

FatBlaster

Breakfast

RECIPES

ANTIOXIDANT GREEK YOGHURT PARFAIT

– with mixed berries and seeds

Makes one serve | Prep Time: 5 mins | Cook Time: nil

INGREDIENTS:

- 170g fat-free Greek yoghurt
- 1 tbsp. whole rolled oats (6g)
- 75g chopped strawberries
- 50g blueberries
- 1 tsp. almond butter (5g)
- 1 tsp. runny honey (7g)

METHOD:

1. Combine the strawberries and blueberries, then transfer half of them to a jar or small serving bowl.
2. Layer with half the yoghurt, the remaining berries, and lastly the rest of the yoghurt.
3. Top with muesli and almond butter, then drizzle honey over the top to serve.

Energy: 202 Kcal (847 kJ), Fat: 2g, Protein: 13g, Carbs: 28g





SOFT-BOILED EGG

— *with sourdough soldiers and dukkah*

Makes one serve | Prep Time: 5 mins | Cook Time: 5 mins

INGREDIENTS:

- 1 extra large egg (57g)
- 1 thick slice sourdough bread (wholemeal, seeded, or rye preferred)
- 1 tsp. dukkah (5g)

METHOD:

1. Bring a small pot of water to the boil, then gently lower your egg into the water using a dessert spoon, so that it doesn't crack. Boil for five minutes for a runny yolk, or slightly longer if you like it firmer.
2. While the egg cooks, toast your bread and cut into soldiers.
3. To serve, crack the top of the egg away and dip your soldiers first into the yolk, and then into the dukkah. Enjoy!

Energy: 199 Kcal (834 kJ), Fat: 7g, Protein: 11g, Carbs: 21g



HOMEMADE BAKED BEANS

- on toast

Makes one serve | Prep Time: 5 mins | Cook Time: 5 mins

INGREDIENTS:

1 spray extra virgin olive oil	1 pinch dried thyme
¼ small brown onion (25g), diced	1 pinch sea salt
1 garlic clove (3g), crushed	1 pinch black pepper
75g tinned cannellini beans, drained and rinsed	1 slice wholegrain sourdough, toasted
75g tinned diced tomatoes, drained	
1 tsp. tomato paste (5g)	TO SERVE:
1 pinch smoked paprika	1 pinch chopped chives

METHOD:

1. Spray a heavy-based saucepan with olive oil and heat the onion and garlic over a medium heat for 2-3 minutes or until soft and fragrant.
2. Add the beans, tomatoes, tomato paste along with the paprika and thyme. Season with salt and pepper, then simmer for five minutes or until thickened.
3. Serve over toast and top with chives.

Energy: 202 Cal (845kJ), Fat: 3g, Protein: 9g, Carbs: 30g



BANANA, MANGO & PINEAPPLE BREAKFAST SMOOTHIE

Makes one serve | Prep Time: 2 mins | Cook Time: nil

INGREDIENTS:

200mL low-fat milk or dairy alternative
¼ cup frozen banana (40g), sliced
Small handful frozen pineapple chunks (30g)
Small handful frozen mango chunks (30g)
2 tbsp. Greek yoghurt (40g), low-fat

METHOD:

1. Blend the milk with the banana, mango, pineapple and yoghurt.
2. Transfer to a glass and enjoy.

Energy: 203 Cal (849 kJ), Fat: 4g, Protein: 12g, Carbs: 28g



APPLE BIRCHER MUESLI

*– with sultanas, toasted coconut
and almonds*

Makes one serve | Prep Time: 5 mins | Cook Time: nil

INGREDIENTS:

- ½ cup rolled oats (40g)
- ¼ pink lady apple (35g), grated
- ⅓ cup apple juice (85mL), unsweetened
- 1 tbsp. sliced almonds (10g)
- ⅓ cup Greek yoghurt, low-fat, plus one tbsp to serve
- 2 tsp. sultanas (10g)
- 1 tbsp. toasted coconut (7g)

METHOD:

1. Combine the oats, grated apple, juice, almonds and 1/3 cup of the yoghurt in a container or jar.
2. Stir to combine and leave in the fridge overnight.
3. The following morning transfer the bircher to a bowl and top with remaining yoghurt, plus the sultanas and coconut flakes.

Energy: 407 Cal (1703 kJ), Fat: 16g, Protein: 15g, Carbs: 46g



PERFECT AVO SMASH

*– with feta, chilli, mint and
soft-boiled egg*

Makes one serve | Prep Time: 5 mins | Cook Time: 5 mins

INGREDIENTS:

- 1 regular slice sourdough toast (wholemeal, seeded, or rye preferred)
- ½ medium avocado (80g)
- 1 extra-large egg (57g)
- 2 tbsp. crumbled feta (20g)
- ½ tsp. chilli flakes (2g)
- 1 tbsp. finely-shredded mint leaves
- ⅓ lime (8g), cut into wedge
- Sea salt and black pepper, to taste

METHOD:

1. Bring a small pot of water to the boil, then gently lower your egg into the water using a dessert spoon, so that it doesn't crack. Boil for five minutes for a runny yolk, or slightly longer if you like it firmer.
2. Meanwhile, toast your sourdough.
3. In a bowl, combine the avocado flesh with the feta and mint. Mash well with a fork.
4. Once the egg is done, run it under cool water and peel.
5. To serve, spread the avocado over the toast, top with the egg (break it with a fork) and then sprinkle over the chilli flakes. Squeeze lime juice over the top, season with salt and pepper, and enjoy!

Energy: 396 Cal (1655 kJ), Fat: 26g, Protein: 17g, Carbs: 21g



HEALTHY PANCAKES

*– with fresh blueberries and
Greek yoghurt*

Makes one serve | Prep Time: 5 mins | Cook Time: 10 mins

INGREDIENTS:

½ cup whole rolled oats (50g)	1 tsp. light olive oil (5ml)
½ tsp. baking powder (2g)	2 tbsp. fat-free Greek yoghurt (20g)
Pinch sea salt	50g Blueberries
1 small overripe banana (81g)	1 tsp. maple syrup (20g)
1 extra-large egg (57g)	

METHOD:

1. Use a food processor to grind the oats into a flour, then transfer to a mixing bowl.
2. Add the remaining dry ingredients—the baking powder and sea salt—and combine well.
3. Meanwhile, mash the banana well with a fork.
4. Add to the mixing bowl, along with the egg. Whisk to combine.
5. Pour the olive oil into a non-stick frying pan, then use a piece of greaseproof paper to rub it in evenly, coating the bottom of the pan.
6. Heat the pan over medium heat and pour half the batter.
7. Cook for 2-3 minutes on one side, then flip and cook for another 2-3 minutes, or until cooked through and golden brown.
8. Repeat with the remaining batter.
9. Stack the pancakes one on top of the other on a serving plate, then add yoghurt, berries, and maple syrup—yum!

Energy: 402 Kcal (1684 kJ), Fat: 14g, Protein: 17g, Carbs: 50g



HIGH-PROTEIN SCRAMBLED EGGS

- on toast

Makes one serve | Prep Time: 5 mins | Cook Time: 5 mins

INGREDIENTS:

2 extra-large eggs (115g)	1 tsp. extra-virgin olive oil (5mL)
2 egg whites (80g)	2 slices wholegrain or sourdough bread, toasted
1 ½ tbsp. low-fat milk (30mL), or dairy substitute	1 pinch chilli flakes
1 heaped tsp. parmesan (5g), grated	1 pinch dill
1 pinch sea salt	1 pinch flat-leaf parsley
1 pinch black pepper	

METHOD:

1. Whisk two extra-large eggs and an extra two egg whites together with milk, parmesan, salt and pepper.
2. Coat a frying pan with olive oil and heat over a low heat.
3. Allow the pan to heat evenly before pouring in the egg mix.
4. Using a spatula, scrape the pan as the egg cooks. Continue to do this until your eggs are just cooked to perfection. Turn off the heat, remembering that the eggs will continue to cook through a little more once removed from the heat.
5. Serve on two slices of wholegrain toast with lots of chilli flakes, dill and parsley.

Energy: 424 Cal (1684 kJ), Fat: 18g, Protein: 36g, Carbs: 28g

FatBlaster

Snacks

RECIPES



RASPBERRY BLISS BOMBS

Makes six serves | Prep Time: 5 mins | Cook Time: nil

INGREDIENTS:

- ½ cup raw almonds (75g)
- ½ cup frozen raspberries (63g)
- ¼ cup desiccated coconut (22g)
- 2 pitted dates (10g)

METHOD:

1. In a food processor, grind your almonds down to a fine meal.
2. Add the remaining ingredients and continue to process until well combined.
3. Line a tray with baking paper, and using clean hands roll the mix into six bliss bombs. Having damp hands can make it easier to shape the balls without the mix sticking to your hands.
4. Cover and leave in the fridge for at least two hours, ideally overnight, to set.

Energy: 98 Cal (410 kJ), Fat: 8g, Protein: 3g, Carbs: 3g



NO-BAKE HEALTHY SNACK BITES

Makes eight serves | Prep Time: 10 mins | Cook Time: nil

INGREDIENTS:

- ½ cup rolled oats (40g)
- 3 tbsp. flaxseed/linseed meal (45g)
- 3 tbsp. natural peanut butter (80g)
- 2 tbsp. maple syrup (40mL)
- ½ tsp. vanilla essence (3mL)
- 1 pinch sea salt
- 1 tbsp. dark chocolate chips (20g)

METHOD:

1. In a large mixing bowl, combine your rolled oats and flaxseed/linseed meal.
2. Over a low heat, gently warm the peanut butter and maple syrup in a small saucepan, stirring until well combined. This step can also be done with care in the microwave.
3. Stir the vanilla and sea salt through the wet ingredients.
4. Pour the wet ingredients over the oat mix, add the chocolate chips, and combine well with clean hands.
5. Use damp hands to shape the mix into eight balls and lay on a paper-lined tray. Transfer to the fridge for 15-20 minutes until firm.

Energy: 122 Cal (510 kJ), Fat: 8g, Protein: 4g, Carbs: 10g



ALMOND BUTTER & APPLE DIPPERS

Makes one serve | Prep Time: 2 mins | Cook Time: nil

INGREDIENTS:

- ½ medium pink lady apple (80g), cored and sliced
- 2 tsp. almond butter (10g)
- 1 pinch chia seeds (optional)

METHOD:

1. Spoon the almond butter over the apple slices and sprinkle over a pinch of chia seeds for added crunch if you'd like.

Energy: 110 Cal (460 kJ), Fat: 5g, Protein: 3g, Carbs: 11g



BROWN RICE CRACKERS

— *with cottage cheese, chilli and lemon*

Makes one serve | Prep Time: 2 mins | Cook Time: nil

INGREDIENTS:

- ½ medium pink lady apple (80g), cored and sliced
- 2 tsp. almond butter (10g)
- 1 pinch chia seeds (optional)

METHOD:

1. Spoon the almond butter over the apple slices and sprinkle over a pinch of chia seeds for added crunch if you'd like.

Energy: 96 Kcal (400 kJ), Fat: 3g, Protein: 5g, Carbs: 12g



LIME AND CHILLI ALMONDS

– with cottage cheese, chilli and lemon

Makes eight serves | Prep Time: 10 mins | Cook Time: 75 mins

INGREDIENTS:

1 cup raw almonds (140g)	1 tsp. smoked paprika (4g)
1 egg white (35g)	½ tsp. cayenne pepper (2g)
2 tsp. water (20mL)	Sea salt, to taste
½ lime, juiced (32g)	

METHOD:

1. Preheat the oven to 135°C and line a baking tray with greaseproof paper.
2. In a small bowl, whisk the egg white and water until foamy, then pour over the almonds in a mixing bowl. Combine well so the almonds are coated.
3. Transfer the almonds to a sieve and leave for 2-3 minutes to strain off the excess liquid. Then return to a clean mixing bowl.
4. Add the paprika and cayenne pepper. Use clean hands to ensure the spice mix coats the almonds evenly.
5. Transfer to a baking tray, ensuring the almonds are well spread out and not all clumped together. Squeeze over the lime juice, then sprinkle over a little sea salt, to taste.
6. Roast for 15 minutes, then reduce the temperature to 105°C and cook for another hour.
7. Leave to cool before serving.

Energy: 98 Kcal (409 kJ), Fat: 9g, Protein: 4g, Carbs: 1g



'CHEESY' AIR-POPPED POP CORN

Makes four serves | Prep Time: nil | Cook Time: 10 mins

INGREDIENTS:

Spray olive oil
100g popping corn
1 tbsp. nutritional yeast
Large pinch sea salt

METHOD:

1. Spray a large, non-stick pot with olive oil, then heat over a medium-high heat.
2. Allow it to get nice and evenly hot, this will take a minute or two, then reduce the heat to medium and add the popcorn and cover. Keep an eye on the popcorn, and if it begins to burn, lower the heat further.
3. It will begin to pop after about two minutes. Shake the pot every few seconds to keep it from burning.
4. Once the popping slows down, remove from the heat and transfer to a bowl.
5. Sprinkle over the yeast, you may like to use a sieve to ensure it's distributed evenly. And add the salt.

Energy: 96 Kcal (403 kJ), Fat: 1g, Protein: 4g, Carbs: 15g



CRISPY PROTEIN BARS

Makes six serves | Prep Time: 10 mins | Cook Time: nil

INGREDIENTS:

1 cup rolled oats (85g)	⅓ cup almond butter
1 cup vanilla whey protein powder (60g)	½ cup maple syrup (125mL)
½ cup puffed rice (15g)	1 tsp. vanilla essence (5mL)
1 pinch sea salt	2 tbsps. dark chocolate chips (40g)

METHOD:

1. In a blender, process the oats until like flour.
2. Combine oat flour in a mixing bowl with protein powder, puffed rice and sea salt.
3. Add the wet ingredients; the almond butter, maple syrup and vanilla essence, stir until well combined. You'll need to use your hands here, it will feel very crumbly at first.
4. Line a baking tray with greaseproof paper and press the mix very firmly into the tray. Make sure you get it as flat and even as possible.
5. Transfer to the freezer to set for at least an hour, then remove and cut into twelve evenly sized and shaped bars.
6. Melt the chocolate in the microwave, being careful to stop and stir every 10-15 seconds to prevent it burning. Then drizzle over the bars and let it set in the fridge.
7. To store, refrigerate in an airtight container between layers of baking paper.

Energy: 226 Cal (946 kJ), Fat: 7g, Protein: 12g, Carbs: 29g



CHOC-ALMOND BLISS BALLS

Makes six serves | Prep Time: 5 mins | Cook Time: nil

INGREDIENTS:

- ½ cup pitted dates (113g)
- ½ cup raw almonds (75g)
- 1 tbsp. unsweetened cocoa powder (1g)

METHOD:

1. Process the ingredients in a food processor, adding a little water if it sticks. Be careful not to add too much or the balls won't stick.
2. Line a tray with greaseproof paper. Using clean damp hands, roll the mix into 6 balls.
3. Cover and refrigerate. Leave to set for at least two hours, ideally overnight.

Energy: 110 Kcal (460 kJ), Fat: 6g, Protein: 3g, Carbs: 10g



HOMEMADE HUMMUS GRAZING PLATE

– with celery stick dippers

Makes one serve | Prep Time: 5 mins | Cook Time: nil

INGREDIENTS:

100g tinned chickpeas, drained and rinsed
1 clove garlic (3g)
½ tbsp. extra virgin olive oil (2mL)
¼ lemon, juiced (30mL)
Pinch cumin
Pinch smoked paprika
Sea salt and black pepper, to taste
2 celery stalks (110g), cut into sticks

METHOD:

1. Add all the ingredients, except the celery, to a blender or food processor and blitz until smooth.

Energy: 206 Kcal (862 kJ), Fat: 11g, Protein: 7g, Carbs: 14g



CORN CHIPS

— *with green pea 'guacamole'*

Makes one serve | Prep Time: 5 mins | Cook Time: 2 mins

INGREDIENTS:

- ¼ cup frozen green peas (35g)
- 1 tsp. lemon or lime juice (5ml)
- 1 tbsp. coriander leaves (5g), finely shredded
- 1 pinch onion powder
- 1 pinch ground cumin
- 1 pinch chilli flakes
- 1 pinch sea salt
- 1 pinch black pepper

TO SERVE:

- 12-15 corn chips (35g)

METHOD:

1. Bring a pot of water to the boil and blanch peas for 1-2 minutes or until soft. Alternatively, microwave them according to packet instructions.
2. Drain and mash with a fork with the lemon or lime juice and shredded coriander.
3. Mix through the onion powder, cumin, chilli flakes, and seasons with salt and pepper.
4. Serve with 12-15 corn chips.

Energy: 203 Cal (849 kJ), Fat: 9g, Protein: 5g, Carbs: 23g

SALTED CARAMEL SMOOTHIE

Makes one serve | Prep Time: 2 mins | Cook Time: nil

INGREDIENTS:

- 200mL low-fat milk or dairy-free alternative
- ½ frozen banana (50g) - or fresh banana plus ice
- 2 dates (10g), pitted
- 1½ tsp. macadamias (5g), chopped
- 1 pinch ground cinnamon
- 1 pinch sea salt

METHOD:

1. Blend the milk with the banana, dates, macadamias, cinnamon and sea salt.
2. Transfer to a glass and enjoy.

Energy: 219 Cal (916 kJ), Fat: 7g, Protein: 10g, Carbs: 29g



FatBlaster

Lunch & Dinner

RECIPES



CLEAN CHICKEN TENDERS

- with green salad

Makes one serve | Prep Time: 10 mins | Cook Time: 5 mins

INGREDIENTS:

125g chicken tenderloins	1 pinch black pepper
2 tsp. extra-virgin olive oil (10mL)	6 baby cos lettuce leaves (75g)
1 garlic clove (3g), crushed	4 cherry tomatoes (30g), halved
1 pinch lemon zest	½ large red onion (15g), finely sliced
1 pinch sea salt	1 tsp. lemon juice

METHOD:

1. Combine half the olive oil with the crushed garlic, lemon zest, and brush the mix over the chicken tenderloins. Season with salt and pepper, then cover and leave to one side.
2. Heat a frying pan over a medium heat, then cook the tenderloins for 2-3 minutes on one side without adding any extra oil. Flip, and cook for another two minutes on the other side, or until cooked through.
3. Remove from heat and leave to rest while preparing the salad.
4. Arrange the salad ingredients; lettuce, cherry tomatoes and red onion. Dress simply with a squeeze of lemon juice and the remaining olive oil.
5. Serve with the chicken tenders.

Energy: 240 Cal (1004 kJ), Fat: 12g, Protein: 30g, Carbs: 3g



CHINESE VEGETABLE STIR-FRY

— served in lettuce cups

Makes one serve | Prep Time: 10 mins | Cook Time: 10 mins

INGREDIENTS:

3 tsp. sesame oil (15mL)	2 tsp. oyster sauce (10mL)
½ cup broccoli florets	2 tsp. soy sauce (10mL)
½ cup snow peas, halved	½ tsp. cornflour (1g)
½ cup mushrooms, sliced	2-3 large iceberg lettuce leaves (45g)
1 garlic clove (3g), crushed	1 tsp. sesame seeds (3g)
½ tsp. ginger (2g), peeled and grated	1 pinch black pepper
1½ tbsp. vegetable stock (30mL)	

METHOD:

1. Over a medium heat, add the sesame oil to a wok and cook the broccoli florets for two minutes. Add the snow peas, mushrooms, garlic and ginger, then cook for another 1-2 minutes or until all vegetables are tender and the garlic fragrant.
2. Pour over the stock, oyster sauce and soy sauce and cook for another two minutes, stirring regularly.
3. In a small bowl, whisk the corn flour with a little water, then pour over the stir fry.
4. Continue to cook until the sauce thickens.
5. Remove from the heat and serve in 2-3 large lettuce leaves. Sprinkle sesame seeds over the top and season with plenty of black pepper.

Energy: 251 Cal (1050 kJ), Fat: 17g, Protein: 9g, Carbs: 11g



MISO CHICKEN BREAST

– *with broccolini and sesame*

Makes one serve | Prep Time: 5 mins | Cook Time: 10 mins

INGREDIENTS:

150g skinless chicken breast, thickly sliced	1 clove garlic, crushed (3g)
1 tbsp. miso paste (17g)	4 stems broccolini, chopped in half (150g)
1 tsp. rice wine vinegar (5mL)	1 pinch white sesame seeds
1 tsp. sesame oil (5mL)	1 spring onion, thinly sliced
1 tsp. grated ginger (4g)	Sea salt and black pepper, to taste

METHOD:

1. Whisk the garlic, ginger, miso, and rice wine vinegar in a small bowl with a tablespoon of boiling water.
2. Heat the sesame oil in a wok over a high heat and stir-fry broccolini for 2-3 minutes.
3. Add the chicken, and stir-fry until golden. Remove and set to one side.
4. Wipe the wok clean with paper towel, reduce the heat to medium-high, then pour in the miso mixture.
5. As soon as it's bubbling, return the chicken and broccolini to the wok and stir-fry for another 1-2 minutes, or until cooked through. Toss well as it cooks.
6. Transfer to a bowl, then top with sesame seeds and spring onion. Season with sea salt and pepper and enjoy hot.

Energy: 274 Kcal (1145 kJ), Fat: 9g, Protein: 39g, Carbs: 6g



QUICK THAI FISH CAKES

Makes one serve | Prep Time: 20 mins | Cook Time: 5 mins

INGREDIENTS:

100g fresh salmon, skin removed
and diced into 1cm pieces

2 tbsp. chopped coriander leaves
(10g), plus a few extra to serve

2 tsp. red Thai curry paste (56g)

2 tsp. cornflour (2g)

1 tsp. fish sauce (5g)

1 spray olive oil

TO SERVE:

½ lime wedge

Extra coriander

METHOD:

1. Place half the salmon to one side, then use a sharp knife to mince the rest.
2. In a bowl, combine the minced salmon along with the chunkier pieces. Add the curry paste, fish sauce, cornflour, and coriander leaves. Mix well to combine.
3. With clean, damp hands, shape the mix into 2-3 small patties. Lay on greaseproof paper and transfer to the fridge for 15-20 minutes.
4. When ready to cook, heat a frying pan with the rice bran oil over a medium-high heat. Cook for 2-3 minutes on each side, or until cooked through.
5. Serve with extra coriander leaves and a lime wedge.

Energy: 269 Kcal (1126 kJ), Fat: 17g, Protein: 22g, Carbs: 7g



HEALTHY CHILI CON CARNE

– *with Greek yoghurt and coriander*

Makes one serve | Prep Time: 5 mins | Cook Time: 20 mins

INGREDIENTS:

Spray olive oil	¼ tsp. smoked paprika
½ small brown onion (60g), finely diced	¼ large red capsicum, chopped
1 clove garlic (3g), crushed	4 large cherry tomatoes (930g), quartered
1 celery stick (56g), finely diced	1 tbsp. fat-free Greek yoghurt
75g extra lean beef mince	
¼ cup canned kidney beans (945g), drained and rinsed	TO SERVE:
1 tbsp. tomato paste	Coriander leaves
½ cup water	Lime wedge (1 tsp.)
¼ tsp. ground cumin	Black pepper

METHOD:

1. In a non-stick frying pan with a spray of olive oil, sauté the onion, garlic, and celery over a medium heat for 2-3 minutes, until transparent.
2. Increase the heat to medium-high and add the beef mince. Cook for five minutes or until browned.
3. Add the beans, cumin, paprika, tomato paste, and water. Stir well and bring to the boil. Then reduce to a simmer, covered, for 3-4 minutes.
4. After ten minutes, add the cherry tomatoes and capsicum.
5. Continue to cook for another 4-5 minutes, or until the sauce has reduced and thickened, then remove from heat.
6. Serve with a tablespoon of yoghurt, fresh coriander, a lime wedge, and plenty of freshly cracked black pepper.

Energy: 253 Kcal (1058 kJ), Fat: 6g, Protein: 25g, Carbs: 18g



VEGETARIAN PAD THAI

Makes one serve | Prep Time: 10 mins | Cook Time: 8 mins

INGREDIENTS:

20g rice noodles	1 handful bean sprouts
1½ tbsp. vegetable stock (30mL)	½ spring onion, sliced
2 tsp. soy sauce (10mL)	1 tsp crushed peanuts
1 tsp. honey (5g)	1 pinch chilli flakes
½ tsp. tamarind paste (3g)	1 pinch sea salt
1 spray extra virgin olive oil	1 pinch black pepper
1 head bok choy, washed	1 pinch coriander leaves
1 clove garlic, crushed	⅓ lime (8g), cut into wedge
1 egg, whisked	

METHOD:

1. Prepare the rice noodles as per packet instructions. Drain and rinse with cold water, then set aside.
2. Whisk together the stock with the soy sauce, honey and tamarind paste, then set aside.
3. Spray a wok with a little olive oil and place over medium heat. Add the bok choy and garlic. Stir-fry for 2-3 minutes or until bok choy is bright green and garlic is fragrant.
4. Push ingredients aside, pour in the whisked egg and scramble.
5. Pour in the noodles and sauce, then toss to combine.
6. Stir-fry for another 3-4 minutes.
7. Turn off heat and add the bean sprouts, spring onion and peanuts. Toss together and allow to cook with no heat for another minute or two.
8. Transfer to serving bowl and season with chilli flakes, salt and pepper.
9. Top with coriander leaves and a lime wedge.

Energy: 245 Cal (000-kJ), Fat: 7g, Protein: 12g, Carbs: 31g



VEGETARIAN PHO

– *with tofu, mushrooms, beanshoots, spring onion, chilli, and noodle*

Makes one serve | Prep Time: 15 mins | Cook Time: 35 mins

INGREDIENTS:

100g firm tofu, cut into cubes	Pinch red chilli flakes	1 garlic clove (3g), roughly chopped
50g rice noodles	375mL vegetable stock	½ tsp. black peppercorns
2 shiitake mushrooms (10g), thinly sliced	125mL water	Spray rice bran oil
Handful beanshoots (15g)	1 tsp. brown sugar (2g)	
1 spring onion, (20g) sliced	1 tsp. low sodium soy sauce	TO SERVE:
	2cm piece fresh ginger, sliced	¼ lime (16g)
		Coriander leaves

METHOD:

1. Spray a frying pan lightly with oil, then over a medium heat cook the tofu pieces for 1-2 minutes on each side, until light golden. Set aside.
2. Next, add the mushrooms to the pan and cook for 4-5 minutes, until soft. Set aside.
3. In a small pot, add the vegetable stock, water, brown sugar, ginger, garlic, clove, and peppercorns. Bring to the boil, then reduce to a simmer and cook for 20 minutes. Remove from the heat, and strain into a bowl to remove the solids. Lastly, stir through soy sauce and set aside.
4. Meanwhile, prepare the noodles as per packet instructions, then strain.
5. To serve, make a bed of noodles in a bowl, add the tofu and mushrooms, then pour over the broth.
6. Top with beanshoots, spring onion, chilli flakes, and coriander leaves. Squeeze over the lime juice and enjoy.

Energy: 383 Kcal (10604 kJ), Fat: 12g, Protein: 18g, Carbs: 48g



MINI MUSHROOM, ARTICHOKE & OLIVE PIZZAS

– *with rocket*

Makes one serve | Prep Time: 5 mins | Cook Time: 20 mins

INGREDIENTS:

1 small wholemeal pita pocket (28g)	¼ cup low-fat mozzarella (17g)
1 tbsp. tomato paste	½ tsp. dried oregano
4 button mushrooms (30g), thinly sliced	Black pepper, to taste
4 pitted kalamata olives (10g), halved	TO SERVE:
1 marinated artichoke heart (28g), roughly chopped	Handful rocket

METHOD:

1. Preheat the oven to 180°C.
2. Spoon the tomato paste over the pita bread and spread evenly.
3. Top with mushrooms, olives, and artichokes.
4. Sprinkle cheese over the top, then the oregano and plenty of cracked black pepper.
5. Transfer pizza to a baking tray lined with greaseproof paper, then cook for 20 minutes, or until cheese is melted and base crispy.
6. Remove from the oven and top with rocket before serving.

Energy: 289 Kcal (1209 kJ), Fat: 15g, Protein: 16g, Carbs: 17g



ONE-PAN TERIYAKI SALMON & CHARRED GREENS

Makes one serve | Prep Time: 5 mins | Cook Time: 15 mins

INGREDIENTS:

120g skinless salmon fillet	2 tsp. brown sugar (4g)
1 tsp. sesame oil (5mL)	1 tsp. rice wine vinegar (5mL)
1 clove garlic (3g), crushed	4 broccolini stems (150g)
½ tsp. minced ginger (2g)	6 asparagus spears (90g)
2 tbsp. low-sodium soy sauce (20mL)	1 spring onion (20g), sliced
1 tbsp. water (20mL)	

METHOD:

1. Combine the sesame, garlic, ginger, soy sauce, water, brown sugar, and rice wine vinegar in a bowl and whisk with a fork until combined.
2. Place the salmon fillet in a zip-lock bag, pour over the marinade, seal, and leave to marinate in the fridge for at least 30-60 minutes.
3. Preheat oven to 180°C.
4. Place the salmon fillet in the middle of a baking tray, surrounded by the broccolini and asparagus. Pour over the remaining marinade, and roast for 12-15 minutes or until cooked through.
5. Once the salmon is done, remove it from the pan and leave to rest. Return the pan to the oven, and use a high grill setting for 1-2 minutes to char vegetables slightly.
6. To serve, create a bed of vegetables, top with the salmon, and sprinkle the spring onion over the top.

Energy: 396 Kcal (1657 kJ), Fat: 22g, Protein: 34g, Carbs: 12g



VEGETARIAN NACHOS

– *with spicy beans, light cheese
and Greek yoghurt*

Makes one serve | Prep Time: 15 mins | Cook Time: 10 mins

INGREDIENTS:

1 multigrain tortilla
(45g), cut into small
triangles

100g canned black
beans, drained
and rinsed

1 tsp. extra virgin
olive oil (5mL)

1 clove garlic (3g)

½ tsp. red chilli
flakes (2g)

½ tsp. cumin (2g)

6 large cherry tomatoes
(45g), quartered

¼ small red onion (30g),
finely diced

1 tsp. coriander leaves,
finely diced, plus a few
extra to serve

1 tsp. fresh jalapeno
(2g), finely chopped

¼ lime juiced (16g)

1 tbsp. light cheese
(8g), shredded

2 tbsp. low-fat Greek
yoghurt (20g)

Sea salt and black
pepper, to taste

TO SERVE:

½ lime (8g) cut into
a wedge

METHOD:

1. Preheat the oven to 180°C. Arrange the tortilla pieces on a tray and bake for 5-6 minutes or until crispy 'chips'.
2. Combine the beans with the garlic, chilli flakes, cumin and olive oil in a frying pan. Season with sea salt and pepper, then stir to combine. Heat for 2-3 minutes, then set aside.
3. In a small, oven-safe dish, arrange the tortilla chips and top with the bean mix and the cheese and return to the oven for 4-5 minutes or until cheese is melted and the beans warmed through.
4. Meanwhile, combine the coriander, red onion, jalapeno, and tomatoes in a bowl. Season, then squeeze over lime juice and toss to make a salsa.
5. Remove the nachos from the oven and top with salsa, yoghurt, and a few extra coriander leaves. Squeeze over the lime, then dig in.

Energy: 440 Kcal (1841 kJ), Fat: 15g, Protein: 18g, Carbs: 57g



RARE BEEF & BROWN RICE SALAD

– *with chimichurri*

Makes one serve | Prep Time: 10 mins | Cook Time: 30 mins

INGREDIENTS:

- | | |
|--|--|
| 1/3 cup brown rice (85g), uncooked (or one microwave brown rice cup) | 1 tsp. chopped fresh coriander, finely chopped |
| 1 cup baby spinach (55g), shredded | 1 garlic clove (3g), crushed |
| 1/4 medium red onion (30g), finely diced | Pinch red chilli flakes |
| 6 large cherry tomatoes (45g), halved | 1 tsp. extra virgin olive oil (5mL) |
| 1/4 lemon juiced and zest | 1 tsp. white wine vinegar (5mL) |
| 1 tsp. chopped flat-leaf parsley, finely chopped | 50g lean roast beef, roasted and sliced |
| | Sea salt and black pepper, to taste |

METHOD:

1. Bring a small pot of salted water to the boil, and cook the rice for 30 minutes, or until cooked through, then strain. Alternatively, microwave the brown rice cup as per instructions. Either way, leave to cool afterwards.
2. Combine the rice, spinach, tomatoes, onion, as well as the lemon juice and zest in a bowl. Toss to combine, then transfer to a serving bowl.
3. In a small mixing bowl, combine the chimichurri ingredients—parsley, coriander, chilli flakes, garlic, oil, and vinegar—and stir well.
4. Top your salad with the beef slices, then spoon over the chimichurri. Season, and enjoy.

Energy: 434 Kcal (1817 kJ), Fat: 9g, Protein: 24g, Carbs: 60g



SPICY BEAN TOSTADAS

– *with cottage cheese, red onion, coriander and lime*

Makes one serve | Prep Time: 5 mins | Cook Time: 12 mins

INGREDIENTS:

1 corn tortilla	½ tsp. chipotle seasoning	2 tbsp. low-fat cottage cheese
1 tsp. extra virgin olive oil	1 tsp. tomato paste	1 tbsp. lime (5mL)
½ small red onion (60g), thinly sliced	75g canned kidney beans, drained and rinsed	Handful coriander leaves
1 garlic clove (3g), crushed	¼ red capsicum (45g), thinly sliced	Sea salt and black pepper, to taste
½ tsp. cumin		

METHOD:

1. Preheat the oven to 220°C. Brush the tortilla with half the olive oil and bake for 7-8 minutes or until crispy.
2. Meanwhile, set half the sliced onion aside, and finely dice the rest.
3. Heat the remaining oil in a frying pan over a medium heat. Add the diced onion and garlic, then sauté for 2-3 minutes or until transparent. Add the cumin and chipotle, then cook for another minute.
4. Add the tomato paste, the beans, and a splash of water. Combine well and bring to the boil.
5. Reduce to a simmer and cook for 2-3 minutes or until reduced. Mash roughly with a fork, season to taste, and remove from the heat.
6. To serve, spread the bean mix over the crispy tortilla, then top with the sliced onion, capsicum, and coriander leaves.
7. In a small bowl, whisk the cottage cheese with a fork until smooth. Spoon it over the tostada, and then squeeze lime juice over the top. Enjoy!

Energy: 273 Kcal (1144 kJ), Fat: 31g, Protein: 15g, Carbs: 8g



GUT-HEALTHY BEAN SALAD

Makes one serve | Prep Time: 5 mins | Cook Time: nil

INGREDIENTS:

- 95g salt-reduced four-bean mix, drained and rinsed
- ½ cup green beans (35g), steamed and halved
- 8 cherry tomatoes (60g), quartered
- ¼ red onion (25g), peeled and thinly sliced
- 1 small handful flat-leaf parsley (10g), chopped
- 2 tsp. balsamic vinegar (10mL)
- 2 tsp. extra-virgin olive oil (10mL)
- 1 pinch sea salt
- 1 pinch black pepper

METHOD:

1. Combine your bean mix, green beans, tomatoes, onion and parsley in a bowl.
2. Pour over the vinegar and olive oil and toss well to combine.
3. Season with salt and pepper, to taste.

Energy: 185 Cal (774 kJ), Fat: 10g, Protein: 7g, Carbs: 17g



MINI VEGETARIAN FRITTATAS

— *with feta, pea, and mint*

Makes one serve | Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS:

- 2 large eggs (115g)
- 1 spray olive oil
- 2 tbsp. cup skim milk (40g), or unsweetened almond milk
- 25g frozen peas, thawed
- ½ tbsp. mint leaves (2g), finely chopped
- ½ tbsp. dill (2g), finely chopped
- 15g Greek-style feta, crumbled
- Pinch red chilli flakes
- Black pepper, to taste

METHOD:

1. Preheat the oven to 180°C.
2. In a bowl, whisk together the eggs and milk.
3. Spray rice bran oil into a muffin tray.
4. Divide the peas and herbs between the two holes of the muffin tray, then pour over the egg and milk mixture. Top with crumbled feta, chilli flakes and black pepper.
5. Bake for 20-25 minutes or until cooked through, then leave to sit for five minutes before removing from the muffin tin.

Energy: 196 Kcal (822 kJ), Fat: 11g, Protein: 18g, Carbs: 5g



PLANT-BASED SUSHI BOWL

Makes one serve | Prep Time: 10 mins | Cook Time: 20 mins

INGREDIENTS:

- | | |
|--|---|
| 1 pinch sea salt | ¼ carrot (30g), peeled and grated |
| ¼ cup sushi rice (50g) or other white rice | ¼ medium avocado (40g), sliced |
| 2 tsp. rice wine vinegar (10mL) | 2 small nori sheets, cut into strips (optional) |
| 50g firm tofu, sliced | 1 tbsp. fried shallots (20g) or chopped roasted almonds |
| 1 spray extra virgin olive oil | ½ tsp. sesame seeds (1g) |
| ¼ cup edamame beans (50g) or green peas, shelled | 1 tsp. mayonnaise (5g) |
| 1 small radish (20g), thinly sliced | 1 tsp. soy sauce (5mL) |

METHOD:

1. Rinse sushi rice in a colander until water runs clear, then cook according to packet instructions. Strain off water, transfer to a bowl, and mix through the rice wine vinegar.
2. Meanwhile, spray a frying pan with a little olive oil and cook tofu strips for two minutes on each side or until lightly golden.
3. To assemble the bowl, make a bed of rice and top with tofu, edamame, radish, carrot, avocado and nori if you're using it.
4. Sprinkle fried shallots and sesame seeds over the top. Serve with mayonnaise and soy sauce.

Energy: 414 Cal (1732 kJ), Fat: 17g, Protein: 16g, Carbs: 44g



GRILLED HALOUMI SALAD BOWL

– *with toasted pita*

Makes one serve | Prep Time: 10 mins | Cook Time: 5 mins

INGREDIENTS:

3-4 slices haloumi (90g)	Small handful mint (5g), shredded
2 tsp. extra virgin olive oil (10mL)	Small handful dill (5g), finely chopped
8-10 cherry tomatoes (80g), halved	2 tsp. lemon juice (10ml)
½ small continental cucumber (100g), cubed	1 pinch sea salt
1 cup rocket or baby spinach (55g)	1 pinch black pepper
Small handful flat-leaf parsley (5g), finely chopped	1 small wholemeal pita (25g), toasted

METHOD:

1. Heat half of the olive oil in a frying pan over a medium heat. Cook the haloumi for 2-3 minutes on each side or until golden.
2. In a bowl, toss the tomatoes, cucumber with the rocket or spinach and a small handful each of mint, parsley and dill.
3. Dress with the remaining teaspoon of olive oil plus two teaspoons of lemon juice. Season with salt and pepper.
4. Break up your toasted pita (one small round bread) into wedges and enjoy.

Energy: 422 Cal (1766 kJ), Fat: 26g, Protein: 25g, Carbs: 18g



CHICKEN & BASIL PASTA SALAD

– *with pine nuts, spinach and pesto*

Makes one serve | Prep Time: 10 mins | Cook Time: 10 mins

INGREDIENTS:

60g wholegrain or pulse pasta, penne style	1 tsp. pine nuts (3g), toasted
100g skinless chicken breast	¼ juiced lemon (16g)
1 tsp. extra virgin olive oil (5mL)	Small handful basil leaves (10g)
1 tsp. basil pesto (15mg)	Sea salt and black pepper, to taste
1 cup baby spinach (55g), shredded	

METHOD:

1. Bring a small pot of salted water to the boil, then pour in the pasta and cook for 6-8 minutes, or as per the instructions on the packet. Strain and place to one side.
2. Meanwhile, heat a non-stick pan over a medium-high heat and cook chicken breast for 4-5 minutes on each side, or until cooked through. Leave to rest, then slice thickly.
3. In a small bowl, use a fork to whisk the pesto, olive oil, and lemon juice together. Pour the dressing over the pasta and toss to coat.
4. Combine the pasta, chicken, and spinach, and toss well. Season to taste, then top with pine nuts and basil leaves.

Energy: 436 Kcal (1826 kJ), Fat: 13g, Protein: 37g, Carbs: 38g



CHICKEN BURRITO BOWL

– *with brown rice and charred corn*

Makes one serve | Prep Time: 10 mins | Cook Time: 48 mins

INGREDIENTS:

80g skinless chicken breast, sliced	¼ cup brown rice (50g), uncooked	1 tsp. coriander leaves, finely chopped, plus extra, to serve
½ tsp. ground cumin (2g)	½ corn cob (63g)	¼ juiced lime (16g)
½ tsp. smoked paprika (2g)	6 large cherry tomatoes (45g), quartered	1 tbsp. low-fat Greek yoghurt (10g)
1 garlic clove (3g), crushed	¼ small red onion (25g), finely diced	Spray olive or rice bran oil
Pinch dried cayenne pepper	1 tsp. fresh jalapeno (2g), finely chopped	Sea salt and black pepper, to taste

METHOD:

1. In a bowl, combine the chicken breast with the cumin, paprika, garlic, and cayenne. Mix well to ensure it is evenly coated.
2. Next, char your corn. Wrap the cob in aluminium foil and place it directly on a gas burner at medium heat. Turn every two minutes (with tongs!) and once all four sides are done (eight minutes in total) remove from the heat and leave to cool.
3. Bring a small pot of salted water to the boil, and cook the rice for 30 minutes, or until cooked through, then strain.
4. Heat the oil in a frying pan over a medium heat, and cook chicken pieces for 4-5 minutes, or until cooked through.
5. In a bowl, combine the onion, tomatoes, jalapeno, coriander, and lime juice. Season, and mix well to make a salsa.
6. Once the corn has cooled, unwrap it and run a sharp knife along the cob to remove the kernels.
7. To serve, make a bed of rice and top with the chicken. Add the salsa and the corn, then top with yoghurt and a few coriander leaves.

Energy: 434 Kcal (1816 kJ), Fat: 7g, Protein: 28g, Carbs: 58g



CHINESE BEEF STIR-FRY

– *with garlic and greens*

Makes one serve | Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS:

¼ cup brown rice (50g)	2 cloves garlic (6g), crushed	stock (60mL)
1 tsp. sesame oil (5mL)	½ tsp. ginger (2g), peeled and grated	1 tbsp. oyster sauce (20mL)
¾ cup broccoli florets (70g)	100g lean steak, like sirloin or rump, cut into strips	1 tsp. soy sauce (5mL)
½ cup snow peas (50g), chopped	3 tbsp. vegetable	½ tsp. cornflour (1g)
		1 pinch black pepper
		1 pinch sesame seeds

METHOD:

1. Cook your rice according to packet instructions and set aside.
2. Over a medium heat, add the sesame oil to a wok and cook the broccoli florets for 2-3 minutes. Add the snow peas, garlic and ginger, then cook for another 1-2 minutes or until all vegetables are tender and the garlic fragrant.
3. Spoon the vegetables from the wok and place to one side.
4. Increase heat to high and brown the steak.
5. Return the vegetables to the wok.
6. Pour over the stock, oyster sauce and soy sauce and cook for 3-4 minutes, stirring regularly.
7. In a small bowl, whisk the corn flour with a splash (1-2 tbsp) of water, then pour over the stir fry. Continue to cook until the sauce thickens.
8. Remove from the heat and serve over rice with plenty of black pepper and a pinch of sesame seeds.

Energy: 434 Cal (1816 kJ), Fat: 11g, Protein: 34g, Carbs: 44g



THAI-STYLE NOODLE SALAD

– *with chicken*

Makes one serve | Prep Time: 10 mins | Cook Time: 20 mins

INGREDIENTS:

40g rice noodles	1 tbsp. sweet chilli sauce (20mL)
1 spray extra virgin olive oil	2 tsp. fish sauce (10mL)
100g chicken breast	1 tsp. lime juice (5mL)
½ spring onion (8g), sliced	1 tsp. crushed peanuts (3g)
¼ small continental cucumber (50g), julienned	1 pinch fresh coriander leaves
1 small carrot (75g), peeled and grated	1 pinch black pepper

METHOD:

1. Prepare the rice noodles as per packet instructions. Drain and rinse under cold water, then set aside.
2. Spray a frying pan with a little olive oil and place over medium heat. Allow to heat evenly and then cook chicken breast for 5-6 minutes on each side or until cooked through. Set aside, then slice.
3. Combine the noodles, chicken, spring onion, cucumber and carrot in a bowl.
4. In a smaller bowl, whisk together the dressing ingredients—the sweet chilli sauce, fish sauce and lime juice. Pour over the salad, and then toss to combine.
5. Top with peanuts, coriander and black pepper to serve.

Energy: 433 Cal (1812 kJ), Fat: 5g, Protein: 29g, Carbs: 64g



LOADED SWEET POTATO

– *with quick vegetarian chilli, light cheese, Greek yoghurt and jalapeno*

Makes one serve | Prep Time: 10 mins | Cook Time: 45 mins

INGREDIENTS:

200g sweet potato	1 tsp. tomato paste (14g)	¼ lime juiced (16g)
75g kidney beans	6 large cherry tomatoes, quartered	2 tbsp. light cheese (15g), shredded
1 tsp. extra virgin olive oil (5mL)	½ small red onion (60g), finely diced	2 tbsp. reduced fat Greek yoghurt (20g)
1 garlic clove (3g), crushed	1 tsp. coriander leaves, finely chopped, plus a few extra to serve	Sea salt and black pepper, to taste
½ tsp. ground cumin (2g)	1 tsp. fresh jalapeno (2g), finely chopped	
½ tsp. chipotle seasoning (2g)		

METHOD:

1. Preheat your oven to 220°C.
2. Use a fork to poke 5-6 holes into your sweet potato, then wrap loosely in aluminium foil. Bake for 45-50 minutes or until soft. Alternatively, microwave on high for 6-8 minutes without the foil—that last part is important!
3. Meanwhile, heat the olive oil in a frying pan over a medium heat. Add half the onion and the crushed garlic clove, then sauté for 2-3 minutes or until transparent. Add the cumin and chipotle, then cook for another minute.
4. Add the tomato paste, the beans, and a splash of water. Combine well and bring to the boil.
5. Reduce to a simmer and cook for 3-4 minutes or until reduced. Place to one side.
6. Combine the tomato, jalapeno, coriander, and remaining red onion in a bowl. Season to taste, then squeeze over the lime juice and mix well to create an easy salsa.
7. To assemble, halve your sweet potato in a serving bowl, then fill with the chilli. Top with cheese, salsa, and yoghurt, plus a few extra coriander leaves to serve.

Energy: 425 Kcal (1779 kJ), Fat: 13g, Protein: 19g, Carbs: 48g



CLEAN CHICKEN CAESAR SALAD

– *with croutons*

Makes one serve | Prep Time: 5 mins | Cook Time: 15 mins

INGREDIENTS:

100g chicken breast	½ tsp. Dijon mustard (3g)	12 cos lettuce leaves (160g)
1 pinch paprika	1 tsp. Worcestershire sauce (5mL)	1 egg, hard-boiled
2 pinches black pepper	2 tsp. mayonnaise (10g)	8-10 smoked almonds (10g), chopped
2 sprays extra virgin olive oil	1 pinch Garlic powder	1 tsp. parmesan (5g), grated
½ slice wholemeal sourdough (20g), cubed	1 pinch dill, finely chopped	
1 tsp. lemon juice (5mL)		

METHOD:

1. Preheat the oven to 180°C.
2. Season your chicken breast with paprika and black pepper, then place to one side.
3. Spray an oven-safe frying pan or griddle with olive oil and place over a medium heat. Once evenly heated, cook your chicken breast for 4-5 minutes on each side or until cooked through. Leave to rest.
4. If needed, spray a little more olive oil into the pan and then add half a thick slice of sourdough, crusts removed and cut into cubes. Cook for a minute, then flip pieces and do the same on the other side. Once cubes are golden, transfer the pan to the oven for 4-5 minutes or until crunchy.
5. In a small bowl, use a fork to whisk the lemon juice, mustard, Worcestershire sauce and mayonnaise with a pinch of garlic powder and dill.
6. Arrange the lettuce leaves and top with sliced chicken breast, two boiled egg halves, and the croutons.
7. Drizzle dressing over the salad and top with almonds, grated parmesan and plenty of black pepper.

Energy: 440 Cal (1841 kJ), Fat: 26g, Protein: 37g, Carbs: 13g



ROASTED TOMATO SOUP

– *with yoghurt and chives*

Makes one serve | Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS:

3-4 vine-ripened tomatoes (400g), quartered	1 cup salt-reduced vegetable stock (250mL)
2 tsp. extra-virgin olive oil (10mL)	2 pinches smoked paprika
1 clove garlic (3g), crushed	1 small handful fresh basil leaves (10g)
1 pinch mixed herbs	1 tbsp. reduced-fat Greek yoghurt (20g)
2 pinches sea salt	1 pinch chives, finely chopped
2 pinches black pepper	
½ brown onion (70g), thinly sliced	

METHOD:

1. Preheat oven to 200°C.
2. Rub half the olive oil over the tomato pieces, along with crushed garlic and the mixed herbs.
3. Transfer to a roasting dish, season with salt and pepper, and cook for 15-20 minutes or until flesh is soft and skin is peeling away. Set aside to cool, then remove skin.
4. Meanwhile, heat a small pot over a medium heat, and cook the onion in the remaining teaspoon of olive oil for 2-3 minutes, stirring constantly, until soft.
5. Add the roasted tomatoes and stock to the pot along with a pinch of paprika. Increase the heat, bring to the boil, then reduce to a simmer and cook for 5-10 minutes.
6. Add the basil leaves, and process with a stick blender until smooth.
7. Taste, and then season with salt and pepper.
8. Serve with a dollop of Greek yoghurt, a pinch of paprika, and plenty of fresh chives.

Energy: 219 Cal (916 kJ), Fat: 10g, Protein: 6g, Carbs: 19g



EASY NICOISE SALAD

– *with tuna, green beans, and olives*

Makes one serve | Prep Time: 5 mins | Cook Time: 10 mins

INGREDIENTS:

- | | |
|---|--|
| 1 new potato (32g), scrubbed | 4 large cherry tomatoes (30g), quartered |
| 25g green beans, trimmed and halved | 1 tsp. extra virgin olive oil (10mL) |
| 1 regular egg (57g) | ½ tsp. Dijon mustard (3g) |
| 4 small cos lettuce leaves (50g), roughly chopped | ¼ lemon, juiced (16g) |
| ¼ small red onion (30g), finely sliced | Black pepper, to taste |
| 2 kalamata olives (5g), halved | 95g tin of tuna in olive oil, drained |

METHOD:

1. Place the potato in a mug or ramekin with an inch of water, then microwave on high for 2-3 minutes. Leave to cool before draining and cutting into quarters.
2. Meanwhile, bring an inch or two of water to the boil in a small pot, then blanch beans for 2-3 minutes. Drain and rinse under cool water to stop them from overcooking.
3. Lastly, bring a small pot of water to the boil, then gently lower in the egg using a spoon. Boil for 6-7 minutes, then drain and cool under running water. Peel and halve the egg.
4. Assemble the lettuce, red onion, tomatoes, green beans, olives, and potato in a serving bowl.
5. Whisk together the olive oil, lemon juice, black pepper and mustard to make a dressing, then pour over salad and toss to combine.
6. Top with tuna and the egg to serve.

Energy: 322 Kcal (1346 kJ), Fat: 20g, Protein: 26g, Carbs: 8g



HEALTHY MONGOLIAN BEEF

– *served in lettuce cups*

Makes one serve | Prep Time: 10 mins | Cook Time: 8 mins

INGREDIENTS:

1 tsp. sesame oil (5mL)	½ tsp cornflour (1g)
110g lean steak, like sirloin or rump, cut into strips	½ spring onion (10g)
1 tbsp. soy sauce (20mL)	1 pinch sesame seeds
2 tsp. rice wine vinegar (10mL)	1 pinch chilli flakes
2 tsp. hoisin sauce (10mL)	1 pinch black pepper
1 garlic clove (3g), crushed	2 large iceberg lettuce leaves (30g)
½ tsp. ginger (2g), peeled and grated	

METHOD:

1. In a wok, heat the oil over a medium-high heat.
2. Add the steak and cook for 3-4 minutes or until browned.
3. Meanwhile, in a small bowl mix together the soy sauce, vinegar, hoisin, garlic and ginger.
4. Pour into the wok and stir-fry the beef for a further 2-3 minutes.
5. Mix the cornflour with a dash of water and pour over the stir-fry. Continue to cook for another minute or until the steak is cooked through and the sauce has thickened.
6. Divide the beef between two large lettuce leaves, top with spring onion, sesame seeds and chilli flakes. Season with black pepper.

Energy: 228 Cal (954 kJ), Fat: 9g, Protein: 29g, Carbs: 6g



GRILLED STEAK & SMASHED POTATOES

– *with green salad*

Makes one serve | Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS:

185g porterhouse steak, trimmed	4 small new potatoes (130g)	1 pinch chopped fresh chives
2 pinches sea salt	2 tsp. red wine vinegar (10mL)	1 pinch chopped fresh tarragon
2 pinches black pepper	1 tsp. dijon mustard (5g)	1 pinch chopped fresh flat-leaf parsley
5 tsp. extra virgin olive oil (25mL)	1 cup butter lettuce (35g)	

METHOD:

1. Season your steak well with salt and pepper. Set aside while you prepare the potatoes.
2. Bring a small saucepan of water to the boil and cook your potatoes for 15-20 minutes or until easily pierced. You can also do this in a microwave in 7-8 minutes, in a microwave-safe dish with a splash of water in it.
3. Drain the potatoes, crush lightly with a fork, and place to one side. This lets them to dry slightly before we fry them and helps make them extra crispy.
4. Heat a heavy-based frying pan or griddle over a high heat. Add one teaspoon of olive oil and cook the steak for five minutes on one side. Flip and cook for another 2-3 minutes on the other, or longer if you prefer it well done. Set aside to rest.
5. Transfer your 'smashed' potatoes to the frying pan. Cook for a 1-2 minutes on each side in the pan juices, until crispy. Set aside.
6. For the salad dressing, whisk the remaining olive oil with the vinegar and the mustard. Season to taste.
7. Dress the lettuce and then sprinkle over herbs.
8. Serve the steak with potatoes and green salad. Enjoy.

Energy: 548 Cal (2293 kJ), Fat: 32g, Protein: 45g, Carbs: 18g



SATAY CHICKEN ON RICE

– *with peas and coriander*

Makes one serve | Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS:

1 tsp. lime juice (5mL)	1 clove garlic (3g), crushed
1 tsp. honey (5mL)	¼ cup basmati rice (50g)
2 tsp. soy sauce (10mL)	¼ cup green peas (35g), fresh or frozen
1 tbsp. natural peanut butter (20g)	1 pinch black pepper
3 tbsp. coconut milk (60mL)	1 pinch sea salt
1 spray extra virgin olive oil	1 pinch coriander leaves
100g chicken breast, cut into strips	

METHOD:

1. Whisk the lime juice, honey, soy sauce, peanut butter and coconut milk together with a fork and set aside.
2. Cook rice as per packet instructions. Add peas a minute before removing from heat.
3. Spray a frying pan with olive oil, then place over a medium heat. Add the chicken and garlic and cook for two minutes or until chicken is lightly browned and the garlic fragrant.
4. Add the sauce to the pan, stir well, then let it simmer for five minutes or until thickened.
5. Spoon the satay chicken over the rice and peas, season well, and top fresh coriander leaves.

Energy: 525 Cal (2197 kJ), Fat: 21g, Protein: 35g, Carbs: 53g



BAKED CHICKEN SCHNITZEL ON MASH

– *with green salad*

Makes one serve | Prep Time: 10 mins | Cook Time: 20 mins

INGREDIENTS:

110g chicken breast	3 pinches sea salt	2 tsp. red wine vinegar (10mL)
1 egg, whisked	3 pinches black pepper	1 tsp. Dijon mustard (5mL)
⅓ cup breadcrumbs (35g)	2 sprays extra virgin olive oil	1 cup butter lettuce (35g)
2 heaped tsp parmesan (10g), grated	4 new potatoes (130g), peeled	1 pinch chopped fresh chives.
1 pinch flat-leaf parsley, shredded	1½ tbsp. low-fat milk (30g), or dairy-free alternative	⅓ lemon (15g), cut into a wedge
1 pinch lemon zest	2 tsp. extra virgin olive oil (10mL)	

METHOD:

1. Preheat oven to 220°C.
2. In a bowl, combine the breadcrumbs, parmesan, parsley, lemon zest, salt and pepper.
3. Use a heavy rolling pin to flatten chicken breast to 1-2 centimetres in thickness.
4. Dip the chicken breast first in the egg, then in the crumb, ensuring it's evenly coated.
5. Transfer to a baking tray, spray with olive oil, and bake for 7-8 minutes. Flip, spray the other side with oil, and return to the oven for a further 5-6 minutes, or until cooked through.
6. Meanwhile, bring a pot of salted water to the boil and cook potatoes for 15-20 minutes or until easy to pierce. Drain, and mash with the milk, salt and pepper.
7. For the salad dressing, whisk olive oil with the vinegar and the mustard. Season to taste. Dress the lettuce and then sprinkle over chives.
8. Serve the schnitzel on a bed of mash with salad and lemon wedge.

Energy: 539 Cal (2255 kJ), Fat: 22g, Protein: 44g, Carbs: 39g



HIGH-PROTEIN PLANT-BASED BURGER

Makes one serve | Prep Time: 5 mins | Cook Time: 35 mins

INGREDIENTS:

120g tinned black beans, drained and rinsed	¼ cup wholemeal flour (35g)	⅛ small avocado (10g), sliced
2 tsp. lemon juice (10mL)	½ small beetroot (40g), peeled and grated	3 thick slices tomato (35g)
1 clove garlic (3g)	¼ small red onion (35g), peeled and finely diced	2 cos lettuce leaves (25g)
1 pinch ground cumin	1 handful flat-leaf parsley (5g), roughly chopped	1 small burger bun or roll (35g)
1 pinch smoked paprika		1 tsp. tomato relish (5g) or low-sugar sauce
1 pinch sea salt	2 sprays extra virgin olive oil	
1 pinch black pepper		

METHOD:

1. Preheat the oven to 180°C.
2. Combine the beans with the lemon juice and garlic in a bullet blender or similar. Add a pinch each of cumin and paprika. Season with salt and pepper, and process until mostly smooth—with a few chunks for texture. Alternatively, mash well with a fork.
3. Transfer to a mixing bowl with the flour, beetroot, red onion and parsley.
4. Use clean hands to combine the mixture, then shape into 1-2 burger patties.
5. Transfer to a lined oven tray, spray with olive oil, and cook for 20 minutes. Flip and spray the other side with oil, then cook for a further 15 minutes or until crunchy on the outside.
6. Arrange the avocado, tomato and lettuce on a burger bun. Top with the patty and spoon over a teaspoon of your choice of sauce.

Energy: 550 Cal (2301 kJ), Fat: 11g, Protein: 24g, Carbs: 83g



HEALTHY BEEF FAJITAS

Makes one serve | Prep Time: 15 mins | Cook Time: 10 mins

INGREDIENTS:

- | | |
|--|---|
| 2 sprays extra virgin olive oil | 80g tinned kidney beans, drained and rinsed |
| 80g lean steak, such as sirloin or rump, cut into strips | 6 cherry tomatoes (50g), halved |
| ½ red capsicum (115g), cut into thin strips | 1 pinch chilli flakes |
| ½ yellow capsicum (115g), cut into thin strips | 1 pinch sea salt |
| ½ small red onion (60g), thinly sliced | 2 pinches black pepper |
| 1 pinch cumin | 1 wholemeal tortilla (70g) |
| 1 pinch garlic powder | 1 pinch fresh coriander leaves |
| 1 pinch smoked paprika | 1 tb low-fat Greek yoghurt (20g) |
| | ⅓ lime (8g), cut into a wedge |

METHOD:

1. Spray a wide frying pan lightly with olive oil and brown the steak for two minutes over a medium heat. Transfer to a bowl and place to one side.
2. In the same frying pan, spray a little more olive oil and then add the capsicum as well as the onion.
3. Fry for 3-4 minutes or until beginning to soften, then add the cumin, garlic powder, paprika, kidney beans, and cherry tomatoes. Add some chilli flakes, season with salt and pepper, and stir to combine.
4. Return to beef to the pan and cook for a further 3-4 minutes or until cooked through.
5. Serve over a tortilla with plenty of fresh coriander, a tablespoon of yoghurt, some black pepper and a lime wedge.

Energy: 550 Cal (2301 kJ), Fat: 12g, Protein: 37g, Carbs: 62g



HEALTHY SPAGHETTI BOLOGNESE

Makes one serve | Prep Time: 10 mins | Cook Time: 20 mins

INGREDIENTS:

1 tsp. extra virgin olive oil (5mL)	1 pinch dried oregano
1 clove garlic (3g), crushed	2 pinches black pepper
½ small brown onion (50g), diced	1 pinch sea salt
100g extra lean beef mince	70g wholemeal spaghetti
½ small carrot (35g), peeled and grated	½ cup baby spinach (20g)
100g tinned chopped tomatoes	1 pinch parmesan
2½ tbsp. vegetable stock (50mL)	1 pinch flat-leaf parsley
2 tsp. tomato paste (10g)	

METHOD:

1. In a saucepan or large frying pan, heat one teaspoon of olive oil over a medium heat. Add the onion and cook for two minutes. Add garlic and cook for another 30-60 seconds, until everything is fragrant.
2. Add the beef mince and cook for 4-5 minutes or until the beef is browned.
3. Add the carrot, tinned tomatoes, stock, tomato paste and oregano. Season with salt and pepper and mix well.
4. Allow to come to the boil, then reduce heat and simmer for ten minutes or until sauce has thickened.
5. Meanwhile, cook the spaghetti according to packet instructions. Drain and set aside.
6. Once the sauce is finished, remove from the heat and stir through a small handful of spinach. Allow to wilt.
7. To serve, make a bed of pasta and pour over the sauce. Top with parmesan, parsley, and plenty of black pepper.

Energy: 542 Cal (2268 kJ), Fat: 14g, Protein: 39g, Carbs: 60g



LEAN TURKEY BURGER

– *with green salad*

Makes one serve | Prep Time: 10 mins | Cook Time: 6 mins

INGREDIENTS:

90g turkey mince	1 pinch black pepper
1 tbsp. breadcrumbs (10g)	1 spray extra virgin olive oil
1 tbsp. fresh coriander (5g), finely shredded	6 baby cos lettuce leaves (75g)
1 pinch onion powder	4 cherry tomatoes (30g), halved
1 pinch smoked paprika	1/8 large red onion (15g), finely sliced
1 pinch ground cumin	1 tsp. lemon juice (5mL)
1 pinch sea salt	

METHOD:

1. In a bowl, combine the turkey mince, breadcrumbs, coriander, onion powder, paprika and cumin. Season with salt and pepper, then combine with clean hands.
2. Shape mix into a burger patty, and place to one side.
3. Spray a frying pan lightly with olive oil, then place over a medium heat.
4. Cook the burger for approximately three minutes on each side, until cooked through. Remove from heat and leave to rest while preparing the salad.
5. Arrange the salad ingredients; lettuce leaves, cherry tomatoes and a red onion. Dress with a squeeze of lemon juice.
6. Serve with the turkey burger.

Energy: 263 Cal (1100 kJ), Fat: 15g, Protein: 19g, Carbs: 12g



PROTEIN-PACKED QUICHE

– *with onion, baby spinach
and tomato relish*

Makes one serve | Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS:

1 spray extra virgin olive oil	2 tsp. reduced-fat Greek yoghurt (10g)	1 pinch black pepper
75g puff pastry	2 tbsp. cheddar cheese (15g), grated	Small handful baby spinach (5g), torn
1 extra-large egg (50g)	1 pinch fresh thyme leaves	1 tsp. tomato relish (5g)
1 egg white (35g)	1 pinch sea salt	
½ small brown onion (15g), finely diced		

METHOD:

1. Preheat oven to 200°C.
2. Spray a large ramekin with olive oil.
3. Let the pastry come to room temperature, line the ramekin, and trim any excess.
4. In a bowl, whisk the egg and additional egg white with the onion, yoghurt, cheddar, thyme, salt and pepper.
5. Line the bottom of the pastry shell with the small handful of torn spinach.
6. Pour over the quiche filling and transfer to the oven.
7. Cook for 25-30 minutes, or until edges of pastry are golden and the filling doesn't wobble when you shake the ramekin.
8. Leave to cool for 5-10 minutes (this will help it cook all the way through and set), then carefully remove the quiche from the ramekin and serve with a teaspoon of your favourite relish.

Energy: 427 Cal (1787 kJ), Fat: 25g, Protein: 19g, Carbs: 30g



VEGETARIAN TACOS

– *with lime, avocado and mexican 'slaw'*

Makes one serve | Prep Time: 10 mins | Cook Time: 14 mins

INGREDIENTS:

- | | |
|--------------------------------------|--|
| 1 spray extra virgin olive oil | 1 tbsp. corn kernels (15g), drained and rinsed |
| 1 clove garlic (3g), crushed | Small handful coriander leaves (10g), shredded |
| 100g black beans, drained and rinsed | 2 tortillas |
| 2 tsp. fresh lime juice (10mL) | ¼ small avocado (25g), sliced |
| ½ tsp. smoked paprika (2g) | ⅛ small red onion (15g), thinly sliced |
| ½ tsp. ground cumin (2g) | 1 pinch chilli flakes |
| 1 pinch sea salt | |
| 1 pinch black pepper | |
| ½ cup red cabbage (50g), shredded | |

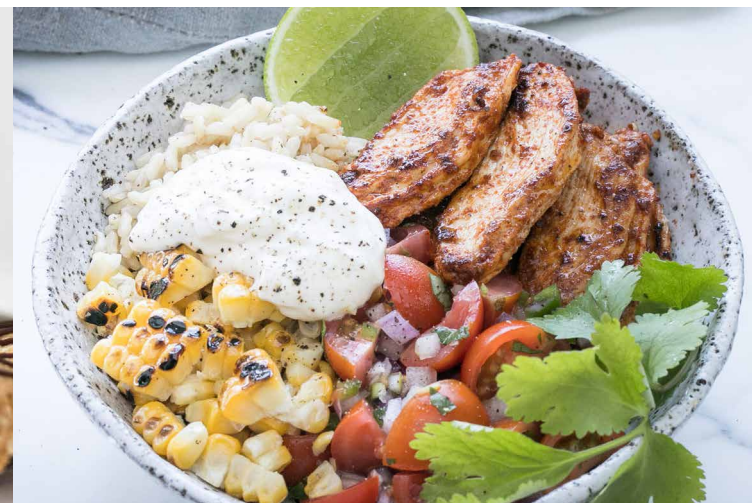
METHOD:

1. Spray a frying pan with olive oil and cook the garlic over a medium heat for 30 seconds, then add the beans. Stir through half a teaspoon each of the paprika and cumin, plus half the lime juice (approx. one teaspoon).
2. Cook the bean mix for 3-4 minutes or until warmed through, crushing them slightly with the back of a wooden spoon. Set aside.
3. For the 'slaw', massage the cabbage in the remaining lime juice to soften. Toss through the corn and a small handful of coriander, then season with salt and pepper.
4. Spread the bean mix over the tortillas, add plenty of the 'slaw' and top with a slice of avocado, a little red onion and a sprinkle of chilli flakes.

Energy: 434 Cal (1816 kJ), Fat: 13g, Protein: 17g, Carbs: 57g

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