



# HEL FIMED

Healthy Eating for Life with a Mediterranean Diet



## Recipe Book

**with shopping and budgeting tips**

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## A traditional Mediterranean-style diet is rich in these foods:

- Fruit
- Vegetables
- Extra virgin olive oil
- Legumes (e.g. lentils, chick peas, kidney beans, cannellini beans)
- Nuts (e.g. walnuts, almonds, cashews, pistachio nuts etc.)
- Seeds (e.g. linseeds, chia), spices, herbs, grains (e.g. rye, barley, quinoa, millet, rice)
- Fish



These foods have been linked to better physical and mental health as well as weight loss and healthy weight maintenance. You can enjoy them and feel and look good as well!

## The foods below are not part of a healthy diet

- Vegetable oils/canola oil
- Margarine
- Soft drinks/energy drinks
- Pastries
- White bread
- Red meat (especially processed and high fat red meat like sausages, hamburgers etc)
- Chips, corn chips, twisties etc. (including microwave popcorn)
- Biscuits, cakes, doughnuts and confectionary



These foods are high in 'bad' fats, sugar and chemical additives and are highly processed with very little (if any) nutritional value – they are linked to poorer mental and physical health.

# Fish oil – why is it good for you?



Fish oil contains omega-3 fatty acids – they are good for your brain and your heart.

People do not eat enough omega-3 fatty acids in today's diets.

60% of our brain is made of fats and has more omega-3s than anywhere else in the body.

Research has shown benefits of fish oil for people's mental health.

That's why they are a very important part of a healthy diet to help us feel good and look good.

The American Heart Foundation recommends 1000mg long chain omega-3s per day for heart health.

1000mg/day is what we are providing in HELFIMED.





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# Snacks

## Svetlana's fruit balls



### Ingredients (type 1)

- half a packet of dry dates (in hot water for 2 hours)
- half a packet of prunes
- 1 cup of local fresh almonds (in cold water overnight to activate its goodness)
- some seeds (pumpkin or sunflower or any other)
- 1/3 of a jar of high quality (from health food shop) coconut oil.

### Ingredients (type 2 - not as sweet as the first one)

half a packet of large raisins

1 cup of fresh walnuts

some seeds (pumpkin or sunflower or any other)

1/3 of a jar of high quality (from health food shop) coconut oil

### Method

Place all ingredients in the food processor until it looks like a sticky paste. Roll the balls with hands, dip them in any "cover" you want - I used pistachios, poppy seeds, sesame seeds or coconut bits. Keep them for up to a week, I actually like them a bit dryer, they get crunchier.

*Note: use fresh (unroasted) or dry roasted, unsalted nuts. I always use them with the skins on (after being in the processor no one notices the skins, but they add lots of flavour and, importantly, all the nutrients). Rolling the balls is a bit time consuming, but if you get many people involved - could be some family fun.*

## Guacomale – Avocado Dip



This dip is quick and easy, goes beautifully with corn chips and salsa (or left-over chilli beans) or even just with rice crackers as an easy snack for guests.

### Ingredients

- 1 ripe avocado
- juice from 1/2 lemon
- 1 small clove garlic
- Salt & pepper

### Method

1. Spoon avocado out of the shell into a shallow bowl, finely chop or crush garlic and add to bowl.
2. Add lemon juice and salt and mash everything together with a fork.
3. Check seasonings and adjust as necessary – serve!

## Humous (chick pea dip)



This is another dip that is always popular, packed with protein and nutrients – as quick and easy as one-two-three with a food processor. In the second photo above it has been drizzled with olive oil and sprinkled with paprika to serve (optional).

### Ingredients

- 1 can chick peas
- 1 tablespoon tahini (sesame seed paste)\*
- 1 small clove garlic
- Juice of one lemon
- Salt to taste

### Method

1. Put everything into a food processor.
2. Adjust the seasonings if needed.
3. Serve with biscuits and/or celery/carrot/capsicum sticks!

*\*You can buy a jar of tahini at the supermarket, usually in the health food section. Just keep a jar in the fridge – one jar will go a long way and it will be on hand whenever you want to make a quick snack or dip for visitors. This dip is also great to keep in the fridge for snacks, or to spread on toast or cruskits – yummy with sliced tomato on top.*

# Nat's Banana & Blueberry muffins



These muffins are bursting with mouth-watering goodness, with no sugar or butter and half of the flour replaced with nuts – a treat for your taste buds and your body!

## Ingredients

- 3 ripe bananas
- 1 tablespoon honey
- $\frac{1}{3}$  cup olive oil
- 1 teaspoon vanilla essence (optional)
- 1 egg
- 1 tablespoon Natvia (natural sweetener)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup ground mixed nuts\*
- 1 cup flour
- $1\frac{1}{2}$  cups frozen blueberries

## Method

1. Preheat oven to 180 degrees celcius.
2. Mash bananas with a fork. Add honey, olive oil, egg and vanilla essence and mix together.
3. Add baking soda, baking powder, ground nuts and flour, mix together.
4. Add frozen blueberries and gently mix through.
5. Brush a muffin tin (for 12 medium-sized muffins) with olive oil.
6. Spoon mixture equally into each muffin round
7. Place in oven and cook for 20 minutes or until brown (check after 15 minutes)
8. Enjoy!!!

*\* for ground nuts, put mixed nuts (almonds, cashews, walnuts etc) in a food processor and blend. Any remaining can be put in a jar or container in the fridge, ready for the next batch! They can also be used as a flour substitute in patties – see lentil burger recipe. You could also use a pre-ground 'LSA' mix from the shop. These can be kept in fridge or frozen.*

# Popcorn



Moorish yet healthy and cheap snack!

## Ingredients

- Popping corn
- Extra virgin olive oil
- Salt

## Directions

1. Place the corn in a popcorn machine (place to top of grill – NOT to line above grill – overfilling will result in blockage) with a bowl to catch the popcorn.
2. Drizzle olive oil over the popcorn and sprinkle with a little salt. Mix together.
3. Enjoy!

*Note: This is a great, healthy low calorie snack that can replace high calorie snacks such as chips and biscuits. It is so cheap, quick and easy to make – put some in a plastic bag to enjoy at the movies!*



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# Main Meals

# Baked Potato with Topping



Baked potato is a simple tasty meal that can be topped with lots of yummy things – melted cheese, beans and choice of vegetables, salad and avocado are used in this recipe.

## Ingredients (for 2 people)

2 potatoes, washed (not peeled)  
Extra virgin olive oil  
Borlotti or kidney beans  
1 onion  
2-4 cloves garlic  
1 tomato  
Zucchini, finely chopped or grated  
Carrot, finely chopped or grated  
1 tsp paprika  
Sea salt and pepper to taste  
Mozarella cheese, grated  
Avocado, diced or mashed with lemon juice, salt, pepper, garlic  
Lettuce, shredded

## Directions

1. Heat oven to 180 degrees celcius, put potatoes in the oven, whole (can also steam, whole to cook quicker)
2. Chop onion, garlic and tomato; chop or grate zucchini and carrot
3. Lightly heat 1 tbsp olive oil in saucepan, add onion, sauté for 1-2 minutes; add paprika, garlic and tomato, zucchini and carrot; cook for 2-3 minutes.
4. Add beans, bring to boil then simmer on low heat for about 5 minutes.
5. When potatoes are soft, cut into quarters (without cutting through them completely)
6. Drizzle olive oil on top, sprinkle salt and pepper to taste, then add bean mixture topped with grated cheese.
7. Pop back in the oven to melt the cheese, then serve with avocado and lettuce on top.

# Chickpea and Eggplant Paella



**This Spanish-inspired paella-style dish combines chickpeas and eggplant to give a delicious, simple savoury rice dish.**

## Ingredients

- 1/4 cup olive oil
  - 1 medium onion, finely chopped
  - 2-4 cloves garlic, minced
  - 1 eggplant
  - 1 red capsicum
  - 1 zucchini
  - 1 can chickpeas
  - 1 can tomatoes
  - 1/2 cup rice
  - 1 cup water
  - Salt and pepper to taste
- Plus choice of additional vegetables if desired, e.g. carrot.

## Method

1. Chop onion, garlic, eggplant and any other vegetables used (chop eggplant so nice and chunky).
2. Lightly heat olive oil in saucepan and sauté onion for a few minutes (do not burn).
3. Add eggplant and cook until nearly soft, add zucchini and red capsicum and cook, stirring, for a few more minutes.
4. Add garlic and rice, stir for a minute or two (optional: add a teaspoon of Middle Eastern spice).
5. Add water, tinned tomatoes and chickpeas and season to taste.
6. Put lid on pot and cook on low heat until rice has absorbed all of the liquid and is soft.
7. Serve with salad on the side.

# Chilli Beans



This simple, versatile Mexican-inspired dish has a tasty combination of flavours and textures with the cool creaminess of the avocado combined with the rich spiciness of the beans. Serve with rice or quinoa for extra boost of protein and nutrients. Also a delicious and nutritious topping for nachos (see below).

Recipe and photo by Natalie Parletta

## Ingredients

- 1-2 tablespoon extra virgin olive oil
- 1 red onion
- 2-4 cloves garlic
- 2-3 fresh chillies or ~1 tsp powdered chilli to taste
- 2 tsp sweet paprika
- 1 tsp salt
- 1 can crushed tomatoes
- 1 can red kidney beans
- 1 cup quinoa or rice
- 2 cups water

*Use all or any combination of the following vegetables*

- Celery
- Carrot
- Eggplant
- Red capsicum
- Zucchini
- Sweet potato

## Method

1. Chop all vegetables (except avocado)
2. Lightly heat olive oil in a saucepan then add onion, celery, carrot and eggplant
3. Cook until onion is clear; add garlic, fresh or dried chilli and paprika; cook for a few minutes, stirring occasionally
4. Add cans of tomatoes and kidney beans with remaining vegetables plus half a can of water and salt
5. Cook until simmering, stirring occasionally. Then lower heat and put the lid on
6. Meanwhile, put quinoa or rice and water into a saucepan; bring water to boil and simmer with lid on for 15 minutes or until all the water is absorbed.
7. Cut avocado gently into slices.
8. When the vegetables are soft, serve the chilli beans and avocado on top of the rice or quinoa.

**Note:** To make nachos place plain corn chips in a circle on a plate, top with grated cheese. Place in pre-heated oven for a few minutes until cheese is bubbling. Carefully remove plate from oven, spoon chilli beans into the middle and avocado (or guacomale – blended with salt, pepper, garlic and lemon juice) on top.

## Eggplant Moussaka – Catherine Itsiopoulos



### Ingredients

2 eggplants

4 tblsp extra virgin olive oil

4-5 capsicums

4 potatoes

Sauce:

1 onion

1 can tomato sauce

Salt, pepper, and chilli to taste

2-4 cloves garlic

Nutmeg and cinnamon to taste

Handful of raisins

½ cup ground nuts

½ cup breadcrumbs

### Method

1. Preheat oven to 375 F (180 C).
2. Cut stems off eggplants and peel in strips, leaving half of the skin on the eggplants (like zebra strips). Cut across into 2cm slices. Salt well on both sides, and leave in water for at least 30 minutes to remove any bitterness. Remove and pat dry.
3. Place the green capsicums whole into an oven for 10 minutes or until skin blisters. Remove and place into an airtight plastic bag (or jar with lid on) for about 10 minutes – this helps to remove the skin. Remove capsicum from the bag and peel off the skin. Cut the capsicum into strips.
4. Brush the eggplant slices with olive oil on both sides and grill until both sides are golden brown. Heat the remaining oil and fry the sliced potatoes for 3 minutes until soft. In this same oil sauté the capsicum, onions and chili pepper until the onions are translucent. Add the tomato puree and simmer for about 10 minutes. Add the garlic, nutmeg, cinnamon and raisins. Simmer for another 10 minutes.
5. Layer the eggplant over the potato in an oven-proof casserole dish and pour the sauce over it. Cover with breadcrumbs and ground nuts; bake about 10 mins until golden brown.

# Eggplant Parmigiana



## Ingredients

3-4 eggplants  
Extra virgin olive oil  
Parmesan cheese  
Grated mozzarella

*Optional: baby spinach, mushrooms,  
Roast capsicum, roasted thinly sliced  
pumpkin*

## Sauce

Extra virgin olive oil  
3-4 garlic cloves, crushed  
1 onion, chopped finely  
1 carrot, cut in half  
1 stalk celery, cut in half  
Two cans crushed tomatoes  
Salt and pepper to taste  
Fresh basil

## Directions

1. Chop onion and garlic
2. Lightly heat 2 tblsp olive oil in a pot, add onion, garlic, tinned tomatoes, salt, ½-1 tin water
3. Add 1 short stick of celery and carrot (this enhances the flavour –remove after sauce has cooked)
4. Finely dice the remaining celery and carrot to add to the sauce.
5. Bring to boil then turn down heat and simmer for at least 30 minutes to bring the flavour out.
6. Add chopped fresh basil towards the end, when ready to put eggplant dish together.
7. Preheat oven to 180 degrees celcius. Slice eggplant into 1cm thick pieces.
8. Lightly heat oil in a large frying pan (or two if available), fry each eggplant for 4 minutes on each side until browned and very soft (important). Set aside when each batch is done.
9. Get a baking tray, spoon a thin layer of the tomato sauce on top (with celery and carrot removed). Add a layer of fried eggplant then another layer of tomato sauce, topped with parmesan cheese and grated mozzarella. Repeat with one more layer then bake in oven until cheese is bubbling and slightly browned.

*Optional: Add baby spinach, sliced mushrooms, pre-roasted capsicum and/or pre-roasted sliced pumpkin on top of the first layer of eggplant for a more substantial (and delicious) meal!*

# Gado Gado



This is a classic Indonesian recipe – scrumptious meal for a summer evening or bbq.

## Ingredients

2-3 potatoes  
Green beans  
1 carrot, sliced  
2 cups bean sprouts  
4 eggs  
2 cups baby spinach  
Lettuce leaves

### Peanut sauce

Onion  
Garlic  
1 cup water  
Extra virgin olive oil  
½ cup peanut butter  
Soy sauce  
Juice from 1 lemon  
Chilli  
1 tsp Natvia

## Method

1. Chop/slice potato, green beans and carrot; place in steamer, sprinkle with sea salt and cook until soft – add the baby spinach towards the end to soften it.
2. Boil the eggs for 8 minutes in boiling water
3. Meanwhile, cook onion and garlic in the oil until soft and starting to caramelize
4. Add remaining sauce ingredients and stir until smooth. Adjust sauce flavours to taste
5. Peel eggs and slice into quarters
6. Arrange lettuce leaves on individual plates, top with vegetables then with the egg
7. Pour the sauce over the top and serve.

## Greek Baked Butterbeans



This traditional Greek dish by Catherine Itsiopoulos is tasty as a savoury side dish or served as a main meal with rice, mashed potato or quinoa (as pictured here) and salad. See Catherine's beautiful, newly released [Mediterranean Diet Book](#) for more traditional recipes.

### Ingredients

- 1/3 cup olive oil
- 1 medium onion, finely chopped
- 1 medium carrot, sliced into rounds
- 1 cup tomato puree
- 1 clove garlic, minced
- 1 litre water
- 1-2 tablespoons fresh parsley
- 2 x 440g tins butter beans, drained
- Salt and pepper to season

### Method

1. Preheat oven to 200 degrees Celcius.
2. Heat olive oil in saucepan and sauté onion for a few minutes (do not burn).
3. Add pureed tomato, sliced carrot, water and seasoning and simmer for 15 minutes.
4. Empty beans into baking dish and pour sauce over the top.
5. Sprinkle with fresh parsley.
6. Bake for 20 minutes until sauce has thickened (dish should still be saucy so add a little hot water if too dry).
7. Serve immediately while it is hot – with parmesan cheese if desired.

## Greek Lentil Soup (Fakes)



### **Ingredients** *Original recipe makes 4 servings*

2 tins lentils  
1/4 cup olive oil  
3 garlic cloves, crushed  
1 onion, chopped finely  
1 large carrot, chopped  
1 stalk celery, chopped  
1 litre water  
1 pinch (1/4 teaspoon) dried oregano  
1 pinch (1/4 teaspoon) crushed dried rosemary  
2 bay leaves  
1 tablespoon tomato paste (or one can crushed tomatoes)  
salt and pepper to taste  
1 tablespoon extra virgin olive oil, or to taste  
1 tablespoon apple cider vinegar  
Optional: 2 cups baby spinach

### **Directions**

1. In a saucepan, pour in 1/4 cup olive oil, and place over medium heat.
2. Add garlic, onion, celery and carrot; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Pour in lentils, 1 litre water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes.
4. Stir in tomato paste and season to taste with salt and pepper. Cover and simmer until the lentils have softened, 30 to 40 minutes, stirring occasionally. Add additional water if the soup becomes too thick.
5. Drizzle with 1 tablespoon olive oil and vinegar to taste.
6. Add baby spinach 2 minutes before turning heat off, stir through.

*Note: this meal can be frozen in batches*

# Greek Yiros



## Ingredients

Wraps  
Lamb or chicken strips  
Lettuce  
1 Cucumber  
3 Tomatoes  
1 lemon  
6-8 cloves of garlic  
1-2 brown onions  
Dried oregano and thyme  
Olive oil  
Tabouli (separate recipe)

## Sauces

Hummus (separate recipe)  
Garlic Tzatziki: yoghurt, grated cucumber, crushed garlic, salt & pepper

## Method

1. Combine 5 cloves crushed garlic, 2 teaspoons of oregano and thyme, lemon juice and  $\frac{1}{2}$  cup olive oil and lamb/chicken strips into a dish. Cover until ready to cook. *(If you have time, marinade in the fridge for at least an hour)*
2. Chop the lettuce into strips, and dice the tomato and cucumber
3. Prepare tabouli, hummus and garlic tzatziki
4. Slice onions
5. Heat 2 tablespoons of olive oil on a BBQ plate.
6. Cook the onion on one side of the plate until brown and the lamb/chicken on the other side of the plate until cooked through.
7. In wrap, add tomato, cucumber, lettuce, lamb/chicken, tabouli, hummus and tzatziki. Fold wrap over and *enjoy!*

# Hearty Vegetable and Barley Soup



**This is a delicious, warming soup and the barley broth has numerous health benefits – enjoy for overall comfort and wellbeing.**

## Ingredients

¼ cup extra virgin olive oil  
Onion or spring onion  
4 cloves garlic  
2 carrots  
1-2 cups chopped pumpkin or one sweet potato  
1 cup barley  
1 ½ litres of water, boiled  
Salt and pepper to taste  
Can of cannellini beans  
2 zucchinis  
2 tomatoes (or a can of tomatoes)  
½ cup parsley, chopped  
Bag of baby spinach

## Method

1. Dice all the vegetables and have all ingredients ready. Boil a kettle of water.
2. Lightly heat the olive oil in a large saucepan and add onion, garlic and carrot. Cook for 2 minutes, stirring.
3. Add all other ingredients apart from the parsley and spinach. Add the boiling water and bring to the boil. Simmer for about 20-30 minutes, until the barley is soft and chewy.
4. Add the parsley and spinach, stir in and cook for 1 minute; adjust seasonings.

Enjoy with some rye toast drizzled with olive oil and sprinkled with salt – plus minced fresh garlic, especially if you have a cold. This can be frozen in batches.

## Home-made fish and chips with tomato sauce



*This is a yummy, healthy version of fish and chips with tomato sauce. It is easy to make; just need to allow time for the chips and sauce to cook (should take less than one hour altogether).*

### **Ingredients:**

Potatoes and/or sweet potato  
Extra virgin olive oil  
Sea salt  
1 onion, chopped  
2-4 cloves garlic, chopped  
1 small carrot, sliced into two halves  
1 zucchini, chopped  
2 cups passata or one tin diced tomatoes  
Fish of your choice  
Fresh dill, chopped  
Lemon, sliced

### **Method:**

1. Preheat the oven to 200 degrees celcius.
2. Cut the potatoes and/or sweet potatoes into 1cm thick chip shapes. Place on a baking tray, drizzle with olive oil and salt, and cook in the oven until crispy (about 45 minutes).
3. While potatoes are cooking, prepare the tomato zucchini sauce. Place the onion and carrot into a pan with the olive oil and cook until onion is clear.
4. Add the garlic, stir for a minute then add the passata or diced tomatoes and zucchini, 1 tsp sea salt and half a cup/can of water. Bring to the boil, cover and simmer.
5. Next, place a large sheet of alfoil into a baking tray. Place the fish inside the tray, drizzle with olive oil, sprinkle with salt and top with fresh dill and lemon slices. Cover with the alfoil.
6. When the chips have cooked for 30 minutes, place the fish in the oven and cook for 15 minutes.
7. When chips and fish are ready, serve with the tomato sauce.

# Lentil Nut Burgers



These tasty meat-free burgers are high in protein and can be eaten with salad and home-made chips or on a bread roll with salad and sauce. Great for picnics and barbeques. Omit the breadcrumbs for a gluten-free version.

*Recipe and photo by Natalie Parletta*

## Ingredients

- 1 can lentils
- 1 potato
- 1 small sweet potato
- handful of mushrooms, finely chopped or processed
- 1 cup of chopped parsley
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 cup ground mixed nuts (e.g. almond, walnuts, cashews)
- 1 egg
- salt and pepper
- chilli powder or cayenne pepper (optional)
- 1 tblsp soy sauce or tamari
- breadcrumbs for coating
- extra virgin olive oil, for cooking

## Method

1. Peel and dice the potato and sweet potato, place with salted water in a saucepan and bring to boil.
2. Cook potato and sweet potato until just soft (not too soft) then mash and let cool a little.
3. Finely chop onion, garlic, parsley and mushroom (place mushroom in food processor if possible).
4. Mix all of the above ingredients with a drained can of lentils, ground nuts and beaten egg, add salt, pepper and tamari (and chilli if using) to taste.
5. Shake some breadcrumbs onto a plate, make patties from the lentil mixture and coat each side with breadcrumbs.\*
6. Lightly heat olive oil in a frying pan and cook patties on both sides until golden brown.

*\*Note: The burgers can be frozen at this point, then thawed out when ready to cook.*

# Mediterranean Roast Vegetables



Scrumptious way to eat Mediterranean vegetables; easy to prepare. Serve on a bed of quinoa instead of couscous – excellent gluten-free, high protein, nutrient-rich grain.

Alternatively make a ratatouille from the roasted vegies and serve on a bed of mashed potato (see this version by John Strachan below).

Recipe and photo by Natalie Parletta

## Ingredients

*Use all or any combination of the following vegetables*

- Pumpkin
- Red or green capsicum
- Zucchini
- Eggplant
- Fennel
- Cherry tomatoes or tomatoes cut into quarters
- Squash
- Whole garlic cloves

*Plus*

- Extra virgin olive oil
- Salt
- 1/2 cup quinoa
- 1 cup water or stock
- Chopped fresh parsley and/or basil

## Method

1. Pre-heat oven to 180-200 degrees celcius
2. Chop all vegetables into bite-sized chunks.
3. Place in baking tray on top of non-stick baking paper
4. Drizzle generously with olive oil then use brush to coat all vegetables with oil, sprinkle with salt.
5. Place in oven and cook until vegetables are soft and starting to brown.
6. Meanwhile, put quinoa and water/stock into a saucepan; bring water to boil and simmer with lid on for 15 minutes.
7. Mix freshly chopped parsley and/or basil through the quinoa.
8. Serve vegetables on top of the quinoa and enjoy 😊

**Note:** John's take on this meal – instead of quinoa use mashed potato (cook potatoes then mash with garlic, olive oil, salt and enough milk to get a creamy texture); add a tomato pasta sauce (to make a ratatouille) and parmesan cheese to the roasted vegetables and serve on top of the mashed potato.

# Pasta with Fish and Lentils



This pasta dish by John Strachan features tomato, fish, olives, lentils and green beans.

Photo by Natalie Parletta

## Ingredients

- Fish fillet (affordable and fresh)
- Extra virgin olive oil
- 1 red onion
- 2-4 cloves garlic
- Tomato: can crushed and pasta (tomato) sauce (one jar)
- 1 can lentils
- Pasta of choice
- 100g pitted kalamata olives
- 2 handfuls of green beans

## Method

1. Heat water in large saucepan for pasta and chop vegetables.
2. Chop fish fillet into chunks and lightly season with salt and pepper and extra virgin olive oil
3. Fry chopped onion and garlic in extra virgin olive oil for several minutes
4. Add chopped olives and fry for a few minutes
5. Add canned tomato and continue to cook for 4 minutes stirring regularly
6. When water for pasta is boiled, add a little salt, oil then the pasta, stir regularly
6. While sauce and pasta are cooking, steam beans until cooked through
7. Add steamed beans and lentils to the sauce
8. When pasta is cooked, combine with sauce, stir through and serve immediately while hot

## Pasta with tomato sauce and chickpeas



### Ingredients

1 onion  
2-4 cloves garlic  
1/4 cup extra virgin olive oil  
2 cans crushed tomatoes  
1 carrot  
salt  
1/2 stalk celery  
1 can chickpeas  
fresh basil, chopped  
parmesan cheese

### Method

1. Peel carrot and chop into 2 large pieces (or grate/chop finely). Chop onion and garlic.
2. Lightly heat olive oil in pot, add onion and carrot (if chopped or grated) and stir for 2-3 minutes.
3. Add garlic, then canned tomatoes, half celery stalk (whole) and about 1/2 tsp salt.
4. Bring to the boil then allow to simmer for at least 30 minutes.
5. Meanwhile, boil salted water for the pasta and when boiling, add a little olive oil and the pasta and cook as per instructions on packet.
6. Five minutes before the pasta is ready, add basil and chickpeas to the tomato sauce.
7. Adjust seasoning if needed.
8. Serve the tomato sauce on top of the pasta, and sprinkle with parmesan cheese.

# Pesto Pasta with Roast Pumpkin



**This pesto pasta dish with roast pumpkin and pine nuts is a delectable combination. Remember to allow at least half an hour to roast the pumpkin. The pictured dish was made with rice pasta and serves 3-4 people.**

## **Ingredients**

1/4 pumpkin (Japanese is best)  
250 g pasta  
extra virgin olive oil  
2-4 cloves garlic  
2 tablespoon pesto\*  
1/2 cup pine nuts  
1/2 cup fresh basil  
salt to taste

## **Method**

1. Preheat oven to 180 degrees celcius.
2. Chop pumpkin into bite-sized pieces and spread out on a baking tray lined with baking paper. Drizzle with olive oil and brush it onto each piece. Sprinkle with salt and bake in oven 30-45 minutes until soft and slightly browned.
3. Prepare the pine nuts by lightly dry-frying in a frying pan until slightly browned, then set aside.
4. After pumpkin has been on for about 20 minutes, bring a pot of water to the boil. Add salt and a little oil, and when boiling, add the pasta and cook according to instructions on the packet.
5. Peel garlic and chop each clove in half. Lightly heat 1/4 cup oil in a frying pan, add garlic pieces and turn off heat when garlic is soft/slightly brown.
6. When pasta is ready, drain the water out. Add oil with garlic and basil and stir through well. Gently stir the roasted pumpkin through and top the dish with pine nuts.
7. Serve immediately while it is hot – with parmesan cheese if desired.

## Pita Pizzas



Simple pizzas to make, the combinations of possible toppings are endless. These ones got a 10/10 rating at our cooking workshop! Try a simple one with sliced tomato drizzled with olive oil and salt, topped with fresh basil, olives and sliced bocconcini and/or mozzarella as well.

### Ingredients

wholemeal pita bread

#### *Pizza 1*

spinach  
garlic  
olive oil  
salt  
crumbled fetta

#### *Pizza 2*

pesto  
pumpkin  
olive oil  
salt  
pitted kalamata olives, halved  
crumbled fetta cheese  
grated mozzarella

### Method

1. Preheat oven; chop pumpkin into bite sized pieces, brush with olive oil and salt and bake until soft.
2. Chop garlic and wash and chop spinach.
3. Heat olive oil lightly in pan, add garlic, spinach and salt to taste; cook until spinach is wilted.
4. Chop fetta cheese and grate mozzarella.
5. **Pizza 1:** Spoon spinach on top of pita bread, being careful to drain any liquid off first.
6. Top with crumbled fetta cheese.
7. **Pizza 2:** Spread pesto over pita bread, top with roasted pumpkin, olives, crumbled fetta and grated mozzarella.
8. Cook in oven for 10-15 minutes until cheese starts to brown a little.
9. Serve with salad on the side.

## Potato fritters (Latke)



These easy fritters can make a yummy summer meal or sides for a barbeque served with salad. Recommend having them with green beans with tomato (see recipe in this book). They are also nice as a dessert with jam and a dollop of yoghurt!

### Ingredients

1 onion  
3 medium potatoes  
1 small tblsp flour (or corn flour)  
1 egg  
Salt & pepper  
Olive oil for frying

### Method

1. Grate potato and onion.
2. Mix with flour, egg and salt and pepper to taste.
3. Lightly heat olive oil in a frying pan.
4. Place spoons of mixture into frying pan and flatten.
5. Fry in batches on both sides until golden brown.

# Pumpkin soup



**Pumpkin soup is always a winner and this creamy version is full of flavour. Serve with crusty olive oil bread for a delicious winter meal.**

## Ingredients

*Original recipe makes 8 servings*

- 1-2 tblsp extra virgin olive oil
- 1 large onion
- 1/3 Japanese pumpkin (or any pumpkin)
- 2 carrots
- 1 small sweet potato
- 2 small potatoes
- 4 cloves garlic
- 1-inch cube of ginger *OR* pinch nutmeg
- Water to cover
- Optional: stock cube – preferably with no additives, msg, etc.*
- Yoghurt and parsley or chives to serve*

## Directions

1. Chop all ingredients.
2. Lightly heat olive oil in a large pot, add onion and sauté for a couple of minutes.
3. Add all other ingredients and stir for a couple of minutes.
4. Add water (and nutmeg and stock if using)
5. Cook until vegetables are all soft.
6. Blend with hand held blender to make smooth soup.
7. Serve with a dollop of yoghurt and finely chopped parsley or chives on top. Yummy also with toasted sour dough rye bread, drizzled with olive oil.\*

*\*Alternatively, to make garlic bread, top bread with olive oil, a little salt and crushed garlic then toast under griller until browned.*

*Note: this meal can be frozen in batches*

## Quinoa burgers with pesto sauce



Tasty burgers, easy to make and great for a light summer meal or picnic. The quinoa gives them a nice crunch to complement the soft cheesy texture and flavour. Makes about 16.

### Ingredients

- 1 cup quinoa
- 2 cups water
- 1 small onion, finely chopped
- 3-4 cloves garlic, finely chopped
- 1 small red capsicum, finely chopped
- 1 cup finely chopped parsley
- 3 eggs
- 1 TSP sea salt
- Pepper
- 1 cup grated mozzarella cheese
- ½ cup grated parmesan cheese
- Sprinkle of chilli powder or cayenne pepper (optional)
- Extra virgin olive oil, for frying
- 1 TBSP pesto and ½ cup yoghurt for the sauce

### Method

1. Put 1 cup quinoa and 2 cups water into a saucepan, bring to boil and simmer for 15 minutes with the lid on or until all water is absorbed.
2. Mix quinoa with all other ingredients (apart from pesto and yoghurt)
3. Shape together firmly into patties.
4. Lightly heat oil in the frying pan and fry burgers on both sides until golden.
5. Mix pesto and yoghurt together and serve with the burgers along with a side salad (cherry tomatoes, cucumber and avocado with lemon juice, sea salt and extra virgin olive oil is perfect!) Enjoy 😊

# Red Lentil Soup



Red lentils are the quickest legume to cook and make a delicious hearty soup base.

Recipe and photo by  
Natalie Parletta

## Ingredients

- 2 tblsp extra virgin olive oil
- 1 large onion, chopped
- 2-4 cloves garlic, chopped
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 1 cup red lentils
- 4 cups water
- 1/2 teaspoon dried cumin
- 1 teaspoon salt
- 1/2 teaspoon chilli powder or cayenne pepper
- 1 tablespoon lemon juice
- chopped or baby spinach (optional)

## Method

1. Chop onion, carrot, celery and garlic (and spinach if using).
2. Lightly heat olive oil in a medium-size pot, add onion, celery and carrot and sauté for a few minutes, until onion is clear.
3. Add cumin, chilli and garlic, stir for a minute or two.
4. Add red lentils, water and salt.
5. Bring to boil and simmer for 15-20 minutes until lentils are soft and then add spinach; cook for a few more minutes.
6. Stir lemon juice through and serve.

## Fish with Cherry Tomatoes



### Ingredients

60ml quality extra virgin olive oil  
500g fish fillets (e.g. sea bream, nile perch fillet or barramundi)  
sea salt and freshly ground black pepper  
4 cloves of garlic, roughly chopped  
1 small red chilli, finely chopped  
1 punnet cherry tomatoes, halved  
1/2 bunch of fresh parsley leaves, roughly torn  
To serve: a few slices quality bread (ciabatta) or boiled potato as pictured

### Method

1. Heat the olive oil in a large, heavy-based frying pan.
2. Add the fish, followed by the sea salt, garlic, chilli and tomatoes.
3. Pour in 400ml of cold water and add the parsley.
4. Turn the heat down slightly and cook the fish for 7 minutes on each side.
5. When you flip the fish over, you can see that it's cooked by checking that the flesh is tender.
6. Season with salt and pepper.
7. Remove the fish from the pan and place on a large serving dish and pour the juice from the pan over the fish. Serve immediately, on top of boiled potato or with lots of good bread to mop up the delicious sauce.

*Note: this is nice served with steamed green beans and corn on the cob*

PS watch Gennaro Contaldo make this on You Tube!  
[http://www.youtube.com/watch?v=\\_8AZT40gH5E](http://www.youtube.com/watch?v=_8AZT40gH5E)

## Shepherd's Pie with Lentils



### Ingredients

- 1 cup lentils and 4 cups water or stock (or 2 cans lentils)
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 large carrot, diced
- 1 large or two medium zucchini, diced
- 1 stalk celery, diced
- 1-2 cups mushrooms, chopped
- 2-3 bay leaves
- 1 tsp sea salt and black pepper
- 2 tblsp parsley, chopped
- 6 potatoes, chopped
- 2 cloves garlic, chopped
- ½ cup milk
- Extra virgin olive oil
- Grated mozzarella cheese (optional)

### Method

1. If using whole lentils, place lentils and water or stock in a saucepan with bay leaves; bring to boil then simmer.
2. Lightly heat olive oil in saucepan, add chopped onions, carrot and celery and sauté until onions start to become clear and vegies soften.
3. Add chopped garlic, zucchini and mushrooms and cook until zucchini starts to soften.
4. Add lentils to the vegetables with cooking water (or canned lentils and bay leaves), with salt, pepper and parsley, and continue to cook until lentils are soft.
5. Meanwhile, boil some water, peel and chop potatoes. Cook in salted boiling water until soft and drain water out. (Pre-heat oven now to 180 degrees.)
6. Mash or blend cooked potatoes with salt, pepper, milk and a drizzle of olive oil.
7. Pour cooked lentil mixture into a casserole dish and gently spread the mashed potato over the top. If using grated cheese, sprinkle over the top. Bake until cheese melts and starts to brown (or top is golden if not using cheese); serve with a green salad.

## Spaghetti with Meat Balls



### Ingredients:

500gm lean mince  
paprika  
dried oregano  
1 onion diced  
3 cloves garlic chopped  
2 sticks of diced celery  
1 peeled, diced carrot  
1 can tomatoes  
Bunch of basil  
¼ cup extra virgin olive oil  
Salt and pepper to taste  
Half a pack of spaghetti

### Method:

1. Mix mince with paprika and dried oregano. Roll in to golf ball size balls. Chop vegetables
2. Boil a large pot of water. Add spaghetti and cooked for 15 minutes or until tender.
3. Heat olive oil in a different pan. Add onion, garlic, diced celery and carrot. Cooking, stirring until fragrant.
4. Add meat balls and cook until browned on the outside.
5. Add tomatoes and simmer for a few minutes. Next add roughly chopped basil, and stir to combine.
6. Cook for 15-20 mins until meat balls are cooked through and sauce thickens
7. If you like, top with parmesan cheese to serve.

### Salad

Lettuce  
Cherry tomatoes  
Cucumber  
Lemon juice  
Olive oil  
Salt and pepper  
Dice up salad ingredients and drizzle with olive oil, lemon juice and salt and pepper.  
Serve with the spaghetti and enjoy.

## Spicy Pumpkin and Black-eyed Bean Stew



This African-inspired dish published by Linda McCartney is real comfort food; easy to make and full of goodness and flavour. Photo by Natalie Parletta

### Bean Stew

- 1 onion, finely chopped
- 4 tblsp extra virgin olive oil
- 2 large carrots, sliced
- 1 large green or red capsicum, de-seeded and chopped
- 2-4 cloves garlic, chopped
- 1 tblsp fresh or 1 tsp dried thyme
- 1 tsp paprika
- ½ tsp mixed spice
- 200ml vegetable stock
- 2 x 400g tins black-eyed beans or 1 cup dried, soaked and cooked
- Tabasco – as little or as much as desired
- Sea salt and black pepper to taste

### Method

1. Saute the onion, carrots, capsicum, garlic, thyme and spices in the oil for about 5 minutes.
2. Add the stock, bring to the boil, reduce heat to a simmer
3. Stir in the beans and season to taste with salt, pepper and Tabasco.

4. Cover and simmer for 15 minutes, adding more stock or water as needed until vegetables are tender.

### **Spicy Pumpkin**

- 1 onion, finely chopped
- 4 tblsp extra virgin olive oil
- 2-4 cloves garlic, chopped
- 700g pumpkin, peeled and chopped
- 1 tin crushed tomatoes
- 1 tsp ground cinnamon
- 2 tsp curry powder
- Pinch of grated nutmeg
- 300ml water
- Sea salt and black pepper to taste

### **Method**

1. Saute the onion in the olive oil, then add pumpkin, garlic, tomatoes, spices and water.
2. Stir well and simmer, covered, until the pumpkin is soft and tender, about 10-15 minutes.
3. Season to taste with salt and pepper. Serve with the black eyed bean stew and rice, couscous or quinoa.

# Spinach and Rice Casserole

(Serves 4)



## Ingredients:

- 1/3 cup (80mL) extra virgin olive oil
- 1 large brown onion (finely chopped)
- 1 cup (250mL) tinned tomatoes
- Salt and pepper
- Chopped spinach – Fresh from the Garden!!
- 1/3 cup (60g) rice
- 250mL Water

## Method:

1. Heat olive oil in saucepan on medium heat
2. Cook onion for 2-3 minutes until clear
3. Add tinned tomatoes, salt and pepper- stir well
4. Add spinach, rice and water- stir well and cover
5. Leave to cook on low heat for 30 minutes or until spinach and rice is cooked. Stir occasionally and add more hot water if necessary
6. Add more salt and pepper if needed and it is ready to serve

Store leftovers in the fridge or freezer. Can be eaten cold or can be re-heated

# Spinach Cheese Rice Bake



A simple cheesy spinach dish inspired by Jannine Eldred, this is guaranteed to satisfy. Photo by Natalie Parletta

## Ingredients

- 1 onion, finely chopped
- 4 tbsp extra virgin olive oil
- 2-4 cloves garlic, chopped
- 1 bunch spinach, washed and chopped
- 1 large zucchini, grated
- 1 cup feta cheese, crumbled
- 1 egg
- 1 cup rice and/or quinoa, cooked
- 1 cup grated mozzarella
- Sea salt and black pepper to taste
- 1-2 tbsp parmesan cheese for topping

## Method

1. Preheat oven to 180 degrees celcius.
2. Cook the rice and/or quinoa (half/half is nice).
3. Wash and chop the spinach, steam or cook in a little water until soft and wilted.
4. Saute the onion and garlic in the oil and add the spinach, cook for a couple of minutes.
5. Grate the zucchini and mozzarella, dice the feta until crumbled.
6. Mix all ingredients together in an oven-proof dish with half the mozzarella; top with the rest of the mozzarella and parmesan.
7. Bake until cheese is melted and starting to brown on top, about 15-20 minutes.
8. Serve with salad and enjoy!

# Spinach Feta Risotto



Recipes and photos by Natalie Parletta

**Risotto needs a little time to stir it but the creamy tasty outcome is worth it. This one with spinach, feta and lemon zest has a mouth-watering blend of flavours – or try mushroom, roast pumpkin and/or asparagus risotto – see these options below.**

## Ingredients

1 onion

vegetable stock

extra virgin olive oil

2-4 cloves garlic

1 cup risotto (arborio) rice

1 bunch spinach

80g feta cheese

2 tablespoons parmesan cheese

zest from a lemon

parsley (optional)

salt & pepper

## Method

1. Boil a full kettle of water.

2. Wash the spinach and chop, then steam or cook in very small amount of water until wilted.

3. Chop onion and garlic and slice feta cheese into cubes; grate the yellow part of the lemon skin.

4. Lightly heat olive oil in a saucepan, add onion and cook for a couple of minutes until it starts becoming clear.

5. Add garlic and rice, stirring. Add 1/2 cup vegetable stock (and 1/4 cup white wine – optional), stir through until liquid starts to absorb. Add salt and pepper. Start adding boiled water a little at a time and keep stirring. Continue until the rice becomes soft and creamy.

6. Add the feta, spinach, parmesan cheese and lemon zest, stir through. Adjust seasonings to taste and serve.

## Options

*To make a creamy mushroom risotto (pictured above), replace feta, spinach and lemon with swiss mushroom, precooked with garlic and salt. Add sliced bocconcini with the parmesan cheese when rice is cooked through, before adding mushrooms, for extra creaminess. Another delicious option is to add roasted pumpkin and/or steamed asparagus (with the bocconcini and parmesan cheese also).*

# Stuffed mushrooms

(Serves 2)



*This is a very versatile recipe – you can use any combination of ingredients you like depending on what you have at home. This is a great recipe for using up left-over vegetables.*

## Ingredients\*

½ cup quinoa, Cous Cous or rice  
1 cup vegetable or chicken stock  
2 large mushrooms  
Extra virgin olive oil  
Garlic, crushed/diced  
Mushroom tops, finely diced  
Sundried tomatoes, diced  
Fresh basil, chopped  
Salt and pepper  
Feta cheese  
Parmesan cheese (optional – for sprinkling on top)

## Method

Preheat oven to 200C.

Put quinoa (or cous cous/rice) and stock in a saucepan, cover and bring to boil. Reduce the heat to low and cook for 15 minutes or until the liquid is absorbed. Set aside, covered.

Meanwhile, prepare mushrooms by removing stem and cleaning outside with a moist paper towel to remove any dirt. Brush olive oil on outside of mushroom caps. Place in a baking dish lined with baking paper or greased.

Prepare all other stuffing ingredients, place in a large bowl with quinoa, and mix well to combine ingredients. Season with salt, pepper and a drizzle of olive oil. Crumble feta into mixture and gently stir through.

Fill mushrooms with stuffing mixture, and if desired sprinkle some parmesan and/or feta cheese on top. Bake for 15-20 minutes, or until mushrooms are heated through. Serve with a green salad and enjoy 😊

*\*Options: You can use any combination of about 4-5 of the following ingredients for the filling (pick at least one from each column) – the above recipe used garlic, spring onions, mushrooms, sundried tomatoes and fresh basil.*

Garlic (crushed/diced)  
Spring onions (chopped)  
Chives  
Anchovies  
Mushrooms (finely diced)  
Tomatoes (finely diced)  
Capsicum (finely diced)  
Grated veg (I.e. carrot, zucchini)

Walnuts (chopped)  
Pine nuts (toasted)  
Currants  
Pitted olives (halved)  
Sundried tomatoes (diced)  
Marinated artichoke (diced)  
Grilled eggplant (diced)  
Roasted capsicum (diced)

*Fresh or dried herbs:*  
Parsley  
Basil  
Coriander  
Thyme  
Oregano  
Cumin / Turmeric  
Mixed spice / allspice

# Stuffed green capsicums



**Tasty Lebanese-inspired lentil and rice stuffed capsicums with yogurt mint lemon sauce.**

## Ingredients

- ½ cup rice
- 1 can lentils
- 1 tbslp olive oil
- 1 onion
- 2-4 cloves garlic
- 4 large green capsicums
- 1 tsp Middle Eastern spice mix
- Sea salt & pepper
- 1 cup yoghurt
- ½ Lebanese cucumber
- Handful of fresh mint
- Juice from half a lemon

## Method

1. Place rice and 1 cup of water in a saucepan; bring to the boil and simmer with the lid on for 15 minutes until water is absorbed.
2. Chop onion and garlic, fry onion in olive oil until *browned* then add garlic and Middle Eastern spice mix and sauté for another couple of minutes
3. Add the lentils, cooked rice and sea salt and pepper to taste.
4. Cut the top of the capsicums, remove and scrape out the seeds.
5. Gently fill the capsicums with the lentil rice mixture.
6. Place carefully in a steamer and steam with the lid on until the capsicums are soft.
7. Meanwhile grate or finely slice the cucumber, chop the mint, squeeze the lemon, and mix with the yoghurt.
8. When capsicums are ready serve sliced in half with the yoghurt and salad on the side.

# Tuna Fish Cakes



## Ingredients

1 onion, finely chopped  
1 large can tuna  
1 potato and small (or half) sweet potato  
1 egg  
2 tablespoons chopped parsley  
1/2 tsp lemon zest  
breadcrumbs for coating  
extra virgin olive oil, for cooking  
Lemon wedges, for serving

## Method

1. Peel and dice the potato and sweet potato, place with salted water in a saucepan and bring to boil.
2. Cook potato and sweet potato until just soft (not too soft) then mash and let cool.
3. Finely chop onion and parsley.
4. Mix all of the above ingredients with a drained can of tuna and beaten egg, add salt, and lemon zest. Place in fridge to cool (makes the patties easier to form)
5. Shake some breadcrumbs onto a plate, make patties from the tuna mixture and coat each side with breadcrumbs.\*
6. Lightly heat olive oil in a frying pan and cook patties on both sides until golden brown.
7. Serve with wedges of lemon and salad.

*\*Note: The patties can be frozen at this point, then thawed out when ready to cook.*

*Try making these with tinned salmon instead of tuna*

# Yummy Lentil & Bean Dahl



Borrowing again from Indian inspired flavours, this quick and easy dal is always a winner.

## Shopping List

- |                                      |  |
|--------------------------------------|--|
| 1 tblsp extra virgin olive oil       | 1 zucchini, chopped                      |
| 1 onion                              | 1 can lentils                            |
| 2-4 cloves garlic                    | 1 can red kidney beans or borlotti beans |
| 1 carrot, chopped                    | 1 tsp garam masala                       |
| 1 tsp cumin powder                   | 1 tsp salt                               |
| 1 tsp coriander powder               | 1 cup of basmati rice (or other)         |
| 1 tsp turmeric                       |  |
| 1/2 tsp chilli powder/cayenne pepper |  |

## Method

1. Start cooking rice (follow directions on packet)
2. Chop onions, garlic, carrot and zucchini.
3. Saute onions in the oil until translucent, add carrot, garlic, cumin, coriander, chilli and tumeric. Stir for a minute.
4. Add canned lentils and beans (including liquid), zucchini salt and garam masala – and half a can of water.
5. Bring to boil and then simmer for about 10 minutes until carrot and zucchini are soft.
6. Cook papadums - can be cooked in olive oil while the dahl is cooking or are quick and low in calories to cook in the microwave for 40-50 seconds.
7. Serve into bowls with basmati rice and pappadams

*Note: this dahl can be made as a very quick meal without the vegetables, or with eggplant instead of carrot and zucchini – make sure the eggplant is very soft; gives a beautiful texture. You can also make just with lentils. This meal can be frozen in batches.*



# HEL FIMED

Healthy Eating for Life with a Mediterranean Diet



# Side Dishes

# Beetroot Apple Carrot Salad



Succulent colourful salad just bursting with goodness – serve with lunch or dinner on the side, great for picnics/bbqs

## Ingredients

- 1 beetroot, peeled and grated
- 1 carrot, peeled (or scrubbed) and grated
- 1 apple, grated (with skin)
- 1 cucumber, grated (with skin)
- Wedge of lettuce, shredded
- 1-2 tomatoes, diced
- Extra virgin olive oil – 1-2 tblsp
- Lemon juice from half a lemon
- Sea salt to taste
- Optional: crumbled feta cheese and chopped walnuts

## Method

1. Prepare (grate/dice/shred) all ingredients
2. Mix together in a bowl with extra virgin olive oil, lemon juice and salt
3. If using crumbled feta cheese and/or chopped walnuts, sprinkle on top
4. Serve and enjoy!

## Beetroot, Green Bean, Walnut and Feta Salad



This salad is from Catherine Itsiopoulos's [Mediterranean Diet Book](#), inspired by Anna Stavrakakis. It can be served hot or cold – if serving hot, omit instructions to allow ingredients to cool.

### Ingredients

1 bunch beetroot  
100g green runner beans, ends removed  
2 tblsp crushed walnuts  
¼ cup extra virgin olive oil  
¼ cup balsamic vinegar  
1 clove garlic, finely chopped  
Sea salt to taste  
50g feta cheese

### Directions

1. Remove roots and leaves from beetroot, put leaves to one side.
2. Place beetroot in a saucepan of boiling water and simmer for 30 minutes.
3. Add leaves and cook another 30 minutes. Remove from heat, drain and set aside to cool.
4. Cut cooled beetroot into wedges (8-10 per beetroot) and place in serving bowl with leaves.
5. Steam beans for about 5 minutes over boiling water and set aside to cool.
6. Add beans and walnuts to beetroot and toss gently.
7. Dress with olive oil, vinegar, garlic and salt and toss again.
8. Crumble feta on top and serve.

## Calaprese salad



This is a quick, tasty and refreshing starter or side dish from Calabria.

### Ingredients

- Medium – large bocconcini (buffalo mozzarella)
- Tomatoes
- Dried oregano OR fresh basil
- Extra virgin olive oil
- Salt

### Directions

1. Slice bocconcini and tomato and place on a plate in layers as above or with each bocconcini slice topped with a slice of tomato.
2. Drizzle extra virgin olive oil over the top, sprinkle with a little salt
3. Sprinkle dried oregano OR place 1-2 fresh basil leaves on top.

*Serve and enjoy!*

# Cannellini Beans



A very simple side dish to complement light vegetables, particularly nice with spinach or tomato-based dishes

## Ingredients

- 1 tblsp extra virgin olive oil
- 2-4 cloves garlic
- 1 can cannellini beans
- 1 tsp salt
- chopped parsely

## Method

1. Chop garlic.
2. Lightly heat garlic in the olive oil, add drained cannellini beans and salt.
3. Cook for a few minutes until heated through, add chopped parsely and serve.

## Chickpea and tuna salad (serves 2)



Recipe and photo by Andrea Gordon

### Ingredients

1 can of chick peas  
1 can of lentils  
1/2 green capsicum  
1/2 red onion  
1 large tomato or handful cherry tomatoes  
1 large can of tuna in brine  
1/2 lemon  
Salt and pepper  
Extra virgin olive oil  
Parsley

### Method

Drain chick peas, lentils and tuna and place in large bowl. Dice all big ingredients (tomato, onion and capsicum) and put in bowl with chick peas, lentils and tuna. Mix all ingredients, squeeze lemon juice over the top and add olive oil, salt and pepper

*Note: in winter, heat all ingredients and use as a topping on pasta!*

# Corn fritters



Recipe and photo by Natalie Parletta – fritters made by Kyle Rowlett

**These tasty, simple fritters are great for barbeques, picnics, light summer meals**

## Ingredients

1 can corn kernels  
1 can creamed corn  
Bunch of spring onions (or normal onion)  
2-4 cloves garlic  
1 large egg or 2 small eggs  
2 tablespoons flour or corn flour  
Sea salt and ground pepper  
Extra virgin olive oil for frying

## Method

1. Chop spring onion (or onion) and garlic
2. Mix all ingredients together in a bowl
3. Heat olive oil in a frying pan
4. Put tablespoons of the corn fritter batter into the frying pan
5. Cook on both sides until golden brown and serve with salad. Enjoy!

*For a Thai style option, add some finely chopped ginger and fresh coriander to the fritters and serve with sweet chilli sauce.*

# Eggplant Salad with Yoghurt Mint Sauce



This scrumptious eggplant recipe is from 'Essential Mediterranean', [Murdoch Books](#)

Photo by Natalie Parletta

## Ingredients

- 1 kg large eggplants
- 125 ml (1/2 cup) extra virgin olive oil
- 1 onion, finely chopped
- ½ teaspoon ground cinnamon
- 4 garlic cloves, crushed or finely diced
- 800g tin chopped tomatoes
- 2 tblsp chopped coriander leaves
- 3 tblsp chopped flat-leaf parsley
- 1 tblsp lemon juice
- 2 tblsp chopped mint
- 150g Greek-style yoghurt
- 25g pine nuts, toasted (dry toast in a frying pan)

## Method

1. Cut the eggplants into 2cm cubes.
2. Heat 2 tblsp of the oil in a large frying pan and fry batches of eggplant until golden, set aside.
3. Heat another 2 tblsp of the oil in the pan and fry the onion for 1 minute; add cinnamon and half garlic, cook for one minute; then add tomatoes. Add the eggplant and simmer for 1 hour.
4. Add half of the coriander and half of the parsley. Stir and leave to cool.
5. Mix remaining 2 tblsp oil with the lemon juice, remaining garlic and mint, stir in the yoghurt.
6. Mix in pine nuts and remaining parsley and coriander. Serve the eggplant salad at room temperature with the yoghurt mint dressing.

## Fennel Olive Orange Salad



This traditional Mediterranean salad, with the popular vegetable fennel (which has a subtle licorice flavour), has a variety of complementary, refreshing flavours.

### Ingredients

- 1 fennel
- 1 orange
- couple of handfuls of black olives
- rocket or young endive, washed and chopped
- drizzle of extra virgin olive oil
- pinch of salt
- squeeze of fresh lemon juice

### Method

1. Cut off the bottom and top of the fennel, remove outer layers (these can be kept to add flavour to tomato sauce).
2. Slice the remaining fennel, peel and chop orange into segments.
3. Place fennel and orange with all remaining ingredients in a salad bowl and mix.

*The salad pictured also has chopped chives.*

## Green beans with tomato



This is a tasty way to cook green beans as a side dish – nice with potato fritters. The whole carrot cooked in with the sauce adds sweetness to the dish (and is nice to eat afterwards!)

### Ingredients

1 onion  
Bag of green beans  
1 carrot  
1 can tomatoes  
Salt  
¼ cup extra virgin olive oil

### Method

1. Slice onion, wash, trim and halve the green beans.
2. Mix with flour, egg and salt and pepper to taste.
3. Lightly heat olive oil in a frying pan, add onion and cook until clear.
4. Add tomato, a whole carrot cut into two halves, green beans and salt.
5. Cook with lid on pan until beans are nice and soft – about 30 minutes.

## Green Salad



Salad greens are delicious drizzled with extra virgin olive oil, lemon juice and a sprinkle of salt and pepper – use lettuce, tomato and cucumber as a base and add extras as you please.

### Ingredients

*You can use all or any combination of the following examples:*

Lettuce/mixed greens

Tomato

Cucumber

Sliced red capsicum

Olives

Fetta cheese

Plus

Extra virgin olive oil

Juice of ½ a lemon

Salt and pepper

### Directions

1. Wash and chop vegetables and place in salad bowl
2. Drizzle with olive oil, squeeze of lemon juice and add salt and pepper to taste
3. Toss and serve!

# Haloumi Salad



## Ingredients

Punnet cherry tomatoes, sliced into halves  
1 lebanese cucumber, sliced  
4 cups rocket, chopped  
2 tbsp extra virgin olive oil  
400g haloumi cheese  
½ lemon, squeezed  
1 tbsp chopped oregano (fresh) or 1 tsp dried

## Method

1. Cut the haloumi into slices
2. Prepare all other ingredients and place into a bowl
3. Mix lemon juice, olive oil and oregano together
4. Mix  $\frac{3}{4}$  of dressing into salad
5. Fry the haloumi slices each side until brown
6. Add them to the salad and drizzle rest of dressing over the top.
7. Serve immediately and enjoy.

# Pumpkin and Rocket Salad



*Recipe and photo by Natalie Parletta*

**This is a divine salad that will make your taste buds sing!**

## Ingredients

- 1/4 pumpkin (Japanese is best)
- Rocket
- Extra virgin olive oil
- Balsamic vinegar
- 1/2 cup pine nuts
- Salt and pepper

## Method

1. Preheat the oven to 180 degrees celcius.
2. Chop the pumpkin into bite-sized pieces, drizzle and brush with olive oil and sprinkle with salt. Bake in oven for about 30-40 minutes until soft and starting to brown.
3. Lightly dry-fry the pine nuts in a pan, stirring occasionally, until slightly brown.
4. Wash and chop rocket leaves, add to salad bowl. Add pumpkin and pine nuts; drizzle with olive oil and a splash of balsamic vinegar and season to taste.
5. Mix gently together and serve.

*Optional: add chopped cos lettuce as in featured image.*

## Cheese and spinach pastries (Spanakopita)



These traditional Greek pastries are great for picnics, barbeques, lunch or summer dinner served with salads. Recipe from The Mediterranean Diet book by Catherine Itsiopoulos. Photo by Natalie Parletta

### Ingredients

200g feta cheese, crumbled  
1 bunch (150g) spinach  
1 large egg, beaten  
160g (10 sheets) filo pastry  
2-3 tablespoons extra virgin olive oil

### Method

1. Wash, chop and cook the spinach in a small amount of water with saucepan lid on.
2. Preheat oven to 180 degrees celcius.
3. Combine crumbled feta cheese, spinach and egg, mix well.
4. Lightly brush a sheet of filo pastry with olive oil then fold into thirds lengthwise.
5. Spoon about a tenth of the egg, cheese and spinach mixture at the base of the folded filo and fold over to form a triangle. Continue to fold over in triangle shape until the end of the filo sheet.
6. Repeat with the remaining egg, cheese and spinach mixture.
7. Bake for 10 minutes or until golden on top.

*Note:* to prepare these in advance for a barbeque, lunch, picnic or other occasion, wrap uncooked pies in alfoil and freeze until they are needed. When ready to eat, bake for 20 minutes or until golden on top and cooked through.

## Spinach with Olive Oil and Garlic



### Ingredients

- 1 bunch spinach *or* 1 packet frozen spinach
- 2-3 cloves garlic
- 1.5 tblsp extra virgin olive oil
- Salt
- lemon juice (optional)

### Method

1. *If using fresh spinach:* Wash the spinach, remove stalks and chop, then lightly steam or cook in a little bit of water (with lid on) until wilted. Drain out any excess water (nice to drink!)
2. *If using frozen:* Take spinach out of freezer and allow to thaw out for 30-60 minutes
3. Lightly heat 1 tblsp olive oil in a pan, add garlic cloves chopped into quarters. Let the flavour infuse into the oil for a couple of minutes as the garlic heats through.
4. Add the spinach and a sprinkle of salt, put lid on and cook for a few minutes
5. When cooked add a little lemon juice (try it with and without – nice both ways), and drizzle with a little extra olive oil
6. Serve with your chosen meal – enjoy!

# Steamed vegetables



Steamed vegies with olive oil and lemon juice make a yummy, nutritious side dish for any meal and are also a quick, easy way to use up leftover vegies at the end of the week.

## Ingredients

*You can use all or any combination of the following examples:*

Broccoli

Cauliflower

Green beans

Asparagus

Zucchini

Squash (yellow squash adds lovely colour)

Carrot (note this takes a little longer so best to steam separately)

Olive oil

1 lemon *or* 1 tablespoon of apple cider vinegar

Salt and pepper to taste

## Directions

1. Fill the bottom pot of a steamer to half full with water and heat on the stove
2. Chop all vegetables that you want to steam, place in steamer
3. Put steamer on top of pot, make sure lid is on to capture the steam
4. When a fork slides easily through the vegetables (not too soft), they are ready
5. Put in a bowl, drizzle with olive oil, add a little lemon juice, salt and pepper
6. Optional: add a small, crushed garlic clove for extra flavour
7. Put to the side and serve with your chosen meal – enjoy!

*Note: just green beans served like this is always a winner – add some asparagus for extra yumminess*

## Tabouli with quinoa



This is a highly nutritious and succulent adaptation of the traditional tabouli. Leftovers can be kept in the fridge to enjoy the next day.

### Ingredients

½ cup quinoa  
Bunch parsley  
4 tomatoes  
1-2 tblsp extra virgin olive oil  
Juice from half a lemon  
Salt & pepper to taste  
*Optional: few sprigs of mint*

### Directions

1. Put ½ cup quinoa in a pot with 1 cup water. Bring to the boil then simmer for 15 minutes/until water has all been soaked up.
2. Meanwhile remove main stalks from parsley leaves and chop finely (chop mint finely also if using)
3. Chop tomato into small cubes.
4. Mix all of the above in a bowl, add olive oil, lemon juice, salt and pepper to taste.



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# Desserts

# Apple crumble



## Ingredients

- 6 large apples
- $\frac{3}{4}$  cup rolled oats
- $\frac{3}{4}$  cup dessicated coconut
- $\frac{1}{2}$  cup ground mixed nuts
- $\frac{1}{4}$  cup brown sugar
- 1 tsp cinnamon
- 1 tsp allspice
- $\frac{1}{2}$  cup macadamia oil

*Plus*

- Plain yoghurt to serve

## Method

1. Preheat oven to 180 degrees celcius
2. Peel and chop up the apples
3. Place in saucepan with about 1 cup of water, cinnamon and allspice
4. Bring to boil then simmer until apples are just soft (about 5 minutes)
5. Mix the rolled oats, coconut, ground nuts, brown sugar and macadamia oil together.
6. Put the stewed apples in a casserole dish, top with rolled oats mixture.
7. Bake in oven for 15-20 minutes until top is starting to brown.
8. Serve with yoghurt.

*Options: add a cup of sultanas or frozen blueberries to the apple mixture*

# Fruit Salad with Yoghurt



This cheat's dessert created by John is so simple, healthy, juicy and refreshing – featuring fresh fruit with plain yoghurt topped with caramelised sugar.

Recipe by John Strachan; photo by Natalie Parletta

## Ingredients

*Select your choice of fresh fruit, e.g.*

- Apple
- Pear
- Banana
- Passionfruit
- Blueberries (fresh or frozen and thawed out)
- Strawberries
- etc.

*Plus*

- Plain yoghurt
- Brown sugar

## Method

1. Chop up all the fruit
2. Put yoghurt on top and sprinkle with brown sugar
3. Place in refrigerator for at least half an hour to allow the sugar to caramelise
4. Serve and enjoy!

## Spicy Stewed Fruit



Such a simple yet delicious, healthy dessert and also scrumptious with porridge or cereal for breakfast. A great way to use up leftover fruit (e.g. apples, pears, peaches, apricots, plums). The pictured image is with apple and pear and was very popular in our cooking workshop!

### Ingredients

*Any of the following fruit:*

Apples

Pears

Plums

Peaches

Nectarines

Apricots

*Plus the following:*

Cinnamon

Allspice

Plain yoghurt

### Method

1. Peel and cut fruit into bite-size slices.
2. Put in a saucepan with a cup of water and a sprinkle of cinnamon and allspice (about 1/2 tsp each for a small-medium pot)
3. Bring to boil then simmer on low for 20-30 minutes until fruit is soft. Make sure that the water does not dry out – add more if necessary.
4. Serve hot with a dollop of plain yoghurt on top or put in fridge/freezer if storing or saving for breakfast.

*Optional: delicious also with a couple of cloves and/or sultanas added to stewed apple and/or pear before cooking.*

# Svetlana's Seasonal Fresh Fruit Jelly



## Ingredients

1 pack of gelatine powder or agar agar (seaweed based)

Apple juice, no added sugar

Seasonal fresh fruits, for example, in summer:

- a punnet of strawberries
- 1 mango
- 2 stone fruits
- 2 plums
- 3 apricots
- 2 kiwi

Consider picking different colour fruit, so the jelly looks more appealing. In winter you can use mandarines and oranges.

## Method

### Fruit:

Wash and cut the fruit into small bite size pieces, removing the stones and leaves. Distribute the cut fruit evenly between prepared smaller bowls or put in a large bowl in layers.

### Jelly:

*Important:* 1 teaspoon of gelatine powder should be used per 1 cup of liquid (or ½ tsp of agar agar). So for 1L of juice, aim for 4-5 teaspoons of gelatin (or 2-3 tsp agar agar).

Boil some water, pour into a larger cooking bowl and add the gelatin or agar agar. Mix well with the spoon to make sure all the gelatin or agar agar dissolves and no

lumps are left. Slowly add the desired amount of juice. Keep mixing vigorously for a few minutes. You will get a thicker liquid, make sure no lumps of powder at the bottom and the liquid is transparent and even.

Using a bigger spoon gently pour in the jelly into the cups or bowl with prepared fruit so the liquid covers the fruits

Put the jelly in the fridge to set for a few hours, better overnight. To make it pretty when serving, add some fresh mint or basil leaves on top of the jelly.

Enjoy!

### **TIPS**

- Jelly is a great summer alternative to deserts and cakes.
- You can use different fruit juices, or make jelly in layers leaving each layer to set before adding a new one.
- Prepare individual portion cups/glasses or use a large nice looking salad bowl
- Jelly sets best overnight, but if you are in a hurry, use smaller caps and put jelly in a freezer - ready to eat in 40 min, the leftovers move to the fridge



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# Shopping and Budgeting

## **Shopping& Budgeting workshops**

These handouts will be **used during the cooking workshops** for a 10 minute moderated task/discussion to learn a particular skill or idea.

### **Participants will need to bring their books to each session + pen/pencil.**

There are 4 sessions, each has 3 practical tasks:

#### **1) Session 1. Budgeting**

- a. Home-made is cheaper than take away or frozen
- b. Learn to allocate budget across all food groups
- c. Learn the importance of shopping list

#### **2) Session 2. Prices**

- a. Beware of false price promotions
- b. Learn to use Unit Prices
- c. Buying in bulk is not always cheaper

#### **3) Session 3. Nutrition information**

- a. Beware of brand names and claims that look healthy
- b. Learn to read Nutrition Table
- c. Pay attention to per serving and portion sizes

#### **4) Session 4. Shop around**

- a. Consider different places where to buy food
- b. Check weekly special catalogues & beware of Member only/Loyalty club specials
- c. Monitor your weekly grocery bill

## Session 1. Budgeting

**Task A: In your opinion, which prices belong to which meal?**  
*(Please connect the meals with prices using arrows).*



**TAKE HOME MESSAGE (write down):**

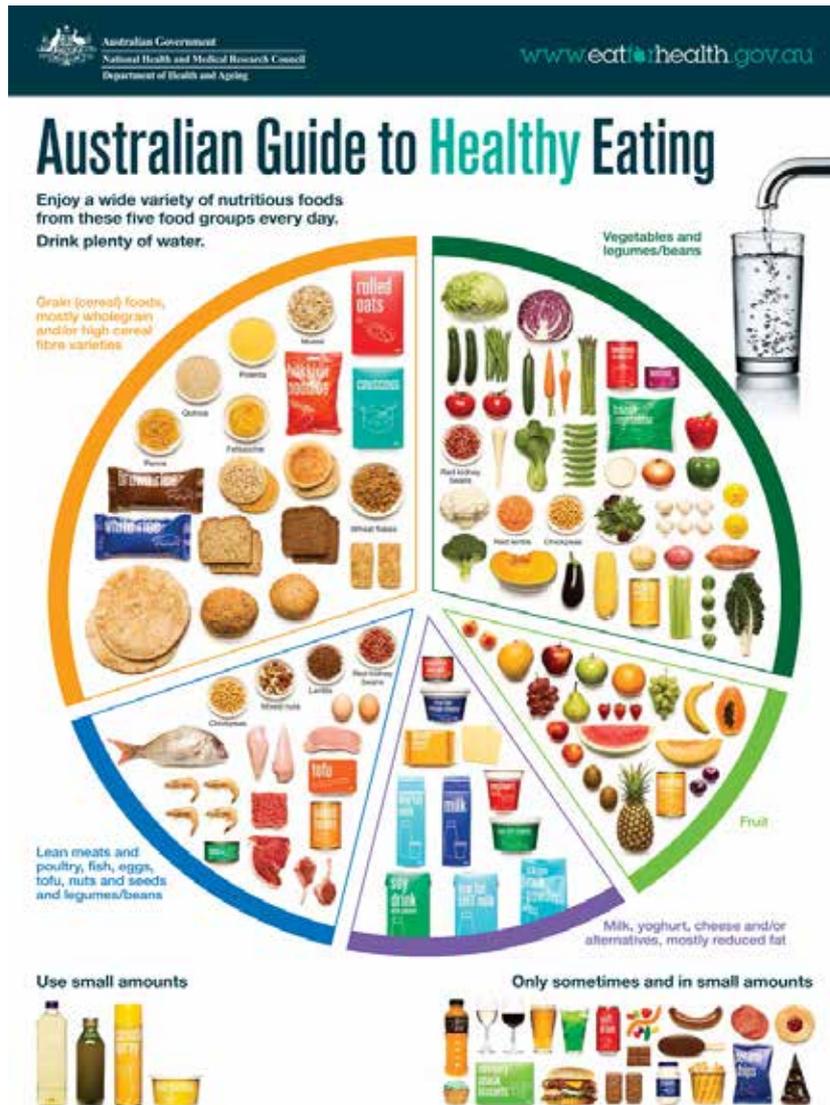
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## Task B. Australian Dietary Guidelines and budget allocation

**Task: Looking at different food groups below, how would you allocate a \$100 budget, per week, across these food groups? (Write down next to each group how much \$ you would spend.)**



**TAKE HOME MESSAGE (write down):**

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## Task C. Factors that influence shopping

Task: Read the contents of the 2 shopping baskets below.

Basket A:	Basket B:
<ul style="list-style-type: none"><li>- Mars chocolate bar x 2</li><li>- cross buns x 6 (discounted)</li><li>- chicken whole roasted (25% off)</li><li>- Coca-cola 250ml x 6</li><li>- Red bull 230ml</li><li>- sausages garlic x 2kg (half price)</li></ul>	<ul style="list-style-type: none"><li>- muesli cereal 400g</li><li>- chicken breast 250g</li><li>- canned tuna 125g x 4c</li><li>- apples 1kg</li><li>- carrots 1kg</li><li>- bananas loose, 450g</li><li>- broccoli 1 bunch</li><li>- whole grain rice 1kg</li><li>- chickpea home brand 300g</li><li>- bread whole meal 1 loaf</li><li>- Colgate toothbrush &amp; toothpaste combo</li></ul>

**In your opinion, which basket belongs to a person who plans meals ahead and follows a shopping list? (Circle the correct answer)**

- A
- B
- Don't know

**In your opinion, which basket belongs to a person who went shopping hungry? (Circle the correct answer)**

- A
- B
- Don't know

**TAKE HOME MESSAGE (write down):**

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## Session 2. Prices

**Task A: If you bought the product below, how much money would you save? (Answer below).**

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**Task B: Which of the offers below is better value? (please circle)**

**A**

**B**

**C**



**TAKE HOME MESSAGE (write down):**

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## Session 2. Unit Price

Below are examples of Unit Price – a price per unit of measure that all supermarkets have to provide by the Law. Unit price is a very useful tool to compare products of different pack sizes or when promotions are not clear.



**Task C: Which of the following yoghurts is the cheapest per Unit price? (Fill in circle left of the product).**

<input type="radio"/>		<b>Jalna Greek Yoghurt 2kg</b>	<input type="radio"/>		<b>Jalna Natural Yoghurt Premium Creamy Vanilla 500g</b>	<input type="radio"/>	don't know
		<b>\$10.74</b> \$0.54/100G			<b>\$4.30</b> \$0.86/100G		
<input type="radio"/>		<b>Jalna Low Fat Yoghurt Strawberry 200g</b>	<input type="radio"/>		<b>Jalna Natural Yoghurt Fat Free 1kg</b>		
		<b>\$2.13</b> \$1.07/100G			<b>\$6.45</b> \$0.65/100G		

**Task D: Which of these is the better value per Unit Price? (Circle the correct answer).**



**A**

**B**

**C**

**Task E: Which of these is the cheapest per Unit Price? (Circle the correct answer).**



**A**

**B**

**C**

**TAKE HOME MESSAGE (write down):**

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### Session 3. Nutrition information

Task A: In your opinion, which sugar content per 100g belongs to which snack? *Please connect the snacks with sugar content using arrows.*



Raffaello

32.4g



Nice&Natural

29.8g



Weight Watchers

36.4g



Oreo Original

37.9g

TAKE HOME MESSAGE (write down):

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**Task B: Look at the nutrition tables below, which pack has lower sugar content per 100g? *Circle the answer.***

- A
- B
- Don't know

**And, which pack has lower sugar content per serving? *Circle the answer.***

- A
- B
- Don't know

NUTRITION INFORMATION			
Servings per package: 15Pcs			
Serving size: 10g			
Quantity per serving		Quantity per 100g	
Energy	257 kJ	Energy	2566 kJ
Protein	0.8g	Protein	8.2g
Fat, total	4.8g	Fat, total	48.4g
Saturated	3.0g	Saturated	30.3g
Carbohydrate, total	3.7g	Carbohydrate, total	37.4g
Sugars	3.2g	Sugars	32.4g
Sodium	12mg	Sodium	113mg

**A**

Nutrition Information		
Servings per pack: 6		
Average serving size: 32g (1 bar)		
	Avg. Quantity per serving	Avg. Quantity per 100g
Energy	630kJ	1960kJ
Protein	4.8g	14.9g
Fat, total	7.3g	23.0g
- saturated	1.6g	5.1g
Carbohydrate, total	16.1g	50.4g
- sugars	9.5g	29.8g
Sodium	15mg	50mg

All specified values are averages.

**B**

**TAKE HOME MESSAGE (write down):**

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**Task C: Looking at the pack below, how much chicken, do you think is in this pack? *Write down the answer in % of all contents.***



\_\_\_\_\_ %

**Looking at the List of ingredients below, can you find out how much chicken there is in the pack? *Please write down %.***

**Ingredients**  
Rice (86%), Maltodextrin (from Wheat), Dehydrated Vegetables (Peas, Carrot, Onion), Sugar, Chicken Powder (1.5%), Natural Flavours (from Soy), Mineral Salt (508), Yeast Extract (Maize), Herbs and Spices, Salt, Sunflower Oil, Wheat Starch, Beverage Whitener (from Milk, Soy), Natural Colour (Curcumin).  
① May contain naturally occurring glutamates.

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**TAKE HOME MESSAGE (write down):**

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## Session 4. Shop around

Task A. Write down below all the different places where you can buy food ingredients (to cook at home).

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Think about which of these would have:

- Cheaper food?
- Fresher/healthier food?

Task B. Looking at the weekly special catalogue below, how much would you save on chicken (imaging you don't have the Everyday rewards card)? *Please write down below*

---

On sale Wednesday, 12th June 2013

# EXTRA special

Woolworths everyday rewards.

Kirks Varieties 10 x 375ml  
\$4.24 ea \$1.13 per Litre  
Without Card \$8.48 ea

EXTRA special  
**1/2**  
PRICE  
SAVE 4.24

Australian Chicken Thigh Fillets  
- From the Deli Dept  
Without Card \$9.48/kg

EXTRA special  
**7.99**  
kg  
SAVE 1.49/kg

Save more with your card

**Task C. How much do you spend on groceries per week? (Please answer below in full \$)**

\$ \_\_\_\_\_

If you can't answer this question, or think your expenses are too high, start observing how you buy. If you want to improve, make sure you:

- Start checking weekly special catalogues of different supermarkets/discount stores;
- Shop around and use farmers markets;
- Plan your meals ahead using a shopping list;
- Pay attention to unit prices.

**TAKE HOME MESSAGE (write down):**

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## Starter shopping list – stocking your pantry/fridge

Okay you have your food hamper, with some fruit, vegetables, legumes, nuts and extra virgin olive oil.

Now you can budget your shopping money to stock your kitchen pantry with some ingredients that will help you make some yummy meals. Start with the herbs and spices.

Firstly: put the extra virgin olive oil in your pantry and throw away the vegetable/canola/sunflower oil!!!!

### Shopping list:

Herbs and spices

- Dried oregano
- Bay leaves (dried)
- Sweet paprika
- Dried chilli powder (or cayenne pepper)
- Turmeric
- Ground cumin
- Ground coriander
- Garam masala
- Massel stock cubes

Parmesan cheese (you can keep this in the freezer)

Canned tuna

Canned baked beans

Soup mix (dried bean mix)

Popping corn

Bicarbonate soda

Baking powder

Natvia (natural sweetener – sugar alternative)

Honey

Soda water

Rice or corn cruskits

Plain rice crackers (Cere brand)

Apple cider vinegar

Rolled oats

Rice (Basmati is best)

Arborio rice (for risotto)

Containers for freezing food

'Glad Bake and Cooking Paper' – non-stick paper for baking and roasting

## Weekly shopping list – basics

Here are some ideas for keeping your kitchen pantry stocked, and regular food that you can buy to continue your healthy eating and cooking skills.

Use this together with your weekly menu to work out what you need. The items with an asterisk\* can be kept in the fridge or pantry and topped up whenever you run out (as well as the items in the starter shopping list).

### Shopping list

Extra virgin olive oil\*

Soda water\*

Canned lentils, chickpeas, kidney beans\*

Dried red lentils\*

Soup mix\*

Popping corn\*

Tinned tomatoes\*

Pasta sauce\*

Mixed nuts\*

Corn/rice cruskits\*

Rolled oats\*

Rice\*

Arborio rice (for risotto)\*

Frozen vegetables (peas, spinach)\* (keep in freezer)

Eggs

Wholegrain bread

'Glad Bake and Cooking Paper' – non-stick paper for baking and roasting

*Fruit & vegetables – these are always good to have for salads/cooking in soups, stews, pasta sauce, roasting in the oven, etc. – TIP: buy fruit/veg that is in season; it is fresher and cheaper*

Onion*	Sweet potato
Garlic*	Zucchini
Potatoes*	Spinach
Lemons*	Pumpkin
Carrots	Broccoli
Celery	Parsley
Tomatoes	Apples
Lettuce	Bananas
Cucumber	Other fruit that is in season

Sample weekly shopping list guide – remember not to shop when you are hungry

## Menu Planner

## Shopping list

Date: \_\_\_\_\_

**Monday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Tuesday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Wednesday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Thursday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Friday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Saturday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**Sunday**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Grocery List

## Cost of Recipes

Recipe	Ingredients	Amount	Cost as per amount (\$)	Cost as per package (\$)
<b>Oven Baked Risotto</b>	Extra virgin olive oil	2 Tbsp	0.86	\$5.41/ 250ml
	Red onion	1	0.36	0.36 each
	Garlic	2-3 cloves	0.22 (15-20g)	1.50/100g
	Tomato	1	0.44	0.44 each
	Chicken thigh	3	3.77 (350g approx.)	5.76/550g
	Arborio rice	2 cups	1.15 (400g approx.)	5.79/2kg
	Pumpkin	400g	0.99	2.23/900g
	Parsley	Just for garnish	0.30 (approx.)	2.78 each bunch
	Parmesan cheese	1 Cup	1.99 (approx. 100g)	4.98/250g
	Mushroom	5-6 med.	1.92 (approx. 90g)	4.28/200g
<b>Total cost of recipe: 4 serves- \$12.06 1 serve- \$3.00</b>				
<b>Chick pea salad</b>	Chick pea	1 can	1.46	1.46/400g (1 can)
	Lentils	1 can	1.46	1.46/400g (1 can)
	Green capsicum	½ of one	0.62 (125g)	1.25/250g each
	Red onion	½ of one	0.18	0.36 each
	Tomato	1 large	0.44	0.44 each
	Tuna in brine	1 large can	1.25	1.25/185g can
	Lemon	½ of one	0.40	0.80 each
	Parsley	½ bunch	1.39	2.78 each bunch
	Olive oil	2 Tbsp	0.86	5.41/250ml
<b>Total cost of recipe: 4 serves- \$8.06 1 serve- \$2.00</b>				
<b>Fennel Olive orange salad</b>	Fennel	1	1.48	1.48 each
	Orange	1	0.75	0.75 each
	olives	2 handfuls	0.54 (30-40g)	3.20/235g
	Rocket/young endives	100g	2.60	1.30/50g
	Olive oil	10 g	0.43	5.41/250ml
	Lemon	1 lemon	0.80	0.80 each
<b>Total Cost of recipe: 2 serves- \$6.60 1 serve- \$3.30</b>				
<b>Greek Lentil Soup</b>	Brown lentil	1 ½ C	2.91 (600g)	1.94/400g
	Olive oil	2 Tbsp	0.86	5.41/250ml
	Onion	1	0.36	0.36 each
	Carrots	1 large	0.34	0.34/170g each
	Celery	1 bunch	2.48	2.48 each bunch
	Dried oregano	1 pinch	0.40 (3-4g)	1.94/10g
	Crushed dried rosemary	1 pinch	0.21 (3-4g)	1.83/25g
	Bay leaves	2	1.20	2.40/10g
	Crushed tomato	1 Can	0.75	0.75/400g
	garlic	3 cloves	0.22 (15-20g)	1.50/100g
	Apple cider vinegar	1 Tbsp	0.15	0.75/100ml
<b>Total cost of recipes: 5-6 serves- \$9.88 1 serve- \$1.79</b>				

## Cost of Recipes

Recipe	Ingredients	Amount	Cost as per amount (\$)	Cost as per package (\$)
<b>Gaucomale</b>	Avocado	1	2.48	2.48 each
	Lemon	½ of one	0.40	0.80 each
	Garlic	2-3 cloves	0.22 (15-20g)	1.50/100g
<b>Total Cost of recipe: \$3.10</b>				
<b>Butterbean soup</b>	Olive oil	2 Tbsp	0.86	5.41/250ml
	Brown onion	1	1.44	0.36 each
	Garlic	2-3 cloves	0.22 (15-20g)	1.50/100g
	Tomatoes	4	1.76	0.44 each
	Celery stalk	3	7.44	2.48 each
	Butterbeans	400g can	0.80	0.80/ 400g can
	Chicken stalk	3 Cups	13.91 (600-650ml)	2.14/500ml
	Rye bread	4 slice	0.58 (approx. 80g)	0.73/100g
	Swiss cheese	60g	1.75	14.64/500g
	Green beans	100g	0.60	1.20/200g
	Parsley leaves	½ Cups	1.39	2.78 each bunch
	<b>Total Cost of the recipe- 4-5 serves- \$30.75 1 serve- 6.15</b>			
<b>Eggplant Moussaka</b>	Egg plant	2	3.49	3.49/500g
	Olive oil	4 Tbsp	1.73	5.41/250ml
	Capsicum	4-5	5 (approx. 1 kg)	1.25/250g each
	potatoes	4	2.52	0.63 each
	Onion	1	0.36	0.36 each
	Tomato sauce	1 can	4.90 (approx.400ml)	3.68/300ml
	Garlic	2-3 clove	0.22 (15-20g)	1.50/100g
	Raisins	Handful	0.31 (25-30g)	4.76/375g
	Nuts	½ C	1.54 (80-100g)	5.79/375g
	Breadcrumbs	½ C	0.17 (50-60g)	2.15/750g
<b>Total cost of the recipe- 4 serves- \$20.25 1 serve- \$5.05</b>				
<b>Hearty Vegetable &amp; barley soup</b>	Olive oil	2 Tbsp	0.86	5.41/250ml
	Onion	1	0.36	0.36 each
	Garlic	2-4 cloves	0.22 (15-20g)	1.50/100g
	Carrots	2	0.68	0.34/170g each
	Sweet potato	1	2.39	2.39/600g each
	Barley	1 Cup	0.72 (approx.200g)	1.82/500g
	Cannelini Beans	1 Can	1.94	1.94/400g (1 can)
	Zucchini	2	2.10	1.05/210g
	Tomatoes	2	0.88	0.44 each
	Parsley	½ C	1.39	2.78 each bunch
<b>Total cost of the recipe- 4-5 serves- \$11.55 1 serve- \$2.88</b>				

## Cost of Recipes

Recipe	Ingredients	Amount	Cost as per amount (\$)	Cost as per package (\$)
<b>Italian Vegetable Stew</b>	Zucchini	2	2.10	1.05/210g
	Egg plant	2	3.49	3.49/500g
	Red capsicum	1	1.25	1.25/250g each
	Green Capsicum	1	1.25	1.25/250g each
	Small potatoes	6	3.68	0.63 each
	tomatoes	9	3.96	0.44 each
	Olive oil	2 Tbsp	0.86	5.41/250ml
	Onion	3	0.36	0.36 each
	Celery	1	2.48	2.48 each bunch
	Bean	1 can	1.94	1.94/400g (1 can)
<b>Total cost of the recipe- 5-6 serves- \$21.37 1 serve- \$4.30</b>				
<b>Pasta Fish and Lentils</b>	Fish fillet	2	2.88 (Approx. 160g)	6.30/350g
	Red onion	1	0.36	0.36 each
	Garlic cloves	2-4	0.22 (15-20g)	1.50/100g
	Tomato	2	0.88	0.44 each
	Lentils	1 can	1.94	1.94/400g can
	pasta	½ pack	1.46	2.92/ 500g pack
	Olives	100g	1.36	3.20/235g
	Green beans	2 handful	0.30 (approx. 50g)	1.20/200g
<b>Total cost of the recipe- 4 serves- \$9.40 1 serve- \$2.35</b>				
<b>Red Lentil Soup</b>	Olive oil	2 Tbsp	0.86	5.41/250ml
	Onion	1	0.36	0.36 each
	Celery	1 stalk	2.48	2.48 each bunch
	Carrot	1	0.34	0.34/170g each
	Garlic	2-4 cloves	0.22 (15-20g)	1.50/100g
	Red lentils	1 Cup	0.99 (approx. 200g)	4.98/kg
	Lemon	½ of one	0.40	0.80 each
<b>Total Cost of the recipe- 4 serves- \$5.65 1 serve- \$1.40</b>				
<b>Spinach with Garbanzo Beans</b>	Olive oil	1 Tbsp	0.43	5.41/250ml
	Garlic	2-4 cloves		
	Onion	1	0.36	0.36 each
	Frozen spinach	1 box	2.39	2.39/250g pack
	Garbanzo spinach	1 can	2.39	2.39
<b>Total cost of the recipe- 2-3 serves\$5.40 1 serve- \$ 2.00</b>				
<b>Tabouli</b>	Quinoa	½ C	1.25 (approx. 100g)	6.29/500g
	Parsley	1 bunch	2.78	2.78 each bunch
	Tomato	4	1.76	0.44 each
	Lemon	½ of one	0.40	0.80 each
<b>Total cost of the recipe- 3-4 serves- \$6.20 1 serve- \$2</b>				
<b>Veggie Patties</b>	Potato	1	0.63	0.63 each
	Carrot	1	0.22 (15-20g)	1.50/100g
	Zucchini	1	1.05	1.05/210g
	Squash	1	0.55 per pc	10.98/kg
	egg	1	0.34 (40g)	3.00/350g
<b>Total Cost of the recipe- 2-3 serves \$2.90</b>				

## Cost of Recipes

Recipe	Ingredients	Amount	Cost as per amount (\$)	Cost as per package (\$)
<b>Split lentil Dal</b>	Onion	1	0.36	0.36 each
	Garlic	2-4	0.22 (15-20g)	1.50/100g
	Cumin pd	1 tsp	0.06	3.20/250g
	Coriander pd	1 ½ tsp	0.53	2.12/30g
	Turmeric	1 ½ tsp	0.42	2.05/36g
	Olive oil	½ Tbsp	0.21	5.41/250ml
	Potato	1	0.63	0.63 each
	Carrot	1	0.34	0.34/170g each
	Yellow split peas	1 Cup	0.72	1.82/500g
	Lemon	½	0.40	0.80 each
	Coconut milk	2 Tbsp	0.36	2.44/270ml
	<b>Total Cost of the recipe- 4-5 serves- \$4.25 1 serve- \$1.05</b>			