

**The
Nutrition
Code**

8 Week Recipes – Vegetarian M+F

Week One

Black bean Fajitas (serves 4)

Per serve: 420cal/ 26g Protein/ 45g carbohydrate/ 7g fat



Ingredients

- 2x 400g canned black beans, drained
- 2x tsp ground cumin
- 2x tsp smoked paprika
- 1 tsp salt
- 1tbs olive oil
- 1 brown onion, thinly sliced
- 2 garlic clove, finely chopped
- 1 red capsicum, cut into strips
- 300g baby spinach leaves
- 4 Mission wholemeal pita*
- 2 lemon

Method

1. In a bowl, combine black beans with spices and salt and let rest for a few minutes.
2. Heat oil in a frying pan over medium heat.
3. Add onion, garlic and capsicum to the pan and sauté for 4-5 minutes until softened. Add black beans to pan to heat up
4. Remove from pan and spread evenly over tortillas. Top with spinach leaves and a squeeze of lemon juice

Male adaptation: Serve with two pitas per serve instead of one
Per serve: 570cal/ 30g protein/ 67g carbohydrate/ 10g fat

*GF adaption: use wholegrain gluten free wraps (i.e. BFree available at Woolworths)

Easy Tofu, Ginger and Lemongrass stir fry (serves 2)

Per serve: 376cal/ 18g protein/ 38g carbohydrate/ 17g fat

Ingredients

- 150g firm Tofu
- 1tsp sesame oil
- 2 tablespoon reduced-salt soy sauce *
- 1 tsp Gourmet Garden lemongrass paste
- 1 teaspoon of Gourmet Garden Ginger paste or fresh ginger
- 2 tsp olive oil
- 400g of frozen mixed stir-fry vegetables. Option of using fresh vegetables e.g. broccoli, snow peas, bok choy, carrot, baby corn, green beans etc
- 40g cashew nuts
- 1 microwave cup of basmati/brown rice (or 1 cup of fresh cooked rice), to serve



Male adaptation: Serve with a full cup of microwave basmati/brown rice instead of half a cup

Per serve: 416cal/ 18g protein/ 64g carbohydrate/ 19g fat

*For GF option: ensure soy sauce is gluten free (i.e Tamari)

Method

1. Place tofu in a bowl. Combine sesame oil, soy sauce, lemongrass paste and ginger. Pour soy marinade into dish with tofu to coat. If time permits, leave to marinate for 5-10 minutes.
2. Drain tofu, reserving soy marinade. Set a large non-stick frying pan over medium heat. Add tofu and 1tsp olive oil to pan; cook for 3–4 minutes per side, or until tofu is just cooked. Transfer to a plate and set aside.
3. Heat remaining olive oil in a large non-stick frying pan set over medium–high heat. Add frozen vegies and stir-fry for 5 minutes, until defrosted. Add reserved soy marinade and toss until almost cooked. Toss tofu through vegies to warm through. Sprinkle with cashews.
4. Serve with basmati rice

*For GF options: Ensure brand of soy sauce is gluten free

Male adaptation: Serve with a full cup of rice per serve

Per serve: 454cal/ 20g protein/ 54g carbohydrate/ 18g fat

Easy Vietnamese Tofu salad (serves 4)

Per serve: 350cal/25g Protein/ 28g carbohydrates/ 18g fat



Ingredients

- 2 bags of Asian/Classic coleslaw salad mix (pre-packed from Coles/Woolworths)
- 100g vermicelli noodles, dry weight, prepared according to direction*
- 350g firm tofu, diced
- 6 eggs
- 1tsp sesame oil
- Dressing: 1 tsp brown sugar, 1tbs sesame oil, 50ml lemon or lime juice, 15 ml fish sauce*, 1 chilli chopped

*For GF adaptation: ensure vermicelli noodles have no added gluten-containing ingredients. Avoid pre-marinated tofu. Use gluten-free fish sauce such as Ayam

Method:

1. Pan fry the tofu cubes in sesame oil for 10 minutes, or until cooked to your liking. Meanwhile, hard boil eggs and slice into quarters
2. Combine the coleslaw, cooked noodles, boiled eggs and tofu in a large bowl. Divide between 4 containers.
3. In a separate bowl, combine dressing ingredients. Divide between 4 small dressing containers.

Note: The coleslaw salad bags are used for convenience. Feel free to make your own coleslaw, or add additional chopped vegetables to the mix (i.e. chopped snow peas, sliced capsicum, cucumber batons etc).

Spaghetti Lentil Bolognese with zoodles (serves 4)

Per serve: 330cal/ 18g protein/ 37g carbohydrate/ 10g fat



Ingredients

- 100g wholemeal spaghetti*
- 4 zucchini's, spiralised into zoodles (or 2 packets of pre-spiralised zucchini noodles)
- 2 tbs olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- Half a jar tomato based pasta sauce (i.e. Five Brother's, Leggo's)
- 250g punnet cherry tomatoes
- 400g can lentils, rinsed, drained
- 80g grated hard cheese (eg. parmesan)
- Basil leaves, to serve

Method:

1. Cook the pasta in a large saucepan of boiling salted water according to packet instructions. Place zoodles in the same pot of boiling water in the last 3-4 minutes of cooking, to heat through.
2. Meanwhile, heat oil in a frypan over medium heat and cook onion, celery and garlic for 2 minutes or until softened. Add pasta sauce and 2-3tbs water, then bring to a simmer. Add tomatoes and cook for 5 minutes or until softened. Add lentils, season and cook for a further 1 minute. Add additional water or pasta sauce, if required.
3. Drain pasta and zoodles and toss with the sauce. Divide among bowls and serve with 20g parmesan cheese and basil leaves.

*For GF: substitute wholemeal spaghetti for gluten-free buckwheat spaghetti.

Healthy falafel salad (serves 4)

Per serve: 381cal/22g Protein/ 46g carbohydrates/ 8g fat



Ingredients

- 400g can chickpeas
- 400g tin of lentils
- 2 tablespoons mixed seeds
- 1 large carrot, cut into thirds
- ½ red onion, cut in half and peeled
- 2 garlic cloves
- ½ cup coriander and/or parsley, finely chopped – plus 1 cup extra for the salad
- 4 tablespoons plain wholemeal flour or oat bran*
- 2 teaspoons cumin
- 300g chopped kale
- 1 lemon
- 5 small radishes
- 1 Lebanese cucumber
- ½ punnet of cherry tomatoes, halved
- 2 tsp tahini*
- 2 tsp olive oil
- 1tbs water, plus extra until desired consistency reached

Method:

1. To make falafel: Drain and rinse the chickpeas and lentils. Add carrot, red onion, garlic cloves, flour and ½ cup coriander/parsley to the bowl of the food processor. Pulse/process until a textured paste consistency is formed. Season to taste. Add the sesame seeds and stir through. With your hands, form small falafel balls and place them on a plate. Grease a pan with 2 tsp oil, and pan fry falafel for 15-20 minutes, turning occasionally, until cooked through. Option to dust the falafel with extra flour before pan frying.
2. To make the salad, place the chopped kale in a bowl and squeeze over juice of half a lemon, and 1-2 tsp olive oil. Massage the leaves until bright green and soft. Wash the radishes and slice finely, or use a mandolin, then add to the kale. Cut the Lebanese cucumber in half vertically, and use a spoon to scrape out the seeds, before slicing finely and adding to the salad. Add the cherry tomatoes and remaining 1 cup of herbs.
3. For the dressing: whisk the tahini with the remaining ½ lemon juice, water and olive oil. For best results, use a blender. Season with salt and pepper. Use extra water until desired consistency is reached. Serve by dressing the salad then adding the falafel balls

*For GF: Use buckwheat flour instead of wholemeal flour, ensure no added gluten-containing ingredients to Tahini (Mayver's is gluten-free)

Note: For convenience, use Yumi's x2 Falafel per serve. However, this will reduce the protein and elevate the total fat content of this meal.