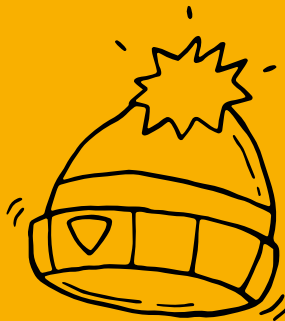


coles HEALTHY KICKS



RECIPES



WEEK ONE

ALMOND, COCONUT & CRANBERRY MUESLI BARS

Recipe by Michael Weldon

Serves: 12

Time: 20 minutes

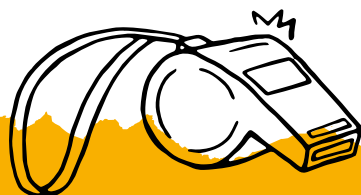
Ingredients

2 cups pitted dates
½ cup water
½ peanut butter
¼ cup avocado oil
1 tsp vanilla bean paste
2 cups rolled oats
1 tbs sunflower seeds

½ quinoa flour
½ cup shaved coconut
1 tbs flax seed powder
¼ raw almonds, diced
¼ cup dried cranberries
Pinch of salt

Instructions

1. Cook the dates and water over a medium heat for 5-8 minutes until the dates soften.
2. Once soft, blend into a puree with a stick blender. This doesn't have to be perfectly smooth.
3. Add the peanut butter and avocado oil to the pot with the date mixture and cook until the peanut butter melts. Remove from the heat and add the vanilla bean, mix in until combined.
4. In a bowl combine the remaining ingredients and pour over the warm mixture. Mix together until evenly combined.
5. Pour the mixture into a lined baking or brownie tin. Press the mixture down so you have a flat even block of muesli mixture.
6. Place in the fridge for six hours or even over night until the muesli bar block is set.
7. Remove from fridge, turn out of the tin and cut into muesli bars, block or bites. These can be wrapped individually and kept in the fridge for a few weeks.



WEEK ONE

EXTRA VEGGIES BOLOGNESE

Recipe by Courtney Roulston

Serves: 4

Time: 30 minutes

Ingredients

1 tbs extra virgin olive oil
1 brown onion, diced
2 cloves garlic, crushed
2 celery stalks, diced
2 carrots, grated
2 cups mushrooms, finely sliced
500g Coles beef mince
1 tbs tomato paste

1 x 400g can crushed tomatoes (can also be fresh)
2 tsp fresh thyme, chopped
200g wholegrain spaghetti
2 large zucchini, peeled into noodles (with a toothed peeler)
½ cup fresh basil to serve
25g parmesan cheese to serve (optional)

Instructions

1. Heat the oil in a large frying pan over a medium heat. Add in the onion, and garlic and cook for two minutes to soften.
2. Add in the celery, carrots and mushrooms along with a pinch of sea salt and pepper and cook, stirring for 3-4 minutes to cook the vegetables.
3. Push the vegetables to the outside of the pan and add the beef mince into the centre. Cook the beef, breaking up with the back of a spoon for 3-4 minutes, or until browned.
4. Add in the tomato paste, crushed tomatoes and thyme. Leave on a gentle simmer for 15-20 minutes.
5. Meanwhile cook the spaghetti in a pot of salted boiling water for 10 minutes. Drain and toss the zucchini noodles through the pasta to warm and place into serving bowls.
6. Top the pasta with a ladle of bolognese and grate over some parmesan cheese and scatter over the basil leaves.



WEEK ONE

FRITTATA/ VEGGIE SLICE

Recipe by Michael Weldon

Serves: 6

Time: 30 minutes

Ingredients

8 eggs
100g tasty cheese
1 onion, diced
100g peas
1 bunch spinach

1 bunch kale
Olive oil
Black pepper
Sea salt

Instructions

1. In a non-stick frypan gently fry the onion in olive oil until softened. Add the peas, spinach and kale, cook until they begin to wilt.
2. Mix together the eggs and cheese, add some cracked black pepper and a pinch of salt.
3. Pour the egg mixture into the pan. Cook for two minutes to set the bottom of the frittata.
4. Place in an oven for 8-10 minutes to finish cooking the frittata.
5. Once cooked remove from the oven and leave aside to fully cool.
6. Cut into piece to take to school for a snack or have a serve with a light salad at lunch.



WEEK TWO

SEEDED TUNA & CAULIFLOWER CAKES

Recipe by Courtney Roulston

Serves: 12

Time: 20 minutes

Ingredients

200g cold cooked brown rice
425g can Sirena tuna
in spring water, drained
2½ cups cauliflower rice,
steamed, cooled
Zest of 1 lemon
(wedges used to serve)

2 green spring onions, finely sliced
½ cup sunflower seeds
6 eggs, beaten
Sea salt and pepper to taste
Extra virgin olive oil for frying

Instructions

1. Place all of the ingredients into a large bowl and combine well with a spoon.
2. Heat a large frying pan over a medium heat and add a little oil.
3. Spoon two tablespoon-sized amounts of the tuna mixture into the pan and form round cakes. Repeat with the mixture to cook three or four cakes at a time.
4. Cook the cakes for two minutes each side, or until golden and cooked through.
5. Remove from the pan and place on a tray lined with kitchen towel.
6. Repeat with all the mixture until all of the tuna mixture has been used.
7. Serve warm with lemon wedges.



RAINBOW STIR-FRY WITH SOY-HONEY CHICKEN

Recipe by Courtney Roulston

Serves: 4

Time: 30 minutes

Ingredients

200g soba noodles
1 tbs extra virgin olive oil
300g skinless chicken breast,
sliced into strips
1 red onion, sliced
2 cloves garlic, crushed
1 red capsicum, sliced
1 yellow capsicum, chopped
2 cups broccoli florets, chopped

1 carrot, sliced into noodles
with a toothed peeler
2 tsp white sesame seeds,
toasted to garnish

Stir-fry sauce

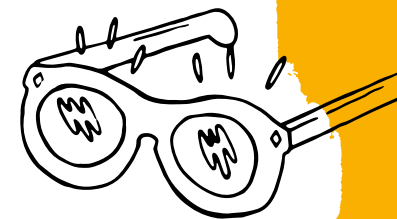
2 tbs tamari soy sauce
2 tsp honey
2 tsp sesame oil
2 tsp cornflour dissolved
in 1/3 cup water



Instructions

1. Bring a pot of water up to the boil and add in the soba noodles. Cook the noodles for 3-4 minutes, or until just tender. Drain the noodles in a sieve and run under cold water to wash away excess starch and to stop the noodles sticking together. Set aside.
2. Meanwhile heat the oil in a wok over a medium/high heat.
3. Add in the chicken breast and cook for two minutes before adding in the onion and garlic. Cook for one minute, or until fragrant and translucent.
4. Add in the capsicum and broccoli and stir-fry for 2-3 minutes, or until vegetables are tender and chicken is cooked through.
5. Whisk together the stir-fry sauce and add into the wok along with the carrot and the soba noodles. Toss through for one minute to warm through the noodles and to make the sauce thick and glossy.
6. Serve the stir-fry in bowls and sprinkle the top with sesame seeds.

SUSHI



Recipe by Michael Weldon

Serves: 4

Time: 20 minutes

Ingredients

Sushi rice or brown rice
Rice vinegar
Salt
Sugar
180g tin of tuna in oil, drained
1 avocado cut into long thin pieces
1 cucumber cut into long thin pieces
1 yellow capsicum cut into long thin strips

6 nori sheets
Soy sauce
Pickled ginger
Wasabi

Equipment

Sushi mats, available at Coles

Instructions

1. Cook the rice following the instructions on the pack in a rice cooker or pot on the stove.
 2. In a small pot combine the rice vinegar, sugar and salt. Bring to the boil just until the salt and sugar have dissolved.
 3. Once the rice is cooked allow to cool slightly then start adding the liquid into it and gently mix through. Add the vinegar in a few batches to ensure all the rice gets coated in the warm liquid.
 4. To make the sushi rolls, place a piece of nori on a sushi mat.
- Top the nori with sushi using damp hands. Slowly press out the rice so there is a thin layer that covers the nori.
5. Add your favourite sushi filling in the centre of your rice-covered nori running horizontally across 1/3 of the way up the sheet.
 6. To roll, using your mat fold the rice sheet over the vegetables to cover, then with a light but firm press push the sushi into shape. Roll the next layer of the nori sheet up and press again. Finish by rolling the remaining piece up to finish your roll. Slice and enjoy.

SNACK FRUIT SALAD WITH HONEY YOGHURT

Recipe by Michael Weldon

Serves: 4

Time: 10 minutes

Ingredients

400g yoghurt or coconut yoghurt
50g pepitas
50g sunflower seeds
50g walnuts
You can use whatever fruit you like and is in season. The more variety the better.

Fruit
1 apple
1 punnet of strawberries
1 punnet of blueberries
1 bunch of grapes
1 pineapple
1 kiwi fruit
1 orange

Instructions

1. Combine the seeds and nuts on an oven tray. Roast for five minutes until toasted.
2. Cut fruit and combine in a large mixing bowl.
3. Serve fruit topped with yoghurt and the seeds for a perfect sweet snack.



RAINBOW RICE NOODLE LETTUCE CUPS

Recipe by Courtney Roulston

Serves: 8

Time: 20 minutes

Ingredients

8 iceberg lettuce cups, washed, trimmed
1 cup vermicelli noodles, soaked in warm water for 10 minutes, drained
1½ cups cooked, shredded skinless chicken breast
1 medium red capsicum, finely sliced
1 medium carrot, grated
1 cup silverbeet leaves, finely chopped
1 cup purple cabbage, finely sliced

2 shallots/spring onions, finely sliced
¼ cup mint leaves, roughly chopped plus extra to garnish (or basil/coriander)
2 tbs roasted pumpkin seeds, chopped

Dressing

1 tbs fresh lime juice
1 tbs tamari/soy sauce or fish sauce
1 tbs extra virgin olive oil

Instructions

1. Place the noodles, chicken, capsicum, carrot, silverbeet, cabbage, spring onions and mint into a large bowl.
2. Whisk together all the dressing ingredients and taste for a balance of sour, salty and sweet.
3. Pour the dressing over the salad mixture and toss well to coat.
4. Spoon the mixture into the lettuce cups and garnish with extra mint leaves and crushed pumpkin seeds.



BEEF & VEGGIE TACO

Recipe by Michael Weldon

Serves: 4

Time: 25 minutes

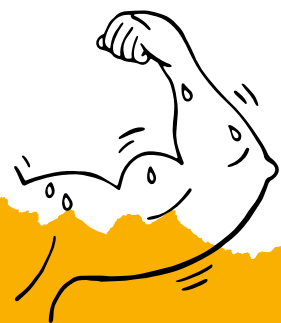
Ingredients

500g beef mince
1 tsp cumin
1 tsp coriander
1 onion, diced
1 carrot, grated
1 zucchini, grated
1 ear of corn, kernels cut off
100g grated cheese

1 cup Greek yoghurt
1 tsp smoked paprika
1 cup lettuce, sliced
8 spinach wraps or
your favourite tortillas
Sea salt
Olive oil

Instructions

1. In a frypan heat a drizzle of oil. Add the mince and cook until it begins to colour. Add the cumin and coriander seed. Fry off until the spices become toasted and fragrant.
2. Add onion, carrot and zucchini. Cook for 4-5 minutes until the meat is cooked through and the vegetables softened.
3. Heat the tortillas through in a pan.
4. Mix the yoghurt with the smoked paprika until combined.
5. Serve the taco with all the fillings and garnish on the side. Let everyone choose their own toppings.



CARROT HUMMUS & KALE CHIPS

Recipe by Michael Weldon

Serves: 6

Time: 20 minutes

Ingredients

Carrot Hummus

2 carrots, diced and steamed
in a microwave
1 tin chickpeas
1 tbs tahini
1 tsp cumin powder
1 garlic clove
1 lemon, juice
Sea salt
Water

Kale Chips

1 bunch of kale, leaves cut in half
1 tbs olive oil
Sea salt

Cutting veggies

1 carrot
1 cucumber
1 red capsicum

Instructions

Carrot Hummus

1. Combine the carrot, chickpeas, tahini, cumin, garlic and lemon in a bowl. Blend with a stick blender until smooth. This can also be done in a blender.
2. Taste the hummus and add salt if needed.

Kale Chips

1. Preheat an oven to 220°C.
2. Drizzle the kale chips with the oil and mix together until all the leaves are coated in oil. Season with sea salt.
3. Place in the oven for five minutes until the leaves go crispy. Remove and allow to cool.



TUNA PASTA
BAKE

Recipe by The Heart Foundation



Serves: 4

Time: 35 minutes

Ingredients

Spray olive oil
200g wholemeal spiral pasta
1 cup frozen peas
1 tbs olive oil
4 spring onion, sliced
2 cloves garlic, crushed
½ tsp dried chilli flakes
400g no-added-salt
chopped tomatoes

250g cherry tomatoes, halved
1 bunch fresh basil, roughly
chopped
1 tbs lemon zest
2 cups rocket
400g tuna in spring water, drained
¼ tsp cracked black pepper
½ cup reduced fat cheddar cheese,
grated

Instructions

1. Preheat oven to 180°C. Spray a large ovenproof dish with olive oil and set aside.
2. Bring a saucepan of unsalted water to the boil and cook pasta according to packet directions. Add peas for the last minute of cooking time. Drain pasta and peas, reserving 1/3 cup of the cooking liquid.
3. While pasta is cooking, heat oil in a large pan over medium-high heat. Cook spring onion, garlic and chilli flakes, stirring for 3-5 minutes or until softened. Add chopped tomatoes and cook for 3-4 minutes or until mixture slightly thickens. Set aside.
4. Combine the pasta, peas, spring onion mix, cherry tomatoes, basil, lemon zest, rocket, tuna and reserved cooking liquid in a large bowl. Toss to combine. Season with cracked black pepper.
5. Spoon pasta mixture into the prepared dish and sprinkle with cheddar cheese. Bake in the oven for 20 minutes or until cheese is golden brown.
6. Allow to cool. You can either freeze the pasta bake in the ovenproof dish that it was cooked in or portion out the pasta bake and freeze in individual freezer bags or airtight containers.

HOMEMADE
GRANOLA

Recipe by Michael Weldon

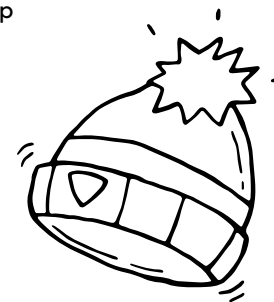
Serves: 4

Time: 25 minutes

Ingredients

1 cup oats
½ cup sunflower seeds
½ cup pepitas
½ cup buckwheat
¼ cup dried apricots, chopped

¼ cup dried cranberries
¼ cup shaved coconut
¼ cup avocado oil
2 tbs maple syrup
Pinch of salt



Instructions

1. Combine all the ingredients in a large bowl. Mix together until all the dry ingredients are coated in the maple and coconut oil.
2. Spread on to a lined baking tray in one even layer.
3. Bake for 20 minutes or until the oats and seeds start turning golden brown.
4. Remove from the oven and allow to cool.
5. Serve with your favourite fruits and yoghurt. Sprinkle the granola over the top.

STIR-FRY VERMICELLI NOODLES – BIHUN GORENG

Recipe by Tasia Seger & Gracia Seger

Serves: 4

Time: 35 minutes

Ingredients

250g rice vermicelli noodles (wai wai brand), soaked in hot water and cooled
1 cup white cabbage, thinly sliced
2 bunch choy sum, chopped
2 spring onion, thinly sliced
4 tbs ABC Kecap Manis, sweet soy sauce (might need more to season)
1 tbs light soy sauce
½ tsp sesame oil
Coles roast chicken, half chicken shredded

2 small eggs, lightly beaten
Salt, white pepper and chicken stock powder, to season
Vegetable oil, for stir fry and prawns crackers
Double phoenix red prawn crackers, to serve
Fried shallots, to garnish

Spice paste

4 cloves garlic
2 shallots
1 big red chili, Optional



Instructions

1. Cook rice noodles as per instruction. Rinse with cold water and place in the fridge to cool down for about 20 minutes. Set aside.
2. Using a mortar and pestle, pound the garlic and shallots into a rough paste.
3. Heat three tablespoons vegetable oil in a wok over medium-high heat. Add eggs and cook for one minute, making sure to scramble them. Remove from wok and set aside.
4. In the same wok add the spice paste and cook until caramelised and fragrant.
5. Add the vegetables and stir fry until the vegetables are cooked.
6. Stir in the kecap manis, light soy sauce and sesame oil. Making sure to toss and turn the noodles to coat the sauce evenly.
7. Season with chicken stock powder, salt and white pepper. Finish with spring onion and garnish with fried shallots.
8. Cook the prawn crackers in hot oil as per packet instructions.
9. Serve the vermicelli rice noodles and the prawn crackers. Enjoy!

AVOCADO CHOCOLATE MOUSSE

Recipe by Courtney Roulston

Serves: 6

Time: 1 hour 10 minutes

Ingredients

3 ripe Hass avocados, peeled and seeded
8 Medjool dates, seeded
200ml coconut cream, refrigerated
½ cup raw cup cacao powder
1 tsp vanilla bean paste
Pinch of sea salt flakes
1/3 cup pure maple syrup

Garnish

½ cup shredded coconut, toasted
1 cup fresh raspberries to serve
1 cup blueberries to serve

Instructions

1. Place the avocado flesh, dates, coconut cream, cacao powder, vanilla, salt and maple syrup into a blender.
2. Blitz until smooth, scraping down the sides of the blender occasionally to ensure there are no lumps.
3. Place the mousse into the refrigerator for one hour to firm.
4. To serve, spoon the mousse into bowls and garnish with coconut and berries just before serving. You can serve any of your favourite dried or fresh fruits and toasted seeds on top of the mousse.



EASY GREEK CHICKEN & VEGETABLE KEBABS

Recipe by Courtney Roulston

Serves: 4

Time: 45 minutes

Ingredients

Skewers

700g Coles skinless chicken breast, diced into 2cm squares

2 large red capsicums, sliced into 2cm squares

3 small zucchini, sliced into 7cm thick rounds

1 large red onion diced into 2cm wedges

Greek Marinade

¼ cup extra virgin olive oil, plus extra for brushing

1 tbs lemon zest, plus wedges for serving

3 cloves garlic, crushed

2 tsp dried oregano

1 tsp ground coriander

Sea salt and cracked black pepper to taste



Instructions

1. Soak 12 bamboo skewers in water 30 minutes before starting recipe.
2. Whisk together all the marinade ingredients in a large bowl. Toss the chicken through the marinade, cover and rest in the refrigerator for 30 minutes for the flavours to develop.
3. Soak the wooden skewers while the chicken is in the fridge.
4. Thread two pieces of the chicken on to the skewers, then add on the capsicum, zucchini and onion.

Repeat so you have two sections of vegetables and three sections of chicken on each skewer. Place the skewers on to a tray and gently brush with a little extra oil and season with sea salt.

5. Pre-heat a grill plate to medium/high and cook the skewers for two minutes each side, turning all over so the chicken is golden and cooked through and the vegetables are tender.
6. Serve warm on a large platter with lemon wedges on the side.

YUMMY HEALTHY SMOOTHIES

Recipe by Michael Weldon

Serves: 2

Time: 10 minutes

Ingredients

Greens and Banana Smoothie

2 handfuls of spinach

2 handfuls of kale

1 green apple

½ cup frozen pineapple

1 banana

Berries and Coconut Water Smoothie

1 cup frozen berries

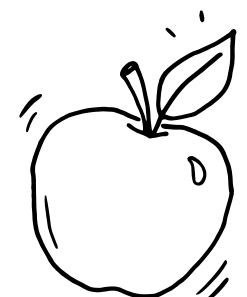
1 cup coconut water

¼ coconut yoghurt

1 banana

Instructions

1. Combine all your favourite ingredients in a blender and blend until smooth. Add more water until desired consistency is reached.



ROAST PUMPKIN, CHICKPEA & SAGE SAUSAGE ROLLS

Recipe by Stephanie Alexander Kitchen Garden Foundation

Serves: 24

Time: 30 minutes

Ingredients

For the pastry:

4 tbs olive oil
1 cup cold water
600g plain flour, plus extra for
dusting 1/2 tsp salt

For the filling:

2 tsp extra virgin olive oil
500g pumpkin, peeled and cut
into 2cm chunks
1 onion, peeled and finely chopped
1 clove garlic, peeled and
finely chopped

3 leaves silverbeet, shredded
200g dried chickpeas, soaked
overnight and cooked or 2 x 400 g
tinned (drained and rinsed)
1 large handful parsley, chopped
Small handful of sage leaves,
finely chopped
Salt and pepper, to taste
Milk to glaze
Black and white sesame seeds,
for topping

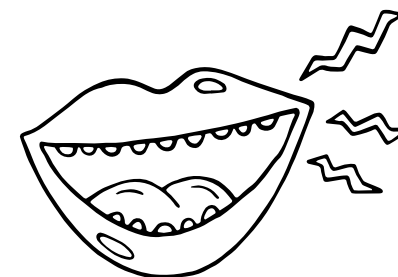
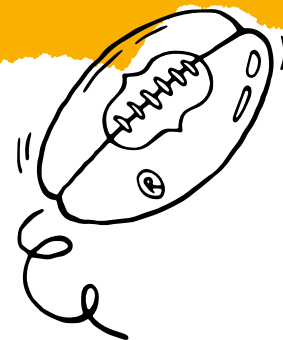
Instructions

1. Pre-heat the oven to 200 degrees Celsius.
2. Prepare all the ingredients based on the instructions in the ingredients list.



To make the pastry:

1. Mix the oil and the water in the small bowl.
2. Mix the flour and the salt in the large bowl. Create a well in the centre.
3. Add the oil and water mixture to the well.
4. Use your hands to incorporate the liquid into the flour until the dough forms a ball.
5. Transfer the dough to a floured workbench and knead for a minute, then place the dough back into the large bowl.
6. Cover with a dry tea towel and leave for up to an hour.



Instructions cont.

For the pastry:

1. Place the pumpkin in the medium bowl and toss with one teaspoon of olive oil.
2. Transfer to a baking tray and roast in the oven for about 30 minutes until golden. Allow to cool.
3. Heat the remaining teaspoon of olive oil in the frying pan over medium heat. Sauté the onion and garlic together for five minutes until soft and translucent.
4. Add the shredded silverbeet and cook for a minute, or until wilted. Set aside and allow to cool.
5. Tip the cooked chickpeas into a large bowl. Using a potato masher, roughly mash the chickpeas.
6. Add the roasted pumpkin to the chickpeas and mash again.
7. Combine the silverbeet mixture, parsley, sage, salt and pepper with the mashed pumpkin and chickpeas and mix well.
8. Taste and adjust seasoning.

To assemble and cook the sausage rolls:

1. Line the other baking trays with baking paper and set aside.
2. Dry and flour the workbench.
3. Divide the filling into four even portions.
4. Divide the pastry dough into four pieces.
5. Roll a piece of pastry into a rectangle, ideally 5mm thick, 24cm long and 12cm wide.
6. Place the filling along one long side of the rectangle, leaving about 2cm of the edge clear.
7. Brush the opposite long edge with a little milk and roll up to enclose the filling.
8. Repeat with the remaining filling and pastry.
9. Cut each long roll of pastry into six with the serrated knife. Place the pastry rolls on to the lined baking trays, with the seam on the bottom.
10. Prick the tops of each roll with a fork, brush with a little milk and scatter over the sesame seeds.
11. Bake for 30 minutes until golden brown and cool on a wire rack before serving.

NATIVE PESTO WITH WHOLEGRAIN PASTA

Recipe by Michael Weldon

Serves: 4

Time: 20 minutes

Ingredients

- | | |
|--------------------------|----------------------------|
| 1 cup warrigal greens | ¼ cup parmesan |
| ¼ cup basil | ¼ cup olive oil |
| ½ cup toasted macadamias | ¼ cup water |
| 2tbs wattle seed | Sea salt |
| 1 garlic clove | Parmesan cheese to garnish |

Instructions

1. Combine warrigal greens, basil, macadamias, wattle seed, garlic, parmesan and olive oil in a blender.
2. Blend until the greens break down and the nuts are chopped smaller. Taste and add salt to season.
3. Serve with whole grain pasta, grilled with chicken or as a dip.



VEGETABLE SKIN CHIPS

Recipe by Courtney Roulston

Serves: 4

Time: 20 minutes

Ingredients

Chips

- 1 cup sweet potato skin peelings
- 1 cup potato peelings
- 1 cup carrot peelings
- 2 tsp corn flour
- 1 tbs extra virgin olive oil

Seasoning Mix

- 2 tsp sesame seeds
- 2 tsp sea salt
- 1 tsp cracked black pepper
- 1 tsp powdered garlic



Instructions

1. Pre-heat the oven to 200 degrees Celsius.
2. Place the vegetable skins into three separate bowls and divide the corn flour over them evenly and toss through to coat the outside of all the skins.
3. Mix all the seasoning ingredients together and add divide into the vegetable skins.
4. Drizzle the olive oil over the skins and toss to coat the skins evenly with the seasoning mix and the oil.
5. Line three small oven trays with baking paper and scatter the skins on to the tray in a single layer.
6. Bake for 15–20 minutes, or until crisp and brown. The carrot skins may cook quicker than the potato skins, so keep an eye on them.
7. Allow to cool slightly before serving.

HEALTHY HALLOWEEN STUFFED CAPSICUMS

Recipe by Courtney Roulston

Serves: 4

Time: 25 minutes

Ingredients

4 large capsicums (any colour)
1 tbs extra virgin olive oil
1 small brown onion, diced
2 cloves garlic, crushed
1 carrot, grated
1 zucchini, grated

250g lamb mince
1 tsp ground cumin
½ tsp ground cinnamon
200g cooked brown rice
2 tbs tomato paste
Sea salt and pepper to taste



Instructions

1. Pre-heat the oven to 200 degrees Celsius.
2. Cut the tops off the capsicums and set aside. Remove the seeds and membrane from the inside of the capsicums. Use a small sharp knife to carve spooky Halloween faces into the side of the capsicum. Cut up any offcuts into small pieces and set aside.
3. Heat a non-stick frying pan over a medium heat. Add in the oil, onion and garlic and cook for two minutes. Add in the lamb mince and cook, breaking up with the back of a spoon for 3-4 minutes, or until browned.
4. Add in the carrot, zucchini, reserved capsicum offcuts and cumin and continue to cook for 2-3 minutes, or until fragrant.
5. Scatter in the rice, tomato paste and season with salt and pepper. Cook, stirring for 3-4 minutes, or until the vegetables are cooked and the rice has absorbed most of the liquid.
6. Allow the mixture to cool slightly before spooning into the hollow capsicums. Place the lid back on to the capsicums and place on to a deep-sided oven tray lined with baking paper.
7. Drizzle the capsicums with a little extra virgin olive oil and roast in the oven for 20-25 minutes, or until the capsicum flesh is softened, but still holding its shape.
8. Serve warm with a green salad on the side.

5 VEG SALAD WITH SPICED YOGHURT DRESSING

Recipe by Michael Weldon

Serves: 2

Time: 15 minutes

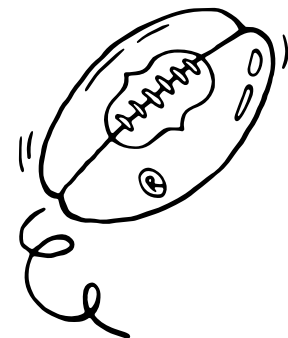
Ingredients

1 carrot, diced
1 punnet of cherry tomatoes, diced
1 cucumber, diced
½ avocado, diced
½ cup spinach

½ cup yoghurt
1tbs olive oil
¼ tsp cumin powder
Pinch of salt

Instructions

1. Combine the yoghurt, oil, cumin and sea salt in a bowl, mix together.
2. Mix the vegetables together in a bowl.
3. Combine vegetables with a spoon of the dressing in a Tupperware container or jar.
4. When ready to eat, give the salad a shake to dress the vegetables in the yoghurt and enjoy.



HEALTHY MUFFINS

Recipe by Michael Weldon

Serves: 12

Time: 35 minutes

Ingredients

1 cup wholemeal flour
 ¾ cup coconut flour
 1 tsp baking powder
 ½ tsp bicarb soda
 Pinch of salt
 1/3 cup maple syrup

½ avocado oil or extra virgin olive oil (plus extra for the muffin tin)
 2 large eggs
 1 cup Greek yoghurt
 1 tsp vanilla bean paste or extract
 2 cups of fruit (i.e. fresh or frozen berries, diced banana or apple)

Instructions

1. Heat an oven to 180 degrees Celsius. Brush a standard 12 muffin tin with oil.
2. Combine the flours, baking powder, bicarb soda and salt in a bowl. Mix until evenly combined.
3. In another bowl, mix together the maple syrup, oil, eggs, yoghurt and vanilla. Whisk together until combined.
4. Gently fold the wet mixture into the dry mixture until just combined. Add your fruit and fold through the muffin batter.
5. Fill the muffin tin with the batter and place into the oven. Bake for 20-25 minutes until the muffins are a light golden colour and a cake tester to ensure they come out clean.
6. Allow to cook and enjoy with friends.
7. Wrap leftover muffins in plastic and they can be frozen.



CAULIFLOWER FRITTERS

Recipe by Stephanie Alexander Kitchen Garden Foundation

Serves: 24

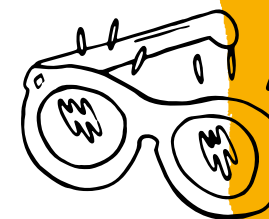
Time: 30 minutes

Ingredients

500g cauliflower, leaves discarded, cut into small florets
 1/2 onion, peeled and finely chopped
 1 handful of parsley, finely chopped (plus a few extra leaves to garnish)
 2 garlic cloves, peeled and finely chopped
 2 tsp roasted and ground cumin
 6 eggs
 180g plain flour
 1 1/2 tsp ground cinnamon

Instructions

1. Pre-heat the oven to 70 degrees Celsius and place the oven-proof serving platters inside to warm.
2. Fill the large saucepan with water and bring it to the boil.
3. Prepare all of the ingredients.
4. Place the cauliflower florets in the boiling water and cook over a medium heat for 10-15 minutes.
5. While the cauliflower is cooking, make the batter by whisking together the onion, parsley, garlic, cumin, eggs, flour, cinnamon, turmeric, salt and pepper in a large bowl.
6. Next make the lime yoghurt by combining the lime juice and zest, coriander, yoghurt and olive oil in a medium mixing bowl. Season to taste with salt and pepper. Keep in the fridge while you make the fritters.
7. Test the cauliflower after 10 minutes – it should be cooked until it is tender but not mushy. Drain in a colander in the sink.
8. Add the warm cauliflower to the bowl of batter and stir with the wooden spoon, breaking down the cauliflower into chunky pieces.
9. Heat the frying pan and add the oil.
10. When the oil is hot, carefully place large spoonfuls of batter into it. Make sure they are not too close together or the pan will get too cool and the fritters will run into each other.
11. Cook for about four minutes, then carefully turn over with a spatula and cook the other side for four minutes.
12. Remove and drain the fritters on kitchen paper. Keep them warm in the oven while you finish the rest.
13. Serve with lime yoghurt dressing.



CHICKEN AND VEGETABLE DUMPLINGS

Recipe by Michael Weldon

Serves: 25

Time: 30 minutes

Ingredients

Dumplings

500g chicken mince
1 carrot, grated
1 onion, grated
1 celery stick, diced
1tsp grated ginger
1tsp soy sauce
25 dumpling wrappers

Soy vinegar dressing

1tbs soy
1tbs vinegar



Instructions

1. In a bowl add the mince, carrot, onion, celery, ginger and 1tsp soy. Mix together until combined.
2. To fill the dumplings, place a spoon of the mince in the middle of a wrapper. With some cold water, dampen the edge of two sides of the wrapper. Fold together and seal, squeezing out all the air in the dumpling.
3. Crimp the folded sides to have a folded and flat bottom. Repeat process until finished.
4. Heat a steamer basket over a saucepan or wok of boiling water. Add the dumplings and cook for 5-6 minutes until the filling is cooked through.
5. Combine the dipping sauce ingredients and mix together.
6. Serve the dumplings with the sauce on the side.

QUICK FLATBREAD PIZZA

Recipe by Courtney Roulston



Serves: 4

Time: 30 minutes

Ingredients

For the dough

2 cups self-raising flour
1 tsp sea salt
1 2/3 cups Greek yoghurt

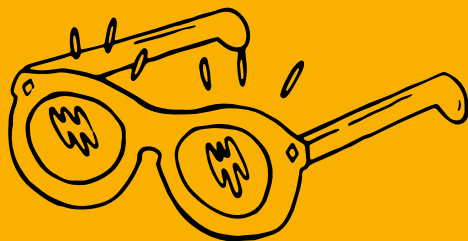
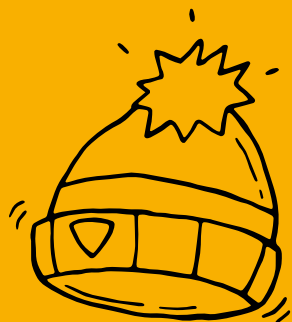
Toppings

2 tbs extra virgin olive oil
for brushing

2 cups Coles tomato passata
2 cups Coles shredded tasty cheese
250g punnet cherry tomatoes,
sliced in half
250g tub Coles bocconcini cheese
1 cup basil, leaves picked

Instructions

1. For the flatbreads: Mix the flour, salt and yoghurt together in a bowl until it forms a dough.
2. Divide the mixture into four equal portions and roll into round balls.
3. Flour a clean work surface and roll each ball of dough into a rough rectangle, around ¾ cm thick.
4. Heat a large non-stick frying pan or grill plate to a medium/high heat and place one of the circles of dough into the frying pan. Cook for 2-3 minutes, or until the dough starts to bubble and becomes golden brown. Flip over and cook for a further two minutes on the second side, or until cooked through.
5. Repeat with the other three circles of dough.
6. Pre-heat the oven to 220 degrees Celsius.
7. Place the cooked flatbread on to oven trays and brush with oil. Spread the passata sauce out over the top, leaving a 1cm boarder from the edge. Scatter the tasty cheese in a thin layer over the tomato passata. Place the cherry tomatoes on to the pizzas, cut side facing up and add on half the basil leaves, a sprinkling of salt and torn pieces of the bocconcini cheese.
8. Bake the pizzas in the oven for 10-15 minutes, or until the cheese has melted and the tomatoes and basil are fragrant.
9. Remove from the oven and slice into pieces before serving.



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