

## PENNE BOLOGNESE

\*serves 6 (freeze any left-overs not eaten within a week)

### Ingredients

4 cloves garlic, crushed	800g tin crushed tomatoes
1 large red onion, diced	400g tin 4 bean mix (or brown lentils)
2 fresh chillies, chopped (optional)	2 tablespoon tomato paste
500g premium lean mince beef	Plenty fresh rosemary & oregano (or dried)
2 red capsicum, chopped	Balsamic vinegar
2 carrots, diced	150ml red wine
600g mushrooms, sliced	Extra virgin olive oil

**Step 1:** Heat large cooking pot with 80ml olive oil, when hot: add garlic and onion and cook for 1-2 minutes. Add the mince and cook until well browned. Splash a little wine and vinegar in to add moisture and add the tomato paste, carrots and fresh herbs. Add the mushrooms, tomatoes, 4 bean mix, a little more red wine and Balsamic vinegar and allow sauce to cook on low heat for up to 1 hour, add salt to taste. Mix through baby spinach leaves just before serving.

**Step 2:** Cook ~300-400g raw pasta and when pasta is ready, drain and either add to the Bolognese sauce or serve sauce over pasta on the plate. Add a little parmesan cheese and ENJOY!



Each serve contains 4 serves of vegetables.

## TUNA & VEG TOPPED BAKED POTATO

\*serves 1

### Ingredients

1 small (120g) Desiree or Pontiac potato, unpeeled  
95g tin flavoured tuna (or salmon)  
 $\frac{1}{4}$  red onion, diced  
8 cherry tomatoes, halved  
2 tbs tinned sweetcorn kernels  
2 tbs tinned 4 bean mix  
1 large carrot, grated  
Pinch salt  
Cracked black pepper  
Handful fresh flat leaf parsley  
1 tbs Greek style yoghurt



**Step 1:** Heat oven to 220°C. Pierce unpeeled potato with a fork and microwave on high for 8 minutes. Then place in oven for around 10 minutes. Now prepare vegetables as above.

**Step 2:** Heat 1 tbs olive oil in a large fry pan. Add the onion, carrot and tomato and cook for 2 minutes. Now add the drained sweetcorn, 4 bean mix, parsley and cook for further 2 minutes.

**Step 3:** Remove potato from oven and place on dinner plate. Slit potato open into four without cutting all the way through. Top potato with tinned tuna and vegetable mixture, add dollop Greek yoghurt & **ENJOY!**

Each serve contains 4.5 serves of vegetables.



## ROASTED VEG & FETA PIZZA

\*serves 1

### Ingredients

1 medium pita bread (60-80g)  
1 sachet tomato paste  
1 clove garlic, crushed  
40g baby spinach leaves  
 $\frac{1}{4}$  red onion, cut into thin slices  
 $\frac{1}{2}$  zucchini  
6 semi-dried tomatoes, cut into halves  
 $\frac{1}{2}$  red capsicum  
30g grated cheese  
20g Bulgarian feta

### Method

- Heat oven to 220°C and turn on grill
- Slice zucchini and capsicum length ways into thin strips and grill for a few minutes each side until charred
- Cover pita with tomato paste and spread crushed garlic over base
- Cover base with baby spinach leaves
- Add the semi-dried tomatoes, zucchini strips, capsicum and onion
- Sprinkle cheese and crumble feta over the top
- Cook in oven for around 10 - 15 minutes

Serve with a salad & **ENJOY!**

**Each serve contains 3 serves of vegetables.**



## BAKED WINTER VEGGIES

\*serves 2

### Ingredients

200g cauliflower, cut into flowerets  
10 Brussels sprouts, cut in half  
2 large carrots  
1 clove garlic, crushed  
Salt & extra virgin olive oil

Toss all veggies in a bowl with garlic, good amount extra virgin olive oil and pinch salt. Bake in hot oven for ~15 minutes. Enjoy with a fillet of steak/chicken or fish.

## EGGPLANT CHIPS

\*serves 4

### Ingredients

1 large eggplant  
50g Kellogg's cornflake crumbs  
1 egg, beaten  
50ml milk  
Salt  
Spray canola oil



**Step 1:** Heat oven to 220°C. Line oven tray with foil, spray lightly with oil.

**Step 2:** Cut eggplant into 2cm by 10cm lengths. Using 2 separate bowls add cornflake crumbs and salt to one and mix the egg and milk in the other. Coat each eggplant chip well with the egg mix and transfer to the other bowl and coat well with the crumbs, place on oven tray. Spray the chips lightly with oil and bake in oven for 10-15 minutes, turning half way through, until golden brown.

Serve with grilled fish or meat and salad & **ENJOY!**

## TUNA & VEGETABLE PASTA BAKE

\*serves 6 (freeze any left-overs not eaten within a week)

### Ingredients

2 crushed cloves garlic	400g tin tuna in oil, drained
1 leek, finely sliced (or use onion)	400g ricotta cheese (best from deli)
2 zucchini (~500g), diced	125g whole-meal pasta (dry)
2 red capsicum (~300g), diced	Extra virgin olive oil
500g mushrooms, sliced	60g grated cheese

**Step 1:** Preheat oven to 180°C. Heat large cooking pot with a 80ml olive oil, when hot add the leek and cook for 2-3 minutes. Now add the zucchini and mushrooms and cook on medium heat until most of excess liquid has evaporated. Add the capsicum and cook for about 5 minutes before turning off the heat.

**Step 2:** Meanwhile cook pasta according to instructions on packet. Add the cooked (drained) pasta, tuna, ricotta cheese, one teaspoon salt and some black pepper to the vegetables and fold all ingredients together.

**Step 3:** Transfer the mixture from the pot to the baking dish. Sprinkle with grated cheese and bake in oven for 20 - 25 minutes or until golden brown.

Serve with a side salad or on it's own & **ENJOY!**



Each serve contains 3 serves of vegetables.

## COCONUT CHICKEN

\*serves 6 (freeze any left-overs not eaten within a week)

1 large leek, sliced	1 cup frozen peas
2 cloves garlic, crushed	500g tiny button mushrooms*, whole
2 fresh chillies, chopped (optional)	400g tin coconut milk
2 chicken breast, skinless (~600g)	400g tin chickpeas, drained & rinsed
800g butternut pumpkin, diced	1 tbs turmeric powder
300g carrots, diced	Fresh coriander (optional)
	Extra virgin olive oil

\*Or cut regular button mushrooms into halves or quarters

**Step 1:** Heat large cooking pot with 80ml olive oil, when hot: cook leek and garlic until starting to soften. Now add the chicken, carrots, mushrooms, turmeric along with 2 cups of water and cook on moderate heat for 10-15 minutes.

**Step 2:** Add the coconut milk, pumpkin, peas, chickpeas, chilli and salt to taste and allow to cook for 20-30 minutes. Garnish with some fresh coriander & ENJOY!

Serve with rice or on it own as a hearty soup!

