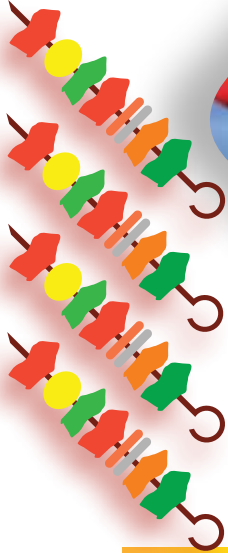


Main Meals



↓saturated fat ↓sugar

TERIYAKI TOFU KEBABS



NUTRITION INFO	per serve	per 100g
Energy	450 kJ	302 kJ
Protein	6.0g	4.1g
Total fat	5.3g	3.5g
Saturated fat	0.7g	0.5g
Sugar	5.8g	4.0g
Sodium	207mg	140mg
Fibre	2.2g	1.5g

STORAGE:



FREEZING:



REHEATING:



METHOD

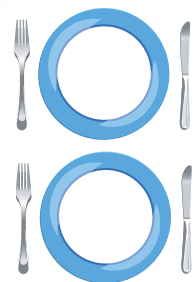
- 1 Presoak bamboo skewers in water for 10 minutes (to avoid burning during cooking).
- 2 Thread each skewer, alternating zucchini, tofu, mushroom, capsicum and pineapple to achieve a mixture.
- 3 Place prepared kebabs in a rectangular dish, then pour marinade over them and refrigerate for 20 minutes.
- 4 Spray a fry pan with canola oil and bring to a medium heat.
- 5 Place the kebabs in the fry pan and cook for 10–15 minutes – turning them every minute or so to ensure even cooking – or until browned.

TERIYAKI TOFU KEBABS INGREDIENTS

- ◆ 4 bamboo skewers
- ◆ 4 button mushrooms (fresh or canned – sliced)
- ◆ 1 zucchini (thickly sliced)
- ◆ 150g firm tofu (cut into 8 chunks)
- ◆ 1 red capsicum (cut into chunks)
- ◆ 1/2 cup (can) pineapple pieces (drained)
- ◆ 100ml teriyaki marinade (from bottle)
- ◆ canola oil cooking spray

↓saturated fat ↓sugar ↑fibre ↑protein

CHICKEN AND VEGETABLE asian STIRFRY



TIP
Alternative
is to use tofu or
300g beef (cut into
strips) instead
of chicken

G.I.
57
MID

NUTRITION INFO	per serve	per 100g
Energy	2700 kJ	470 kJ
Protein	29g	5.0g
Total fat	32g	5.7g
Saturated fat	4.9g	0.9g
Sugar	18.5g	3.3g
Sodium	1770mg	310mg
Fibre	7.5g	1.3g

CHICKEN AND VEGETABLE asian STIRFRY ingredients

- 300g chicken thigh ◆
(skin and fat removed)
- 1 medium onion (sliced) ◆
- 1 carrot (sliced) ◆
- 1 cup broccoli (fesh or frozen) ◆
- 1/2 cup green beans (fresh or frozen) ◆
- 1/2 red capsicum (sliced) ◆
- 400g (jar) asian stirfry sauce ◆
- 2 teaspoons canola oil ◆
- 200g Hokkien noodles ◆

METHOD

- 1 Cut chicken into strips.
- 2 Heat oil in a fry pan over medium heat, add onion and stirfry until soft.
- 3 Add strips of chicken and stirfry sauce and cook until chicken pieces are white.
- 4 Add vegetables and noodles to the fry pan, stirring and simmering for 6–8 minutes.
- 5 Serve in a bowl.

*IT DOESN'T GET MUCH easier:
ADD INGREDIENTS TO a FRY PAN
... AND STIR!*

STORAGE:



FREEZING:



REHEATING:



↓fat ↓saturated fat ↑fibre ↑protein

SWEET AND SOUR PORK



NUTRITION INFO	per serve	per 100g
Energy	3600 kJ	716 kJ
Protein	29g	5.8g
Total fat	8.9g	1.7g
Saturated fat	1.9g	0.4g
Sugar	87g	17g
Sodium	1380mg	275mg
Fibre	5.0g	1.0g

G.I.
77
HIGH

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Cook 3/4 cup of rice (see notes on p 60).
- 2 Heat oil in a fry pan over a medium heat, and stirfry onion, garlic and ginger until soft.
- 3 Add the pork, continue stirring until it is golden and cooked-through.
- 4 Add stirfry sauce and vegetables to fry pan and simmer for 4 minutes.
- 5 Then add pineapple and juice to fry pan and simmer for an further 2 minutes.
- 6 Serve on a bed of cooked rice.

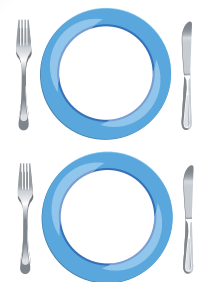
SWEET AND SOUR PORK INGREDIENTS

- ◆ 1 teaspoon canola oil
- ◆ 200g lean pork (remove fat – diced)
- ◆ 1/2 onion (chopped)
- ◆ 1 teaspoon minced garlic (from jar)
- ◆ 1 teaspoon crushed ginger (from jar)
- ◆ 250g frozen Asian stirfry vegetables
- ◆ 200g (can) pineapple pieces (drained)
- ◆ 1 jar sweet-and-sour stirfry sauce
- ◆ 3/4 cup rice (uncooked)

**HIGH IN ENERGY AND
EXCELLENT FOR WEIGHT GAIN!**

↓saturated fat ↓sugar ↑fibre ↑protein

BEEF STROGANOFF



G.I. 72*
HIGH

*G.I. DEPENDS ON WHICH RICE USED

NUTRITION INFO	per serve	per 100g
Energy	2670 kJ	582 kJ
Protein	40g	8.7g
Total fat	15.5g	3.4g
Saturated fat	3.2g	0.7g
Sugar	11.6g	2.5g
Sodium	704mg	154mg
Fibre	6.1g	1.3g

BEEF STROGANOFF

INGREDIENTS

- 1 tablespoon canola oil ◆
- 1 onion (sliced) ◆
- 1 teaspoon minced garlic (from jar) ◆
- 200g beef (sliced – remove fat before cooking) ◆
- 1 teaspoon ‘no added salt’ tomato paste ◆
- 1/2 beef stock cube ◆
(dissolved in 1/2 cup water)
- 110g (can) 4-bean-mix ◆
(drained and rinsed)
- 1/2 cup (can) mushroom pieces (drained) ◆
- 1 cup reduced-fat natural yoghurt ◆
- pepper to taste ◆
- 3/4 cup rice (uncooked) ◆

STORAGE:  FREEZING:  REHEATING:  

METHOD

- 1 Cook 3/4 cup of rice (see notes on p 60).
- 2 Heat oil in fry pan and stirfry onion and garlic until tender.
- 3 Add beef to fry pan and stirfry until browned.
- 4 Stir through tomato paste and beef stock.
- 5 Cover and simmer on low heat for 10 minutes.
- 6 Add beans and mushrooms, continuing to simmer until meat is tender.
- 7 Remove fry pan from heat and gently stir through yoghurt.
- 8 Serve on a bed of cooked rice.

**THE NATURAL YOGHURT
ADDS a CREAMY TOUCH!**

↓fat ↓saturated fat ↓sugar ↑fibre ↑protein

MOROCCAN LAMB



NUTRITION INFO	per serve	per 100g
Energy	2480 kJ	625 kJ
Protein	35.5g	8.9g
Total fat	11.5g	2.9g
Saturated fat	3.9g	1.0g
Sugar	7.8g	2.0g
Sodium	1060mg	267mg
Fibre	4.6g	1.1g

G.I. 72*
HIGH
*G.I. DEPENDS ON WHICH RICE USED

STORAGE: FREEZING: REHEATING:

MOROCCAN LAMB INGREDIENTS

METHOD

- 1 Cook 3/4 cup of rice (see notes on p 60).
- 2 Spray a fry pan with canola oil and bring to a medium heat.
- 3 Add the onion, capsicum, cumin and cinnamon and stirfry until tender.
- 4 Add the lamb and cook until browned, then reduce to a low heat.
- 5 In a bowl mix cornflour and lemon juice, stirring until smooth.
- 6 Add this cornflour mix, as well as the chickpeas and stock, to the fry pan.
- 7 Cook over low heat for about 15 minutes or until lamb is tender, then remove from heat and stir through the yoghurt.
- 8 Serve on a bed of cooked rice.

- ◆ 1 medium onion (chopped)
- ◆ 1/2 red capsicum (chopped)
- ◆ 1/2 teaspoon ground cumin
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 200g lean lamb (cubed – remove fat before cooking)
- ◆ 1 tablespoon cornflour
- ◆ 1 tablespoon lemon juice (from bottle)
- ◆ 2 vegetable stock cubes (dissolved in 2 cups water)
- ◆ 130g (can) chickpeas (drained and rinsed)
- ◆ 1/2 cup skim natural yoghurt
- ◆ canola oil cooking spray
- ◆ 3/4 cup rice (uncooked)

↓fat ↓saturated fat ↓sugar ↓salt ↑fibre ↑protein

Mexican Beef Mince



G.I.
25
LOW

NUTRITION INFO	per serve	per 100g
Energy	1160 kJ	382 kJ
Protein	24.6g	8.1g
Total fat	6.6g	2.2g
Saturated fat	1.6g	0.6g
Sugar	6.3g	2.1g
Sodium	316mg	104mg
Fibre	13.5g	2.2g

STORAGE:



FREEZING:



REHEATING:



Mexican Beef Mince

Ingredients

- 100g lean beef mince ◆
- 1/2 medium onion (chopped) ◆
- 1/2 teaspoon minced garlic (from jar) ◆
- 1/2 carrot (chopped) ◆
- 1/2 celery stick (chopped) ◆
- 200g (can) diced tomatoes ◆
(no added salt)
- 200g (can) kidney beans ◆
(drained and rinsed)
- 1/2 beef stock cube ◆
(dissolved in 1/2 cup water)
- 1 teaspoon chilli powder (optional) ◆
- canola oil cooking spray ◆

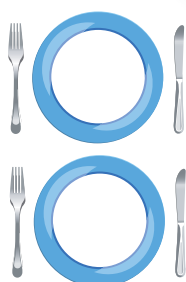
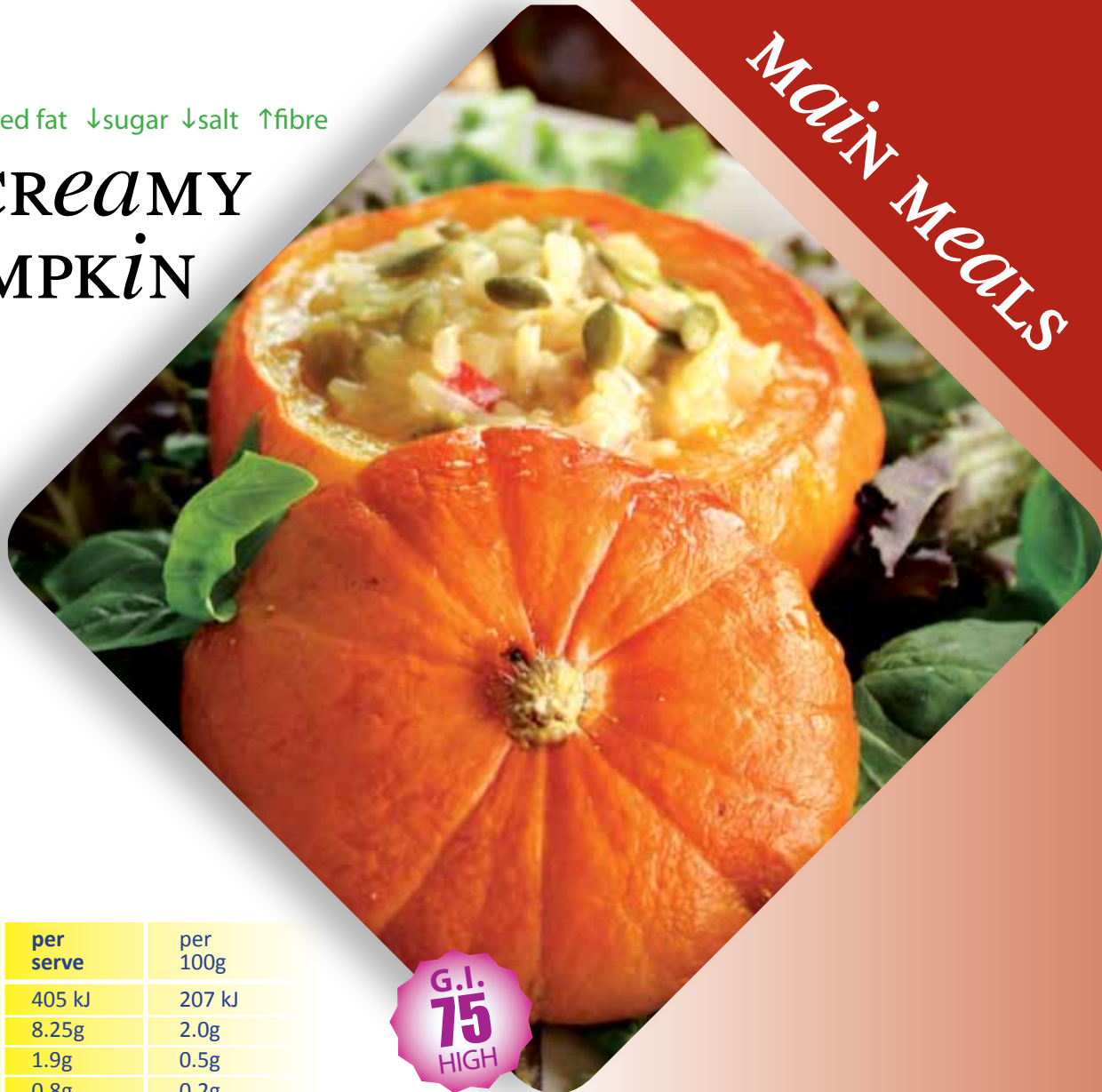
Method

- 1 Spray fry pan with oil and bring to a medium heat.
- 2 Add onion and garlic and stirfry until golden in colour.
- 3 Add mince to the fry pan and cook until browned.
- 4 Add the carrot, celery (and chilli powder if desired) to the fry pan and cook for 5 minutes.
- 5 Next add the tomatoes, beans and stock, and then simmer for 30 minutes.
- 6 Serve on a bed of rice or in tortillas with salad.

*a TASTY addition TO TACOS,
TORTILLAS – OR ON a BED OF RICE!*

↓fat ↓saturated fat ↓sugar ↓salt ↑fibre

CREAMY PUMPKIN



NUTRITION INFO	per serve	per 100g
Energy	405 kJ	207 kJ
Protein	8.25g	2.0g
Total fat	1.9g	0.5g
Saturated fat	0.8g	0.2g
Sugar	17g	4.2g
Sodium	325mg	80mg
Fibre	7.0g	1.7g

G.I. 75 HIGH

STORAGE:



FREEZING:



REHEATING:



METHOD

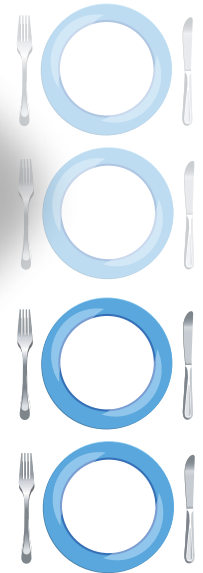
- 1 Preheat oven to 180°C.
- 2 Microwave the pumpkin half on high for 5 minutes or until cooked through.
- 3 Scoop out the pumpkin flesh, leaving the shell intact.
- 4 In a mixing bowl, mash the pumpkin flesh and combine with the other ingredients.
- 5 Fill the pumpkin shell with the mixture, then place on an oven tray and bake for 15 minutes.
- 6 Allow to cool, and serve.

CREAMY PUMPKIN INGREDIENTS

- ◆ 1/2 butternut pumpkin (about 500g – remove seeds)
- ◆ 200g (can) creamed corn
- ◆ 1/4 red capsicum (diced)
- ◆ 1/2 tomato (diced)
- ◆ 1 teaspoon low-fat cottage cheese

Delicious HAMBURGERS

↑fibre ↑protein



TIP
Cooked meat patties can be frozen and then reheated for later use

G.I.
52
LOW

NUTRITION INFO	per serve	per 100g
Energy	1805 kJ	663 kJ
Protein	26g	9.5g
Total fat	15g	5.5g
Saturated fat	6.0g	2.1g
Sugar	10.5g	3.9g
Sodium	465mg	170mg
Fibre	6.5g	2.4g

Delicious HAMBURGERS

INGREDIENTS (MEAT PATTIES 4)

- 200g lean beef mince ◆
- 1 egg ◆
- 3/4 cup rolled oats ◆
- 1/2 onion (finely chopped) ◆
- pepper to taste ◆
- 1/2 teaspoon dried mixed herbs ◆
- canola oil cooking spray ◆

INGREDIENTS (SALAD/ROLLS 2)

- 2 mixed-grain hamburger rolls ◆
(about 9 cm diameter)
- 1/2 carrot (grated) ◆
- 2 lettuce leaves (washed) ◆
- 4 slices tomato ◆
- 4 slices beetroot (from can) ◆
- 4 slices tomato ◆
- 2 slices low-fat low-salt cheese ◆
- 2 tablespoons low-salt tomato sauce ◆

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Into a bowl place all the ingredients for the meat patties and mix together well.
- 2 Divide the mixture into quarters and shape into 4 patties.
- 3 Spray a fry pan with canola oil, and cook the patties over a medium heat for about 3 minutes each side or until browned.
- 4 Spread sauce on the bottom half of a bread roll and place the meat pattie on top.
- 5 Add salad ingredients and cheese, then serve.

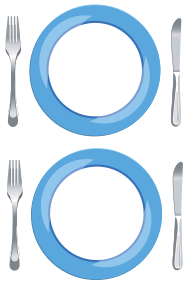
FORGET TAKEAWAYS –

NOTHING BEATS THE TASTE

OF A HOME-COOKED BURGER!

↓fat ↓saturated fat ↑fibre ↑protein

APRICOT CHICKEN



NUTRITION INFO	per serve	per 100g
Energy	2860 kJ	435 kJ
Protein	28.5g	4.4g
Total fat	8.5g	1.3g
Saturated fat	2.2g	0.3g
Sugar	48.6g	7.4g
Sodium	1560mg	238mg
Fibre	7.8g	1.2g

G.I.
77
HIGH

TIP
1 teaspoon
of curry powder
can be added to
nectar/soup
mix

STORAGE:



FREEZING:



REHEATING:



METHOD

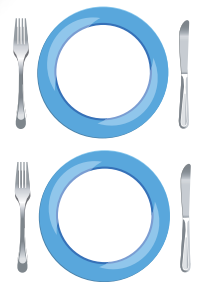
- 1 Preheat oven to 180°C.
- 2 Cook 3/4 cup of rice (see notes on p 60).
- 3 Into a bowl pour the apricot nectar and soup mix and combine well.
- 4 Place the chicken and onion on a baking tray, and pour over the nectar/soup mix.
- 5 Cook for 30–40 minutes (or until flesh is no longer pink).
- 6 Add apricot halves to the baking tray and cook for another 5 minutes.
- 7 Serve on a bed of rice.

APRICOT CHICKEN INGREDIENTS

- ◆ 200g chicken thigh
(remove skin and fat before cooking)
- ◆ 405g (can) apricot nectar
- ◆ 40g packet French Onion soup mix
- ◆ 410g (can) apricot halves (drained)
- ◆ 1 onion (sliced)
- ◆ 3/4 cup rice (uncooked)

↓saturated fat ↓sugar ↑fibre ↑protein

LIME AND CHILLI FISH



TIP
Fish and silverbeet can also be served with rice - see p 60 for more

G.I.
61
MID

NUTRITION INFO	per serve	per 100g
Energy	1160 kJ	535 kJ
Protein	31.5g	14.5g
Total fat	12.5g	5.8g
Saturated fat	1.75g	0.8g
Sugar	7.5g	3.5g
Sodium	380mg	175mg
Fibre	8.0g	3.7g

STORAGE: FREEZING: REHEATING:

LIME AND CHILLI FISH

INGREDIENTS

- 1 tablespoon lime juice (from bottle) ◆
- 1 tablespoon sweet chilli sauce (bottle) ◆
- 1 teaspoon canola oil ◆
- 1/2 teaspoon soy sauce ◆
- 1 teaspoon minced garlic (from jar) ◆
- 1 tablespoon crushed ginger (from jar) ◆
- 1 teaspoon sugar ◆
- 1 cup silverbeet (chopped) ◆
- 2 medium fish fillets (300g) ◆
- canola oil cooking spray ◆

METHOD

- 1 Except for the fish and silverbeet, combine all the other ingredients in a bowl.
- 2 Set aside 1 tablespoon of the mixture, then pour the remainder into a fry pan and bring to the boil.
- 3 Add the silver beet to the fry pan, cover and cook for 2 minutes.
- 4 Remove from the pan, place in a bowl, and cover to retain heat.
- 5 Brush the fish fillets with the set aside tablespoon mixture.
- 6 Spray another fry pan with canola oil, and cook the fish fillets for about 2 minutes each side, or until the fish is easily flaked with a fork.
- 7 Serve fish on a bed of silverbeet.

(Note: leftovers may be refrigerated for 1 day only.)