



HEALTHY COOKING MADE EASY

Recipes

LOVE YOUR LEGUMES

Nutritious, Delicious and Affordable





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Lentil burgers

Serves: 4 **Time:** 25mins

Cost: \$10 approx. (\$2.50/serve)

Ingredients

- 1 can lentils, drained well
- 200g lean beef mince
- 1 egg
- 2 tsp crushed garlic (2 large cloves)
- 1 TBSP olive oil
- ¼ cup breadcrumbs
- 4 wholemeal/grainy bread rolls
- 1 can beetroot
- 2 tomatoes
- 4 slices low fat cheese
- 4 cups lettuce
- wholegrain mustard

Directions

1. slice cheese and tomato, drain beetroot, rinse salad.
 2. in a bowl, mix together lentils, mince, egg, garlic, breadcrumbs and a pinch of salt & pepper.
 3. mould into 4 equal sized patties.
 4. heat 1 TBSP olive oil, cook patties 6-8mins mins each side.
 5. assemble burgers: spread ½ teaspoon mustard on each roll, add lettuce, add a patty, add cheese, add tomato and beetroot
 6. use left over veggies and lettuce to make a salad, drizzle 1 TBSP olive oil and sprinkle salt and pepper
- Serve!



Lettuce Cups

Serves: 4 **Time:** 20mins

Cost: \$14.20 approx. (\$3.55/serve)

Ingredients

- 400g pork, turkey or chicken mince
- 1 can of lentils
- ½ bunch of spring onions
- 1 carrot
- 1 capsicum
- 2 heads of cos lettuce (can also use iceberg)
- ¼ cup soy sauce
- 2 TBSP honey
- 3 cloves garlic (or 3 tsp of garlic paste)
- extra virgin olive oil

Serving recommendations:

- fresh coriander
- fresh chilli
- fresh lime

Directions

1. prep: grate carrot, finely slice capsicum, slice spring onion, crush garlic.
2. heat a drizzle of olive oil on a large pan or wok on medium – high heat.
3. add mince and garlic and cook for 3 mins, until outsides of mice look cooked.
4. add veggies and cook for another 3 mins.
5. add soy sauce, honey, lentils and cook for final 5 mins.
6. separate lettuce cups so they are sitting on your plate like boats.
7. fill the lettuce cups with the mince mixture.

Serve with your choice of fresh coriander, chilli and lime.





Dahl

Serves: 4 **Time:** 40mins

Cost: \$11.50 approx. (\$2.87/serve)

Ingredients

- 1 onion
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp cinnamon
- 3 crushed garlic cloves
- 1 TBSP fresh grated ginger
- 250g butternut pumpkin
- 4 cups hot vegetable stock (1litre)
- 1 ½ cups dry red lentils
- 1 can chickpeas
- 4 tomatoes
- ¼ cup coconut cream
- 3 big handfuls of spinach
- olive oil
- salt and pepper

Directions

1. Prep: Dice pumpkin into small cubes (2 x 2cm), dice tomato, dice onion, grate ginger, crush garlic, heat stock in microwave safe jug for 5 mins.
2. Heat olive oil in a large pot and sauté onion for 1 min.
3. Add turmeric, cumin, cinnamon, garlic, ginger and butternut pumpkin, cook 1 min.
4. Add hot stock
5. Rinse red lentils then add to pot
6. Add chickpeas and tomatoes, bring to boil then simmer for 20mins until pumpkin is tender.
7. Stir through the spinach until wilted.
8. Stir through coconut cream then turn off heat.

Serve with fresh coriander and Greek yoghurt!





Morrocan Chicken

Serves: 4 **Time:** 25mins

Cost: \$7.50 approx. (\$1.80/serve)

Ingredients

- 400 – 500g chicken breast or thigh
- 400g pumpkin
- 1 can chickpeas
- 4 cups spinach
- 1 cup wholemeal cous cous
- 2 TBSP Moroccan seasoning
- 1/2 cup Greek yoghurt
- extra virgin olive oil

Directions

1. Dice chicken and pumpkin into 1.5 x 1.5cm pieces.
2. Heat a drizzle of olive oil over a medium heat in a large pan or pot.
3. Place chicken in pot, stir in Moroccan seasoning and cook for 5 mins.
4. Remove chicken onto a plate or bowl, cover with foil and put aside.
5. Add a drizzle more of olive oil to the pot, stir in pumpkin, add 1/4 cup water, cover pot and cook for 5 mins.
6. Add cooked chicken, chickpeas and canned tomatoes to pot and let simmer for 10mins
7. Add 1 cup of cous cous to a bowl then pour over 1 and 1/2 cups of boiling water. gently mix, cover with foil and let sit for 6 mins. Fluff with a fork before serving.

Serve Morrocan chicken with cous cous and Greek yoghurt.





Zucchini Burrito Boats

Serves: 4 **Time:** 40mins

Cost: \$7.50 approx. (\$1.87/serve)

Ingredients

- 4 large zucchinis (if you can only find small zucchinis you may want to grab a couple extra)
- 1 red onion
- 1 red capsicum
- 1 cup frozen corn, defrosted
- 1/2 tsp chilli powder
- 2 tsp cumin
- 1 tsp garlic powder
- 1 can of diced tomatoes
- 1 can of black beans (or kidney beans)
- 1 cup of pre-cooked rice
- 1 cup of grated cheese
- extra virgin olive oil
- fresh coriander to serve (optional)

Directions

1. pre-heat oven to 190oc (fan-forced).
2. slice zucchinis down the middle lengthwise.
3. use a metal spoon to scoop out the centre.
4. place on a lined baking tray and put aside.
5. heat a drizzle of olive oil on a medium heat in a pan.
6. add capsicum and onion, cook for 2 mins.
7. add chilli powder, cumin and garlic powder, cook for 1 min.
8. add tomatoes, corn, beans and rice, cook for 5 mins.
9. Spoon cooked mixture evenly into zucchini boats and sprinkle over cheese.
10. cover the tray in aluminium foil and bake for 15 mins.
11. take foil off, and bake for another 5 mins so cheese goldens.

Serve with fresh coriander and a side salad if desired.





Fish Tacos

with pickled onions, corn salsa, slaw and guacamole

Serves: 4 **Time:** 25 mins **Cost:** \$20.50 approx. (\$5.10/serve)

Ingredients

- 550-600g fish
- 1 can of kidney beans
- 1 bunch of coriander
- 1/2 red onion
- 1/4 red cabbage
- 1 can of corn
- 1 avocado
- 2 limes
- 8 small corn tortillas
- 1/2 tsp cumin
- 1/2 tsp paprika

Directions

1. pre-heat oven to 200°C and line an oven tray with baking paper.
2. fish: cut fish into finger-sized pieces (about 2cm thick), place on baking tray, sprinkle over cumin, paprika, pinch of salt and pepper, then drizzle with olive oil and bake for 8-10 mins.
3. pickled onions: finely slice red onion, add juice of half a lime, mix together and put aside.
4. corn salsa: drain corn and kidney beans, finely chop coriander and mix together with juice of half a lime and pinch of salt and pepper. Put aside.
5. slaw: finely chop the cabbage and mix through juice of half a lemon. put aside.
6. guacamole: mash the avocado with a potato masher or fork, mix together with the juice of the last half of lime and pinch of salt and pepper. Put aside.
7. heat tortillas up in the microwave for 30 seconds.

Construct your tacos and serve!





Tuscan Salmon

Serves: 4 **Time:** 30 mins **Cost:** \$22 approx. (\$5.50/serve)

Ingredients

- 400 – 450g salmon fillets (buy salmon in bulk from the freezer section to save \$\$)
- 1 tsp Italian seasoning or oregano
- 1 can white beans (or cannellini beans)
- 1 tsp paprika
- 1 onion
- 4 garlic cloves
- 4 tomatoes
- 4 cups spinach
- 1 bunch basil
- 1/4 cup veggie stock
- extra virgin olive oil
- salt and pepper

Directions

1. prep: finely dice tomatoes and onion, roughly chop basil, crush garlic.
2. add salmon to a large mixing bowl, drizzle over olive oil, add paprika and herbs, mix together.
3. heat pan on a medium heat, add salmon and cook 4 mins each side.
4. put salmon aside and cover.
5. add onion and garlic to the same pan (it will soak up the juices!) and cook 1 min.
6. add tomatoes, beans, basil, stock and mix together.
7. bring to boil and cook 5 mins.
8. place spinach on top of mixture and leave until spinach wilts (approx. 5 mins), then mix through.
9. Insert the salmon back into pan and let heat up for a minute or two.

Serve!





Pumpkin & Chickpea Pita Pizza

Serves: 4 **Time:** 30 mins

Cost: \$11.50 approx. (\$3 .80/serve)

Ingredients

- 2 Large wholemeal pita breads
- 500g butternut pumpkin
- 1 can chickpeas
- 1/2 red onion
- 3 tomatoes
- 2 handfuls spinach
- 100g feta
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp allspice
- handful fresh parsley
- extra virgin olive oil

Yoghurt sauce:

- 3/4 cup Greek yoghurt
- 1 clove garlic
- 1/2 lemon
- TBSP tahini (optional)

Directions

1. pre-heat oven to 200°C and line an oven tray with baking paper.
2. chop pumpkin into SMALL 1.5cm x 1.5cm pieces (this is important so they cook quickly) and add to the baking tray.
3. drain and rinse chickpeas, then add to the tray.
4. drizzle olive oil over pumpkin and chickpeas, add cumin, paprika, allspice and a pinch of salt & pepper, mix together with your hands.
5. bake in oven for 15 mins.
6. prep vege: thinly slice red onion and tomato, roughly chop parsley and feta.
7. yoghurt sauce: juice lemon, crush garlic clove, mix altogether with yoghurt, tahini and a pinch of salt & pepper. Put aside.
8. remove pumpkin and chickpeas from the oven
9. assemble pita: place pita breads on 2 oven trays, drizzle over olive oil, sprinkle salt & pepper, add tomatoes, red onion, spinach, pumpkin & chickpeas and feta. Bake for 5 mins
10. serve with fresh parsley and yoghurt sauce. (handy tip - pour the sauce in a snaplock bag, snip off the tip of the corner and use as a pipe to drizzle sauce over pizza).





Cajun Fish with Black Bean Salad

Serves: 4 **Time:** 25 mins **Cost:** \$20 approx. (\$5/serve)

Ingredients

- 4 white fish fillets
- 2 TBSP Cajun seasoning
- 1 cup cooked brown rice (or 2 packets of microwaveable brown rice to save time)
- 1 broccoli
- ¼ cup sundried tomatoes
- ½ bunch fresh parsley
- 1 can kidney beans
- 1 fresh lemon, juiced
- 2TBSP olive oil
- salt and pepper

Directions

1. blanch broccoli: boil kettle, chop broccoli into thin slices, place in hot water, leave for 2 mins then rinse with cold water. Put aside.
 2. roughly chop sundried tomatoes, finely chop parsley, rinse kidney beans.
 3. mix cooked rice with broccoli, sundried tomatoes, parsley, beans, pinch of salt & pepper. Stir through olive oil and lemon juice, put aside.
 4. heat a drizzle of olive oil on medium to high heat on a fry pan.
 5. dip fish fillets in Cajun spice.
 6. Pan fry fish 2-3 mins each side.
- Serve with rice salad!





More ideas

Add lentils to mince dishes i.e bolognese, chilli con carne, shepards pie, rissoles

Add white/cannellini beans to pasta sauce or pasta bake

Roast chickpeas with your veggies for the last 10 mins

Add kidney beans or black beans to any rice dish

Toss any can of legumes through a salad

Have some baked beans on toast!