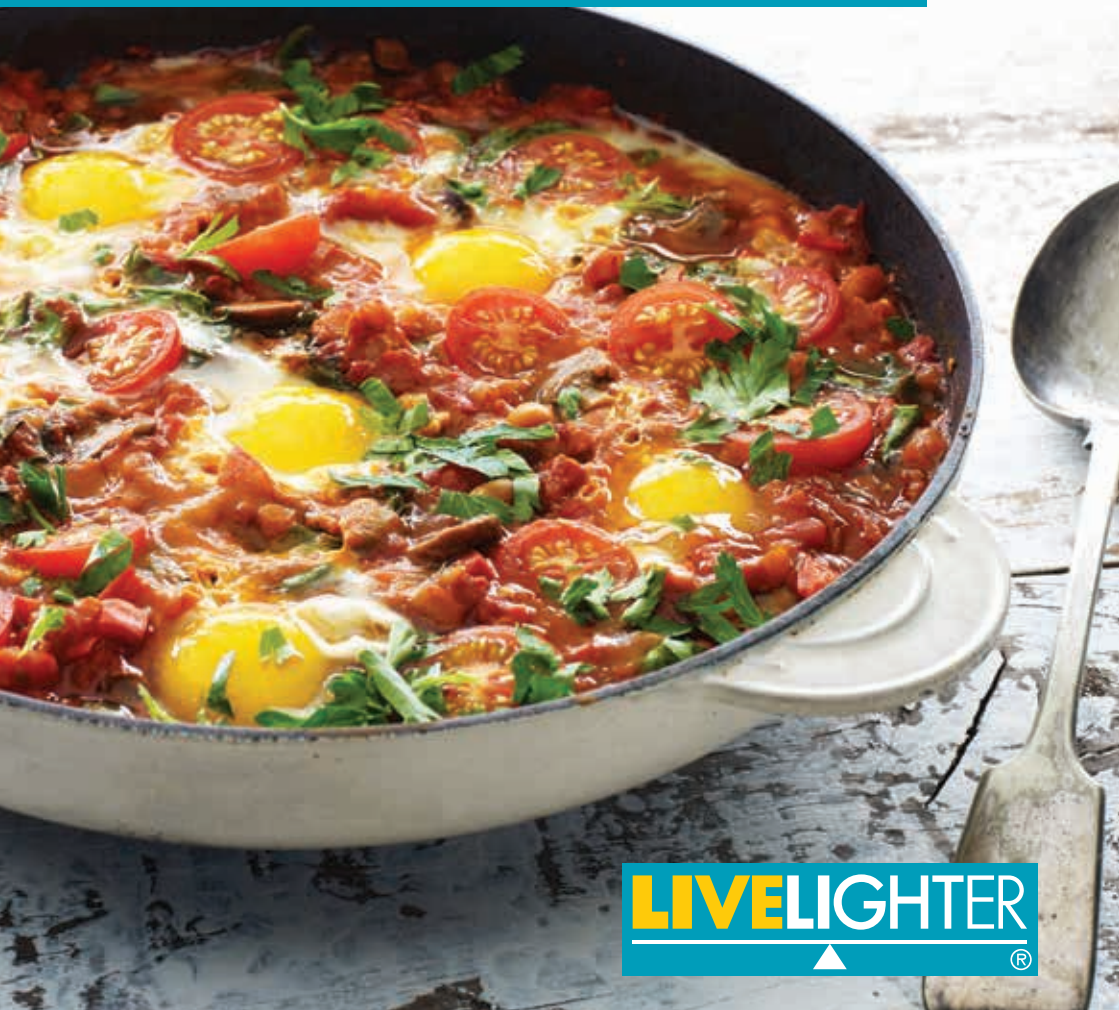


LIVELIGHTER®

WINTER RECIPES 1



LIVELIGHTER
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®

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

Overnight no-cook fruity oats	4
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Shakshuka (Pan baked eggs)	7

Lunch

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OVERNIGHT NO-COOK

FRUITY OATS

An easy, no-cook breakfast packed with goodness

Ingredients

- ▲ 1 cup uncooked rolled oats
- ▲ 1 ⅓ cup low-fat milk
- ▲ 1 cup low-fat natural yoghurt
- ▲ 1 cup canned peaches in natural juice, drained, roughly diced
- ▲ 2 tablespoons slivered almonds
- ▲ 2 tablespoons dried cranberries

Method

In a 1-litre container, add oats, milk and yoghurt. Mix until well combined. Add peaches, almonds and cranberries. Gently stir. Cover container and refrigerate overnight.

Variation

Substitute peaches with your favourite fruit (fresh, frozen, canned or dried).

Heat in microwave on HIGH (100%) for 45 seconds to make a warm breakfast.

Preparation time: 5 minutes

Serves: 2



PESTO BAKED MUSHROOMS

WITH ROAST TOMATOES



A delicious, café-style breakfast

Ingredients

- ▲ 250g punnet cherry tomatoes
- ▲ 1 tablespoon balsamic vinegar
- ▲ 8 small or 4 large flat field or Portobello mushrooms
- ▲ 1 tablespoon basil pesto
- ▲ 4 wholegrain English muffins, halved
- ▲ fresh basil leaves, torn, to serve

Method

Preheat oven to 180°C (160°C fan forced). Place tomatoes on a tray lined with baking paper and drizzle with vinegar. Trim mushroom stems and spread pesto onto the underside of the mushrooms. Add mushrooms to the tray and bake for 20 minutes.

Just prior to serving, toast muffins and place on plates. Top muffins with mushroom, divide tomatoes between plates and sprinkle with basil. Serve immediately.

Variations

Replace cherry tomatoes with 4 halved Roma tomatoes. Cut a thin slice off the base of each so they sit flat while baking.

Instead of basil pesto, try sundried tomato or chilli pesto.

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 4

FRUITY WRAPS

A different and fun way to have fruit for breakfast!

Ingredients

- ▲ 2 slices wholegrain wrap bread (20cm)
- ▲ 1 cup strawberries, sliced
- ▲ 1 cup oranges, sliced
- ▲ 1 cup kiwi fruit, sliced
- ▲ 1 cup blueberries
- ▲ 2 tablespoons reduced-fat cream cheese or ricotta cheese

Method

Lay the wrap bread slices on a flat working surface. Spread 1 tablespoon cream cheese on each wrap, leaving a 1cm border. Layer each colour of fruit in a row to make a "rainbow". Roll up the wrap, cut in half and serve immediately.

Variation

Substitute the fruit in this recipe with your favourite fruit (fresh or canned). If using canned fruit, drain well to prevent the wrap going soggy.

Preparation time: 5 minutes
Serves: 2



SHAKSHUKA (PAN BAKED EGGS)

A delicious, hearty breakfast from North Africa

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 medium onion, peeled and chopped
- ▲ 2 cloves garlic, peeled and chopped
- ▲ 200g mushrooms, sliced
- ▲ 1 medium red capsicum, seeded and diced
- ▲ 440g salt-reduced baked beans
- ▲ 800g canned no-added-salt crushed tomatoes
- ▲ 1 teaspoon ground cumin
- ▲ ½ teaspoon smoked paprika
- ▲ freshly ground black pepper, to taste
- ▲ 125g spinach leaves, roughly chopped
- ▲ ½ punnet cherry tomatoes (125g), halved
- ▲ 6 eggs
- ▲ ½ cup fresh Italian parsley, finely chopped, to serve

Method

Spray a large frypan with oil and place on medium to high heat. Add onion and cook for 3 minutes until softened. Add garlic, mushrooms and capsicum and cook for 5 minutes. Mix through baked beans, canned tomatoes, cumin, paprika and pepper. Increase heat and to bring to the boil then simmer for 5 minutes until slightly thickened. Add spinach leaves and gently mix until they start to wilt; sprinkle over cherry tomatoes. Using a spoon, create 6 little wells, then crack each egg into a well. Cover pan with lid and cook until whites are firm and yolks are just set, about 5 minutes. Remove from heat, top with parsley and serve immediately.

Variation

For extra heat, add 2-3 chopped green chillies or jalapenos when adding canned tomatoes.

Preparation time: 15 minutes
Cooking time: 25 minutes
Serves: 6



CHUNKY CHICKEN, LETTUCE, TOMATO & AVOCADO SANDWICH

A chicken rendition of the BLT with avocado

Ingredients

- ▲ 2 tablespoons reduced-fat mayonnaise
- ▲ ½ tablespoon Dijon mustard
- ▲ 4 slices wholegrain bread
- ▲ 2 large lettuce leaves, roughly torn
- ▲ 1 large tomato, thickly sliced
- ▲ 100g cooked skinless chicken breast, thickly sliced
- ▲ ⅓ avocado, stoned and sliced
- ▲ freshly ground black pepper (optional)

Method

In a small bowl, mix the mayonnaise and mustard, then spread over bread. Divide the filling between two slices of bread starting with lettuce, tomato, chicken then avocado slices. Sprinkle with pepper, if using. Top with remaining slices of bread. Serve immediately.

Variation

Bread can be toasted to add extra crunch!

Preparation time: 5 minutes
Serves: 2



WINTER VEGIE SANDWICH



Preparation time: 5 minutes
Serves: 2

An easy veggie sandwich packed with flavour

Ingredients

- ▲ 4 slices wholegrain bread
- ▲ 2 tablespoons hummus
- ▲ 1 stick celery, chopped
- ▲ ½ cup grated carrot
- ▲ 6 slices canned beetroot
- ▲ ⅓ cup snow pea sprouts
- ▲ 1 cup spinach leaves

Method

Mix together chopped celery and hummus. Spread hummus mixture over 2 slices of bread. On each slice of bread share divide the carrot, beetroot, snow pea sprouts and spinach leaves. Top with remaining slices of bread. Cut in half to serve.

WARM PUMPKIN, BEEF AND SPINACH SALAD

A delicious, tangy winter salad with warm roasted pumpkin

Ingredients

- ▲ 1kg jap, kent or butternut pumpkin, peeled and cut into 1½cm dice
- ▲ 2 cloves garlic, unpeeled
- ▲ olive or canola oil spray
- ▲ 1 tablespoon ground cumin
- ▲ 200g baby spinach or mixed leaves
- ▲ 420g can no-added-salt chickpeas, drained
- ▲ ½ bunch coriander, chopped
- ▲ 500g lean rump steak, fat trimmed
- ▲ 200g low-fat natural or Greek yoghurt
- ▲ juice of ¼ lemon
- ▲ ½ teaspoon ground cumin, extra
- ▲ ½ teaspoon honey

Method

Preheat oven to 180°C (160°C fan forced). Place pumpkin cubes in a single layer on a oven tray lined with baking paper. Add garlic. Lightly spray with oil, sprinkle with ½ tablespoon cumin and roast in the oven for

25-30 minutes or until tender, turning halfway through cooking. Meanwhile, in a large bowl combine spinach, chickpeas and coriander. Lightly spray a large non-stick frypan with oil and place on medium to high heat. Sprinkle remaining cumin onto both sides of steak. Grill for 3 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 3 minutes before slicing thinly. To make dressing, squeeze cooked garlic out of its skin and mash in a small bowl. Add in yoghurt, lemon juice, extra cumin and honey; mix to combine. To serve, divide salad ingredients among serving plates then top with pumpkin and beef. Pour dressing over salad just before serving or serve in individual dishes on the side.

Variation

Add 300g blanched green beans or asparagus.

Replace chickpeas with drained no-added-salt cannellini beans, butter beans or four bean mix.

Preparation time: 10 minutes
Cooking time: 35 minutes
Serves: 4

HEARTY SWEET POTATO AND LENTIL SOUP

Preparation time: 10 minutes
Cooking time: 25 minutes
Serves: 6

A simple and filling homemade soup

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 large onion, peeled and diced
- ▲ 2 carrots, peeled and diced
- ▲ 2 sticks celery, diced
- ▲ 3 cloves garlic, crushed
- ▲ 1 tablespoon ground cumin
- ▲ 1 small zucchini, diced
- ▲ 500g sweet potato, peeled and diced
- ▲ 2 x 420g cans no-added-salt cooked brown lentils (undrained)
- ▲ 1 litre salt-reduced chicken stock
- ▲ 500ml water
- ▲ freshly chopped coriander, to serve

Method

Lightly spray a large pot with oil and place on medium to high heat. Add onion, carrots and celery. Cook for 5 minutes, stirring often, until vegetables have softened. Stir in garlic and cumin, cook for 1 minute

until fragrant. Add zucchini, sweet potato, lentils (including the water they are canned in), stock and water; stir until well combined. Bring to the boil and simmer, partially covered, for 20 minutes until vegetables are tender. Ladle soup into bowls and sprinkle with coriander, if desired.

Variation

Substitute a diced leek for onion. Substitute pumpkin for sweet potato.

Add one thinly sliced fresh long red chilli to the onion for some spice and serve with a dollop of natural yoghurt.

Hint

Increase the amount of water for a thinner soup, or process half the soup with a blender or stick mixer for a thicker texture.

CREAMY CAULIFLOWER SOUP

A creamy soup perfect for a cold winter's day

Ingredients

- ▲ 1 head (1.4kg) cauliflower
- ▲ 3 medium potatoes, peeled and diced
- ▲ 1 large onion, peeled and diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 litre salt-reduced chicken stock
- ▲ 500mL water
- ▲ 400-600mL low-fat milk
- ▲ freshly ground black pepper, to taste
- ▲ chopped chives, to serve
- ▲ 6 wholegrain dinner rolls, to serve

Method

Roughly chop cauliflower, including stalk to no larger than 1cm cubes. Add to a large pot with potato, onion, garlic, stock and water. Place over high heat, bring to the boil then simmer over medium heat, covered, for 20 minutes until cauliflower stalk is tender. Remove from heat, add 400mL milk and puree with a stick blender or in batches in a food processor. If desired, stir through more milk for a thinner consistency. Ladle soup into bowls, season with pepper, sprinkle with chives and serve with a dinner roll.

Variation

For a spicy version, replace onion with a diced leek and cook with garlic in olive oil spray until softened. Add a teaspoon of curry powder or 2 teaspoons of ground cumin and cook off for a minute until fragrant before adding remaining soup ingredients.

Hint

Not suitable to freeze.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 6



THAI BEEF LARB



Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

Bursting with fresh herbs, this tasty Thai dish is great for a quick weeknight dinner or entertaining friends

Ingredients

- ▲ olive or canola oil spray
- ▲ 500g lean beef mince
- ▲ 2 cloves garlic, crushed
- ▲ 1 long red chilli, seeded, thinly sliced (optional)
- ▲ 150g green beans, trimmed, sliced into 1cm pieces
- ▲ 2 cups finely shredded cabbage or wombok
- ▲ finely grated rind of 1 lime and 2 tablespoons lime juice
- ▲ 3 tablespoons sweet chilli sauce
- ▲ 2 teaspoons fish sauce
- ▲ 4 spring onions, ends trimmed, thinly sliced diagonally (include green tops)
- ▲ ½ cup chopped coriander
- ▲ ½ cup mint leaves, roughly torn
- ▲ whole iceberg lettuce, separated into leaves
- ▲ 250g cooked rice noodles, to serve
- ▲ lime cheeks, optional

Method

Spray a large non-stick wok or frypan with oil and place on medium to high heat. Add mince and brown for 5 minutes, stirring to break up lumps. Add garlic, chilli and beans; stir-fry for 3 minutes. Add cabbage, lime rind and juice, and sauces; mix through and cook for 2 minutes until cabbage softens. Remove wok from heat, add spring onions, coriander and mint and toss to combine. To serve, place lettuce leaves, mince mixture, cooked noodles and lime cheeks onto separate serving plates. Pile cooked mince and noodles into a lettuce leaf and coat with a squeeze of lime juice. Roll up into a parcel to eat.

Variation

Substitute cabbage for bean shoots. Replace beef with lean chicken, turkey or pork mince.

Use larb mixture (without noodles and lettuce) as a filling for rice paper rolls and serve with sweet chilli sauce.

MEXIBEAN TORTILLA MELT

A quick and easy Tex-Mex lunch

Ingredients

- ▲ 440g can no-added-salt red kidney beans, rinsed and drained
- ▲ ½ red capsicum, seeded and finely chopped
- ▲ 1 tomato, diced
- ▲ 2 spring onions, trimmed, chopped (including green tops)
- ▲ ½ cup chopped coriander
- ▲ ½ cup grated reduced-fat cheddar cheese
- ▲ ½ teaspoon ground cumin or coriander
- ▲ ½ teaspoon smoked paprika
- ▲ 4 wholegrain or reduced-fat tortillas or soft wraps (20cm)

Method

Mix all ingredients except tortillas in a large bowl. Spread 1 cup of bean mix on one side of each tortilla, then fold over the other side to enclose filling. Place in a heated sandwich press and toast for 2 minutes or until crisp and cheese melted. Cut each tortilla into 3 triangles and serve immediately.

Preparation time: 15 minutes

Cooking time: 5 minutes

Serves: 2



PUMPKIN, LEEK AND FETA MINI FRITTATA

Preparation time: 20 minutes

Cooking time: 40 minutes

Serves: 6



Great for brunch, a picnic or as a party canapé

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 leek, white part only, cut lengthways and finely sliced
- ▲ 600g peeled pumpkin, cut into 1 cm cubes
- ▲ 6 eggs, lightly beaten
- ▲ ¾ cup low-fat milk
- ▲ 95g reduced-fat feta cheese, cut into 5mm cubes
- ▲ ⅓ cup chopped basil leaves
- ▲ small green salad, to serve

Method

Preheat oven to 200°C (180°C fan forced). Spray a 12 hole, ½ cup capacity muffin pan with oil. Spray a non-stick frying pan with oil and place on medium heat. Add leek and cook for 3 minutes, stirring occasionally, until softened. Add pumpkin, spray with oil and stir to coat vegetables. Add ½ cup water, cover pan and steam for 10 minutes until just tender. Meanwhile, in a medium sized jug, whisk together eggs and milk; season with black pepper. Remove pumpkin mixture from heat and stir through feta and basil.

Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden. Cool in the pan for 5 minutes before turning on a wire rack. Serve warm or cold with a green salad.

Variation

Vary vegetables to include any combination of diced sweet potato, peas, corn kernels, chopped mushrooms, spinach, asparagus or semi-sundried tomatoes, or even leftover roast vegies.

Hint

Use thyme or sage in place of basil. Substitute 2 chopped red onions for leek.

Vary vegetables to include any combination of diced sweet potato, peas, corn kernels, chopped mushrooms, spinach, asparagus or semi-sundried tomatoes, or even leftover roast vegies.

CREAMY VEGETABLE CURRY

A tasty way to help get your 2 and 5!

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 large onion, peeled and diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 tablespoon garam marsala
- ▲ 1 teaspoon turmeric
- ▲ 1 small eggplant, cut into 2cm cubes
- ▲ 400g sweet potato, peeled, cut into 2cm cubes
- ▲ ½ cauliflower, cut into florets
- ▲ ¾ cup salt-reduced chicken or vegetable stock
- ▲ 150g green beans, trimmed, cut into 5cm lengths
- ▲ 400g can no-added-salt chickpeas, drained and rinsed
- ▲ 400ml can coconut-flavoured evaporated skim milk
- ▲ 16 small plain pappadums (8cm diameter), to serve
- ▲ ½ cup chopped coriander, to serve

Method

Spray a large non-stick saucepan with oil and place on medium to high heat. Cook onion for 3 minutes, stirring occasionally; add garlic and spices and stir 1 minute until fragrant. Add eggplant, sweet potato, cauliflower and stock to the pan, mix well. Bring to the boil then reduce heat to medium; simmer covered for 12 minutes until vegetables are just tender. Add beans, chickpeas and milk; increase heat to return to the boil. Reduce heat and simmer gently uncovered for 5 minutes until beans are tender but still bright green. Meanwhile, place 8 pappadums around the edge of a microwave-safe dinner plate and cook on HIGH (100%) for 60 seconds until puffed and crisp. Set aside and repeat with remaining pappadums. Serve curry in bowls topped with coriander and pappadums.

Variation

To add heat, add a chopped red chilli or teaspoon of chilli powder with spices. Include 2 thinly sliced small skinless chicken breasts (400g) when beans and chickpeas are added.

Hint

Add a teaspoon of coconut essence to a can of evaporated skim milk to replace coconut milk.

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4



GRILLED FISH WITH SALSA



A simple, refreshing fish recipe with a zingy salsa and grilled corn

Ingredients

- ▲ 2 corn cobs, husk and silk removed, quartered
- ▲ 2 medium tomatoes, diced
- ▲ 1 Lebanese cucumber, diced
- ▲ 1 avocado, seeded and diced
- ▲ 1 red capsicum, seeded and diced
- ▲ ½ small red onion, finely chopped
- ▲ 1 long red chilli, seeded, finely chopped (optional)
- ▲ 2 tablespoons freshly chopped coriander
- ▲ 2 tablespoons lime juice, plus lime wedges to serve
- ▲ olive or canola oil spray
- ▲ 4 x 120g firm white fish fillets

Method

Place corn in a microwave-safe bowl with a tablespoon of water. Microwave, covered, on HIGH (100%) for 4 minutes or until just tender. Meanwhile, in a medium bowl, add tomatoes, cucumber, avocado, capsicum, onion, chilli, coriander and lime juice. Mix gently to combine. Heat a griddle or

large non-stick pan on medium-high heat. Lightly spray corn with oil then cook on pan, turning frequently, for 5 minutes or until lightly charred; set aside. Lightly spray fish with oil then cook on grill for 2-3 minutes each side or until brown and cooked through. Serve fish with corn, salad and lime wedges.

Variation

Omit tomatoes, cucumber and coriander and replace with a bunch of sliced blanched asparagus and mint.

Hint

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

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 4

SPICY ORANGE CHICKEN WITH BAKED VEGETABLE PARCELS

Ingredients

- ▲ 8 chicken lovely legs (800g) or skinless drumsticks, trimmed of fat
- ▲ juice of 2 oranges (200ml)
- ▲ 4 cloves garlic, crushed
- ▲ 1 tablespoon ground cumin or coriander
- ▲ freshly ground black pepper, to taste
- ▲ 1 tablespoon honey
- ▲ grated rind of 1 orange
- ▲ 700g pumpkin, peeled, cut into 1cm cubes
- ▲ 500g sweet potato, peeled, cut into 1cm cubes
- ▲ 1 red onion, sliced into wedges
- ▲ 440g can no-added-salt chickpeas, drained and rinsed

Method

Preheat oven to 200°C (180°C fan forced). Divide orange juice, garlic, cumin/coriander and pepper evenly between two cups, stir to combine. Add honey and rind to one cup for chicken marinade. Place chicken in a medium sized baking dish, pour honey marinade over and toss to coat chicken. To make vegetable parcels, cut four 50cm lengths of both baking paper and foil. Place foil on a flat surface, top with baking paper. Divide the pumpkin, sweet potato, onion and chickpeas amongst the parcels. Pour ¼ marinade on each parcel. Fold the long sides of baking paper and foil over filling to enclose, tuck short sides under to seal. Place parcels on a tray and bake with chicken, uncovered, for 15 minutes.

Turn legs over and cook for a further 15 minutes until chicken is browned and cooked through, and vegetables are tender. Divide chicken between plates, spoon over any pan juices. Add a vegetable parcel to be opened at the table, or spoon vegetables and sauce onto plates. Serve immediately.

Variation

Replace chickpeas with a can of drained no-added-salt cannellini beans.

Add a handful of cherry tomatoes to vegetable mix before baking.

Stir baby spinach leaves through vegetable parcels prior to serving.

Hint

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

Mouth watering, orange spiced chicken on a bed of veg - this dish is sure to become a family favourite!

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4



BAKED CHICKEN PARMA

WITH SWEET POTATO MASH

Ingredients

- ▲ 400g can diced tomatoes with basil, onion and garlic
- ▲ 2 small (400g) chicken breasts, trimmed of fat
- ▲ 20 basil leaves
- ▲ 270g jar 97% fat free sundried tomatoes, drained
- ▲ 270g jar char-grilled capsicum or roasted pepper strips, drained
- ▲ 2 cups (100g) baby spinach leaves
- ▲ 1 cup grated reduced-fat mozzarella cheese
- ▲ 800g sweet potato, peeled, chopped into 2cm cubes
- ▲ ¼ to ½ cup low-fat milk
- ▲ extra fresh basil leaves, torn, to serve
- ▲ freshly chopped chilli (optional)

Method

Preheat oven to 200°C (180°C fan forced). Spread ¼ cup diced tomato in the base of a large ovenproof dish. 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. Arrange chicken on tomatoes in pan base; layer each with basil leaves, sundried tomatoes pieces and capsicum.

Pile on spinach, spoon over remaining diced tomatoes and sprinkle with mozzarella. Bake for 20 minutes until chicken is cooked and melted cheese has browned. Meanwhile, place sweet potato in a steaming basket over a medium saucepan of boiling water; steam for 10-15 minutes or until tender. Discard water and return potato to the hot dry saucepan. Add ¼ cup milk and mash with a potato masher until smooth, adding additional milk if required for desired consistency. Divide sweet potato and chicken between serving plates, sprinkle with basil. Serve with fresh chilli for extra heat.

Variation

Sweet potato may be microwaved in a covered dish with 2 tablespoons water on HIGH (100%) for 8-10 minutes, stirring after 4 minutes.

Replace capsicum with eggplant or zucchini that have been char grilled with minimal oil.

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 4



FIVE-SPICE HOISIN PORK

WITH CAULIFLOWER MASH

Ingredients

- ▲ 2 tablespoons hoisin sauce
- ▲ 2 cloves garlic, crushed
- ▲ 2 teaspoons Chinese five-spice powder
- ▲ freshly ground black pepper, to taste
- ▲ 1 large or 2 small pork tenderloin fillets (500g), trimmed of fat and silver
- ▲ 1 tablespoon chopped spring onion, to serve

Cauliflower mash

- ▲ 1 small cauliflower (1kg), chopped finely
- ▲ 2 cups low-fat milk
- ▲ 2 cups water
- ▲ 2 tablespoons reduced-fat cream cheese
- ▲ freshly ground black pepper, to taste
- ▲ 6 carrots (500g), peeled, cut into fingers
- ▲ 2 bunches broccolini, trimmed

Method

Preheat oven to 200°C (180°C fan forced). Combine garlic, hoisin, five-spice and black pepper in a cup. Place pork in a small baking dish, spoon marinade over pork and toss to coat; tuck tail end of pork under for an even thickness. Bake uncovered for 20-25 minutes until browned and just cooked through. Remove from oven, cover with foil and allow to rest for 5 minutes. Slice pork thinly across the grain, reserving pan juices. Meanwhile, cook cauliflower for puree. Place carrots and broccolini in a steaming basket over a medium saucepan of boiling water; steam, covered, for 5-7 minutes or until carrots are tender but broccolini remains bright green. To serve, divide cauliflower puree, broccolini, carrots and pork between plates; spoon pan juices over pork, sprinkle with spring onion and serve immediately.

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 4

Cauliflower mash: Place cauliflower in a medium sized saucepan with milk and water. Bring to the boil and simmer for 15 minutes until cauliflower is tender. Drain cauliflower, reserving milk mixture, then return to the hot pot (off the heat). Mix through cream cheese and pepper. Mash the cauliflower with a potato masher, adding up to ½ cup reserved milk for desired consistency.

Variation

Carrots and broccolini may each be microwaved separately in a covered dish with 2 tablespoons water on HIGH (100%) for 4-6 minutes, stirring after 2 minutes.

Bake extra pork and use as a filling for rice paper rolls with carrot matchsticks, cucumber strips, beanshoots, mint, chives and hoisin dipping sauce.

Hint

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

Asian-inspired tender baked pork served with mash and colourful vegetables



ROSEMARY LAMB WITH SICILIAN VEGETABLES

Ingredients

- ▲ 4 x 120g lamb leg steaks, trimmed of fat
- ▲ 4 cloves garlic, crushed
- ▲ 4 sprigs of rosemary
- ▲ 8 unpeeled baby potatoes, washed
- ▲ olive or canola spray
- ▲ 1 large onion, diced
- ▲ 2 sticks celery, trimmed, diced
- ▲ 1 small eggplant, cut into 1cm cubes
- ▲ 1 zucchini, cut into 1cm cubes
- ▲ 1 red capsicum, seeded and diced
- ▲ 400g can diced tomatoes with garlic and basil or 400mL passata
- ▲ 2 tablespoons balsamic or red wine vinegar
- ▲ ½ cup (50g) pitted olives, sliced
- ▲ freshly ground black pepper
- ▲ 1 cup basil, chopped

Method

Slice steaks in half lengthways and add to a dish with 2 cloves crushed garlic and the finely chopped leaves from 2 sprigs of rosemary. Coat lamb with marinade and set aside while vegetables are prepared. Place unpeeled potatoes in a saucepan and cover with water. Bring to the boil and allow to simmer for 10 minutes or until they can be easily pierced with a knife. Drain and set aside. Meanwhile, spray a large non-stick frypan with oil and place on high heat. Add lamb and sear on both sides for 30 seconds until browned. Remove from the pan; cover to keep warm. Cook onion with remaining 2 cloves garlic over medium to high heat

for 3 minutes, stirring often; add celery and eggplant and stir for 2 minutes. Add zucchini, capsicum, tomatoes, vinegar, olives and remaining 2 rosemary sprigs; season with pepper. Simmer covered for 20 minutes, or longer if time permits, stirring occasionally until thickened. Remove rosemary sprigs. Return lamb to the pan to cook for 2 minutes each side or until cooked to your liking. Place lamb on serving plates then stir basil through vegetables and serve with potatoes.

Succulent lamb on vegetable stew – a hearty meal for a cold winter's night

Hint

This eggplant and vegetable stew known as 'Caponata' is great served warm or cold on bread, polenta, gnocchi or as a pasta sauce.

Cover bowl, refriger-

ate and marinate lamb for as long as time permits, from 30 minutes to overnight.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4



BEEF AND BEAN BURRITOS

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 large onion, peeled and diced
- ▲ 500g lean beef mince
- ▲ 2 teaspoons ground cumin or coriander
- ▲ 1 teaspoon paprika
- ▲ 2 tablespoons no-added-salt tomato paste
- ▲ 1 medium zucchini, grated
- ▲ 1 red capsicum, finely diced
- ▲ 1 carrot, peeled and grated
- ▲ 420g can reduced salt corn kernels, rinsed and drained
- ▲ 400g can no-added-salt diced tomatoes
- ▲ 400g can no-added-salt red kidney beans, rinsed and drained
- ▲ 12 wholegrain or reduced-fat tortillas or soft wraps (20cm)
- ▲ 2 cups grated reduced-fat cheddar cheese
- ▲ 3 tomatoes, diced
- ▲ 6 large lettuce leaves, shredded
- ▲ 3 spring onions, trimmed, chopped (including green tops)

Method

Spray a large non-stick saucepan with oil and place on medium to high heat. Cook onion for 3 minutes, stirring occasionally. Add mince and brown for 5 minutes, stirring to break up lumps. Mix through cumin, coriander, paprika and season with pepper; cook for 1 minute until fragrant. Add tomato paste, stir well to combine then add zucchini, capsicum, carrot, corn kernels, tomatoes and beans. Simmer uncovered for 20 minutes, or longer if time permits, stirring occasionally until thickened. If desired, heat tortillas in the microwave for 1 minute on HIGH, or according to packet instructions. To serve, place 2 tortillas on each plate. Using a slotted spoon to remove excess sauce, top each tortilla with ½ cup beef mix and sprinkle with cheese. Add tomatoes, lettuce and spring onions then roll up to enclose filling.

Variation

Replace beef with lean chicken mince. For extra spice, add 1 teaspoon chilli powder.

Hint

Freezing information: allow cooked beef mix to cool before freezing in an airtight container for up to 3 months. Thaw overnight in the fridge then reheat in the microwave or heat through on the stove.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 6

A vegie-packed beef con carne burrito - a fun, family dinner that the kids will love!

POTATO TOPPED BEEF AND MUSHROOM PIES

Ingredients

- ▲ olive or canola oil spray
- ▲ 2 onions, peeled and diced
- ▲ 2 carrots, peeled and finely diced
- ▲ 2 cloves garlic, crushed
- ▲ 1kg potatoes, peeled, cut into 2cm cubes
- ▲ 400g lean beef mince
- ▲ 1 tablespoon plain flour
- ▲ 400g mushrooms, sliced
- ▲ 2 tablespoons fresh thyme leaves or 1 teaspoon dried mixed herbs
- ▲ freshly ground black pepper
- ▲ 250mL salt-reduced beef or chicken stock
- ▲ 100mL low-fat milk
- ▲ 1 cup grated reduced-fat cheddar cheese

Method

Preheat oven to Spray a large non-stick saucepan with oil and place on medium to high heat. Cook onion and carrot for 3 minutes, stirring occasionally; add garlic and stir 1 minute. Meanwhile, place potatoes covered with water in a large saucepan over high heat, bring to the boil and simmer for 10 minutes until soft. Add mince to onion mixture and brown for 5 minutes, stirring to break up lumps. Sprinkle over flour, season with pepper and stir well; mix in mushrooms, thyme and add stock.

Reduce heat to medium; simmer covered for 15 minutes, or longer if time permits, stirring occasionally until thickened slightly. Drain cooked potatoes and mash with milk until smooth. Divide meat mixture between 4 small 1½ cup capacity oven proof bowls. Spread mash evenly over mince to the edge of each dish. Sprinkle with cheese and place under a preheated grill for 5 minutes or until browned lightly.

Variation

For a vegetarian option, substitute beef for a drained 400g can no-added-salt lentils. To vary flavour, add 2 teaspoons curry powder or a 400g can no-added-salt diced tomatoes and 2 tablespoons no-added-salt tomato paste

Replace onions with leek and mashed potato with sweet potato or pumpkin

Hint

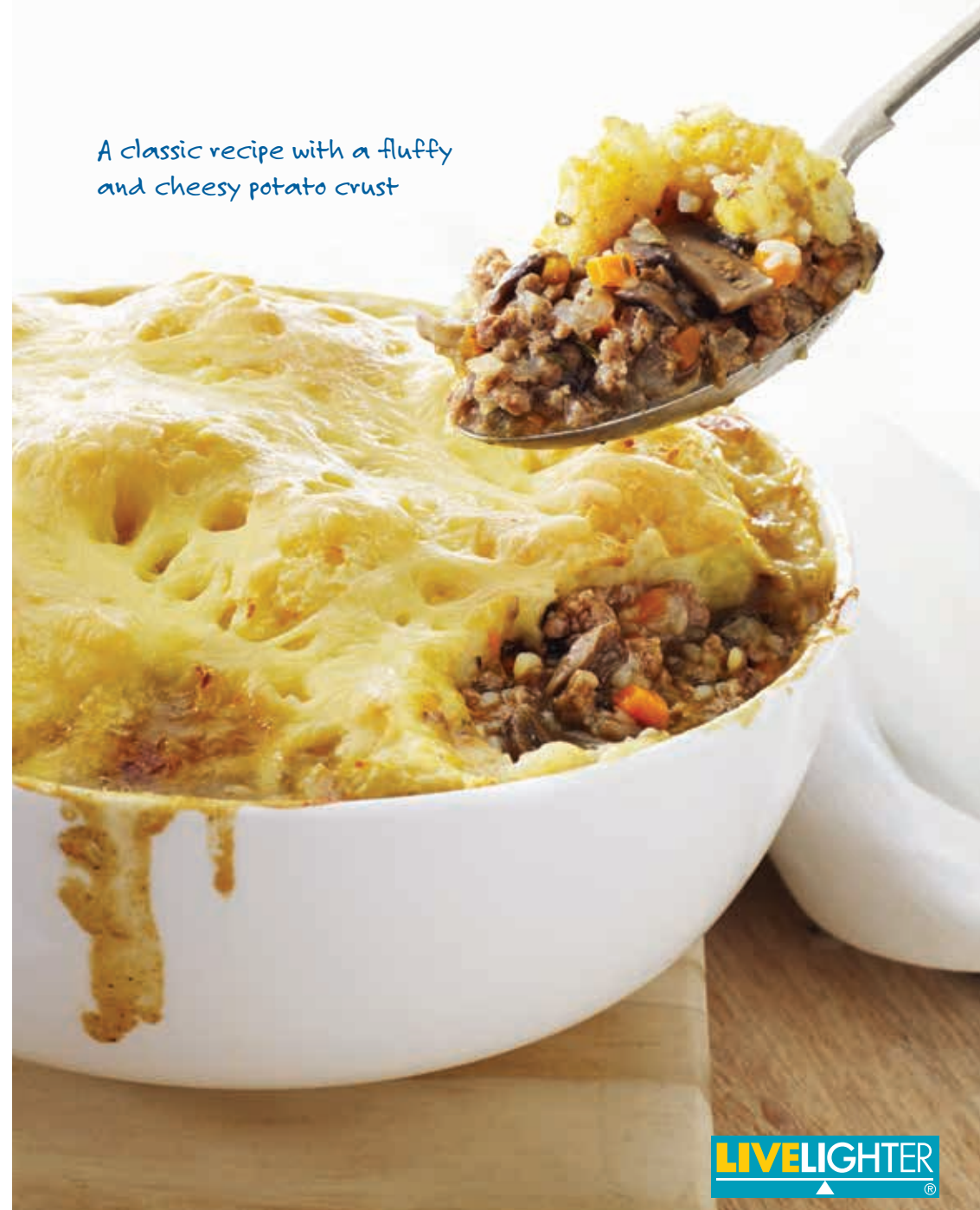
Alternatively, bake in a 2 litre capacity ovenproof dish. Pour meat mixture into dish and spread mash evenly over mince to the edge of dish. Sprinkle with cheese and bake in an oven preheated to 190 °C (170°C fan forced) for 30-40 minutes.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4

*A classic recipe with a fluffy
and cheesy potato crust*



APPLE PUDDING WITH CINNAMON CUSTARD

An easy apple filled pudding with a fruity crust and warming cinnamon custard

Ingredients

- ▲ 12 slices raisin toast or fruit bread
- ▲ olive or canola oil spray
- ▲ 400g can unsweetened pie apple mixture
- ▲ 4 tablespoons sultanas
- ▲ 1 teaspoon lemon zest or grated rind
- ▲ 3 tablespoons custard powder
- ▲ 1½ tablespoons caster sugar
- ▲ 1 teaspoon ground cinnamon
- ▲ 1 teaspoon vanilla extract
- ▲ 3 cups low-fat milk

Method

Preheat oven to 180°C (160°C fan forced). Sparingly remove crusts from 6 slices of raisin toast and flatten bread with a rolling pin. Spray 6 holes of a regular sized (½-cup capacity) muffin tin with oil; press bread firmly into holes. Combine apple, sultanas and lemon in a medium-sized bowl. Mix well. Fill bread cavities to the rim of the tin with apple mixture, pressing firmly with the back of a spoon. Fold in any overhanging bread. To form a lid with remaining bread slices, cut 6 x 8cm diameter circles using a biscuit cutter or upside down glass. Press on bread lid to cover apple mixture. Bake in the oven for 20 minutes until golden brown. Meanwhile, to make custard, combine custard powder, sugar, cinnamon,

vanilla and 3 tablespoons milk in a medium-sized saucepan. Mix well to form a paste and smooth lumps then stir in remaining milk. Place over medium heat and slowly bring to the boil, stirring often. Reduce heat and simmer for 2 minutes until mixture thickens. Remove from heat; cover surface with plastic wrap until time to serve. To remove puddings, run a knife around the edge of each hole and invert onto individual plates. Pour over custard, sprinkle with cinnamon if desired and serve immediately.

Variation

Custard can be microwaved on HIGH (100%) for 4 minutes. Whisk well and microwave for a further 3-4 minutes, whisk again.

Hint

Homemade stewed apples contain too much moisture and are unsuitable for this recipe. Not suitable to store or freeze.



Preparation time: 10 minutes
Cooking time: 20 minutes
Serves: 6

PEAR AND DATE PARCELS WITH ORANGE RICOTTA CREAM

Preparation time: 15 minutes
Cooking time: 25 minutes
Serves: 4

Crisp filo parcels with a warm, spiced filling and citrus cream

Ingredients

- ▲ 4 large (700g) pears, peeled, cored and thinly sliced
- ▲ ⅓ cup dates, chopped
- ▲ ½ teaspoon ground cinnamon
- ▲ 2 teaspoons grated orange rind
- ▲ 100mL freshly squeezed orange juice
- ▲ 6 sheets filo pastry, at room temperature
- ▲ olive or canola oil spray
- ▲ 250g reduced-fat smooth ricotta cheese
- ▲ 1 teaspoon honey

Method

Preheat oven to 200°C (180°C fan forced). Place pears, dates, cinnamon, 1 teaspoon rind and 60mL juice into a large saucepan over a moderate heat. Cook, stirring occasionally, for 10 minutes until pears have softened. Meanwhile, place a sheet of filo flat on a clean surface. Spray with oil then repeat with two

more sheets. Cut the stack in half to form 2 squares and set aside. Repeat with remaining sheets of filo. Put ¼ pear mixture into the centre of each filo square. Bring up corners and gently pinch filo above fruit mix to shape into a pouch. Lightly spray with oil. Bake on a tray lined with baking paper for 12-15 minutes until crisp and golden. Meanwhile, using a stick mixer or electric beaters, blend ricotta with honey and remaining juice and rind in a medium bowl until smooth. Serve parcels immediately with ricotta cream mix on the side.

Variations

Substitute pears for nashi fruit or apples. Fruit can be cooked, covered, in a heat-proof microwave-safe dish on HIGH (100%) for 12-15 minutes, stirring occasionally.

BERRY RHUBARB

MERINGUE POTS

An explosion of flavour to end a winter meal

Ingredients

- ▲ 4 stalks rhubarb, cut into 5cm lengths
- ▲ 3 apples, peeled, cored and sliced
- ▲ 1½ cups (150g) frozen mixed berries
- ▲ ½ cup unsweetened apple juice or water
- ▲ 1 teaspoon ground cinnamon
- ▲ 2 egg whites, at room temperature
- ▲ 1 tablespoon caster sugar
- ▲ ¼ cup slivered almonds

Method

Preheat oven to 180°C (160°C fan forced). Place rhubarb, apples, berries, juice or water and cinnamon into a large saucepan over a moderate heat. Cover, bring to the boil and simmer gently, stirring occasionally, over a low heat for 15-20 minutes until rhubarb is soft but apples retain their shape. Meanwhile, in a clean dry bowl whisk the egg whites until soft peaks have formed. Add sugar and beat until sugar has dissolved. Divide cooked fruit between 4 small 1-cup capacity ovenproof bowls and top with meringue, shaping into a peak. Sprinkle with almonds and bake for 10 minutes until golden. Serve immediately.

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4

Variation

Substitute pears or nashi fruit for apples.

Omit meringue top and serve stewed fruit in a breakfast parfait or simply with low fat yoghurt.

Hint

Alternatively bake in a large 1 litre capacity ovenproof dish.

Fruit can be cooked, covered, in a heat-proof microwave-safe dish on HIGH (100%) for 12-15 minutes, stirring occasionally.

WARM BROCCOLI DIP



Great with vegetable sticks and crackers, everybody will love this dip that's as healthy as it is tasty

Ingredients

- ▲ 3 cups chopped broccoli
- ▲ 1 spring onion, sliced finely
- ▲ 1 teaspoon olive oil
- ▲ 60g reduced-fat cream cheese
- ▲ 1 tablespoon freshly chopped coriander
- ▲ freshly ground black pepper, to taste

Method

Cook broccoli until very soft. Drain well in a colander then transfer to a food processor or blender. Add remaining ingredients and process. Stop processor to scrape the sides several times until dip is smooth.

Serve warm.

Preparation time: 5 minutes

Cooking time: 8 minutes

Serves: 6

OVEN ROASTED CHICKPEAS

Perfect for party nibbles or a lunchbox

Ingredients

- ▲ 2 x 440g can no-added-salt chickpeas, rinsed, drained

Garlic spice seasoning

- ▲ ½ teaspoon garlic powder
- ▲ ½ teaspoon ground cumin
- ▲ ¼ teaspoon ground cinnamon
- ▲ pinch cayenne pepper, or to taste
- ▲ olive or canola spray

Honey spice seasoning

- ▲ 2 tablespoons honey
- ▲ 1 teaspoon cinnamon
- ▲ ¼ teaspoon ground nutmeg
- ▲ olive or canola oil spray

Preparation time: 5 minutes

Cooking time: 40 minutes

Serves: 4

Method

Preheat oven to 200°C (180°C fan forced). Place well drained chickpeas between sheets of paper towel and pat gently to absorb water taking care not to rub off skins. Transfer to a large tray lined with baking paper; spread chickpeas evenly in a single layer. Bake for 35-40 minutes until chickpeas are lightly browned and crunchy in the centre.

Savoury flavour

Combine garlic powder, cumin, cinnamon and cayenne in a 3 cup capacity container with a lid or large ziplock bag; set aside. Spray chickpeas with an even coating of oil then use the baking paper to transfer them into the container with spice mix. Replace the lid or seal bag and shake to coat chickpeas with spices. Serve immediately or allow chickpeas to cool completely before storing in an airtight container.

Honey roasted flavour

Combine honey spice seasoning ingredients into a large heatproof bowl. Add warm cooked chickpeas. For a caramelised flavour, return to the oven and bake for 10 minutes.

Hint

Use savoury chickpeas as an alternative to nuts to top salads.

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

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