

ULTIMATE

BBQ RECIPES

Healthy and delicious recipes for the ultimate Aussie BBQ spread.



Partner:



Government of **Western Australia**
Department of **Health**



To help you LiveLighter® we've put together a collection of recipes for the ultimate BBQ spread.

All of the delicious recipes in this book are not only good for you, they're also ready to go on the (picnic) table in 30 minutes or less. So slap on a bucket hat, get out the tongs and fire up the barbie, we've got your BBQ menu covered.



Healthy BBQ checklist

- ☐ Use wholemeal or grainy bread
- ☐ Choose lean and lower salt sausages, burgers or rissoles
- ☐ Choose skinless chicken
- ☐ Have plenty of vegies and fruit available
 - Throw some veg on the barbie - mushrooms, corn cobs, zucchini and capsicum brushed with a little olive oil works a treat
 - Offer side salads
 - Prepare a seasonal fruit platter for dessert
- ☐ Have water available (combine sparkling water with fruit or herbs for something a bit fancy)
- ☐ If you're offering alcoholic drinks, include lower alcohol options like light beer
- ☐ Plan to be active – get out the backyard cricket set, frisbee or footy for some classic outdoor Aussie fun

You can find more recipes on our website livelighter.com.au

BEEF SKEWERS WITH TZATZIKI

These tasty skewers are perfect for throwing on the barbie

Ingredients

- ▲ 2 cloves garlic, peeled and finely chopped
- ▲ 2 cups mint leaves, finely chopped
- ▲ 1 Lebanese cucumber, grated and squeezed of extra moisture
- ▲ 1 cup low-fat Greek yoghurt
- ▲ 400g lean beef mince
- ▲ 1 onion, peeled and finely chopped
- ▲ ½ cup flat-leaf parsley, finely chopped
- ▲ 2 teaspoons ground cumin
- ▲ 2 teaspoons ground coriander
- ▲ 1 teaspoon ground cinnamon
- ▲ Pepper, to taste
- ▲ 2 Lebanese cucumbers, extra, diced
- ▲ 2 tomatoes, diced
- ▲ 1 red capsicum, diced
- ▲ 2 spring onions (including green tops), sliced
- ▲ 4 wholemeal or wholegrain wraps

Method

1. To make the tzatziki, combine $\frac{1}{3}$ of the garlic and mint into a small bowl and mix in the grated cucumber and yoghurt. Set aside.
2. In a medium sized bowl mix together the mince, onion, parsley, spices, pepper and the remaining garlic and mint. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Press each portion around a metal or pre-soaked wooden skewer.
3. Spray a barbeque, chargrill or griddle with oil and heat on high. Cook skewers for 8 minutes or until cooked through, turning every few minutes.
4. In a medium sized bowl, combine diced cucumber, tomatoes, capsicum and spring onion.
5. To serve, divide wraps, salad and tzatziki between 4 plates and add 2 beef skewers to each.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 4



LOADED MUSHROOM BURGER

This fully loaded burger will satisfy your vegetarian guests

Ingredients

- ▲ Olive or canola oil spray
- ▲ 1 red onion
- ▲ 4 large flat, field or Portobello mushrooms
- ▲ Pepper, to taste
- ▲ 4 slices reduced-fat cheese
- ▲ 4 eggs
- ▲ 4 round wholegrain or sourdough rolls
- ▲ 2 tablespoons tomato chutney or relish
- ▲ 1 avocado, peeled, seeded and sliced
- ▲ 1 tomato, sliced
- ▲ 4 gherkins, sliced thinly lengthways
- ▲ 4 lettuce leaves

Method

1. Spray a barbecue plate or large griddle pan with oil and heat on high. Slice onion into 1-2cm thick slices, keeping rings intact. Place on grill and cook for 4-5 minutes each side.
2. Trim the mushroom stalk and place on the barbecue, stalk side down. Cook mushrooms 4-6 minutes then flip, season with pepper and cook mushrooms a further 2-4 minutes. Add cheese slice and cook for 2 more minutes until mushroom is cooked through and cheese is melted.
3. Spray a large non-stick fry pan or flat barbecue plate with oil and heat over 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 and hollow out the tops to make more room for the fillings if you need. Lightly toast if desired.
5. To assemble burgers, spread each roll base with chutney, add cooked onion slice, a cheesy mushroom and an egg. Fill each roll top with ¼ avocado then load up with tomato, pickles and lettuce. Carefully sandwich both roll halves together and secure with a wooden skewer. Serve immediately.

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 4



SPICY BBQ FISH

WITH MANGO SALAD

The perfect summer dish, inspired by the tastes of the Kimberley

Ingredients

- ▲ 2 teaspoons ground coriander
- ▲ 1 teaspoon ground cumin
- ▲ 1 teaspoon ground turmeric
- ▲ 4 barramundi fillets (about 100g each)
- ▲ 2 mangoes, peeled and cut along core into two large cheeks
- ▲ Olive or canola oil spray
- ▲ 100g baby spinach leaves
- ▲ 1 avocado, peeled, seeded and diced
- ▲ ½ cup coriander leaves, chopped
- ▲ Juice of 1 lime
- ▲ ½ cup natural yoghurt
- ▲ Lemon wedges, to serve

Method

1. Add the coriander, cumin and turmeric into a shallow dish and mix well. Add fish fillets and turn to coat.
2. Preheat BBQ grill to high. Lightly spray mango cheeks with oil. Cook until lightly charred on each side and set aside.
3. Lightly spray the fish fillets with oil. Barbecue for 3-4 minutes on each side until cooked through.
4. For the salad, slice mango and combine in a bowl with spinach, avocado, coriander and lime juice.
5. Serve fish with mango salad, yoghurt and lemon wedges.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 4



GREEN AND GOLD STREET CORN

These zesty corn cobs show off the national colours of green and gold

Ingredients

- ▲ 6 corn cobs
- ▲ 2 tablespoons olive oil
- ▲ ½ teaspoon smoked paprika
- ▲ Chilli flakes (optional)
- ▲ 2 tablespoons parmesan, grated
- ▲ 2 tablespoons coriander leaves and stems, finely chopped
- ▲ 1 lime, cut into wedges

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 6

Method

1. Heat a BBQ, griddle pan or frypan until very hot.
2. If the corn cobs are in their green skins, pull the skins back but leave attached to make a handle. Remove the corn silks.
3. Cook corn cobs on a high heat, turning often, until lightly charred all over (10-15 mins).
4. Mix the olive oil and smoked paprika and chilli flakes (if using).
5. Once the corn is cooked, brush with the paprika oil, sprinkle with parmesan and coriander and serve with lime wedges.



WALNUT, LENTIL AND FETA SALAD

This quick and easy salad will change your mind about lentils

Ingredients

- ▲ 400g can no-added-salt brown lentils, drained
- ▲ ½ clove garlic, chopped
- ▲ 2 spring onions (including green tops), sliced
- ▲ 1 bunch English spinach leaves, shredded
- ▲ 150g reduced-fat feta cheese, crumbled
- ▲ 1 punnet cherry tomatoes, halved
- ▲ 2 tablespoons walnuts, chopped
- ▲ ½ cup low-fat Italian salad dressing

Method

1. Combine all ingredients in a mixing bowl and serve.

Preparation time: 10 minutes

Serves: 6



FRUITY SPRITZER

A refreshing drink and great alternative to booze

Ingredients

- ▲ Half a 250g punnet of strawberries, washed, top removed and sliced in half
- ▲ 20 mint leaves, removed from stem
- ▲ 1 tray ice cubes
- ▲ 1L sparkling water, chilled

Method

1. Place strawberries, mint leaves and ice cubes in the bottom of a clear jug (note: this can be done directly into glasses).
2. Fill with chilled sparkling water and serve immediately.

Preparation time: 5 minutes

Serves: 6



LIVELIGHTER



livelighter.com.au

Partner:



Government of **Western Australia**
Department of **Health**

