

Blackened Chicken and Quinoa Salad

Quinoa Salad

300g quinoa (I use brown rice and quinoa mix which is cheaper)

1 red chilli (I used a whole dried chilli)

100g baby spinach

4 spring onions

Bunch fresh coriander

Bunch fresh mint

1 ripe mango

2 limes or lemons

2 tbsp extra virgin olive oil

1 ripe avocado

50g feta cheese

1 punnet cress or sprouts

Chicken

2 skinless chicken breasts

1 heaped tsp allspice

1 heaped tsp smoked paprika

Olive oil

2 mixed-colour peppers



To Serve

4 tbsp natural yoghurt

Cook quinoa or rice/quinoa mix as per the instructions on the packet. Finely chop the chilli, spinach, trimmed spring onions, mint and coriander (reserving a few leaves). Do this in a food processor if you've got one. On a large piece of greaseproof paper, toss the chicken with salt, pepper, allspice and smoked paprika. Fold over the paper then bash and flatten the chicken to 1.5cm thick with a rolling pin. Put into the frying pan with 1tbsp olive oil, turning after 3 or 4 minutes, until blackened and cooked through. Remove from the pan.

Deseed the peppers, cut each one into 8 strips and add to the flying pan, tossing regularly. Peel and cut the mango into chunks. Halve, destone and cut up the avocado. Drain the quinoa/rice and rinse under a cold tap, then drain well again and tip onto a platter. Toss with the blitzed spinach mixture, squeeze over the lime or lemon juice, add the extra virgin olive oil and season to taste.

Sprinkle over the mango chunks, cooked peppers and avocado. Slice up the chicken and add on top. Crumble the feta over the top. Finish with the coriander, cress or sprouts and dollops of yoghurt.

Serves 4 or 5 adults

Time it takes to cook from start to table... About half an hour

Total cost about \$20 - \$25 depending on vege season so \$4 - \$5 per person

Smoked Fish Pie

Ingredients:

- Smoked fish/canned salmon
- 1x onion
- 2-3x garlic cloves
- Asparagus
- Broccoli
- Cauliflower
- 2x Tbsp butter (or margarine)
- 2x Tbsp plain flour
- 1x cup milk (can be replaced with almond/coconut milk)
- Grated cheese
- Breadcrumbs

Method:

- Remove smoked fish flesh and add to mixing bowl (alternatively empty 2x can of salmon into mixing bowl)
- Steam roughly cut asparagus and broccoli then cut into smaller pieces and add to mixing bowl
- Fry onion and garlic with some mixed herbs and add to mixing bowl
- Create a cheese sauce and add it to the mixing bowl
 - melt 2 Tbsp of butter in a small pot, add 2 Tbsp of flour
 - stir on low heat for approximately 5 minutes
 - remove from heat and add 1 cup of milk (or milk alternative)
 - return to heat and stir until the mixture thickens
 - add 1/2 cup of grated cheese or to taste
- Combine the ingredients in mixing bowl, adding salt and pepper
- Add mixture into bottom of baking dish
- Create pie topping (many fish pies use mashed potato and cheese as a topping however I have opted for something a bit healthier)
 - Add roughly chopped cauliflower into blender and pulse to create crumbled cauliflower (rather than a cauliflower paste)
 - In a bowl combine with breadcrumbs and grated cheese
 - Add onto top of pie mixture (without pressing down) and add extra cheese on top
- Bake in oven at 150° until golden on top

BONUS!

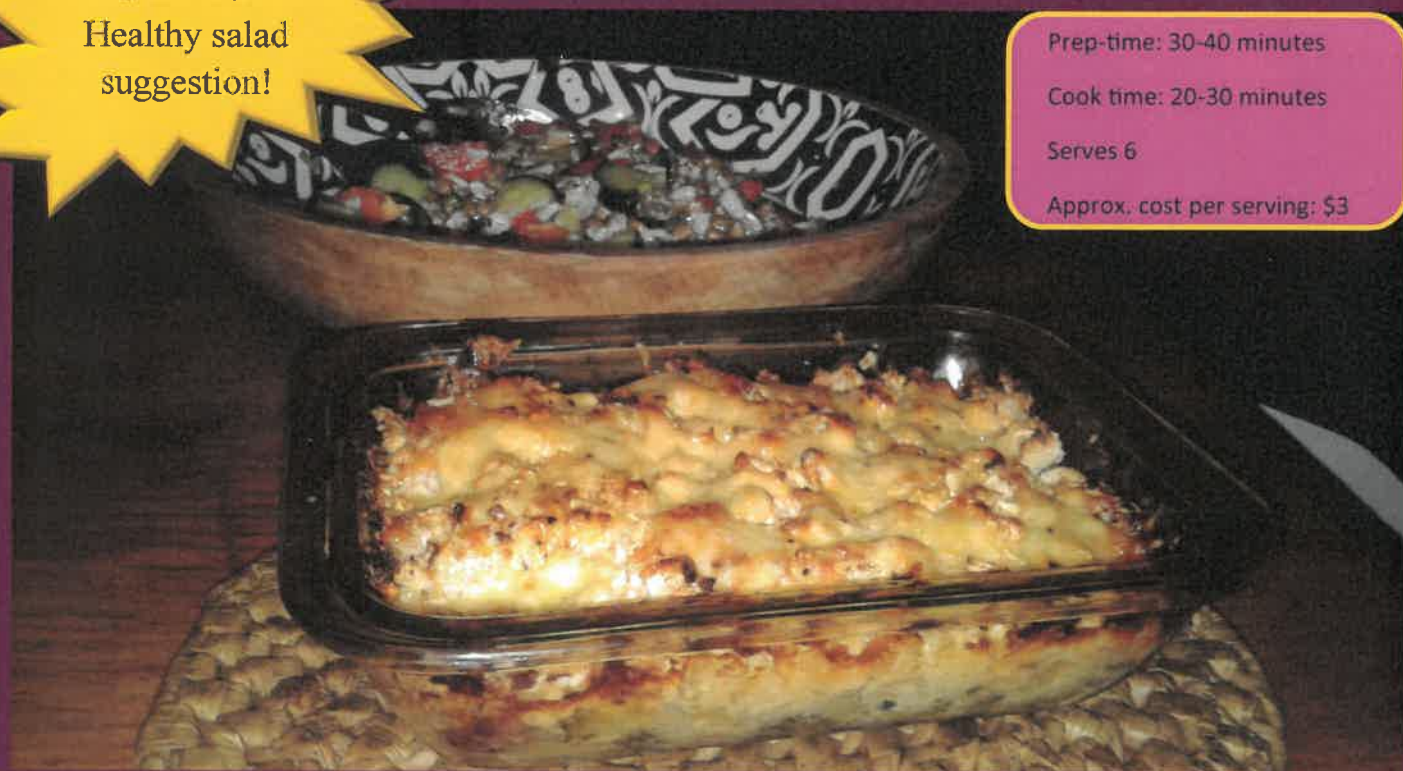
Healthy salad suggestion!

Prep-time: 30-40 minutes

Cook time: 20-30 minutes

Serves 6

Approx. cost per serving: \$3



Lentil and Rice Salad

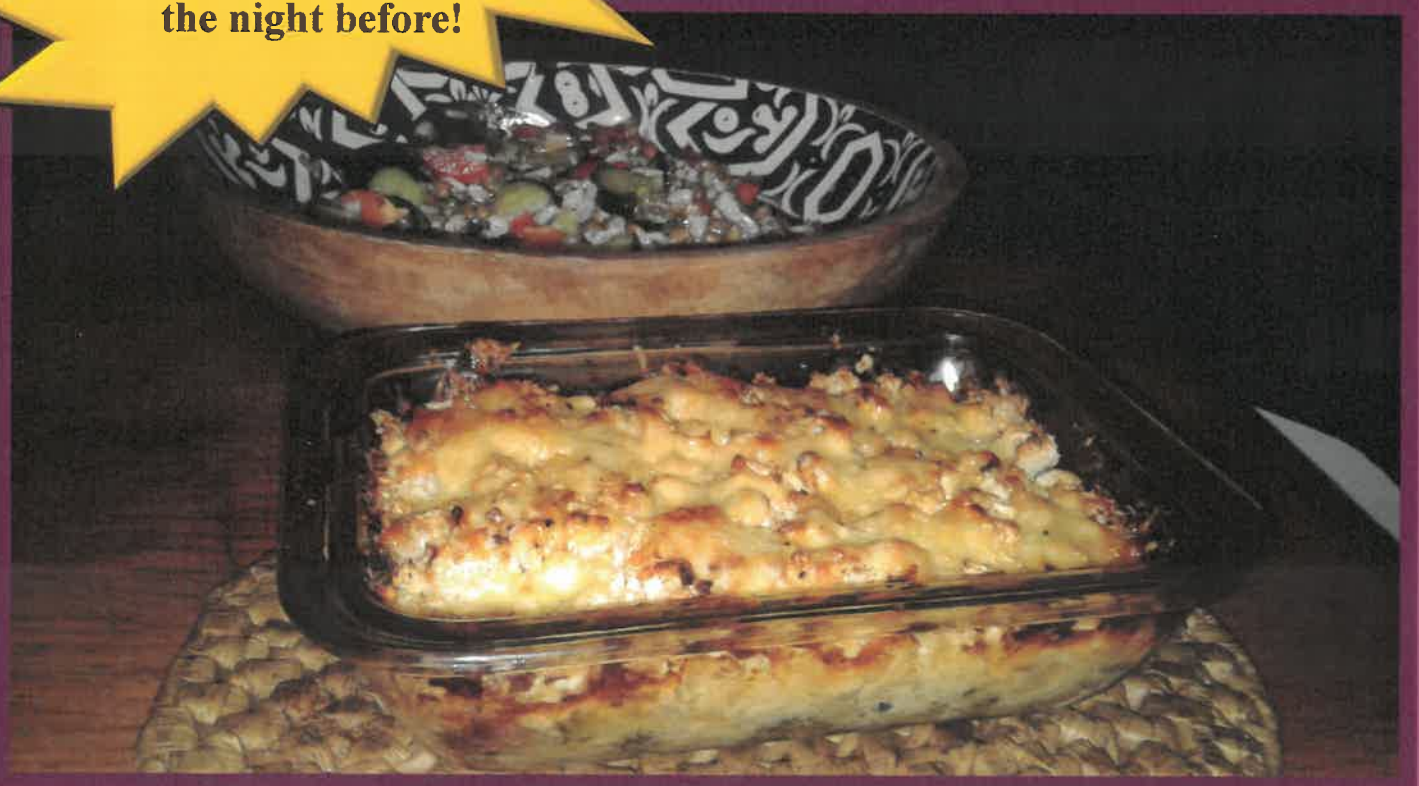
Salad Ingredients:

- 1x Tomato
- 1/2 Capsicum
- 1/4 Cucumber
- 1x can of lentils
- Pre-cooked rice
- Olive oil, balsamic/ cider vinegar
- Salt/pepper

Salad Method:

- Cut tomato, capsicum and cucumber into rough cubes and add to salad bowl
- Strain and rinse the can of lentils in colander/sieve and add to salad bowl
- Add pre-cooked rice to salad bowl
- Add olive oil and vinegar of your choice (lemon juice is a great alternative!)
- Add salt and pepper to taste

This is a great way to use up left over rice from lunch or the night before!



Berry Banana Smoothie Bowl

Smoothie Base:

- 1 large handful of frozen mixed berries
- 1 banana
- ½ an avocado
- 1 large handful of spinach
- Unsweetened almond milk

Toss all of the above into a blender and blend until smooth.

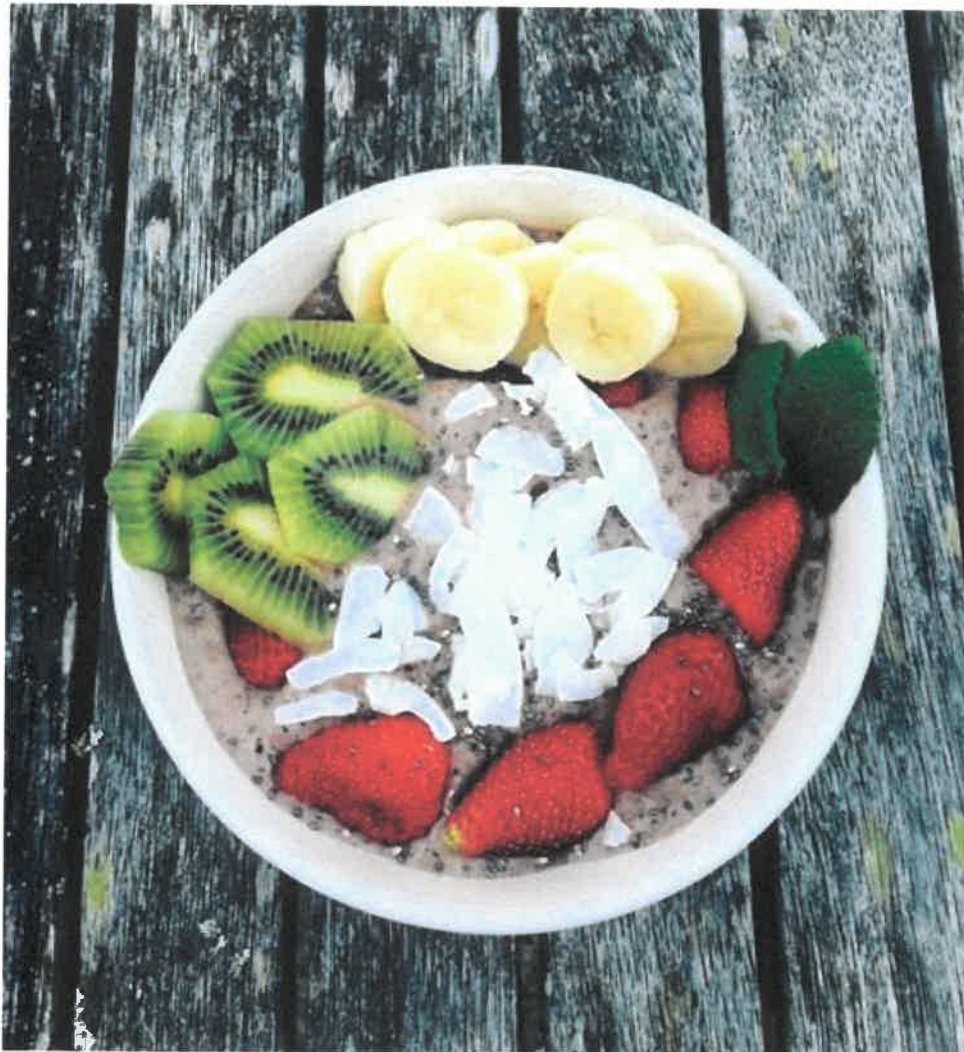
Top with:

- Fresh strawberries, sliced
- ½ fresh banana, sliced
- 1 fresh kiwifruit, sliced
- Coconut shavings/chips
- Chia seeds
- Granola/muesli

Enjoy for breakfast or to satisfy your sweet tooth for a snack. ☺

Estimated cost (based on current supermarket prices): roughly \$6-\$6.50

Length of time: 5 minutes to make, 5 minutes to clean up.



Pomegranate is amazing for heart health!! Its available seasonably from now until late summer at around \$3-\$4 each from local supermarkets or fruit and vege shop. You can also buy them in a 150gm tray already to go – found where the packaged lettuce is.

Sherry Vinegar is available from specialty stores such as Sabato, and although a little expensive, a bottle lasts me over a year as I only use it in particular salads... this could easily be substituted for another such as balsamic... (but the natural sweetness of Sherry Vinegar balances out the other flavours. This cost is balance out with the other ingredients being cheap and widely available from the supermarket. E.g. Barley is only \$1.90 / 500g.

Estimated cost of this salad (using one pomegranate is \$6)

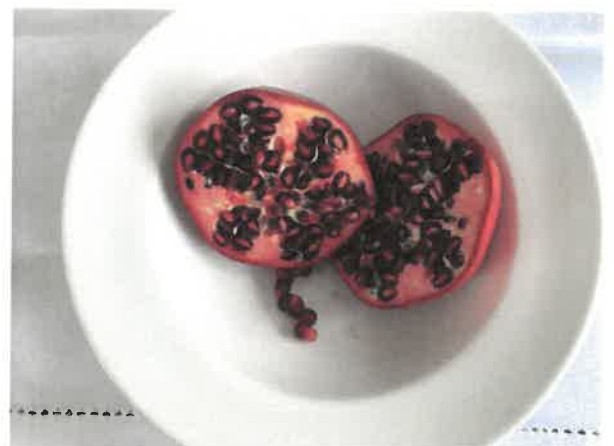
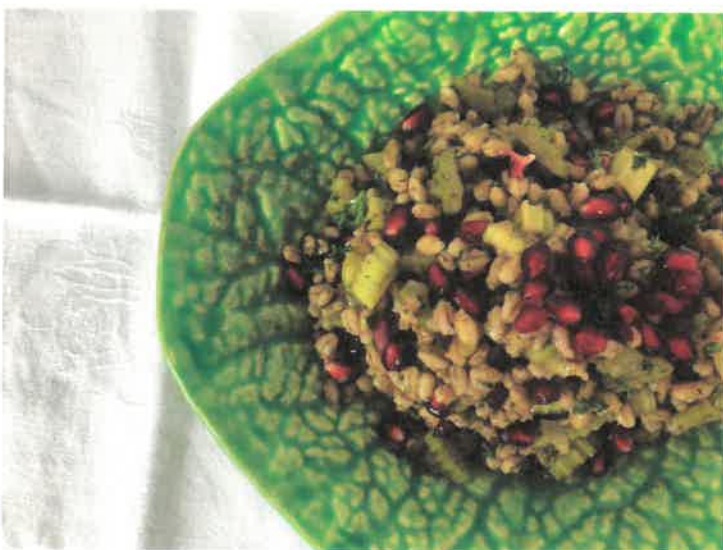
Barley and Pomegranate Salad (Yotam Ottolenghi, 'Plenty')

200g pearl barley
6 celery sticks cut into small dice
60ml Olive oil
3 tbsp Sherry vinegar
2 small garlic cloves, crushed
2/3 tsp ground allspice
3 tbsp chopped dill
3 tbsp chopped parsley
300g pomegranate seeds (about 2 large pomegranates) or just use half this about if you want to save money, but still be the wow factor!
Salt and black pepper

Rinse barley in cold water and place in a medium saucepan and cover with plenty of water. Simmer for 30-35 mins or until tender but still with a bite.

Drain the barley and transfer into a mixing bowl. While it is still hot, add the celery, olive oil, vinegar, garlic, allspice and salt and pepper. Stir and leave to cool down completely.

Once cool, add the herbs, pomegranate seeds and mix in. Taste and adjust seasoning to your liking – then serve and enjoy!





STRAWBERRY OAT PANCAKE

Tamay Kumbas

Prep	Cook Time	Ready In	Cost Per Serving	Difficulty
5 Minutes	5 Minutes	15 Minutes	\$3	Easy

Ingredients:

- 1 cup of rolled oats (use gluten free if you're gluten tolerance)
- 1/2 cup any milk (almond, soy, coconut, dairy)
- 1 cup Strawberries (or use any fruit you like)
- 2 tablespoon walnut
- Yogurt (I use natural greek yogurt but you can use any yogurt you like)

- 1-2 teaspoon honey (optional)
- 1 teaspoon coconut oil or olive oil
- Cinnamon

Method:

Place the oats, milk, 2 of the strawberries, walnuts in a food processor for a short time. Keep the mixture coarse.

Let the mixture sit for about 2 - 3 minutes so it can soak all liquid.

Heat the oil in a pan on a low heat.

Add the mixture and shape like a pancake. Allow to cook for few minutes until the pancake is lightly browned. Do not overcook.

For the Topping:

Add the balance of the strawberries in frying pan without oil. Allow to cook for a few minutes until soft.

Don't cook too much as we don't want them loose their shape. Allow to cool. While the strawberries are cooling add the honey (if using).

To Make:

Place the oat pancake on a plate. Mix the yogurt with the cinnamon and spread on top of the pancake. Pour the strawberry topping on the yoghurt.

Enjoy!!

Roasted Pumpkin Risotto

Served with Parmesan and Salad green

Cooking time: 30 mintus

Serveing: 1

Total cost : \$9.98

Ingredients:

- 1 cups Arborio rice
- 200g pumpkin, deseeded, peeled and chopped
- 1 small onion, finely chopped
- 1 Tbsp garlic, chopped
- 1 litres vegetable stock
- 100g Parmesan, shaved
- ¼ cup olive oil
- 2 Tbsp butter, cut into small pieces
- One cup salad greens to serve
- Salt and pepper according to taste



Method:

1. Preheat oven to 180°C.
2. Place half the pumpkin pieces on an oven tray and bake until soft (less than 10 mins depending on the size of the pieces) allow to cool and then purée (mash with a fork)
3. Sauté remaining half of pumpkin in a frying plan with 1 Tbsp oil and 1 Tbsp butter until tender (about 10 min)
4. In a separate medium-sized saucepan, heat remaining oil over medium-high heat. Add onion and garlic, *sauté until just soft (about 2-3 minutes). Stir continuously.
5. Add rice and continue to stir for 2-3 minutes. Ensure rice is coated with oil.
6. Pour in enough stock to completely cover the rice (about 2 cups). Continue to cook, stirring often, until all the stock is absorbed.
7. Pour in one cup of stock and stir until it has been absorbed. Repeat again with 1 more cup, stirring until the rice is tender and most of the stock has been absorbed.
8. Reduce heat so the risotto doesn't simmer.
9. Stir in *sautéed and *puréed pumpkin.
10. Stir in Parmesan and remaining butter to give the risotto a nice, creamy finish.
11. Spoon immediately into heated, shallow serving bowls and garnish with salad greens and shaved parmesan.
12. Add salt and pepper according to taste

*Sautéed - fried

*Puréed - mashed

* Stir – mix

Variation ideas:

Pumpkin can easily replace with other veges like peas, kumra, broccoli, carrot etc

Ingredients Price list:

Ingredients	Price as of 7 Nov 2018 (source: Countdown supermarket website)	Price based on the quantity used in the recipe
One packet Arborio Rice 750g (3 cups)	\$ 4.29	\$ 1.43
1 litre Vege Stock	\$ 3.00	\$ 3.00
Parmesan 200g	\$ 6.50	\$ 2.25
Whole Butternut Pumpkin	\$ 2.99	\$ 1.50
Onion Loose Brown /kg	\$ 2.99	\$ 0.20
Pre-packed Garlic 5 Piece Chinese	\$ 3.99	\$ 0.10
Salad greens 150g	\$ 3.99	\$ 1.50
Pantry Ingredients		
Butter	\$ -	\$ -
Olive oil	\$ -	\$ -
Total	\$ 27.75	\$ 9.98

*Remember, if an ingredient is purchased and only a portion is used, the rest can be used at a later stage.

Coconut fish curry

Preparation: 15min › Cooks in 10 - 15min › Ready in: 30min

Ingredients

Serves: 2 adults, 2 small kids

- 1 cup brown rice
- 1½ teaspoons oil (coconut, olive)
- 1 small onion, thinly sliced
- 5 tablespoons freshly grated ginger
- 5 tablespoons crushed garlic
- 1/2 teaspoon turmeric powder
- 200g green beans
- 1 red capsicum
- 400ml can coconut milk
- 450g white fish, cubed
- 1 tomato, chopped or half a can of tinned tomatoes
- 1 tablespoon freshly chopped coriander leaves

Directions

1. Rinse rice, add to saucepan with 2 cups cold water.
2. Bring to the boil then cover and reduce to a simmer for 25 minutes, or until water is absorbed.
3. Heat the oil in a large frying pan. Fry onion until brown.
4. Add ginger and garlic.
5. Season with turmeric powder
6. Add beans and capsicum, stir fry for two minutes
7. Pour in the coconut milk.
8. Cook over low heat and then add fish and tomato.
9. Cook until fish is tender, 5 to 10 minutes.
10. Add coriander leaves just before serving.
11. Serve curry with rice.



The recipe is homemade pizza (shaved asparagus with lemon-dill salmon), plus a side salad. My photos are a bit blurry unfortunately :/

The homemade pizza ensures that you can create a thin crust pizza (less carbs!), as well as fresh ingredients. The pizza's a bit of a choose your own adventures approach – it can be made as one large pizza, or split into individual pizzas for people who have different food preferences. It's pretty easy to switch out toppings depending on what's in season and what's cheaper in the market – I love making the dough and putting a bunch of shredded kale, cherry tomatoes, and purple onions on it, or make a breakfast pizza using whisked eggs with a dollop of pesto in the eggs as the sauce base.

People may think that making pizza dough from scratch is hard – but it's really putting some water, active yeast, salt, and flour into a bowl and letting it sit overnight - the active time in making the dough is roughly 5 minutes. It's honestly roughly the same time to make pizza as it is to order it in, however does require making the dough the night before.

- Submit a picture of your diabetic-friendly dish (sweet or savoury) – see attached
- a list of ingredients:

Pizza dough:

- Flour
- Active yeast
- Salt
- Water

Pizza toppings:

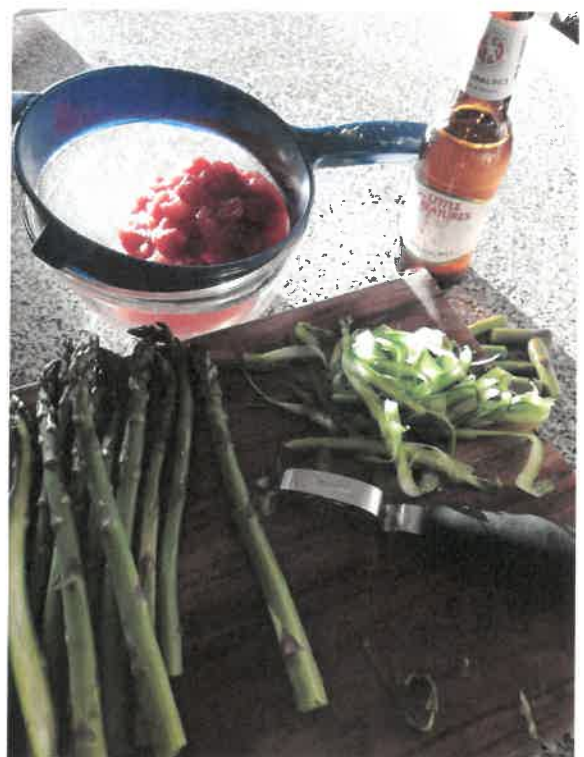
- Canned tomatoes for sauce
- Bunch of asparagus
- Lemon-dill salmon (those pouches you can buy at the market)
- Cherry tomatoes as a topping
- Cheese
- Garlic
- Onion
- Salt
- Pepper

Side salad:

- Lettuce
- Avocado smashed with a fork as the base of the dressing
- Olive oil
- Vinegar
- Nuts of some sort

- an outline of how you made it
 - I pop the dough ingredients into a glass bowl and mix, then cover the bowl with a dishcloth and let it sit overnight. I make it around 8pm for a 22 hour rise – if you increase the yeast to $\frac{1}{4}$ tsp, it can be made that morning for dinner that night, or if increased to $\frac{1}{2}$ tsp yeast, can be made at noon for dinner around 6pm. The dough's pretty easy and low fuss
 - 3 cups (375 grams) all-purpose flour (bread flour works too)
 - Slightly heaped $\frac{1}{8}$

- 1 1/2 teaspoons sea or kosher salt
 - 1 1/4 cup water, plus an additional tablespoon or two if needed
 - Mix together and let sit in a warm spot for 22 hours.
- I'll start the pizza prep about 40 minutes before eating
 - Open a can of tomatoes, use a sieve to drain the excess liquid from the tomatoes. This ensures that your pizza sauce is concentrated and there isn't too much liquid making the dough soggy . (I generally use drink this liquid with a bit of salt and a squeeze of a lemon)
 - Shred cheese
 - Shave asparagus
 - Open pouch of lemon-dill seasoned salmon
 - Chop onions
 - Cut cherry tomatoes
- Once the prep is done, I spread the uncooked pizza dough on a baking pan and start assembling the pizza
 - Spread drained tomatoes on the dough as a base
 - Put on some garlic, onions onto the tomato sauce
 - Layer shaved asparagus on top
 - Add a sprinkle of cheese
 - Add tomatoes, add salmon on top
 - Put a bit of salt and pepper onto the pizza
- Bake at 200 degrees for 20 minutes
- I normally clean-up for about 10 minutes while the pizza is cooking, then when there is 10 minutes remaining on the pizza cooking time, I start assembling salad:
 - Smash an avocado with a fork in a small bowl
 - Add a dollop of olive oil and vinegar, as well as salt and pepper
 - Toss some lettuce in a larger bowl, pour avocado dressing on top of salad
 - Add some nuts or pumpkin seeds or chia seeds or all 3
- Eat!
- the length of time it took you to make
 - roughly 22.5 hours inactive time
 - 25 minutes hands on time
- an estimated cost per serving (for one person)
 - Assuming that people have salt, pepper, olive oil and flour to hand already, I'd imagine about \$25 for four portions, or 6.25 per person?



Healthy cookies

Ingredients:

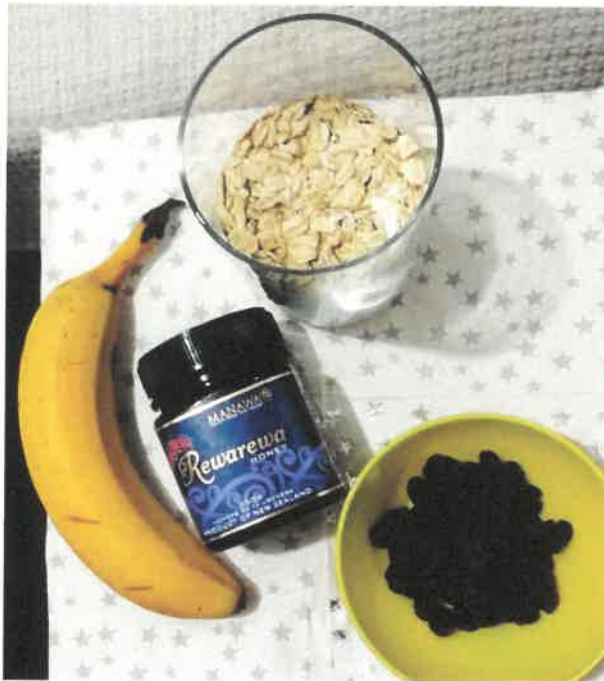
Banana - 1

Wholemeal oats - 50 g

Raisins - 50 g

Honey - 1 tbs

Instructions: Rinse raisins and let them stay in clear water for 5 minutes. Meanwhile mix banana, oats and honey* together. You may add some cinnamon (optional). Add raisins, mix again. Make small cookies on the plate. Place the plate in the microwave for 5 minutes and max power. Cookies are ready!



"Easy Healthy Butter Chicken".

Even though this has Chickpeas & extra vege my somewhat selective teenagers clean their bowls!

Time 35mins

Serves 6

Cost \$2.50/serve

2 cups Brown Rice

1 onion

2t grated ginger

2t cinnamon

2t turmeric

1/4t chili powdr

1t salt

400g can of chickpeas (drained)

600g chicken (chopped into bite sized pieces)

1 can tomato puree

1 can coconut milk

1 carrot (grated)

1t vinegar

2t sweet chili sauce

Cook rice as per packet instructions.

Heat a drizzle of oil in a large frypan. Fry onion on med heat until golden (3mins).

Mix grated ginger, cinnamon, turmeric, chili, salt, chicken & chickpeas until well coated.

Add to frypan & cook on med/high until chicken is golden.

Add tomato puree, coconut milk & carrot. Simmer 10mins.

Add vinegar & sweet chili sauce just before serving.

Serve on rice with steamed broccoli and yoghurt.

