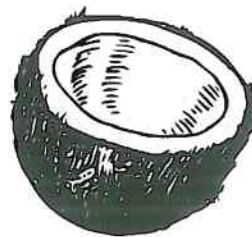


# Chicken & Vegetable Stir-fry with Coconut & Chilli Sauce

**Serves: 4**

**Preparation time: 15 minutes**

**Cooking time: 15 minutes**



## Ingredients

- 2 tsp olive oil
- 300g chicken breast, sliced into strips
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 2 cloves garlic, crushed
- 2.5cm ginger, chopped
- 1 stick celery, sliced
- ½ head broccoli, cut into florets
- 1 red capsicum, seeded and sliced
- 150g snow peas, ends and string removed
- Steamed rice to serve

### *Coconut & chilli sauce*

- 270mL light coconut milk
- 2 tbsp soy sauce
- 2 tbsp brown sugar
- 2 tsp crushed chilli
- 2 kaffir lime leaves, chopped
- 2 tbsp lemon juice
- 1 tbsp corn flour, mixed with 2 tbsp water

## Method

1. Place all ingredients for sauce in a mixing bowl and stir well. Set aside.
2. Heat oil in a fry pan, stir-fry chicken and set aside.
3. Add onion, carrot, garlic and ginger to the fry pan and cook until onion is translucent.
4. Add celery, broccoli, capsicum and snow peas, cooking until vegetables soften.
5. Return chicken to fry pan. Pour the sauce into stir-fry and allow to bubble and thicken.
6. Serve with rice.

## Equipment needed

- Chopping board
- Chopping knife
- Mixing bowl
- Measuring cups and spoons
- Saucepan
- Rice cooker
- Non-stick fry pan or wok

### Handy tip

Chicken can be replaced with tofu or white fish if desired.

	Per serve	Per 100g
<b>Energy</b>	2210.3kJ	602.8kJ
<b>Fat</b>	16.3g	4.5g
<b>- Saturated fat</b>	9.9g	2.7g
<b>Carbohydrate</b>	65.6g	17.9g
<b>- Sugars</b>	17.7g	4.8g
<b>Fibre</b>	4.7g	1.3g
<b>Sodium</b>	470.5mg	128.3mg

# Crumbed Chicken with Rocket Salad and Wedges

**Serves: 4**

**Preparation time: 20 minutes**

**Cooking time: 30 minutes**

## Ingredients

- 450g sweet potato, peeled and cut into wedges
- 1/3 cup dried bread crumbs
- 1/4 cup cashew nuts, dry toasted and chopped very finely or 1/4 cup grated Parmesan cheese
- 1/4 cup parsley, finely chopped
- 2 tbsp skim milk
- 500g chicken tenderloins or breasts, trimmed
- Canola oil spray
- 4 cups baby rocket leaves, washed
- 4 cups baby spinach, washed and shredded
- 2 shallots, thinly sliced
- 1 orange, segmented
- 1 tbsp fat-free French dressing
- 1 tbsp wholegrain mustard



## Method

1. Preheat oven to 180°C. Place sweet potato on a baking tray lined with baking paper. Bake for 30 minutes, or until golden.
2. Meanwhile, combine breadcrumbs, nuts and parsley in a bowl.
3. Place milk into a separate bowl. Dip each chicken tenderloin in milk and then breadcrumb mixture and transfer to a plate.
4. Spray fry pan with oil, and place over a medium-high heat. Cook chicken for 3-4 minutes each side until brown and cooked through. Set aside.
5. Combine rocket, spinach, shallots and orange in a large bowl. Whisk together dressing and mustard; pour over salad, and toss to coat.
6. Serve chicken with salad and potato wedges.

## Equipment needed

- Chopping board
- Knives
- Measuring cups and spoons
- Small and large bowls
- Baking tray and baking paper
- Large non-stick fry pan
- Oven

	Per serve	Per 100g
<b>Energy</b>	1495.8kJ	359.3kJ
<b>Fat</b>	14.1g	3.4g
- Saturated fat	3.5g	0.8g
<b>Carbohydrate</b>	24.4g	5.8g
- Sugars	13.3g	3.2g
<b>Fibre</b>	5.7g	1.3g
<b>Sodium</b>	275.5mg	66.2mg

# Kafta

**Serves: 10 kafta balls**

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

## Ingredients

- 1 kg beef or lamb mince
- 1 large onion, chopped
- 1 bunch parsley, finely chopped
- 1 tsp mixed spice
- Hot chillies, finely chopped, to taste
- 4 medium potatoes, boiled and mashed
- Salt and pepper to taste
- Olive oil

*Optional additional ingredients:*

- 1 lettuce
- 4 tomatoes
- Hummus
- Lebanese bread

## Method

1. Combine mince, onion, parsley, mixed spice, hot chillies and mashed potatoes in a mixing bowl.
2. Form the mixture into small meatballs.
3. Place each meatball onto a skewer.
4. Flatten the kafta on the skewer until it looks like a log.
5. Cook in fry pan with a small amount of oil or on the barbeque.
6. Serve kafta on skewers with a side salad or use Lebanese bread and add kafta (without skewer), lettuce leaves, tomatoes and hummus to form a wrap.

### Interesting fact

Kafta is a popular Middle Eastern and South Asian dish. The word *Kafta* is derived from the Persian word *kūfta* meaning "to beat" or "to grind".

### Equipment needed

- Chopping board
- Chopping knife
- Mixing bowl
- Potato masher
- Skewers
- Non-stick fry pan or barbeque

	Per serve	Per 100g
<b>Energy</b>	1374.4kJ	363.8kJ
<b>Fat</b>	10.6g	2.8g
- Saturated fat	4.2g	1.1g
<b>Carbohydrate</b>	30.1g	7.9g
- Sugars	4.2g	1.1g
<b>Fibre</b>	5.1g	1.3g
<b>Sodium</b>	536.8mg	141.9mg

# Pad Thai Chicken

**Serves: 3**

**Preparation time: 10 minutes**

**Cooking time: 15 minutes**

## Ingredients

- 200g dried rice noodles
- 2 garlic cloves, chopped
- 1 small red onion, sliced
- 250g chicken thigh (cut cross grain into thin slices)
- 100g hard tofu, cubed
- 2 tbsp pickled Chinese radish
- 2 eggs, lightly beaten
- 2 shallots, cut into 2.5 cm lengths
- Hand full of bean sprouts
- 1 tbsp crushed peanuts (optional)
- 2 tbsp olive oil
- Lemon wedges

## Sauce

- Palm sugar (or brown sugar)
- Fish sauce (or soy sauce)
- Tamarind juice
- Water
- 1 red onion, blended

## Equipment needed

- Blender
- Small saucepan
- Large non-stick frypan
- Measuring cups and spoons
- Stove
- Chopping board x 2
- Chopping knives

## NOTE

This recipe contains nuts and should be avoided by persons with a nut allergy.

## Method

1. Soak rice noodles in water at room temperature overnight.
2. To make the sauce: Mix equal quantities of palm sugar, fish sauce, tamarind juice and water in a saucepan. Add red onion and bring to the boil, stir until thickened.
3. Heat a fry pan on a medium-high heat until hot, add olive oil. Cook garlic and red onion.
4. Add the chicken. When cooked, add 1 tablespoon of the sauce.
5. Add the tofu and pickled Chinese radish. Stir-fry for a few minutes and push to the side of the pan.
6. Add eggs. When nearly cooked, mix in everything in the pan.
7. Add noodles, some water and the rest of the sauce and stir until the noodles are cooked (add more water or sauce if needed).
8. Add shallots and bean sprouts and stir through.
9. Serve immediately with crushed peanuts and lemon wedges.

	Per serve	Per 100g
<b>Energy</b>	1840.0kJ	594.3kJ
<b>Fat</b>	27.6g	8.9g
<b>- Saturated fat</b>	5.4g	1.7g
<b>Carbohydrate</b>	18.6g	6.0g
<b>- Sugars</b>	3.1g	1.0g
<b>Fibre</b>	2.7g	0.9g
<b>Sodium</b>	302.6mg	97.7mg

# Porridge with Savoury Chicken and Vegetables

**Serves: 4**

**Preparation time: 20 minutes**

**Cooking time: 20 minutes**

## Ingredients

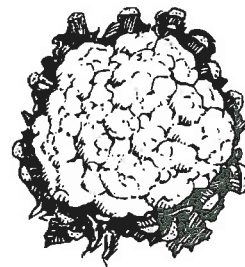
- 1½ cups rolled oats
- 2 tsp olive oil
- 1 medium onion, diced
- ½ chicken breast, sliced thinly into matchsticks
- ½ packet mixed frozen vegetables  
OR
- 1 small cauliflower and
- 1 small broccoli and
- 1 small carrot
- Sprinkle of pepper or chilli flakes (optional)

## Equipment needed

- Saucepan or microwave-safe bowl
- Non-stick fry pan
- Spatula
- Wooden spoons
- Chopping boards
- Knives
- Stove or microwave
- Measuring cups and spoons

### Handy tip

Either fresh or frozen vegetables can be used.



## Method

1. Cook oats according to packet, allowing just over ⅓ cup for each person. Can be cooked on a stove or in a microwave.
2. Heat fry pan on a medium heat and add oil. Sauté onion in fry pan until soft.
3. Add chicken strips and cook through.
4. Add vegetables and cook to preferred consistency.
5. Serve porridge in a bowl. Place chicken and vegetables on top.
6. Season with salt, pepper and chilli flakes if desired.

	Per serve	Per 100g
<b>Energy</b>	1124.7kJ	266.6kJ
<b>Fat</b>	9.3g	2.2g
<b>- Saturated fat</b>	2.0g	0.4g
<b>Carbohydrate</b>	23.2g	5.5g
<b>- Sugars</b>	2.9g	0.7g
<b>Fibre</b>	4.2g	0.9g
<b>Sodium</b>	61.3mg	14.5mg

# Spaghetti Bolognese

**Serves: 4**

**Preparation time: 15 minutes**

**Cooking time: 1 hour**



## Ingredients

- 1 tbsp olive oil
- 1 large brown onion, finely chopped
- 2 cloves garlic, crushed
- 1 carrot, finely diced
- 100g button mushrooms, sliced
- 2 sticks celery, finely diced
- 500g lean minced beef
- 1 tsp dried mixed herbs
- 400g canned diced tomato
- 400mL canned condensed tomato soup
- 140g tub tomato paste, no added salt
- 150g pumpkin, grated
- 1 zucchini, grated
- 250g wholemeal spaghetti

## Equipment needed

- Chopping board
- Knife
- Grater
- Measuring cups and spoons
- Saucepan
- Large non-stick fry pan

## Method

1. Heat oil in fry pan over a medium heat.
2. Add onion and cook for 3 minutes or until soft.
3. Add garlic, carrot, mushrooms and celery and cook for 2 minutes or until mushrooms are soft.
4. Add mince and cook for 5 minutes until brown, stirring to break up any lumps.
5. Add mixed herbs, tinned tomatoes, tomato soup, tomato paste, pumpkin and zucchini. Bring to the boil, then reduce heat and simmer for 45 minutes.
6. Cook pasta according to packet instructions. Drain and divide among 4 serving bowls.
7. Spoon Bolognese sauce over pasta and serve with a garden salad.

	Per serve	Per 100g
<b>Energy</b>	2906.5kJ	435.7kJ
<b>Fat</b>	22.5g	3.3g
<b>- Saturated fat</b>	8.4g	1.2g
<b>Carbohydrate</b>	69.5g	10.4g
<b>- Sugars</b>	21.9g	3.3g
<b>Fibre</b>	9.7g	1.5g
<b>Sodium</b>	1091.7mg	163.6mg