



# HEALTHY CATS

A collection of recipes from your favourite Geelong Cats players



# Refresh Yourself



AUSSIE APPLES



# WELCOME!

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Welcome to **Healthy Cats** – a collection of recipes from our playing group to inspire families to cook at home.

This is a great new book that lists all of our players' favourite meals, perfect for kids, or when you want to impress the family with dinners that can be simple to prepare but look amazing on the plate!

As AFL players, diet makes up a very important component of our job. The energy that we require to run, lift weights and push our bodies to the limit comes from what we eat. Quality food consumed at the right time of the day is vital for us to be at our best. The correct balance of carbohydrates, proteins and fats ensures we run out on game day ready to push ourselves to the limit to help the Cats win.

Like us, your energy requirements will vary throughout a day. Making sure you are able to function at your best can be determined by what you eat.

Quality meals can taste great, be simple to make and don't have to cost a fortune. We hope that you will find our favourite recipes easy to prepare, full of flavour and packed with the right nutritional value for you.

So learn to enjoy food, enjoy cooking and most of all enjoy doing it with the company of people who make you smile!



Harry Taylor  
Geelong Cats Vice Captain



# INTRODUCTION

Geelong Cats and Healthy Together Geelong are working together to promote healthy choices in the community. Healthy Together Geelong also works with schools, early learning centres, workplaces and the community to address the underlying causes of poor health. For information, go to [www.geelongaustralia.com.au/healthygeelong](http://www.geelongaustralia.com.au/healthygeelong)

The recipes in this book have been assessed by Nutrition Australia, Victorian Division against the School Canteens and Other School Food Services Policy using a 'traffic light' system to classify foods and drinks as **GREEN**, **AMBER** and **RED**, according to their nutrition content. Images used have been professionally styled and photographed and flowers have been used for decoration only.



**GREEN (Everyday) category:** These foods and drinks are the healthiest choices. They are good sources of nutrients essential for good health and lower in saturated fat, added fats, sugars and/or salts. e.g. breads and cereals, rice, pasta, vegetables; fruits; reduced fat milk, yoghurt and cheese; lean meat and poultry, fish, eggs, nuts, legumes and water.



**AMBER (Select Carefully) category:** These foods and drinks should be selected carefully and consumed in moderation. They are generally processed and contain added saturated fats, sugars and/or salts and provide excess energy (kilojoules) if consumed in large amounts. e.g. regular-fat milk, yoghurt and cheese; some sweet and savoury snack foods (lower in fat, sugar and salt); lean processed meats; small 99% fruit juices; and artificially sweetened drinks.



**RED (Occasionally) category:** These foods and drinks are low in nutrients, may be high in saturated fats, added sugars and/or salts and should be eaten rarely and in very small amounts. e.g. Confectionery; sugar sweetened drinks; deep-fried foods; high fat processed meats; most pastry-based foods; most sweet and savoury snack foods and ice-creams.

## HEALTHY TIPS

- *Aim for at least 2 serves of fruit and 5 serves of vegetables each day*
- *Replace regular fat milks, yoghurts and cheese with reduced fat varieties*
- *Avoid deep fried foods*
- *Consume plain water as the drink of choice*
- *Avoid sugar-sweetened drinks (e.g. soft drinks, sports drinks, flavoured mineral waters, cordials and fruit drinks)*
- *Limit take away foods containing large amounts of added fats, sugars and/or salts.*
- *In place of butter, try using poly/mono unsaturated oil or margarine in your cooking.*





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# AVOCADO & CORN PASTA



## INGREDIENTS

- 400g fettuccine
- 1/2 cup mushrooms, sliced
- 2 chicken breast, diced
- 1 can creamed corn
- 1 large avocado, diced
- 1 cup 97% fat free sundried tomatoes
- 1 cup light evaporated milk
- 2 spring onions, chopped

## METHOD

Cook pasta as per instructions on packet. In frypan cook chicken until browned. Add everything else and cook until heated through. Add spring onions at the end.

Serve on top of pasta with Parmesan.

Serves 4

# CHICKEN, CHILLI, TOMATO & AVOCADO JAFFLES

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## INGREDIENTS

- 1 grilled chicken breast
- 1 tomato sliced
- 1 large avocado
- Fresh chilli or chilli flakes (optional)
- 6 slices of wholemeal bread

## METHOD

Cut chicken into thin slices. Mash the avocado.

Fill each sandwich with the chicken, avocado, tomato and chilli to your taste.

Toast in your jaffle or sandwich maker.

Makes 3





# JAPANESE PORK GYOZA



## INGREDIENTS

- 400g lean pork mince
- 1 cup cabbage, finely shredded
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 3cm piece ginger, peeled, grated
- 2 garlic cloves, crushed
- 30 gow gee wrappers
- 1 tbsp vegetable oil
- Sliced green onions, to serve

### Dipping sauce

- 1/3 cup teriyaki sauce
- 1 tsp sesame oil

## METHOD

Place mince, cabbage, sesame oil, soy sauce, ginger and garlic in a bowl. Stir to combine.

To make dumplings: Spoon 1 heaped teaspoon mince mixture on 1 half of wrappers. Brush edges with cold water. Fold remaining wrapper halves over to enclose filling. Press edges together to seal.

To cook dumplings: Heat half the vegetable oil in a large frypan over high heat. Reduce heat to medium-high and arrange half the dumplings in pan. Cook for 1 to 2 minutes or until bases are browned. Add 1/2 cup hot water. Cover with lid. Cook for 4 to 5 minutes, adding more

water if necessary. Remove from heat. Uncover. Stand for 1 to 2 minutes or until dumplings come away from pan easily. Repeat with remaining oil and dumplings.

To make the dipping sauce: Place teriyaki sauce and sesame oil in a bowl. Stir to combine. Serve dumplings with dipping sauce and onion.

**Makes 30**



# CHICKEN SALAD



## INGREDIENTS

- 250g trussed baby tomatoes
- 2 tbsp olive oil
- 4 pancetta slices
- 1/4 Turkish bread, cut into 2cm pieces
- 1 garlic clove, crushed
- 2 chicken breast fillets
- 100g baby rocket leaves
- 1/4 cup low fat mayonnaise
- 1 tbsp lemon juice
- 1 tbsp wholegrain mustard

## METHOD

Preheat oven to 180°C. Place tomatoes on an oven tray; drizzle with 2 teaspoons of the oil. Season with salt and pepper. Bake in oven for 15 minutes or until tomatoes begin to collapse. Remove from oven and set aside to cool.

Meanwhile, place the pancetta and Turkish bread on separate oven trays. Combine the garlic and 1 tablespoon of the oil in a small bowl; drizzle over the bread. Gently toss to coat. Bake the bread and pancetta in oven, turning occasionally, for 10 minutes or until golden and crisp. Remove from oven and set aside to cool.

Season the chicken with salt and pepper. Heat remaining oil in a frypan over medium heat. Add

chicken; cook for 3-4 minutes each side or until golden and cooked through. Remove from heat; set aside for 5 minutes to rest. Thinly slice.

Arrange the rocket, crumbled pancetta, chicken, croutons and tomatoes on serving plates. Combine the mayonnaise, lemon juice and mustard in a bowl. Drizzle over the salad and serve immediately.

**Serves 2**



# Refresh Yourself



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Royal Gala		🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏			
Golden Delicious		🍏	🍏	🍏	🍏	🍏	🍏	🍏				
Red Delicious		🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏
Fuji			🍏	🍏	🍏	🍏	🍏	🍏	🍏			
Pink Lady™	🍏	🍏		🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏
Granny Smith	🍏	🍏		🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏
Jazz™				🍏	🍏	🍏	🍏	🍏	🍏	🍏		
Sundowner™			🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	
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🍏 Picking Time    🍏 Available in Stores



# RISSOLES & MASH



## INGREDIENTS

- 400g lean chicken mince
- 1 leek, trimmed, washed, finely chopped
- 1 tbsp fresh sage, finely chopped
- **1 apple grated and dried on paper towel**
- 1/3 cup breadcrumbs
- 8 fresh sage leaves, chopped
- Mashed potatoes, gravy and steamed snow peas, to serve

## METHOD

Combine mince, leek, sage, breadcrumbs, apple, salt and pepper in a large bowl.

Using clean hands, shape mixture into four 2cm-thick rissoles.

Press 2 sage leaves into 1 side of each rissole. Place on a plate.

Spray a large frypan with oil, and cook rissoles over medium-high heat for 3-5 minutes each side or until cooked through.

Serve rissoles with mash, gravy and snow peas.

Serves 4

# HAM, CHEESE & PINEAPPLE TOASTED SANDWICH



## INGREDIENTS

- 6 slices of multigrain bread
- 3 slices of reduced fat cheddar cheese
- Fresh ham off the bone (with fat cut off)
- Small tin of pineapple pieces (in natural juice), drain

## METHOD

Place the cheese, ham and pineapple in between two slices of bread.

Toast in the sandwich maker.

Makes 3





# BOLOGNAISE PASTA BAKE



## INGREDIENTS

- 1 tbsp olive oil
- 1 small brown onion, chopped
- 1 small zucchini, diced
- 150g lean beef mince
- 2 garlic cloves, crushed
- 200ml pasta sauce
- 1 1/4 cups (150g) dried mini penne pasta
- 1 tsp dried oregano
- 3/4 cup grated reduced fat pizza cheese
- Parsley, to serve

## METHOD

Heat oil in a frypan over medium heat. Add onion and zucchini. Cook, stirring until softened.

Add mince and garlic. Cook, stirring with a wooden spoon to break up mince, for 2 minutes or until browned.

Add pasta sauce, pasta, oregano and 2 1/3 cups cold water to pan. Stir to combine. Bring to the boil. Reduce heat to medium. Cook for 12 minutes or until pasta is tender and sauce has thickened. Season with salt and pepper.

Preheat grill on medium. Sprinkle pasta mixture with cheese. Grill for 1-2 minutes or until cheese has melted. Top with parsley. Serve.

Serves 2





# HOMEMADE PIZZA



## INGREDIENTS

- 4 x 15cm wholemeal Lebanese breads
- 1/3 cup (95g) salt-reduced tomato paste
- 100g chicken breast, sliced thinly
- 1 red capsicum, seeded, finely chopped
- 2 ripe tomatoes, finely chopped
- 8 button mushrooms, thinly sliced
- 1 cup (80g) coarsely grated light cheddar
- Mixed salad leaves, to serve

## METHOD

Preheat oven to 180°C. Place the bread on oven trays.

Spread the tomato paste evenly over each pizza base.

Arrange the chicken, tomato, capsicum and mushroom over each base and sprinkle with cheddar.

Bake for 8-10 minutes or until crisp and the cheddar melts.

Serve with salad leaves.

Serves 4



# CHICKEN & MUSHROOM RISOTTO



## INGREDIENTS

- 10 cups chicken stock
- 40g butter
- 1/2 cup olive oil
- 2 brown onions, finely chopped
- 4 cups Arborio risotto rice
- 1/2 cup white wine (optional)
- 1 1/2 tsp fresh thyme leaves
- 3 skinless chicken breast fillets, cut into pieces
- 200g button mushrooms, cut into pieces
- 4 garlic cloves, crushed
- 1 1/2 cups Parmesan cheese, finely grated

## METHOD

Bring the stock just to the boil in a large saucepan. Reduce heat and hold at a gentle simmer.

Heat butter and 2 tablespoons of oil in a heavy-based stockpot or large flameproof casserole dish over medium heat. Add the onion. Cook, stirring, for 5 minutes or until soft and translucent but not coloured. Add the rice and 1 tablespoon of thyme. Cook, stirring, for 1 minute or until the grains appear slightly glassy.

Add the wine to the rice mixture and cook, stirring, until the liquid is absorbed. Add a ladleful (about 125ml/1/2 cup) of the simmering stock to the rice and stir constantly with a wooden spoon until the liquid is absorbed. Continue adding the stock mixture, a ladleful at a time, stirring constantly and allowing the liquid to be absorbed before adding the next ladleful,

for 20-30 minutes or until the rice is tender yet firm to the bite and the risotto is creamy.

Heat remaining oil in a large frypan over high heat. Add the chicken and stir-fry for 5 minutes or until chicken just starts to brown. Add the mushrooms and garlic. Cook for 2 minutes.

Add the chicken mixture, Parmesan and remaining thyme to the risotto and combine. Season with salt and pepper to serve.

**Serves 8**



# HOMEMADE LASAGNE



## INGREDIENTS

- 500g lean pork and veal mince
- 4 fresh lasagne sheets
- Olive oil spray
- 1 brown onion, finely chopped
- 2 celery sticks, trimmed, finely chopped
- 1 carrot, peeled, finely chopped
- 2 garlic cloves, crushed
- 400g can diced tomatoes
- 1/3 cup reduced fat cheddar, finely grated
- 40g butter
- 1/4 cup plain flour
- 1 & 2/3 cup light milk
- Green salad, to serve

## METHOD

Preheat oven to 190°C. Spray four 500ml capacity baking dishes with oil.

Heat a frypan over medium heat. Spray with oil. Cook the onion, celery and carrot, stirring, until the onion softens. Add the garlic and cook for 1 minute.

Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until browned.

Stir in the tomato. Reduce heat to low. Simmer, stirring often, for 10 minutes or until the mixture reduces slightly.

To make the bechamel sauce, melt the butter in a saucepan over medium heat until foaming. Add the flour and cook, stirring, for 1 minute or until the mixture bubbles. Remove from heat. Gradually add the milk, stirring constantly, until smooth. Return to heat and cook, stirring, for 5 minutes or until the sauce thickens.

Cook, whisking, for 1 minute. Remove from heat. Stir in the reduced fat cheddar and season with pepper.

Cut each lasagne sheet into three pieces crossways. Spoon a little mince mixture among the dishes. Top with a lasagne sheet. Top with half the remaining mince. Continue layering, finishing with a lasagne sheet. Top with the bechamel sauce. Use the back of a spoon to smooth the surfaces. Sprinkle with the reduced fat cheddar.

Place the dishes on a baking tray. Bake in the oven for 40-45 minutes or until golden. Serve with green salad.

**Serves 4**

*James Kelly*





# LAMB ROAST



## INGREDIENTS

- 2.5kg lamb leg roast, at room temperature
- 2 garlic cloves, thinly sliced
- 1 lemon, rind finely grated, juiced
- 1/4 cup extra virgin olive oil
- 1 tbsp dried oregano leaves
- 5 fresh rosemary sprigs, leaves removed

## METHOD

Preheat oven to 180°C. Cut slits, 1cm deep and 2cm long, in the top of the lamb. Press a piece of garlic into each slit.

Place the lamb in a roasting pan. Combine the lemon juice and 2 tablespoons of oil in a small jug. Pour over the lamb. Sprinkle with the oregano.

Combine the rosemary leaves and lemon rind in a bowl. Press over the top of the lamb. Season with salt and pepper. Drizzle over the remaining oil.

Roast for 1 hour 45 minutes if you like your meat medium. Cover with foil. Set aside for 10 minutes to rest before carving. Remove fat before serving.

Serve with gravy, roast potatoes, roast pumpkin and steamed greens.

Serves 10



# CHICKEN & BROCCOLINI STIR-FRY



## INGREDIENTS

- 500g chicken thigh fillets, trimmed, sliced
- 1/4 cup hoisin sauce
- 2 garlic cloves, crushed
- 2cm piece fresh ginger, finely grated
- 2 tbsp rice bran oil
- 1 red onion chopped
- 1 bunch broccolini, trimmed and cut in half
- 410g can baby corn, drained, rinsed, halved lengthways
- 440g Hokkien noodles
- 1/4 cup dry-roasted cashew nuts

## METHOD

Combine hoisin sauce, garlic, ginger in a glass or ceramic bowl. Add chicken. Coat chicken in marinade. Cover. Refrigerate for 20 minutes.

Heat a wok over high heat. Add 2 teaspoons oil. Swirl to coat. Add half the chicken mixture. Stir-fry for 2-3 minutes or until just cooked through. Transfer to a bowl. Repeat with oil and remaining chicken mixture.

Heat remaining oil in wok. Add onion. Stir-fry for 1-2 minutes or until softened. Add broccolini and 1 tablespoon cold

water. Cover for 30 seconds. Add corn. Stir-fry for 2-3 minutes or until broccolini is bright green and just tender.

Return chicken and any juices to wok. Add noodles and cashews. Stir-fry for 1-2 minutes or until heated through. Serve.

**Serves 4**

# BAKED CHICKEN RISOTTO



## INGREDIENTS

- 1/2 butternut pumpkin, peeled, deseeded, cut into 2cm pieces
- 2 tbsp olive oil
- 1 leek, pale section only, washed, dried, thinly sliced
- 2 garlic cloves, crushed
- 1 1/2 cups Arborio risotto rice
- 3 skinless chicken breast fillets, coarsely chopped
- 4 cups chicken stock
- 1 tbsp finely grated lemon rind
- 1 cup (70g) shredded reduced fat Parmesan cheese
- 1 avocado sliced, to serve

## METHOD

Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Arrange the pumpkin on the tray and drizzle with half the oil. Season with salt and pepper. Bake in oven, on the top shelf, for 10 minutes or until tender.

Heat half the remaining oil in a flameproof ovenproof dish over medium heat. Add the leek and garlic, and cook, stirring, for 5 minutes or until soft. Add the chicken and cook, stirring, for 5 minutes or until browned slightly. Add the rice and stir to combine. Add the stock and bring to the boil.

Cover the dish and place in oven with the pumpkin and bake for a further 30 minutes or until the rice is tender. Remove the risotto and pumpkin from the oven. Add the pumpkin to the risotto with lemon rind and 3/4 cup (60g) of the Parmesan, and stir to combine. Divide among serving plates and sprinkle with the remaining Parmesan and avocado. Serve immediately.

Serves 4





# BEEF STROGANOFF WITH PASTA & GREEN BEANS



## INGREDIENTS

- 700g lean beef stir-fry strips
- 1 1/2 tbsp olive oil
- 1 brown onion, halved, thinly sliced
- 250g button mushrooms, sliced
- 1/4 cup plain flour
- 1 cup beef stock
- 2 tbsp Worcestershire sauce
- 2 tbsp light sour cream
- Pasta, cooked, to serve
- Steamed green beans, to serve

## METHOD

Heat 2 teaspoons of oil in a large non-stick frypan over medium heat. Add onion. Cook for 3 minutes. Add mushrooms. Cook until tender. Set aside.

Place flour, and salt and pepper into a shallow dish. Lightly coat beef strips in flour. Add 2 teaspoons of oil to frypan. Add half the beef. Cook over high heat until meat is browned, stirring occasionally. Remove. Repeat with remaining beef and oil.

Return beef, onion and mushrooms to frypan. Add stock and Worcestershire sauce.

Bring to the boil. Reduce heat to medium-low. Simmer for 8 minutes, or until sauce has thickened slightly. Season with salt and pepper. Remove from heat. Stir in sour cream.

Serve stroganoff with pasta and green beans.

Serves 4





# CHICKEN FILLET BURGER



## INGREDIENTS

- 1/3 cup reduced-fat mayonnaise
- 1/3 cup sweet chilli sauce
- 4 chicken thigh fillets, trimmed
- 2 tsp Portuguese chicken seasoning
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Olive oil cooking spray
- 4 multigrain bread rolls, halved
- 50g mixed salad leaves
- 1 large tomato, thinly sliced

## METHOD

Combine mayonnaise and sauce in a bowl. Cover and refrigerate.

Place chicken between 2 sheets of baking paper. Using the flat side of a meat mallet, pound until 1cm thick. Combine seasoning, oil and lemon juice in a shallow, ceramic dish. Add chicken and turn to coat. Cover and refrigerate for 30 minutes.

Preheat a barbecue plate to medium-high heat. Remove chicken from marinade. Cook for 2-3 minutes each side or until cooked through. Spray cut sides of rolls with oil.

Toast rolls on barbecue plate or chargrill for 1-2 minutes or until golden. Place salad leaves, tomato and chicken on roll bases. Top with mayonnaise mixture. Season with salt and pepper. Top with roll tops. Serve.

Serves 4



# EGGPLANT & CHERRY TOMATO PASTA



## INGREDIENTS

- 2 medium eggplants
- 1/2 punnet cherry tomatoes
- Handful fresh basil
- Reduced fat fetta
- Small amount of Parmesan cheese
- 1 tin tomatoes
- Fresh chilli, chopped
- 1 onion, diced
- 4 cloves fresh garlic, crushed
- Olive oil
- 500g pasta

## METHOD

Slice eggplant into 2cm slices and pan fry until golden. Take out of pan and chop into pieces.

Sauté diced onion in large pan with garlic, 1/2 basil and tomatoes. Add eggplant, chilli and tin tomatoes and simmer for 30 mins.

Cook pasta, drain and add to pan. Serve with scattered pieces of fetta, grated Parmesan and fresh basil.

Serves 4





# AVOCADO ON TOAST



## INGREDIENTS

- 1 ripe avocado, mashed
- 4 slices of wholemeal toast

## METHOD

Spread avocado onto the toast and enjoy!

Serves 2





# CHICKEN MANGO SALAD



## INGREDIENTS

- 2 tbsp olive oil
- 1 lemon, juiced
- 1/4 cup flat-leaf parsley leaves, chopped
- 1 long red chilli, deseeded, chopped (optional)
- 2 1/2 cups chopped roasted chicken, skin removed
- 2 mangoes, peeled, cut into 1cm cubes
- 100g mixed salad greens

## METHOD

Combine oil, 2 tablespoons lemon juice, parsley and chilli in a small bowl.

Combine chicken, mango and salad greens in a large bowl. Drizzle over chilli dressing. Toss lightly to combine. Serve.

Serves 4





# ASIAN SALAD & GRILLED FISH



## INGREDIENTS

- 1/4 green cabbage, core removed, finely shredded
- 4 red radishes, washed, stems and roots trimmed, thinly sliced
- 1 carrot, peeled, coarsely grated
- 1 cup bean sprouts
- **1 apple, sliced thinly**
- 50g snow pea sprouts, halved
- 4 green shallots, ends trimmed, thinly sliced diagonally
- 1 long fresh red chilli, halved, deseeded, thinly sliced lengthways
- 1/2 cup fresh coriander, coarsely chopped
- 1/4 cup fresh mint, finely shredded
- 1 tbsp light soy sauce
- 1 tbsp fresh lime juice
- 1 tbsp finely chopped palm sugar
- 2 tsp fresh ginger, finely grated
- 1/2 tsp sesame oil
- 1 tsp vegetable oil
- 8 small white fish fillets (such as bream)
- Salt & freshly ground black pepper
- Lime wedges, to serve

## METHOD

Combine the cabbage, radish, carrot, bean sprouts, snow pea sprouts, green shallot, chilli, coriander, apple and mint in a large bowl.

Whisk together the soy sauce, lime juice, palm sugar, ginger and sesame oil in a small bowl.

Heat the vegetable oil in a large non-stick frypan over high heat. Season the fish with salt and pepper. Cook the fish for 2-3 minutes each side or until golden brown and just cooked through.

Drizzle the salad with the soy sauce mixture and gently toss until just combined. Divide the salad among serving plates. Top with the fish and serve immediately with lime wedges, if desired.

Serves 4



# GARLIC PRAWNS



## INGREDIENTS

- 40ml olive oil
- 80g butter, chopped
- 4 garlic cloves, crushed
- 1kg medium green prawns, peeled leaving tails intact, deveined
- 1/3 cup loosely packed fresh chives, finely chopped, to garnish
- Steamed rice to serve
- Steamed broccolini and baby carrots to serve



## METHOD

Preheat oven to 200°C. Place four 250ml capacity ovenproof dishes on a baking tray. Place 1 teaspoon of oil in each dish. Place in preheated oven for 2 minutes or until hot.

Meanwhile, melt butter and garlic in a saucepan over low heat. Add prawns and stir to combine. Remove from heat.

Divide prawn mixture among prepared dishes. Cook in oven for 8 minutes or until prawns curl and change colour. Remove from oven.

Place dishes on plates. Sprinkle the prawns with chives and serve with steamed rice and vegetables.

Serves 4



# BUTTER CHICKEN



## INGREDIENTS

- 1kg chicken thigh fillets, fat trimmed, cut into large pieces
- 2 tsp butter chicken curry paste
- 1 tsp garam masala
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 2-3cm piece ginger, grated
- 1 lime, juiced, rind finely grated
- 500ml chicken stock
- 400g can diced tomatoes
- 2 tbsp cashew nut spread/butter
- 2 tbsp light cream, optional
- Thick yoghurt, steamed rice and fresh coriander leaves to serve

## METHOD

Combine the chicken, curry paste and garam masala in a large bowl, mix well. Set aside for 5 minutes.

Heat the olive oil over medium-high heat in a large pan. Add the chicken, garlic, ginger and lime rind. Cook for 4-5 minutes, stirring often until chicken is lightly browned.

Pour in the stock and tomatoes. Bring mixture to the boil, reduce heat and simmer, uncovered for 35-40 minutes or until the sauce has reduced and thickened.

Stir through the lime juice, cashew spread and cream, if using until just warmed through.

Serve the butter chicken with fresh coriander leaves and some steamed rice. Top with a dollop of thick yoghurt if you like.

Serves 4

# GREEK STYLE LAMB SALAD



## INGREDIENTS

- 220g lamb steaks
- 1 tbsp olive oil
- Ground black pepper, to taste
- 6 handfuls spinach or rocket leaves
- 2 spring onions, finely chopped
- 300g cherry tomatoes, halved
- 2 Lebanese cucumbers, sliced
- 400g green beans, lightly cooked, drained and refreshed
- 2 tbsp capers
- 1 lemon, juiced, zest finely grated
- 60g reduced fat feta or goat cheese, crumbled
- 4 tbsp pesto thinned with 2 tbsp extra virgin olive oil, to dress

## METHOD

Rub lamb with oil and season with salt and pepper. Heat a frypan over medium-high heat and sear lamb for 4 minutes each side. Remove from pan, cover with tin foil and tea towel and allow to rest.

While lamb rests, place spinach or rocket, spring onions, tomatoes, cucumbers, beans and capers in a salad bowl.

Slice lamb thinly across the grain and add to salad along with meat juices from the board and lemon zest and juice.

Toss to combine, then sprinkle with feta or goat cheese and drizzle with thinned pesto to serve.

Serves 4







# PIZZA SHIPS



## INGREDIENTS

- 12 small wholemeal par-baked bread rolls, halved
- 100g tomato and herb pizza sauce
- 1 cup reduced-fat pizza cheese
- 225g can pineapple pieces in natural juice, drained, chopped
- 200g ham off the bone
- 1 small green capsicum, finely chopped

## METHOD

Preheat oven to 200°C/180°C fan-forced. Line 2 baking trays with baking paper. Spread cut side of each roll with pizza sauce. Place on prepared trays.

Sprinkle rolls with 1/3 cup cheese. Top with pineapple, ham and capsicum. Sprinkle with remaining cheese.

Bake for 10 minutes or until cheese is melted and golden. Serve.

10 servings



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*Josh Caddy*



# POACHED EGGS WITH SPINACH & HAM



## INGREDIENTS

- 2 x 240g packets cherry truss tomatoes
- 250g lean ham
- 1 tbsp extra virgin olive oil
- 240g baby spinach leaves
- 1 tbsp white vinegar
- 6 eggs
- 6 thick slices multigrain bread, toasted

## METHOD

Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Place the tomatoes on the lined tray. Bake in oven for 25 minutes or until just tender.

Heat a non-stick frypan over medium-high heat. Add ham and cook for 2 minutes. Transfer to a plate and cover. Add oil and spinach to the pan and cook, stirring, for 2 minutes or until wilted.

Bring a large saucepan of water to the boil. Reduce the heat to medium. Add vinegar and use a wooden spoon to stir the water to make a whirlpool. Carefully crack 1 egg into the centre of the whirlpool and poach for 3-4 minutes for a soft egg or until cooked to your liking. Use a slotted spoon to transfer to a plate.

Repeat with remaining eggs.

Divide the toast among serving plates. Top with the ham, spinach and poached eggs. Season with salt and pepper.

Serve with the tomatoes.

**Serves 6**





# GARLIC & CHILLI MUSSELS



## INGREDIENTS

- 1 tbsp olive oil
- 3 garlic cloves, crushed
- 1 small fresh red chilli, deseeded, finely chopped
- 1 cup vegetable stock
- 20 black (local) mussels, scrubbed, debearded
- 1 cup fresh parsley, chopped
- 1/2 loaf crusty bread, sliced, to serve

## METHOD

Heat the oil in a wok or large saucepan over high heat. Add garlic and chilli, and cook, stirring, for 30 seconds or until aromatic. Add stock and bring to the boil. Reduce heat to medium and simmer, uncovered, for 3 minutes.

Add the mussels, cover and cook, shaking the wok or pan occasionally, for 5 minutes or until the mussels open. Discard any unopened mussels.

Toss parsley through mussels and sauce. Place the mussels in serving bowls and pour the remaining sauce over the top.

Serve with crusty bread.

Serves 4





# BEEF BURRITOS



## INGREDIENTS

- Olive oil spray
- 200g lean beef strips
- 4 wholemeal flat bread
- 2 cups iceberg lettuce, shredded
- 2 Roma tomatoes, sliced
- 1 red capsicum, seeded, thinly sliced
- 1 carrot, peeled, coarsely grated
- 1 tbsp sweet chilli sauce

## METHOD

Lightly spray a large non-stick frypan with oil spray. Place over high heat. Add 1/3 of the beef and cook, stirring, for 2 minutes or until browned and cooked through. Transfer to a bowl.

Repeat in 2 more batches with remaining beef.

Place the wraps on the plate. Top with beef, lettuce, tomato, capsicum, carrot and drizzle with sweet chilli sauce.

Wrap to enclose filling.

**Serves 4**

# SESAME BEEF STIR FRY



## INGREDIENTS

- 400g beef stir-fry strips
- 2 tbsp sesame seeds
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 2cm piece ginger, finely grated
- 1 carrot, peeled, cut into thin strips
- 115g baby corn, halved lengthways
- 150g green beans, trimmed
- 2 tbsp oyster sauce
- 2 tbsp fish sauce
- 2 tsp caster sugar
- Steamed Basmati rice, to serve

## METHOD

Combine beef and sesame seeds in a bowl. Toss to coat.

Heat a wok or frypan over medium-high heat. Add 1 tablespoon of oil. Swirl to coat. Add half the beef mixture. Stir-fry for 1-2 minutes or until browned. Remove to a plate. Repeat with remaining beef mixture. Set aside.

Add remaining oil, garlic and ginger to wok. Stir-fry for 1 minute or until aromatic. Add carrot, corn and beans. Stir-fry for 2-3 minutes or until vegetables are tender.

Combine oyster sauce, fish sauce and sugar in a bowl. Stir until sugar is dissolved. Add to wok.

Return beef mixture and any juices to wok. Stir-fry for a further 2 minutes or until beef is heated through.

Serve with rice.

Serves 4





# SMOKED SALMON SALAD



## INGREDIENTS

- 1 large cos lettuce, leaves separated
- 40g baby rocket leaves
- 40g homemade pita chips
- 1 1/2 tbsp extra light cream cheese
- 1 small avocado, cut into slices
- 220g smoked salmon slices, ripped into small pieces
- 1/4 small red onion, thinly sliced
- 1 tbsp light sour cream
- 2 tsp white balsamic vinegar
- 2 tsp lemon juice
- Lemon wedges, to serve

## METHOD

Arrange cos leaves and rocket on a serving platter. Place pita breads under the grill to toast. Cut or break into chips and spread them with the cream cheese.

Top the salad with the homemade pita chips, avocado, smoked salmon and onion.

Whisk together sour cream, vinegar and lemon juice in a small bowl. Season. Drizzle salad with the dressing.

Serve with lemon wedges if desired.

Serves 4





# PANCAKES WITH STRAWBERRIES



## INGREDIENTS

- 2 cups self-raising flour (1 x wholemeal)
- Pinch of salt
- 2 cups light milk
- 2 eggs
- 60g butter, melted
- Melted butter, extra, to grease
- 2 x 250g punnets strawberries, washed, hulled, halved, to serve

## METHOD

Sift the flour and salt into a large bowl. Make a well in the centre. Whisk together the milk and eggs in a large jug. Add the milk mixture to the flour mixture, whisking constantly until a smooth batter forms. Stir in the melted butter. Cover with plastic wrap and place in the fridge for 30 minutes to rest.

Heat a large non-stick frypan over medium heat. Brush with the extra melted butter to lightly grease. Pour 80ml (1/3 cup) of the batter into the pan to form a 15cm-diameter pancake. Cook for 2-3 minutes or until bubbles appear on the surface and the pancake is golden underneath.

Turn and cook for a further 1-2 minutes or until golden. Transfer to a plate and cover with a clean tea towel to keep warm. Repeat, in 9 more batches, with melted butter and remaining batter, reheating pan between batches.

Place pancakes on serving plates. Top with strawberries.

**Makes 10**

# CURRIED SAUSAGES



## INGREDIENTS

- 750g sausages, cut into 1cm pieces
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 2 carrots, peeled, thinly sliced
- 1 cup frozen peas
- 1 tbsp olive oil
- 1-2 tbsp curry powder
- 2 cup low salt chicken stock
- **1 apple, grated**
- Steamed rice or mashed potato to serve



## METHOD

Heat oil and saute onions.

Add curry powder, garlic, carrots and fry gently for a few minutes.

Add sausages and cook for 5 minutes.

Add stock and grated apple.

Cover pan and simmer gently for 1.5 hours. Stir occasionally.

Stir in peas and cook for 1-2 minutes until heated through.

Serve with steamed rice or mash potato.

Serves 4





Refresh  
Yourself



 AUSSIE APPLES





# SCRAMBLED EGGS



## INGREDIENTS

- 8 eggs, lightly beaten
- 1/3 cup reduced fat cream
- 25g butter
- Toasted crusty bread and chopped chives, to serve

## METHOD

Put eggs and cream in a bowl. Season with salt and pepper. Whisk until frothy.

Melt butter in a frypan over medium heat. Pour eggs into pan. Stir gently with a wooden spoon for 2 minutes or until eggs are just set. Remove pan from heat.

Serve with toasted crusty bread and chives.

Serves 4



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*Jordan Curico*

# CHICKEN & VEGETABLE LAKSA



## INGREDIENTS

- 250g packet dried vermicelli noodles
- 1 tbsp olive oil
- 185g jar Malaysian laksa paste
- 2 cups salt-reduced chicken stock
- 2 x 270ml cans light coconut milk
- 500g chicken breast fillets, thinly sliced
- 2 tbsp fish sauce
- 300g broccoli, cut into small florets
- 150g green beans, trimmed, cut into thirds
- 125g cherry tomatoes, halved
- 1/2 cup fresh mint leaves
- 2 cups beansprouts, trimmed
- Lime wedges, to serve

## METHOD

Place noodles in a large, heatproof bowl. Cover with boiling water. Stand for 5 minutes or until noodles soften. Drain.

Meanwhile, heat oil in a wok over medium-high heat. Add laksa paste. Cook, stirring, for 2-3 minutes or until fragrant. Add stock, coconut milk and fish sauce. Bring to the boil. Add chicken. Reduce heat to medium-low, simmer for 5 minutes. Add broccoli and beans. Simmer for 2 minutes. Add tomato. Simmer for 1 minute or until broccoli is bright green and tender.

Divide noodles between bowls. Ladle laksa over noodles. Top with mint, beansprouts and shallots.

Serve with lime.

Serves 4





# BAKED EGGS



## INGREDIENTS

- 8 slices (100g) lean ham
- 150g baby spinach
- 2 tbsp reduced fat Parmesan cheese, finely grated
- 4 eggs
- 4 slices wholemeal bread, toasted

## METHOD

Preheat oven to 180°C/160°C fan-forced. Lightly grease four 3/4 cup-capacity ovenproof dishes. Line base and sides of each dish with 2 slices of ham.

Place spinach in a microwave-safe bowl. Microwave on high (100%) for 1 minute 30 seconds or until just wilted. Transfer spinach to a sieve. Using the back of a spoon, press down on spinach to drain excess liquid.

Divide spinach between prepared dishes. Sprinkle each with 2 teaspoons Parmesan.

Gently crack 1 egg into each dish. Season with salt and pepper. Place dishes on a baking tray. Bake for 16-18 minutes or until eggwhite is just set. Remove from oven. Stand for 2 minutes.

Serve with toast.

**Serves 4**



# EGGS BENEDICT



## INGREDIENTS

- 4 eggs, room temperature
- 4 English muffins, split
- 20g baby spinach leaves
- 125g shaved lean ham
- 1 avocado, thinly sliced

### Hollandaise sauce

- 1 tbsp white wine vinegar
- 2 egg yolks
- 150g butter, melted, cooled
- 1 tbsp lemon juice

## METHOD

To make the sauce - process vinegar and egg yolks in a food processor. Slowly add butter in a thin stream. This should take 3 minutes. Stir in lemon juice. Transfer to a bowl. Season with salt and pepper. Cover with wrap.

Fill saucepan two thirds full with water. Add a pinch of salt. Bring to the boil over medium-high heat. Reduce heat to medium-low. Break 1 egg into a saucer. Stir water until a whirlpool forms. Slide egg into water. Cook, without stirring, for 3 minutes for a soft yolk or 4 minutes for a semi-soft. Remove to a plate with a slotted spoon. Repeat with remaining eggs.

Meanwhile, toast muffins. Top muffin bases with spinach, ham, avocado and eggs. Top with muffin tops. Serve with hollandaise sauce on the side.

Serves 4





# THAI GREEN CHICKEN CURRY



## INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 tbsp green Thai curry paste
- 1 cup light coconut milk
- 1/2 cups water
- 500g chicken thigh, trimmed & cut into pieces
- 100g green beans
- 2 kaffir lime leaf
- 1 tbsp fish sauce
- 1 tbsp lime juice
- 2 tsp brown sugar
- 1 cup coriander, roughly chopped, to serve
- Steamed rice, to serve

## METHOD

Heat oil in a wok. Add onion and curry paste and cook for 1-2 minutes, stirring constantly.

Add coconut milk and water, and bring to the boil. Add chicken pieces, beans and lime leaves, and stir to combine. If chicken is not covered by liquid, add more coconut milk.

Simmer, uncovered, for 15-20 minutes or until chicken is tender.

Add fish sauce, lime juice and brown sugar, stir to combine.

Sprinkle with fresh coriander leaves just before serving.  
Serve with steamed rice.

Serves 4



# CHICKEN CAESAR SALAD



## INGREDIENTS

- 3 slices soy Linseed bread, torn into pieces
- Olive oil spray
- 4 slices prosciutto
- 2 chicken breast fillets
- 2 baby cos lettuce, coarsely torn
- 1/2 cup fresh continental parsley leaves
- 2 hard-boiled eggs, peeled, quartered
- 1 tbsp finely grated Parmesan
- 125ml (1/2 cup) 99% fat free Caesar dressing

## METHOD

Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper. Place bread on 1 tray. Spray lightly with oil. Place prosciutto on the remaining tray. Bake, turning bread once, for 7-8 minutes or until the bread and prosciutto are crisp and golden. Set aside to cool.

Meanwhile, spray a non-stick frypan with oil. Heat over medium-high heat. Cook the chicken for 4-5 minutes each side or until golden and cooked through. Set aside to cool slightly. Thinly slice.

Break the prosciutto into shards. Combine the bread, prosciutto, chicken, lettuce, parsley, egg and Parmesan in a serving bowl. Drizzle over the dressing.

Serves 4





# SPAGHETTI BOLOGNAISE



## INGREDIENTS

- 500g dried spaghetti
- 500g extra lean beef mince
- 1 medium onion, chopped
- 1/2 lemon, juiced
- 2 tbsp fresh rosemary leaves
- 2 garlic cloves, crushed
- 1 tbsp wholegrain mustard
- 1/4 tsp cracked black pepper
- 3 egg tomatoes, chopped
- 140g reduced salt tomato paste
- 1 cup reduced fat and salt tomato pasta sauce
- Cracked black pepper, to serve
- Fresh rosemary sprigs, to garnish (optional)

## METHOD

Combine the onion, lemon juice, rosemary, garlic, mustard and black pepper in a large non-stick frypan. Cook over medium heat, stirring occasionally, for 5 minutes or until the onion is soft.

Add the tomatoes and beef mince to the pan and cook, stirring occasionally, for 10 minutes or until the mince is cooked. Add the pasta sauce and tomato paste and stir to combine. Reduce heat to low and simmer for 5 minutes.

Cook the spaghetti in a large saucepan of salted boiling water, following packet

directions, until al dente. Drain

Spoon the sauce over the spaghetti and serve sprinkled with pepper and garnished with the extra rosemary sprigs, if desired.

**Serves 4**

# FRIED RICE



## INGREDIENTS

- 2 tbsp light soy sauce\*
- 2 tbsp sweet chilli sauce\*
- 2 tbsp oyster sauce\*
- 2 tbsp peanut oil
- 600g chicken breast fillets, trimmed, thinly sliced
- 1 brown onion, cut into thin wedges
- 2 garlic cloves, crushed
- 2 eggs, lightly beaten
- 3 cups medium grain rice, cooked
- 1 cup Thai basil leaves
- 4 green onions, sliced diagonally
- 1/4 cup fried shallots

*\*Use salt reduced sauces where possible*

## METHOD

Combine soy sauce, sweet chilli sauce and oyster sauce in a small bowl. Set aside. Heat a wok over high heat until hot. Add 3 teaspoons oil and coat the wok. Add half the chicken and stir-fry for 2 minutes or until browned. Transfer to a plate. Repeat with oil and remaining chicken.

Add remaining 2 teaspoons oil and onion to wok. Stir-fry for 2-3 minutes or until golden. Add garlic and stir-fry for 30 seconds. Add egg and rice.

Stir-fry for 2-3 minutes or until egg is well combined with rice.

Return chicken to wok. Add soy sauce mixture, basil and green onions. Stir-fry for 1-2 minutes or until well combined. Spoon into bowls. Sprinkle with fried shallots and serve.

Serves 4



# FRUIT OATS



## INGREDIENTS

- 1 1/4 cups light milk
- 1/3 cup quick oats
- 1 tbsp sultanas
- 1 tbsp chopped dried apricots
- Pinch of ground cinnamon
- **1/2 Granny Smith apple**
- Handful of strawberries hulled and halved
- 1/2 banana, peeled, sliced
- 1 tsp brown sugar

## METHOD

Combine 185ml (3/4 cup) of the milk with the oats, sultanas, apricots and cinnamon in a medium saucepan. Cook, uncovered, over low heat, stirring occasionally, for 4 minutes or until the mixture comes to the boil.

Meanwhile, peel, core and coarsely grate the apple. Add to porridge and stir over low heat for 1 minute or until porridge thickens. Spoon into serving bowls.

Top with banana, strawberries and sugar, and serve with remaining milk.

Serves 1





# STEAK WITH VEGIES



## INGREDIENTS

- 700g Desiree potatoes, peeled, chopped
- Olive oil spray
- 8 lean beef eye fillet steaks
- 2 garlic cloves, crushed
- 1 tbsp no-added-salt tomato paste
- 125ml (1/2 cup) low salt beef stock
- 1 1/2 tbsp Worcestershire sauce
- 1 tbsp low fat cream cheese
- 2 tbsp chopped fresh continental parsley
- 2 tbsp fresh chives, chopped
- 80ml (1/3 cup) low-fat milk, warmed
- Pinch of white pepper
- Broccolini, halved crossways, steamed
- Chopped fresh continental parsley, extra, to serve

## METHOD

Cook the potato in a large saucepan of boiling water for 12-15 minutes or until tender. Drain and return to the pan.

Heat a frypan over high heat. Spray with oil. Cook steaks for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover with foil. Set aside for 5 minutes to rest.

Heat pan over medium heat. Cook garlic, stirring, for 30 seconds or until aromatic. Add tomato paste and cook, stirring, for 1 minute. Add the stock and Worcestershire sauce, and simmer for 2 minutes or until mixture reduces slightly. Add cream cheese. Simmer for 1-2

minutes or until heated through. Stir in the parsley.

Add the milk to the potato and mash until smooth. Stir in the chives. Season with white pepper. Divide the mash, steaks and broccolini among serving plates.

Pour over the sauce and top with extra parsley.

**Serves 4**



# GRILLED SALMON WITH FATTOUSH & STEAMED RICE



## INGREDIENTS

- Olive oil spray
- 4 x 175g salmon fillets with skin
- 1 large green capsicum, chopped
- 2 Lebanese cucumbers, chopped
- 3 ripe tomatoes, chopped
- 2 tbsp flat-leaf parsley, roughly chopped
- 1 small red onion, finely chopped
- 2 pita bread rounds, toasted, torn into bite-sized pieces
- 1 1/2 tbsp extra virgin olive oil
- 1 1/2 tbsp white wine vinegar
- Steamed rice to serve

## METHOD

Spray a chargill pan or non-stick frypan with oil and heat over medium-high heat.

Season fish, then cook skin-side down for 4 minutes or until crisp. Turn and cook for a further 2-3 minutes until cooked but still pink in centre. Set aside, loosely covered with foil, to rest while you make the salad.

For the fattoush salad, combine all the remaining ingredients in a bowl, season and toss to combine.

Serve immediately with the salmon and steamed rice.

**Serves 4**



# 3 EGG OMELETTE



## INGREDIENTS

- 3 eggs
- 1 tbsp chopped chives
- 20g butter
- 1 slice of lean ham, chopped
- 4 mushrooms, sliced
- 1/4 red onion, diced
- 1/4 red capsicum, diced
- 1/4 green capsicum, diced
- Grated light cheese for serving (optional)

## METHOD

Lightly beat eggs with a small whisk or fork to just combine. Season. Stir in chives.

In a small frypan add the ham, onion, mushrooms and capsicum. Cook until onion is soft and set aside.

Heat butter in a 20cm non-stick frypan over medium-high heat. Add egg and shake pan to distribute, gently stirring with the underside of a fork. As egg begins to cook at the edges, use the fork to draw cooked egg in towards the centre (without breaking up), allowing the uncooked egg to run out towards the edge.

After 30 seconds, the egg should be just set but still soft. You want a soft, creamy centre without too much liquid - it will keep cooking once it's

removed from the heat. Add fillings down the centre of the pan, then use the fork or a spatula to fold one side of the omelette over the filling. Hold a warmed plate next to pan, then tilt pan at an angle and slide omelette onto the plate fold-side down.

Dust with cheese (optional) and serve immediately.

**Serves 1**





# CHICKEN PARMIGIANA

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## INGREDIENTS

- 2 x 250g chicken breast fillets
- 60g bran cereal
- 1 cup fresh wholemeal breadcrumbs
- 1 egg
- 2 tbsp reduced fat milk
- 1/3 cup plain flour
- 2 tsp olive oil
- 1 garlic clove, crushed
- 2 cups tomato passata
- 1/3 cup fresh basil leaves, torn
- 75g fresh light mozzarella
- Steamed greens, to serve

## METHOD

Preheat oven to 200°C or 180°C fan-forced. Cut each chicken breast through the middle to make 4 thin fillets. Put chicken between 2 pieces of baking paper and beat with a rolling pin until an even thickness, about 3-4mm.

Combine bran cereal and breadcrumbs in a shallow bowl. Whisk eggs and milk in a second bowl and place flour in a third shallow bowl

Dip the pieces of chicken in the flour to lightly coat, then the egg mixture, and finally the breadcrumb mixture. Spray chicken lightly on both sides with olive oil. Place on a wire rack over a baking tray. Bake in preheated oven for 8-10 minutes, or until golden.

Heat oil in a medium saucepan over a medium heat. Cook garlic, stirring for 30 seconds. Add passata simmer for 5 minutes. Remove from heat, stir through the half the basil.

Spoon half the tomato sauce into a large shallow ovenproof baking dish. Add the pieces of chicken, then spoon over the remaining sauce. Top with mozzarella.

Return to oven for 10-12 minutes, or until cheese is melted and bubbling.

Serve garnished with remaining basil leaves. Serve with steamed greens.

**Serves 4**

# BEEF MASSAMAN CURRY



## INGREDIENTS

- 1 1/2 tbsp extra virgin olive oil
- 600g diced beef steak
- 270ml light coconut cream
- 270ml light coconut milk
- 1/4 cup massaman curry paste
- 4 cardamom pods, bruised
- 1 cinnamon stick
- 1 dried bay leaf
- 300g potatoes, peeled, cut into 2cm cubes
- 8 pickled onions, peeled
- 1/4 cup roasted unsalted peanuts (optional)
- 1 1/2 tbsp fish sauce
- 2 tsp brown sugar
- Steamed Jasmine rice, fresh coriander leaves and lime wedges, to serve

## METHOD

Heat oil in a large, saucepan over medium-high heat. Cook beef, stirring, for 4-5 minutes or until browned. Transfer to a plate.

Reduce heat to medium. Spoon the thick top layer from coconut cream and coconut milk into pan. Cook, stirring, for 3-5 minutes or until oil separates and floats to the top.

Add curry paste. Cook, stirring, for 2-3 minutes or until fragrant. Return beef to pan. Add , bay leaf, 1 cup cold water, cardamom, cinnamon and remaining coconut cream and coconut milk. Reduce heat to low. Simmer, uncovered, stirring occasionally, for 1 hour or until meat is tender.

Add potato, onions and peanuts.

Cook for 35-40 minutes or until onions are soft and potato tender.

Remove and discard cinnamon stick and bay leaf. Stir in fish sauce and sugar.

Serve with rice and top with coriander leaves and lime wedges.

Serves 4





# CHICKEN FRIED RICE



## INGREDIENTS

- 3/4 cup jasmine rice
- 1 tsp sesame oil
- 2 eggs, lightly beaten
- 2 tbsp green curry paste
- 500g chicken mince
- 150g snow peas, trimmed
- 1 bunch baby bok choy, thickly sliced
- 1/2 cup fresh coriander leaves
- 1 cup bean sprouts, trimmed

## METHOD

Cook the rice in a large saucepan of boiling water, following packet directions until just tender. Drain. Rinse under cold water. Drain well. Spread out over a large tray. Cover. Refrigerate for 15 minutes.

Heat oil in a large wok over high heat. Pour in egg, swirling pan to cover base and sides of wok. Cook for 1 minute or until just set. Slide out of pan onto a chopping board. Roll up into a log. Slice into 1cm-thick rounds. Set aside.

Heat wok over high heat. Add curry paste and mince. Stir-fry, breaking up lumps, for 5 minutes

or until cooked through. Add rice. Stir-fry for 1 minute. Add sugar snap peas and bok choy. Stir-fry for 2 minutes or until just tender. Remove wok from heat.

Add egg. Toss to combine.

Serve rice topped with coriander and sprouts.

**Serves 4**



# TANDOORI CHICKEN SALAD



## INGREDIENTS

- 2 tbsp tandoori curry paste
- 3/4 cup fat-free natural yoghurt
- 400g chicken tenderloins
- 1/4 cup fresh mint, chopped
- 1 tbsp fresh lime juice
- Salt and freshly ground pepper
- Olive oil spray
- 200g fresh iceberg lettuce
- 200g grape tomatoes, halved lengthways
- 1 Lebanese cucumber, peeled into ribbons
- 80g snow pea sprouts
- Pappadums, to serve (optional)

## METHOD

Combine the curry paste and 1/4 cup of yoghurt in a glass bowl. Add the chicken and toss to coat well. Cover and refrigerate for 1 hour or overnight.

Combine the mint, lime juice and rest of yoghurt. Season with salt and pepper.

Spray a large non-stick frypan with oil. Heat over a medium heat. Remove the chicken from the marinade. Cook for about 3-4 minutes each side or until cooked through. Slice the chicken.

Divide the lettuce, tomatoes, cucumber, snow pea sprouts and chicken among serving bowls. Serve with the yoghurt dressing and pappadums if desired.

Serves 4



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