



MOROCCAN-SPICED HALOUMI TRAY BAKE

Prep: 15 min
Cook: 40 min
Servings: 4

Ingredients

- ▲ 2 tsp smoked paprika
- ▲ 2 tsp ground cumin
- ▲ 2 tsp ground coriander
- ▲ ½ tsp ground cinnamon, optional
- ▲ 1 onion, diced
- ▲ 3 cloves garlic, finely chopped
- ▲ 1 capsicum, chopped
- ▲ 1 eggplant, diced into 2 cm pieces
- ▲ 1 tbs olive oil
- ▲ 700 g passata (tomato puree)
- ▲ 1 x 400 g can no-added-salt chickpeas, drained and rinsed
- ▲ 180 g salt-reduced haloumi, sliced
- ▲ 1 cup couscous

Method

1. Pre-heat oven to 220°C (200°C fan forced).
2. Mix spices together in a small dish.
3. Place cut vegetables in a deep baking tray, drizzle with oil, sprinkle with half the spice mix and toss to coat.
4. Bake for 20-25 minutes high up in the oven, where it's hottest.
5. Remove from the oven, add passata, remaining spice mix and chickpeas. Mix well. Top with haloumi slices.
6. Bake for another 20-25 minutes, until passata has thickened and vegies are cooked.
7. Prepare couscous according to packet instructions and serve.

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'ROO'-SONI SALAD

Prep: 10 min

Cook: 45 min

Servings: 4

Ingredients

- ▲ 250 g punnet cherry tomatoes, halved
- ▲ 2 red capsicums, chopped into 2-3 cm pieces
- ▲ 500 mL salt-reduced chicken stock
- ▲ olive or canola oil spray
- ▲ 1 large red onion, diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 cup risoni (rice-shaped pasta)
- ▲ pepper, to taste
- ▲ 1 Lebanese cucumber, diced
- ▲ 150 g rocket or baby spinach
- ▲ 2 tsp paprika
- ▲ 2 tsp ground cumin
- ▲ 1 tsp cayenne pepper
- ▲ 400 g kangaroo meat

Method

1. Preheat oven to 220°C (200°C fan forced).
2. Place tomatoes and capsicum in a single layer on an oven tray lined with baking

paper. Roast for 20-25 minutes and set aside.

3. Heat chicken stock in a covered, medium-sized saucepan.
4. Spray a large non-stick frypan with oil and place on high heat. Add onion to the pan and cook for 3 minutes until softened, stirring often. Add garlic, risoni and pepper and cook for 1 minute.
5. Pour risoni mixture into hot stock, stir well and cover. Simmer for 15 minutes or until all liquid is absorbed and risoni is tender.
6. Remove from heat, uncover and cool thoroughly. Stir through cucumber and rocket just prior to serving.
7. Preheat chargrill or barbeque grill.
8. Combine spices in a large bowl. Add kangaroo and stir to coat in the spice mix.
9. Grill kangaroo for 3-4 minutes on each side, until juices are visible on the meat surface. Place meat on a plate, cover, and allow to rest for 5 minutes, then cut into thin slices.
10. Divide risoni salad between plates and top with kangaroo slices, roasted tomato and capsicum. Serve immediately.





PANTRY PASTA

Prep: 10 min

Cook: 15 min

Servings: 2

Ingredients

- ▲ 120 g spaghetti or other pasta
- ▲ 1 tsp oil
- ▲ 1 onion, chopped
- ▲ 2 cloves garlic, chopped
- ▲ 1 carrot, grated
- ▲ ¼ zucchini, grated
- ▲ 1 x 400 g can no-added-salt diced tomatoes
- ▲ 1 x 400 g can no-added-salt brown lentils
- ▲ 2 tsp dried mixed herbs
- ▲ pepper, to taste
- ▲ 1 tbs Parmesan cheese

Method

1. Cook pasta according to packet directions and drain.
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 to the pan. Turn up the heat and simmer for 5 minutes.
5. Divide pasta between serving bowls, ladle over the sauce and sprinkle with cheese.

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GRILLED FISH WITH SALSA

Prep: 10 min

Cook: 20 min

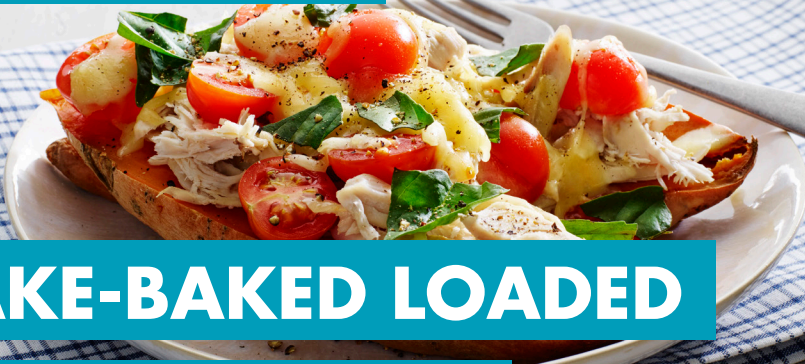
Servings: 4

Ingredients

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

Method

1. Place corn in a microwave-safe bowl with a tablespoon of water.
2. Microwave, covered, on HIGH (100%) for 4 minutes or until just tender.
3. In a medium bowl, combine tomatoes, cucumber, avocado, capsicum, onion, chilli, coriander and lime juice.
4. Heat a griddle or large non-stick pan on medium-high heat.
5. Lightly spray corn with oil and add to the pan. Cook for 5 minutes or until lightly charred, turning frequently. Set aside.
6. Lightly spray fish with oil and add to the grill. Cook for 2-3 minutes each side or until brown and cooked through.
7. Serve fish with corn, salad and lime wedges.



FAKE-BAKED LOADED SWEET POTATO

Prep: 10 min

Cook: 12 min

Servings: 4

Ingredients

- ▲ 4 sweet potatoes
- ▲ 1 cup reduced-fat mozzarella cheese, grated
- ▲ 300 g cooked or BBQ chicken breast, sliced or shredded
- ▲ 250 g cherry tomatoes, halved
- ▲ 1 cup basil leaves
- ▲ pepper, to taste

Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.

2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes. Turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut sweet potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and pepper and serve.

Hint: Sweet potato cooking time may vary from 4-7 minutes per side, depending on the size and how many are in the microwave at once. If cooking 1 sweet potato, start with 3 minutes each side.

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SPANAKOPITA

Prep: 35 min + 10 min standing time

Cook: 40 min

Servings: 4

Ingredients

- ▲ 1 kg frozen spinach
- ▲ olive or canola oil spray
- ▲ 2 onions, finely chopped
- ▲ 4 cloves garlic, finely chopped
- ▲ 400 g reduced-fat smooth ricotta cheese
- ▲ 80 g reduced-fat feta cheese
- ▲ 1 lemon, zest and juice
- ▲ 4 eggs
- ▲ pepper, to taste
- ▲ 8 sheet filo pastry
- ▲ 1 tbs sesame seeds

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Defrost the spinach in the microwave in two batches. Place spinach in a large microwave safe bowl, cover and cook on HIGH for 4 min until defrosted. Repeat with the second batch. Squeeze out excess moisture by pressing spinach in a sieve or colander, or wrapping in a clean tea towel and wringing out.
3. Meanwhile, place a small non-stick pan on medium-high heat and spray with oil. Cook onion for 5 minutes, stirring occasionally, then add garlic and cook for a further minute. Allow to cool a little.
4. Combine the onion and garlic mixture with the spinach, ricotta, feta, lemon zest, eggs and pepper.
5. Place a filo sheet on a flat surface and spray with oil. Layer three more filo sheets on top of each other, spraying lightly with oil between layers.
6. Lightly spray a deep baking pan with oil. Transfer the pastry stack into the baking pan, allowing it to hang over the edges. Depending on the size of your pan, you may have to fold the filo in half so that it fits.
7. Spoon spinach mixture onto filo and smooth over the top with a butter knife.
8. Make a second pastry stack using remaining filo sheets (use a light spray of oil between each layer) and place on top of the spinach filling. Again, you may have to fold the filo in half so it fits. Fold over the edges of excess pastry together neatly.
9. Lightly spray the top with oil and sprinkle over sesame seeds.
10. Bake for 30-40 minutes until golden and crispy. If the top is browning too quickly, cover with foil while cooking.
11. Allow to stand for at least 10 minutes before cutting. Serve warm or cold.





COCO-MANGO CHIA PUDDING

Prep: 5 min + 2 hours
setting time
Servings: 4

Ingredients

- ▲ 1 tbs maple syrup or golden syrup
- ▲ 1 ½ cups unsweetened UHT coconut milk (tetra-packed from the long life milk section of the supermarket, not the canned kind)
- ▲ ⅓ cup chia seeds
- ▲ 2 tsp desiccated coconut
- ▲ 1 mango, diced

Method

1. Place maple syrup in a 500 mL capacity jar or container with a lid that seals. Pour in some of the milk and shake to dissolve the syrup.
2. Add remaining milk, chia seeds and half the coconut. Shake and pour into 4 small serving glasses. Cover and refrigerate for at least 2 hours or overnight.
3. Serve chilled, topped with diced mango and sprinkled with remaining coconut.

Variations

- ▲ This recipe works with any milk or milk alternative (e.g. soy or almond milk).
- ▲ Replace mango with other fruit like sliced bananas, tinned peaches or berries.
- ▲ Add 2 teaspoons cocoa for a chocolatey taste.
- ▲ For chai flavoured puddings, add a teaspoon of ground cinnamon plus a pinch of cardamom and cloves.

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BLUEBERRY AND BANANA BREAD

Prep: 15 min

Cook: 60 min

Servings: 9

Ingredients

- ▲ olive or canola oil spray
- ▲ 4 ripe bananas, peeled
- ▲ ¼ cup sugar
- ▲ ½ cup reduced-fat milk
- ▲ 2 eggs
- ▲ 1 cup white self-raising flour
- ▲ 1 cup wholemeal self-raising flour
- ▲ 1 tsp ground cinnamon
- ▲ 1 cup frozen blueberries

Method

1. Preheat oven to 220°C (200°C fan forced).
2. Spray a 20 x 10 cm loaf tin with oil; line base and sides with baking paper.
3. Reserve one banana for presentation and mash remaining 3 bananas in a large bowl.
4. Add sugar, milk and eggs and mix with a fork until well combined.
5. 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.
6. Spoon mixture into prepared loaf tin and smooth the surface. Slice remaining banana thinly and layer on top of the loaf.
7. Bake for 35-40 minutes then cover with foil and bake for a further 20 minutes. The centre of the loaf should be moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack.
8. Cut into 1 cm slices and toast before serving, if desired.