



Nutrition Health  
& Wellbeing

# Deliciously Nourishing:

Balanced Recipes by Dietitians



# TUNA SALAD WRAPS



**Serves:** 1

**Prep time:** 5 min

**Cook time:** 0 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\*

**Energy** 390cal | **Protein** 32.4g | **Fat** 13.4g | **Fibre** 4.3g

**Saturated Fat** 3.6g | **Sugar** 5.5g | **Sodium** 746mg

## Ingredients:

- 125g canned tuna in springwater (\*or 4 bean mix)
- 1/2 - 1 cup mixed salad greens
- 1/4 cup diced tomatoes & capsicum
- 2 mountain bread wraps (\*or GF wrap)
- 1 tsp olive oil
- Squeeze of lemon or lime
- 15g cheese (feta or tasty)

## Directions:

1. Combine tuna, salad, dressing, and cheese into a bowl.
2. Portion tuna and salad into wraps immediately prior to serving.

## Tip:

If taking to work, portion the salad and tuna into a container. Serve at lunch time. This will prevent the wrap from being soggy and fall apart.

# SWEET POTATO & PUMPKIN SOUP



**Serves:** 4

**Prep time:** 15 min

**Cook time:** 30 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • DAIRY-FREE

**Energy** 440cal | **Protein** 13.9g | **Fat** 11.8g | **Fibre** 8g  
**Saturated Fat** 5.2g | **Sugar** 19.4g | **Sodium** 846mg

## Ingredients:

- 1 tbs olive oil
- 1 brown onion, coarsely chopped
- 600g pumpkin peeled, seeded & chopped
- 1 medium (400g) sweet potato, peeled, chopped
- 1/2 cup (125ml) light thickened cream (\*use plant-based if needed)
- 1L salt-reduced chicken stock (\*use plant-based if needed)
- 2 tbs pepitas (pumpkin seeds), toasted
- 1/3 cup coriander sprigs
- 2 slices day-old bread, cubed (\*use GF if needed)
- 1 tbsp salt-reduced butter (\*use plant-based if needed)
- 4 slices French loaf, toasted, to serve (\*use GF if needed)

## Directions:

### Soup:

1. Heat oil in a large saucepan over medium heat.
2. Add the onion & stir for 2 mins until onion softens.
3. Add the pumpkin, sweet potato and stock. Bring to a boil. Stir occasionally for 20 mins until pumpkin is tender. Set aside to cool slightly.
4. Blend until smooth. Add 1/2 cup (125ml) of the cream and stir to combine.

### Croutons:

1. Toast cubed bread & a tbsp of butter over light-medium heat. Stir for 5-10mins until golden brown.

Divide soup among serving bowls. Drizzle remaining cream and sprinkle croutons, pumpkin seeds, and coriander. Season with salt & pepper to taste.

### Fact

Pumpkins are a great source of fibre, Potassium and Beta-carotene! Meaning it's great for your gut, heart, and eye health!

# KOREAN BIMBIMBAP BOWL



**Serves:** 4

**Prep time:** 10 min

**Cook time:** 15 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • DAIRY-FREE  
LOW FODMAP

**Energy** 400cal | **Protein** 18.9g | **Fat** 8.9g | **Fibre** 7g  
**Saturated Fat** 1.9g | **Sugar** 11.4g | **Sodium** 528mg

## Ingredients:

- 2 cups cooked brown or multigrain rice
- 200g lean stir-fry cut beef (\*or tofu/TVP)
- 2 medium carrots, thinly sliced
- 2 medium zucchinis, thinly sliced
- 2 large red capsicums, thinly sliced
- 1 cup shiitake mushrooms, sliced
- 1 tsp sesame oil
- 2 cups spinach
- 2 cups beansprouts
- 4 eggs
- 4 tsp sodium-reduced soy sauce
- 1 tbsp gochujang
- Kimchi (optional)
- Sesame seeds (optional)

## Directions:

1. Heat sesame oil in a pan over high heat.
2. Add mushrooms and sauté for 1-2 min.
3. Sauté the vegetables (individually if preferred for presentation), making sure it stays crisp.
4. Cook the beef, tofu, or TVP until desired and set aside.
5. Cook eggs on a fry pan, leaving the yolk runny.
6. Assemble ingredients in a bowl (or hot stone bowl), starting with rice, then vegetables and proteins.
7. Drizzle soy sauce and place gochujang in the bowl.
8. Mix and divide into 4 bowls. Sprinkle sesame seeds and serve with kimchi on the side if desired.

# QUICK BEEF OR TOFU STIR-FRY



**Serves:** 4

**Prep time:** 5 min

**Cook time:** 5-10 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • DAIRY-FREE

**Energy** 414cal | **Protein** 32.6g | **Fat** 25.1g | **Fibre** 3.5g

**Saturated Fat** 6.8g | **Sugar** 6.9g | **Sodium** 690mg

## Ingredients:

- 2 tbsp sesame oil
- 500g beef strips (\*use tofu cubes if needed)
- 600g frozen or fresh mixed stir-fry vegetables (capsicum, green beans, broccoli, carrot, bean shoots, etc)
- 2 cups long-grain white rice, multigrain, brown rice, or 500g cauliflower rice

- 1/2 cup (75g) unsalted dry-roasted cashews
- 1 cup coriander sprigs (optional)

## Marinate:

- 2cm diced ginger
- 1/4 low-sodium soy sauce
- 2 tbsp dark/ sweet soy sauce or kecap manis

## Directions:

1. Mix marinade ingredients together, add meat or tofu, and marinate for 30 mins.
2. Heat a wok or large non-stick frying pan over high heat and add sesame oil.
3. Add the beef (or tofu). Stir-fry for 3-5 mins or until just cooked through. Set aside.
4. Add vegetables into pan and stir-fry for 1-2 minutes. Add water if needed.
5. Add cashews and the cooked beef or tofu. Stir-fry for another minute.
6. Prepare rice as per packet directions.
7. Divide stir fry among serving bowls. Top with the beef (or tofu) mixture. Sprinkle with coriander to serve.

# EGGPLANT PARMIGIANA



**Serves:** 4

**Prep time:** 10 min

**Cook time:** 50 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • LOW SODIUM

**Energy** 284cal | **Protein** 12.6g | **Fat** 16.7g | **Fibre** 8.8g

**Saturated Fat** 5.6g | **Sugar** 11.1g | **Sodium** 323mg

## Ingredients:

- 4 small eggplants, halved
- 1/2 cup mozzarella cheese
- 40g parmesan cheese
- 1/2 cup panko breadcrumbs (\*use GF if needed)
- 2 tsp minced garlic
- 1 tin peeled plum tomatoes
- 2 tbsp olive oil
- Salt & pepper
- 2-3 tbsp fresh basil, finely chopped
- 3 cups mixed green leaves
- 1/2-1cup diced tomatoes & capsicum
- 2 tbsp olive oil (for salad dressing)
- 1 tbsp balsamic vinegar

## Directions:

1. Preheat oven to 220°C and grease a baking dish.
2. Cut the eggplants lengthwise into approximately 3 cm thick slices.
3. Place eggplant slices side by side on a baking tray in oven for 8 mins, flip and repeat on other side.
4. Heat 2 tbsp olive oil in a saucepan.
5. Add garlic and cook for 1-2 mins before adding in tomatoes, salt, and pepper. Cook over low heat until sauce thickens (approximately 15mins).
6. Add chopped basil and set aside.
7. Place one layer of eggplant in the baking dish, cover with sauce, then add a sprinkle of mozzarella. Continue layering until ingredients run out.
8. Finally, sprinkle panko and parmesan on top.
9. Bake for another 15-25 mins, or until golden.
10. Serve with salad of mixed green leaves, tomatoes & capsicum dressed with olive oil and balsamic vinegar.

### Fact

Eggplants are rich in fibre, meaning that your gut will absolutely love this recipe!

# BAKED BARRAMUNDI OVER RICE & VEG



**Serves:** 4

**Prep time:** 10 min

**Cook time:** 10 min

GLUTEN-FREE (GF) • DAIRY-FREE • LOW-SODIUM

**Energy** 446cal | **Protein** 36.1g | **Fat** 9.3g | **Fibre** 3.7g

**Saturated Fat** 2.6g | **Sugar** 4.2g | **Sodium** 291mg

## Ingredients:

- 2 tsp paprika
- 1/2 tsp curry powder (\*use GF if needed)
- 1 tsp oregano
- 1 pinch chilli flakes
- 600g barramundi fillets
- 1 tsp honey
- 2 tbsp soy sauce (\*use GF if needed)
- 2 tbsp lemon juice
- 200g sweet potato, cut into strips
- 200g brown rice
- 1 cup cherry tomatoes
- 1 bunch broccolini
- 1 handful of fresh basil
- 4 slices lemon
- 4 tbsp natural yoghurt (\*use plant-based for dairy-free)
- 2 tbsp olive oil

## Directions:

1. Preheat oven to 200°C.
2. Cut the barramundi fillet into 4 pieces. Rinse, dry & place in a bowl. Season with paprika, curry, oregano, salt and pepper.
3. In a bowl, mix honey, soy sauce, olive oil & lemon juice. Pour over the barramundi.
4. Place sweet potatoes on baking paper and bake for 10-15 mins.
5. Prepare rice according to packaging instructions.
6. Spread cooked rice on baking tray together with sweet potatoes.
7. Place the fish fillets on top of the rice, add cherry tomatoes, broccolini, and basil leaves. Sprinkle with chilli flakes.
8. Top fish with lemon slices, and drizzle over any remaining marinade. Bake for 15 minutes.
9. Serve with a dollop of yoghurt and any additional veggies.

# HALLOUMI OR FISH TACOS & SALSA



**Serves:** 2

**Prep time:** 10 min

**Cook time:** 5-10 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • LOW SODIUM

**Energy** 350cal | **Protein** 22.6g | **Fat** 22.2g | **Fibre** 4.8g

**Saturated Fat** 4.7g | **Sugar** 1.2g | **Sodium** 209mg

## Ingredients:

- 1/2 red onion, diced
- 1 lime, juiced
- 2 tbsp olive oil
- 200g white fish e.g. flathead or barramundi (\*use halloumi for vegetarian)
- 4 small soft tacos (\*use GF if needed)
- 1 cup lettuce e.g. cos or iceberg, shredded
- 1/2 avocado, cubed
- Coriander, to garnish (optional)

## Directions:

1. Combine onion and tomato in a small bowl.
2. Pour over lime juice and let salsa sit.
3. Heat oil in a pan and cook the white fish. This should take about 3-4 mins each side to cook through. Or, if using halloumi, pan-fry until golden brown on each side.
4. Break up the fish into smaller pieces.
5. Add fish, lettuce, salsa, avocado, and coriander to the tacos.
6. Serve with an additional wedge of lime.

# HERBED RICOTTA & HAM PIZZAS



**Serves:** 2

**Prep time:** 5 min

**Cook time:** 5-10 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\*

**Energy** 440cal | **Protein** 28g | **Fat** 14g | **Fibre** 4.2g

**Saturated Fat** 6.1g | **Sugar** 8g | **Sodium** 565mg

## Ingredients:

- 4 small wholegrain wraps or pita breads (\*use GF if needed)
- 8 tbsp ricotta cheese (2 per pizza)
- 200g ham (\*choose cannelloni beans for vegetarian option)
- 1 tbsp Italian herbs (basil, rosemary, thyme, oregano)
- 1/2 punnet cherry tomatoes, sliced
- 2 cups/ handfuls rocket leaves
- 1 lime

## Directions:

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Place wraps or pita breads flat on tray.
4. Spread ricotta cheese across the pizza bases.
5. Add ham or beans evenly.
6. Sprinkle across herbs and top with sliced cherry tomatoes.
7. Put pizzas in oven for 6-10 mins until bases are brown.
8. Remove from oven, add rocket and fresh lime.

### Fact

Oregano is an herb with anti-microbial benefits to protect you from cold and flu season. It contains thymol and carvacol, which also contributes to the herb's antioxidant potential!

# SWEET CHILLI CHICKEN & CASHEW SLAW



**Serves:** 4

**Prep time:** 10 min

**Cook time:** 10 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • LOW SODIUM  
DAIRY-FREE

**Energy** 405cal | **Protein** 32g | **Fat** 12g | **Fibre** 3g

**Saturated Fat** 0.5g | **Sugar** 16g | **Sodium** 215mg

## Ingredients:

- 500g chicken (\*use 200g halloumi cheese for vegetarian)
- 1/4 cup (60mL) sweet chilli sauce (\*use GF if needed)
- 1 lime, juiced
- 1/2 cup coarsely chopped mint
- 1 carrot, peeled into strips
- 1/2 red cabbage, thinly sliced
- 1/4 cup coarsely chopped coriander
- 1/2 cup (75g) unsalted dry-roasted cashews

## Dressing:

- 1/4 cup Thai chilli dressing (\*use GF if needed)
- 2 tbsp caster sugar
- 1 long red chilli, deseeded & finely chopped
- 2 tbsp rice wine vinegar
- 1/4 cup rice bran oil
- 1/2 cup lime juice

## Fact

Plants contain different pigments, or phytonutrients, which give them their colour. Different coloured plants are linked to higher levels of antioxidants which give them anti-inflammatory properties!

## Directions:

1. Heat oil in a large frying pan over medium-high heat.
2. Add chicken or halloumi and cook until brown or golden.
3. Increase heat to high. Add sweet chilli sauce, lime juice and 1 tbsp water.
4. Mix, turning the chicken/halloumi, for 1 min or until the liquid reduces slightly.
5. Add half the mint and stir to combine. Remove from heat.
6. Place shredded cabbage, carrot, coriander, half the cashews and the remaining mint in a large bowl. Toss to combine.
7. Transfer the coleslaw mixture to a large serving platter. Drizzle with dressing. Top with the chicken/halloumi mixture and sprinkle with the remaining cashews.

# ZUCCHINI, CORN & BACON FRITTERS



**Serves:** 4

**Prep time:** 10 min

**Cook time:** 25 min

GLUTEN-FREE (GF) • VEGETARIAN (V)\* • DAIRY-FREE

**Energy** 320cal | **Protein** 19.4g | **Fat** 6.3g | **Fibre** 7.8g

**Saturated Fat** 2g | **Sugar** 11.1g | **Sodium** 1410mg

## Ingredients:

- 500g vine-ripened cherry tomatoes
- 8 short bacon rashers (\*use halloumi for vegetarian)
- 1 large zucchini, coarsely grated
- 420g can creamed corn
- 1 pinch salt
- 1 pinch pepper
- 3/4 cup (110g) self-raising flour (\*use GF if needed)
- 200g mixed green leaves
- 1 tsp olive oil
- 1 lime, juiced

## Directions:

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Place tomatoes on the lined tray and spray with olive oil spray. Bake for 10-15 mins or until tomatoes begin to collapse.
3. Meanwhile, heat a large frying pan over high heat.
4. Add bacon and cook for 2 mins each side or until golden brown and crisp. Transfer to a plate. Cover with foil to keep warm.
5. Combine the zucchini, creamed corn, and flour in a large bowl. Season with salt and pepper if desired.
6. Spray the frying pan with olive oil spray. Reduce heat to medium. Add five (approximately 1/4 cup portions) of the zucchini mixture to pan. Cook for 2 mins each side or until golden brown and cooked through.
7. Transfer to a plate and cover with foil to keep warm. Repeat, in 2 more batches, with the remaining zucchini mixture.
8. Mix olive oil and lime juice to make the salad dressing. Toss over salad.
9. Divide the salad, fritters, bacon & tomatoes among plates. Serve.