

Mexican salsa salad

*serves 1

Ingredients

1 large corn cob (or use tinned corn)
½ avocado, diced
Small amount thinly sliced red onion
½ small red capsicum, diced
1/3 tin black beans, drained and rinsed

Fresh mint (optional)
2 tbs extra virgin olive oil (evoo)
Lemon juice
Salt flakes

Method

- Char corn on griddle pan or under grill until most sides starting to look blackened. Once cooled, remove kernels with a sharp knife. You can save half the corn for another meal.
- Fry rinsed black beans in 1-2 tbs evoo until starting to go crispy
- Mix all ingredients together with some chopped fresh mint and dress with plenty of evoo, lemon juice and sprinkle of sea salt

Hint – you can make a bigger batch and use this over a few days, you can mix beans, corn, onion and capsicum together in same container, but add avocado (and mint) fresh each day and dress on the day you plan to eat.

Serve with tinned tuna or hot smoked salmon



Coconut rice salad with black beans & toasted seeds

*serves 1

Ingredients

2/3 cup cooked rice or quinoa*

½ cup canned black beans

Big handful rocket (or baby spinach)

2 tbs pumpkin & sesame seeds, lighted toasted

1 tbs desiccated coconut

1+ tbs extra virgin olive oil

Salt

*you can use the instant microwavable smart rice

Method

- Toast seeds in large frying pan on medium heat until they start looking nice and toasty. You can also toast the coconut along with the seeds, only add at the last minute as cooks quickly!
- Heat rice in microwave for 1 minute, add the drained and rinsed black beans and rocket/spinach and heat further 40 seconds.
- Mix together with the toasted seeds, coconut, drizzle with a good tbs or more olive oil, add a pinch of salt and enjoy!

You can also add a tin of tuna – the Sirena in chilli oil or basil works well!



Broccoli and chickpea salad with pine nuts & currants

*makes 2 serves

Ingredients

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| 1 head broccoli | Extra virgin olive oil |
| ½ a 400g tin chickpeas, drained and rinsed | Cayenne pepper (optional) |
| 3 tbsl currants | Smoky paprika |
| 2 tbsl pine nuts, lighted toasted | Salt |
| Handful fresh mint leaves, sliced | |

Method

Step 1: Slice broccoli into smaller pieces – for example, slice each broccoli tree into 2-3 pieces. Heat 3 tbsl olive oil in a large fry pan and fry broccoli on medium heat until browning and crisping a little, ~5-8 minutes.

Step 2: Half way through cooking the broccoli, add the drained chickpeas along with a sprinkle of cayenne pepper, smoky paprika and salt. Remove vegetables from pan and place in a large mixing bowl. Add the currants, toasted pine nuts and chopped mint along with a good drizzle of olive oil.

Serve warm or cold with grilled meat of fish, or you can enjoy with some roast chicken or hot smoked salmon from the supermarket.



Hot smoked salmon salad

*serves 2 – halve all ingredients if just one meal

Ingredients

1 bag of Coles* kale slaw

½ avocado, diced

1 mango, diced

¼ red onion, finely sliced

80g Bulgarian feta cheese

150g portion hot smoked salmon

3 tbs toasted pumpkin seeds (pepitas)

2-3 tbs extra virgin olive oil

Lemon juice

Salt – the pink flakes work well

*or you can use the Woolies or Aldi version, or any salad mix of your liking

You could also enjoy with grilled lamb or shredded roast chicken (a ready cooked one)

Method

Step 1: Pop frying pan on medium heat and toast pumpkin seeds along with the sachet of mixed seeds from the kale slaw mix, this should take ~5 minutes. Set aside.

Step 2: Divide the kale slaw into 2 bowls, add the avocado, mango, red onion and crumble feta over the top. Drizzle a generous amount of olive oil over each salad, add a squeeze of lemon, a sprinkle of salt and then top with a salmon portion and the toasted seeds.

Serve with garlic bread or just bread of your liking (toasted) with a drizzle of olive oil or butter



Couscous salad with tuna & toasted seeds

*makes 2 serves (1 meal for now and one as left-overs)

Ingredients

2/3 cup raw couscous
2 spring onions, chopped
Handful currants or sultanas
2-3 tbs pumpkin seeds, lightly toasted
185g tin tuna in oil (or use shredded roast chicken)
400g tinned lentils or white beans (drained and rinsed)
Extra virgin olive oil (evoo)
Salt & pepper



*vegetarian option – omit the tuna

Method

- Heat 2 tbs evoo in a fry pan and cook lentils on moderate heat until crispy
- Toast seeds in large frying pan on medium heat until they start looking nice and toasty. You can do a larger quantity and keep in a jar ready to use.
- Make couscous as per packet instructions – or 1 part couscous to 1 part boiling water works well, leave for 5 minutes and then add 1-2 tbs evoo and fluff with a fork
- Add the fried lentils, sultanas, spring onions, tin of tuna (or shredded chicken), most of the seeds and mix together with a little salt and pepper – serve and then sprinkle some more seeds over the top and enjoy!



Super quick taco/burrito

*serves 1

Ingredients

1 corn cob (or use tinned corn)

½ avocado, diced

Small amount thinly sliced red onion

3 tbs tinned beans (drain and rinse, any type)

Shredded roast chicken (buy ready to eat chook)

Sour cream

Soft taco or burrito wraps

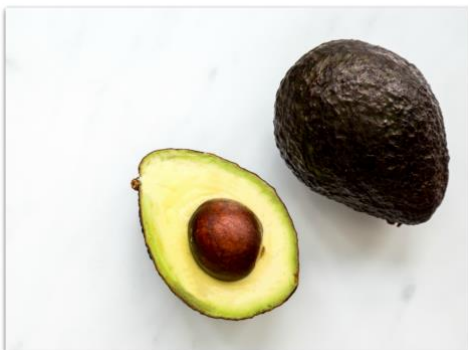
Fresh mint or coriander (optional)

Lemon juice

Salt flakes

Method

- Char corn on griddle pan or under grill until most sides starting to look blackened. Once cooled, remove kernels with a sharp knife.
- Add all ingredients to the wraps and enjoy!



Chicken souvlaki

*serves 1

Ingredients

1 large pita wrap (The Coles bakery wraps are the yummy!)
1 chicken thigh, diced (or use shredded roast chicken)
Tzatziki (or make your own yoghurt dip, see below)
Salad mix or rocket leaves
½ small cucumber, diced
½ tomato, diced
Fresh or dried thyme
Lemon juice
Extra virgin olive oil

Method

- Pan fry chicken with olive oil and a sprinkle of thyme (fresh or dried), add a little salt and squeeze lemon juice over once cooked. Or just use some roast chook from the supermarket.
- Heat wrap in another fry pan until nice and warm
- Add all ingredients to the wrap and enjoy!

*Yoghurt dip – add ½ clove crushed garlic to 2-3 tbls of Greek yoghurt with a little salt and touch lemon juice and mix well

