

# HEARTY AND HEALTHY WEEKLY DINNER PLAN

	<b>FISH AND CHIPS</b> A healthy and delicious twist on fish and chips to match any catch of the day.	MONDAY
	<b>BURGERS</b> Packed full of flavour, this fully-loaded beef burger is a tasty alternative to take-away.	TUESDAY
	<b>SOY CHICKEN DRUMSTICKS</b> Combined with rice and salad, these drumsticks are a surprisingly simple midweek dinner with a sauce that will be an instant family favourite.	WEDNESDAY
	<b>PANTRY PASTA</b> This fast veggie spaghetti uses plenty of pantry staples; perfect for a quick weeknight meal.	THURSDAY
	<b>QUICK TUNA COUSCOUS</b> A one-pot wonder that can be tailored to the tastes of your household.	FRIDAY
	<b>LAMB SHANKS AND MASH</b> A cold-weather classic that can't be beat with a side of mash.	SATURDAY
	<b>CHICKPEA CURRY</b> Dial the heat up or down on this hearty curry which is great for using up leftover vegies.	SUNDAY

# FISH AND CHIPS



MONDAY

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

## Ingredients

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

## 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.

## Not quite right for your family?

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



**FISH WITH LENTIL SPINACH SALAD**



**SPINACH, PUMPKIN AND CHEESE CANNELLONI**



# BEEF BURGER



TUESDAY

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

## Ingredients

- ▲ 400g lean beef mince
- ▲ 2 onions, ½ finely chopped, the rest thinly sliced
- ▲ 2 carrots, grated
- ▲ 2 teaspoons Worcestershire sauce
- ▲ ⅓ cup breadcrumbs
- ▲ pepper
- ▲ oil spray
- ▲ 4 wholemeal or grainy rolls
- ▲ 8 slices canned beetroot
- ▲ 2 tomatoes, sliced
- ▲ 8 lettuce leaves
- ▲ 1 avocado, sliced
- ▲ 4 tbs tomato sauce (optional)

## Method

1. In a medium bowl, add the mince, the finely chopped onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper.
2. Mix, and use hands to shape into four patties about 2 cm thick. Put in the fridge for at least 20 minutes to firm up.
3. Meanwhile, heat up a frypan or BBQ and spray with a little oil. Cook the sliced onions on medium heat, stirring often, until golden (at least 5 minutes). Put in a bowl.
4. Spray the pan with a little more oil and cook the patties for about 4 minutes each side, until nicely browned and cooked all the way through.
5. Slice open the rolls and stack the patties, onions, tomato sauce and salad (including the leftover grated carrot) inside.

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



**BEEF BURGER WITH COLESLAW**



**LOADED MUSHROOM BURGER**

# SOY CHICKEN DRUMSTICKS

WEDNESDAY



**Servings:** 4    **Prep time:** 10 minutes    **Cook time:** 40 minutes

## Ingredients

- ▲ 1 cup brown rice (uncooked)
- ▲ 2 tablespoons plain flour
- ▲ 2 tablespoons sugar
- ▲ ½ cup reduced-salt soy sauce
- ▲ 4 cloves garlic, finely chopped
- ▲ 2 teaspoons fresh ginger, grated
- ▲ pepper to taste
- ▲ 8 chicken drumsticks
- ▲ 2 capsicums, finely chopped
- ▲ 2 celery stalks, finely chopped
- ▲ 4 cups baby spinach leaves
- ▲ 2 tablespoons sultanas
- ▲ 2 tablespoons lemon juice

## Method

1. Preheat oven to 180°C.
2. Cook brown rice according to packet instructions and leave to cool.
3. In a small saucepan, mix together the flour, sugar, ¾ of the soy sauce, garlic, ginger, pepper and 2 tablespoons of hot water. Cook on a low heat until it thickens slightly.
4. Place the chicken drumsticks in a small baking dish and pour over the sauce and mix so chicken is coated.
5. Bake for 20 minutes. Then turn the chicken over and bake for another 20 minutes or until no longer pink and juices run clear.
6. In a large salad bowl, place rice, capsicum, celery, spinach and sultanas. Mix together the lemon juice and remaining soy sauce and drizzle over the salad. Serve with chicken drumsticks.

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



**CHICKEN NUGGETS**



**ROASTED CAULIFLOWER & BARLEY SALAD**



# PANTRY PASTA

THURSDAY



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

## Ingredients

- ▲ 240g spaghetti  
Try wholegrain for a healthier and heartier pasta option
- ▲ 2 teaspoons 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  
Purchasing canned food? Aim for reduced-salt when possible.
- ▲ 2 x 400g cans brown lentils no-added-salt, drained & rinsed  
Extra lentils and vegies are a great option to make a cheaper, healthier, and more filling meal
- ▲ 4 teaspoons dried mixed herbs
- ▲ pepper, to taste
- ▲ 2 tablespoons Parmesan cheese, grated

## 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.

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



**MAC & CHEESE BAKE**



**SPAGHETTI BOLOGNESE**

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# QUICK TUNA COUSCOUS SALAD



FRIDAY

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

## Ingredients

- ▲ 2 cups couscous  
If you can't find couscous, brown rice is a great alternative.
  - ▲ 2 cups boiling water
  - ▲ 1 lemon
  - ▲ 1 ½ cups frozen corn kernels
  - ▲ 1 ½ cups frozen peas
  - ▲ 2 cups baby spinach leaves
  - ▲ 2 tomatoes
  - ▲ 360g tinned tuna  
Use flavoured tuna to add extra zing.
- Frozen veg is a quick and healthy option to have on hand.

## Method

1. Juice the lemon and defrost the peas and corn
2. Place couscous in a medium, heat-proof bowl, pour over boiling water. Cover with a lid or plate and set aside for 3 minutes.
3. Fluff couscous with a fork to separate grains and stir through lemon juice.
4. Combine all ingredients and serve straight away.

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**RAINBOW SALAD**



**CREAMY TUNA PASTA WITH VEGIES**



# LAMB SHANKS WITH MASH

SATURDAY



**Servings:** 4    **Prep time:** 15 minutes    **Cook time:** 180 minutes

## Ingredients

- ▲ 2 lamb shanks
- ▲ pepper
- ▲ 2 tablespoons plain flour
- ▲ oil spray
- ▲ 2 onions, chopped
- ▲ 8 garlic cloves, finely chopped
- ▲ 2 celery stalks, chopped
- ▲ 2 carrots, chopped
- ▲ 20 mushrooms, chopped
- ▲ 2 x 400g cans diced tomatoes (no-added-salt)
- ▲ 2 tablespoons Worcestershire sauce
- ▲ 2 tablespoons dried rosemary
- ▲ 2 tablespoons plum jam
- ▲ 2 teaspoons vegetable stock powder (salt-reduced)
- ▲ 4 potatoes, chopped
- ▲ 60mL reduced-fat milk

## Method

1. Preheat oven to 160°C.
2. Toss lamb with flour and pepper in a plastic bag.
3. Heat oil in a large non-stick frypan. Shake extra flour off lamb and pan-fry until brown on all sides (about 5 minutes) and place in a large casserole dish (best if dish has a lid).
4. Add all vegetables except tomatoes and potatoes to the frypan and cook for 5 minutes, stirring often until they begin to colour slightly.
5. Add the tomatoes, Worcestershire sauce, rosemary, jam, 2 cups water, stock powder and leftover flour from the plastic bag. Stir well and bring to the boil.
6. Pour vegetable mixture over the lamb, cover with a lid or foil and bake in the oven for at least 2 hours (longer is better). Remove the casserole a couple of times during cooking, and ladle the sauce over the top of the meat to baste. After 2 ½ to 3 hours the meat should fall off the bone.
7. To prepare mash, microwave or boil potatoes until a fork goes easily into the pieces. Add milk and pepper and mash well with a fork or potato masher until you get the texture you like.

## Not quite right for your family?

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



CREAMY VEGETABLE CURRY



ROAST LAMB WITH PEARS

**LIVELIGHTER**  <sup>®</sup>

# CHICKPEA CURRY



SUNDAY

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

## Ingredients

- ▲ 1½ cups uncooked rice  
Brown rice is best for a higher fibre and more filling meal.
- ▲ 1 teaspoon canola oil
- ▲ 1 onion, chopped
- ▲ 3 cloves garlic, finely chopped
- ▲ 1 tablespoon ground cumin
- ▲ 1 tablespoon ground coriander
- ▲ 1 tablespoon curry powder
- ▲ 2 x 400g cans chickpeas, rinsed and drained
- ▲ ½ zucchini, chopped
- ▲ 3 carrots, chopped
- ▲ 1 cup frozen green beans
- ▲ 400g can no-added-salt crushed tomatoes
- ▲ 165g reduced-fat coconut milk

## Method

1. Cook rice according to packet instructions.
2. Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes.
3. Add the rest of the ingredients and simmer with the lid off for 15-20 minutes.
4. Serve with rice.

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**SWEET POTATO & LENTIL SOUP**



**POTATO & PEA CURRY**



# HEARTY AND HEALTHY SHOPPING LIST

## Fresh fruit and veg

- ☐ 1 avocado
- ☐ 270g baby spinach leaves
- ☐ 70g mixed salad leaves
- ☐ 8 lettuce leaves
- ☐ 9 carrots
- ☐ 4 celery stalks
- ☐ ½ cucumber
- ☐ 19 cloves garlic
- ☐ 2 tsp fresh ginger
- ☐ 2 tbs lemon juice
- ☐ 2 lemons
- ☐ 2 capsicums
- ☐ 20 mushrooms
- ☐ 4 potatoes
- ☐ 7 onions
- ☐ 1kg sweet potato
- ☐ 6 tomatoes
- ☐ 1 zucchini

## Bakery

- ☐ 4 wholemeal or grainy rolls

## Dairy

- ☐ 60mL reduced-fat milk
- ☐ 2 tbs Parmesan cheese

## Meat and eggs

- ☐ 400g lean beef mince
- ☐ 8 chicken drumsticks
- ☐ 2 eggs
- ☐ 400g firm white fish fillets
- ☐ 2 lamb shanks

## Frozen

- ☐ 1 ½ cups frozen corn kernels (400g)
- ☐ 1 cup frozen green beans (120g)
- ☐ 1 ½ cups frozen peas (200g)

## Pantry

- ☐ 3 tsp oil
- ☐ olive/canola oil spray
- ☐ 200g breadcrumbs
- ☐ ⅓ cup plain flour
- ☐ 2 tbs sugar
- ☐ 2 ⅓ cups brown rice (500g)
- ☐ 2 cups couscous
- ☐ 2 tbs sultanas
- ☐ 240g spaghetti
- ☐ 8 slices canned beetroot
- ☐ 2 x 400g cans no-added-salt chickpeas
- ☐ 5 x 400g cans no-added-salt diced tomatoes
- ☐ 360g can tuna
- ☐ 165g can reduced-fat coconut milk
- ☐ 2 x 400g cans no-added-salt brown lentils

## Spices and sauces

- ☐ 1 tbs curry powder
- ☐ 1 tbs ground coriander
- ☐ 1 tbs ground cumin
- ☐ 1 ½ tbs dried mixed herbs
- ☐ 2 tbs dried rosemary
- ☐ pepper
- ☐ 2 tsp reduced-salt vegetable stock powder
- ☐ 160mL reduced-salt soy sauce
- ☐ 2 tbs plum jam
- ☐ 4 tbs tomato sauce
- ☐ 2 ½ tbs worcestershire sauce

For more healthy recipes visit [livelighter.com.au/recipe](https://livelighter.com.au/recipe)