

HEALTHY TWISTS

WEEKLY DINNER PLAN



PANTRY PASTA

This fast veggie spaghetti is made from pantry staples and is perfect for a quick weeknight meal.

MONDAY



THAI RED BEEF CURRY

Add as much chilli as you like to this one pot wonder.

TUESDAY



LOADED MUSHROOM BURGER

Packed full of flavour, this fully-loaded mushroom burger is a tasty alternative to take-away.

WEDNESDAY



MEXI-CHICKEN BAKE

This 5-ingredient chicken bake is sure to please the whole family.

THURSDAY



FISH AND CHIPS

A healthy and tasty twist on fish and chips.

FRIDAY



PIZZA

Quicker, cheaper and tastier than home delivered.

SATURDAY



POTATO TOPPED BEEF AND MUSHROOM PIE

A classic recipe with a fluffy, cheesy potato crust.

SUNDAY

PANTRY PASTA

MONDAY



Servings: 4 **Prep time:** 10 minutes **Cook time:** 15 minutes

Ingredients

- ▲ 240g spaghetti
Try wholegrain for a healthier and heartier pasta option
- ▲ 2 teaspoon olive oil
- ▲ 2 onions, diced
- ▲ 4 garlic cloves, finely diced
- ▲ 2 carrots, grated
- ▲ ½ zucchini, grated
- ▲ 2 x 400g cans diced tomatoes no-added-salt
- ▲ 2 x 400g cans brown lentils no-added-salt, drained and rinsed
- Extra lentils and vegies are a great option to make a cheaper, healthier, and more filling meal
- ▲ 1 tablespoon dried mixed herbs
- ▲ pepper, to taste
- ▲ 2 tablespoons Parmesan cheese, grated

Purchasing canned food? Aim for reduced-salt when possible.

Method

1. Cook pasta according to packet directions.
2. Heat oil in a saucepan, add onion and garlic and cook until soft.
3. Add carrot and zucchini, stirring until well mixed. Lower heat, cover and cook for 5 minutes.
4. Add tomatoes, lentils, herbs and pepper. Turn up the heat and simmer for 5 minutes.
5. Remove from heat and serve over pasta. Sprinkle with cheese.

Not quite right for your family?

We've got heaps more healthy recipes at livelighter.com.au/Recipe Or search for one of these:



MAC & CHEESE BAKE



SPAGHETTI BOLOGNESE

RED BEEF CURRY



Servings: 4 **Prep time:** 10 minutes **Cook time:** 20 minutes

Ingredients

- ▲ 1½ cups brown rice
- ▲ olive or canola oil spray
- ▲ 400g lean beef, sliced into strips
- ▲ 500g pumpkin, peeled, seeded and diced
- ▲ 2 x 165mL cans reduced-fat coconut milk
- ▲ 1 lemon, zested
- ▲ 4 cups baby spinach leaves
- Replace half the mince with a tin of lentils for a budget-friendly option.
- ▲ 1 onion, chopped
- ▲ 1 tablespoon red curry paste
- ▲ 1 capsicum, seeded and diced

Method

1. Cook rice following packet directions.
2. Heat oil in a large frypan and cook beef for 2-3 minutes until the outside is browned.
3. Add onion and cook for another 2-3 minutes, until it starts to soften.
4. Stir in the curry paste, pumpkin and capsicum and simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
5. Pour in coconut milk and lemon zest and stir through spinach and cook until wilted.
6. Serve curry over rice with a wedge of lemon, if desired.

Not quite right for your family?

We've got heaps more healthy recipes at livelighter.com.au/Recipe Or search for one of these:



CHICKPEA CURRY



POTATO & PEA CURRY

LOADED MUSHROOM BURGER

WEDNESDAY



Servings: 4 **Prep time:** 5 minutes **Cook time:** 25 minutes

Ingredients

- ▲ olive or canola oil spray
- ▲ 1 red onion
- ▲ 4 large, flat field or Portobello mushrooms
- ▲ ground black pepper
- ▲ 4 slices reduced-fat cheddar cheese
- ▲ 4 eggs
- ▲ 4 wholegrain, sourdough or Turkish bread rolls
- ▲ 2 tablespoons tomato chutney or relish
- ▲ 1 avocado, sliced
- ▲ 1 tomato, sliced
- ▲ 4 gherkins, sliced thinly lengthways
- ▲ 1 cup mixed lettuce leaves

Method

1. Spray a barbecue plate or large griddle pan with oil and heat on high. Slice onion into 1-2 cm 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 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 barbeque 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, gherkin and lettuce. Carefully sandwich both roll halves together and secure with a wooden skewer. Serve immediately.

Not quite right for your family?

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HOMEMADE BURGER



SAUSAGE BURGER

LIVELIGHTER  [®]

MEXI-CHICKEN BAKE

THURSDAY



Servings: 4 **Prep time:** 15 minutes **Cook time:** 30 minutes

Ingredients

- ▲ 2 onions, diced
- ▲ 2 capsicums, deseeded, diced
- ▲ 2 x 420g cans Mexi-beans or salsa flavoured kidney beans
- ▲ 400g skinless chicken breast, sliced in half lengthways and chopped
- ▲ 1 cup reduced-fat mozzarella cheese, grated

If Mexi-beans are not available, use a can of red kidney beans and a jar of salsa instead.

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Combine onion, capsicum and canned beans in a large ovenproof dish.
3. Place chicken pieces into bean mix and press down so they are covered by sauce. Cover with foil.
4. Bake for 20 minutes, then remove foil, sprinkle with cheese and bake for a further 5-10 minutes until sauce is bubbling and cheese has browned.
5. Divide between plates and serve immediately.

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BEEF & BEAN BURRITO



MEXIBEAN TORTILLA MELT

FISH AND CHIPS



FRIDAY

Servings: 4 **Prep time:** 15 minutes **Cook time:** 25 minutes

Ingredients

- ▲ 1 kg sweet potato, cut into wedges
- ▲ 2 tomatoes, cut into wedges
- ▲ olive or canola oil spray
- ▲ ½ cucumber, sliced
- ▲ 1 cup breadcrumbs
- ▲ 1 lemon, cut into wedges
- ▲ 2 teaspoons dried mixed herbs
- ▲ 2 eggs, beaten
- ▲ 400g firm white fish fillets
- ▲ 2 cups mixed salad leaves

Method

1. Preheat oven to 230°C (210°C fan-forced) and line a baking tray with non-stick baking paper.
2. Spread sweet potatoes in a single layer on tray, spray liberally with oil and bake for 15 minutes on top shelf of the oven.
3. Combine breadcrumbs and herbs 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.
4. Turn wedges over and add the fish to the tray. Bake for 10 minutes until fish is golden and cooked through and wedges are crisp.
5. Divide between plates and serve with salad and lemon on the side.

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**MOROCCAN
BAKED EGGPLANT**



SPICY BBQ FISH with mango salad

LIVELIGHTER
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®

CHICKEN PIZZA

SATURDAY



Servings: 4 **Prep time:** 15 minutes **Cook time:** 10 minutes

Ingredients

- ▲ 4 tablespoons tomato-based pasta sauce, passata or paste
- ▲ 4 wholemeal pizza bases (dinner plate size)
- ▲ ½ red onion, finely sliced
- ▲ 360g bbq or cooked chicken breast, shredded
- ▲ 1 capsicum, sliced in thin strips
- ▲ 10 cherry tomatoes, halved
- ▲ 2 teaspoons dried mixed herbs
- ▲ 1 cup reduced-fat mozzarella cheese, grated
- ▲ 2 cup baby spinach leaves
- ▲ 2 carrots, thinly sliced
- ▲ 1 cucumber, chopped

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Spread tomato paste evenly over pizza bases. Top with sliced onion, chicken, capsicum strips and cherry tomatoes. Sprinkle with mixed herbs and cheese and place on a baking tray, pizza stone or wire rack.
3. Bake for 5 minutes until cheese is melted then cover with foil to prevent burning. Bake for a further 5 minutes until base is crisp.
4. Sprinkle roughly torn basil leaves on top. Serve with a simple side salad of baby spinach, carrot and cucumber.

Not quite right for your family?

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FAKE BAKED LOADED SWEET POTATO



PESTO PASTA SALAD

BEEF AND MUSHROOM PIE



SUNDAY

Servings: 4 **Prep time:** 15 minutes **Cook time:** 30 minutes

Ingredients

- ▲ olive or canola oil spray
- ▲ 2 onions, peeled and diced
- ▲ 2 carrots, diced
- ▲ 2 cloves garlic, finely diced
- ▲ 1 kg potatoes, cut into 2cm cubes
- ▲ 1 beef stock cube reduced-salt
- ▲ 1 cup boiling water
- ▲ 400g lean beef mince
- ▲ 1 tablespoon plain flour
- ▲ pepper
- ▲ 400g mushrooms, sliced
- ▲ 1 teaspoon dried mixed herbs
- ▲ ½ cup reduced-fat milk
- ▲ 1 cup reduced-fat cheddar cheese, grated

Method

1. Preheat oven to 190°C (170°C fan-forced).
2. Spray a large non-stick saucepan with oil and place on medium to high heat. Add onion and carrot and cook for 3 minutes, stirring occasionally. Add garlic and cook for another minute.
3. Fill a large saucepan with water, add potatoes and place over high heat. Bring to the boil and simmer for 10 minutes until soft.
4. Make up stock by combining stock cube and boiling water.
5. Add mince to onion mixture and brown for 5 minutes, stirring to break up lumps.
6. Sprinkle over flour, season with pepper and stir well; mix in mushrooms, dried herbs and stock.
7. Reduce heat to medium; simmer covered for 15 minutes, or longer if time permits, stirring occasionally until thickened slightly.
8. Drain cooked potatoes and mash with milk until smooth.
9. Pour meat mixture into a large ovenproof dish and spread mash evenly over mince to the edge of dish. Sprinkle with cheese and bake for 30-40 minutes.

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VEGETABLE LASAGNE



CHICKEN & VEGIE PIE

LIVELIGHTER  [®]

HEALTHY TWISTS

SHOPPING LIST

Fresh fruit and veg

- ☐ 1 avocado
- ☐ 6 cups baby spinach leaves
- ☐ 400g button mushrooms
- ☐ 4 capsicums
- ☐ 6 carrots
- ☐ ½ small punnet cherry tomatoes
- ☐ 1 ½ cucumbers
- ☐ 6 cloves garlic
- ☐ 4 large flat field mushrooms
- ☐ 2 lemons
- ☐ 3 cups mixed salad leaves
- ☐ 7 onions
- ☐ 1kg potatoes
- ☐ 500g pumpkin
- ☐ 1 ½ red onions
- ☐ 1kg sweet potato
- ☐ 3 tomatoes
- ☐ ½ zucchini

Bakery

- ☐ 4 wholegrain rolls
- ☐ 4 wholemeal pizza bases

Dairy

- ☐ 2tbs parmesan cheese
- ☐ 200g reduced-fat cheddar cheese
- ☐ ½ cup reduced-fat milk
- ☐ 2 cups reduced-fat mozzarella cheese

Pantry

- ☐ 1 cup breadcrumbs
- ☐ 1 ⅓ cups brown rice
- ☐ 4 gherkins
- ☐ 2 x 420g can Mexican flavoured baked beans
- ☐ 2 tsp olive oil
- ☐ Olive or canola oil spray
- ☐ 4 tbs passata
- ☐ 1 tbs plain flour
- ☐ 2 x 165mL can reduced-fat coconut milk
- ☐ 240g spaghetti
- ☐ 2 x 400g cans no-added-salt brown lentils
- ☐ 2 x 400g cans no-added-salt diced tomatoes

Meat and eggs

- ☐ 360g BBQ chicken breast
- ☐ 6 eggs
- ☐ 400g firm white boneless fish fillets
- ☐ 400g lean beef mince
- ☐ 400g lean beef
- ☐ 400g skinless chicken breast

Spices and sauces

- ☐ 1 reduced-salt beef stock cube
- ☐ 2 tbs chutney or relish
- ☐ 2 ¼ tbs dried mixed herbs
- ☐ Pepper
- ☐ 1 tbs red curry paste