

HEARTY CHICKEN SOUP

*serves 6-8 (freeze any left-overs not eaten within a week)

Ingredients

600g chicken thigh pieces
1 leek, sliced thickly
3-4 cloves garlic, chopped
½ bunch celery, diced + leaves
4 carrots, diced thickly
800g chat potatoes, unpeeled & halved
2 chicken stock cubes
Fresh chili, finely chopped (optional)
Handful fresh rosemary (optional)
Extra virgin olive oil

Step 1: Heat large cooking pot with 80 ml olive oil and cook leek and garlic for 2-3 minutes, then add the chicken and cook further 3-4 minutes. Dissolve stock cubes in 1L boiling water and add to the pot with the carrot, celery and some celery leaves, cover and simmer on moderate heat for 30 minutes.

Step 2: Add the potatoes and rosemary and another ~500ml of water, cover and allow to simmer for another 30 mins until potatoes are soft.

Serve as a lunch or dinner & ENJOY!



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 chilies, 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)
¼ 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 or mint
2 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
¼ red onion, cut into thin slices
½ zucchini
6 semi-dried tomatoes, cut into halves
½ 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.



WARM BAKED VEGETABLE, TUNA & QUINOA SALAD

*serves 6

Ingredients:

- 1 medium zucchini
- 600g Jap pumpkin, peeled
- 3 orange carrots, diced (~400g)
- 3 purple carrots, diced (~400g)
- 1 cup quinoa (any type)
- 80mL extra virgin olive oil
- 400g tin tuna in oil (or use 200g goats cheese)

Method

- Heat oven to 200°C. Cut veggies into bite size pieces (~2-3cm)
- Toss veggies in a generous amount of olive oil and salt and bake in oven until soft (~20-25 minutes).
- While the vegetables are cooking, prepare the quinoa according to instructions on packet, add a generous amount of extra virgin olive oil and pinch salt.
- Mix the baked veggies, tinned tuna (add the oil) and quinoa together. Portion into 6 containers for ready to eat lunches. Enjoy cold or reheat for a delicious warming meal.



TUNA & VEGETABLE PASTA BAKE

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

Ingredients

4 cloves garlic, diced	400g tin tuna in oil, drained
1 leek, finely sliced (or use onion)	400g ricotta cheese (best from deli)
3 zucchinis, sliced	259g pasta (dry)
2 red capsicum, sliced	Extra virgin olive oil
500g mushrooms, sliced	80g 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 garlic, 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 its own & **ENJOY!**

Each serve contains 3 serves of vegetables.

