

Week Three

Shakshuka eggs (serves 2)

Per serve: 342cal / 21g protein / 28g carbohydrate / 13g fat



Ingredients

- 1 tsp olive oil
- 1/2 red onion, diced
- 1 garlic clove, crushed
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1/2 red capsicum, deseeded & diced
- 1/2 yellow capsicum, deseeded & diced
- 1/2 green capsicum, deseeded & diced
- 400g tin crushed tomatoes
- 2 tbs fresh parsley, chopped
- 4 eggs
- X2 slice of Burgen bread, toasted

Method

1. Heat frypan with the oil. Add onion and cook for 5 minutes. Add garlic, cumin and paprika and continue cooking for a few more minutes.
2. Add diced capsicum and cook for a few minutes. Add tomatoes and bring to a simmer, then cover and continue to simmer for around 25 minutes, stirring regularly. Stir through parsley.
3. Make 2 holes in the mixture and add the eggs. Cover and continue to cook until eggs are cooked.
4. Serve with one slice of Burgen bread

GF adaptation: Serve with a slice of Burgen GF bread

Spiced Haloumi, Tabboleh and Tahini yoghurt (serves 6)

Per serve: 517cal/ 23g protein/ 36g carbohydrates/ 30g fat



Ingredients

- 1.5 cup (200g) quinoa, rinsed and drained
- 2 Lebanese cucumber, finely chopped
- 3 cup cherry tomatoes, finely chopped
- 500g spinach, finely shredded
- 2 cup fresh herbs, such as parsley or mint, finely chopped (optional)
- ¼ cup lemon juice
- 1tbs olive oil
- 300g haloumi cheese
- 1tbs teaspoon ground paprika
- 1tbs dried thyme

- 300g Greek-style yoghurt
- 1 heaped tbs of tahini*
- Mint leaves, to serve
- Lemon zest, to serve

Method

- Heat a medium saucepan over medium heat. Add the quinoa and 2 cup (250ml) water. Bring to the boil. Reduce heat to low. Cook, covered, for 10-15 mins or until the water is absorbed and the quinoa is tender.
- Place the quinoa in a large bowl. Add the cucumber, tomato, spinach, herbs (if using), half the lemon juice and half the oil. Toss to combine.
- Meanwhile, combine the haloumi, paprika, thyme and remaining oil in a large bowl
- Heat a chargrill pan on medium with remaining oil. Cook the haloumi for 4 mins each side or until golden. Remove from heat and slice
- Combine yoghurt, tahini, 2 tablespoon water (or more) and remaining lemon juice in a bowl. Season with salt and pepper to taste.
- Divide the quinoa tabbouleh among serving plates. Top with the haloumi and drizzle with yoghurt mixture. Sprinkle with mint leaves and lemon zest.

Serving suggestion:

1. Save time by using microwave cups of quinoa or brown rice (use 3 microwave cups per recipe)

Male adaptation: Serve with a mini wholemeal pita

Per serve: 590cal/ 27g protein/ 51g carbohydrate/ 31g fat

*For GF option: ensure tahini is a gluten free brand e.g. Mayver's. For men, serve with a slice of GF bread

Bircher muesli (serves 2)

Per serve: 316cal/13g protein/32g carbohydrate/ 14g fat



Ingredients

- ¾ cup Carmen's bircher muesli mix
- 1 cup milk of your choice
- 1 heaped tbs low fat Greek yoghurt (per serve)
- 1/2 cup frozen berries (per serve)
- 10 almonds

Method:

Combine bircher muesli mix and milk divide into 2 small containers, and leave overnight to soak. In the morning, take one serve and top with yoghurt, nuts and berries.

*For GF option: substitute Carmen's bircher muesli mix for Food for health Gluten free muesli

Thai tofu stir fry (serves 4)

Per serve: 332cal/ 21g protein/ 25g carbohydrates/ 15g fat



Ingredients

- 4 tsp oil (olive/rice bran)
- 500g Tofu
- 1 red capsicum, deseeded & sliced
- 1 green capsicum, deseeded & sliced
- 8 large leaves of kale, stems removed, chopped finely
- 2 tbs fish sauce*
- 1tsp Garden Gourmet Thai tube paste
- 1 lime, juiced
- 1 small red chilli, deseeded & thinly sliced
- 50g toasted peanuts
- 2 microwave cups of basmati rice

Method:

1. Heat a wok over high heat. Add oil and heat until hot. Cook tofu for 5-7 minutes until browned and cooked. Remove from wok and set aside in a warm place.
2. Add kale to wok and cook for a few minutes until just beginning to soften. Add capsicum and cook until vegetables are tender. Return tofu to wok with fish sauce and 12 basil leaves (or paste) and cook for another minute to warm through.
3. Serve with lime juice, extra basil leaves (if using), red chilli and peanuts

Male adaptation: Serve with a full cup of microwave basmati rice

Per serve: 508cal/ 22g protein/ 40g carbohydrate/ 16g fat

*For GF option: ensure brand of fish sauce is gluten free such as Ayam

Brown rice and pea salad with egg (serves 2)

Per serve: 509cal/ 21.5g protein/ 50g carbohydrate/ 23g fat



Ingredients

- 2 microwave cups of brown rice
- 50g snow peas, halved,
- 50g frozen peas, thawed

- 1/4 red onion, finely chopped
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh coriander
- 1/4 cup sun-dried tomatoes, roughly chopped
- 50g fetta
- 50g walnuts, roughly chopped
- 4 eggs, boiled

Dressing

- 1 tablespoons apple cider vinegar
- 2tsp olive oil

Method

1. Microwave the rice according to packet instructions. Drain. Cool.
2. Meanwhile, blanch snow peas in boiling water for 1 minute, then plunge into a bowl of cold water. Drain and set aside.
3. Place peas into a microwave-proof bowl with 2 tablespoons water. Microwave on HIGH for 1 minute. Drain, cool
4. Combine vegies and walnuts with cooled rice. Add chosen protein, if desired
5. Whisk together garlic, juice and oil. Pour over salad and toss to combine.

Brown Rice Nasi Goreng (Serves 4)

Per serve: 365cal/ 22g protein/ 30g carbohydrate/ 15g fat



Ingredients

- 350g firm tofu, diced
- 4 eggs
- 1/2 small brown onion, sliced
- 100g button mushrooms, quartered
- 1 bunch Chinese broccoli (gai lan), halved lengthways and chopped into 5cm lengths
- 1/2 small tin/packet of baby corn, halved lengthways
- 4cm piece of fresh ginger, grated, or 1tsp ginger paste
- 1 clove of garlic, or 1tsp garlic paste
- Chilli, fresh or flakes (optional, add to your liking)
- 2 microwave brown basmati rice cups or 2 cups of cooked regular brown basmati rice
- 1 tsp sesame oil
- 1 tbs soy sauce or tamari*
- 50g crushed peanuts

Method:

1. Boil eggs to your liking (bring to the boil, then wait a further 4 minutes for runny yolk, 6 minutes for soft yolk, 10 minutes for hard yolk).
2. While eggs are cooking, lightly grease a pan with olive oil, and sautee the onions until soft. Add the ginger, garlic and chilli (if using). Remove from pan and transfer into a bowl.
3. Add sesame oil to the pan, then add the diced tofu and mushrooms - sautee for 5 minutes, or until cooked.
4. Add the chinese broccoli, baby corn and soy/tamari - cook until leaves on broccoli are wilted.
5. Meanwhile, shell the eggs and cook the rice according to direction, if using microwave sachet (if cooking rice from fresh, start this at step 1).
6. Assemble ¼ of the rice and vegetable + tofu mixture in bowls, and top with 1 boiled egg and crushed peanuts. Add extra fresh chilli and soy sauce/tamari, if desired.

Male adaptation: Serve with a full cup of microwave brown rice instead of half a cup
- Per serve: 494cal/ 24g protein/ 82g carbohydrates/ 16g fat

*For GF option: ensure brand of soy sauce/tamari is gluten free by ingredient

Veggie Burgers (Makes 6 patties)

Per serve: 443cal/ 18g protein/ 61g carbohydrate/ 12g fat



Ingredients

- 400g chickpeas, well rinsed
- 1 small red onion, finely diced
- 1 zucchini, shredded
- A handful of coriander leaves and stems, finely chopped
- 3/4 cup rolled oats*
- 2tbs 100% peanut butter
- 1tsp chilli flakes (optional)
- 1 Tbsp balsamic vinegar
- 1 tsp garlic powder
- 1/2 cup wholemeal flour*
- A sprinkle of salt and black pepper
- To assemble: 2 wholemeal rolls*, shredded cabbage, carrot, capsicum, coriander, salad leaves, avocado etc.

*For GF option: Use Genius or Helgas gluten free rolls instead of wholegrain rolls. Ensure any sauces used are gluten free. Use chickpea flour instead of plain flour

Method

1. Put your rinsed chickpeas into a mixing bowl and mash with a fork or potato masher until they are a chunky paste consistency.
2. Add the diced onion, shredded zucchini, chopped coriander, oats, peanut butter, Sriracha/chilli (optional), balsamic vinegar and garlic powder and combine well. You can use a blender too.
3. Add the flour, salt and pepper and mix again. If your mix is too wet, add one tablespoon of flour at a time until the patties can be shaped into balls
4. Divide the mixture into six portions and shape into balls, pressing to form flat patties
5. In a large pan heat ½ - 1 tablespoons of oil over a medium heat. Place your patties in to cook for 3-5 minutes on either side or until they are golden brown and cooked through.
6. Transfer the patties to some paper towel to cool slightly and then assemble your burgers however you like! One patty per serve. Note: For leftover patties, there is an option to use them for lunches in Week 4. Alternatively, you can freeze them.