

AIA VITALITY EAT WELL GUIDE

Easy recipes for nutritionally
balanced eating



HEALTHIER, LONGER,
BETTER LIVES

We all know that being healthy includes eating fruits and veggies, cooking at home more, and eating seasonally. Unfortunately, at times our lifestyle or a lack of time and money, can make this hard to put in practice. The good news is, healthy eating doesn't have to be a chore.

AIA Ambassador and Accredited Practising Dietitian, Marika Day, has put together a collection of easy, delicious, and healthy recipes to save you time and money!

- Nourishing breakfast options, delicious snacks, and easy dinners everyone will love.
- Many recipes can be adapted to suit a plant-based diet or altered to be gluten or dairy free.
- Each recipe has been carefully developed to include a balance of proteins, carbohydrates, and fats to keep you feeling full, nourished, and energised.

Whether you are trying to incorporate more fruit and vegetables in your diet, add healthy snacks, or mix up your dinners, these recipes will help you take a small step towards a Healthier, Longer, Better Life.

Don't forget to share your culinary creations with us on social media by tagging **@aiavitalityaus**



Marika Day is an Accredited Practising Dietitian (APD), Nutritionist, recipe developer, and speaker. She has over 8 years' experience working with thousands of Australians to live a healthier, more balanced life. Her philosophy is that nutrition shouldn't be restrictive, rather it should support you to feel energised, and physically and mentally healthy. Marika's approach is evidence-based, realistic, and most importantly enjoyable!



WHAT IS AIA VITALITY?

AIA Vitality is a personalised, science-backed health and wellbeing program that supports you every day to make healthier lifestyle choices. The program incentivises you to move more, think well, eat well and complete regular health checks.

There are two versions based on the insurance product and type of cover you choose: AIA Vitality and AIA Vitality Starter. AIA Vitality Starter is an introductory program, with similar benefits and rewards to AIA Vitality.

When you become a member you will earn points which contribute to your AIA Vitality Status - Bronze, Silver, Gold or Platinum. The higher your status, the greater your rewards, including up to \$500 each year in shopping vouchers*, cash back on eligible domestic and international flights and more.

*Not available on AIA Vitality Starter.

[Learn more about AIA Vitality](#)



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Dietary categories

GF GLUTEN FREE	GFO GLUTEN FREE OPTION
DF DAIRY FREE	DFO DAIRY FREE OPTION
VGN VEGAN	VGNO VEGAN OPTION
NF NUT FREE	EF EGG FREE
VEG VEGETARIAN	LFOD LOW FODMAP
MPF MEAL PREP FRIENDLY	20^{MIN} 20 MINUTE MEAL
-\$5 CHEAP EAT	FF FREEZER FRIENDLY

CLICK AND JUMP TO ANY RECIPE



BETTER BREKKIES





BANANA CINNAMON PORRIDGE

SERVES: 1 **Time: 10 minutes** **Cost per serve: \$1.60**



Notes

- If making this vegan, we recommend using soy milk for a high protein milk substitute.
- Make this on the stovetop over low-medium heat if desired, you might need to add more milk.
- To make this low FODMAP, use an underripe banana and low FODMAP milk.

Ingredients

½ cup rolled oats
1 tsp chia seeds or flax seeds
1 cup milk of choice
¼ tsp cinnamon
1 banana, sliced
1 tsp maple syrup

Method

1. Place the rolled oats with the chia seeds into a microwave safe bowl. Pour over about ¼ cup of boiling water. Stir and allow to sit for 2 minutes.
2. Add the ¾ of the milk and stir. Place into the microwave and cook for 2 minutes, keeping a close eye on it so it doesn't overflow.
3. Remove from the microwave and stir through the cinnamon, half the banana, and any extra milk if you like your porridge runny. Return to the microwave for a further 1 minute.
4. Remove from the microwave and allow to sit to cool for 1-2 minutes. Top with sliced banana, maple syrup, and any remaining milk.



CHERRY RIPE OVERNIGHT OATS

SERVES: 1

Time: 3+ HOURS

Cost per serve: \$2.30

NF EF VEG VGN DFO MPF <\$5

Notes

- To make dairy free and vegan, use a dairy free protein powder and plant-based milk.
- Instead of protein powder, swap for 1 tbsp cacao powder and 1 tsp maple syrup.

Ingredients

½ cup rolled oats

1 tbsp desiccated coconut

1 cup milk of choice

1 scoop (30g) chocolate protein powder

½ cup frozen or fresh pitted cherries

Toasted coconut flakes and extra cherries to serve (optional)

Method

1. Place oats and coconut into a bowl.
2. In a protein shaker add protein powder and milk. Shake well.
3. Pour milk mixture over oats and mix well.
4. Top with frozen cherries. Cover and place in the refrigerator for 2-3 hours or overnight.
5. Serve with extra cherries or toasted coconut flakes, if desired.





CHOC CHIP BUTTERMILK PANCAKES

SERVES: 4 Time: 15 minutes Cost per serve: \$2.20



Notes

- Make your own buttermilk by combining 1 ½ tbsp of vinegar or lemon juice with 1 ½ cups of any milk.

Ingredients

1 ½ cups plain flour
1 tsp baking powder
½ tsp baking soda
Pinch of sea salt
1 tbsp sugar
1 egg
1 ½ cups buttermilk
¼ cup melted butter or oil
¼ cup choc chips
Strawberries and maple syrup, to serve
1 cup plain yoghurt, to serve

Method

1. Mix all dry ingredients, except chocolate chips together in a bowl.
2. Combine wet ingredients in a separate bowl and whisk to combine.
3. Fold wet and dry ingredients together and stir until just combined.
4. Heat a fry pan to medium heat and add a little butter or oil.
5. Using a measuring cup or pouring jug, pour pancake batter onto the hot pan. Allow to cook for 1 minute before placing a few choc chips onto the surface of the pancake and gently pushing in.
6. Cook for a further 2-3 minutes or until bubbles have formed on the surface of the pancake.
7. Flip the pancake and continue cooking for another 1-2 minutes.
8. Repeat with the rest of the mixture.
9. Serve with sliced strawberries, yoghurt, and maple syrup.





ESPRESSO SMOOTHIE

SERVES: 1

Time: 5 minutes

Cost per serve: \$2.40



Notes

- To make this recipe vegan or dairy free, use coconut yoghurt and a plant-based milk. We recommend using soy milk for a high protein milk substitute.
- If you require low FODMAP, we recommend a low-lactose or plant-based milk and excluding the medjool date. Replace the date with 1 tsp maple syrup (optional).

Ingredients

- 1 shot espresso
- 1 tbsp rolled oats
- 1 cup milk of choice
- 1 tbsp almond butter
- 1 medjool date
- 2 tbsp high protein yoghurt or plant-based yoghurt
- 1 cup ice cubes

Method

1. Place all ingredients in a blender and blend until smooth.





GLOWING GREEN SMOOTHIE

SERVES: 1

Time: 5 minutes

Cost per serve: \$4.70



Ingredients

- 1/2 cup frozen banana
- 1/2 cup frozen mango or pineapple
- 1/4 avocado
- 1 handful baby spinach
- 1 tbsp chopped mint leaves
- 1 tsp chia seeds
- 1/2 scoop vanilla or flavourless protein powder of choice
- 1 cup coconut water
- 3 cubes ice

Method

1. Place all ingredients in a blender and blend until smooth.





GREENS & EGGS

SERVES: 2

Time: 10 minutes

Cost per serve: \$4.50



Notes

- To make gluten free, simply use gluten free bread.

Ingredients

- 2 tsp extra virgin olive oil
- 1 bunch broccolini, cut into 3cm pieces
- 3 cups baby spinach or chopped kale or silverbeet
- 4 eggs
- 35g goat cheese
- Juice of ½ lemon
- 2 tbsp chopped fresh herbs (parsley, dill, coriander, mint)
- 2 tbsp chopped dry roasted almonds (or toasted pine nuts)
- 2 x slices sourdough toast drizzled with olive oil

Method

1. Heat a medium frying pan over medium heat. Add the extra virgin olive oil and broccolini. Toss for 2 minutes or until it begins to turn bright green.
2. Add the spinach and cook for 2-3 minutes until wilted. Using the back of a spoon, create 4 indentations in the spinach mixture. Crack an egg into each indentation.
3. Cover with a lid and cook on low heat for 4-5 minutes or until eggs are just cooked.
4. Crumble over goat cheese, season with salt and pepper, squeeze over some lemon juice, and top with herbs and almonds.
5. Serve with toast.



ON-THE-GO BREKKY BOX

SERVES: 1

Time: 5 minutes

Cost per serve: \$3.20

GFO

LFOD

VEG

NF

MPF

<20 min

<\$5

Notes

- To make gluten free or low FODMAP, swap grainy crispbread with rice cakes or gluten free crackers.
- Keep the crispbread in a separate container or zip-lock bag to avoid them getting soggy.

Ingredients

- 2 eggs, hardboiled
- 4 Vita-Weat crackers
- 1/2 punnet cherry tomatoes
- 3 baby cucumbers, halved
- 1/4 avocado
- 100g cottage cheese

Method

1. Place all ingredients into a lunch box for easy transportation. When ready to eat, assemble as you please.





TIRAMISU OVERNIGHT WEET-BIX

SERVES: 1

Time: 5 minutes

Cost per serve: \$3.20

VEG

GFO

NF

EF

LFOD

<20min

<\$5

MPF

Notes

- To make this gluten free, use gluten free Weet-Bix.
- To make this low FODMAP, use lactose free yoghurt/milk and gluten free Weet-Bix.

Ingredients

3 pieces Weet-Bix

2/3 cup milk

1 tsp coffee powder

160g vanilla high protein yoghurt

1 tsp hot chocolate powder

Method

1. Crush the Weet-Bix into a bowl or meal prep container and mix in the espresso powder. Add the milk and stir. Press the mixture firmly into the base of the bowl or container.
2. Allow the mixture to sit for 2 minutes or until the liquid has absorbed. Top the Weet-Bix with the yoghurt. You can add protein powder to the yoghurt for higher protein content.
3. Using the back of a spoon smooth the top of the yoghurt. Place in the fridge for an hour or overnight.
4. Sift hot chocolate powder or cocoa powder over the yoghurt before serving.



TOASTED BREAKFAST BURRITO

SERVES: 1

Time: 10 minutes

Cost per serve: \$3.70

VEG

DF

NF

<20min

<\$5

Ingredients

1 tsp olive oil, to fry
2 medium eggs
¼ cup black beans
1 wholegrain wrap
1 handful baby spinach
¼ avocado, sliced thinly
1 tbsp tomato salsa
Salt and pepper, to taste

Method

1. Heat a fry pan over medium heat with the oil.
2. Once the pan is hot, crack the eggs into the pan and scramble until cooked. Set aside.
3. Spread the black beans evenly over the wrap. Add the eggs and avocado and top with tomato salsa and spinach. Season with salt and pepper to taste.
4. Wrap the burrito by folding in one side, followed by the bottom and remaining side.
5. Place the burrito into a preheated sandwich press and toast for 2-3 minutes.





TROPICAL YOGHURT BOWL

SERVES: 2

Time: 10 minutes

Cost per serve: \$4.50



Notes

- To make it vegan, substitute plain yoghurt for a plant-based yoghurt (soy for higher protein) and swap honey for maple syrup.

Ingredients

350g high protein plain yoghurt
1 kiwi fruit, halved
1 mango, diced
1 banana, sliced
1 passionfruit (pulp only)
2 tbsp shredded coconut, toasted
30g roasted almonds, roughly chopped
2 tsp chia seeds or hemp seeds
2 tsp honey

Method

1. Divide yoghurt between bowls.
2. Top each bowl with fresh fruit, shredded coconut, nuts, and seeds.
3. Drizzle with honey.





HEALTHIER, LONGER,
BETTER LIVES

EVERYDAY EATS



BBQ TOFU WRAP

SERVES: 1 Time: 15 minutes Cost per serve: \$3.70



Notes

- To make this recipe gluten free, use a gluten free wrap.

Ingredients

150g firm tofu, cut into long slices
1 tbsp barbecue sauce
1 wholegrain wrap
¼ avocado, thinly sliced
½ cup grated carrot
3 slices beetroot
5 slices cucumber
1 handful chopped lettuce

Method

1. Make the BBQ tofu by tossing the tofu in the sauce. Cook for 3 minutes each side in a nonstick pan or in the air fryer.
2. Make the wrap by layering all ingredients onto the wrap before folding over and serving.





HEALTHIER CHICKEN NACHOS

SERVES: 6

Time: 30 minutes

Cost per serve: \$5.50

GF

NF

EF

Ingredients

1 x 230g bag corn tortilla chips
1 cup shredded light tasty cheese

Chicken

3 tsp ground cumin
3 tsp ground paprika
1 tsp onion powder
1/2 tsp salt
1/2 tsp dried oregano
500g skinless chicken breast,
thinly sliced
1 tbsp extra virgin olive oil
2 tbsp tomato paste
1/4 cup chicken stock or water
1 tsp maple syrup
Juice of 1/2 a lime

Salsa

1 small red onion
3 ripe tomatoes
1/2 cup chopped coriander, plus
more to serve
Juice of 1 lime
1 tbsp extra virgin olive oil
1 jalapeño chilli chopped

Chunky Guacamole

1 large avocado
Juice of 1/2 a lime
1/4 tsp ground cumin
1/2 tsp salt

To serve

Coriander
Sliced jalapeños
1/2 cup high protein plain yoghurt
Lime wedges

Method

1. Prepare the chicken by combining spices in a large mixing bowl with 1-2 tbsp of the chicken stock to form a smooth paste. Add chicken and toss to coat.
2. Heat oil in a large fry pan to medium heat. Add chicken and cook for 2 minutes on each side. Add remaining chicken stock, tomato paste, maple syrup, and lime juice, and stir to scrape up any bits from the bottom of the pan.
3. Simmer for a further 2-3 minutes or until liquid has thickened and reduced. Remove from heat and set aside.
4. Make the salsa by finely dicing the onion and tomatoes. Toss with chopped coriander, jalapeño, lime juice, and olive oil. Set aside until ready to serve.
5. Prepare guacamole by mashing together avocado with lime juice, cumin, and salt. Set aside.
6. To make nachos, preheat an oven to 200°C. Arrange corn chips in a single layer on a baking tray.
7. Place chicken evenly on top of corn chips and sprinkle over cheese. Place into a preheated oven for 5-10 minutes or until the cheese has just melted.
8. Remove from the oven and allow to cool slightly. Top with salsa, guacamole, Greek yoghurt, coriander, and jalapeños.



LAMB CUTLETS & CAULIFLOWER SALAD

SERVES: 4 Time: 45 minutes Cost per serve: \$9.30



Notes

- The dried dates can be substituted for raisins, if desired

Ingredients

- 1 head cauliflower, cut into florets
- 1 red onion, quartered
- 1 tbsp olive oil
- 1/4 cup hulled tahini
- 1/4 cup water
- Juice of 1/2 a lemon
- Salt and pepper
- 1 x 400g tin chickpeas, rinsed and drained
- 2 tsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp onion powder
- 8 x lamb cutlets (trimmed)
- 1/2 bunch parsley
- 1/4 cup dried dates, chopped

Method

1. Preheat the oven to 190°C and line a baking tray with baking paper.
2. Toss the cauliflower and red onion in 1 tbsp of olive oil and season with salt and pepper. Place onto a lined tray and into the preheated oven for 30 minutes.
3. Meanwhile, prepare the dressing by placing the tahini, water, lemon juice, salt, and pepper into a small bowl and whisking together to combine. Alternatively, you could place these ingredients into a small jar and shake to combine. Set aside.
4. Prepare the chickpeas by placing them into a bowl and coating them with 1 tsp of olive oil and spices.
5. Heat a nonstick fry pan to medium-high heat. Add chickpeas and cook for 5-7 minutes or until the chickpeas begin to sizzle and become crispy. Place the chickpeas onto a tray or plate to cool.
6. Return the pan to the heat and add the remaining 1 tsp of olive oil. Cook the lamb cutlets for 2-3 minutes on each side or until cooked to your liking.
7. Remove the cauliflower and onion from the oven and allow to cool slightly. Prepare the salad by adding the cauliflower, onion, parsley, dates, and chickpeas into a large bowl and toss with the dressing. Serve the lamb with the salad.





MEDITERRANEAN FISH PARCELS

SERVES: 4

Time: 25 minutes

Cost per serve: \$4.30



Ingredients

4 x 200g firm white fish fillets, e.g., cod
1 tbsp extra virgin olive oil
1 tsp fresh or dried thyme leaves
1 punnet grape tomatoes, halved
16 kalamata olives, roughly chopped
1 lemon, finely sliced
500g potatoes, peeled and cut into 3cm cubes
1 tbsp milk of choice

Method

1. Preheat the oven to 200°C.
2. Cut 4 pieces of baking paper into large rectangular pieces. Place a fillet of fish in the middle of each piece of paper. Season the fish with thyme, salt, and pepper and drizzle with olive oil. Top the fish with 1-2 slices of lemon.
3. Place the halved tomatoes and olives evenly across the top of each fillet of fish.
4. Fold in the edges of the baking paper and seal with a fold to enclose the fish.
5. Place in the oven and bake for 20 minutes.
6. Meanwhile, boil or steam the potato until well cooked. Using a potato masher, mash until smooth. Add in the milk and season with salt and pepper.
7. Serve fish with any juices from the parcel on top of the mashed potatoes.

ONE PAN HONEY MUSTARD CHICKEN

SERVES: 4 Time: 20 minutes Cost per serve: \$4.50



Notes

- To make this low FODMAP, swap honey for maple syrup, omit garlic and onion and use garlic infused olive oil instead.
- Swap chicken for salmon, if desired. Reduce cooking time, if required.

Ingredients

1 clove garlic, crushed
 1 tbsp honey
 1 tbsp wholegrain or seeded mustard
 1 tbsp Dijon mustard
 1 tbsp extra virgin olive oil
 2 tbsp lemon juice
 500g chicken breast
 500g pumpkin, peeled and chopped into chunks
 1 red onion, finely sliced
 1 tsp extra virgin olive oil
 2 bunches broccolini
 125g baby spinach
 Lemon, to serve

Method

1. Preheat the oven to 180°C. Grease a baking or casserole dish with spray oil.
2. In a small bowl combine the crushed garlic, honey, mustards, olive oil, and lemon juice. Mix well.
3. Add the chicken breasts to the dish with the pumpkin and onion.
4. Drizzle the honey mustard dressing over the chicken and vegetables. Season with salt and pepper.
5. Bake in the oven for 25-30 minutes (depending on the thickness of your chicken).
6. Meanwhile add the extra olive oil into a fry pan. Add broccolini and pan fry with a splash of water for 3-5 minutes or until tender and beginning to char.
7. Serve chicken in bowls or on plates with a handful of baby spinach and vegetables, and drizzle any remaining juices from the pan on top. Serve with a wedge of lemon.



ONE POT RIGATONI BOLOGNESE

SERVES: 5 Time: 30 minutes Cost per serve: \$5.20



Notes

- To make gluten free, use gluten free pasta and stock.
- To make dairy free, omit the parmesan cheese.

Ingredients

- 1 medium onion
- 1 carrot
- 2 celery stalks
- 1 tbsp extra virgin olive oil
- 500g extra lean beef mince
- 2 cloves garlic, crushed
- 2 tsp Italian herbs
- ¼ cup tomato paste
- 3 cups of beef stock
- 800g tin crushed tomatoes
- 350g rigatoni pasta
- 40g parmesan cheese
- 1 bunch broccolini

Method

1. Finely dice the onion, carrot, and celery. Add the oil to a large saucepan and heat to medium. Add the vegetables and cook for 5-7 minutes or until beginning to soften. Add the beef mince and break up using the back of a spoon. Cook for 3-5 minutes until browned. Add the garlic, Italian herbs, and tomato paste. Stir well.
2. Add in the beef stock and stir, removing any browned vegetables or meat from the bottom of the pan.
3. Add the crushed tomatoes and dry pasta to the pan and bring to a boil, stirring occasionally. Ensure the liquid completely covers the pasta. Reduce the heat to medium and cook for 15-20 minutes, stirring occasionally, or until the pasta is al dente. Add an extra cup of water if required during cooking.
4. Meanwhile, steam the broccolini for 2-3 minutes. Serve the pasta with grated parmesan and steamed broccolini on the side.





PRAWN RICE PAPER ROLLS

SERVES: 4

Time: 20 minutes

Cost per serve: \$7.50



Notes

- The prawns can be substituted for any protein source of your choice.
- If you require low FODMAP, exclude crispy shallots.

Ingredients

120g vermicelli rice noodles
1 tsp extra virgin olive oil
400g uncooked, shelled prawns
12 rice paper sheets
1 cup chopped lettuce
1 cucumber, thinly sliced
1 carrot, thinly sliced
Chili flakes
Crispy shallots
Mint leaves, chopped
Coriander leaves, chopped

Peanut sauce

2 tbsp peanut butter
2 tbsp lime juice
2 tsp soy sauce
2 tsp maple syrup
2 tbsp almond milk

Method

1. Cook the noodles according to the packet instructions. Drain the noodles and set aside.
2. Meanwhile, heat a frying pan to medium heat with olive oil and cook the prawns for 2-3 minutes on each side or until just cooked through. Cooking time will vary depending on the size of the prawns.
3. Make the peanut sauce by placing the sauce ingredients into a bowl and set aside. Add extra almond milk if required to reach desired consistency. The mixture will split at first but keep mixing and it will come back together.
4. Dip rice paper into a large bowl of warm water until it begins to soften. Remove and place on a damp tea towel. Fill the rice paper rolls with the prawns, noodles and desired salads and toppings. Repeat with the remaining 11 sheets.
5. Serve with dipping sauce.

PUMPKIN & LENTIL CURRY

SERVES: 4 **Time: 35 minutes** **Cost per serve: \$2.45**



Notes

- Swap the coconut yoghurt for regular Greek yoghurt if you don't require this to be vegan or dairy free.

Ingredients

- 1 cup basmati rice
- 1 brown onion
- 2 cloves garlic, grated
- 2 tsp grated ginger
- 1 tbsp curry powder
- 2 tsp garam masala
- 400g pumpkin, skin removed
- 600ml vegetable stock
- 400g tin crushed tomatoes
- 3/4 cup red lentils
- 270ml light coconut milk
- 1/2 bunch coriander
- 1/3 cup coconut yoghurt
- 1 bunch bok choy

Method

1. Cook the basmati rice according to package instructions and set aside.
2. Cut the pumpkin into approximately 2 cm cubes. Finely dice the onion.
3. Heat a large saucepan to medium. Add olive oil and onion. Cook for 3-4 minutes or until translucent. Add the grated garlic and ginger and cook for 1-2 minutes. Add the curry powder and garam masala and cook for another minute or until fragrant.
4. Add the cubed pumpkin, stock, and tomatoes to the saucepan. Stir and allow the curry to simmer over medium-low heat for 8 minutes.
5. Rinse the red lentils and add to the curry with coconut milk. Cook for further 10-15 minutes or until lentils are cooked through and the pumpkin is falling apart.
6. Steam the bok choy. Serve the curry with rice and bok choy. Top with coriander leaves and yoghurt.



QUINOA CRUSTED SALMON

SERVES: 6 Time: 40 minutes Cost per serve: \$8.40



Notes

- If you don't have garlic infused extra virgin olive oil, simply use regular olive oil and add a crushed clove of garlic.

Ingredients

600g side of salmon or salmon portion
1 tbsp horseradish cream
1 tbsp Dijon mustard
2 tbsp garlic Infused extra virgin olive oil
¾ cup cooked quinoa
¼ cup walnuts, roasted and chopped
1 tbsp chia seeds
1/2 bunch flat leaf parsley

Method

1. Preheat oven to 190°C. Place salmon skin-side down on a lined baking tray.
2. In a large bowl, combine cooked quinoa, walnuts, chia seeds, and parsley. Make sure the quinoa has cooled before you do this. Toss through half the olive oil.
3. In a small bowl, combine the remaining oil with mustard and horseradish cream. Stir until combined.
4. Coat the top of the salmon pieces with mustard sauce. Press quinoa crumbs onto the salmon.
5. Place into the oven and bake for 20 minutes or until cooked to your liking.
6. Serve the salmon with steamed veggies or salad.





HEALTHIER, LONGER,
BETTER LIVES

SCRUMPTIOUS SALADS





FALAFEL SALAD BOWL

SERVES: 1

Time: 5 minutes

Cost per serve: \$3.90

GF

VEG

VGN

DF

NF

EF

MPF

<20min

<\$5

Notes

- The brown rice can be substituted for 250g of cooked quinoa.

Ingredients

120g microwave rice cup
4 falafel bites
1 tbsp hummus
1 handful baby spinach
1/4 avocado
5 grape tomatoes
1/2 small cucumber, sliced

Method

1. Cook the rice according to packet instructions and place into a bowl.
2. Place the falafels into a bowl and microwave for 1-2 minutes or until heated through.
3. Meanwhile, place the baby spinach, tomatoes, cucumber, and avocado into the bowl of rice and toss gently to combine. Top with the warm falafels and hummus to serve.





HEALTHY CEASAR SALAD

SERVES: 4 Time: 20 minutes Cost per serve: \$3.20



Notes

- To make gluten free, use gluten free bread for the croutons.

Ingredients

- 400g chicken breast
- 1 tbsp dried oregano
- 1 tbsp extra virgin olive oil
- 1 large head of cos lettuce or romaine lettuce, roughly chopped
- 4 hardboiled eggs, peeled and quartered
- ¼ cup parmesan cheese, shaved
- 3 slices bread, roughly torn

Dressing

- 1 cup plain yoghurt
- Juice of ½ a lemon
- 2 tsp Dijon mustard
- ½ tsp garlic powder
- ½ tsp onion powder

Method

1. Make the dressing by combining all ingredients together in a small bowl. Mix well and set aside.
2. Preheat the oven to 220°C and add the torn bread to a baking tray. Spray with oil spray and place into the oven for 10 minutes. Keep a close eye on the croutons and toss them occasionally. Remove from the oven and set aside.
3. Meanwhile, toss the chicken breast in the dried oregano and season with salt and pepper. Heat a nonstick pan to medium heat with the olive oil. Cook the chicken breast for 4 minutes on each side or until cooked through.
4. Remove from the heat and allow to rest while assembling the salad.
5. Toss the lettuce into a serving dish and top with croutons. Drizzle the dressing over and toss to combine.
6. Top the salad with boiled eggs, shaved parmesan cheese, and sliced chicken.





MISO SALMON SOBA NOODLE SALAD

SERVES: 4 **Time:** 20 minutes **Cost per serve:** \$5.80



Ingredients

1 packet soba noodles (250g)
300g fresh salmon
2 small cucumbers, thinly sliced
3 radishes, thinly sliced
2 spring onions, finely sliced
1 mango, finely diced
Bean shoots, pea shoots, or watercress
Sesame seeds and coriander, to serve

Dressing

Juice of 1 lime
1 tsp grated ginger
1 tsp crushed garlic
1 tsp maple syrup
1 tbsp sesame oil
2 tbsp miso paste
2 tbsp tahini

Method

1. Mix all the dressing ingredients together, whisking until well combined. Set aside.
2. Cook the noodles according to the packet instructions. Drain and set aside.
3. Pour half of the dressing over the salmon and allow to marinate while you prepare the salad.
4. Make the salad by placing the noodles, cucumber, radish, spring onion, mango, and bean shoots into a large bowl. Toss to combine.
5. Heat a nonstick pan to medium heat and add the salmon. Cook for 3 minutes on each side or until just cooked through (or cooked to your liking).
6. Divide the noodle salad evenly among bowls. Pull apart the salmon and place it on top of the salad, dividing evenly among bowls.
7. Drizzle the salad with the remaining dressing and top with coriander and/or sesame seeds to serve.



SUMMER PASTA SALAD

SERVES: 4 **Time:** 15 minutes **Cost per serve:** \$4.10



Notes

- To make gluten free, use gluten free pasta.

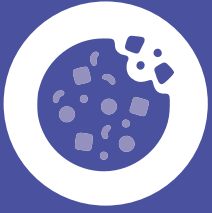
Ingredients

250g fusilli pasta
500g skinless chicken breasts
120g rocket leaves
200g grape tomatoes, halved
½ red onion, finely sliced
¼ cup basil leaves, finely sliced
Juice of 1 lemon
2 tbsp extra virgin olive oil
2 tbsp toasted pine nuts

Method

1. Cook pasta according to package directions in salted water. Drain pasta, rinse in cold water to cool and set aside.
2. Meanwhile, heat a barbeque or grill pan over medium heat. Season chicken with salt and pepper and cook for 3-4 minutes on each side or until just cooked through. Allow to rest while you assemble the salad.
3. Toss together the rocket, pasta, tomatoes, and red onion. Place on a large serving platter.
4. Top salad with sliced basil leaves and pine nuts and drizzle with lemon juice and extra virgin olive oil.
5. Slice the chicken and place on top of the salad. Season with cracked pepper.





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SNACKS & SWEETS





CHOC MINT BLISS BALLS

SERVES: 10 Time: 15 minutes Cost per serve: \$0.80



Notes

- This recipe works best if your dates are super soft! If they are dry, soak them in boiling water for 2 minutes prior to use.

Ingredients

- 1 cup almond meal
- ½ cup desiccated coconut + extra for rolling
- 1 cup pitted medjool dates
- ¼ cup cacao powder
- ½ tsp peppermint essence

Method

1. Place all ingredients into a food processor and blend until the mixture resembles coarse crumbs. We still want the mixture to retain chunks of the nuts for texture.
2. Using clean hands, place 1-2 tbsp of the bliss ball mixture into your palms and roll into 10 balls.
3. Roll the ball in extra desiccated coconut. Repeat for the remaining mixture.
4. Store in an airtight container in the fridge for 1 week.





CHOC WEET-BIX SLICE

SERVES: 16 Time: 25 minutes Cost per serve: \$0.40



Notes

- To make dairy free, swap the butter for coconut oil and use dairy free chocolate.
- To make gluten free and low FODMAP, swap flour for gluten free flour, and Weet-Bix for gluten free Weet-Bix

Ingredients

1 cup plain flour
5 pieces of Weet-Bix, crushed
2 tbsp cacao powder
1 tsp baking powder
¼ cup caster sugar
80g butter, melted
1/3 cup rice malt syrup
¼ cup smooth natural peanut butter
1 tsp vanilla extract

Icing

100g dark chocolate
1 tbsp butter
Coconut flakes to top

Method

1. Preheat the oven to 180°C and line a square baking tray with baking paper.
2. Add the flour, crushed Weet-Bix, cacao powder, baking powder, and sugar together in a large mixing bowl. Mix well.
3. In a separate bowl add the butter, rice syrup, peanut butter, and vanilla extract. Heat in the microwave for 30 seconds to melt.
4. Pour wet ingredients into dry ingredients and mix well. You may need to use your hands to mix.
5. Transfer the mixture to the baking tray and press the mixture firmly and evenly into the base of the tin.
6. Place into the preheated oven and cook for 25 minutes. Once cooked, remove from the oven, and allow to cool in the tin.
7. Meanwhile, make the icing by melting the chocolate and butter together in a double boiler, or in 30-second increments in the microwave.
8. Once the slice has cooled completely, pour the chocolate mixture over the slice and sprinkle with coconut flakes. Place the slice in the fridge to set before slicing.



GRANOLA BARS

SERVES: 12 Time: 35 minutes Cost per serve: \$1.00

DF

VEG

MPF

<\$5

Ingredients

1 egg
2 egg whites
2 ½ cups rolled oats
1 cup roughly chopped almonds
1/2 cup sultanas or dried cranberries or chocolate chips
1/2 cup pepitas
1 tsp ground cinnamon
1 tsp vanilla extract
1/8 tsp salt
1/2 cup honey or rice malt syrup

Method

1. Preheat the oven to 180°C. Grease and line a baking tray.
2. In a small bowl, whisk the egg and egg whites together until light and fluffy. Set aside.
3. In a large mixing bowl, add oats, chopped almonds, sultanas, pepitas, cinnamon, vanilla extract, and salt. Mix together.
4. Add in the beaten egg mix and stir.
5. Add the honey and stir until well combined.
6. Transfer the mixture into your prepared dish and spread evenly over the base of the dish. Pat down firmly with the back of a rubber spatula or spoon.
7. Place into the oven and bake for 20-25 minutes or until light golden brown.
8. Allow to cool completely before slicing into 12 bars.





HERBED CRISPY CHICKPEAS

SERVES: 3 Time: 35 minutes Cost per serve: \$0.70

GF

EF

VGN

VEG

NF

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MPF

\$5

Notes

- To store, allow to cool completely, then store in a jar or airtight container in the pantry for up to 5 days.

Ingredients

400g tin chickpeas
1 tbsp mixed herbs
1 tbsp smoked paprika
1 tsp salt
1 tbsp extra virgin olive oil

Method

1. Preheat the oven to 180°C and line a baking tray with greaseproof paper.
2. Drain and rinse the chickpeas then pat dry with a clean tea towel or paper towel.
3. Add the chickpeas, mixed herbs, paprika, and salt to the tray. Drizzle with olive oil and toss to coat the chickpeas.
4. Bake in the oven for approximately 30 minutes, or until golden and crispy.



PEANUT BUTTER OAT BARS

SERVES: 12 Time: 70 minutes Cost per serve: \$0.40



Notes

- To make this recipe vegan, use a plant-based milk and vegan chocolate for topping.
- To make this recipe dairy free, use a plant-based or dairy free milk and dairy free chocolate for topping.

Ingredients

2 cups rolled oats
1 tbsp cinnamon
3 tbsp peanut butter
3 tbsp maple syrup
1 tsp vanilla essence
3 tbsp milk of choice
1 tsp chia seeds
4 squares vegan/dairy free dark chocolate

Method

1. Line a baking tray with greaseproof paper and set aside.
2. Place the oats and cinnamon in a large bowl and mix to combine.
3. In a separate bowl, add the peanut butter, maple syrup, vanilla, milk, and chia seeds, and mix until combined.
4. Pour the wet mixture into the bowl of dry ingredients and stir until combined. If the mixture is dry, you can add an extra tablespoon or two of milk to the mixture.
5. Transfer the mixture to the lined tin and press down firmly with the back of a spoon or clean hands. Place in the fridge to refrigerate for at least one hour.
6. Once set, remove from the fridge and slice into bars. Drizzle with melted dark chocolate, if desired.





SALTED CARAMEL BLISS BALLS

SERVES: 10 Time: 15 minutes Cost per serve: \$0.80



Notes

- This recipe requires the use of soft, juicy dates! If your dates are dry, soak them in boiling water for 2 minutes prior to use.

Ingredients

1 cup pecans
1/2 cup desiccated coconut
Pinch of sea salt
1 tsp vanilla extract
1 cup medjool dates, pitted

Method

1. Add all ingredients to a food processor and blend until the mixture resembles coarse crumbs. We still want the mixture to contain chunks of nuts for texture.
2. Using clean hands, place 1-2 tbsp of mixture into your palms and press firmly into a ball. Roll to create an even round shape (pressing firmly helps to keep the mixture together).
3. Store in an airtight container in the fridge for 1 week.



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