

Superfood Breakfast



Details		Nutritional details per serve	
Serves :	1	Calories:	277
Total Preparation Time:	5 minutes.	Fat:	3.2
Region:	Swiss	Protein:	20.1
Gluten Free:	No	Carbohydrates:	40.1
Vegetarian:	Yes	Fibre:	2.9
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Heat the pan over a medium heat, spray two bursts of the cooking oil spray then add the oats and soy flakes, and cook 45 seconds stirring all the time to begin toasting the oats. 2. Add the mixed dried fruits and stir continuously for another minute to heat through. 3. Serve hot or cold, scattered, sprinkled or stirred into Greek yogurt. <p>Alternative serving suggestion: Make into hot fruit porridge by mixing 1 portion of Anytime Breakfast with 100mls water: - Microwave: pour into a bowl and microwave on high power for 2 minutes, stirring after 1 minute. Stand 1 minute, pour into a dish and enjoy with Greek yogurt. - Hob: pour into a saucepan and cook over medium heat stirring continuously till thick and creamy. Pour into a dish and enjoy with Greek yogurt.</p> <p>This recipe can be prepared the day before or made in bulk in advance to store in an airtight container in a cool dark place for up to 2 weeks.</p> <p>Take a bag of Superfood Breakfast with you to work or on picnics as a quick nutritional meal with a tub of Greek yogurt.</p>			

Quantity	Ingredient
20 grams	oats, wholegrain, rolled
5 grams	dried cranberries
5 grams	dried apricots
5 grams	sultanas
5 grams	cereal, soy flakes (or grits)
225 grams	greek yogurt, low fat
1 pump	cooking oil spray

Steak Shish Kebabs



Details		Nutritional details per serve	
Serves :	1	Calories:	298
Total Preparation Time:	10 minutes	Fat:	7.7
Region :	Middle East	Protein:	34.4
Gluten Free:	Yes	Carbohydrates:	24.1
Vegetarian:	No	Fibre:	5.2
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Dice the steak. 2. Cut the vegetables and pineapple into large chunks. 3. Thread the beef, vegetables and pineapple alternately onto the skewers. 4. Brush the teriyaki marinade over the skewers and grill over a hot BBQ or under a hot grill plate turning frequently until cooked through. <p>For gluten free, check the brand of teriyaki marinade you are using is gluten free. You can eat this meal as it is or serve with a small side salad.</p>			

Quantity	Ingredient
10 grams	teriyaki marinade
100 grams	mushrooms, common
100 grams	pineapple
0.5 (approx 160g each)	green capsicums (peppers), large
0.5	zucchini (courgettes), medium (approx 196g each)
150 grams	beef, steak, rump, lean
6	cherry tomatoes, small (approx 10g each)

Bircher Muesli with Yogurt



Details		Nutritional details per serve	
Serves :	1	Calories:	321
Total Preparation Time:	5 minutes.	Fat:	5.7
Region :	Australian	Protein:	21.7
Gluten Free:	No	Carbohydrates:	41.3
Vegetarian:	Yes	Fibre:	5.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Add 30g muesli to bowl 2. Chop strawberries into small pieces and add to muesli 3. Top with yoghurt 4. Stir protein powder into milk and add to cereal The muesli can be substituted for another type if preferred as long as the fat content and carbohydrate content match that of the Morning Sun Muesli.			

Quantity	Ingredient
13 grams	natural whey protein powder
30 grams	muesli, morning sun, apricot & almond
100 grams	yoghurt, Vaalia, low fat, french vanilla
70 grams	strawberries
60 mLs	milk, full cream

Ocean Trout with Bok Choy & Brown Basmati Rice



Details		Nutritional details per serve	
Serves :	1	Calories:	363
Total Preparation Time:	15 minutes.	Fat:	13.2
Region :	Western	Protein:	27.9
Gluten Free:	Yes	Carbohydrates:	30.9
Vegetarian:	No	Fibre:	0.8
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Combine the tamari sauce, star anise, sambal and honey with 250mls (per serve) of water in a medium saucepan. Place over high heat and bring to the boil. 2. Cut the Bok Choy into halves and place into the boiling broth until just wilted, remove and keep warm. 3. Keep the stock to one side. 4. Meanwhile, preheat a sandwich grill to high heat and brush the fish with the sesame oil. 5. Place the fish into the sandwich grill and cook for approximately 4 minutes or until the fish is cooked through and flakes easily. 6. Cook the 2-minute microwave rice according to packet instructions. 7. Transfer the bok choy onto a serving plate, top with the trout and drizzle over spoonfuls of the broth. 8. Transfer the rice to the serving plate and serve immediately.			

Quantity	Ingredient
60 grams	rice, brown basmati, 2-minute microwave
100 grams	trout, ocean fresh
200 grams	bok choy
5 grams	sambal oelek
1	star anise
15 mls	tamari (wheat-free soy sauce)
1 tsp	honey, clear & runny
5 mls	sesame oil

Italian Chicken Napoli



Details		Nutritional details per serve	
Serves :	1	Calories:	306
Total Preparation Time:	15 minutes	Fat:	5.2
Region:	Italian	Protein:	35.3
Gluten Free:	No	Carbohydrates:	26.6
Vegetarian:	No	Fibre:	0.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Place the Italian dressing into a zip-lock bag with the chicken breast and marinate in the fridge for 30 minutes (if you have time, if not simply coat the breast with the dressing using a brush). 2. Pre-heat a sandwich grill to medium-high and fill a medium saucepan with water and bring to the boil over high heat. 3. Place the chicken breast in the sandwich grill and cook for approximately 6-8 minutes or until cooked through. 4. Meanwhile, place the fettuccine into the boiling water and heat the pasta sauce in small pan. Both should be ready in approximately 2-3 minutes. 5. Rinse the spinach leaves and transfer to a serving plate and top with fettuccine. 6. Place the chicken breast on top of the fettuccine, drizzle with the pasta sauce and sprinkle with parmesan cheese. 			

Quantity	Ingredient
0.5 Tbsp	cheese, parmesan, grated
20 grams	baby spinach leaves
60 grams	fettuccine, fresh tri-color
120 grams	chicken breast fillets, skinless and boneless
30 mls	italian dressing, fat free
100 grams	pasta sauce, tomato, jar

Smoked Salmon and Avocado Corn Thins



Details		Nutritional details per serve	
Serves :	1	Calories:	221
Total preparation time:	Up to 5 minutes.	Fat:	7.7
Region:	Western	Protein:	19.9
Gluten Free:	Yes	Carbohydrates:	17.5
Vegetarian:	No	Fibre:	2.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none"> 1. Spread the avocado over the corn thins. 2. Top with rocket leaves and smoked salmon. 3. Season with freshly ground black pepper according to taste. <p>Chef's suggestion: For gluten-free, check the brand of corn thins is gluten-free or substitute with gluten-free crisp bread.</p>			

Ingredients	
1 pinch	black pepper
3	corn thins (approx 6g each)
75 grams	smoked salmon slices
1 cups	rocket leaves
0.25 (approx 180g each)	ripe avocados, small

Mediterranean Beef & Lentil Soup



Details		Nutritional details per serve	
Serves:	1	Calories:	344
Total Preparation Time:	35 minutes	Fat:	6.4
Region :	Mediterranean	Protein:	31.1
Gluten Free:	Yes	Carbohydrates:	40.9
Vegetarian:	No	Fibre:	5.2
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions:			
<ol style="list-style-type: none"> 1. Place Lentils in a pot for cooking on the stove. 2. Fill pot with water until water level is about 1 inch above the lentils. 3. Bring to the boil & cook for about 5 minutes. 4. Add tomato paste and diced tomatoes and cook for approximately 2 minutes. 5. Meanwhile, dice onions and add to a separate pot sprayed with cooking oil spray, sautee onion & garlic on medium heat until caramelised. 6. Dice beef and add to the garlic and onion mixture and sautee until beef is slightly brown. 7. Dice celery, carrot and zucchini and add to the lentils along with the diced beef mixture. Cook for a further 15-20 minutes or until mixture has a semi-thick consistency. 			

Quantity	Ingredient
1	celery stalks (approx 30 grams each)
1 tsp	garlic, minced
0.5	carrots, small (approx 100g each)
85 grams	tinned tomatoes, chopped
1	brown onions, small (approx 60g each)
1 pinch	black pepper
100 grams	beef, steak, rump, lean
1 pinch	sea salt
1 pump	cooking oil spray
20 grams	tomato paste
0.75	zucchini (courgettes), medium (approx 196g each)
100 grams	brown lentils, canned and drained

Fruit Salad with Cottage Cheese



Details		Nutritional details per serve	
Serves :	1	Calories:	220
Total Preparation Time:	5 minutes.	Fat:	1.0
Region :	Western	Protein:	16.5
Gluten Free:	Yes	Carbohydrates:	37.2
Vegetarian:	Yes	Fibre:	3.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Spoon the cottage cheese into a mound in the centre of a low set bowl or plate. 2. Slice the banana, chop the apple and halve the grapes; then arrange the fruit around the edge of the cottage cheese. <p>Chef's suggestions: Try pear instead of apple and any berries in place of the grapes.- This dish tastes great with a sprinkle of cinnamon on top too.</p>			

Quantity	Ingredient
0.25	apple
25 grams	green seedless grapes
1	banana
150 grams	cheese, cottage, low-fat

Barramundi with Thai Style Dressing



Details		Nutritional details per serve	
Serves :	1	Calories:	202
Total Preparation Time:	10 minutes	Fat:	2.5
Region :	Australian	Protein:	26.6
Gluten Free:	Yes	Carbohydrates:	15.7
Vegetarian:	No	Fibre:	1.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none"> 1. Thinly slice the spring onions and chilli, then toss together in a bowl with the sprouts, mint leaves and coriander leaves. 2. Heat a medium sized non-stick pan over medium-high heat, spray lightly with cooking oil spray and cook the barramundi approximately 3 minutes each side or until cooked through. 3. Meanwhile, crush the palm sugar and place in jar with the lime juice and oyster sauce; place the lid on and shake to combine ingredients. 4. Transfer the cooked fish onto a serving plate, top with the salad and drizzle the dressing over the top. <p>For gluten free, ensure the brand of oyster sauce is gluten free.</p>			

Quantity	Ingredient
3 sprigs	fresh mint leaves
2 sprigs	fresh coriander
20 mls	lime juice, bottled
10 grams	palm sugar
20 grams	snow pea sprouts
5 grams	oyster sauce
130 grams	barramundi fillets
1	spring onions
1 pump	cooking oil spray
0.5	fresh red chillies

Turkey Bacon & Mushroom Omelette



Details		Nutritional details per serve	
Serves :	1	Calories:	237
Total Preparation Time:	8 minutes	Fat:	14.3
Region:	Australian	Protein:	24.5
Gluten Free:	Yes	Carbohydrates:	2.5
Vegetarian:	No	Fibre:	0.4
Dairy Free:	No		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Heat a 20cm non-stick frying pan on medium heat. 2. Spray lightly with cooking oil spray. 3. Finely dice the bacon, turkey, mushroom and tomatoes; add to the frying pan. 4. Sauté until bacon is cooked, then remove from pan and set aside. 5. Whisk eggs, add chives and season with salt and pepper to taste; pour eggs into pan. 6. Allow to set slightly, then pull cooked egg towards centre with a heatproof spatula, tilting pan to allow uncooked egg to run out to the edge of the pan. 7. Continue cooking for about 1-2 minutes, until omelette is set. 8. Spoon turkey and bacon mixture over half of the omelette and sprinkle with tasty cheese and fold in half. (repeat if cooking more than one serve) 9. Allow to set for 30 to 60 seconds then serve. 			
This recipe is courtesy of Lenard's Chickens www.lenards.com.au			

Quantity	Ingredient
1 sprigs	fresh chives
1 pinch	sea salt
1 pinch	black pepper
20 grams	back bacon, extra lean, thinly sliced
15 grams	mushrooms, common
10 grams	cheese, cheddar, reduced fat, grated
20 grams	turkey breast slices, roasted
2 pump	cooking oil spray
2	eggs, large (approx 50g each)
1	cherry tomatoes, small (approx 10g each)

Soft Egg and Salsa Taco



Details		Nutritional details per serve	
Serves :	1	Calories:	346
Total Preparation Time:	8 minutes	Fat:	20.2
Region:	Mexican	Protein:	17.2
Gluten Free:	No	Carbohydrates:	22.4
Vegetarian:	Yes	Fibre:	5.1
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<p>1. For the salsa, chop the tomato, chilli, half the coriander and combine with half of the oil. Add Tabasco if desired, and season to taste with salt and pepper.</p> <p>2. Wrap the tortilla in paper towel, place on a plate and microwave on high for 30 seconds. Turn and heat for a further 30 seconds. Or heat in the oven according to packet directions.</p> <p>3. Lightly whisk the eggs with the cream and remaining chopped coriander. Season. Heat remaining oil in a large pan over medium-high heat, pour in eggs and, using a wooden spoon, fold for 2 minutes until scrambled and almost set. Remove from the heat.</p> <p>4. Working with one tortilla at a time (if making more than once serve, keep the rest covered as you work), spoon some egg down the centre, top with salsa and fold over the sides to enclose. Secure with a paper napkin if desired, and serve with any remaining salsa on the side.</p>			

Quantity	Ingredient
3 sprigs	fresh coriander
5 mls	extra virgin olive oil
1 pinch	black pepper
0.25	fresh red chillies
1	tortillas, wholemeal flour, medium (approx 40g each)
0.5	tomato
1 pinch	sea salt
0.25 tsp	tabasco
15 mls	cream, fresh, half fat
2	eggs, large

Lamb & Rosemary with White Bean Puree

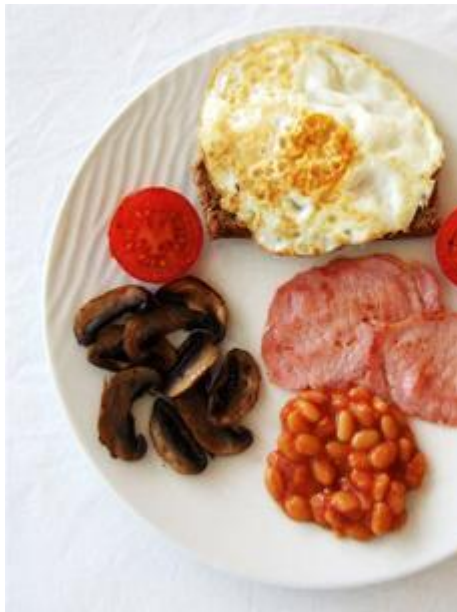


Details		Nutritional details per serve	
Serves :	1	Calories:	335
Total Preparation Time:	12 minutes	Fat:	8.1
Region :	Western	Protein:	35.6
Gluten Free:	Yes	Carbohydrates:	27.2
Vegetarian:	No	Fibre:	9.4
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<p>1. Place the lamb steak into a bowl along with the rosemary leaves and ground coriander, season to taste with sea salt. Ensure the steak is evenly coated, cover and refrigerate for 30 minutes (if you have time, otherwise just refrigerate whilst you prepare the bean puree and salad).</p> <p>2. Make the bean puree by placing the beans, garlic, lemon juice, salt and pepper (to taste) in a food processor and blend until smooth; transfer to a serving plate.</p> <p>3. Thinly slice the capsicum and toss with the mixed salad leaves; transfer to the serving plate and drizzle with balsamic vinegar.</p> <p>4. Lightly spray a non-stick frying pan with cooking oil spray and heat over high heat. Add the lamb steak and cook for 1-2 minutes each side, or until cooked to your preference; transfer to the serving plate and eat immediately.</p> <p>This is a great dish to serve at a BBQ; the puree and salads can be prepared and refrigerated ahead of time and the marinated lamb steaks can be cooked on a hot BBQ grill.</p>			

Quantity	Ingredient
1 pinch	black pepper
2 cups	mixed salad leaves
0.5 tsp	garlic, minced
0.25 tsp	ground coriander
20 mls	lemon juice, bottled
10 mls	balsamic vinegar
1 pinch	salt

120 grams	tinned cannellini beans (drained weight)
2 sprig	fresh rosemary leaves
125 grams	lamb, steak, lean
0.5 (approx 160g each)	red capsicums (peppers), large

Light English Cooked Breakfast



Details		Nutritional details per serve	
Serves :	1	Calories:	313
Total Preparation Time:	10 minutes	Fat:	11.0
Region :	British	Protein:	23.8
Gluten Free:	No	Carbohydrates:	27.6
Vegetarian:	No	Fibre:	7.2
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			

1. Arrange the mushrooms on a non-stick frying pan that has been sprayed with cooking oil spray and cook over a medium-high heat until the undersides are golden.
 2. Turn over and cook the other side then remove the mushrooms from the frying pan onto a warm serving plate.
 3. Spray the frying pan again and add the bacon and tomato halves and cook until the bacon is golden and tomato softened.
 4. Remove to the serving plate.
 5. Put the bread in the toaster and put the beans in a microwaveable dish to heat through; 1.5 minutes on High (you will need to increase this time by approximately 30-45 seconds per additional serving).
 6. Meanwhile, spray the frying pan again and break the egg into the frying pan.
 7. Leave until the underside is golden and then carefully, using a wide spatula, flip the egg over and cook the other side for approximately 30 seconds.
 8. Put the toast on the serving plate, put the cooked egg on top and spoon the baked beans onto the plate.
- If you don't have a warmed plate, heat the bacon/mushrooms/tomato on the plate in the microwave for 30 seconds on medium before adding the toast, eggs and beans to the plate to serve.

Quantity	Ingredient
60 grams	baked beans in tomato sauce
2	flat mushrooms, large (approx 25g each)
40 grams	back bacon, extra lean, thinly sliced
1	eggs, large (approx 50g each)
1	tomatoes, small (approx 100g each)
1 slices	bread, wholemeal (approx 40g each)
3 pump	cooking oil spray

Tuna and Green Bean Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	351
Total Preparation Time:	10 minutes	Fat:	5.7
Region :	Western	Protein:	33.2
Gluten Free:	Yes	Carbohydrates:	37.9
Vegetarian:	No	Fibre:	13.8
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Trim the green beans and cook in a saucepan of lightly salted boiling water for 4-5 minutes until tender. Drain and refresh under cold water.			
2. Meanwhile, drain all the tinned beans and mix together with the herbs (chopped) in a large bowl.			
3. Finely chop the shallot and anchovy fillet and whisk together in a separate bowl with the remaining dressing ingredients (Dijon mustard, vinegar, olive oil) and 1 tsp of water (per serving).			
4. Mix two-thirds of the dressing into the tinned bean mixture.			
5. Arrange the green beans onto a serving plate and drizzle on the remaining dressing.			
6. Spoon the dressed tinned bean mixture in a mound on top of the green beans. Top with the drained, flaked tuna and arrange the halved cherry tomatoes around the base of the salad.			

Quantity	Ingredient
3	cherry tomatoes, small (approx 10g each)
5 mls	extra virgin olive oil
100 grams	tinned flageolet beans (drained weight)
70 grams	tuna in spring water (drained weight)
3 tsp	dijon mustard
0.5	anchovy fillets (approx 5g each)
100 grams	fine green beans
1 Tbsp	mixed fresh herbs (parsley, basil, chives)
0.5	shallots (approx 10g each)
100 grams	tinned cannellini beans (drained weight)
10 mls	white wine vinegar

Bobotie



Details		Nutritional details per serve	
Serves :	1	Calories:	418
Total Preparation Time:	60 minutes	Fat:	13.7
Region :	African	Protein:	22.9
Gluten Free:	No	Carbohydrates:	49.6
Vegetarian:	No	Fibre:	6.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Preheat the oven to 170°C/325°F/Gas Mark 3. 2. Beat the skim milk and egg together and put to one side. 3. Chop the onion and grate the apple, then mix together with the turkey mince all the other ingredients (except the milk and egg) and season well with sea salt and freshly ground black pepper. 4. Put the turkey mixture into an oiled oven proof dish and pour over the egg and milk mixture. 5. Put the dish into a deep roasting tin of warm water coming half way up the side of the dish (this is called a water bath). Cover and put into the middle of the oven to bake for 45 minutes to an hour. 6. Transfer to a serving plate and serve with a fresh side salad (if desired). <p>You can also eat this dish cold in a sandwich or with salad for a light lunch.</p>			

Quantity	Ingredient
110 grams	turkey mince, lean
10 grams	cereal, oat flakes
5 grams	almonds, flaked
0.25 tsp	dried mixed herbs
1	brown onion, small
1 pinch	black pepper
30 mls	milk, skim
0.5 tsp	garlic, minced
1 tsp	mild curry powder
0.5	eggs, large
15 grams	raisins
1	apple