



Easy Healthy Meals

Palmerston North

Tuesday 7th March/Monday 20th March



Healthy meals don't have to be a hassle. Instead of opting for takeaways or packet meals, try one of these recipes. Remember to use the healthy plate model when planning meals to choose the right balance of foods for your plate.



Zucchini and butter bean slice

Serves 4

A simple twist on an old favourite, this quick and easy slice is great for midweek meals, with an added protein punch. Use the leftovers in school lunchboxes.

WHAT YOU NEED:

2 cups Zucchini (courgette) grated (2-3 medium)
1 small onion, finely diced
310gm tin butter beans, drained and rinsed
¼ cup parmesan cheese, grated
½ cup self-raising flour
3 large eggs, lightly beaten
2 Tbsp canola/olive oil
¼ tsp salt



WHAT YOU DO:

Place zucchini (courgette), onion, butter beans, cheese and flour in a large bowl. Mix well.

1. Combine eggs, oil and salt. Stir into zucchini (courgette) mixture
2. Pour mixture into a greased 17cm x 27cm lamington tin.
3. Bake in a moderate oven at 180°C for 30 minutes or until golden. Cut into triangles & serve hot or cold with salad.

Nutrition per serve: Energy: 1131kj, Protein: 12.8gm, Fat: 15gm, Sat fat: 3gm, Carbohydrate: 17.5gm, Fibre: 4.6gm, Sodium: 654mg

Recipe adapted from Sanatarium.co.nz

Bolded foods are high in carbohydrate.



Vietnamese chicken noodle salad

Serves 4 as a main dish

WHAT YOU NEED:

For the salad

- 500g chicken breast (2-3 chicken breasts) (raw weight) or leftover pre-cooked chicken shredded
- ½ cup raw peanuts
- **150g vermicelli noodles**
- 2 cups of finely sliced Chinese cabbage or white cabbage, or mung beans
- 2 grated carrots
- 4 spring onions, ends trimmed and thinly sliced
- ¼ cup of loosely packed fresh mint leaves
- ¼ cup of firmly packed fresh coriander leaves

For the dressing

- 2 Tbsp rice vinegar
- 4 Tbsp fresh lime juice
- **2 Tbsp sweet chilli sauce (reduced sugar if possible)**
- 3 tsp fish sauce
- 2 Tbsp peanut or canola oil

WHAT YOU DO:

1. Bring a pot of water to the boil, add chicken and reduce to a simmer, uncovered, for 10 minutes or until chicken is cooked through. Use a slotted spoon to transfer chicken to a plate. Set aside for 10 minutes to cool slightly. Coarsely shred chicken and place in a large bowl.
2. Add raw peanuts to hot pan and toast until browned. Let cool and chop.
3. Place noodles in a large bowl and cover with boiling water. Cook until noodles become transparent. Drain.
4. Add the vinegar, lime juice, sweet chilli sauce, fish sauce and oil to a screw top jar and shake until well combined.
5. Combine noodles, cabbage or mung beans, carrot, spring onion, mint, coriander and chicken. Drizzle the salad with the dressing and gently toss to combine. Garnish with peanuts. Divide the salad among 4 plates and serve immediately.

Nutrition per serve: 2086 kJ, 36g protein, 39g carbohydrate, 19.5g fat (3.75g saturated fat), 6.75g fibre, 612mg sodium

Bolded foods are rich in carbohydrate rich

Adapted from: <http://www.taste.com.au/recipes/2157/vietnamese+chicken+noodle+salad>





Green Pea & Chickpea Falafel

Makes 12 patties (4 servings)

WHAT YOU NEED:

1 can chickpeas, drained and rinsed (400gm)

3/4 cup frozen peas (defrosted)

1/2 medium red onion, chopped finely

1 tsp crushed garlic

1 Tbsp. lemon juice

1/4 cup fresh parsley leaves

1 1/2 tsp. ground cumin

1/4 tsp. red pepper flakes (optional)

1/2 tsp. salt

1/2 tsp. fresh ground black pepper

2 Tbsp. self-raising flour

Canola or vegetable oil spray, for frying/2 Tbsp. for greasing



WHAT YOU DO:

1. Combine all ingredients (except the oil) in the bowl of a food processor. Pulse until the mixture is well-combined, but not puréed. Adjust seasoning as necessary.
2. Form the mixture into small patties. Prepare a paper towel-lined baking sheet and set aside.
3. Spray pan with oil and heat. Fry the patties in batches, a couple at a time, without crowding the pan. Cook, turning occasionally, until golden-brown, about 5 minutes.
4. Transfer to the prepared baking sheet to cool. Repeat with the remaining patties, and then serve immediately with salad and pita bread if desired.

*Nutrition per serve (3 patties): Energy: 866kj, Protein: 6.75gm,
Carbohydrates: 16gm Fat: 11gm, Fibre: 5.75gm, Sodium: 344mg*

Recipe adapted from www.thekitchn.com

Bolded foods are high in carbohydrate



Yoghurt Mint Dip

Serves 4

WHAT YOU NEED:

4 sprigs fresh mint
1 lemon
½ tsp crushed garlic
200gm natural yoghurt
Salt and pepper



WHAT YOU DO:

1. Pick and finely chop the mint leaves on a chopping board, discarding the stalks, then add them to a mixing bowl.
2. Finely grate the zest of half a lemon onto the board, then transfer to the bowl.
3. Cut the lemon in half and squeeze the juice into a bowl, using your fingers to catch any pips.
4. Add the yoghurt, crushed garlic and a tiny pinch of salt and pepper, then stir everything together. Serve with Falafel.

Recipe from Jamie Oliver

*Nutrition per serving: Energy: 180kj, Protein: 2.75gm, Fat: 2.05gm,
Carbohydrates: 2.4gm*



Beetroot and pumpkin seed salad

Vibrant and full of antioxidants and quite delicious

Serves 4 as a large side

WHAT YOU NEED:

2 beetroot, skinned and grated
1 carrot, peeled and grated
1 orange, zest and juice
2 Tbsp. olive oil
salt and pepper to taste
2 Tbsp. pumpkin seeds



WHAT YOU DO:

1. Place beetroot, carrot and orange zest in a bowl.
2. Mix orange juice, olive oil, salt and pepper together.
Add to beetroot and toss.
3. Sprinkle with pumpkin seeds to serve.

Recipe from vegetables.co.nz

Nutrition per serving: Energy: 603kj, Protein: 3.7gm, Fat: 10gm, Carbohydrates: 8.5gm, Fibre: 3gm, Sodium: 137mg