

healthyfood GUIDE

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PROTEIN

DELICIOUSLY
HEALTHY HIGH-
PROTEIN RECIPES
AND EXPERT ADVICE
FOR HITTING YOUR
PROTEIN GOALS



Inside!

Protein 101! Plus breakfast, lunch, dinner and snack inspiration

Welcome

Protein is the nutrient de jour. It's showing up everywhere from snack bars, yoghurt and smoothies to ready meals and even desserts, and hitting protein goals is trending all over social media.

If you're a bit confused about whether you're getting enough protein, or simply looking for tasty recipes to make sure you get enough protein at every meal, you've come to right place.

Protein is one of the three macronutrients in our diet. That means, along with fat and carbohydrates, it's one of our main sources of energy. It's used by our body as a building block for new cells, muscles and hormones, so plays an essential role.

Protein is present in both animal and plant foods. Fortunately, most of us get enough of it pretty easily by eating a balanced diet. But some of us, especially older people, those with plant-based eating patterns and high-performance athletes, have higher protein needs.

Eating protein at each meal can give us more satiety - that feeling of fullness - than carbohydrate or fat, so making smart swaps for more protein may help us feel fuller for longer.

This ebook is packed with the basics you need to know about this important macronutrient and deliciously healthy high-protein recipes to make hitting your daily protein goal a breeze. Enjoy!

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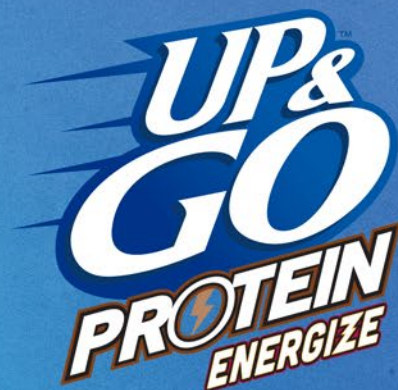
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**35G
PROTEIN**

To help with muscle recovery

ENERGY

That helps fuel your body

**CALCIUM,
VITAMIN B12,
& VITAMIN C**

To contribute to normal
energy metabolism

Enjoy as part of a balanced
diet and active lifestyle

GET UP&GO

Protein 101

Everyone seems to be trying to get more protein these days. **Supermarket shelves** are teeming with protein-boosted products and it's even turning up in **desserts, biscuits** and **ice cream**. But what do we know about this **important nutrient**, and do we really need it in **everything** we eat?

On the pulse

Many protein-rich foods are good sources of other nutrients too.

Photography: iStock

Our bodies need protein

BUT HOW MUCH? AND WHAT DOES IT DO?

What is protein?

Proteins are made up of 20 amino acids. Nine of these amino acids are called 'indispensable', as we must get them from our diet, whereas the body can manufacture the others if they're not consumed as part of the diet.

The role of protein

Protein has a number of key roles in our bodies: it enables the growth and repair of body tissues; forms muscles, skin and hair; maintains fluid balance; and enables cell-to-cell communication, among many other things. An average 76kg man is made up of about 12kg of protein; the largest part of that, about 6kg, is skeletal muscle while blood and skin contain about 1.8kg.

Protein and health

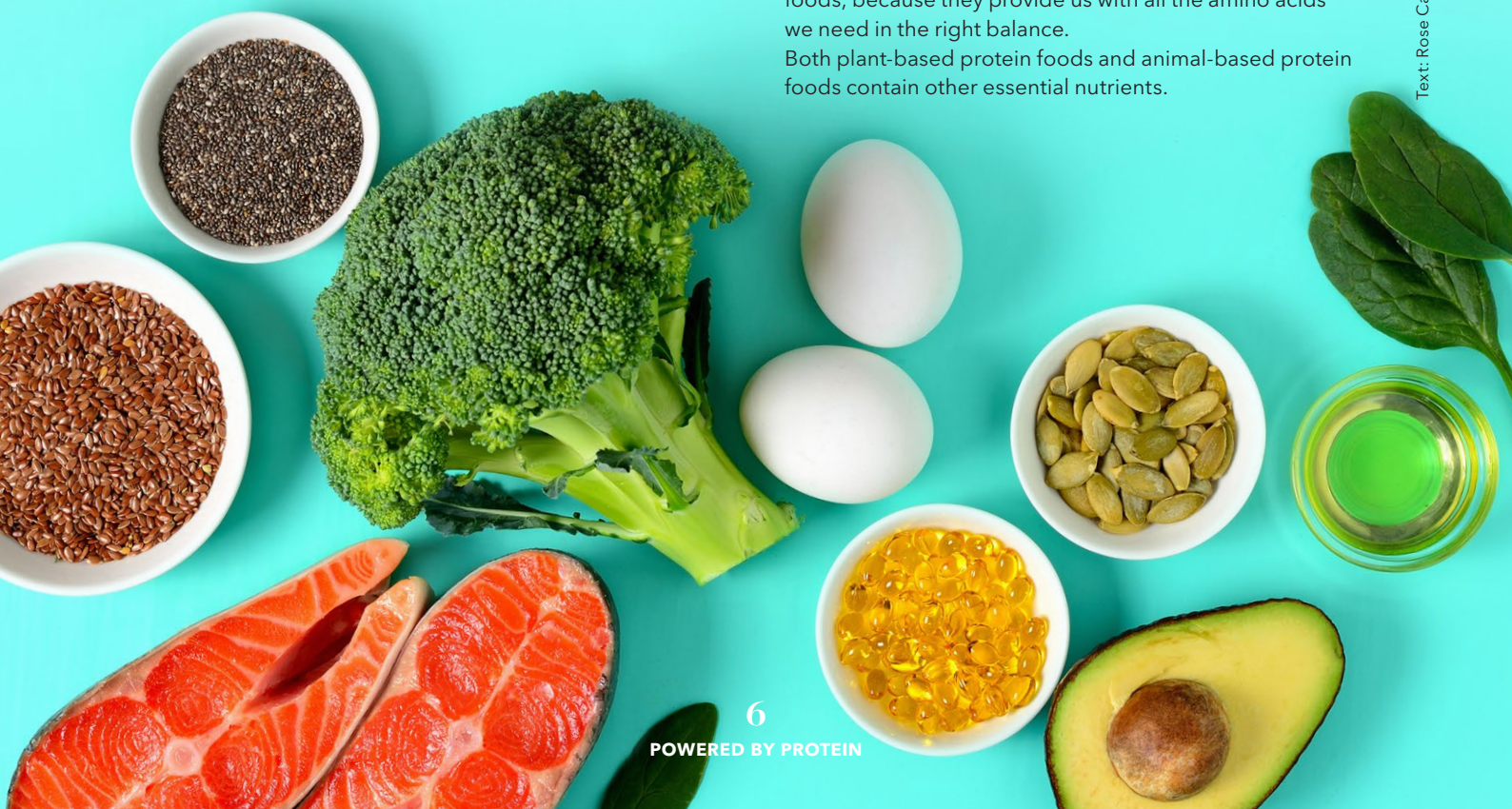
Protein plays a role in controlling appetite and making you feel full after eating, so including foods containing protein at each meal can be helpful for people who want to maintain or reduce their weight.

Simply including small amounts of protein at each meal and choosing a variety of protein-rich foods throughout the week will help ensure you get all the nutritional benefits these foods have to offer.

Protein in food

Protein is found in both animal and plant-derived foods. Protein quality is determined by the amount and type of amino acids present in foods and how this compares to the proportions of specific amino acids that we need. The best quality, single food sources of protein are animal foods, because they provide us with all the amino acids we need in the right balance. Both plant-based protein foods and animal-based protein foods contain other essential nutrients.

Text: Rose Carr. Photography: iStock



Animal-based PROTEIN FOODS



FISH: provides omega-3 fatty acids and B vitamins such as B6, B12, riboflavin and folate.

LEAN RED MEAT: provides iron, zinc, vitamin B12 and magnesium as well as monounsaturated fats. For meat eaters, it's recommended that we have red meat 3-4 times a week to help get our iron, zinc and B12 requirements.

CHICKEN AND TURKEY: provide vitamin B12 and some iron and zinc.

EGGS: contain healthy monounsaturated fats, the antioxidants lutein and zeaxanthin, as well as a range of vitamins and minerals including B12, folate, vitamin A, iron, iodine and selenium.

MILK, CHEESE AND YOGHURT: provide calcium, riboflavin, vitamin B12 and phosphorus.

Plant-based PROTEIN FOODS

The proteins found in individual plant foods are often referred to as being 'incomplete' as they lack one or more of the indispensable amino acids that the body can't produce.

SOY PROTEIN, which contains all of the indispensable amino acids, is an exception so it's particularly good to include foods that contain soy protein in a vegetarian diet. Another less well-known complete protein is quinoa, a seed that is used like a grain.

PLANT-PROTEIN SOURCES THAT ALSO PROVIDE ESSENTIAL NUTRIENTS:

LEGUMES AND PULSES: are high in soluble fibre and contain iron, B vitamins, magnesium, phosphorus and zinc.

SOY BEANS (edamame) are also rich in isoflavones. Legumes and pulses include dried beans, peas and lentils.

NUTS: are rich in the fat-soluble vitamin E, an antioxidant, and provide useful amounts of zinc and magnesium. Walnuts contain omega-3 fats while Brazil nuts are particularly high in the antioxidant selenium.

TOFU: contains iron and calcium.



Q How much protein do we need?

A Our protein needs vary, depending on age, gender and activity levels, but our bodies need a minimum level, around 10 per cent of energy (kilojoules) from protein. We also need the vitamins and minerals found in protein foods, and for this reason 15-25 per cent of energy from protein foods is the recommended range for our long-term health. For an average 8700kJ day this translates to a minimum of 78g and maximum of 130g protein. Older people, high-performance athletes, vegetarians and vegans have higher protein needs than other populations.

Q Is it harmful to have too much protein?

A The upper limit of 25 per cent of energy from protein is recommended as a safe level as there is little information about the long-term effects of higher-protein diets based on the typical Western-style diet. In the Arctic regions it's believed some healthy groups of people have diets at around 30 per cent energy from protein, but these are highly active populations whose lifestyles are quite different. We do know that higher levels of protein in the diet may promote calcium loss and higher levels of protein have been associated with upper digestive tract cancer and kidney cancer.

Q Isn't it better to have more protein?

A Some people believe eating more protein will help them build muscle, but it's using your muscles and doing resistance exercise which builds muscle. While it's true that athletes need more protein than the average sedentary person - possibly 50-100 per cent more - this doesn't mean adding protein bars or shakes is essential. Athletes generally eat more food because they need more energy (kilojoules) to keep them going, and in doing so they usually meet their protein needs.

Including protein foods in each meal or snack can help us feel full, so this is often promoted for weight management, but this doesn't mean we need higher amounts of protein overall.

Q So how do we get the protein we need?

A Our average protein intakes are around 15-16 per cent of energy, so most Australians and New Zealanders are getting enough protein. Nutrition surveys tell us the main sources of protein in our diets are meat, poultry and fish (about 33 per cent), cereals and other cereal-based foods (about 25 per cent), and dairy foods (about 16 per cent). Vegetables also provide about 8 per cent of the protein in our diets.

We call meat, fish and poultry protein foods, but that doesn't mean 100g of them is 100g of protein as these foods actually have a high water content - as much as 60-80 per cent.

Photography: iStock



Protein IN COMMON FOODS

Here's how much protein is in different foods (we've given the raw weight for meats):

150G **LEAN MEAT**
30-35G

125G **FISH** 22-26G

¼ CUP **PUMPKIN SEEDS** 21G

1 CUP **CHICKPEAS** 14G

100G **UNCOOKED PASTA** 12G

2 **POACHED EGGS** 11G

40G **EDAM CHEESE** 11G

1 CUP **REDUCED-FAT MILK** 10G

1 CUP **SOY MILK** 9G

¼ CUP **MIXED NUTS** 9G

100G **TOFU** 8G

200G **BAKED BEANS** 8G

2 SLICES **MULTIGRAIN BREAD** 8G

150ML POTTLE **YOGHURT** 6-8G

2 SLICES **WHITE BREAD** 5G

½ CUP **MUESLI** 5G

1 CUP **BOILED RICE** 4-5G

½ CUP **PEAS** 4G

1 TABLESPOON **PEANUT BUTTER** 4G

1 MEDIUM (140G) **POTATO** 3G

½ CUP **SWEET CORN** 2G

Timing matters

Try to include protein in all your meals, across the day, for optimal benefits.



NATURE'S PROTEIN

A CRUNCHY PLANT BASED POWER SNACK

SATISFY YOUR SNACK CRAVINGS WITH THIS PROTEIN-PACKED, ROASTED EDAMAME SNACK THAT DELIVERS BOTH TASTE AND NUTRITION IN EVERY CRUNCHY BITE. MADE FROM 95% WHOLE YOUNG SOYBEANS AND LIGHTLY SEASONED, THIS SNACK IS PERFECT FOR THOSE WHO LOVE FLAVOUR AND A SATISFYING CRUNCH.



MORE THAN
23g
PROTEIN
PER BAG



MORE THAN
23g
PROTEIN
PER BAG



EXCELLENT
SOURCE OF
DIETARY
FIBRE

GOOD
SOURCE OF
PROTEIN

NO ARTIFICIAL
COLOURS,
FLAVOURS OR
PRESERVATIVES

READY TO EAT
ALL NATURAL

NO ADDED MSG
NO GMO USED

50g (1.76oz) NET e

Protein Power

brilliant breakfasts | lunches to love | protein-packed dinners



Loaded miso soup
(See recipe p18)

Photography: iStock

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**.

LOW
kJ

HIGH
PROTEIN

HIGH
FIBRE

LOW
SODIUM

HIGH
CALCIUM

HIGH
IRON

2
VEGIE
SERVES

Breakfast



Fruit salad parfait

Serves 1 Time to make 5 mins

✓gluten free ✓vegetarian

$\frac{3}{4}$ cup reduced-fat **Greek-style yoghurt**

$\frac{1}{3}$ cup **granola**

$\frac{1}{3}$ cup diced **fresh fruit**, we used diced rockmelon, strawberries, banana, kiwifruit, plus mandarin segments and star fruit slices to garnish

Fresh **mint leaves**, to garnish

1 teaspoon **goji** or freeze-dried **raspberries** to garnish (optional)

1 In a small glass or jar, layer half the Greek-style yoghurt with half the granola and chopped fruit.

2 Repeat and garnish with more fruit, fresh mint and goji or freeze-dried raspberries, if using.



PER SERVE

1700kJ/410cal
Protein 22g
Total fat 11g
Sat fat 3.6g
Carbs 48g

Sugar 26g
Fibre 8.5g
Sodium 236mg
Calcium 323mg
Iron 0.5mg

Breakfast



Breakfast frittata

Serves 4 Time to make 20 mins

✓vegetarian

3 medium **potatoes**
 6 **eggs**
 4 tablespoons **reduced-fat milk**
 1 cup sliced **mushrooms**
 1 **onion**, sliced
 1 cup **frozen peas** or
sweet corn, defrosted
Lemon pepper seasoning
 to taste
 ½ cup grated **edam** or
reduced-fat cheese
 4 cups **mixed salad leaves**,
 to serve

1 Preheat oven to 190°C and lightly spray a medium ovenproof dish with oil. Peel or scrub potatoes and slice thickly. Place in a medium pot and just cover with water. Cook until tender. Drain and set aside to cool slightly.

2 In a large bowl beat eggs together with the milk.

3 Spray a frying pan with oil and place over medium heat. Cook mushrooms and onion until softened.

4 Add potatoes and mushroom mixture to the eggs. Add peas or corn, lemon pepper seasoning and

cheese. Mix to coat the veg evenly.

5 Spoon into a lightly greased ovenproof dish. Bake at 190°C for 25-30 minutes, until set. Cut into wedges and serve with salad leaves.



PER SERVE

1340kJ/320cal
 Protein 22.3g
 Total fat 17.3g
 Sat fat 8.1g
 Carbs 19.1g

Sugar 4.1g
 Fibre 4.2g
 Sodium 326mg
 Calcium 317mg
 Iron 3.4mg

**STRENGTH
MEALS^{co}**

STRENGTH FOR EVERYDAY LIFE

HIGH PROTEIN MADE SIMPLE



FIND US IN THE CHILLED, SOUP AND FROZEN AISLES

Available at Woolworths 

Lunch



Supercharged Caesar

Serves 4 Time to make 30 mins

Croutons

- 2 slices good-quality **grainy or sourdough bread**, cubed
- 1 tablespoon **extra-virgin olive oil**
- 2 tablespoons chopped **fresh parsley**
- 1 clove **garlic**, crushed

Dressing

- 2 tablespoons **reduced-fat mayonnaise**
- 2 tablespoons **low-fat plain yoghurt**
- 3 teaspoons **Dijon mustard**
- 2 teaspoons **apple cider vinegar**
- 1 teaspoon **honey** (optional)
- 1 tablespoon finely grated **parmesan**
- 2 **anchovies**, finely chopped (optional)

Salad

- 1 bunch **asparagus**
- 1 bunch **broccolini**
- 6 cups **baby cos lettuce**, torn or shredded
- 400g cooked, **shredded chicken**
- ½ **avocado**, sliced
- 30g **prosciutto** lightly grilled until crisp, torn into bite-sized pieces (optional)
- 6 medium-boiled **eggs**, quartered or halved
- Shaved **parmesan**, to garnish



PER SERVE

2020kJ/480cal	Sugar 8g
Protein 48g	Fibre 5.5g
Total fat 23g	Sodium 650mg
Sat fat 6g	Calcium 130mg
Carbs 18g	Iron 3.5mg

1 To make croutons, preheat oven to 180°C. Line a baking tray with baking paper.

2 In a bowl, whisk together olive oil, parsley and garlic. Add bread cubes and toss to coat well.

3 Spread bread cubes in a single layer on prepared tray and bake 12-15 minutes until golden and crisp. Set aside.

4 Meanwhile, in a small bowl whisk dressing ingredients to combine.

5 In a pot of boiling water, cook asparagus and broccolini for 2-3 minutes until just tender. Remove, drain and rinse under cool water.

6 In a large bowl place asparagus, broccolini, cos and chicken. Add ¼ of the dressing and toss to coat. Place on a large salad platter.

7 Arrange avocado, eggs and prosciutto attractively over salad vegetables. Drizzle over remaining dressing and garnish with shaved parmesan and croutons.



Herby lentil salad

Serves 4 Time to make 15 mins

✓diabetes friendly ✓vegetarian

Salad

- 400g can no-added-salt **brown lentils**, drained
- ½ **red onion**, finely chopped
- 2 **red capsicums**, cored and chopped
- 1 **Lebanese cucumber**, chopped
- 1 avocado, chopped
- 125g **mixed cherry tomatoes**, halved
- 1 cup **mixed fresh herbs**, roughly chopped, eg parsley, mint, basil, oregano, reserving some for garnish
- 100g **feta**
- ¾ cup **toasted almonds**, roughly chopped
- 4 small **grainy rolls**, to serve

Dressing

- 1 tablespoon **extra-virgin olive oil**
- 1 tablespoon **lemon or lime juice**
- 1 teaspoon **Dijon mustard**
- 2 teaspoons **honey**
- 1 **red chilli**, finely chopped (optional)



PER SERVE

2500kJ/595cal	Sugar 14g
Protein 26g	Fibre 18g
Total fat 30g	Sodium 520mg
Sat fat 6g	Calcium 265mg
Carbs 49g	Iron 5.9mg

1 In a small jar with a lid place dressing ingredients and shake well to combine and emulsify.

2 In a large bowl place lentils, vegetables and fresh herbs. Stir gently to combine. Pour over dressing and toss to coat. Crumble over feta and sprinkle with almonds.

3 Divide among 4 bowls, garnish with remaining herbs and serve with grainy rolls.

Lunch



Crumbed tofu noodle salad

Serves 4 Time to make 30 mins

✓dairy free ✓vegetarian

Salad

4 tablespoons **sweet chilli sauce**
500g firm **tofu**, sliced
½ cup **panko breadcrumbs**
400g **wholegrain noodles**
1 tablespoon **peanut oil**
1 bunch **broccolini**, cut into quarters lengthways
1 large **red capsicum**, thinly sliced
1 bunch **bok choy**
1 cup (160g) shredded **red cabbage**

Dressing

2½ tablespoons **salt-reduced soy sauce**
1 tablespoon **honey**, lightly warmed
1 tablespoon **rice wine vinegar**
1 tablespoon **sesame seeds**
½ teaspoon **sesame oil**
1 teaspoon **mirin**
1 teaspoon **brown sugar**

1 Preheat oven to 180°C. Line a baking tray with baking paper.
2 Place chilli sauce in a bowl. Add tofu, gently tossing to coat. Place breadcrumbs in another bowl. Add tofu, gently tossing to coat. Transfer crumbed tofu to tray and bake for 10 minutes or until golden. Remove and set aside.

3 Meanwhile, cook noodles according to packet instructions. Drain and set aside.

4 Heat oil in a wok over high heat. Add broccolini, capsicum and bok choy and cook for 5 minutes until softened and tender. Add cabbage and noodles, tossing well to combine. Divide noodles and vegetables among four serving plates. Top each with baked crumbed tofu slices.

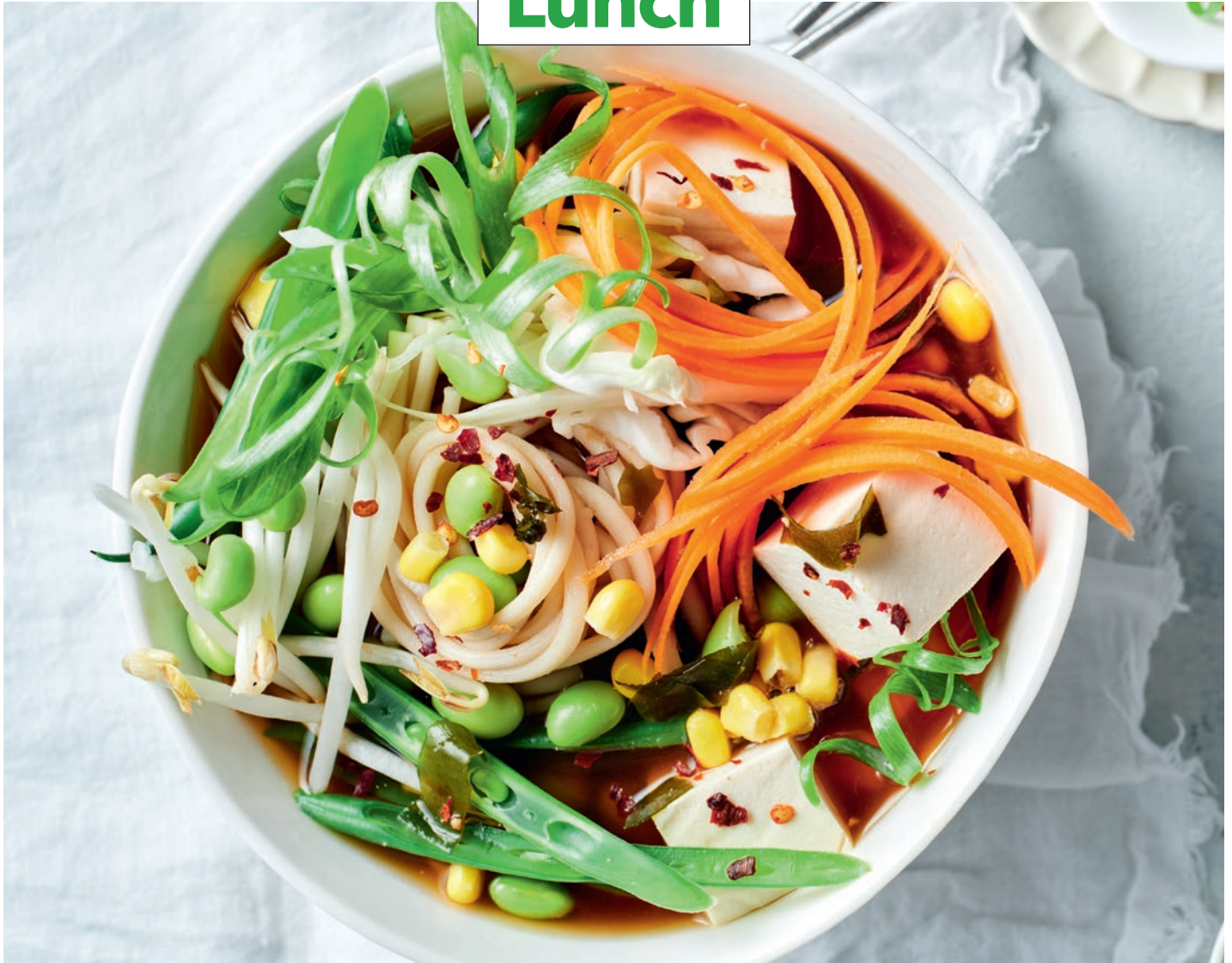
5 To make dressing, place all ingredients in a bowl and whisk to combine. Drizzle over tofu noodle salad and serve.



PER SERVE

2270kJ/543cal	Sugar 23.3g
Protein 29.8g	Fibre 13.4g
Total fat 18.1g	Sodium 994mg
Sat fat 2.7g	Calcium 527mg
Carbs 60.3g	Iron 8mg

Lunch



Loaded miso soup

Serves 2 Time to make 15 mins

✓dairy free ✓vegetarian

100g **dried udon noodles**
 2 **carrots**, julienned
 1 cup fresh or frozen **green beans**, trimmed
 1 cup **edamame**, thawed
 ½ cup frozen **corn**
 Handful shredded **cabbage**
 2 packets instant **miso**
 200g **tofu**, cubed
 1 cup **mung bean sprouts**
 1 small **spring onion**, sliced
 1 teaspoon **red chilli flakes**, to garnish (optional)

1 Cook noodles according to packet directions. Drain and distribute evenly between 2 bowls.
2 In a medium saucepan bring 2½ cups water to the boil. Add carrot, beans, edamame, corn and cabbage and reduce heat to simmer. Add miso and stir through until combined. Add tofu and simmer for 2 minutes.
3 Remove from heat and stir through mung bean sprouts. Pour soup over noodles and garnish with spring onion and red chilli flakes, if using, to serve



PER SERVE

1800kJ/430cal	Sugar 15g
Protein 29g	Fibre 19g
Total fat 11g	Sodium 765mg
Sat fat 1.3g	Calcium 462mg
Carbs 45g	Iron 7mg



Spinach, roasted pumpkin and chicken wrap

Serves 1 Time to make 5 mins

✓dairy free ✓diabetes friendly

1 **wholegrain wrap** (or wholemeal pita bread)
 ½ cup roasted **pumpkin cubes**
 20g **baby spinach leaves**
 50g store-bought **roasted red capsicum** in water, thinly sliced
 50g **shredded cooked skinless chicken**

1 Place wrap on a clean work surface. Place pumpkin down centre of wrap and gently crush with a fork. Top with baby spinach, roasted red capsicum and chicken. Season with freshly ground black pepper. Wrap to enclose filling, then toast in a sandwich press. Transfer to a lunch container or serve hot.

Prep ahead: You can use a mix of roast vegies for your wrap. If you make a Sunday roast, add extra veg like sweet potatoes/kumara, capsicums, carrots and beetroot, then store in an airtight container in the fridge to use for wraps and salads throughout the week.



PER SERVE

1476kJ/353cal	Sugar 9.6g
Protein 25g	Fibre 6.5g
Total fat 8.3g	Sodium 361mg
Sat fat 3.8g	Calcium 77mg
Carbs 42.8g	Iron 1.9mg



NOURISHING, PROTEIN-BOOSTING NOODLES

Think instant noodles... but actually nourishing. This upgraded version of 2-minute noodles is made with nutrient-dense ingredients and lean protein – delicious!

ACTUALLY HEALTHY 2-MINUTE CHICKEN & BEEF NOODLES

Prep time **5 mins** Cook time **5 mins**
Serves **1**

FOR THE CHICKEN NOODLE BASE (1 SERVE)

- 1 tbsp **chicken broth concentrate** (or chicken broth of choice)
- 1 ½ scoops [Chief Unflavoured Collagen Protein](#)
- Small handful **fresh parsley**, chopped
- Pinch **sea salt**
- Splash of **hot water** (to form paste)

FOR THE BEEF NOODLE BASE (1 SERVE)

- 1 tbsp **Beef Bone Broth Concentrate** (or beef broth of choice)
- Small handful **fresh parsley**, chopped
- 2-3 tbsp finely chopped [Chief Biltong](#) (Carnivore or traditional flavour)
- Splash of **hot water** (to form paste)
- 1 tsp **onion powder**

FOR BOTH

- 1 serving **air-dried ramen noodles** (or any noodles not fried in oil)
- Extra **hot water** (adjust for brothy or saucy style)

Make the Flavour Paste

- 1** For the chicken noodles, combine chicken broth concentrate, collagen powder, parsley, and salt in a bowl. Add a splash of hot water and mix into a smooth paste.
- 2** For the beef noodles, combine beef broth concentrate, onion powder, parsley, and chopped biltong in a bowl.
- 3** Add a splash of hot water and mix into a smooth paste.

I recommend using concentrates in these recipes as you can make sure it packs a punch with flavour / you can control the flavour

Cook the Noodles

- Prepare noodles according to packet instructions (boil until just tender). Drain if needed.

Assemble

- 1** Stir the hot cooked noodles into the prepared paste.
- 2** Add more hot water for a soupy, brothy style, or keep it minimal for a thicker, saucy noodle.

Serve & Enjoy

Taste and adjust seasoning if needed. Serve hot with extra parsley on top.

DID YOU KNOW...?

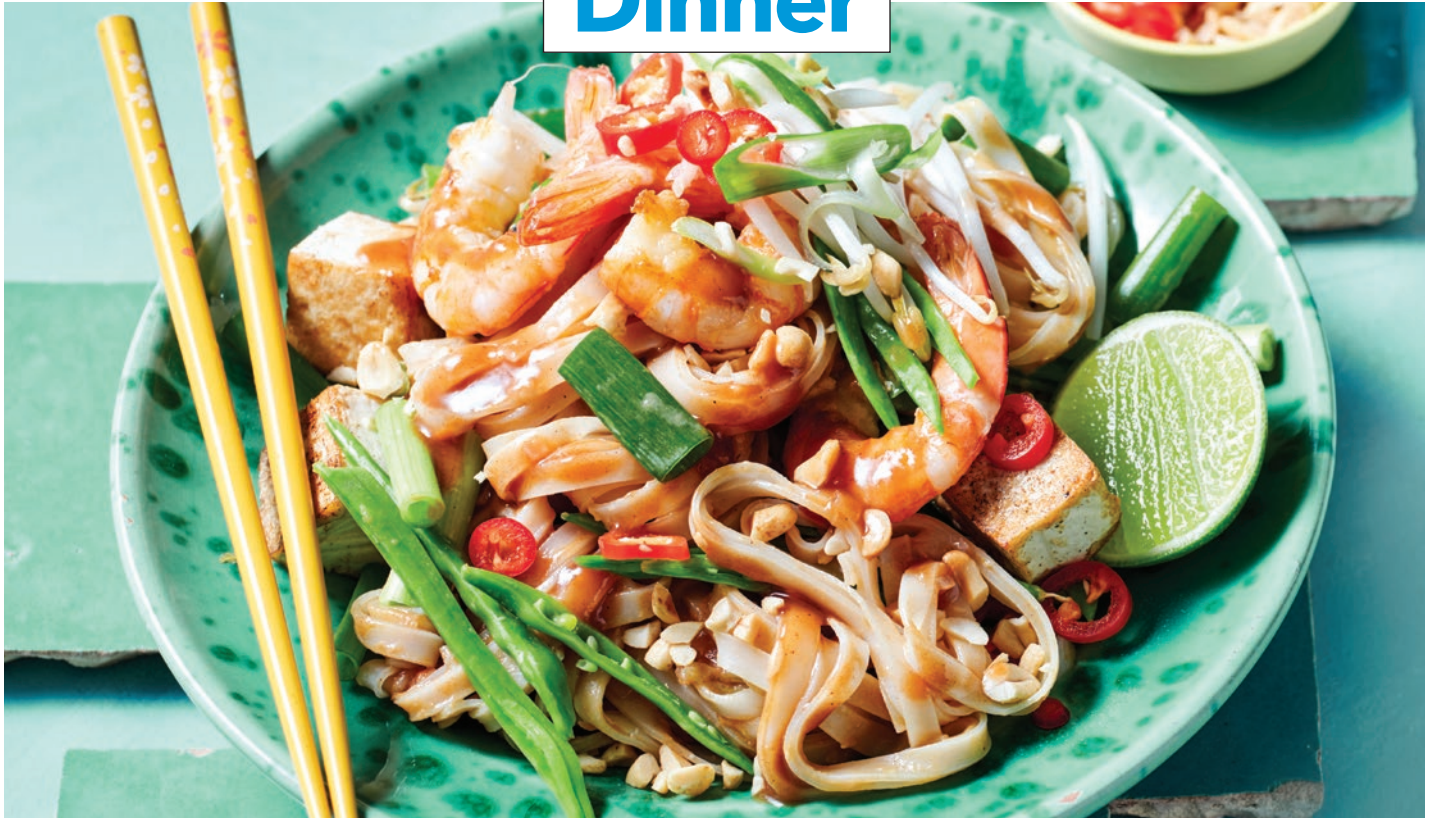
- Protein provides the building blocks (amino acids) to make important bodily tissues, such as skeletal muscle
- It's recommended we eat protein across all our daily meals
- Collagen peptides are proteins found in skin and cartilage
- Powders are a convenient and easily absorbed source of protein – handy for people doing a lot of exercise.

Chief.

Chief Collagen Protein is available online at

wearechief.com

Watch the recipe video →



Prawn pad Thai

Serves 6 Time to make 30 mins , plus 1 hour soaking
✓dairy free

Pad Thai sauce

- 1 large shallot
- 4 cloves garlic
- 75g palm sugar, grated or crumbled
- 6 tablespoons tamarind paste
- 2 teaspoons fish sauce

Noodles

- 200g flat rice noodles
- 1 tablespoon canola oil
- 20 raw deveined prawns, thawed
- 300g firm tofu, cubed
- 2 cups snow peas, trimmed
- 3 eggs
- 200g mung bean sprouts, handful reserved for garnish
- 1 red chilli, sliced, to garnish (optional)
- 2 spring onions, sliced, handful reserve for garnish
- 1 cup unsalted peanuts, roughly chopped, handful reserved for garnish
- 2 limes, 1 juiced, 1 in wedges

1 An hour before serving pad Thai, place rice noodles in a large bowl and cover with room temperature water to soften (this prevents them being too soft and breaking apart on cooking).

2 To make sauce, in a small saucepan heat 1 teaspoon of the canola oil over medium and cook shallots and garlic for 3-4 minutes until tender. Add palm sugar and cook until it melts and just starts to darken. Quickly stir through tamarind paste and 4 tablespoons water. Add fish sauce and stir well. Remove from heat.

3 In a wok or large nonstick frypan, heat a little more canola oil over medium high and stir-fry prawns for 2-3 minutes until cooked. Remove and set aside.

4 In the same wok or pan add remaining oil and tofu and cook until starting to turn golden. Add the drained noodles, sauce and a

little water and toss to coat noodles evenly. Add snow peas, then push noodles to one side of the wok and crack in eggs. Break yolks with a spoon. Cook until starting to set, then move noodles back onto the eggs. When eggs are cooked, stir noodles well to mix egg evenly throughout. Add cooked prawns and heat through.

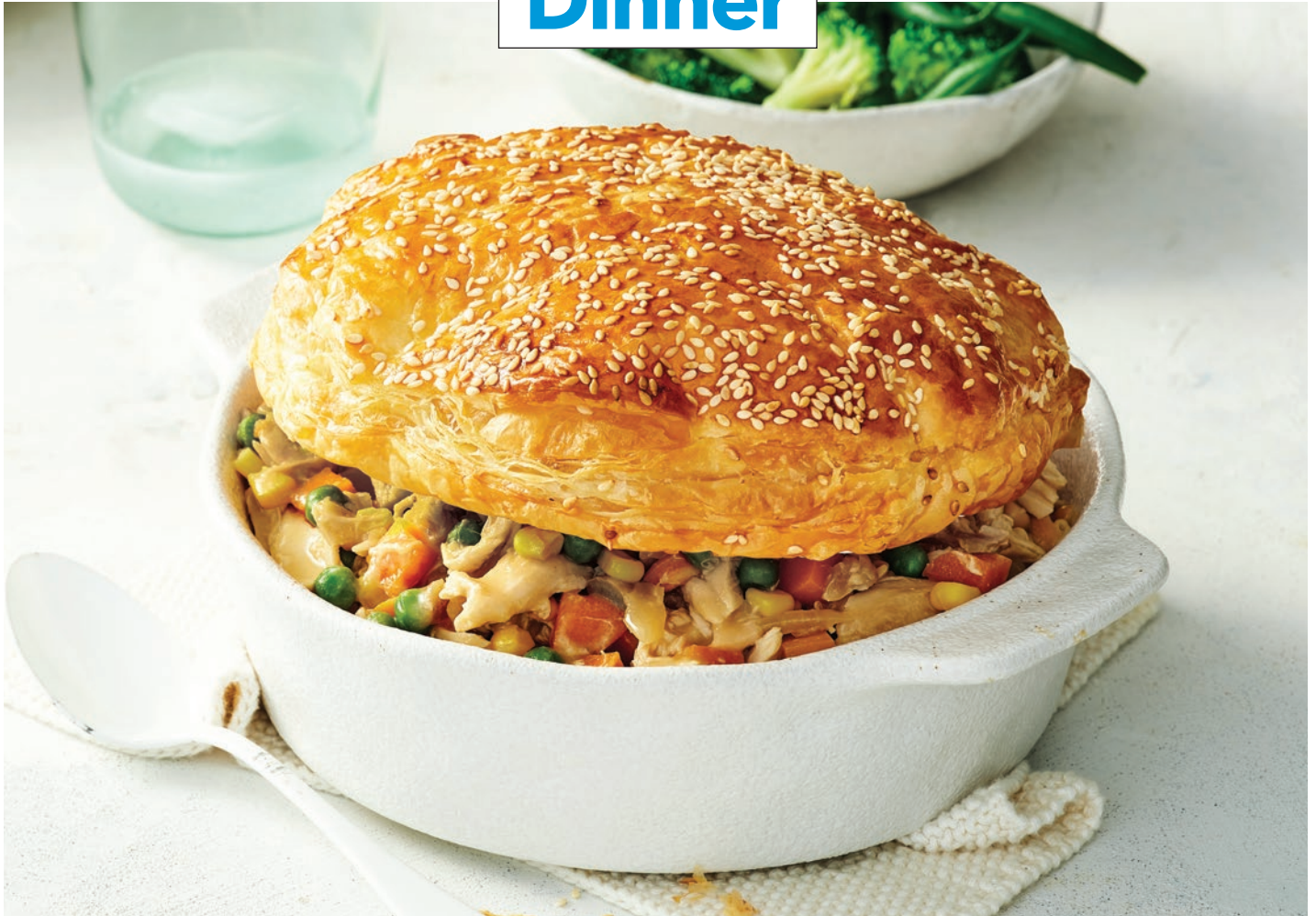
5 Remove from heat and stir through mung bean and peanuts. Stir through lime juice.

6 To serve, divide noodle among four bowls, top with chilli, if using, and reserved mung beans, spring onions, peanuts and lime wedges.



PER SERVE

2300kJ/550cal	Sugar 14g
Protein 32g	Fibre 10g
Total fat 22g	Sodium 1060mg
Sat fat 4.3g	Calcium 300mg
Carbs 52g	Iron 3.5mg



Chicken and veg pie

Serves 6 Time to make 1 hr 5 mins

1 tablespoon **extra-virgin olive oil**
 1 **large onion**, finely chopped
 1 cup chopped **button mushrooms**
 1 **small carrot**, diced
 600g **shredded cooked chicken**
 (leftover roast chicken is ideal)
 ½ cup **frozen peas** (defrosted)
 ¾ cup **corn kernels** (defrosted if frozen)
 1 tablespoon **flour**
 1½ cups **reduced-salt chicken stock**
 ½ cup **reduced-fat milk**
 1 sheet **reduced-fat puff or flaky pastry**
 1 **egg white**
 6 cups **steamed green vegetables**, to serve (broccoli and green beans work well)

1 Preheat oven to 200°C. Spray a shallow 6-cup pie dish with oil.
2 In a non-stick frypan heat oil over medium heat. Add onion and cook, stirring occasionally, until translucent (about 5 minutes). Add mushrooms and carrot and cook, stirring occasionally, for another 5 minutes until softened. Add chicken and remaining vegetables, then sprinkle over flour and cook, stirring, for 1 minute. Slowly pour in stock, stirring constantly to prevent lumps forming. Add milk and increase heat to bring to the boil. Reduce heat and simmer, stirring, until sauce thickens.
3 Pour filling into prepared dish. Top with the pastry sheet. Using a sharp knife, trim pastry to fit.

4 Brush pie top with egg white and bake in the oven for 25-35 minutes until golden brown. Serve pie with steamed vegetables.

Cook's tip A generous sprinkle of sesame seeds on your pastry top adds a little extra pizzazz.



PER SERVE

1500kJ/360cal	Sugar 5g
Protein 39g	Fibre 6g
Total fat 12g	Sodium 390mg
Sat fat 3.5g	Calcium 87mg
Carbs 21g	Iron 1.8mg

Dinner



Chicken tacos with mango salsa

Serves 4 (2 tacos each) Time to make 35 mins

✓gluten free

2 small ripe **mangoes**, peeled and diced
 1 fresh **long green chilli**, seeded, finely chopped
 ½ small **red onion**, finely chopped
 2 tablespoons roughly chopped fresh **coriander leaves**
 3 tablespoons **lime juice**, plus 2 teaspoons extra
 500g **chicken breast fillets**, cut into bite-sized pieces
 400g can no-added-salt **black beans**, rinsed, drained
 ½ medium ripe **avocado**, diced
 2 cups thinly sliced **red cabbage**
 200g **cherry tomatoes**, halved
 2 teaspoons **extra-virgin olive oil**
 8 small **corn tortillas**
 Sprinkling of **Tabasco sauce**, to taste (optional)

1 In a medium bowl, combine diced mango, chopped chilli, onion, coriander and 1 tablespoon of the lime juice. Set aside.

2 In a medium bowl, place shredded cabbage and 2 tablespoons of the lime juice. Use your hands to massage the juice into the cabbage until it turns a brighter purple colour.

3 Preheat barbecue hotplate or grill pan to medium-high heat. Spray chicken pieces lightly with oil and grill for 2-3 minutes each side, until cooked through.

4 Meanwhile, in a large bowl, combine black beans, avocado and tomatoes. Combine extra 2 teaspoons lime juice with 2 teaspoons olive oil, pour over mixture and toss well to combine.

5 Heat tortillas according to packet instructions.

6 To assemble tacos, distribute the cabbage and the bean mix among the warmed tortillas. Add chicken bites and top with mango salsa. Drizzle over Tabasco sauce, to taste, if using.

Cook's tip Get creative with your salsa! You could use chopped pineapple, peaches or kiwifruit.



PER SERVE

2458kJ/585cal
 Protein 42.8g
 Total fat 10.4g
 Sat fat 1.9g
 Carbs 70.2g

Sugar 20.2g
 Fibre 19.5g
 Sodium 379mg
 Calcium 97.9mg
 Iron 2.6mg

Dinner



Gluten-free butternut, feta and garlic spaghetti

Serves 4 Time to make 50 mins

✓gluten free ✓vegetarian

500g **butternut squash**, peeled and chopped
 250g **cherry or small mixed tomatoes**
 2 tablespoons **extra-virgin olive oil**
 3 **cloves garlic**, finely chopped
 1 or 2 **red chillis**, deseeded and sliced (optional)
 400g gluten-free **pulse spaghetti**
 Big handful **fresh parsley**, finely chopped
 100g **baby rocket**
 50g **feta**
 30g **pine nuts**, toasted

1 Preheat oven to 180°C. Line a large roasting dish with baking paper. Place pumpkin evenly in dish and bake for 30-40 minutes until cooked through, shaking occasionally and adding tomatoes in the last 10 minutes of cooking. Remove from oven and set aside squash and tomatoes separately.
2 Meanwhile, bring a large pot of water to the boil and cook spaghetti according to packet instructions.
3 While the pasta is cooking, heat the extra-virgin olive oil in a large non-stick frypan over low heat. Add garlic and chilli if using then cook, stirring, for 1-2 minutes until fragrant. Watch closely so the garlic doesn't burn.
4 Drain the cooked spaghetti, reserving 1 cup of the cooking

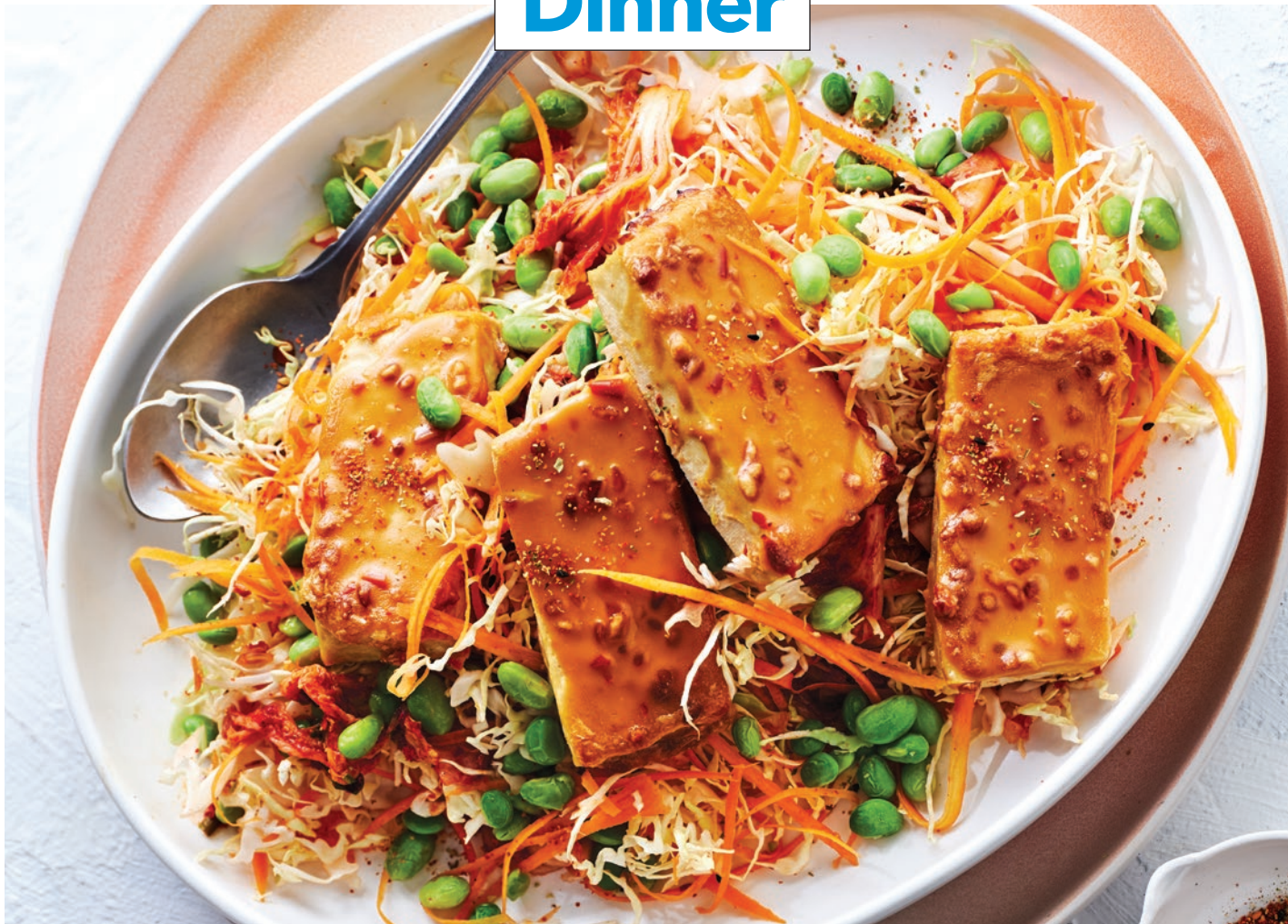
water. Add the spaghetti to the frypan and stir to coat evenly in oil and garlic. Increase heat to medium and add a little of the pasta cooking water, stirring quickly to make a light sauce. Gently stir through parsley, pumpkin and tomatoes. Remove from heat and stir through rocket, then crumble over the feta and sprinkle pine nuts over top.
5 Divide among 4 bowls to serve.



PER SERVE

2600kJ/622cal	Sugar 10g
Protein 31g	Fibre 13.3g
Total fat 22g	Sodium 185mg
Sat fat 5.2g	Calcium 207mg
Carbs 68g	Iron 1.6mg

Dinner



Baked tofu with satay sauce, edamame and kimchi slaw

Serves 2 Time to make 20 mins

✓vegetarian

250g **firm tofu**, sliced into 4 pieces
¾ cup **edamame beans**

Satay sauce

2 tablespoons **peanut butter**
1 teaspoon **reduced-salt soy sauce**
1 teaspoon **sweet chilli sauce**

2 **carrots**, grated or julienned
2 cups **shredded cabbage**
¼ cup **kimchi**, roughly chopped
2 teaspoons **mayonnaise**
2 tablespoons **low-fat plain yoghurt**

Chilli sauce and furikake or sesame seeds to garnish (optional)

1 Preheat oven to 200C. Line a baking tray with paper. Arrange tofu in dish along with edamame.

2 Mix satay sauce ingredients together with a dash of hot water and whisk with a fork to combine to a thick saucy texture. Spread over tofu pieces. Bake tofu and edamame for 10 minutes until golden.

3 Combine carrot, cabbage and kimchi and mix well. Divide between 2 plates. Mix mayonnaise and yoghurt together.

4 Add tofu and edamame to plates, add mayo and chilli sauce and garnish with furikake or sesame seeds, if using.

Cook's tip Furikake is a popular Japanese seasoning made with seaweed. Check the ingredients list if you want a vegetarian version as some contain fish.



PER SERVE

2161kJ/2161cal	Sugar 20.7g
Protein 29.8g	Fibre 16.6g
Total fat 29.1g	Sodium 640mg
Sat fat 4.4g	Calcium 565mg
Carbs 27.0g	Iron 6.3mg



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Strawberry and matcha chia pudding

Serves 2 Time to make 15 mins, plus overnight chilling

✓vegetarian

Strawberry layer

2 cups **strawberries**, fresh or frozen
 ¾ cup **reduced-fat vanilla Greek-style yoghurt**
 4 tablespoons **reduced-fat milk**
 4 leaves **fresh basil**
 2 heaped tablespoons **chia seeds**

Matcha layer

¾ cup **reduced-fat milk**
 ¾ cup **reduced-fat vanilla Greek-style yoghurt**
 2 teaspoons **matcha powder**
 1 teaspoon **vanilla extract**
 2 teaspoons **honey**
 3 tablespoons **chia seeds**

To garnish

2 tablespoons **reduced-fat vanilla Greek-style yoghurt**
Fresh basil leaves
 6-8 fresh **strawberries**, halved or quartered if large
 Extra **matcha powder**



PER SERVE

2200kJ/530cal	Sugar 43g
Protein 31g	Fibre 22g
Total fat 19g	Sodium 300mg
Sat fat 5.6g	Calcium 740mg
Carbs 58g	Iron 1.3mg

1 In a small blender place all strawberry layer ingredients apart from the chia seeds. Blitz until well combined. Pour into a small jug or bowl and stir in chia seeds. Refrigerate for a few hours or overnight, stirring occasionally.

2 In a clean blender place all matcha layer ingredients apart from chia seeds and blitz until well combined. Pour into a small jug or bowl and stir in chia seeds. Place in fridge to chill for a few hours or overnight, stirring occasionally.

3 When chia has swelled and you are ready to serve, stir both mixtures well. Pour the strawberry chia evenly between two dessert glasses. Layer over the matcha mixture. Top with remaining yoghurt and garnish with a basil leaf and fresh strawberries.

Cook's tip

Shop around for matcha powder; Asian supermarkets are often less expensive.



Chewy spiced nut butter cookies

Serves 20 (makes 20 cookies) Time to make 25 mins

✓gluten free

1½ cups **peanut butter**
 1 **large egg**
 ¾ cup **brown sugar**
 ½ teaspoon **cinnamon**
 ¼ teaspoon **nutmeg**
 ½ teaspoon **baking soda**
 2 teaspoons **orange zest**
 1 tablespoon **mixed peel**
 50g **dried cranberries**
 85g **dark chocolate**,
 chopped into chunks

1 Preheat oven to 180°C and line a baking tray with baking paper. In a large bowl, combine peanut butter, egg, sugar, spices and baking soda. Mix well. Add remaining ingredients and stir until just combined.

2 Using hands, shape tablespoonfuls of mixture in balls and place on lined baking tray about 5cm apart.

3 Bake for 10-12 minutes until lightly browned on top. Allow to sit in the oven for a few minutes, then remove to cool on a rack. **hfg**

HIGH
PROTEIN

PER SERVE

830kJ/200cal
 Protein 5.7g
 Total fat 13g
 Sat fat 3g
 Carbs 14.5g

Sugar 12.5g
 Fibre 1.8g
 Sodium 190mg
 Calcium 28mg
 Iron 0.8mg