

Easy Chickpea Curry



From: acouplecooks.com

Prep Time: 5 min

Serves: 4 to 6

Cook Time: 15 min

Instructions

1:

In a large skillet, heat the oil over medium high heat. Add the onion and saute for 5 minutes. Add the garlic, ginger, and spinach and sauté for 2 minutes until the spinach is fully wilted.

2:

Pour in the tomatoes, then add the curry powder, cumin, coriander, salt and chickpeas. Cook for 5 minutes until bubbly.

3:

Stir in coconut milk until fully combined, then remove from the heat. Serve with basmati rice if desired.

Notes

This makes a big recipe but can be easily halved. It will keep in the fridge for 2 to 3 days but also freezes really well.

Nutrition per serve (not including the rice):

Energy 1413 Kj | Carbohydrate 36.5 g | Protein 16.7 g

| Saturated fat 3.0 g | Sodium 921 mg

Nutrition amounts are estimates only.

Ingredients

1 onion, chopped

1-2 garlic cloves, chopped

1 tsp fresh grated gingerroot

1 tbsp olive oil

150 grams spinach (about 6 cups raw or frozen spinach thawed)

2 cans (400g) crushed tomatoes

1 tablespoon curry powder

1 1/2 tsp ground cumin

1/2 tsp coriander

3/4—1 tsp iodized salt

2 cans (400g) of chickpeas, drained and rinsed.

1/2 cup coconut milk

Black pepper and/or hot chili to taste

Brown basmati rice to serve (optional)



10 Minute Salmon & Couscous Salad



From: Alison Holst's Pantry Prep Time: 10 min
Serves: 3

Instructions

1:
Drain the liquid off the salmon into a measuring jug and make up to 1 1/4 cups with chicken stock (or 1 teaspoon instant chicken stock and water). Stir in the chili, then bring the mixture to a boil in a microwave oven or pot. Pour the boiling liquid over the couscous in a large shallow, heatproof bowl. Cover with a plate and leave to stand for 5 to 6 minutes.

2:
While waiting, chop and prepare the vegetables and herbs.

3:
When the couscous has soaked up all the liquid, break the drained salmon into chunks and mix half of it through the warm couscous with half the lemon juice and oil. Taste and season if necessary, then mix the prepared vegetables and herbs. Top with the remaining salmon and drizzle with the remaining lemon juice and olive oil.

Notes

This is a delicious and easy way to enjoy tinned fish and plenty of vegetables. Tinned salmon is an affordable source of protein, calcium and healthy fish oils.

Nutrition per serve (3):

Energy 1852 kJ | Carbohydrate 40 g | Protein 21 g
| Saturated fat 3.8 mg | Sodium 487 mg

Nutrition amounts are estimates only.

Ingredients

- 1 can (210g) tinned salmon
- 1 1/4 chicken stock* (see instructions for further explanation)
- 1/2 tsp minced chili (optional)
- 3/4 cup whole meal couscous
- 2 celery stalks sliced
- 1/4 cup red onion or 2 green onions
- 3 cups torn chopped lettuce
- 1 cup chopped cucumber
- 1 cup chopped tomatoes
- Chopped fresh herbs (coriander, basil, dill etc.—whatever you like)
- Juice of one lemon
- 1/4 cup olive oil



Asian Chicken Rice Bowl



From: Taste of home
Serves: 4

Prep Time: 20 min
Cook Time: 00 min

Instructions

1:
Make the dressing by whisking together the first 7 ingredients. Cook rice according to the package directions.

2:
In a large bowl, toss the coleslaw mix and chicken with half the dressing. Add the rice and edamame beans and drizzle with the remaining dressing. Serve.

Notes

This makes 4 generous servings—half the recipe if cooking for 1 or two or enjoy over 2 to 3 days.

Rotisserie chicken and edamame beans are both convenient and tasty ways to add a protein source to your meals. Pre-made vegetable kits can cut time and add ease to your meal preparation.

Nutrition per serve (4):

Energy 1609 kJ | Carbohydrate 34 g | Protein 29.6 g
| Saturated fat 1.9 g | Sodium 483 mg

Nutrition amounts are estimates only.

Ingredients

1/4 cup rice or white vinegar

1 green onion or 2 tbsp red onion finely chopped

2 tablespoons reduced sodium soy sauce

1 tablespoon toasted sesame seeds (optional)

1 tablespoon honey

1 tablespoon toasted sesame oil

1 teaspoon fresh gingerroot

250 g brown basmati rice microwave pouch

4 cups Asian, super or coleslaw mix

2 cups shredded rotisserie chicken, cut up into pieces and chilled

1 cup frozen shelled edamame, thawed (optional)

