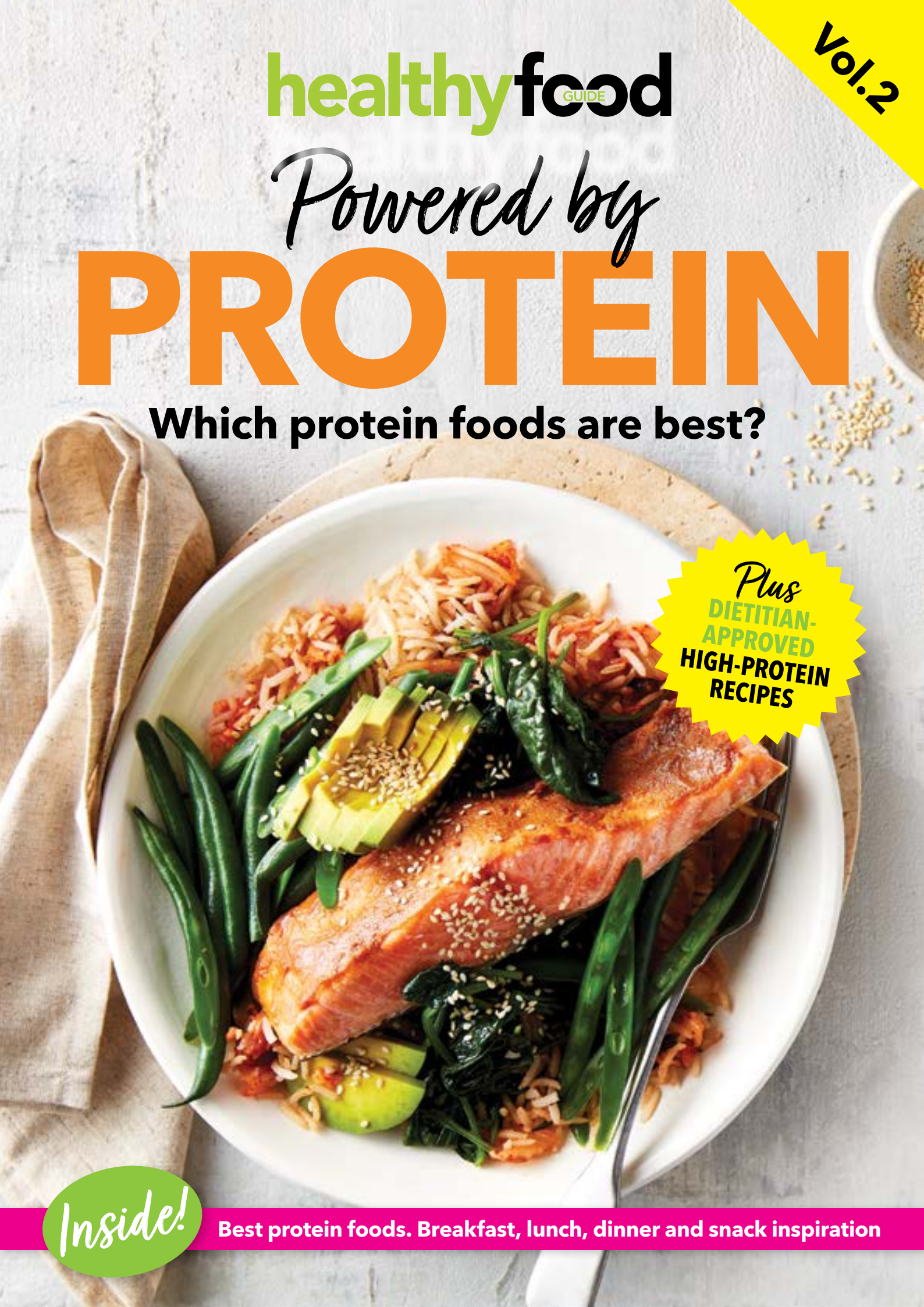

healthyfood GUIDE
Vol.2
Powered by
PROTEIN
Which protein foods are best?
Plus
DIETITIAN-APPROVED
HIGH-PROTEIN
RECIPES
Inside!
Best protein foods. Breakfast, lunch, dinner and snack inspiration

Welcome

Protein is a much-loved macronutrient. It's used by our body as a building block for new cells, muscles and hormones, and it also helps us feel fuller, longer.

Most of us aren't at risk of protein deficiency, but putting some effort into including protein in most of our meals and snacks can help us hit recommended targets. The balanced meal will comprise one quarter protein (such as fish, chicken, meat or tofu), one quarter carbs (think brown rice, potato, wholegrain bread, corn, etc) and one half non-starchy veg.

Those who may want to pay particular attention to protein include older people, those with plant-based eating patterns, pregnant people and high-performance athletes. Opting for whole or minimally processed protein foods is desirable where possible, but the odd protein bar or protein powder can be a convenient option when you're short on time. 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. Dig in!

EDITORIAL TEAM

Managing Editor Jenny de Montalk
editor@healthyfood.com
Consulting Dietitians
Min Saw APD, B Nutr Diet (Hons)
Jess Moulds NZRD, BSc Hum Nutr, M Nutr Diet, Sports Nutritionist
Art Director Jeannel Cunanan
Sub Editor Ingrid Green
Head of Commercial Content
Alison Kirkman
Digital Content Manager
Beatriz Acosta
Contributors
Niki Bezzant, Steve Brown, Rose Carr, Brooke Delfino, Joel Feren, Chrissy Freer, Bronwen King, Melanie Leyshon, Sarah Mayoh, James Moffatt, Vikki Moursellas, Jeremy Simons, Sarah Swain, Jenn Tolhurst, Claire Turnbull, John Paul Urizar.

ADVERTISING SALES

National Advertising Manager Health & Food Titles
Melissa Fernley, (02) 9901 6191
mfernley@nextmedia.com.au
Advertising Manager
Bianca Rampal, (02) 9901 6327
brampal@nextmedia.com.au
Production Manager Peter Ryman
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Subscription Enquiries
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awidawski@nextmedia.com.au

nextmedia

nextmedia Pty Limited
Locked Bag 5555, St Leonards NSW 1590
Phone (02) 9901 6100
Managing Director Arek Widawski
General Manager Jeremy Weinstock



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Sanitarium
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PROTEIN
10g
per serve
BITES
CARAMEL CRUNCH
FLAVOUR

Photography: iStock

The best protein foods



Words: *Rose Carr, Bronwen King, Melanie Leyshon, Claire Turnbull, Brooke Delfino & Jenny de Montalk*

AND HOW MUCH YOU *really* NEED

Has our enthusiasm for protein gone too far? And which foods are the healthiest sources of this much-admired macronutrient? *Healthy Food Guide* digs into the details.

Protein has almost become a bit of an obsession in recent years, despite most Kiwis and Aussies meeting protein guidelines through their everyday eating.

There's no doubt protein is an important macronutrient, just like carbs and healthy fats, but do we really need to have it added to everything we eat – from coffee, cereal and bread to ice cream, cookies, drinks and beyond? And is there a difference in protein quality, for instance from natural sources rather than fortified or supplemented foods? Let's dig into the evidence-backed details on protein.

What is protein?

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

What does protein do?

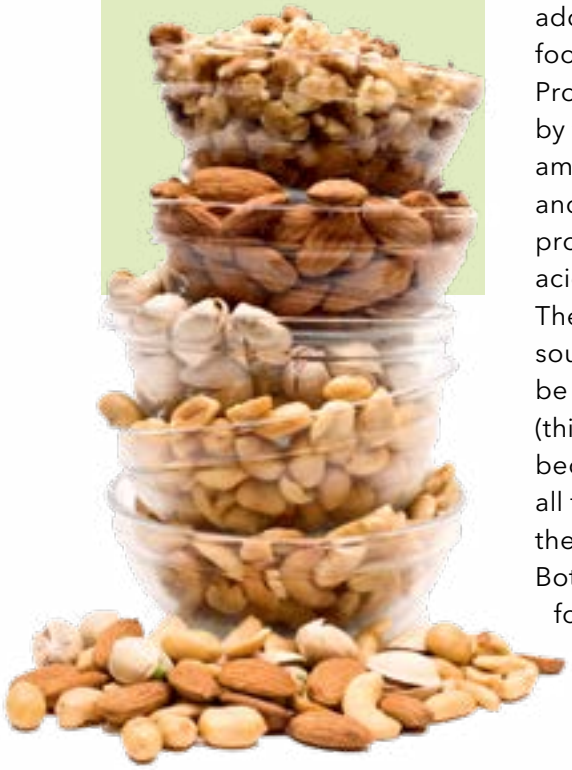
Protein has a number of key roles in our bodies: it enables the growth and repair of body tissues; forms muscles, skin and hair; maintains fluid balance; and enables cell-to-cell communication, among many other things.

An average 76kg man is made up of about 12kg of protein; the largest part of that, about 6kg, will be skeletal muscle, while blood and skin together contain about 1.8kg.

Including protein at each meal can help keep you feeling satisfied and fuller for longer, supporting appetite control and healthy weight management. Varying your protein sources throughout the week also helps you get a broader range of essential nutrients.

Get more satisfaction

Protein is one of the main reasons why dietitians often recommend snacking on nuts or yoghurt, rather than a low-kilojoule biscuit. Meals with a good helping of protein from meat, fish, chicken, eggs, beans or lentils help us feel full and satisfied for longer. Protein also plays a key role in regulating our hunger hormones, particularly ghrelin which triggers hunger pangs.





Where is protein found and which types are best?

Protein is found naturally in both animal and plant-derived foods. These days it's also added to all sorts of processed foods to boost protein value.

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 tend to be animal-derived foods (think meat, fish, eggs, dairy), 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 our bodies need.

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 heart-healthy portion sizes of lean red meat 3-4 times a week to help meet 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 essential amino acids that the body can't produce.

Soy protein contains all of the essential amino acids, so it's an exception. That means it's particularly good to include foods that contain soy protein, such as tofu, soy milk and tempeh, in a vegetarian diet.

Quinoa, a seed that is used like a grain, is also a complete plant-based protein.

Plant-based foods that are a good source of protein also provide the body with other essential nutrients. Eating a wide variety of plant-protein sources will ensure you get all nine essential amino acids.

LEGUMES AND PULSES: are high in soluble fibre and contain iron, B vitamins, magnesium, phosphorus and zinc. Soybeans are also rich in isoflavones. Legumes and pulses include dried beans, peas and lentils.

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

TOFU: also contains iron and calcium.





PROTEIN CALCULATOR

HEAD HERE

to calculate your daily needs



SPREAD IT OUT
Try to include protein throughout the day, rather than all in one meal. This helps maintain muscle mass in older adults.

How much protein do we really need?

Individual protein requirements vary according to age, sex, activity levels and some medical conditions. While there is a minimum level of protein that our bodies need, the other factor to consider is that protein foods also contain a wide range of vitamins and minerals that we need to maintain good health.

While most Aussies and Kiwis get adequate protein from their diet, and deficiencies are rare, there are some people who may need to pay closer attention to what they're eating to ensure they meet their requirements, such as:

- elite athletes
- children and teenagers
- pregnant or breastfeeding people
- people recovering from illness or surgery
- older people
- people with malnutrition
- strict vegetarians or vegans
- people with chronic kidney disease.

In an article in *The Conversation,* Cardiff Metropolitan University dietetics lecturer Aisling Pigott suggests most people may benefit from a little more protein than current guidelines suggest, but less than what is often promoted by wellness influencers on social media.

Average protein recommended per day

Dietitians Australia recommends the following approximate intake:

Adult women
0.75g/kilogram of body weight

Adult men
0.84g/kilogram of body weight

Pregnant, breastfeeding or over 70 years old
1g/kilogram of body weight

Infants
0-6 months › 1.43 g/kg body weight
7-12 months › 1.6 g/kg body weight

Children and adolescents recommended daily intake (RDI)

Australian National Health and Medical Research Council (NHMRC) and New Zealand Ministry of Health (MoH) recommended the following daily intakes for children and teens.

All
1-3 years › 1.08g/kg body weight
4-8 years › 0.91g/kg body weight

Boys
9-13 years › 0.94g/kg body weight
14-18 years › 0.99g/kg body weight

Girls
9-13 years › 0.87g/kg body weight
14-18 years › 0.77g/kg body weight

Your *protein-rich* day on a plate

Hit your daily protein goals with nutritious foods – and make it tasty!

Which protein foods are best?

Ensuring a good mix of different protein sources is a healthy, satisfying way to boost your nutrient intake – whether you choose to eat animal or plant sources. So the ideal way to get your protein naturally is eating from a wide variety of all food groups. And you'll also get more of the other important nutrients for good health that way, including fibre, healthy fats, carbs, vitamins, minerals and antioxidants.

What about protein powders and fortified snacks?

Protein powders and protein-fortified snacks aren't really necessary for most of us, as we can adequately meet our protein needs through eating a wide variety of whole and minimally processed foods. Critics warn the marketing of protein-fortified products may lead to a 'health halo effect,' where consumers equate high protein content with overall nutritional value.

If you enjoy the convenience of protein powders or bars, it pays to look at the back of pack and opt for versions with the least number of added ingredients and keep an eye on fibre content, sat fat and energy. If you choose a flavoured protein powder, go for one with stevia (a natural sweetener without kilojoules) or natural flavouring.

When it comes to protein ice cream, biscuits, drinks and chocolate, just remember the added protein doesn't suddenly make them health foods. They are still treat foods, to be enjoyed occasionally.

It's also worth remembering that any protein you eat above what your body needs will either be excreted as waste or stored as weight gain.



GO NUTS
A sprinkle of nuts or seeds can add protein, healthy fats and minerals to meals and snacks.



Breakfast

Bowl of high-fibre, low-GI cereal (30g) and high-protein milk (250ml) topped with sliced fresh fruit (150g)

Morning tea

1 low-fat yoghurt (200g)

Lunch

Wholegrain bread sandwich (2 slices) with canned tuna (100g), 1 slice (20g) reduced-fat cheese, 1 cup salad with edamame beans and 2 teaspoons reduced-fat spread

Afternoon tea

1 piece fresh fruit and 30g almonds and walnuts

Dinner

Beef stir-fry (100g lean stir-fry strips, raw weight), ½ cup cooked basmati rice, 2 cups cooked mixed vegetables, eg, bok choy, mushrooms, carrot, capsicum and 1 teaspoon canola oil. hfg







Protein Power

brilliant breakfasts | lunches to love | protein-packed dinners



Photography: James Moffatt

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



Fruit salad parfait

Serves **1** Time to make **5 mins**

✓vegetarian

¾ cup **reduced-fat Greek-style yoghurt**
⅓ cup **granola**
⅓ 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 layers and garnish with more fruit, fresh mint and goji or freeze-dried raspberries, if using.

HIGH CALCIUM | HIGH FIBRE | HIGH PROTEIN | LOW SODIUM

PER SERVE

1700kJ/410cal	Sugar 26g
Protein 22g	Fibre 8.5g
Total fat 11g	Sodium 236mg
Sat fat 3.6g	Calcium 323mg
Carbs 48g	Iron 0.5mg

Recipe Jenny de Montalk Photographer Jeremy Simons

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, then drain and set aside to cool slightly.
2 In a large bowl beat eggs together with the milk.
3 Spray a frying pan 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.

HIGH PROTEIN | LOW kJ | LOW SODIUM | HIGH CALCIUM | 3½ VEGIE serves

PER SERVE

1340kJ/320cal	Sugar 4.1g
Protein 22.3g	Fibre 4.2g
Total fat 17.3g	Sodium 326mg
Sat fat 8.1g	Calcium 317mg
Carbs 19.1g	Iron 3.4mg

Recipe: Sarah Swain Photography: Steve Brown. Styling: Jenn Tolhurst. Food prep: Sarah Mayoh



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

HIGH PROTEIN · 2 VEGIE serves

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.

Recipe: Jenny de Montalk. Photographer: Steve Brown

Lunch



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, 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)

HIGH CALCIUM · HIGH FIBRE · HIGH PROTEIN · HIGH IRON · 3 VEGIE serves

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.

Recipe: Jenny de Montalk



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 **reduced-salt 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**

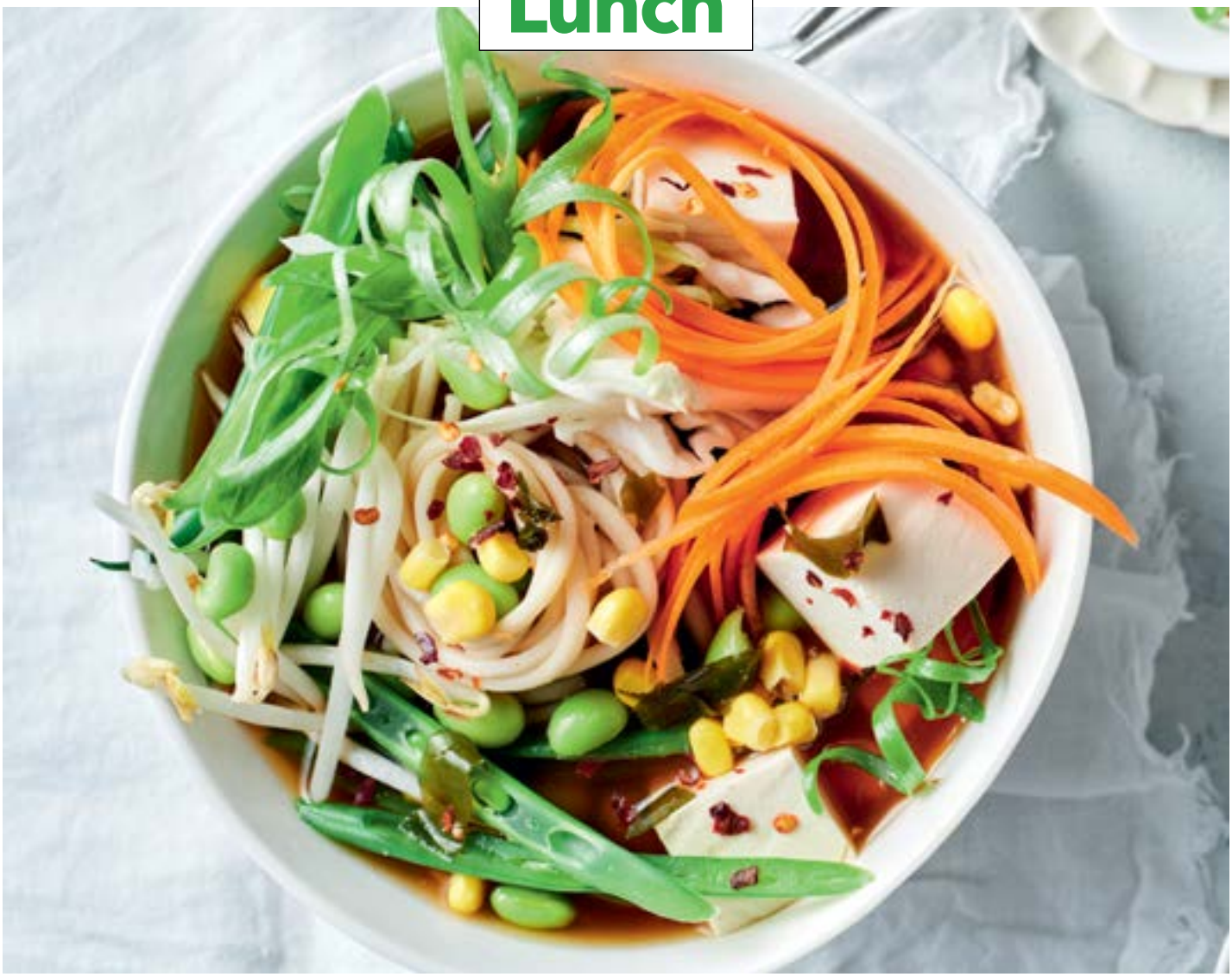
1 Preheat oven to 180°C. Line a baking tray with baking paper.
2 Place chilli sauce in a bowl. Add tofu, gently tossing to coat. Place breadcrumbs in another bowl. Add tofu, gently tossing to coat. Transfer crumbed tofu to tray and bake for 10 minutes or until golden. Remove and set aside.

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.

HIGH CALCIUM · HIGH FIBRE · HIGH PROTEIN · 3 VEGIE serves

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

Recipe: Joel Feren. Photographer: Steve Brown



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

HIGH CALCIUM · HIGH FIBRE · HIGH IRON · HIGH PROTEIN · 4 VEGIE serves

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

Recipe: Jenny de Montalk. Photographer: James Moffatt



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.

HIGH PROTEIN | LOW kJ | HIGH FIBRE | LOW SODIUM | 2 VEGIE serves

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

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.

Recipe: Chrissy Freer. Photographer: Steve Brown



Katsu chicken slaw

Serves **4** Time to make **45 mins**

✓dairy free

1 **egg**
⅔ cup **panko breadcrumbs**
2 **chicken breast fillets**, cut in half horizontally

Dressing

2 tablespoons **lime juice**
1½ tablespoon **reduced-salt soy sauce**
2 teaspoons **sesame oil**
2 teaspoons **brown sugar**

Salad

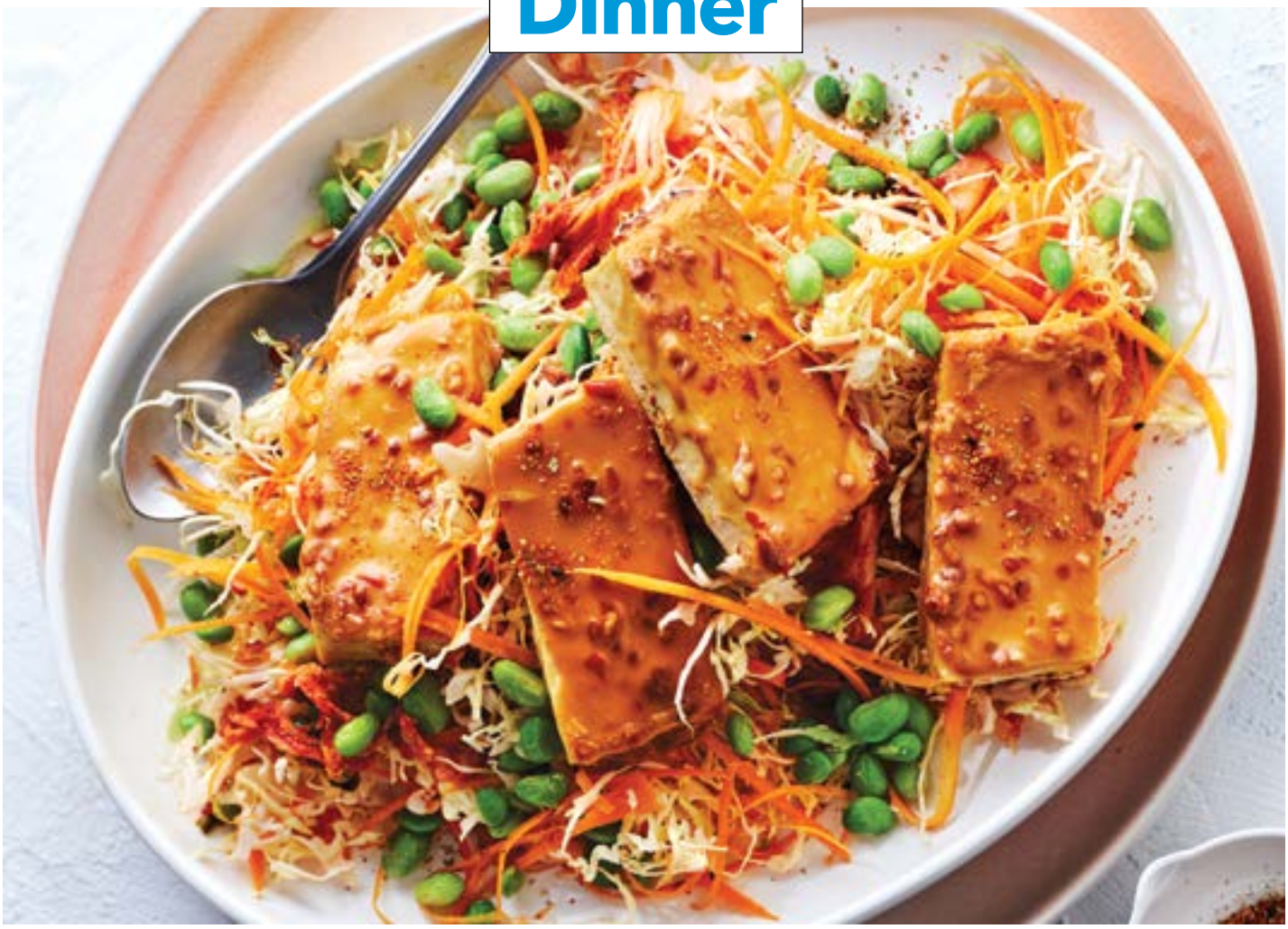
2 large **carrots**, spiralised into noodles
¼ small **white cabbage**, shredded
200g **snow peas**, thinly sliced
2 cups **shelled edamame**, blanched
1 medium **red capsicum**, thinly sliced
4 **spring onions**, thinly sliced
1 cup loosely packed **fresh herbs** (we used **mint** and **coriander**), a little reserved for garnish
100g packet **crispy noodles**
2 teaspoons **reduced-fat kewpie mayo**, to garnish
2 teaspoons **black sesame seeds**, toasted, to garnish

1 Preheat oven to 180°C. Lightly spray an oven tray with oil, then line with baking paper.
2 In a shallow bowl, lightly whisk egg. Place panko in another shallow bowl. Working with one fillet at a time, dip into egg, then panko to coat. Place fillets on prepared tray. Lightly spray with oil and bake for 20 minutes or until golden and cooked through. When chicken is cool enough to handle, slice thinly.
3 In a small bowl, place lime juice, soy sauce, sesame oil and brown sugar. Stir until sugar dissolves.
4 In a large bowl, combine carrot, cabbage, snow peas, edamame, capsicum, spring onions, fresh herbs and noodles. Pour over dressing and toss to combine.
5 Divide salad mixture among four serving plates. Top each with sliced chicken. Drizzle over kewpie mayo. Serve chicken katsu salad sprinkled with black sesame seeds and remaining herbs.

HIGH PROTEIN | HIGH FIBRE | HIGH IRON | 2½ VEGIE serves

PER SERVE	
2570kJ/610cal	Sugars 14g
Protein 50g	Fibre 13g
Total fat 19g	Sodium 782mg
Sat fat 3.5g	Calcium 126mg
Carbs 59g	Iron 5.5mg

Recipe: HFG staff Photographer: Jeremy Simons



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 on tray along with edamame.
2 In a bowl combine satay sauce ingredients 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 In a bowl combine carrot, cabbage and kimchi and mix well. Divide between 2 plates. In a small bowl mix mayonnaise and yoghurt.
4 Add tofu and edamame to plates. Serve with mayo and chilli sauce and garnish with furikake or sesame seeds, if using.

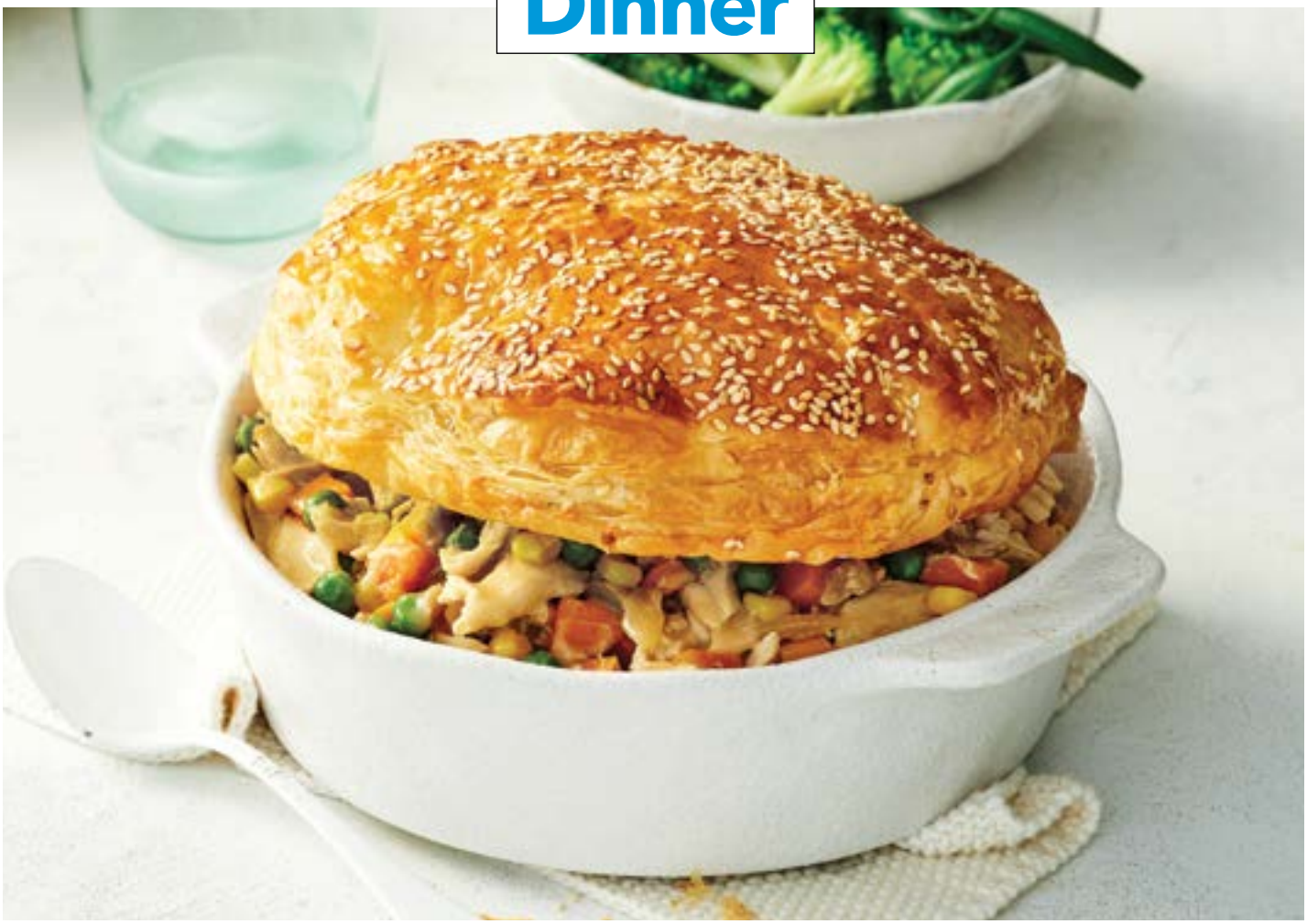
Cook's tip Furikake is a popular Japanese seasoning made with seaweed. Check the ingredients list if you want a vegetarian version as some contain fish.

HIGH CALCIUM · HIGH FIBRE · HIGH PROTEIN · 4 VEGIE serves

PER SERVE

2161kJ/516cal	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

Recipe: Niki Bezzant. Photographer: Jeremy Simons



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 softened (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. 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 the pastry top adds a little extra pizzazz.

HIGH PROTEIN · LOW kJ · LOW SODIUM · 3 VEGIE serves

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

Recipe: Jenny de Montalk. Photographer: John Paul Urizar



Gluten-free green pasta with edamame and parmesan

Serves **4** Time to make **40 mins**
✓gluten free ✓vegetarian

1 **spring onion**, finely chopped
1 clove **garlic**, finely chopped
3 cups chopped **broccoli** (florets and stalk)
½ cup **reduced-salt gluten-free vegetable stock** or **miso** (see Cook's tip)
4 cups **rocket leaves**
½ cup **grated parmesan**
1½ cups **gluten-free pasta**
¾ cup **edamame beans**
2 cups **baby spinach**
Chilli flakes to serve (optional)

1 In a pot, place spring onion, garlic, broccoli and stock with 1 cup water and bring to a simmer over medium-high heat. Cover and cook for 5 minutes until vegies are just tender.
2 While the sauce cooks, make pasta according to packet instructions. Drain, reserving a little of the pasta water.
3 Remove sauce from heat and stir in rocket and half the parmesan. Using a stick blender, puree mix to make a smooth sauce.
4 Add pasta, edamame and spinach to sauce. Place over a low heat and mix to combine. Toss to coat pasta, and add a little pasta water to loosen the sauce if needed.
5 Serve pasta garnished with plenty of black pepper and remaining parmesan. Add chilli flakes, if desired.

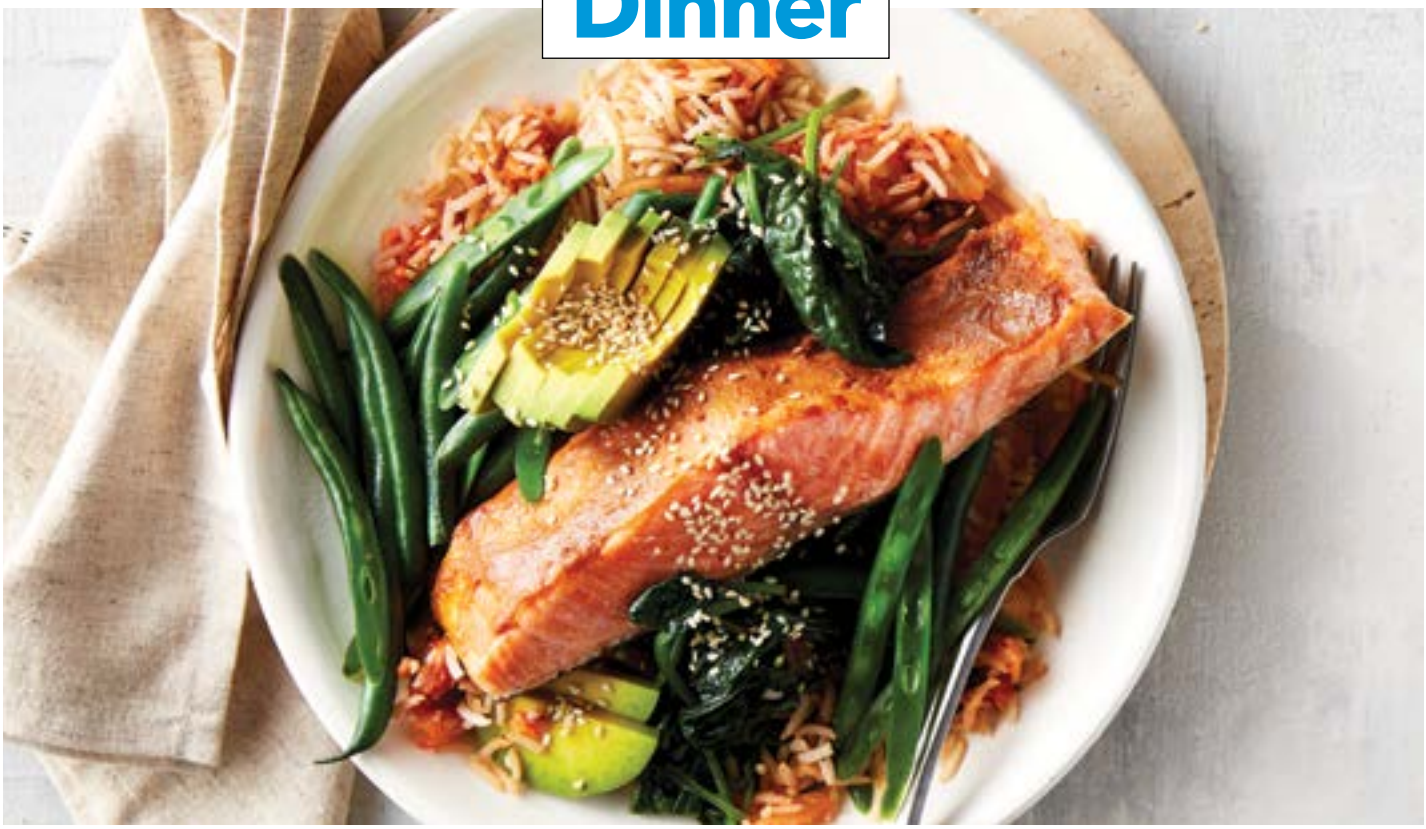
Cook's tip

Mix 1 teaspoon miso paste with ½ cup water instead of vegie stock.

4½ VEGIE serves | HIGH PROTEIN | HIGH FIBRE | HIGH CALCIUM | HIGH IRON

PER SERVE	
2651kJ/634cal	Sugars 1.6g
Protein 34g	Fibre 14g
Total fat 21g	Sodium 806mg
Sat fat 12g	Calcium 675mg
Carbs 72g	Iron 6.7mg

Recipe: Niki Bezzant Photographer: Steve Brown



Miso salmon and kimchi rice bowls with garlic spinach

Serves **4** Time to make **35 mins**

✓dairy free

2 cups **brown basmati rice**
1 cup **kimchi**, chopped
6 cups **green beans**, trimmed
1 teaspoon **olive oil**
2 cloves **garlic**, crushed
120g **baby spinach**
4 tablespoons **white miso paste**
4x 100g s**almon fillets**
1 **avocado**, sliced thinly
2 tablespoons **toasted sesame seeds**

1 Preheat oven to 200°C. Line a baking tray with baking paper.
2 In a pot, cook rice according to packet directions. Season with cracked pepper. Remove from heat and stand, covered, for 10 minutes. Stir through kimchi.
3 Meanwhile, in a pot of boiling water, cook beans for 2-3 minutes. Drain well.
4 Add oil to the same pot and place over medium heat. Add garlic and spinach and cook until just wilted.
5 Spread miso over salmon fillets and place on prepared baking tray. Bake for 13 minutes. In the last 5 minutes turn up the grill to brown the salmon.
6 To serve, spoon rice into serving bowls, top with salmon, green beans, spinach, avocado and sesame seeds.

Cook's tip
You can marinate the salmon fillets overnight with the miso, covered in the fridge.

2½ VEGIE serves | HIGH PROTEIN | HIGH FIBRE | HIGH CALCIUM

PER SERVE	
3242kJ/775cal	Sugars 9g
Protein 40g	Fibre 13g
Total fat 26g	Sodium 962mg
Sat fat 4.2g	Calcium 351mg
Carbs 93g	Iron 3.8mg

Recipe: Vikki Moursellas Photographer: Steve Brown



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...?

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- 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.

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Chief Collagen Protein is available online at
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Watch the recipe video →



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**

HIGH CALCIUM · HIGH FIBRE · HIGH PROTEIN · LOW SODIUM

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.

Recipe: Jenny de Montalk. Photographer: James Moffatt



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	Sugar 12.5g
Protein 5.7g	Fibre 1.8g
Total fat 13g	Sodium 190mg
Sat fat 3g	Calcium 28mg
Carbs 14.5g	Iron 0.8mg

Recipe: Jenny de Montalk. Photographer: James Moffatt

DJ&A

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