

## Week Seven

### Za'atar spiced chickpea salad with ricotta and quinoa (serves 4)

**Per serve:** 421cal/ 20g protein/ 41g carbohydrate/ 17g fat

(note – this recipe is a repeat, with serving sizes altered to serve 4)



#### Ingredients

- 400g butternut pumpkin
- 1 large red onion, quartered and peeled
- 1 red capsicum, sliced thickly
- 1 yellow capsicum, sliced thickly
- 400g baby carrots, trimmed
- 2 tbs olive oil
- 400g tin of chickpeas
- 2 tbs Za'atar OR Dukkah (i.e. Table of Plenty brand in supermarkets)
- ¼ cup red wine vinegar (or apple cider)
- 200g ricotta (or 100g fetta cheese, or 2tbs mixed seeds for vegans)
- Fresh mint leaves and balsamic vinegar, to serve
- 2 microwave cups of Quinoa, to serve
- 500g Fresh salad greens, to serve

#### Method:

1. Preheat oven to 220C. Cut pumpkin (unpeeled) into thin wedges, then cut in half horizontally. Prick pumpkin with a knife, to speed up cooking process. Place onion, pumpkin, capsicums and carrot in a single layer on a large baking tray lined with baking paper (use two trays if you can't have a single layer of vegetables). Drizzle with 1-2tbs olive oil and season with salt and pepper. Bake for 40min until tender.
2. Meanwhile, combine chickpeas, drained, with a drizzle of olive oil and the Za'atar/Dukkah. Add to the vegetable baking tray in the remaining 15 minutes of cooking. Stir through the vegetables and return to the oven for remaining 15 minutes.
3. When ready, divide vegetables between 4, sprinkle with ricotta and fresh mint, and a small drizzle of balsamic vinegar.
4. Serve each portion with half a cup of quinoa and a handful of fresh salad greens

**Male adaptation:** Use 4 microwave cups quinoa

- Per serve: 506cal/ 24g protein/ 56g carbohydrates/ 18g fat

**\*GF adaptation:** Use table of plenty dried spices dukkah pistachio

### Brown Rice Nasi Goreng (Serves 4) – Repeated recipe, view Week 3

## Mixed Vegetable and Ricotta Frittata (serves 4)

Per serve: 319cal/ 25g protein/ 19g carbohydrate/ 14g fat



### Ingredients

- 1 small sweet potato, peeled and diced
- 300g baby spinach leaves, plus extra to serve (optional)
- 1 zucchini, thinly sliced
- 1/2 punnet of cherry tomatoes, halved
- 1/2 red capsicum, roughly chopped
- 8 eggs
- extra virgin olive oil
- 1/4 cup fresh herbs (i.e. dill, chives, basil) or 2tbs dried mixed herbs
- salt and pepper, to taste
- 200g reduced-fat fresh ricotta (or use low fat fetta)
- 4 slices Burgen bread

### Method

1. Preheat oven to 200C. Place sweet potato in a microwave safe bowl, cover with 1tbs water. Cover bowl with clingwrap, and microwave on high for 3 minutes. Drain. Or – use a vegetable steamer.
2. Add small drizzle of oil to a pan on high heat. Sautee tomatoes, zucchini and capsicum for 3-5 minutes, until soft. Add the sweet potato and spinach, cook until the leaves start to wilt.
3. Whisk eggs in a bowl and season with salt and pepper, and fresh/dried herbs. Pour into pan on top of vegetables. Crumble over ricotta. Transfer pan to oven, and bake for 20 -25 minutes or until set. Or – use a frittata dish.
4. Serve the frittata with a slice of Burgen soy-lin bread and dressed spinach leaves

**Male adaptation:** Serve with 1 extra slice Burgen bread

- Per serve: 390cal/ 30g protein/ 27g carbohydrates/ 16g fat

**\*GF adaptation:** Swap Burgen bread to Burgen soy and linseed gluten free bread

## Healthy Falafel with Harissa yoghurt (serves 4)

Per serve: 356cal/ 15g protein/ 34g carbohydrate/ 15g fat



### Ingredients

- 400g can chickpeas
- 2 tbs mixed seeds
- 1 large carrot
- ½ red onion
- 3 garlic cloves
- ½ cup coriander and/or parsley
- 6 tablespoons wholegrain flour (or gluten-free if necessary)
- 2 teaspoons cumin
- Pinch dried chilli flakes or fresh chilli (optional)
- 2 teaspoons of olive oil
- ½ cup Chobani 0.5% yogurt
- 2 tablespoons harissa paste
- Chopped Israeli salad, to serve (x1 diced cucumber, x2 diced tomato, x1 diced red capsicum – dressed with ½ tbs olive oil and lemon juice)

### Method:

1. Preheat an oven to 180C.
2. Drain and rinse the chickpeas. Dab with a paper towel to remove extra moisture, then place in the bowl of a food processor and turn on, stopping when a paste-like consistency is formed. Transfer into another bowl and add the seeds.
3. Add carrot, ½ red onion, 3 garlic cloves, and ½ cup coriander/parsley to the bowl of the food processor; pulse until ground fine. Scrap into the bowl with the chickpeas.
4. Stir in 6 tablespoons flour, 2 teaspoons cumin, 1 teaspoon salt, ½ teaspoon black pepper, and a pinch chilli (optional). Mix with a spoon until combined.
5. With your hands, form small falafel balls and place them on a plate. Pan fry for 15 minutes, turning occasionally, until cooked through and firm
6. To make the harissa yogurt, combine ½ cup greek yogurt with 2 tablespoons harissa and 2 pinches salt. Serve the patties with harissa yogurt, chopped Israeli salad and small wholemeal pita/wrap (optional)

**Male adaptation:** Small wholemeal pita or wrap to serve

- Per serve: 540cal/ 22g protein/ 68g carbohydrates/ 16g fat

**\*GF adaptation:** use wholegrain gluten free wraps (i.e. BFree available at Woolworths). And choose gluten free flour