooked rice)
- ▲ 5 eggs
- ▲ 1 zucchini, sliced into 0.5 cm rounds
- ▲ 2 tablespoons wholegrain mustard
- ▲ 2 tomatoes, diced
- ▲ ½ red onion, finely chopped
- ▲ ¼ cup fresh mint, chopped
- ▲ 1 cup milk
- ▲ freshly ground black pepper, to taste
- ▲ ½ cup low fat cheese, grated
- ▲ garden salad, to serve

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves: 4

Method

Preheat the oven to 200°C (180°C fan forced). Lightly spray a 22 cm oven dish with oil spray. Mix rice with one egg and press firmly into the base and sides of the dish. Bake for 10-15 min until base is crusty and has started to go golden. Place zucchini in a microwave proof dish and cover with cling wrap or a lid. Microwave for 5 minutes on HIGH or until zucchini has softened and released some of its liquid. Drain and dab away any excess moisture with a paper towel. Spread mustard over the rice base. Lay out the zucchini slices on the rice base and sprinkle with the tomato, onion and mint. Whisk the remaining 4 eggs with the milk and pepper and pour over the base. Sprinkle with cheese. Bake for 30-40 minutes until the quiche is firm and the cheese is golden brown. Serve hot or cold with a garden salad.



QUICK TUNA AND COUSCOUS SALAD



A quick, easy lunch with an exotic taste.

Ingredients

- ▲ 1 cup couscous
- ▲ 1 cup boiling water
- ▲ 420g can tuna in springwater, drained and flaked
- ▲ 420g can no-added-salt corn kernels, drained
- ▲ 2 cups frozen peas
- ▲ 4 spring onions (including green tops), finely sliced
- ▲ 1 cup finely chopped coriander
- ▲ 2 tablespoons sweet chilli sauce
- ▲ 1 tablespoon lemon juice
- ▲ 2 teaspoons curry powder, optional

Method

Place couscous in a small heatproof bowl, pour over boiling water; cover and set aside for 3 minutes. Into a large bowl combine tuna, corn, peas, spring onions and coriander. Fluff couscous with a fork to separate grains and stir through sweet chilli sauce, lemon juice and curry powder. Add couscous to salad ingredients, mix well and serve.

Variation

Replace couscous with 2 cups cooked quinoa or brown rice.

Preparation time: 10 minutes

Serves: 6

'MORE THAN A HANDFUL'

COLESLAW AND BEEF BURGER

It won't take long to whip up these juicy burgers complete with a crunchy coleslaw.

Ingredients

- ▲ olive or canola oil spray
- ▲ 8 small multigrain rolls

Burgers

- ▲ 500g lean beef mince
- ▲ 1 red onion, peeled, roughly chopped (reserve half for coleslaw)
- ▲ 1 cup parsley, chopped
- ▲ 1 small zucchini (300g), grated, squeezed of moisture
- ▲ 1 tablespoon Worcestershire sauce
- ▲ freshly ground black pepper, to taste

Coleslaw

- ▲ 1 large carrot, grated
- ▲ ¼ red or white cabbage (300g), shredded
- ▲ 1 red capsicum, seeded, diced
- ▲ ½ cup low-fat Greek yoghurt
- ▲ 2 tablespoons low-fat mayonnaise
- ▲ 1 tablespoons Dijon mustard

Toppings

- ▲ 8 slices reduced-fat cheddar cheese
- ▲ 450g can sliced beetroot, drained
- ▲ 2 tomatoes, thinly sliced
- ▲ 6 pickled cucumbers or gherkins, sliced thinly lengthways
- ▲ 2 cups firmly packed rocket or baby spinach leaves (80g)

Method

Slice bread rolls closer to the base so that the top $\frac{2}{3}$ will form a lid. Carefully remove some of the bread from inside of the roll lid, leaving the outside intact. Crumble removed bread to make $\frac{3}{4}$ cup of breadcrumbs and place in a medium sized bowl with mince, discard excess bread.

Add half the onion to a medium-sized bowl along with parsley, Worcestershire sauce, mince and zucchini. Season with pepper and combine well using clean hands. Divide mince mixture into 8 portions and shape each into round patties the same diameter as bread rolls.

Spray a barbeque, chargrill or griddle with oil and heat on high. Cook for 4 minutes, turn patties over and top each with a slice of cheese, cook for a further 2 minutes or until cooked through.

To make coleslaw dressing, mix together yoghurt, mayonnaise and mustard in a large bowl. Add remaining onion, carrot, cabbage and capsicum, combine well with dressing and set aside. Just before serving, toast both sides of buns in a toaster or on a grill. To assemble burger, place toppings onto the roll base and then add the coleslaw. Top with roll lid and serve immediately.

Hint

If time permits, cover and refrigerate patties before cooking them.

Coleslaw (dressing stored separately) and patties can be prepared a day in advance.

Use a food processor to do all the chopping and grating to speed up the process.

Preparation time: 20 minutes

Cooking time: 15 minutes

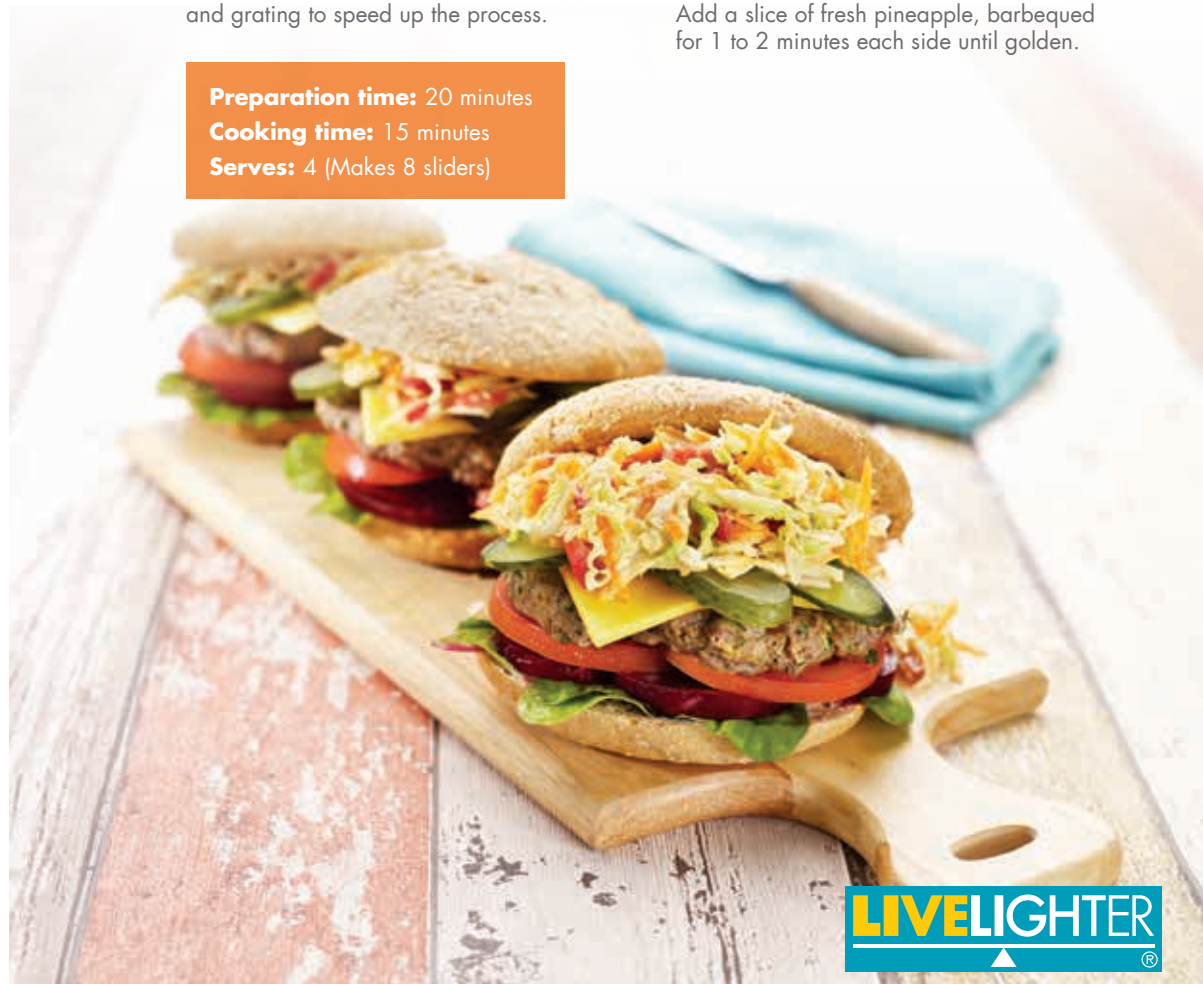
Serves: 4 (Makes 8 sliders)

Variation

Replace beef mince with lean chicken mince or substitute a patty for halved skinless chicken breast or trimmed kangaroo steaks.

Replace canned beetroot with 1 large raw beetroot, trimmed, peeled, coarsely grated.

Add a slice of fresh pineapple, barbequed for 1 to 2 minutes each side until golden.



CHARGRILLED CHICKEN

AND VEGIE STACK

WITH SALSA VERDE

Ingredients

Salsa verde

- ▲ 2 cloves garlic, peeled
- ▲ ½ cup flat-leaf parsley
- ▲ ½ cup basil
- ▲ 1 tablespoon capers, drained (10g)
- ▲ 2 tablespoons lemon juice
- ▲ 1 tablespoon water

Stack

- ▲ 2 small skinless chicken breasts (400g)
- ▲ olive or canola oil spray
- ▲ 450g jap, kent or butternut pumpkin, peeled, cut into 3mm thick slices
- ▲ 1 eggplant, cut into 12x 3mm thick slices
- ▲ 2 red capsicum, deseeded, each cut into large flat quarters
- ▲ 1 zucchini, cut into 16x 5mm thick slices
- ▲ 32 basil leaves, extra

Method

To make salsa verde, place garlic, parsley, basil, capers, lemon juice and water into the bowl of a food processor. Process until smooth and set aside. Spray a barbecue, char-grill or griddle with oil and heat to high. Halve each chicken breast lengthways to form 4 thin breast steaks. Using a rolling pin, pound steaks between 2 sheets of plastic wrap to 5mm thickness.

Cut each in half again to form 8 smaller steaks. Place chicken in a small dish with half the salsa verde; stir to coat and set aside to marinate. Place vegetables on heated grill and cook in batches for 2-3 minutes each side until lightly charred and just tender. Transfer to a large plate and cover loosely with foil to keep warm; repeat with remaining vegetables. Respray grill and cook chicken for 2-3 minutes each side until cooked through. To assemble each stack on a serving plate, layer a slice of eggplant, 4 basil leaves, 2 zucchini slices, 2 pumpkin slices, 1 piece capsicum and top with chicken. Repeat layers again. Finish with an extra eggplant slice and top with a tablespoon of reserved salsa verde. Serve immediately.

Hint

Cover dish, refrigerate and marinate chicken for as long as time permits, from 30 minutes to overnight.

This salsa verde can add zing to a multitude of other dishes, from a simple salad to a roast dinner.

Variation

Add other chargrilled vegetables such as field mushrooms or sweet potato.

This fresh salsa verde is a great accompaniment to this delightful chicken.

Preparation time: 10 minutes
(Please note: this recipe requires a food processor)
Cooking time: 20 minutes
Serves: 4



LAMB TAGINE WITH COUSCOUS

A gourmet twist on lamb with the taste of North Africa.

Ingredients

- ▲ olive or canola oil spray
- ▲ 600g lamb leg steaks, trimmed of fat, cut into 1.5cm dice
- ▲ 2 brown onions, diced
- ▲ 2 cloves garlic, crushed
- ▲ 2 teaspoons ground cumin
- ▲ 2 teaspoons ground coriander
- ▲ 1 teaspoon ground cinnamon
- ▲ 1 teaspoon paprika
- ▲ freshly ground black pepper, to taste
- ▲ 350ml salt-reduced chicken stock
- ▲ 400g can diced tomatoes
- ▲ 400g can no-added-salt chickpeas, drained
- ▲ 1 medium sweet potato (400g), peeled, cut into 1.5cm dices
- ▲ 2 large carrots, peeled, cut into 1.5cm dices
- ▲ 2/3 cup dried apricots (100g), quartered
- ▲ 1 bunch coriander, stems and leaves chopped

Couscous

- ▲ 1 1/2 cups couscous
- ▲ 1 1/2 teaspoons ground cumin or coriander, extra
- ▲ grated rind and juice of 1 lemon
- ▲ 1 1/2 cups boiling water

Method

Spray a large non-stick pot with oil and place over high heat. Add half the lamb to pan and brown on all sides for 2 minutes, stirring frequently. Remove from the pan, set aside and repeat with remaining lamb. Cook onion and 2 cloves garlic over medium-high heat for 3 minutes, stirring often. Add spices and cook for 1 minute until fragrant. Return meat to pan along with stock, tomatoes, chickpeas, sweet potato, carrots, apricots and coriander stems. Season with pepper and stir to combine. Cover and allow to simmer for 20 minutes until vegetables are tender

and lamb is cooked through. Meanwhile, in a medium heatproof bowl combine couscous, extra cumin, lemon juice and rind and boiling water. Cover and set aside for 3 minutes or until ready to serve. Fluff couscous with a fork to separate grains and stir through half the chopped coriander leaves. Stir remaining coriander into tagine, reserving some for serving. Divide couscous and tagine between serving plates and top with coriander.

Variation

Replace the apricots with dates or sultanas.

Preparation time: 10 minutes

Cooking time: 30minutes

Serves: 6



BEEF KOFTA WITH TZATZIKI

A fresh Middle Eastern addition for your summer BBQ.

Ingredients

Tzatziki

- ▲ 2 cloves garlic, peeled
- ▲ 2 cups mint leaves
- ▲ 1 cup low-fat Greek yogurt
- ▲ 1 Lebanese cucumber, grated, squeezed of extra moisture

Kofta

- ▲ 400g lean beef mince
- ▲ 2 teaspoons ground cumin
- ▲ 2 teaspoons ground coriander
- ▲ 1 teaspoon ground cinnamon
- ▲ 1 brown onion, peeled, quartered
- ▲ ½ cup flat-leaf parsley
- ▲ freshly ground black pepper, to taste

To serve

- ▲ 2 Lebanese cucumbers, extra, cut into 1cm dice
- ▲ 2 tomatoes, cut into 1cm dice
- ▲ 1 red capsicum, cut into 1cm dice
- ▲ 2 spring onions, sliced, including green tops
- ▲ 4 x wholemeal Lebanese bread or wrap bread

Method

Finely chop garlic and mint or place them into the bowl of a food processor and process until finely chopped. Transfer ⅓ of garlic and mint mixture to a small bowl and mix with grated cucumber and yoghurt to make tzatziki. Set aside. Add onion and parsley to garlic and mint mixture and chop or process finely then combine with mince, spices and season with pepper. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Spray a barbeque, chargrill or griddle with oil and heat on high. Cook kofta for 8 minutes or until cooked through, turning every few minutes. In a medium sized bowl, combine cucumber, tomatoes, capsicum and spring onion. To serve, divide Lebanese bread, salad and tzatziki on plates and add 2 kofta skewers to each.

Hint

If time permits, cover and refrigerate koftas for 20 minutes or overnight before cooking.

Press kofta mix around a metal or pre-soaked wooden skewers for easy turning during cooking.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 4

Variation

Replace beef mince with lean chicken mince.

Add extra mint and parsley to the salad for a more intense flavour.



'ROO-SONI' SALAD

A multicultural salad with some juicy, lean meat.

Preparation time: 10 minutes

Cooking time: 45 minutes

Serves: 4



Ingredients

- ▲ olive or canola oil spray
- ▲ 1 punnet cherry tomatoes (250g), halved
- ▲ 2 red capsicum, seeded, cut into 2cm dice
- ▲ 500ml salt-reduced chicken stock
- ▲ 1 large red onion, diced
- ▲ 1 cup risoni (rice-shaped pasta)
- ▲ 2 cloves garlic, crushed
- ▲ freshly ground black pepper, to taste
- ▲ 2 teaspoons paprika
- ▲ 2 teaspoons ground cumin
- ▲ 1 teaspoon cayenne pepper
- ▲ 400g kangaroo steak or fillets
- ▲ 1 Lebanese cucumber (150g), cut into small dice
- ▲ 1 bag rocket or baby spinach leaves (150g)

Method

Preheat oven to 220°C (200°C fan forced). Place tomatoes and capsicum in a single layer on an oven tray lined with non-stick baking paper, roast for 20-25 minutes and set aside. Meanwhile heat chicken stock in a covered, medium-sized saucepan. Spray a large non-stick frypan with oil and place on high heat; cook onion for 3 minutes until softened, stirring often. Add garlic, risoni and pepper and cook for 1 minute. Pour risoni mixture into hot stock, stir well and simmer, covered for 15 minutes or until all liquid is absorbed and pasta is tender. Remove from heat to cool thoroughly; stir through cucumber and rocket just prior to serving. Preheat chargrill or barbeque grill. Place paprika, cumin, and cayenne into a zip-lock bag and shake to combine. Add kangaroo pieces to the bag, turning to coat each side in spice mix. Cook kangaroo on hot grill on one side for 3-4 minutes until juices are visible on the meat surface. Turn and repeat on remaining sides until cooked medium or to your liking. Remove to a plate, cover and allow meat to rest for 5 minutes before slicing thinly. To serve, divide risoni salad between plates and top with kangaroo slices, roasted tomato and capsicum. Serve immediately.

Variation

Replace kangaroo with lean beef steak.

PORK MEDALLIONS WITH CHARGRILLED POTATO SALAD

This mustard and orange infused pork will become a summer favourite.

Ingredients

- ▲ ¾ cup freshly squeezed orange juice (from 2 oranges)
- ▲ 1½ tablespoons balsamic vinegar
- ▲ 1 tablespoon wholegrain mustard
- ▲ 500g pork loin medallions (4x 120g each), fat trimmed off
- ▲ olive or canola oil spray
- ▲ 500g gourmet baby potatoes
- ▲ 4 cups mixed salad or baby spinach leaves (150g)
- ▲ 1 red capsicum, seeded, sliced
- ▲ ½ red onion, finely sliced
- ▲ 250g punnet cherry tomatoes, halved
- ▲ 420g can no-added-salt cannellini beans, drained

Preparation time: 10 minutes

Cooking time: 40 minutes

Serves: 4

Method

Combine orange juice, vinegar and mustard together in a cup. Pour half the mixture into a non-metal dish, add pork and turn to coat with the marinade. Cover, refrigerate and marinate for as long as time permits, anywhere between 30 minutes to several hours. Microwave potatoes in a covered bowl with a tablespoon of water for 10-12 minutes on HIGH or until just tender. Allow to cool slightly then cut each in half. Spray a barbecue, char-grill or griddle with oil and heat to medium-high heat. Cook potatoes on grill for 4-5 minutes each side until lightly charred, set aside. Drain pork well and discard marinade. Grill pork for 5-7 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 5 minutes. Meanwhile, place salad leaves, capsicum, onion, tomatoes, beans and potatoes in a large bowl. Pour over remaining orange dressing and toss to combine. Divide salad among serving plates, add pork and serve immediately.



CHICKEN CACCIATORE PASTA



This "hunter-style" meal is well balanced with flavours of tomato and olives.

Ingredients

- ▲ 300g dried wholemeal penne or spirals
- ▲ olive or canola oil spray
- ▲ 2 small skinless chicken breasts, cut into 1½ cm cubes (400g)
- ▲ 1 large brown onion, diced
- ▲ 2 cloves garlic, crushed
- ▲ 2 red capsicums, seeded, cut into thin 3cm strips
- ▲ 400g mushrooms, sliced
- ▲ 2 x 400g cans diced tomatoes with garlic and basil
- ▲ ½ cup pitted olives (50g), sliced
- ▲ freshly ground black pepper, to taste
- ▲ 1 cup basil leaves, shredded
- ▲ sprinkle of chilli flakes (optional)
- ▲ torn basil leaves, extra, to serve

Method

Bring a medium-sized saucepan of water to the boil. Add pasta to boiling water and cook for 14 minutes until just tender, or according to packet instructions. Drain well and set aside. Meanwhile, place a large non-stick frypan on high heat and spray with oil. Add chicken and stir-fry for 2-3 minutes until browned, transfer to a plate and set aside. Reheat pan on high, spray with oil and cook onion for 3 minutes until softened, stirring often. Add garlic, capsicum and mushrooms and cook for a further 3 minutes. Stir through tinned tomatoes and olives, season with pepper and simmer for 5 minutes or longer if times permits. Add in chicken with any juices, basil and chilli flakes and heat for 2 minutes until cooked through, taking care not to overcook chicken. Mix cooked pasta through sauce and serve immediately topped with torn basil.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 4

OVEN BAKED FISH WITH SWEET POTATO WEDGES

A healthy and tasty twist on fish and chips.

Ingredients

- ▲ 1kg sweet potato, peeled, sliced into wedges
- ▲ olive or canola oil spray
- ▲ ¾ cup dried breadcrumbs
- ▲ 1 tablespoon finely grated parmesan cheese
- ▲ ¼ cup chopped basil
- ▲ 1 egg, beaten
- ▲ 4 x 120g firm white fish fillets
- ▲ garden salad and lemon wedges, to serve

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 4

Method

Preheat oven to 230°C (210°C fan-forced) and line 2 baking trays with non-stick baking paper. Spread potatoes in a single layer on a tray, spray liberally with oil and bake for 15 minutes on top shelf of the oven. Meanwhile, combine breadcrumbs, cheese and basil in a shallow dish. Fill a separate shallow bowl with beaten egg. Dip fish in egg wash, shake off excess so it is damp but not wet. Add fish to breadcrumb mixture, turning to make sure it is well coated and gently press on crumbs. Spray liberally with oil. Arrange on the second baking tray and place in oven underneath wedges. Turn wedges over and bake both for 10 minutes until fish is golden and cooked through and wedges are crisp. Divide between plates and serve with salad and lemon on the side.

Variation

For extra flavour, sprinkle some chopped rosemary leaves, finely grated lemon rind, dried chilli flakes or your favourite spice over the sweet potato chips before baking.



PRAWN JAMBALAYA

This Creole seafood and rice dish makes for a great weeknight meal.

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 large onion, finely chopped
- ▲ 2 cloves garlic, crushed
- ▲ 2 celery stalks, diced
- ▲ 1 red capsicum, seeded, diced
- ▲ 1 green capsicum, seeded, diced
- ▲ 2 teaspoons smoked paprika
- ▲ 1/2 teaspoon cayenne pepper
- ▲ freshly ground black pepper, to taste
- ▲ 1 cup basmati rice
- ▲ 500ml salt-reduced chicken stock
- ▲ 400g can diced tomatoes
- ▲ 400g uncooked (green) prawns, peeled, deveined, with tails intact
- ▲ ½ cup chopped flat-leaf parsley
- ▲ lemon wedges, to serve

Method

Spray a large non-stick pot with oil and place on high heat; cook onion for 3 minutes until softened, stirring often. Add garlic, celery, capsicums, paprika and cayenne; season with pepper. Cook for 3 minutes until fragrant then stir in rice, stock and tomatoes. Bring to the boil, stirring often, then reduce heat to medium, cover pot and simmer for 12-15 minutes or until rice is tender. Add prawns to the pot, stir through rice and cook a further 3-5 minutes until they change colour and are cooked through. Stir through parsley, reserving a little for garnish. Divide jambalaya between plates, top with parsley and lemon wedges and serve immediately.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4



CASHEW CHICKEN STIR-FRY

WITH CAULIFLOWER 'RICE'

A delicious stir-fry packed with vegies served with an interesting turn on rice.

Ingredients

- ▲ 2 cloves garlic, crushed
- ▲ 2 teaspoons grated ginger
- ▲ 1 tablespoon salt-reduced soy sauce
- ▲ freshly ground black pepper, to taste
- ▲ 2 small skinless chicken breasts (400g) trimmed of fat, sliced thinly
- ▲ ¾ cup unsalted cashews
- ▲ olive or canola oil spray
- ▲ ½ cauliflower, roughly chopped
- ▲ 1 broccoli head, cut into florets
- ▲ 2 tablespoons honey
- ▲ 2 tablespoons oyster sauce
- ▲ 200g snow peas, topped
- ▲ 410g can baby corn spears, drained
- ▲ 2 small spring onions (including green tops), cut into 3cm lengths

Method

Combine garlic, ginger, soy sauce, pepper and chicken in a small bowl; set aside to marinate while vegetables are prepared. Heat a non-stick wok or large frypan to high. Add cashews and dry-fry for a minute or until browned; remove from pan and set aside. Chop cauliflower very finely or place into the bowl of a food processor

and process with blade attachment until it looks like couscous. Transfer to a large microwave-safe bowl, cover and cook on HIGH (100%) for 6-8 minutes until cauliflower grains are tender. Keep covered and set aside. Meanwhile, spray pan with oil and heat to high. Add half the chicken (with its marinade) and stir-fry for 2 minutes until browned. Set aside and repeat with remaining chicken. Respray pan, add broccoli and stir-fry for 3 minutes, until just tender. Add honey, oyster sauce and 2 tablespoons water to the pan along with snow peas, corn, spring onions and chicken including any juices; stir-fry for another 3 minutes til heated through. Divide cauliflower and chicken stir-fry between plates and serve sprinkled with cashews.

Hint

Cover dish, refrigerate and marinate chicken for as long as time permits, from 30 minutes to overnight.

Do not discard the broccoli stalk; use a peeler to remove the hard outer layer then dice the remaining vegetable and add to stir-fry.

Variation

For more heat add a chopped red chilli to the chicken marinade.

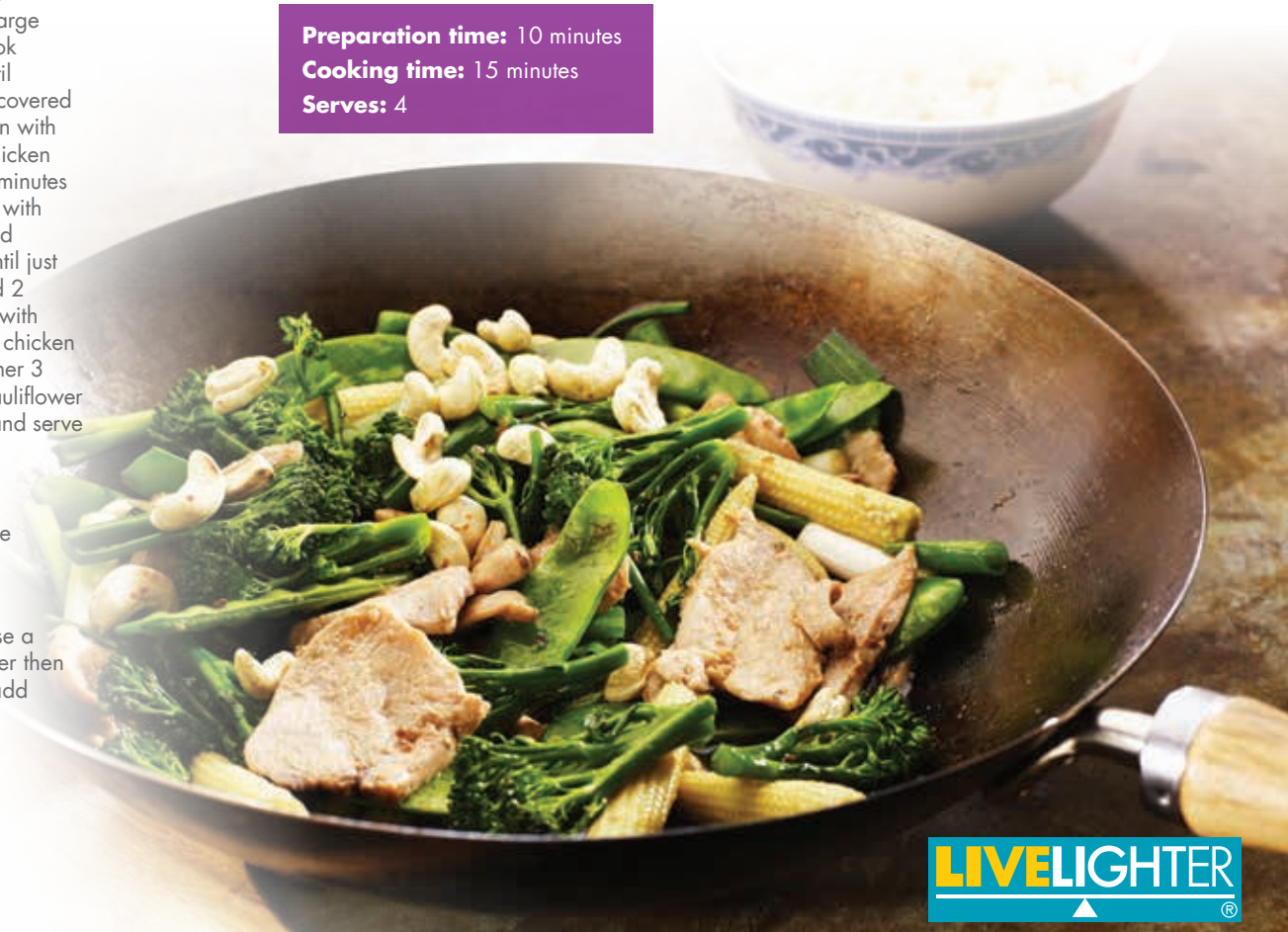
Substitute chicken for kangaroo steak, lean pork, beef or tofu.

Use any combination of vegetables such as asparagus, bean shoots, cabbage, capsicum, carrots, celery, Chinese vegetables, green beans, mushrooms, onion, spinach, water chestnuts and zucchini.

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 4



HONEY PANNACOTTA WITH TROPICAL FRUIT SALSA

Ingredients

- ▲ 1½ teaspoons powdered gelatine
- ▲ 1½ tablespoons water
- ▲ 1 cup low-fat milk
- ▲ 1½ tablespoons caster sugar (20g)
- ▲ 1½ cups honey-flavoured yoghurt (400g)
- ▲ 1 mango, peeled, seed removed
- ▲ 2 kiwi fruit, peeled
- ▲ 300g pawpaw, peeled, seeds removed
- ▲ 2 x 1cm slices ripe pineapple, peeled, core and eyes removed
- ▲ pulp of 2 passionfruit

Preparation time: 15 minutes
(and 4+ hours setting time)

Cooking time: 10 minutes

Serves: 4

Method

Sprinkle gelatine over water in a cup and set aside. Place milk and sugar into a small saucepan over medium heat. Stir occasionally and heat until hot but not boiling. Remove from heat and stir through gelatine until dissolved. Set aside to cool slightly then add yoghurt and mix well until smooth. Divide yoghurt mixture among four 150ml capacity individual jelly, pannacotta or dariole moulds. Cover each mould with plastic wrap and refrigerate for 4 hours or overnight until set. To prepare salsa, cut all fruit into 1cm dice and combine in a medium sized bowl with passionfruit. Just prior to serving, break the seal by running the blade of a knife around the edge of each pannacotta. Upturn mould onto serving plate and shake to release. Divide fruit salsa between plates and serve immediately.

A decadent dessert for the health-conscious sweet tooth.

Hint

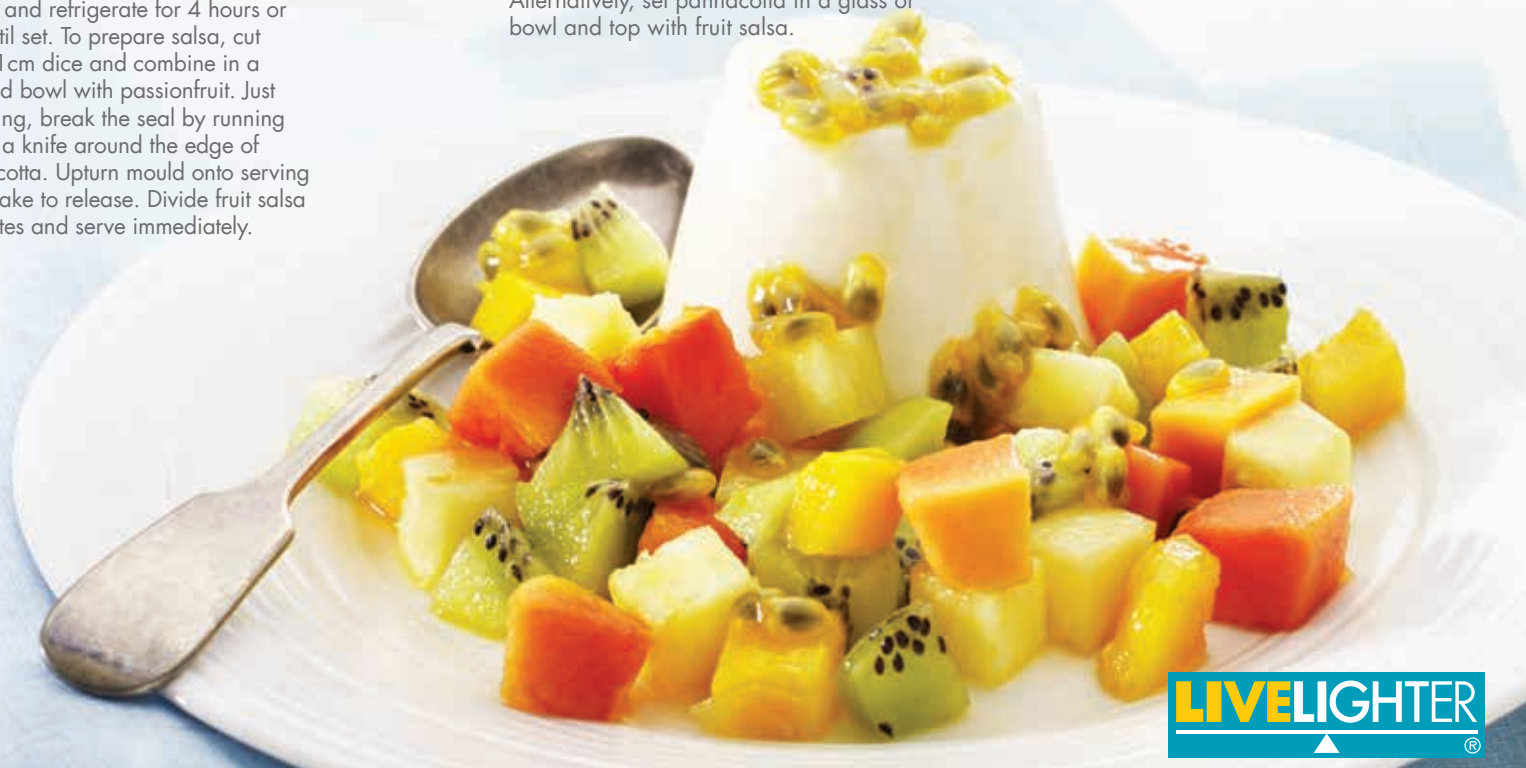
Pannacotta can be made up to 2 days in advance if kept covered in moulds otherwise it needs to be served immediately once turned out to prevent it 'melting'.

If jelly or dariole moulds are not available, use a similar shape plastic container such as an individual disposable yoghurt tub or a silicone muffin tray.

Alternatively, set pannacotta in a glass or bowl and top with fruit salsa.

Variation

Add 1 teaspoon vanilla extract to milk and replace honey yoghurt with vanilla flavoured yoghurt. Pannacotta requires a smooth mouth feel so flavours are best varied using a smooth yoghurts such as vanilla rather than a chunky fruit variety.



ROSEWATER BERRY MOUSSE

This light dessert is a breeze to prepare and a joy to eat.

Ingredients

- ▲ 1 ½ teaspoons powdered gelatine
- ▲ 1 ½ tablespoons water
- ▲ 1 cup low-fat milk
- ▲ 1 ½ tablespoons caster sugar (20g)
- ▲ 1 teaspoon vanilla extract
- ▲ 1 ½ cups vanilla-flavoured yoghurt (400g)
- ▲ 250g strawberries, hulled, sliced
- ▲ 1 ½ cups fresh or frozen mixed berries (150g)
- ▲ ½ tablespoon icing sugar
- ▲ 1 ½ teaspoons rosewater essence

Method

Sprinkle gelatine over water in a cup and set aside. Place milk, sugar and vanilla into a small saucepan over medium heat. Stir occasionally and heat until hot but not boiling. Remove from heat and stir through gelatine until dissolved. Set aside to cool slightly then add yoghurt and mix well until smooth. Use a stick mixer or blender to process yoghurt mixture until light and fluffy, about 1 minute. Divide mixture among four 250ml (1 cup) capacity serving glasses or bowls. Cover each with plastic wrap and refrigerate for 4 hours or overnight until set.

To prepare berries, combine strawberries, berries, icing sugar and rosewater. Just prior to serving, decoratively pile berries on top of each mousse.

Hint

Mousse can be made up to 2 days in advance. Berries can be prepared up to 4 hours in advance.

Variation

Replace berries with seasonal fruits and choose flavoured yoghurts to compliment such as mango yoghurt topped with diced tropical fruit.

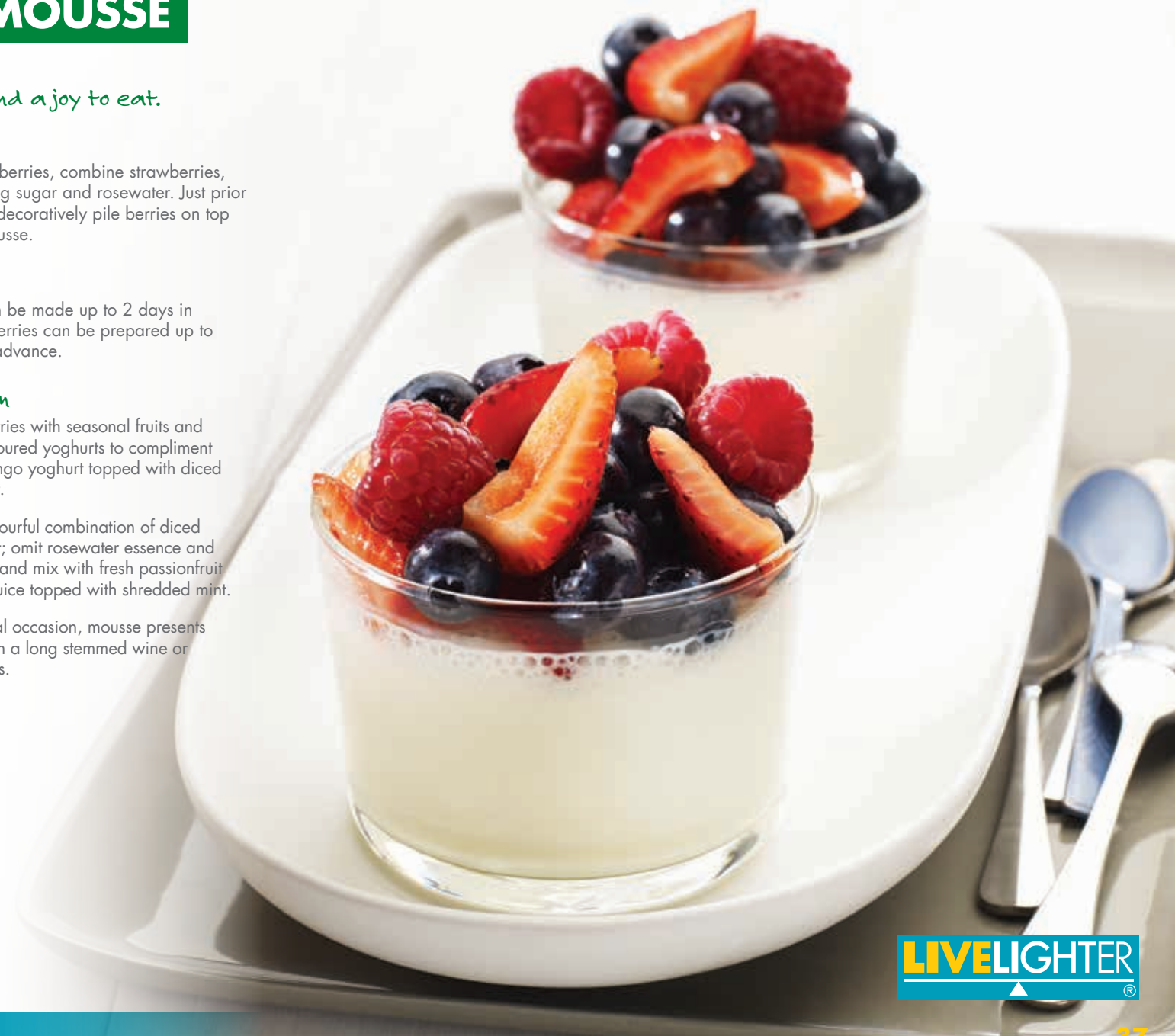
Use any colourful combination of diced summer fruit; omit rosewater essence and icing sugar and mix with fresh passionfruit or orange juice topped with shredded mint.

For a special occasion, mousse presents beautifully in a long stemmed wine or martini glass.

Preparation time: 15 minutes
(and 4+ hours setting time)

Cooking time: 10 minutes

Serves: 4



WONTONS

These crispy cups are sure to impress at dinner parties.

Ingredients

Thai chilli chicken

- ▲ 1 packet of wonton wrappers (25 sheets)
- ▲ olive or canola oil spray
- ▲ 1 large brown onion, finely diced
- ▲ 400g lean chicken mince
- ▲ freshly ground black pepper, to taste
- ▲ 2 cloves garlic, crushed
- ▲ 1 long red chilli, seeded, thinly sliced (optional)
- ▲ 2 sticks celery, finely diced
- ▲ 1 red capsicum, finely diced
- ▲ rind of 1 lime, finely grated
- ▲ 1 tablespoon lime juice
- ▲ 1 ½ tablespoons sweet chilli sauce
- ▲ 1 teaspoon fish sauce
- ▲ 2 spring onions (including green tops), sliced thinly diagonally
- ▲ ½ cup finely chopped mint leaves
- ▲ ½ cup finely chopped coriander
- ▲ 24 coriander leaves, extra, to serve,
- ▲ sliced and deseeded red chilli, extra, to serve

Summer mango salsa

- ▲ 1 packet of wonton wrappers (25 sheets)
- ▲ olive or canola oil spray
- ▲ 1 bunch asparagus, trimmed, halved
- ▲ 1 mango, peeled, diced

- ▲ 1 avocado, diced
- ▲ 1 red capsicum, diced
- ▲ ½ small red onion, finely chopped
- ▲ 1 long red chilli, seeded, finely chopped (optional)
- ▲ 2 tablespoons freshly chopped mint
- ▲ 2 tablespoons lime juice, plus lime wedges to serve
- ▲ shredded mint leaves, extra, to serve
- ▲ sliced red chilli, extra, to serve

Watermelon and feta

- ▲ 1 packet of wonton wrappers (25 sheets)
- ▲ olive or canola oil spray
- ▲ 700g seedless watermelon, rind removed (500g flesh) diced into ½ cm cubes
- ▲ 60g reduced-fat feta cheese, diced into ½ cm cubes
- ▲ ½ red onion, very finely diced
- ▲ ½ cup finely shredded mint leaves
- ▲ 24 small mint leaves, extra, to garnish

Method

Wonton cups

Preheat oven to 200°C (180°C fan-forced). Spray a 24-cup capacity mini muffin pan with oil, press wonton wrappers well into pan holes to form a cup which is fluted at the top. Bake for 8 minutes until lightly browned and crisp. Remove from muffin pans and cool.

Thai chilli chicken

Spray large non-stick frypan with oil and place on high heat. Cook onion for 3 minutes until softened, stirring often. Add chicken mince, season with pepper and cook for 3 minutes, stirring to break up lumps.

Mix in garlic, chilli, celery and capsicum; cook for a further 3-5 minutes until vegetables have softened and mince is cooked. Add lime rind and juice, chilli and fish sauces; mix well. Remove pan from heat and allow to cool slightly. Just prior to serving, stir through spring onions, mint and coriander. Spoon 2 heaped teaspoons of mince mixture into each wonton cup. Top with a coriander leaf and chilli slice; serve immediately.

Summer mango salsa

Bring a medium saucepan of water to the boil. Blanch asparagus in boiling water for 2-3 minutes, until tender but crisp. Plunge into a bowl of cold water then drain. Chop asparagus into 1cm pieces and combine in a medium bowl with mango, avocado, capsicum, onion, chilli, mint and lime juice. Spoon 2 teaspoons of salsa into each wonton cup. Top with shredded mint and chilli slice; serve immediately.

Watermelon and feta

Combine watermelon, feta, onion and mint in a medium-sized bowl, stir to combine. Spoon 2 heaped teaspoons of mixture into each wonton cup. Top with a mint leaf; serve immediately.



Preparation time: 15 minutes

Cooking time: 10 minutes

Makes: 24

CORN BREAD

A quick golden bread that will leave you wanting more.

Ingredients

- ▲ olive or canola oil spray
- ▲ ½ cup polenta
- ▲ ½ cup wholemeal self-raising flour
- ▲ 1 cup self-raising flour
- ▲ 2 tablespoons caster sugar
- ▲ freshly ground black pepper, to taste
- ▲ ½ cup low-fat plain yoghurt
- ▲ 3 eggs
- ▲ 420g can creamed corn
- ▲ ¾ cup low fat milk
- ▲ 2 spring onions (including green tops), finely sliced
- ▲ 2 tablespoons sundried tomatoes, drained of oil, finely chopped
- ▲ ¼ cup parsley, roughly chopped

Preparation time: 10 minutes

Cooking time: 25 minutes

Makes: 12 muffins or 1 loaf

Method

Preheat oven to 200°C (180°C fan-forced).
Spray a 12 cup capacity muffin pan with oil.

Combine dry ingredients and mix well. Add the rest of the ingredients and mix gently until just combined. Pour into greased muffin tray. Bake 20-25 min or until a skewer poked into the centre of a muffin comes out clean.

Hint

This recipe works well in all different shapes and sizes. Try a mini-muffin pan, a loaf tin or a lamington tray but be aware that smaller muffins will cook quicker.

Variation

Replace the spring onion, sundried tomatoes and parsley with smokey paprika, char-grilled corn and red onion for a loaf to accompany a Mexican bean chilli.



TUTTI FRUITY

POPSICLES



Preparation time:
5 minutes + freezing time (4+ hours)

A great frosty treat to prepare with the kids!

Each of these combinations makes 4 serves in a disposable plastic cup. If you have popsicle moulds, you may end up with more as the moulds come in varying sizes.

Ingredients

Grape

- ▲ 200g seedless grapes
- ▲ 2 cups no-added-sugar apple and blackcurrant juice

Divide the grapes amongst 4 cups.
Fill each cup with ½ cup of juice.

Blueberry

- ▲ 200g blueberries
- ▲ 200g low-fat vanilla yoghurt

Mix together blueberries and yoghurt.
Divide between 4 cups.

Watermelon

- ▲ 200g watermelon flesh
- ▲ 200g low-fat vanilla yoghurt
- ▲ 8 mint leaves

Place all ingredients into a blender.
Blend until smooth and pour into the cups.

Mango raspberry

- ▲ flesh from 1 mango
- ▲ 1 banana, peeled
- ▲ 200g low-fat mango yoghurt
- ▲ 24 raspberries, fresh or frozen

Place all ingredients into a blender.
Blend until smooth. Put 6 raspberries into each cup and top with mango mix.

Method

Secure lids on moulds or insert popsicle sticks and freeze for 4-6 hours or overnight until solid. Stand at room temperature for a few minutes before removing from mould.

Variation

Place any combination of finely diced fruit into mould including: mango, blueberries, strawberries, seedless watermelon, rockmelon, kiwifruit, drained canned peaches, apricots or pineapple in natural juice, and passionfruit pulp. Top with an unsweetened fruit juice such as orange, pineapple, apple and blackcurrant or apple and cranberry.

Create stripes of colour by layering fruit or yoghurt flavours. Half fill moulds with one fruit, freeze for 4 hours or overnight then fill with a different flavour or colour of fruit or fruit yoghurt before freezing.

Summer tips to LiveLighter®

- ▲ Freeze fruit or herbs into ice blocks to chill and flavour water
- ▲ Use mint, lemon, orange, lime or cucumber to add some pizzaz to your water
- ▲ Toasted pita bread makes a great crunchy snack
- ▲ Include vegie sticks when you have dip
- ▲ Throw some vegies on the BBQ (*and grill some extra corn to use in the Summer breakfast hash*)
- ▲ Serve salads with dressings on the side so people can choose how much they want and your salad will stay fresh for longer
- ▲ Keep a tray of fruit pieces like orange wedges or melon slices in the fridge for quick snacks
- ▲ Add some toasted seeds or nuts to your salad for extra crunch
- ▲ Use a pastry brush to oil the BBQ plate



Kitchen Hints

Temperature

The recipes in this book indicate oven temperature expressed in degrees Celsius.

Celsius °C	Fahrenheit °F
160	325
180	375
200	400
240	475
250	500

Abbreviations

mL	=	millilitres (s)
g	=	gram (s)

Microwave

Microwave cooking times may vary depending on the wattage of your microwave. Follow the manufacturer's directions.

Conversion Chart

Measurements in this book refer to the standard metric cup and spoon sets approved by the Standards Association of Australia. A basic metric cup set consists of 1 cup, ½ cup, ⅓ cup and ¼ cup sizes.

Measurement		Volume
½ teaspoon	=	2.5mL
1 teaspoon	=	5mL
1 tablespoon	=	20mL
¼ cup	=	60mL
⅓ cup	=	80mL
½ cup	=	125mL
1 cup	=	250mL

For more information visit livelighter.com.au

LIVELIGHTER® SUMMER RECIPES 2013 ACKNOWLEDGMENTS

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