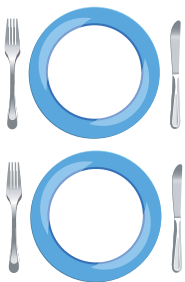
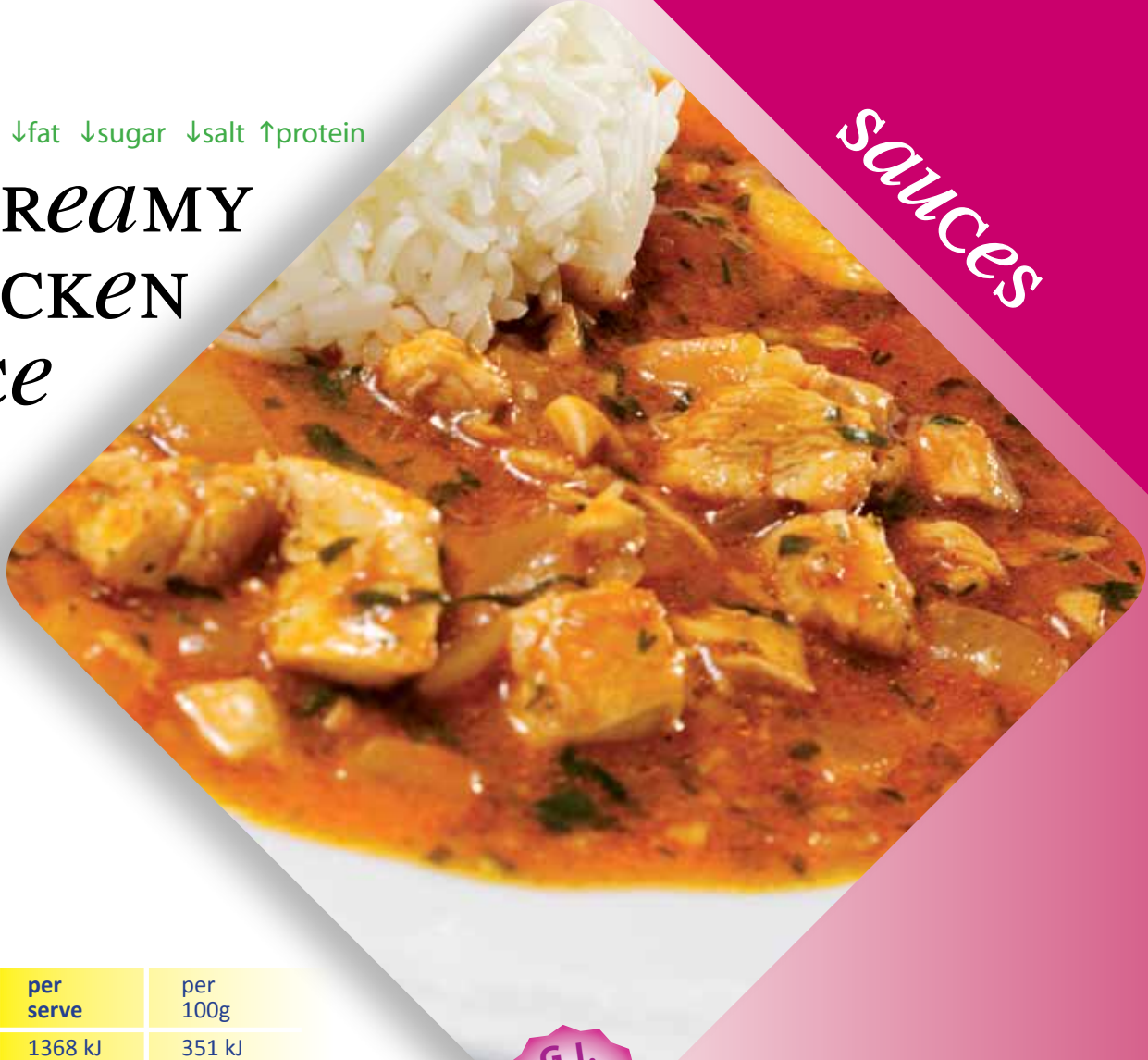


Sauces



↓fat ↓sugar ↓salt ↑protein

CREAMY CHICKEN sauce



NUTRITION INFO	per serve	per 100g
Energy	1368 kJ	351 kJ
Protein	30g	7.7g
Total fat	17.5g	4.5g
Saturated fat	7.1g	1.8g
Sugar	9.3g	2.4g
Sodium	313mg	81mg
Fibre	3.7g	0.1g



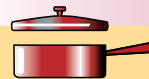
STORAGE:



FREEZING:



REHEATING:



METHOD

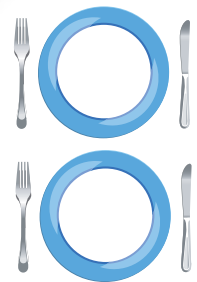
- 1 Spray saucepan with canola oil, then add garlic and onion and cook until soft.
- 2 Add the chicken, tomatoes and tomato paste, slowly increasing heat until the chicken is cooked through with no visible pink colour.
- 3 Reduce heat to low, mix in the cheese and simmer for 15 minutes.
- 4 Serve with pasta, rice or potato.

CREAMY CHICKEN sauce INGREDIENTS

- ◆ 200g chicken thigh (remove skin – diced)
- ◆ 400g (can) diced tomatoes (drained)
- ◆ 1 tablespoon low-fat tomato paste
- ◆ 1 onion (finely chopped)
- ◆ 1 teaspoon minced garlic (from jar)
- ◆ 1/2 cup low-fat low-salt cheese (grated)
- ◆ canola oil cooking spray

↓salt ↑fibre

PESTO sauce



TIP
Add 1/2 cup of water to sauce mix when reheating for consistency

G.I.
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LOW

NUTRITION INFO	per serve	per 100g
Energy	514 kJ	490 kJ
Protein	7.2g	6.8g
Total fat	7.2g	6.8g
Saturated fat	3.9g	1.8g
Sugar	6.0g	5.7g
Sodium	235mg	61mg
Fibre	5.0g	1.4g

STORAGE: FREEZING: REHEATING:

PESTO sauce

INGREDIENTS

- 2 teaspoons pine nuts ◆
- 1 teaspoon minced garlic (from jar) ◆
- 2 tablespoons low-fat ricotta cheese ◆
- 1/4 cup skim milk ◆
- 1 vegetable stock cube ◆
- 1 teaspoon olive oil ◆
- 1 tablespoon dried basil ◆
- 1/2 cup low-fat evaporated milk ◆

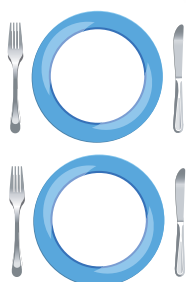
METHOD

- 1 Brown the pine nuts, either under the grill, or stirfry with oil in a saucepan.
- 2 To a blender* add the pine nuts and garlic and blend for 1 minute (*or use a hand-held blender in a bowl).
- 3 Add the ricotta cheese, milk, stock cube and basil and blend until smooth.
- 4 Add olive oil and blend for 1 minute.
- 5 Transfer the mixture to a saucepan on a medium heat, then add the evaporated milk.
- 6 Remove from heat once mixture reaches boiling point.
- 7 Stir sauce through pasta or rice or on top of potato.

↓saturated fat ↓sugar ↓salt ↑fibre ↑protein

BOLOGNAISE sauce

Sauces



NUTRITION INFO	per serve	per 100g
Energy	1000 kJ	315 kJ
Protein	24.5g	7.8g
Total fat	10.2g	3.2g
Saturated fat	3.2g	1.0g
Sugar	8.4g	2.7g
Sodium	220mg	35mg
Fibre	4.9g	1.5g

G.I.
16
LOW

STORAGE:



FREEZING:



REHEATING:



METHOD

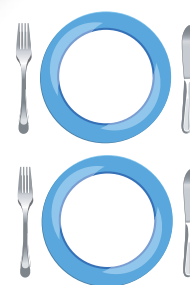
- 1 Heat canola oil in a fry pan, add onion and garlic, and cook until soft.
- 2 Add mince and cook on medium heat until browned.
- 3 Add the diced tomatoes, tomato paste, carrot and herbs to the fry pan and reduce heat.
- 4 Stir in well and cook on low heat for another 10 minutes.
- 5 Serve on top of rice, pasta or potato.

BOLOGNAISE SAUCE

INGREDIENTS

- ◆ 200g lean beef mince
- ◆ 1/2 onion (chopped)
- ◆ 1 teaspoon minced garlic (from jar)
- ◆ 1 teaspoon crushed ginger (from jar)
- ◆ 200g (can) diced tomatoes
- ◆ 1/2 cup low-salt tomato paste
- ◆ 1/2 carrot (grated)
- ◆ 2 teaspoons dried mixed herbs
- ◆ 1 tablespoon canola oil

TUNA TOPPING sauce



NUTRITION INFO	per serve	per 100g
Energy	1200 kJ	305 kJ
Protein	37g	9.4g
Total fat	8.2g	2.0g
Saturated fat	3.2g	0.8g
Sugar	13.5g	3.4g
Sodium	300mg	76mg
Fibre	3.5g	0.9g

STORAGE:



FREEZING:



REHEATING:



TUNA TOPPING sauce

INGREDIENTS

- 185g (can) tuna in springwater (drained) ◆
- 1/2 cup low-fat evaporated milk ◆
- 1/3 cup reduced fat cheese (grated) ◆
- 1 teaspoon dried mixed herbs ◆
- 2 tomatoes (diced) ◆
- 2 tablespoons low-salt tomato paste ◆
- 1/2 onion (chopped) ◆
- 1 teaspoon crushed ginger (from jar) ◆
- 1 teaspoon canola oil ◆

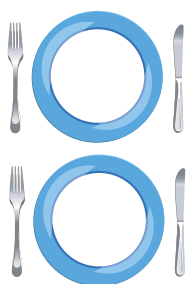
METHOD

- 1 In a saucepan, heat canola oil, add ginger and onion, and cook until soft.
- 2 Add all remaining ingredients and bring mixture to the boil on a medium heat.
- 3 Reduce to a low heat and simmer for 5 minutes until sauce thickens.
- 4 Serve on top of rice, pasta or potatoes.

↑protein

BACON AND MUSHROOM sauce

Sauces



NUTRITION INFO	per serve	per 100g
Energy	1175 kJ	530 kJ
Protein	22g	10g
Total fat	14.3g	6.4g
Saturated fat	4.0g	1.8g
Sugar	12g	5.5g
Sodium	727mg	327mg
Fibre	0.9g	0.4g

G.I.
32
LOW

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Spray fry pan with canola oil, add bacon and cook for 1 minute, then add mushrooms and cook for another 2–3 minutes.
- 2 Remove from fry pan and place into a bowl.
- 3 Melt margarine in fry pan over a low heat, add flour and mix together well.
- 4 Gradually add milk and evaporated milk, heating the mixture until it begins to boil.
- 5 Add cheese to the fry pan and stir in until melted.
- 6 Add the mushrooms and bacon and mix together well.
- 7 Serve with rice, pasta or potato.

BACON AND MUSHROOM sauce ingredients

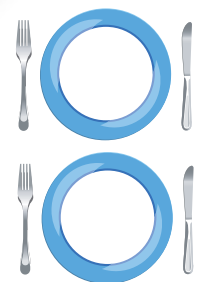
- ◆ 1/2 cup bacon (remove fat – diced)
- ◆ 1/2 cup mushrooms (fresh or canned)
- ◆ 1 tablespoon reduced fat reduced salt canola margarine
- ◆ 1 teaspoon plain flour
- ◆ 1/2 cup skim milk
- ◆ 1/2 cup low-fat evaporated milk
- ◆ 1/4 cup reduced-fat cheese (grated)
- ◆ canola oil cooking spray

↓fat ↓saturated fat ↓sugar ↑fibre

SWEET POTATO RISOTTO



G.I.
65
MID



NUTRITION INFO	per serve	per 100g
Energy	1460 kJ	554 kJ
Protein	9.2g	3.5g
Total fat	3.8g	1.5g
Saturated fat	0.6g	0.3g
Sugar	9.8g	3.8g
Sodium	807mg	306mg
Fibre	5.8g	2.2g

STORAGE:



FREEZING:



REHEATING:



SWEET POTATO RISOTTO

INGREDIENTS

- 2 cups sweet potato (cubed) ◆
- 2 teaspoons reduced-fat reduced-salt ◆
canola margarine
- 1/2 onion (finely chopped) ◆
- 1 teaspoon minced garlic (from jar) ◆
- 1/2 cup Arborio rice ◆
- 2 vegetable stock cubes ◆
(dissolved in 2 cups water)
- 2 teaspoons dried mixed herbs ◆
- 1/2 cup frozen peas ◆

METHOD

- 1 In a saucepan, heat margarine over a medium heat, then add the onion and garlic and cook until soft.
- 2 Add all remaining ingredients and mix well.
- 3 Bring mixture to the boil over a medium heat, stirring occasionally.
- 4 Reduce to a low heat and simmer for 20 minutes, or until the rice and sweet potato are soft and liquid has been absorbed.
- 5 Remove from heat and let stand for 10 minutes before serving.

ARBORIO RICE CREATES

THE TEXTURE FOR THIS DISH!