

RECIPES FOR THROWS

THE FRIDGE AND PANTRY SHOULD CONTAIN YOUR OWN HIGH ENERGY SNACKS WITH CARBOHYDRATE AND PROTEIN.

SNACK IDEAS

- FRUIT SMOOTHIES
- SANDWICHES OR TOASTED SANDWICHES
- TINNED FRUIT AND YOGHURT
- CEREAL BARS AND FRUIT JUICE
- MUFFINS, SCONES AND FRUIT BUNS
- FLAVORED MILK
- FRUIT AND NUT SNACK MIX AND FRUIT JUICE
- CREAMED RICE

ATHLETES REQUIRE MEAL PLANS BASED ON CARBOHYDRATE RICH FOODS TO FUEL TRAINING, AND PLENTY OF PROTEIN, VITAMINS AND MINERALS TO BUILD THE RESULTS.

ATHLETES WHO NEED TO BUILD MUSCLE NEED TO CONSUME LARGE MEALS, WHILST THOSE TRYING TO REDUCE BODY FAT LEVELS NEED TO WATCH THEIR FAT INTAKE.

LIST FOR THE FREEZER

SKINLESS CHICKEN, LEAN MINCE, LAMB OR PORK FILLETS, FROZEN VEGETABLES, BREAD, PIZZA BASES

LIST FOR THE FRIDGE

FRESH FRUIT AND VEGETABLES, JUICES, HOKKIEN AND OTHER NOODLES, REDUCED FAT CHEESE (OR EDAM CHEESE), LOW-FAT YOGHURT, DAIRY SNACKS, RICE PUDDING, MILK, EGGS. SAUCES: CHILI, PLUM, CHUTNEY, TOMATO, MUSTARD, LOW FAT SALAD DRESSING.

LIST FOR THE PANTRY

PASTA, RICE, OATS, BREAKFAST CEREAL, BURRITOS, CANNED SPAGHETTI AND BAKED BEANS, TOMATO SOUP, CANNED FRUIT, TUNA, CANNED RICE PUDDING, SALMON, LONG-LIFE MILK, BOTTLED PASTA SAUCE, SOY-SAUCE, FISH SAUCE, VINEGAR, RICE CAKES, CEREAL BARS, MUESLI BARS, DRIED HERBS, PANCAKE MIX, SPRAY ON OIL.

RECIPES

BAKED BEEF RISOTTO

SPRAY CANOLA OR OLIVE OIL

1 ONION, FINELY CHOPPED

2 TEASPOONS MINCED GARLIC

12 OZ LEAN BEEF MINCE

1½ CUPS ARBORIO RICE (SHORT GRAIN)

4 CUPS BEEF STOCK

¾ CUP BABY SPINACH LEAVES

1 ¾ CUP SWEET POTATO (KUMERA), CUT INTO SMALL CUBES

1 TABLESPOON FINELY GRATED PARMESAN CHEESE

FRESHLY GROUND BLACK PEPPER, TO TASTE

PREHEAT THE OVEN TO MODERATE (180°C OR 350°F). SPRAY A LARGE PAN WITH OIL AND HEAT. COOK THE ONION, GARLIC AND MINCE FOR ABOUT 5 MINUTES OR UNTIL BROWNED, BREAKING UP ANY LUMPS OF MINCE WITH A FORK. ADD THE RICE AND STIR UNTIL WELL COMBINED. STIR IN THE STOCK, SPINACH AND SWEET POTATO AND BRING TO THE BOIL. TRANSFER THE MIXTURE TO A 2 LITRE (8 CUP) CAPACITY OVENPROOF DISH. COVER AND BAKE FOR 20 MINUTES. REMOVE THE LID FROM THE DISH, STIR THE RISOTTO WELL AND RETURN TO THE OVEN TO COOK, UNCOVERED, FOR A FURTHER 10 MINUTES OR UNTIL THE RICE IS TENDER AND THE STOCK HAS BEEN ABSORBED. STIR IN THE PARMESAN CHEESE AND SEASON TO TASTE. SERVE IMMEDIATELY.

ANALYSIS: FAT: 12-16 GRAMS PER SERVE.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

SERVES 4



SEAFOOD PAELLA

12 MUSSELS

1 ¼ CUP MEDIUM GREEN (RAW) PRAWNS

7 OZ SCALLOPS

SPRAY CANOLA OR OLIVE OIL

1 ONION, CHOPPED

2 TEASPOONS MINCED GARLIC

PINCH CAYENNE PEPPER

1 RED BELL PEPPER, CHOPPED

1 GREEN BELL PEPPER, CHOPPED

1½ CUPS LONG-GRAIN RICE

14 OZ CAN CRUSHED TOMATOES

1 CUP CHICKEN STOCK

1 CUP FROZEN PEAS

SCRUB THE MUSSEL SHELLS AND REMOVE THE BEARDS. PLACE INTO A LARGE PAN WITH 1/2 CUP WATER. COVER AND COOK OVER MEDIUM HEAT FOR 5 MINUTES, SHAKING THE PAN OCCASIONALLY. DISCARD ANY MUSSELS WHICH DO NOT OPEN IN THIS TIME. PEEL AND DEVEIN THE PRAWNS, LEAVING THE TAILS INTACT. SPRAY A LARGE NONSTICK FRYING PAN WITH OIL AND HEAT. ADD THE PRAWNS AND SCALLOPS AND COOK OVER HIGH HEAT FOR ABOUT 2 MINUTES OR UNTIL THE FLESH TURNS WHITE. REMOVE FROM THE PAN AND SET ASIDE. ADD THE ONION TO THE PAN AND COOK OVER MEDIUM HEAT FOR 3 MINUTES OR UNTIL SOFT. STIR IN THE GARLIC AND CAYENNE, THEN THE BELL PEPPER AND RICE, AND COOK, STIRRING CONSTANTLY, FOR A FURTHER 2 MINUTES. ADD THE TOMATOES, STOCK AND PEAS AND STIR THROUGH. BRING PAELLA TO THE BOIL THEN REDUCE THE HEAT TO VERY LOW AND COVER TIGHTLY. COOK FOR 20 MINUTES OR UNTIL THE RICE IS JUST TENDER AND THE STOCK IS ALMOST ALL ABSORBED. ADD THE PRAWNS, SCALLOPS AND MUSSELS TO THE RICE, AND VERY GENTLY STIR THROUGH. COVER AND COOK FOR A FURTHER 3 MINUTES OR UNTIL THE SEAFOOD IS HEATED THROUGH. SERVE IMMEDIATELY.

HINT: A "PINCH" OF SOMETHING USUALLY MEANS LESS THAN A ¼ TEASPOON. TO AVOID GETTING THE HOT CAYENNE ON YOUR FINGERS, LIFT IT WITH THE TIP OF A POINTED KNIFE TO OBTAIN THE SMALL AMOUNT REQUIRED.

ANALYSIS: FAT 3-5 GRAMS PER SERVE.

PREPARATION TIME: 15 MINUTES. COOKING TIME: 35 MINUTES SERVES 3-4



MICROWAVE LEEK & HERB RISOTTO

CANOLA OR OLIVE OIL SPRAY

2 MEDIUM LEEKS, FINELY SLICED

1½ CUPS ARBORIO RICE (SHORT GRAIN)

4 CUPS CHICKEN OR VEGETABLE STOCK

½ CUP GRATED REDUCED-FAT TASTY CHEESE

2 TABLESPOONS CHOPPED FRESH PARSLEY

1 TEASPOON DRIED MIXED HERBS

2 TEASPOONS FINELY GRATED LEMON RIND

PLACE THE OIL AND LEEK IN A LARGE STRAIGHT-SIDED MICROWAVE DISH. COOK, UNCOVERED, ON HIGH FOR 4 MINUTES. STIR IN THE RICE AND COOK, UNCOVERED, ON HIGH FOR A FURTHER 4 MINUTES. ADD THE STOCK AND COOK, UNCOVERED, ON HIGH FOR 9 MINUTES. REMOVE FROM THE MICROWAVE, STIR WELL AND COOK, UNCOVERED, ON HIGH FOR ANOTHER 9 MINUTES. IF THE LIQUID HASN'T FULLY ABSORBED INTO THE RICE, COOK FOR ANOTHER MINUTE OR SO. REMOVE FROM THE MICROWAVE. STIR IN THE CHEESE, HERBS AND LEMON RIND AND SERVE IMMEDIATELY

HINT: SERVE WITH A SALAD OR ADD EXTRA VEGETABLES SUCH AS CORN, BELL PEPPER AND BROCCOLI FOR EXTRA VITAMINS.

ANALYSIS: 8-9 GRAMS OF FAT PER SERVE

PREPARATION TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

SERVES 3-4



CHILI CHICKEN & RICE

SPRAY CANOLA OR OLIVE OIL

1 RED ONION, FINELY SLICED

10.5 OZ CHICKEN MINCE

2 TEASPOONS MINCED GARLIC

2 TEASPOONS MINCED GINGER

1 RED BELL PEPPER, FINELY CHOPPED

1 TABLESPOON FISH SAUCE

1-2 TABLESPOONS SWEET CHILI SAUCE, TO TASTE

2 TABLESPOONS CHOPPED FRESH CORIANDER (OR CILANTRO)

4 CUPS COOKED LONG-GRAIN WHITE RICE

12 ICEBERG LETTUCE LEAVES

SPRAY A NONSTICK WOK OR FRYING PAN WITH OIL AND HEAT. ADD THE ONION AND COOK FOR ABOUT 2 MINUTES OR UNTIL JUST SOFT. ADD THE CHICKEN MINCE, GARLIC AND GINGER AND COOK FOR ABOUT 5 MINUTES OR UNTIL BROWNEED, BREAKING UP LUMPS OF MINCE WITH A WOODEN SPOON. ADD THE BELL PEPPER AND COOK FOR 3 MINUTES MORE, STIRRING FREQUENTLY. ADD THE FISH SAUCE AND SWEET CHILLI SAUCE, TO TASTE. STIR IN THE CORIANDER. TO SERVE, SPOON THE CHICKEN MIXTURE AND RICE INTO THE LETTUCE LEAVES AND ROLL UP TO EAT WITH YOUR FINGERS.

HINT: USE LAVASH OR MOUNTAIN BREAD INSTEAD OF LETTUCE TO ADD EXTRA CARBOHYDRATE. ADD OTHER VEGETABLES (SUCH AS SLICED ZUCCHINI, MUSHROOMS, CORN) TO THE MIXTURE TO MAKE A COMPLETE MEAL

ANALYSIS: FAT 4-5 GRAMS PER SERVE.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

SERVES 3-4



MILD BEEF CURRY

SPRAY CANOLA OR OLIVE OIL

26 OZ LEAN DICED BEEF

1 LARGE ONION, CHOPPED

2 TEASPOONS MINCED GARLIC

2 TEASPOONS MINCED GINGER

1 TABLESPOON CURRY POWDER

2 CUPS BEEF STOCK

1 RED BELL PEPPERBELL PEPPER, CHOPPED

2 CARROTS, SLICED

2 CUPS POTATOES, CUT INTO 3CM PIECES

SPRAY A LARGE PAN WITH OIL AND HEAT. COOK THE MEAT OVER MEDIUM HEAT IN 2 BATCHES FOR 2-3 MINUTES OR UNTIL WELL BROWNED. SET ASIDE. SPRAY A LITTLE MORE OIL INTO THE PAN, ADD THE ONION AND COOK FOR 3 MINUTES OR UNTIL SOFT. ADD THE GARLIC, GINGER AND CURRY POWDER AND STIR-FRY FOR ABOUT 30 SECONDS. GRADUALLY ADD THE STOCK, STIRRING TO SCRAPE THE SPICES FROM THE BOTTOM OF THE PAN. RETURN THE MEAT TO THE PAN. BRING TO THE BOIL, REDUCE THE HEAT TO LOW AND COOK, COVERED, FOR 30 MINUTES. ADD THE VEGETABLES TO THE PAN AND COOK FOR A FURTHER 30 MINUTES OR UNTIL THE MEAT IS TENDER. UNCOVER THE PAN FOR THE LAST 15 MINUTES OF COOKING, AND STIR REGULARLY, SO THE GRAVY THICKENS. SERVE WITH LONG-GRAIN OR BASMATI RICE.

HINT: THE FLAVOUR OF CURRY IMPROVES OVERNIGHT. TRANSFER TO A BOWL, COOL, COVER WITH PLASTIC WRAP AND REFRIGERATE UNTIL NEEDED. YOU CAN ALSO FREEZE CURRIES IN AIRTIGHT CONTAINERS.

ANALYSIS: 5-7 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 60 MINUTES

SERVES 4-6



SEAFOOD CHOWDER

SPRAY CANOLA OR OLIVE OIL

1 ONION, FINELY CHOPPED

2 STALKS CELERY, FINELY CHOPPED

1 TEASPOON MINCED GARLIC

3 LARGE POTATOES, PEELED AND CUT INTO SMALL CUBES

4 CUPS VEGETABLE STOCK

2 CUPS WHITE FISH FILLETS, CHOPPED

5 OZ CAN CARNATION LIGHT AND CREAMY EVAPORATED MILK

FRESHLY GROUND BLACK PEPPER, TO TASTE

2 TABLESPOONS CHOPPED FRESH CHIVES, OPTIONAL

SPRAY A LARGE SAUCEPAN WITH OIL AND HEAT. ADD THE ONION AND CELERY AND COOK OVER MEDIUM HEAT FOR 3 MINUTES OR UNTIL SOFT. ADD GARLIC AND COOK FOR 1 MORE MINUTE. ADD POTATO, STIR TO COMBINE, THEN ADD THE STOCK TO THE PAN. BRING TO THE BOIL, THEN REDUCE HEAT AND SIMMER, PARTIALLY COVERED, FOR 20 MINUTES OR UNTIL THE POTATO IS VERY TENDER. ADD FISH AND SIMMER FOR 3-4 MINUTES OR UNTIL THE FISH IS COOKED. USE A POTATO MASHER TO MASH THE VEGETABLES AND FISH UNTIL ALMOST SMOOTH OR A FOOD PROCESSOR TO PUREE THE SOUP AND MAKE IT VERY SMOOTH. STIR IN THE MILK, HEAT THROUGH AND SEASON WITH PEPPER TO TASTE. SERVE SPRINKLED WITH CHIVES.

ANALYSIS: CONTAINS 5-8 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

SERVES 4-6



CHICKEN & SWEET CORN SOUP

SPRAY CANOLA OR OLIVE OIL

10 OZ CHICKEN TENDERLOINS

5 SPRING ONIONS, THINLY SLICED

2 TEASPOONS MINCED GINGER

PINCH CAYENNE PEPPER

6 CUPS CHICKEN STOCK

14 OZ CAN CREAMED CORN

2 TABLESPOONS CHOPPED FRESH PARSLEY

SPRAY A NONSTICK FRYING PAN WITH OIL AND HEAT. COOK THE CHICKEN FOR 5 MINUTES, TURNING OCCASIONALLY, OR UNTIL LIGHTLY BROWNED AND COOKED THROUGH. COOL, CUT INTO FINE SLICES AND SET ASIDE. HEAT ANOTHER SPRAY OF OIL IN A LARGE SAUCEPAN. ADD THE SPRING ONIONS AND COOK OVER MEDIUM HEAT FOR 2 MINUTES OR UNTIL SOFT. ADD THE GINGER AND CAYENNE PEPPER AND COOK, STIRRING FOR ANOTHER 1 MINUTE. ADD THE STOCK, CORN AND COOKED CHICKEN TO THE PAN. BRING TO THE BOIL, REDUCE THE HEAT AND SIMMER FOR 5 MINUTES. STIR IN THE PARSLEY JUST BEFORE SERVING.

HINT: THIS SOUP IS IDEAL WITH FOCCACIA, HERB OR SPECIALTY BREAD.

ANALYSIS: CONTAINS 5-7 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4-6.



GADO GADO & NOODLES WITH PEANUT SAUCE

3 TABLESPOONS PEANUT BUTTER

2 TEASPOONS CURRY POWDER

1 TABLESPOON FISH SAUCE

1 TABLESPOON SOY SAUCE

2 TABLESPOONS SWEET CHILLI SAUCE

1 TABLESPOON CHOPPED LEMONGRASS

$\frac{3}{4}$ CUP CARNATION LIGHT AND CREAMY EVAPORATED MILK

1 CUP BROCCOLI FLORETS

1 CARROT, THINLY SLICED

1 CUP SHREDDED CABBAGE

$\frac{1}{4}$ CUP SNOW PEAS

3 CUPS THIN HOKKIEN NOODLES

1 CUP BEAN SPROUTS

4 BOILED EGGS, QUARTERED

4 OZ FIRM TOFU, CHOPPED

4 SPRING ONIONS, SLICED

TO MAKE THE PEANUT SAUCE, COMBINE ALL THE INGREDIENTS IN A SMALL SAUCEPAN AND BRING TO THE BOIL. REDUCE HEAT AND SIMMER FOR 1 MINUTE, STIRRING CONSTANTLY, THEN SET ASIDE. PLACE THE BROCCOLI AND CARROT IN A LARGE HEATPROOF BOWL AND COVER WITH BOILING WATER. LEAVE TO STAND FOR 2 MINUTES, THEN DRAIN AND RINSE UNDER COLD RUNNING WATER UNTIL COOL. DRAIN WELL. REPEAT WITH THE CABBAGE AND SNOW PEAS, BUT ONLY STAND THEM IN BOILING WATER FOR 20 SECONDS. PUT THE NOODLES IN A LARGE HEATPROOF BOWL AND COVER WITH BOILING WATER. GENTLY PRISE THEM APART WITH TWO FORKS UNTIL THE STRANDS SEPARATE. DRAIN WELL. DIVIDE THE NOODLES BETWEEN SERVING DISHES, TOPPED WITH THE VEGETABLES, BEAN SPROUTS, BOILED EGGS AND TOFU. DRIZZLE THE WARM PEANUT SAUCE OVER THE TOP, AND SPRINKLE WITH SPRING ONIONS.

ANALYSIS: CONTAINS 15-23 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 2 MINUTES SERVES 4-6



SPICY BEAN BURRITOS

FILLING

SPRAY CANOLA OR OLIVE OIL

1 ONION, FINELY CHOPPED

1 TEASPOON GROUND CUMIN

1 TEASPOON GROUND CORIANDER

15.5 OZ CAN RED KIDNEY BEANS, RINSED AND DRAINED

14 OZ CAN CRUSHED TOMATOES

2 TABLESPOONS TOMATO PASTE

2 TEASPOONS CHILI SAUCE

8 FLOUR TORTILLAS

4 LARGE LETTUCE LEAVES, SHREDDED

3 TOMATOES, CHOPPED

½ CUP GRATED REDUCED-FAT TASTY CHEESE

4 TABLESPOONS LOW-FAT NATURAL YOGHURT

TO MAKE THE FILLING, SPRAY A NONSTICK FRYING PAN WITH OIL AND HEAT. ADD THE ONION AND COOK OVER MEDIUM HEAT FOR 3 MINUTES OR UNTIL SOFT. ADD SPICES AND COOK, STIRRING, FOR 1 MINUTE. ADD THE BEANS, TOMATOES, TOMATO PASTE AND CHILLI SAUCE. BRING TO THE BOIL, REDUCE THE HEAT AND SIMMER FOR 4 MINUTES OR UNTIL THICKENED SLIGHTLY. TO SERVE, DIVIDE THE FILLING INTO FOUR AND PLACE ON A DOUBLE LAYER OF TORTILLAS. ROLL UP AND TOP WITH LETTUCE, TOMATO, CHEESE AND YOGHURT.

ANALYSIS: 9-15 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

SERVES 2-4



FRIED RICE & VEGETABLES

SPRAY CANOLA OR OLIVE OIL

1 EGG, LIGHTLY BEATEN

1 ONION, FINELY CHOPPED

1 GREEN BELL PEPPER, CHOPPED

2.5 CUPS BUTTON MUSHROOMS, SLICED

1½ CUPS FINELY SHREDDED CABBAGE

1 LARGE CARROT, GRATED OR THINLY SLICED

1 CUP SNOW PEA SPROUTS

4 CUPS COOKED BROWN RICE

1 TABLESPOON CHOPPED FRESH PARSLEY

SOY SAUCE, TO TASTE

SPRAY A NONSTICK WOK OR FRYING PAN WITH OIL AND HEAT. ADD THE EGG AND SWIRL TO CREATE A THIN OMELETTE. WHEN THE EGG HAS SET AND COOKED, TURN OUT, COOL, AND CUT INTO SHORT, THIN STRIPS. SPRAY THE WOK OR FRYING PAN WITH OIL AND HEAT AGAIN. ADD THE ONION AND CAPSICUM AND COOK OVER MODERATELY HIGH HEAT FOR 2 MINUTES, STIRRING CONSTANTLY. ADD REMAINING VEGETABLES AND STIRFRY FOR A FURTHER 2 MINUTES OR UNTIL THE VEGETABLES ARE JUST SOFTENED. ADD THE RICE AND STIR UNTIL WELL COMBINED AND HEATED THROUGH. STIR THROUGH THE PARSLEY AND EGG, AND SEASON WITH SOY SAUCE TO TASTE.

HINT: THIS RECIPE IS A GREAT WAY TO USE UP ANY VEGETABLES YOU HAVE ON HAND. YOU COULD REPLACE THE EGG WITH CHOPPED TOFU.

ANALYSIS: 5-7 GRAMS OF FAT PER SERVE

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

SERVES 3-4



FETTUCCINE WITH CHICKEN & LEMON

17 OZ FETTUCCINE

SPRAY OF CANOLA OR OLIVE OIL

TWO SKINLESS CHICKEN BREASTS, CUT INTO THIN STRIPS

1 CUP CHICKEN STOCK

¼ CUP LEMON JUICE

2 TEASPOONS FINELY GRATED LEMON RIND

1 CUP FROZEN PEAS

2 OZ REDUCED-FAT CREAM CHEESE, CHOPPED

FRESHLY GROUND BLACK PEPPER, TO TASTE

START COOKING THE PASTA IN A LARGE SAUCEPAN OF BOILING WATER. SPRAY A NONSTICK FRYING PAN WITH OIL AND HEAT. ADD THE CHICKEN AND COOK OVER MEDIUM-HIGH HEAT FOR ABOUT 5 MINUTES OR UNTIL BROWNEED AND COOKED THROUGH. REMOVE FROM THE PAN, SET ASIDE AND KEEP WARM. ADD THE STOCK, LEMON JUICE, RIND AND PEAS TO THE PAN. BRING TO THE BOIL, REDUCE THE HEAT SLIGHTLY AND SIMMER FOR 2-3 MINUTES OR UNTIL THE PEAS ARE COOKED. ADD THE CREAM CHEESE AND STIR OVER LOW HEAT UNTIL SMOOTH. WHEN THE PASTA IS AL DENTE, DRAIN AND RETURN TO THE PAN. ADD THE SAUCE AND TOSS TO COMBINE. SEASON WITH BLACK PEPPER AND SERVE IMMEDIATELY WITH THE CHICKEN.

HINT: SERVE WITH A SALAD FOR A VITAMIN BOOST, OR ADD MORE VEGETABLES TO MAKE A COMPLETE MEAL. USE WHOLEMEAL PASTA IF YOU WANT TO INCREASE YOUR FIBRE INTAKE.

ANALYSIS: 8-11 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4-6



RIGATONI WITH SALMON & RICOTTA

17 OZ RIGATONI

2 SMALL SALMON FILLETS

SPRAY OF CANOLA OR OLIVE OIL

1 SMALL ONION, FINELY CHOPPED

3 STALKS CELERY, FINELY SLICED

2 ZUCCHINI (COURGETTE), SLICED

7 OZ LOW-FAT RICOTTA CHEESE

2 TEASPOONS CHOPPED FRESH DILL

FRESHLY GROUND BLACK PEPPER, TO TASTE

LEMON JUICE, TO TASTE

START COOKING THE PASTA IN A LARGE SAUCEPAN OF BOILING WATER. MEANWHILE, PLACE THE SALMON FILLETS IN A FRYING PAN AND COVER WITH COLD WATER. PLACE OVER LOW HEAT AND COVER (IF YOU DON'T HAVE A LID USE A FLAT BAKING TRAY). THE WATER SHOULD BE JUST MOVING ON THE SURFACE, NOT BOILING OR SIMMERING. COOK FOR ABOUT 7 MINUTES OR JUST UNTIL THE FLESH CHANGES COLOUR. TEST BY INSERTING THE POINT OF A SHARP KNIFE INTO THE THICKEST PART AND GENTLY FLAKE THE FISH. LIFT THE FISH FROM THE PAN WITH A SLOTTED SPOON OR SPATULA AND DRAIN ON PAPER TOWELS. SPRAY A NONSTICK FRYING PAN WITH OIL AND HEAT. ADD THE ONION, CELERY AND ZUCCHINI AND COOK OVER MEDIUM HEAT, STIRRING OCCASIONALLY, FOR ABOUT 3 MINUTES OR UNTIL SOFT. WHEN THE PASTA IS AL DENTE, DRAIN AND RETURN TO THE PAN. GENTLY BREAK THE SALMON APART WITH A FORK AND ADD TO THE PASTA ALONG WITH THE VEGETABLES. CRUMBLE THE RICOTTA OVER THE PASTA AND ADD THE DILL. SEASON WITH PEPPER AND A SQUEEZE OF LEMON JUICE. TOSS TO COMBINE THOROUGHLY, AND SERVE IMMEDIATELY.

HINT: YOU CAN REPLACE THE FRESH SALMON WITH A 210 G CAN OF SALMON, WELL DRAINED, BUT THERE IS NO NEED TO COOK IT - JUST ADD IT TO THE PASTA WITH THE VEGETABLE MIXTURE.

ANALYSIS: 8-12 GRAMS OF FAT PER SERVE

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4-6



SPIRALS WITH PUMPKIN & PESTO

17 OZ SPIRAL PASTA

1 CUP FIRMLY PACKED FRESH BASIL LEAVES

2 TEASPOONS MINCED GARLIC

2 TABLESPOONS TOASTED PINE NUTS

2 TABLESPOONS FINELY GRATED PARMESAN CHEESE

1 TABLESPOON OLIVE OIL

¼ CUP CHICKEN OR VEGETABLE STOCK

2 CUPS BUTTERNUT PUMPKIN, PEELED AND CUT INTO SMALL CUBES

FRESHLY GROUND BLACK PEPPER, TO TASTE

START COOKING THE PASTA IN A LARGE SAUCEPAN OF BOILING WATER. PLACE THE BASIL, GARLIC, PINE NUTS AND PARMESAN INTO A FOOD PROCESSOR AND PROCESS UNTIL FINELY CHOPPED. WITH THE MOTOR RUNNING, GRADUALLY ADD THE OIL AND STOCK AND PROCESS UNTIL WELL COMBINED. STEAM OR MICROWAVE THE PUMPKIN CUBES UNTIL TENDER. WHEN THE PASTA IS AL DENTE, DRAIN AND RETURN TO THE PAN. ADD THE PESTO AND STIR TO COAT THE PASTA, THEN ADD THE PUMPKIN AND TOSS THROUGH. SEASON AND SERVE IMMEDIATELY WITH SALAD.

HINT: TOASTED PINE NUTS ADD GOOD FLAVOR. SPREAD NUTS ON AN OVEN TRAY AND BAKE IN A PREHEATED 180°C (350°F) OVEN FOR ABOUT 3 MINUTES.

ANALYSIS: CONTAINS 8-12 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

SERVES 4-6



VEGETABLE LASAGNA

1 ONION, FINELY CHOPPED

2 TEASPOONS MINCED GARLIC

2 ZUCCHINI (COURGETTE), GRATED

1 $\frac{3}{4}$ CUP SWEET POTATO (KUMARA), GRATED

$\frac{3}{4}$ CUP BUTTON MUSHROOMS, CHOPPED

28 OZ CAN CHOPPED TOMATOES

3 TABLESPOONS TOMATO PASTE

2 TEASPOONS SUGAR

SALT AND FRESHLY GROUND BLACK PEPPER OR MIXED HERBS, TO TASTE

SPRAY CANOLA OR OLIVE OIL

13 OZ FRESH LASAGNE SHEETS

2 CUPS LOW-FAT RICOTTA CHEESE

$\frac{1}{2}$ CUP GRATED PARMESAN CHEESE

PREHEAT THE OVEN TO MODERATE (180°C OR 350°F). SPRAY A LARGE PAN WITH OIL AND HEAT. ADD THE ONION AND COOK OVER MEDIUM HEAT FOR 3 MINUTES OR UNTIL SOFT. ADD THE GARLIC AND COOK FOR 1 MINUTE MORE. ADD THE ZUCCHINI (COURGETTE), SWEET POTATO (KUMARA), MUSHROOMS, TOMATOES AND TOMATO PASTE. BRING TO THE BOIL, THEN REDUCE HEAT AND SIMMER FOR 5 MINUTES. STIR IN THE SUGAR, AND SEASON TO TASTE. SPRAY THE BASE OF A LARGE LASAGNE DISH LIGHTLY WITH OIL. CUT THE LASAGNE SHEETS TO SIZE AND ARRANGE A LAYER OF SHEETS OVER THE BASE OF THE DISH. TOP WITH A THIN LAYER OF SAUCE, THEN CONTINUE LAYERING PASTA AND SAUCE, MAKING ONE OF THE LAYERS WITH THE LOW-FAT RICOTTA. FINISH WITH A THIN LAYER OF SAUCE ON TOP, SPRINKLE WITH PARMESAN AND BAKE FOR 30 MINUTES. STAND FOR 5 MINUTES BEFORE CUTTING INTO SQUARES TO SERVE

HINT: DIFFERENT VEGETABLES MAY BE USED IN THIS RECIPE. JUST CHOP, OR FINELY GRATE WHERE APPROPRIATE, TO REDUCE COOKING TIME.

ANALYSIS: 9-13 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 30 MINUTES

SERVES 4-6



SEAFOOD PENNE

17 OZ PENNE

SPRAY OF CANOLA OR OLIVE OIL

14 OZ SEAFOOD MARINARA MIX

2 TABLESPOONS CHOPPED FRESH PARSLEY

1 ONION, FINELY CHOPPED

2 TEASPOONS MINCED GARLIC

1 TEASPOON CHOPPED CHILLI

28 OZ CAN CRUSHED TOMATOES

FRESHLY GROUND BLACK PEPPER, TO TASTE

START COOKING THE PASTA IN A LARGE SAUCEPAN OF BOILING WATER. SPRAY A NONSTICK FRYING PAN OR WOK WITH OIL AND HEAT. COOK THE SEAFOOD IN BATCHES OVER MEDIUM-HIGH HEAT UNTIL GOLDEN AND TENDER. TOSS THROUGH THE PARSLEY, REMOVE THE COOKED SEAFOOD FROM THE PAN AND SET ASIDE. SPRAY A CLEAN NONSTICK FRYING PAN OR WOK WITH OIL AND HEAT. COOK THE ONION OVER MEDIUM HEAT FOR 3 MINUTES OR UNTIL SOFT. ADD THE GARLIC AND CHILLI AND COOK, STIRRING, FOR 1 MINUTE MORE. ADD TOMATOES AND BRING TO THE BOIL. REDUCE HEAT SLIGHTLY AND SIMMER UNCOVERED FOR 5 MINUTES. SEASON WITH BLACK PEPPER TO TASTE. WHEN THE PASTA IS AL DENTE, DRAIN AND SERVE TOPPED WITH THE TOMATO SAUCE AND THE SEAFOOD. SERVE WITH SALAD.

HINT: MARINARA MIX USUALLY CONTAINS MUSSELS, CALAMARI, SCALLOPS, SMALL OCTOPUS AND FISH PIECES BUT THEY DO VARY. YOU CAN ALSO BUY FROZEN MARINARA MIX BUT REMEMBER ANY UNUSED PORTION MUST BE DISCARDED. NEVER REFREEZE SEAFOOD ONCE IT THAWS.

ANALYSIS: 3-4 GRAMS OF FAT PER SERVE

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4-6



BEEF WITH CASHEWS

2 CUPS LONG-GRAIN OR JASMINE RICE

SPRAY CANOLA OR OLIVE OIL

17 OZ LEAN BEEF, CUT INTO THIN STRIPS

1 SMALL ONION, CUT INTO THIN WEDGES

1 TEASPOON MINCED GINGER

1 TEASPOON MINCED GARLIC

1 RED BELL PEPPER, CUT INTO THIN STRIPS

1 CUP SNOW PEAS, HALVED

14.1 OZ CAN BABY CORN

1 CUP BROCCOLI, CUT INTO FLORETS

2-3 TABLESPOONS SALT REDUCED SOY SAUCE

½ CUP ORANGE JUICE

3 OZ ROASTED CASHEW NUTS

COOK THE RICE IN A LARGE SAUCEPAN OF BOILING WATER FOR 12 MINUTES OR UNTIL TENDER. DRAIN WELL. SPRAY A NONSTICK WOK OR FRYING PAN WITH OIL AND HEAT. STIRFRY THE MEAT IN BATCHES OVER HIGH HEAT FOR 3-4 MINUTES OR UNTIL WELL BROWNED AND TENDER. REMOVE FROM THE PAN. REHEAT THE WOK, ADD THE ONION, GINGER AND GARLIC AND STIRFRY FOR 2 MINUTES OR UNTIL SOFT. ADD THE REMAINING VEGETABLES AND STIRFRY FOR ABOUT 3 MINUTES OR UNTIL TENDER BUT STILL CRISP. ADD THE KECAP MANIS OR SOY SAUCE AND JUICE AND STIR THROUGH. RETURN BEEF TO THE PAN AND STIR FOR 1 MINUTE OR UNTIL HEATED THROUGH. MIX IN THE NUTS AND SERVE IMMEDIATELY OVER THE RICE.

ANALYSIS: 9-13 GRAMS OF FAT PER SERVE

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4-6



QUICK VEGETARIAN CURRY

1 CUP SWEET POTATO (KUMARA), CHOPPED

1 CUP POTATO, CHOPPED

SPRAY OF CANOLA OR OLIVE OIL

1 ONION, CHOPPED

1 RED BELL PEPPER, CHOPPED

2 TEASPOONS MINCED GARLIC

1 TABLESPOON GREEN CURRY PASTE

2 CUPS WHITE LONG-GRAIN OR BASMATI RICE

1½ TABLESPOONS CORNFLOUR

1 CUP COCONUT WATER

2 CUPS BROCCOLI FLORETS

1 CUP CHICKPEAS, RINSED AND DRAINED

STEAM OR MICROWAVE THE SWEET POTATO (KUMARA) AND POTATO TO PARTIALLY COOK. SPRAY A LARGE PAN WITH OIL AND HEAT. ADD THE ONION AND BELL PEPPER AND COOK OVER MEDIUM HEAT FOR 3 MINUTES, OR UNTIL SOFT, THEN ADD GARLIC AND CURRY PASTE AND STIRFRY FOR 1 MINUTE. COOK THE RICE IN A LARGE PAN OF BOILING WATER FOR 12 MINUTES OR UNTIL TENDER. PUT THE CORNFLOUR IN A SMALL BOWL AND GRADUALLY ADD 1 CUP COCONUT MILK, STIRRING UNTIL SMOOTH. ADD POTATO, SWEET POTATO, BROCCOLI AND REMAINING MILK TO THE PAN. BRING TO THE BOIL AND SIMMER FOR 5 MINUTES OR UNTIL VEGETABLES ARE TENDER. ADD CORNFLOUR MIXTURE TO THE PAN AND STIR UNTIL SAUCE THICKENS, THEN STIR IN CHICKPEAS. SERVE OVER RICE OR WITH RICE ON THE SIDE.

HINT: THE COMBINATION OF CHICKPEAS, WHICH ARE A PULSE, AND RICE OR COUSCOUS, BOTH GRAINS, FORM COMPLETE PROTEINS, MAKING THIS A NUTRITIOUS VEGETARIAN DISH.

ANALYSIS: 3-4 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4-6



SWEET & SOUR CHICKEN

3.5 OZ DRIED THIN EGG NOODLES

SPRAY CANOLA OR OLIVE OIL

14 OZ CHICKEN TENDERLOINS, CHOPPED

14 OZ CAN PINEAPPLE PIECES

2 TEASPOONS MINCED GARLIC

2 TEASPOONS MINCED GINGER

1 ¼ CUP BUTTON MUSHROOMS, QUARTERED

2 CUPS FROZEN STIRFRY VEGETABLE MEDLEY (OPTIONAL)

1 TABLESPOON CORNFLOUR

1 TABLESPOON SOY SAUCE

3 TABLESPOONS TOMATO SAUCE

2 TABLESPOONS VINEGAR

1 TABLESPOON BROWN SUGAR

COOK THE NOODLES IN A LARGE PAN OF BOILING WATER FOR 5 MINUTES OR UNTIL TENDER. DRAIN WELL AND SET ASIDE. SPRAY A NONSTICK WOK OR FRYING PAN WITH OIL AND HEAT. COOK CHICKEN IN 2 OR 3 BATCHES OVER HIGH HEAT FOR 2-3 MINUTES OR UNTIL BROWNED. REMOVE FROM THE PAN AND SET ASIDE. DRAIN PINEAPPLE AND RESERVE THE JUICE. ADD GARLIC AND GINGER TO THE PAN AND STIRFRY FOR 3 MINUTES OR UNTIL TENDER. PUT CORNFLOUR INTO A SMALL BOWL AND GRADUALLY ADD 60 ML (¼ CUP) RESERVED JUICE, STIRRING UNTIL SMOOTH. ADD PINEAPPLE, REMAINING JUICE, SAUCES, VINEGAR AND SUGAR TO THE PAN WITH THE NOODLES AND TOSS UNTIL HEATED THROUGH. GARNISH WITH GREEN LEAFY HERBS.

HINT: TENDERLOINS MAY BE REPLACED WITH THE EQUAL WEIGHT OF BREAST FILLET. THE OPTIONAL VEGETABLES WILL MAKE THIS MEAL COMPLETE.

ANALYSIS: 4-5 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

SERVES 4-6



SESAME BEEF

2 TEASPOONS MINCED GARLIC

3 TABLESPOONS SOY SAUCE

3 TABLESPOONS OYSTER SAUCE

2 TABLESPOONS LEMON JUICE

2 TABLESPOONS ORANGE JUICE

17 OZ LEAN RUMP STEAK, CUT INTO THIN STRIPS

3 $\frac{3}{4}$ CUPS HOKKIEN NOODLES

SPRAY CANOLA OR OLIVE OIL

2 CARROTS, SLICED

1 GREEN BELL PEPPER, SLICED

1 BUNCH ENGLISH SPINACH, TRIMMED

3 TABLESPOONS TOASTED SESAME SEEDS

2 OZ SNOW PEA SPROUTS

COMBINE THE GARLIC, SOY SAUCE, OYSTER SAUCE AND JUICE IN A GLASS OR CERAMIC DISH. ADD THE BEEF AND TOSS TO COAT. COVER AND MARINATE FOR 15 MINUTES. DRAIN THE MEAT AND RESERVE THE MARINADE. PUT THE HOKKIEN NOODLES INTO A LARGE HEATPROOF BOWL AND COVER WITH BOILING WATER. LEAVE TO STAND FOR 2 MINUTES, PUSHING GENTLY WITH A WOODEN SPOON TO SEPARATE THE STRANDS. DRAIN WELL AND SET ASIDE. SPRAY A NONSTICK WOK OR FRYING PAN WITH OIL AND HEAT. STIRFRY THE MEAT IN 2 OR 3 BATCHES OVER HIGH HEAT FOR 2-3 MINUTES OR UNTIL BROWNEED. SET ASIDE. REHEAT THE WOK, ADD THE CARROTS AND BELL PEPPER AND STIRFRY FOR 3 MINUTES, THEN ADD THE RESERVED MARINADE AND BRING TO THE BOIL. ADD THE SPINACH LEAVES AND TOSS UNTIL JUST WILTED. STIR IN THE NOODLES, BEEF, SESAME SEEDS AND SNOW PEA SPROUTS, AND TOSS TO HEAT THROUGH

HINT: EXCHANGE THE VARIOUS TYPES OF NOODLES, PASTA, RICE OR COUSCOUS SERVED WITH STIRFRIES AND CURRIES. SOME OF THE RECIPES ALSO MAKE DELICIOUS FILLINGS FOR BAKED POTATOES - A GREAT WAY OF USING LEFTOVERS.

ANALYSIS: 9-13 GRAMS OF FAT PER SERVE.

PREPARATION TIME: 15 MINUTES + MARINATING

COOKING TIME: 15 MINUTES

SERVES 4-6



HAMBURGERS

BURGERS

17.5 OZ PREMIUM LEAN BEEF MINCE
1 EGG, LIGHTLY BEATEN
1 CUP FRESH BREADCRUMBS
1 TEASPOON DRIED MIXED HERBS
FRESHLY GROUND BLACK PEPPER, TO TASTE

4 HAMBURGER ROLLS, SPLIT IN HALF
1 SMALL CARROT
4 LARGE LETTUCE LEAVES, HALVED
8 SLICES BEETROOT
8 SLICES TOMATO
MUSTARD OR TOMATO SAUCE, TO SERVE

PLACE THE MINCE, EGG, BREADCRUMBS AND HERBS INTO A BOWL. ADD PEPPER TO TASTE. USING YOUR HANDS, MIX UNTIL WELL COMBINED, DIVIDE INTO FOUR EQUAL PORTIONS AND SHAPE EACH INTO A PATTY. COOK PATTIES IN A NONSTICK FRYING PAN OR ON A BARBECUE GRILL PLATE, OR UNDER A GRILL. PEEL STRIPS FROM THE CARROT WITH A PEELER. PLACE SOME LETTUCE ON THE BOTTOM HALF OF THE BUNS. TOP WITH MEAT PATTIES, THEN THE BEETROOT, TOMATO, CARROT AND MORE LETTUCE. ADD MUSTARD OR TOMATO SAUCE AND PUT ON THE TOPS OF THE BUNS. SERVE IMMEDIATELY.

HINT: SERVE WITH A BAKED POTATO TO BOOST THE CARBOHYDRATE LEVEL. WHOLEMEAL BREAD ROLLS PROVIDE EXTRA FIBER.

ANALYSIS: 11 GRAMS PER SERVE.
PREPARATION TIME: 20 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4