

# meat different with our family faves

Why not try less meat once a week? Risotto, burgers, curries and pasta can still be enjoyed, never compromising on taste or protein, and are sure to fill the biggest of appetites.



These recipes have been created by *Healthy Food Guide for Life Health Foods* using their products, and meet our specific nutrition criteria.

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Recipes created by  
**healthyfood**





We used



## Aromatic vege curry with Beef Free Chunks

Serves 4 Time to make 25 minutes ✓ no dairy ✓ vegetarian

### oil spray

- 2 **spring onions**, sliced
- 1 clove **garlic**, sliced
- 5cm piece **ginger**, finely chopped
- 1 tablespoon **curry powder**
- 3 cups **broccoli florets**
- 2 **courgettes**, thinly sliced
- 200g pack **Alternative Meat Co Beef Free Chunks**
- 2 teaspoons **reduced-salt soy sauce**
- 5 cups roughly chopped **spinach leaves**
- 1 **red chilli**, thinly sliced, plus extra, to garnish (optional)
- 2 x 250g packs **microwaveable brown rice**

### fresh coriander leaves, to garnish

- 2 **kaffir lime leaves**, thinly sliced, to garnish (optional)

**1** Spray a pan with oil and set over a medium heat. Add spring onions, garlic and ginger and stir-fry for 1-2 minutes. Add curry powder and stir to coat.

**2** Add broccoli and courgettes and cook, stirring, for 4-5 minutes. Add Beef Free Chunks, soy sauce and 1 cup water. Bring to a simmer and cook gently for 3-4 minutes, letting liquid

reduce slightly. Add spinach and chilli.

**3** Prepare rice according to packet instructions. Divide rice and curry between 4 serving bowls. Garnish with coriander, kaffir lime leaves and extra chilli, if desired.



| PER SERVE (4 serves) |                |         |       |
|----------------------|----------------|---------|-------|
| Energy               | 1720kJ(410cal) | Fibre   | 11g   |
| Protein              | 20g            | Sodium  | 370mg |
| Total Fat            | 10g            | Calcium | 100mg |
| – sat fat            | 1g             | Iron    | 5.5mg |
| Carbs                | 55g            |         |       |
| – sugars             | 35g            |         |       |



**Make it  
gluten free**

Use gluten-free  
pasta.



We used



## Creamy lemon and vege pasta with Chicken Free Strips

Serves 4 Time to make 25 minutes ✓ vegetarian ✓ diabetes friendly

2 cups **wholemeal pasta** (eg, penne)  
**oil spray**

2 **spring onions**, chopped

1 clove **garlic**, finely chopped

3 **courgettes**, finely sliced

1 bunch **asparagus** or **green beans**,  
sliced

200g pack **Alternative Meat Co  
Chicken Free Strips**

1 cup **low-fat plain yoghurt**

zest and juice of 1 **lemon** (some zest  
reserved for garnish)

4 cups **rocket leaves**

4 tablespoons grated **parmesan**, to  
garnish

½ cup **fresh basil leaves**, to garnish

**black pepper**, to season

**1** Cook pasta according to packet  
instructions. Drain, reserving ½ cup  
pasta water.

**2** While pasta is cooking, spray a pan  
with oil and set over a medium heat.  
Add spring onions, garlic, courgettes  
and asparagus. Stir-fry for 3-4 minutes,  
until veges are just tender. Add  
Chicken Free Strips and stir to  
combine.

**3** Add cooked pasta to pan, along  
with reserved pasta cooking water,  
yoghurt and lemon juice and zest.  
Reduce heat and stir, until well

combined and pasta is coated with  
sauce. Add rocket and stir through.

**4** Divide pasta between 4 serving  
bowls. Garnish with parmesan, basil,  
remaining lemon zest and a generous  
seasoning of black pepper.



| PER SERVE (4 serves) |                |         |       |
|----------------------|----------------|---------|-------|
| Energy               | 1640kJ(391cal) | Fibre   | 11g   |
| Protein              | 27g            | Sodium  | 490mg |
| Total Fat            | 10g            | Calcium | 370mg |
| – sat fat            | 3g             | Iron    | 4mg   |
| Carbs                | 45g            |         |       |
| – sugars             | 9g             |         |       |





We used



## Beetroot burger melts with harissa couscous

Serves 4 Time to make 20 minutes ✓ vegetarian

### 4 Bean Supreme Black Bean Beetroot Burgers

- 4 slices (80g) **haloumi cheese**
- 1 cup **wholemeal couscous**
- 1 tablespoon **harissa paste**
- 2 cups **cherry tomatoes**, halved
- 1 **red capsicum**, cut in chunks
- 4 cups **baby spinach leaves**
- 1 cup **fresh coriander leaves**, plus extra, to garnish

**1** Preheat oven to 180°C. On a baking dish lined with baking paper, place burger patties. Top each patty with a slice of haloumi. Place burgers in the oven and cook for 10-15 minutes, until heated through and haloumi is melted.

**2** While burgers cook, make couscous. In a bowl, place couscous and cover with boiling water. Place a plate on top of the bowl and set aside for 5 minutes. Fluff couscous with a fork then add harissa paste. Stir well. Add cherry tomatoes, capsicum, spinach

and coriander and toss together.

**3** Serve burgers whole or cut in half, with couscous and garnish with extra coriander.



| PER SERVE (4 serves) |                |         |       |
|----------------------|----------------|---------|-------|
| Energy               | 1580kJ(378cal) | Fibre   | 12g   |
| Protein              | 18g            | Sodium  | 740mg |
| Total Fat            | 12g            | Calcium | 210mg |
| – sat fat            | 5g             | Iron    | 4mg   |
| Carbs                | 50g            |         |       |
| – sugars             | 10g            |         |       |





We used



## Crunchy Greek falafel salad

Serves 4 Time to make 30 minutes ✓ vegetarian

400g Lisa's Falafel Mix

oil spray

$\frac{3}{4}$  cup low-fat plain yoghurt

juice and zest of 1 lemon

1 cup fresh parsley leaves

1 telegraph cucumber, seeds removed and chopped in 2cm chunks

1 red capsicum, chopped in 2cm squares

1 red onion, chopped in wedges

6 cups baby spinach leaves

70g feta, cut in chunks

**1** Preheat the oven to 180°C. Roll falafel mix into small patties (make 16 in total) and place on a baking tray lined with baking paper. Spray with oil. Place in the oven for about 15 minutes, turning halfway through cooking.

**2** Meanwhile, in a bowl combine yoghurt, lemon zest and half the juice with half the parsley leaves (finely chopped). Set aside.

**3** In a large bowl, gently combine cucumber, capsicum, onion, spinach and feta. Add remaining lemon juice and parsley. Divide between four plates.

**4** Serve salad with falafels (break up into smaller pieces if desired) and yoghurt sauce.



| PER SERVE (4 serves) |                |         |       |
|----------------------|----------------|---------|-------|
| Energy               | 1230kJ(295cal) | Fibre   | 9g    |
| Protein              | 17g            | Sodium  | 800mg |
| Total Fat            | 7g             | Calcium | 390mg |
| — sat fat            | 4g             | Iron    | 6mg   |
| Carbs                | 35g            |         |       |
| — sugars             | 13g            |         |       |





We used



## Spicy veggie mince crunchy lettuce cups

Serves 4 Time to make 25 minutes ✓ diabetes friendly ✓ vegetarian

2 teaspoons **sesame oil**  
 4 **spring onions**, sliced  
 1 clove **garlic**, finely chopped  
 5cm piece **ginger**, finely chopped  
 2 **capsicums**, diced  
 400g pack **Vegie Delights Savoury Veggie Mince**  
 1 tablespoon **reduced-salt soy sauce**  
 2 **carrots**, julienned or grated  
 4 **radishes**, finely sliced  
 4 tablespoons **toasted almonds**, roughly chopped  
 1 **iceberg lettuce**, leaves separated  
**sriracha** or other **chilli sauce** (optional)  
**sesame seeds**, to garnish (optional)

**1** In a pan, heat sesame oil over medium-high. Add spring onions, garlic, ginger and capsicums and cook, stirring, for 3-4 minutes. Add Vege Mince, soy sauce and ½ cup water and cook, stirring, until liquid has reduced. Remove from heat.  
**2** Add carrots, radishes and almonds and stir through mixture.  
**3** Assemble by placing spoonfuls of mince mixture into lettuce leaf 'cups'. Drizzle with sriracha, if using, and garnish with sesame seeds, if desired.

**Make it gluten free**  
 Use gluten-free sauces.

**LOW** **HIGH** **LOW** **HIGH** **3½**  
**KJ** **FIBRE** **SODIUM** **IRON** **VEGES**

| PER SERVE (4 serves) |                |         |       |
|----------------------|----------------|---------|-------|
| Energy               | 1070kJ(255cal) | Fibre   | 12g   |
| Protein              | 20g            | Sodium  | 430mg |
| Total Fat            | 9g             | Calcium | 100mg |
| – sat fat            | 1g             | Iron    | 5mg   |
| Carbs                | 25g            |         |       |
| – sugars             | 15g            |         |       |





We used



## Sausage and tomato vegetarian risotto

Serves 4 Time to make 30 minutes ✓ vegetarian

### oil spray

6 **Bean Supreme Rosemary, Sage & Parsley Vegetarian Sausages**, cut in 2cm chunks

1 **onion**, diced

1 clove **garlic**, finely chopped

1 cup **arborio rice**

400g can **cherry tomatoes in juice**

1 cup **reduced-salt vegetable stock**

3 cups **hot water**

1 bunch **asparagus**, sliced

3 **courgettes**, diced

2 cups **green beans**, sliced diagonally

¼ cup shaved **parmesan**, to garnish

½ cup **fresh basil leaves**, to garnish

**black pepper**, to season

**1** Spray a pan with oil and set over a medium-high heat. Add sausages and cook, stirring, until browned. Remove from pan and set aside.

**2** Spray pan again with oil and return to medium-high heat. Add onion and garlic. Cook, stirring, for 2 minutes, until softened but not browned. Add rice to pan and stir for 2-3 minutes.

**3** Add tomatoes and juice to pan and stir. Cook until juice is absorbed, then add stock and hot water, a ladleful at a time as it absorbs.

**4** When rice is nearly cooked, add asparagus, courgettes and beans to risotto and stir to combine. Continue

adding stock and as much water as necessary, until rice is cooked to al dente and vegetables are tender.

**5** Add sausages back into pan and stir to combine. Divide risotto between 4 serving bowls and garnish with parmesan, basil and black pepper.



| PER SERVE (4 serves) |                |         |       |
|----------------------|----------------|---------|-------|
| Energy               | 1950kJ(465cal) | Fibre   | 6g    |
| Protein              | 25g            | Sodium  | 850mg |
| Total Fat            | 12g            | Calcium | 170mg |
| — sat fat            | 6g             | Iron    | 2mg   |
| Carbs                | 55g            |         |       |
| — sugars             | 11g            |         |       |





We used



## Mexi tofu scramble

Serves 2 Time to make 15 minutes ✓ vegetarian

### oil spray

1 red capsicum, diced

1 carrot, diced

1 small red onion, diced

300g **Bean Supreme Organic Tofu**, crumbled

3 teaspoons **Mexican spice mix**

½ cup **corn kernels**

2 ripe **tomatoes**, chopped

1 cup **baby spinach leaves**

2 slices toasted **grainy bread**

2 tablespoons grated **parmesan** or other **tasty cheese**, to garnish

½ cup roughly chopped **fresh coriander leaves**, to garnish

1 **red chilli**, sliced, to garnish

**Tabasco sauce** (optional)

1 **lime**, cut into wedges, to serve

**1** Spray a pan with oil and set over a medium-high heat. Add capsicum, carrot and red onion to the pan and cook, stirring, for 5 minutes, until softened. Add tofu and stir-fry until the tofu is browned, about 2 minutes. Add spice mix and stir to combine. Add corn, tomatoes and spinach. Stir-fry for 3-4 minutes.

**2** Serve tofu scramble on toast, garnished with parmesan, coriander, chilli and Tabasco, if using, with lime wedges on the side.



### PER SERVE (2 serves)

|           |                |         |       |
|-----------|----------------|---------|-------|
| Energy    | 2110kJ(504cal) | Fibre   | 16g   |
| Protein   | 31g            | Sodium  | 360mg |
| Total Fat | 19g            | Calcium | 450mg |
| — sat fat | 4g             | Iron    | 11mg  |
| Carbs     | 45g            |         |       |
| — sugars  | 20g            |         |       |