

livelighter summer recipes



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livelighter summer recipes

LIVELIGHTER

SUMMER RECIPES

Supported by

To help you LiveLighter, we've created a range of delicious and healthy recipes.

For breakfast, lunch or dinner – or if you're looking for a healthy snack – our LiveLighter recipes are for you!

You can find even more recipes on our website. Just visit livelighter.com.au

What is a serve?

Fruit

1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable

½ cup cooked
vegetable or cooked
legume

1 medium
potato

1 cup salad
vegetables

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Raisin Toast with a Fruity Ricotta Topping 4

Basil Beef and Bean Stirfry

Breakfast

Banana Berry Pikelets

Berry Bircher Muesli

Poached Egg with Asparagus

Fruits of the Forest Yoghurt Compote

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A Veggie Barbie Brekky

WINNER OF THE SUMMER BBQ RECIPE COMPETITION

Lunch

Crunchy Salad Sandwich

Chicken and Coleslaw Sandwich

Roasted Pumpkin and Salad Sandwich 12

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Tandoori Chicken and Salad Wraps

Quick Chicken Pizza

Balsamic Beef Salad

Salad Nicoise

Rainbow Pasta Salad

Zucchini Slice

Corn Noodle Cakes

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Dinner

Grilled Chicken and
Noodle Lettuce Wraps

Warm Lemon Chicken Salad

Sweet and Sour Pork Kebabs

Steak Sandwich with
Caramelised Onions

Singapore Noodles

Beef Fajitas

Pumpkin, Spinach and
Cheese Cannelloni

Grilled Salmon with Brown Rice Salad 29

Spicy BBQ Fish with Mango Salad
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FINALIST OF THE SUMMER BBQ RECIPE COMPETITION

Thai Fish Cakes

Chargrilled Beef with

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Avocado and Corn Salsa

FINALIST OF THE SUMMER BBQ RECIPE COMPETITION

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Zucchini Carpaccio

FINALIST OF THE SUMMER BBQ RECIPE COMPETITION

Snack

Tropical Fruit Smoothie

Pine-Berry Frappe

Hummingbird Muffins

Dessert

Frozen Fruit Sorbet

Fruit Jellies

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W I N N E R

FINALIST

FINALIST

FINALIST

Breakfast

Breakfast

RAISIN TOAST WITH A

BANANA BERRY PIKELETS

FRUITY RICOTTA TOPPING

Ingredients

▲▲ 4 slices raisin toast or fruit bread

▲▲ ½ cup (100g) smooth low-fat ricotta

▲▲ 2 teaspoons honey or strawberry jam

cheese

(optional)

▲▲ ½ teaspoon ground cinnamon (optional)

▲▲ 1 large banana, sliced

▲▲ 125g strawberries, hulled and sliced

Method

Toast the slices of fruit bread. Mix ricotta with honey or jam in a small bowl. Spread toast with ricotta mixture and sprinkle with cinnamon. Layer banana and strawberries on top of toast and serve.

Preparation time: 5 minutes

Cooking time: 1 minute

Serves: 2

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 4

with oil and place over medium heat. Place 2 tablespoons of batter evenly spaced around the pan. Cook for 2 to 3 minutes or until small bubbles appear on surface. Top each pikelet with 6 blueberries then carefully turn over. Brown on reverse side for 1 minute or until cooked through. Transfer to a plate and repeat with remaining batter. Divide pikelets between 4 serving plates. To serve, layer with spoonfuls of yoghurt and top with fresh fruit.

Variation

Instead of using blueberries, press a thin ring of peeled, cored apple into each pikelet before flipping.

Serve pikelets with low-fat berry or vanilla fromage frais and sliced strawberries.

Serve as a snack, in a lunchbox or at children's parties.

Ingredients

▲▲ 2 ripe bananas, peeled

▲▲ 1½ cups wholemeal self-raising flour

▲▲ 1 tablespoon sugar

▲▲ 1¼ cups low-fat milk

▲▲ 1 teaspoon white vinegar

▲▲ 2 eggs, lightly beaten

▲▲ Olive or canola oil spray
▲▲ 1¼ cups (150g) blueberries, fresh or
▲▲ 1½ cups low-fat berry or vanilla yoghurt,
frozen
to serve

▲▲ 2 cups quartered strawberries, banana
or blueberries, extra, to serve

Method

Mash the bananas with a fork in a large bowl. Sift flour over bananas, adding the remaining husk in the sieve to the bowl. Add sugar and stir to combine. Add milk, vinegar and eggs to the bowl. Mix until combined. Spray a large non-stick frypan

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Breakfast

BERRY BIRCHER MUESLI

Preparation time: 5 minutes
(+1 hour or overnight soaking)
Serves: 4

Ingredients

▲▲ 2 cups rolled oats
▲▲ ½ cup sultanas
▲▲ 1 cup unsweetened apple juice
▲▲ 1 cup water
▲▲ 2 apples, cored, coarsely grated with
skin on

▲▲ cup low fat natural yoghurt
▲▲ 2 cups strawberries or other berries,
fresh or thawed from frozen

Method

Place oats, sultanas, juice and water in a 2-litre container with a lid. Mix to combine, cover and refrigerate for at least an hour, preferably overnight. Just before serving, stir in apple and yoghurt and top with berries.

Variation

Replace apple juice with unsweetened orange or pineapple juice.

Replace sultanas with mixed dried fruit, currants, diced dried apricot or figs.

Stir through a tablespoon of toasted nuts such as almonds, pistachios or hazelnuts, just before serving.

Top with passionfruit pulp and other seasonal fruit including sliced bananas, papaya or pear.

Breakfast

POACHED EGG

WITH ASPARAGUS

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 4

in one direction to create a whirlpool. Tip egg into the centre of the pan. Cook without stirring for 2-3 minutes for a soft yolk or 3-4 minutes for a firm-set yolk. Remove the cooked egg with a slotted spoon and drain on a plate lined with paper towels; cover to keep warm. Repeat with remaining egg.

Toast English muffin and spread each half with avocado. Place on a plate with asparagus and dressing. Top muffin with poached egg, season with black pepper and sprinkle with extra chives. Serve immediately.

Variation

To poach eggs using a microwave, half fill a coffee mug (or similar) with tap water and a very small splash of white vinegar. Crack egg into the mug, without breaking the yolk. Place the mug in the microwave for 1 minute on high. If you start to hear crackling/popping noises, stop the microwave and check the egg to see if it's cooked. For a thoroughly cooked egg, place in microwave for a further 30 seconds. Discard hot water and serve.

Ingredients

- ▲▲ cup low-fat natural yoghurt
- ▲▲ 1 tablespoon lemon juice
- ▲▲ 2 teaspoons white vinegar
- ▲▲ 1 tablespoon chopped chives
- ▲▲ 2 bunches asparagus, ends trimmed
- ▲▲ 2 teaspoons white vinegar, extra
- ▲▲ 2 eggs, at room temperature
- ▲▲ 1 wholegrain English muffin, split
- ▲▲ ½ small avocado
- ▲▲ Freshly ground black pepper
- ▲▲ Chopped chives, extra, to serve

Method

To make dressing, combine yoghurt, lemon juice, vinegar and chives in a small bowl. Divide between two small bowls.

Fill a large, deep frypan with water and bring to the boil. Add asparagus and simmer over medium heat for 2 minutes or until bright green and tender. Refresh in tap water, drain and set aside. Bring frypan back to the boil and add extra vinegar. Break an egg into a cup or saucer. Keep water just simmering, then stir

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Breakfast

A VEGIE BARBIE BREKKY

Submitted by Judi Hannah of Fremantle

Ingredients

- ▲▲ Olive or canola oil spray
- ▲▲ 1 cup finely chopped vegetables (e.g. spinach, onion, mushroom, capsicum)

- ▲▲ ½ cup cooked lentils, drained
- ▲▲ 1 egg, lightly beaten
- ▲▲ Freshly ground black pepper
- ▲▲ 2 thick slices wholegrain bread
- ▲▲ Chopped parsley, to serve
- ▲▲ 2 grilled tomatoes, to serve

Preparation time: 10 minutes

Cooking time: 5 minutes

Serves: 2

Method

Lightly spray the BBQ cooking plate with oil and preheat. Cook the finely chopped vegetables for 3-5 minutes or until tender. Remove the vegetables and place into a medium sized bowl. Leave to cool for 3 minutes. Add the lentils, egg and pepper. Mix well. Using an egg ring, cut a hole in each slice of bread. Place bread on the cooking plate. Pour the egg mixture into the holes of the bread. Cook for 2-3 minutes or until mixture begins to firm. Turn bread over carefully and cook for another 2 minutes. Remove and place onto 2 plates. Top each slice of bread with parsley and grilled tomatoes.

Breakfast

FRUITS OF THE FOREST

YOGHURT COMPOTE

Preparation time: 5 minutes

Cooking time: 5 minutes

Serves: 2

Ingredients

- ▲▲ 1 cup (125g) frozen mixed berries or

- ▲▲ 250g punnet strawberries, hulled and

- blueberries

- sliced

- ▲▲ 1½ cups vanilla or berry low-fat yoghurt
- ▲▲ 3 tablespoons flaked almonds or roasted

- almonds, roughly chopped

Method

Place mixed berries or blueberries into a small saucepan and cook over medium heat, gently stirring until berries soften, approximately 3 to 4 minutes. Remove from heat and stir through strawberries. Allow to cool for at least 5 minutes, longer if time permits. Divide half the berry mixture between two glasses. Top with layers of yoghurt, remaining berries then yoghurt. Sprinkle almonds on top and serve.

Variation

Heat berries for 2 minutes once strawberries have been added and serve on 4 slices of raisin toast or fruit bread.

This can also be served as a dessert, presented in a decorative long-stemmed glass.

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WINNER

Lunch

CRUNCHY SALAD SANDWICH

CHICKEN AND COLESLAW

Lunch

SANDWICH

Method

In a medium sized bowl, mix green and red cabbage, apple, carrot and coleslaw dressing. Arrange shredded chicken on two slices of bread and add the coleslaw salad. Top with remaining bread and serve immediately.

Variation

Substitute apple with pineapple chunks. For a chunkier salad, add 1 chopped spring onion.

Preparation time: 10 minutes

Serves: 2

Ingredient

- ▲▲ 1 cup (70g) grated green cabbage
- ▲▲ 1 cup (70g) grated red cabbage
- ▲▲ 1 small green apple, cored and grated
- ▲▲ 1 small carrot, peeled and grated
- ▲▲ 2 tablespoons reduced-fat coleslaw

▲▲ 4 slices wholegrain bread

▲▲ 100g skinless cooked chicken breast,

dressing

shredded

Preparation time: 10 minutes

Serves: 2

Ingredients

- ▲▲ 1 avocado, peeled and stoned
- ▲▲ 1 teaspoon lemon juice
- ▲▲ 4 slices wholegrain bread
- ▲▲ 1 small carrot, peeled and grated
- ▲▲ 1 small beetroot, washed and grated
- ▲▲ 1 lettuce leaf, shredded
- ▲▲ 1 medium tomato, cut into 4 slices
- ▲▲ cup snow pea sprouts

Method

Put the avocado in a small bowl and mash well with a fork. Add lemon juice and mix well. Spread avocado mix onto the slices of bread. Top two slices of bread with carrot, beetroot, lettuce, tomato and snow pea sprouts. Top with remaining bread and serve.

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Lunch

ROASTED PUMPKIN

AND SALAD SANDWICH

Ingredients

- ▲▲ 100g pumpkin, peeled and seeded
- ▲▲ ½ avocado, peeled and stoned
- ▲▲ 4 slices wholegrain bread
- ▲▲ 1 small carrot, peeled and grated
- ▲▲ 1 large iceberg lettuce leaf, cut into 4

pieces

Preparation time: 25 minutes

Serves: 2

Method

Preheat oven to 180°C (160°C fan forced). Put pumpkin in a baking tray and roast for 10 minutes or until cooked. Remove from oven and allow to cool for a few minutes. Slice thinly and set aside. In a small bowl, lightly mash the avocado with a fork. Spread avocado onto 2 slices of bread. Top the bread with carrot, lettuce and pumpkin. Top with remaining slices of bread.

Hint

This is a good way of using leftover cold pumpkin the next day.

Lunch

PRAWN AND AVOCADO

RICE PAPER ROLLS

Preparation time: 30 minutes

Serves: 4

Ingredients

- ▲▲ 50g packet rice vermicelli noodles
- ▲▲ 150g snow peas, ends removed
- ▲▲ 1 large avocado, peeled and stoned.
- ▲▲ 12 rice paper rounds (22cm)
- ▲▲ 18 cooked prawns, shelled, deveined

and cut in half lengthways

- ▲▲ cup mint leaves
- ▲▲ cup coriander leaves
- ▲▲ 1 large carrot, peeled and grated
- ▲▲ cup sweet chilli sauce

Method

Place noodles in a heatproof bowl. Cover with boiling water and let stand for 5

minutes. Drain and set aside. Meanwhile, cook snow peas in a small saucepan of boiling water for 1 minute. Refresh under cold running water and drain well. Slice snow peas and avocado lengthways into thin strips. Divide filling ingredients evenly.

To make rolls:

Soak the rice paper in warm water until just softened. Remove from the bowl and place on a plate. Put 3 prawn halves into the centre of the rice paper. Add a mint leaf, coriander leaf, snow peas, avocado, carrot and noodles. Fold over rice paper and roll up, pressing edge to seal. Repeat with remaining ingredients. Cut rolls in half and serve with sweet chilli sauce.

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Lunch

TANDOORI CHICKEN

AND SALAD WRAPS

Ingredients

- ▲▲ 2 skinless chicken breasts, trimmed of fat

(450g)

- ▲▲ 1 tablespoon tandoori paste
- ▲▲ 2 tablespoons low-fat Greek yoghurt
- ▲▲ ¼ teaspoon tandoori paste, extra
- ▲▲ 4 wholegrain or reduced-fat soft wraps

(20cm)

- ▲▲ 2 Lebanese cucumbers, halved, sliced

into thin strips lengthways

▲▲ 1 small red capsicum, seeded and sliced

into thin strips

▲▲ 60g snow pea sprouts

▲▲ 20 mint leaves

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4

Method

Preheat oven to 200°C (180°C fan forced).

Coat chicken in tandoori paste then place

in a medium baking dish or onto an

oven tray lined with baking paper. Bake

for 15-20 minutes until cooked through.

Once cool enough to handle, slice thinly.

Combine yoghurt with extra tandoori paste;
spread 2 teaspoons evenly on each wrap.

Layer equal amounts of chicken, cucumber,

capsicum and sprouts on one edge of each

wrap, top with a row of mint leaves. Roll up

tightly to enclose filling and cut in half.

Hint

Cover and refrigerate tandoori coated
chicken for as long as time permits, from
30 minutes to overnight.

Lunch

QUICK CHICKEN PIZZA

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 2

Ingredients

▲▲ 1 thin 23cm pizza base (dinner plate size)

▲▲ 2 tablespoons salt-reduced tomato-based

pasta sauce or paste

▲▲ 1 cup (30g) baby spinach leaves

▲▲ ½ large red onion, peeled, finely sliced

▲▲ 100g cooked or BBQ chicken breast,

and separated

thinly sliced

▲▲ ½ small red capsicum, seeded and

sliced in thin strips

▲▲ 12 small whole or 6 large halved cherry

▲▲ ½ cup grated reduced-fat mozzarella

tomatoes

cheese

▲▲ Basil leaves, to serve

Method

Preheat oven to 220°C (200°C fan-forced). Spread tomato paste evenly over pizza base. Top with spinach leaves, sliced onion, chicken, capsicum strips and cherry tomatoes. Sprinkle with cheese and place on a baking tray, pizza stone or wire rack. Bake for 5 minutes until cheese is melted then cover with foil to prevent burning. Bake for a further 5 minutes until base is crisp. Sprinkle with roughly torn basil leaves on top to serve.

Hint

Use mini bases, pita or wholegrain English muffins for individual pizzas.

Variation

For a Mediterranean chicken pizza add drained fat-free sundried tomatoes, fat-free marinated artichokes and eggplant.

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Lunch

BALSAMIC BEEF SALAD

Ingredients

- ▲▲ 2 tablespoons balsamic vinegar
- ▲▲ 1 tablespoon wholegrain mustard
- ▲▲ 500g lean beef rump steak, trimmed

of fat

juice

- ▲▲ 2 tablespoons freshly squeezed orange

- ▲▲ 4 cups (150g) mixed salad or baby

- ▲▲ 420g can no-added-salt cannellini

spinach leaves

beans, drained

moons

- ▲▲ 2 Lebanese cucumbers, sliced into half

- ▲▲ ½ red onion, peeled and finely sliced

- ▲▲ ½ cup (80g) drained fat-free

semi-sundried tomatoes, chopped

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

Method

Combine balsamic vinegar and mustard together in a cup. Pour half the mixture into a non-metal dish. Add steaks, turning to coat with the marinade. Add orange juice

to remaining vinegar mixture and set aside. Spray a griddle or large non-stick frypan with oil and place on medium to high heat. Drain steaks well and discard marinade. Grill for 3 minutes each side or until cooked to your liking. Remove from heat, cover and set aside to rest for 3 minutes before slicing thinly. Meanwhile, place salad leaves, beans, cucumber, onion and tomatoes in a large bowl. Pour over orange juice dressing and toss to combine. Top with steak and serve immediately.

Hint

Cover and refrigerate beef for as long as time permits, from 30 minutes to overnight.

Lunch

SALAD NICOISE

Preparation time: 20 minutes

Cooking time: 16 minutes

Serves: 4

Ingredients

▲▲ 4 eggs

▲▲ 6 unpeeled baby potatoes, washed

▲▲ 250g green beans, trimmed, cut into
(450g)

3cm pieces

▲▲ 8 large cos lettuce leaves, roughly torn
or 150g small leaves

▲▲ 425g can no-added-salt tuna, drained

▲▲ 250g cherry tomatoes

▲▲ ½ cup (70g) small pitted black olives,
drained

▲▲ 1 tablespoon Dijon mustard

▲▲ 1½ tablespoons of lemon juice

Method

Place eggs in a small saucepan, cover with water and bring to the boil. Simmer for 6 minutes, drain and refresh with cold water. Once cool, peel eggs and cut into quarters.

Meanwhile, place potatoes in a medium-sized saucepan and cover with water.

Bring to the boil and simmer for 8 minutes. Add green beans and simmer for a further 2 minutes until they are bright green and potatoes are tender. Drain beans and potatoes and refresh with cold water. Cut potatoes in half and add to a large serving bowl with lettuce, tuna, beans, tomatoes and olives, topped with eggs. Mix mustard with lemon juice and drizzle over salad.

Variation

Replace potatoes with a drained 425g can of cannellini beans.

Substitute cos lettuce for mesculin, baby spinach or butter lettuce leaves.

Replace tinned tuna with 350g fresh tuna steaks. Cook in a frying pan over medium-high heat for 2-3 minutes each side or until cooked to your liking. Rest for 5 minutes then flake into large pieces and add to salad.

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Lunch

Lunch

RAINBOW PASTA SALAD

ZUCCHINI SLICE

Ingredients

- ▲▲ 5 eggs
- ▲▲ Freshly ground black pepper
- ▲▲ 1 large zucchini, grated
- ▲▲ 400g peeled and grated carrot, sweet

potato or pumpkin

- ▲▲ 1½ cups drained canned corn kernels or

frozen peas

- ▲▲ 1 medium brown onion, peeled and diced
- ▲▲ 2 teaspoons dried mixed herbs
- ▲▲ ¾ cup wholemeal self-raising flour
- ▲▲ 1 cup reduced-fat grated cheddar cheese
- ▲▲ Olive or canola oil spray
- ▲▲ 3 large tomatoes, thinly sliced (optional)
- ▲▲ Green side salad, to serve

Preparation time: 30 minutes

Cooking time: 45 minutes

Serves: 6

Method

Preheat oven to 200°C (180°C fan forced). Whisk eggs in a medium jug, season with black pepper and set aside. In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined. Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer. Bake for 40-45 minutes or until firm and golden brown. Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

Variation

Substitute other vegetables including baby spinach, cherry tomatoes, broccoli florets, chopped asparagus or mushrooms, grated parsnip or potato and add fresh parsley, basil or dill.

Replace brown onion with chopped leek or spring onions.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 4

Ingredients

▲▲ 300g green beans, ends trimmed, cut

into 3cm pieces

▲▲ 200g spiral or bowtie pasta (3 cups

cooked)

drained

▲▲ 1x 420g can no-added-salt corn kernels,

▲▲ 1x 420g can no-added-salt four bean

mix, drained

▲▲ 250g punnet cherry tomatoes, halved

▲▲ 1 medium red capsicum, seeded and cut

into thin 3cm strips

▲▲ ½ red onion, peeled and finely chopped

▲▲ ½ cup drained fat-free semi-sundried

tomatoes, chopped

▲▲ ½ cup flat-leaf parsley, finely chopped

▲▲ ½ cup basil leaves, shredded

Dressing

▲▲ 1½ tablespoons Dijon mustard

▲▲ ½ tablespoon honey

▲▲ ½ tablespoon white vinegar or white

wine vinegar

▲▲ ½ tablespoon water

Method

Bring a medium-sized saucepan of water to the boil. Add beans and simmer for 2 minutes until they are bright green. Remove beans with a slotted spoon and refresh under cold water. Alternatively cook beans in the microwave on HIGH (100%) for 2 minutes with a tablespoon of water in a microwave-safe bowl. Add pasta to the boiling water and cook according to packet directions until just tender. Drain well and add to a large serving bowl with drained beans and remaining salad ingredients. In a small jug, mix together dressing ingredients then pour over salad. Toss until well combined. Serve immediately or enjoy

cold the next day.

Variation

Replace tinned corn with kernels removed from 1 fresh cob which has been steamed or microwaved on HIGH (100% power) for 3 minutes.

Add a small chopped avocado just before serving.

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Lunch

CORN NOODLE CAKES

Ingredients

▲▲ 100g angel hair pasta or spaghetti,

broken into 5cm lengths

▲▲ 6 eggs

▲▲ Freshly ground black pepper

▲▲ 400g can creamed corn

▲▲ 400g can no-added-salt corn kernels,

▲▲ 3 spring onions, including green tops,

▲▲ 1 small red capsicum, seeded and diced

▲▲ 1 cup (25g) chopped coriander, roots

▲▲ Olive or canola oil spray

▲▲ 2 tablespoons sweet chilli sauce, to serve

▲▲ Homemade salsa (chopped tomatoes, chilli and coriander) or mixed salad leaves, to serve

drained

chopped

removed

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4

Method

Add pasta to a medium pot of boiling water. Cook for 6-8 minutes or according to packet instructions. Drain then set aside to cool. Meanwhile, whisk eggs in a large bowl. Season with black pepper then mix in creamed corn, kernels, spring onion, capsicum, coriander and pasta. Spray a large non-stick frypan with oil and place on medium to high heat. Drop heaped tablespoons of mixture evenly spread around the pan. Cook for 2-3 minutes or until golden and firm. Flip noodle cake and brown on reverse side. Transfer to a plate and repeat with remaining mixture. Serve with sweet chilli sauce and salad or salsa,

if desired.

Hint

Egg rings can help mould your cakes into shape.

Dinner

BASIL BEEF AND

BEAN STIRFRY

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 4

half the beef and stir-fry for 2 minutes over high heat until browned. Set aside and repeat with remaining beef. Spray pan with oil, add beans and broccoli and stir-fry for 3 minutes, until tender. Add 2 tablespoons water to the pan, cover and cook until vegetables soften but remain bright green. Add in corn, beef, soy and oyster sauces and basil. Stir-fry until heated through. Serve with steamed rice.

Hint

Cover dish, refrigerate and marinate beef for as long as time permits, from 30 minutes to overnight.

Variation

Substitute lean pork, skinless chicken breasts, kangaroo steak or tofu for beef.

Vary vegetables to include any combination of asparagus, bean sprouts, cabbage, capsicum, carrots, cauliflower, celery, Chinese vegetables, mushrooms, onion, spinach, snow peas, water chestnuts and zucchini.

Ingredients

- ▲▲ 2 cloves garlic, crushed
- ▲▲ 2 teaspoons grated ginger
- ▲▲ 1 tablespoon salt-reduced soy sauce
- ▲▲ Freshly ground black pepper
- ▲▲ 400g beef rump, trimmed of fat, sliced

thinly

- ▲▲ Olive or canola oil spray
- ▲▲ 200g green beans, edges trimmed, cut

into 5cm lengths

- ▲▲ 1 broccoli, cut into florets
- ▲▲ 410g can baby corn spears, drained
- ▲▲ 1 tablespoon salt-reduced soy sauce,

extra

- ▲▲ 2 tablespoons oyster sauce
- ▲▲ ½ cup basil leaves, roughly torn
- ▲▲ 4 cups steamed rice (from 2 cups

uncooked rice), to serve

Method

Mix garlic, ginger and soy in a small bowl; season with black pepper. Add beef, stir to coat and set aside to marinate while vegetables are prepared. Spray a non-stick wok or large frypan with oil and heat. Add

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Dinner

Method

Place garlic, coriander, lime juice and vinegar into a small food processor or blender and puree until smooth. To make dipping sauce, remove sauce and set aside.

cup of mixture, stir in sweet chilli

Spray a grill pan with oil and place on high heat. Cook chicken for 2-3 minutes each side. To serve, place a chicken tenderloin in a lettuce leaf. Top with a spoonful of noodles, bean sprouts, carrots, spring onions and sprinkle with coriander. Spoon over ½ tablespoon of dipping sauce and roll up to eat.

Add remaining coriander mixture to chicken in a small bowl, stir to coat and set aside to marinate. Place noodles in a large bowl and cover with boiling water.

Meanwhile add curry paste to a small saucepan on medium heat. Cook, stirring, for 2 minutes until fragrant then turn to low heat and add evaporated milk. Stir until curry paste is mixed through, simmer for 1 minute, then add drained noodles. Mix well and remove from heat.

Hint

Cover and refrigerate marinated chicken for as long as time permits, from 30 minutes to overnight.

Place lettuce, noodles, chicken, other vegetables and dipping sauce onto separate serving plates and allow diners to fill a leaf with some of each filling, roll into a parcel and eat with their fingers.

GRILLED CHICKEN AND

NOODLE LETTUCE WRAPS

Preparation time: 25 minutes

Cooking time: 10 minutes

Serves: 4

Ingredients

▲▲ 2 cloves garlic, peeled

▲▲ 2 coriander stalks and leaves, roots

discarded

- ▲▲ cup lime juice (juice of 2 limes)
- ▲▲ cup rice wine vinegar
- ▲▲ 2 tablespoons sweet chilli sauce
- ▲▲ 8 (300g) chicken tenderloins
- ▲▲ 125g dried rice vermicelli or bean

thread noodles

- ▲▲ 1 tablespoon red curry paste
- ▲▲ 375mL can coconut flavoured

evaporated milk

- ▲▲ Olive or canola oil spray
- ▲▲ 8 iceberg lettuce leaves
- ▲▲ 2 carrots, peeled and cut into
- ▲▲ 4 spring onions, chopped (including

matchsticks

green tops)

- ▲▲ 2 cups bean sprouts
- ▲▲ 1 cup chopped coriander, extra

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Dinner

WARM LEMON

CHICKEN SALAD

Preparation time: 25 minutes

Cooking time: 20 minutes

Serves: 4

Ingredients

- ▲▲ 2 small (400g) skinned chicken breasts,

skinless, trimmed of fat

- ▲▲ Zest and juice of 1 lemon
- ▲▲ 3 teaspoons honey
- ▲▲ 2 cloves garlic, crushed
- ▲▲ 4 tablespoons fresh thyme or oregano

leaves

- ▲▲ ½ cup currants
- ▲▲ Freshly ground black pepper, to taste
- ▲▲ 1 lemon, extra, thinly sliced
- ▲▲ 4 cups baby spinach leaves (120g)
- ▲▲ 2 carrots, peeled into long ribbons
- ▲▲ 4 spring onions, finely chopped

(including green tops)

Method

Preheat oven to 200°C (180°C fan forced).
In a small baking dish place chicken, zest and lemon juice, honey, garlic, herbs,

currants and pepper. Toss chicken in marinade to coat both sides then cover with a layer of lemon slices. Bake covered in the oven for 15-20 minutes until just cooked through and chicken juices run clear. Discard herbs, remove chicken to cool and reserve pan juices. Meanwhile place spinach leaves, carrot strips and spring onions in a large serving bowl. Top with thinly sliced chicken, lemon and pan juices. Serve immediately.

Hint

Cover and refrigerate marinated chicken for as long as time permits, from 30 minutes to overnight.

Dinner

SWEET AND SOUR

PORK KEBABS

Method

Mix sauces and vinegar in a small bowl. Add pork, stir to coat and set aside to marinate. To prevent burning, cover skewers in a shallow bowl with water. Preheat barbecue grill on high heat. Thread pork and vegetables alternately onto skewers, ending with mushrooms.

Spray skewers with oil and barbecue each side for 2 minutes until pork is cooked through, basting kebabs with remaining marinade occasionally. Transfer to plates and serve with rice.

Hint

Cover and refrigerate marinated pork for as long as time permits, from 30 minutes to overnight. Skewered kebabs can be prepared in advance and refrigerated until ready to barbecue.

Variation

Replace fresh pineapple with pineapple chunks canned in natural juice.

Preparation time: 25 minutes

Cooking time: 10 minutes

Serves: 4

Ingredients

▲▲ 1 tablespoon salt-reduced tomato sauce

▲▲ ½ teaspoon salt-reduced soy sauce

▲▲ 1½ teaspoons white vinegar

▲▲ 400g pork fillet, trimmed of fat, cut into

2cm cubes

▲▲ ¼ fresh pineapple, peeled and cored,

cut into 2-3cm pieces

▲▲ 1 red capsicum, seeded, cut into 2-3cm

▲▲ 1 yellow capsicum, seeded, cut into

pieces

2-3cm pieces

- ▲▲ 1 zucchini, cut into 2-3cm pieces
- ▲▲ 1 red onion, peeled, cut into 2-3cm pieces
- ▲▲ 8 small button mushrooms
- ▲▲ 8 thick bamboo sticks
- ▲▲ Olive or canola oil spray
- ▲▲ 4 cups steamed rice (from 2 cups

uncooked rice), to serve

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Dinner

STEAK SANDWICH WITH

CARAMELISED ONIONS

Ingredients

- ▲▲ cup low-fat mayonnaise
- ▲▲ 1 clove garlic, crushed
- ▲▲ Olive or canola oil spray
- ▲▲ 2 large red onions, peeled, halved and

thinly sliced

- ▲▲ 1 teaspoon brown sugar
- ▲▲ 1 teaspoon balsamic vinegar
- ▲▲ Freshly ground black pepper, to taste
- ▲▲ 4 large thin field mushrooms, stalk

removed (optional)

- ▲▲ 4 beef rump sandwich or minute steaks,

trimmed of fat (100g each)

- ▲▲ $\frac{3}{4}$ Turkish bread loaf or pide (300g)
- ▲▲ 6 pickled cucumbers or gherkins, sliced

thinly lengthways

- ▲▲ 425g can sliced beetroot, drained
- ▲▲ 2 tomatoes, thinly sliced
- ▲▲ 2 cups (80g) firmly packed rocket or

baby spinach leaves

Method

Mix mayonnaise and garlic together in a cup and set aside. Spray a small non-stick frypan with oil and place over medium heat. Add onion and cook, stirring occasionally, for 7 minutes or until golden. Add the sugar and vinegar and cook, stirring, for 2-3 minutes until onion caramelises. Season with pepper and set aside.

Meanwhile, preheat a barbecue grill or griddle pan on high heat. Spray both sides of mushrooms and steaks with oil and season

with pepper. Place mushrooms on grill and cook for 3 minutes each side until cooked through; set aside. Reheat grill, add steak and cook for ½ to 1 minute each side, depending on thickness and until cooked to your liking. Transfer to a plate, cover to keep warm.

Dinner

Cut bread crossways into 4 pieces then cut each in half lengthways. Toast or grill both sides of bread then spread mayonnaise on one side of each slice. Place bread open-faced in the centre of a serving plate.

Top the base with steak, mushroom, gherkin and onion. To the bread top, add beetroot, tomato and rocket or spinach leaves. Carefully sandwich both bread halves together and serve.

Variation

Replace canned beetroot with 1 large raw beetroot, trimmed, peeled, coarsely grated.

Add a slice of fresh pineapple, barbequed for 1 to 2 minutes each side until golden.

Replace beef with halved skinless chicken breast, 100g thin trimmed kangaroo steaks or remove meat altogether for a vegetarian option.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 4

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Dinner

SINGAPORE NOODLES

Ingredients

▲▲ 150g rice stick noodles or vermicelli

▲▲ Olive or canola oil spray

▲▲ 4 eggs, lightly beaten

▲▲ 1 brown onion, peeled, cut into thin

wedges

(optional)

(wombok)

▲▲ 2 cloves garlic, crushed

▲▲ 1 red chilli, seeded and finely chopped

▲▲ 1 tablespoon curry powder

▲▲ 3 cups finely shredded Chinese cabbage

▲▲ 1 red capsicum, seeded, thinly sliced

- ▲▲ 2 carrots, peeled, thinly sliced diagonally
- ▲▲ 2 tablespoons kecap manis (sweet soy

sauce)

- ▲▲ 2 tablespoons oyster sauce
- ▲▲ 6 spring onions, thinly sliced diagonally

(include green tops)

- ▲▲ 3 cups bean sprouts (250g)
- ▲▲ Coriander leaves to serve

Method

Place noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften, then drain well. Spray a wok or large non-stick frypan with oil and heat. Add half the egg and swirl to form a thin omelette. Remove omelette from pan, roll up and cut into thin slices. Set aside and repeat with remaining egg. Spray pan with oil and place on high heat. Stir-fry onion until soft. Add garlic, chilli and curry powder and cook, stirring for 1 minute or until fragrant. Add cabbage, capsicum, carrots and sauces. Cook until vegetables are just tender. Stir through spring onions and bean sprouts before adding noodles and egg. Gently toss until well combined. Stir-fry for 1-2 minutes or until heated through. Divide among serving bowls and top with coriander.

Variation

Vary vegetables to include chopped snow peas, asparagus, mushrooms, water chestnuts, bok choy and/or other Asian greens.

Stir-fry 200g sliced skinless chicken breast, pork fillet, peeled prawns or cubed tofu until just cooked. Set aside then return to pan with noodles.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 4

Dinner

GRILLED SALMON WITH

BROWN RICE SALAD

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 4

Method

In a large bowl, mix together cooked rice, spring onions, capsicums, parsley and currants. To make dressing, combine soy sauce, vinegar, honey, sesame oil and lemon juice in a cup. Pour over salad and stir through well. Place a metal steamer into a large saucepan with a few centimetres of water. Add bok choy and bring to the boil. Steam with lid on for 3 minutes or until tender. Meanwhile

heat a griddle, barbeque grill or large non-stick frypan on high. Lightly spray each side of salmon with oil, season with pepper. Reduce heat to medium and cook salmon for 3 minutes each side until golden brown and just cooked. Top rice salad with cashews then spoon onto serving plates. Add bok choy and salmon fillets; serve immediately.

Hint

Bok choy can be microwaved in a covered dish with a tablespoon of water on HIGH/100% for 2-3 minutes until just cooked.

green tops)

finely diced

finely diced

Ingredients

▲▲ 2 cups cooked brown rice (from 1 cup uncooked rice)

▲▲ 6 spring onions, thinly sliced (include

▲▲ 1 medium red capsicum, seeded and

▲▲ 1 medium yellow capsicum, seeded and

▲▲ ½ cup chopped parsley

▲▲ ½ cup currants

▲▲ 4x 100g salmon fillets

▲▲ Olive or canola oil spray

▲▲ 1 bunch bok choy, quartered

▲▲ ½ cup unsalted roasted cashews (70g),

roughly chopped, to serve

Dressing

▲▲ 1 tablespoon salt-reduced soy sauce

▲▲ 2 teaspoons balsamic vinegar

▲▲ 2 teaspoons honey

▲▲ 1 teaspoon sesame oil

▲▲ Juice of ½ a lemon

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Dinner

BEEF FAJITAS

Ingredients

▲▲ 300g lean beef rump steak, trimmed of fat, thinly sliced

▲▲ 2 cloves garlic, crushed

▲▲ Juice of 1 small lemon or large lime

▲▲ ½ teaspoon smoked paprika

▲▲ 2 teaspoons ground cumin or ground

coriander

- ▲▲ Freshly ground black pepper
- ▲▲ 4 tomatoes, diced
- ▲▲ 1 bunch (35g) coriander, chopped, roots

removed

- ▲▲ Olive or canola oil spray
- ▲▲ 1 large onion, peeled and sliced into

thin wedges

strips

into strips

- ▲▲ 1 red capsicum, seeded and sliced into

- ▲▲ 1 green capsicum, seeded and sliced

- ▲▲ 1 small zucchini, sliced into batons
- ▲▲ 2 tablespoons sweet chilli sauce
- ▲▲ 4 wholegrain, multigrain or reduced-fat

tortillas or soft wraps (20cm)

- ▲▲ cup extra light sour cream (optional)

Method

In a small bowl, combine beef, garlic, lemon or lime juice, smoked paprika, 1 teaspoon ground cumin or coriander and season with pepper. Mix well and set aside to marinate while vegetables are prepared. Combine tomatoes and coriander in a medium bowl and set aside.

Spray a wok or large non-stick frypan with oil and heat. Stir-fry the beef in two batches for 1-2 minutes each until brown and just cooked, then remove from pan and set aside. Spray pan with oil and return to high heat. Stir-fry onion with remaining teaspoon of cumin or coriander for 3 minutes. Add in capsicum and zucchini and stir-fry vegetables until tender but still firm and bright. Stir through sweet chilli sauce and cooked beef then stir-fry until heated through.

Dinner

Heat tortillas in the microwave for 1 minute on HIGH, or according to packet instructions.

To serve, top tortillas with beef stir-fry, tomato-coriander mix and 2 teaspoons of sour cream then roll up to enclose filling.

Variation

For added spice, stir-fry a chopped red chilli with the onion.

For a vegetarian option, substitute beef for 2 cans of drained no-added-salt kidney beans and serve with guacamole.

Replace beef with skinless chicken breasts, pork fillet or peeled prawns.

Instead of marinating beef strips, marinate whole steak then cook on an oiled grill or barbeque until browned and cooked medium. Cover, stand for 10 minutes then thinly slice. Vegetables can be cooked on a heated barbecue flat plate until browned all over.

Hint

Cover bowl, refrigerate and marinate beef for as long as time permits, from 30 minutes to overnight.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 4

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Dinner

PUMPKIN, SPINACH AND

CHEESE CANNELLONI

Ingredients

▲▲ 1kg Japanese, Kent or butternut pumpkin,
peeled and cut into 3cm chunks

▲▲ 250g frozen chopped spinach

▲▲ 500g reduced-fat ricotta or low-fat

creamed cottage cheese

▲▲ 2 cloves garlic, crushed

▲▲ 400g tinned chopped tomatoes

▲▲ 375g fresh lasagne sheets (10x16cm)

▲▲ ½ cup chopped basil

▲▲ 1 cup (130g) grated reduced-fat
mozzarella or cheddar cheese

Method

Preheat oven to 180°C (160°C fan forced).

Place frozen spinach into a microwave safe bowl and cook on HIGH (100%) for

3 minutes before setting aside. Steam or microwave pumpkin with a bit of water for 10-15 minutes until tender. Squeeze handfuls of cooked spinach to remove excess liquid and add to a large bowl with garlic and ricotta or cottage cheese. Drain and mash cooked pumpkin. Add pumpkin to cheese spinach mixture and stir to combine. Spread

1

3 cup of tinned tomatoes over the base of

a large 3cm deep rectangular 20x30cm ovenproof dish. Spoon 1

3 cup of pumpkin

mixture lengthways into the middle of

each lasagne sheet and roll up to enclose. Arrange cannelloni in a single layer close together seam side down in the dish. Sprinkle with basil, spread over remaining tomatoes and top with cheese. Bake for 15 minutes, cover with foil to prevent burning and cook for a further 15 minutes or until tender. Serve with a green salad.

Preparation time: 30 minutes
Cooking time: 45 minutes
Serves: 8

Dinner

SPICY BBQ FISH

WITH MANGO SALAD

Submitted by Gemma
Oberholzer of Djugun

Preparation time: 15 minutes
Cooking time: 15 minutes
Serves: 4

coat. Preheat BBQ grill to high. Lightly spray mango cheeks with oil. Cook until lightly charred on each side and set aside. Lightly spray the fish fillets with oil. Barbecue for 3-4 minutes on each side until cooked through. For the salad, slice mango and combine in a bowl with spinach, avocado, coriander and lime juice. Serve fish with mango salad, yoghurt and lemon wedges.

Hint

You can substitute the barramundi fillets for any firm white fish such as snapper, hake, ling, perch, mackerel, cod, seabass or coral trout.

A drained can of mango in juice can be used instead of fresh mangoes.

Bottled lime juice can also be used in place of a fresh lime.

Ingredients

- ▲▲ 4 barramundi fillets (each about 100g)
- ▲▲ 2 teaspoon ground coriander
- ▲▲ 1 teaspoon ground cumin
- ▲▲ 1 teaspoon ground turmeric
- ▲▲ 2 mangoes, peeled and cut along core

into two large cheeks

- ▲▲ Olive or canola oil spray
- ▲▲ 100g baby spinach leaves
- ▲▲ 1 avocado, peeled, seeded and diced
- ▲▲ ½ cup coriander leaves, chopped
- ▲▲ Juice of 1 lime
- ▲▲ ½ cup natural yoghurt
- ▲▲ Lemon wedges to serve

Method

Add the ground coriander, ground cumin and ground turmeric into a shallow dish and mix well. Add fish fillets and turn to

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FINALIST

Cook for 3-4 minutes then flip and brown on reverse side for a further 2-3 minutes until cooked through. Transfer to a plate and repeat with remaining mixture.

Begin to prepare salad by adding remaining $\frac{1}{2}$ red capsicum, thinly sliced, to a large bowl. Using a teaspoon, discard seeds from cucumber. Slice thinly on the diagonal and add to capsicum along with bean sprouts, extra coriander, mint and chilli.

To make the dressing, combine extra juice, sweet chilli and fish sauce in a cup and pour over salad just before serving.

Divide fish cakes and salad among serving plates. Serve with lemon or lime wedges, if desired.

Dinner

Hint

Fish cakes can be steamed in the microwave rather than browned in a pan. Place fish cakes around the outer edge of a large microwave-safe plate lined with non-stick baking paper. Cook, uncovered, on MEDIUM (50%) for 12-15 minutes or until firm and cooked through.

Variation

Reduce red curry paste to $\frac{1}{2}$ tablespoon for a less spicy, child-friendly version.

Include other salad ingredients such as sliced red or spring onion, snow pea sprouts, halved cherry tomatoes, baby spinach leaves or mixed salad greens.

Preparation time: 25 minutes

Cooking time: 15 minutes

Serves: 4

Method

Place fish, garlic, coriander, curry paste, juice and egg into a blender or food processor. Process until the mixture is well combined and is a smooth paste consistency. Transfer to a large bowl with diced red capsicum and the green beans. Mix until well combined.

With damp hands, using 2 tablespoons of mixture at a time, shape mixture into 12 balls. Flatten into 1cm thick patties. Spray a large non-stick frypan with oil and place over medium heat. Place 6 fish cakes evenly around the pan.

Dinner

THAI FISH CAKES

WITH CRUNCHY SALAD

Ingredients

▲▲ 400g firm boneless white fish fillets,

roughly chopped

▲▲ 1 clove garlic, peeled and quartered

▲▲ 4 stems coriander, roots removed (50g

stems and leaves)

▲▲ 1 tablespoon red curry paste

▲▲ 1 tablespoon lemon or lime juice

▲▲ 1 egg

▲▲ 150g green beans, trimmed, cut into

▲▲ ½ small red capsicum, seeded and

1cm rounds

diced

▲▲ Olive or canola oil spray

▲▲ Lemon or lime wedges, to serve

Salad

sliced

▲▲ ½ small red capsicum, seeded and thinly

▲▲ 1 continental or 2 large Lebanese cucumbers, halved lengthways

▲▲ 2 cups bean sprouts

▲▲ 1 cup roughly chopped coriander, extra

▲▲ ½ cup fresh mint leaves, torn

▲▲ 1 long red chilli, seeded, thinly sliced

(optional)

▲▲ 1 tablespoon lemon or lime juice, extra

▲▲ 1 ½ tablespoons sweet chilli sauce

▲▲ 1 teaspoon fish sauce

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Dinner

CHARGRILLED BEEF WITH

AVOCADO AND CORN SALSA

Submitted by Donna Candy of The Vines

Ingredients

▲▲ 1 red capsicum, seeded and cut into

2cm pieces

- ▲▲ 1 large corn cob, husk intact
- ▲▲ ½ medium avocado, peeled, stoned

and chopped

- ▲▲ 2 tablespoon chopped coriander
- ▲▲ 2 teaspoon fresh lime juice
- ▲▲ 2x 110g rump steak trimmed of fat
- ▲▲ Olive or canola oil spray
- ▲▲ Freshly ground black pepper
- ▲▲ 1 lime, cut into wedges, to serve

Method

Preheat oven to 200°C (180°C fan forced). Place capsicum on a non-stick baking tray and roast for 10-15 minutes or until tender. Microwave the corn cob in its husk on HIGH (100%) for 3 minutes. Set aside to cool slightly. Remove the husk and silk.

Cut kernels from the cob into a medium sized bowl. Discard cob. For the salsa, add capsicum, avocado, coriander and lime juice to the corn. Preheat a grill pan or heavy based frying pan over medium heat. Spray the steaks with oil and season with pepper. Cook steaks to your liking. Rest for 2 minutes. Slice steak into strips. Divide salsa between plates and top with the steak slices. Serve with lime wedges.

Hint

Bottled lime juice can be used when fresh limes are not available.

A drained can of no-salt-added corn kernels, or frozen corn, can be used in place of the fresh corn cob.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 2

Dinner

ZUCCHINI CARPACCIO

Submitted by Pip Laufmann of City Beach

Variation

Substitute the baby zucchini for normal zucchini, cut thinly.

For extra crunch, use slivered instead of flaked almonds.

Bottled lemon juice can be used instead of fresh.

Serving suggestion

Serve with grilled scallops.

Preparation time: 15 minutes

Serves: 2

Ingredients

▲▲ 1kg green and yellow baby zucchini, sliced into thin rounds (cutting on the diagonal)

- ▲▲ 3 tablespoon olive oil
- ▲▲ 2 lemons, zested and juiced
- ▲▲ 1 tablespoon seeded mustard
- ▲▲ Freshly ground black pepper
- ▲▲ 100g flaked almonds, lightly toasted
- ▲▲ 1 bunch fresh mint, torn

Method

Place the yellow and green zucchini in a bowl. Combine the oil, lemon juice, lemon zest, mustard and pepper in a small bowl. Mix well to make the dressing. Toss the dressing gently through the zucchini, ensuring it coats all the slices. Leave to marinate for 10 minutes. When ready to serve, spread the zucchini slices and their dressing across a platter. Scatter with almonds, mint and freshly ground pepper. Serve immediately.

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FINALIST

F I N A L I S T

Snack

PINE-BERRY FRAPPE

Ingredients

- ▲▲ 2 cups ice
- ▲▲ ½ punnet strawberries, (125g) hulled
- ▲▲ ½ cup pineapple pieces canned in

natural juice (fruit and juice)

▲▲ ½ cup no-added-sugar apple and cranberry juice, chilled

- ▲▲ 8 mint leaves plus extra, to serve
- ▲▲ 1 cup crushed ice extra, to serve

Preparation time: 5 minutes

Serves: 2

Method

Place ice, strawberries, pineapple, juices and mint into a blender jug; blend until smooth. Divide extra crushed ice between 2 glasses, pour over juice. Garnish with mint leaves and serve immediately.

Variation

Try a combination of different unsweetened juices blended with fresh and frozen fruits including raspberries, blueberries, mango, canned or peeled fresh peach and watermelon.

Snack

TROPICAL FRUIT

SMOOTHIE

Ingredients

▲▲ ½ ripe banana, frozen, roughly

▲▲ 1 mango cheek, frozen, roughly

chopped

chopped

▲▲ ½ cup pineapple pieces canned in

natural juice (including juice)

▲▲ 1 cup low-fat milk

▲▲ Pulp of 1 passionfruit

Method

Place frozen fruit, pineapple and milk into a blender jug; blend until smooth. Pour into 2 serving glasses. Spoon pulp of half a passionfruit on top of each smoothie; serve immediately.

Variation

Add a few drops of coconut essence for a 'pina colada' flavour.

Include fruits such as frozen blueberries or raspberries, strawberries and canned or fresh peeled peaches, apricots or pears.

Replace ½ cup milk with 200mL tub low-fat vanilla, mango or passionfruit flavoured yoghurt.

Hint

Mango flesh and ripe peeled bananas can be frozen in ziplock bags for use in smoothies and fruit sorbet. Freeze for several hours or overnight before blending.

Preparation time: 5 minutes

Serves: 2

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Snack

Dessert

HUMMINGBIRD MUFFINS

FROZEN FRUIT SORBET

Ingredients

▲▲ Banana sorbet – 3 ripe bananas, frozen

▲▲ Blueberry sorbet – 1 cup frozen

blueberries, 1 ripe banana, frozen plus
2 tablespoons low-fat milk

▲▲ Mango sorbet – flesh of 1 mango,

frozen, plus juice of ½ lime

▲▲ Pineapple sorbet – 440g can crushed
pineapple in natural juice, frozen

▲▲ Tropical sorbet – ½x 440g can crushed
pineapple in natural juice, frozen plus
1 ripe banana, frozen and pulp of 1
passionfruit

Method

Roughly chop frozen fruit and place in the
bowl of a food processor. Process until fruit
becomes granular. Scrape down sides of
bowl with a spatula and process again.
Repeat 4-5 times until fruit mixture is a
smooth, thick and creamy texture. Spoon
into bowls and serve immediately with fresh
fruit, if desired.

Variation

Add 1½ tablespoons cocoa to frozen
bananas for a chocolate flavouring.

Fill the cavity of a seeded halved rockmelon
with sorbet. Freeze until solid then cut into
wedges to serve.

Hint

Sorbet can be frozen in an airtight
container; remove from freezer 30 minutes
before serving to soften.

Mango flesh and ripe peeled bananas
can be frozen individually in zip-lock bags
or plastic wrap for use in sorbet and fruit
smoothies. Freeze until solid for at least 4
hours or overnight before processing.

Preparation time: 5 minutes

Serves: 2

Preparation time: 25 minutes

Cooking time: 25 minutes

Serves: 18 regular or 30 mini-muffins

Ingredients

▲▲ 2 eggs

▲▲ ¼ cup caster sugar

▲▲ 200mL low fat vanilla yoghurt

▲▲ 1 teaspoon vanilla extract

▲▲ 2 cups mashed ripe bananas

(about 3 large)

juice

▲▲ 3 cups self raising flour

▲▲ 2 teaspoons ground cinnamon

▲▲ ¾ cup walnuts (18 halves)

▲▲ Olive or canola oil spray

▲▲ 440g can crushed pineapple in natural

Method

Preheat oven to 200°C (180°C fan forced).
Spray muffin tins with oil. In a large bowl,

beat eggs and sugar together with an electric mixer on high speed for 2 minutes until light and creamy. Gently mix in yoghurt, vanilla, bananas and pineapple with juice. Sift flour and cinnamon onto the batter then stir to combine but do not over mix. Spoon mixture into prepared muffin tins ($\frac{3}{4}$ full) and top with a walnut half. Bake mini-muffin tins for 20 minutes and larger muffins for 25 minutes or until a skewer inserted in centre comes out clean. Cool in tins for 5 minutes then turn onto a wire rack to cool completely.

Variation

For a denser muffin, substitute 3 cups of plain self-raising flour for $1\frac{1}{2}$ cup wholemeal self-raising flour and $1\frac{1}{2}$ cup plain self-raising flour.

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Dessert

FRUIT JELLIES

Ingredients

Berry jellies

▲▲ 2 cups no-added-sugar apple and

blackcurrant juice

▲▲ 3 teaspoons powdered gelatine

▲▲ $\frac{1}{2}$ teaspoon rosewater essence (optional)

▲▲ 250g punnet strawberries, quartered or
300g frozen mixed berries or blueberries

Tropical fruit jellies

▲▲ 2 cups no-added-sugar apple juice

▲▲ 3 teaspoons powdered gelatine

▲▲ $\frac{1}{2}$ teaspoon coconut essence (optional)

▲▲ 1 medium peach diced or $\frac{3}{4}$ cup canned

peaches in natural juice, drained

▲▲ 1 small banana, peeled and sliced

▲▲ $\frac{1}{2}$ small mango, peeled, seeded and

diced

▲▲ Pulp of 2 passionfruit

Preparation time: 10 minutes
(and 4+ hours setting time)

Serves: 4

Method

Place $\frac{1}{2}$ cup juice and gelatine into a 1-litre microwave safe jug. Microwave on HIGH

for 1 minute to boil and dissolve gelatine. Mix well while pouring in remaining juice and essence. Divide fruit among four 250mL (1 cup) capacity serving glasses. Pour juice over fruit and carefully stir with a teaspoon to distribute fruit through jelly. Cover each glass with plastic wrap and refrigerate for 4 hours or overnight until set.

Hint

These jellies are best made 6 to 8 hours before serving. If left for more than 24 hours, the fruit will begin to soften in the jelly.

Rosewater essence is found in baking aisle of supermarket with other flavourings and vanilla. It is inexpensive and adds a subtle sophisticated 'Turkish delight' flavour.

Variation

Use any fruit you like in this recipe, except pineapple, pawpaw or kiwifruit, which contain an enzyme which may prevent the gelatine from setting.

Kitchen Hints

Temperature

Conversion Chart

The recipes in this book indicate oven temperature expressed in degrees Celsius.

Celsius °C

Fahrenheit °F

Measurements in this book refer to the standard metric cup and spoon sets approved by the Standards Association of Australia. A basic metric cup set consists of 1 cup, ½ cup, 1

3 cup and ¼ cup sizes.

Measurement

Volume

½ teaspoon

1 teaspoon

1 tablespoon

¼ cup

1

3 cup

½ cup

1 cup

=

=

=

=

=

=

=

2.5mL

5mL

20mL

60mL

80mL

125mL

250mL

325

375

400

475

500

160

180

200

240

250

mL

g

Abbreviations

=

=

millilitres (s)

gram (s)

Microwave

Microwave cooking times may vary depending on the wattage of your microwave. Follow the manufacturer's directions.

For more information visit livelighter.com.au

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Food photography by Simon Westlake, Illustrations

Food styling by Ursula Nairn

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