



NEW STRENGTH

# RECIPE BOOK

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**Newstrength**

Now that we have a sound understanding of nutrition and what our body needs for us to reach our goals here are some of our favourite delicious healthy recipes to get you started.

Take into consideration the calorie and macronutrient of these dishes and create an understanding of how they can not only fit into your day but also compliment your goals.





# Tomato and Asparagus Omelette

**Serves: 4**

## Ingredients

- 2 bunches asparagus, trimmed, cut into 3cm pieces
  - 2 egg whites
  - 8 eggs
  - 2 tablespoons finely chopped flat-leaf parsley
  - cooking oil spray
  - 375g cherry tomatoes, quartered
  - 4 wholegrain bread rolls
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## Instructions

**Step 1** – Steam asparagus for 2 minutes, until tender. Set aside.

**Step 2** – Whisk egg whites until soft peaks form. Set aside.

**Step 3** – Beat eggs and parsley together with 1/3 cup water. Fold egg whites through mixture.

**Step 4** – Spray a medium frying pan with oil and place over medium-high heat. Add 1/4 of egg mixture. Tilt pan to coat the bottom and cook for 1 minute, until almost set.

**Step 5** – Top half the omelette with one-quarter of the tomatoes and asparagus. Fold omelette over filling and carefully slide onto a plate. Repeat steps 4 and 5 to make four omelettes. Season with black pepper and serve with bread rolls.

## Nutritional information (per serve)

**Kilojoules**

1,474kJ

**Saturated fat**

3.9g

**Sodium**

481mg

**Calories**

352cal

**Carbohydrates**

28.8g

**Calcium**

91mg

**Protein**

24.3g

**Sugars**

5.6g

**Iron**

4.3mg

**Total fat**

14.2g

**Dietary fibre**

5.9g



# Sweet Potato, Zucchini and Herb Frittata

Serves: 4

## Ingredients

- Olive-oil spray
  - 2 teaspoons olive oil
  - 1 medium onion, finely chopped
  - 300g sweet potato, peeled, grated
  - 2 garlic cloves, crushed
  - 8 eggs
  - 1/3 cup reduced-fat ricotta
  - 2 tablespoons finely grated parmesan
  - 1 large zucchini, trimmed, grated
  - 100g semi-dried tomatoes, drained, chopped
  - 2 tablespoons chopped mint
  - 2 tablespoons chopped basil
  - 200g steamed green beans, to serve
  - 200g steamed snow peas, to serve
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## Instructions

**Step 1** – Preheat oven to 180°C. Spray the inside of a round 20cm baking tin with olive oil and line the base with a sheet of baking paper.

**Step 2** – Heat olive oil in a large non-stick frying pan set over medium–high heat. Add onion and cook, stirring, for 3 minutes. Add sweet potato; cook, stirring, for 3 more minutes, or until vegetables are soft. Add crushed garlic; cook, stirring, for another 30 seconds.

**Step 3** – Whisk eggs with ricotta and parmesan in a large mixing bowl. Add sweet-potato mixture to bowl with grated zucchini and chopped semi-dried tomatoes and herbs. Season frittata mixture with black pepper and stir to combine.

**Step 4** – Pour frittata mixture into the prepared baking tin and bake for 35 minutes, or until set, puffed up and golden. Remove baking tin from oven and leave to cool for 10 minutes. Remove frittata from tin and slice into quarters.

**Step 5** – Serve frittata with steamed green beans and snow peas.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,601kJ	<b>Saturated fat</b> 5.4g	<b>Sodium</b> 255mg
<b>Calories</b> 383cal	<b>Carbohydrates</b> 30.1g	<b>Calcium</b> 228mg
<b>Protein</b> 24.5g	<b>Sugars</b> 19.5g	<b>Iron</b> 5.1mg
<b>Total fat</b> 16.1g	<b>Dietary fibre</b> 9.9g	



# Peanut Butter Protein Balls

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## Ingredients

- 1 cup peanut butter - smooth, 100%. Or use a different nut or seed butter
  - 1/4 cup honey or another liquid sweetener of choice
  - 1/2 cup rolled oats - gluten free
  - 1/4 cup desiccated coconut
  - 1/2 cup protein powder - I recommend vanilla or chocolate flavour
  - 1/2 cup desiccated coconut for rolling
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## Instructions

**Step 1** – Place the peanut butter and honey in a large bowl and use a spoon to mix them together a little.

**Step 2** – Add the oats, 1/4 cup of desiccated coconut and 1/4 cup of the protein powder to the bowl (i.e. only add half of the protein powder to begin with).

**Step 3** – Using a wooden spoon or a sturdy spatula, start combining all of the ingredients together. They should form a slightly sticky dough, with a consistency where it can be rolled into balls. Once the mixture has largely come together, you can test it by rolling a bit into a ball with your hands. If it's too wet, add extra protein powder until it reaches the right consistency.

**Step 4** – Roll heaped tablespoons of the dough into balls, and then roll in the extra desiccated coconut to coat.

**Step 5** – Place the balls in the fridge to firm up a little. Leave them stored in the fridge in an airtight container

## Nutritional information (per serve)

**Calories**

126

**Fat**

10 g

**Protein**

7 g

**Carbs**

10 g



# Overnight Oats

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## Ingredients

- 1 1/2 cups rolled oats
  - 1 1/2 cups skim milk
  - 1 1/2 cups low-fat Greek-style yoghurt
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## Instructions

**Step 1** - Place oats, milk and yoghurt in a large container that has an airtight seal. Stir well, cover and refrigerate to soak overnight.

**Step 2** - Remove container from fridge in the morning and divide oats among 4 bowls. Add toppings of your choice and serve.

## Nutritional information (per serve)

<b>Kilojoules</b> 999kJ	<b>Saturated fat</b> 1.7g	<b>Sodium</b> 105mg
<b>Calories</b> 239cal	<b>Carbohydrates</b> 34.3g	<b>Calcium</b> 292mg
<b>Protein</b> 12.2g	<b>Sugars</b> 12.3g	<b>Iron</b> 1.4mg
<b>Total fat</b> 4.8g	<b>Dietary fibre</b> 2.5g	



# Mixed Berry Breakfast Pudding

Serves: 4

## Ingredients

- 500ml reduced-fat milk
  - 1/2 cup chia seeds
  - 1/2 teaspoon vanilla extract
  - 2 small ripe bananas, mashed
  - 300g frozen mixed berries
  - 4 pitted prunes, chopped
  - 4 tablespoons reduced-fat Greek-style yoghurt
  - 1 kiwifruit, peeled, diced
  - 1 small apple, diced
  - 2 tablespoons LSA mix
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## Instructions

**Step 1** - Place the milk, the chia seeds, vanilla extract and banana in a bowl; stir well to combine. Chill in fridge for at least 2 hours, or overnight until the chia seeds swell and the mixture is thick.

**Step 2** - Place berries and prunes in a small saucepan over low heat. Gently heat for 5 minutes, or until fruit is softened and juicy. Mash slightly, then set aside to cool.

**Step 3** - When ready to serve, divide the chia pudding among 4 glasses, jars or bowls. Top with berry sauce, then spoon over yoghurt, diced fruit and LSA mix.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,282kJ	<b>Saturated fat</b> 2.1g	<b>Sodium</b> 63mg
<b>Calories</b> 307cal	<b>Carbohydrates</b> 29.7g	<b>Calcium</b> 376mg
<b>Protein</b> 12.6g	<b>Sugars</b> 25.2g	<b>Iron</b> 2.7mg
<b>Total fat</b> 11.6g	<b>Dietary fibre</b> 13.8g	



# Lamb Steaks with Crushed Potato and Bean Salad

**—————** Serves: 4

## Ingredients

- 4 x 100g lean lamb leg steaks
  - 1/4 teaspoon Tuscan seasoning
  - 500g new potatoes
  - 4 cups baby spinach
  - 400g can butter beans, rinsed, drained, roughly mashed
  - 2 cups cherry tomatoes, halved
  - 1/3 cup black olives, sliced
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon olive oil
  - 1/4 cup basil leaves, torn, to garnish
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## Instructions

**Step 1** – Sprinkle lamb steaks with a little Tuscan seasoning and set aside. Steam, boil or microwave new potatoes until tender, then drain and crush roughly.

**Step 2** – Place crushed potatoes in a large salad bowl with remaining ingredients (except for basil); season with pepper and toss.

**Step 3** – Set a large non-stick frying pan over high heat and grill reserved lamb steaks for 3–4 minutes, or until done to your liking.

**Step 4** – Divide salad among 4 plates, topping each with a lamb steak; garnish with torn basil and serve.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,367kJ	<b>Saturated fat</b> 3.2g	<b>Sodium</b> 222mg
<b>Calories</b> 327cal	<b>Carbohydrates</b> 24.2g	<b>Calcium</b> 86mg
<b>Protein</b> 28.8g	<b>Sugars</b> 8.6g	<b>Iron</b> 3.9mg
<b>Total fat</b> 11.6g	<b>Dietary fibre</b> 6.3g	



# Lamb Pizza

Serves: 3

## Ingredients

- 1 lean lamb steak, cut into bite-sized pieces
  - 1 bought pizza base
  - 250g punnet cherry tomatoes
  - 1 yellow capsicum, chargrilled or raw, cut into 2cm pieces
  - 4 tablespoons low-fat natural yoghurt
  - 2 tablespoons fresh mint
  - mixed salad, to serve
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## Instructions

**Step 1** – Preheat grill on high. Lightly spray a frying pan with oil. Add lamb. Cook on high on all sides until sealed, and browned.

**Step 2** – Place pizza base on a greased baking tray. Scatter with tomatoes and capsicum. Top with cooked lamb. Grill for 8-10 minutes on a high heat.

**Step 3** – Meanwhile, mix yoghurt with mint. Drizzle yoghurt mixture over pizza. Cut pizza into slices and serve with a mixed salad.

## Nutritional information (per serve)

**Kilojoules**  
1,500kJ

**Saturated fat**  
6g

**Sodium**  
420mg

**Calories**  
359cal

**Carbohydrates**  
20g

**Calcium**  
240mg

**Protein**  
29g

**Sugars**  
6g

**Iron**  
3mg

**Total fat**  
17g

**Dietary fibre**  
3g



# Chicken Burgers with Veggie Salsa

 Serves: 4

## Ingredients

- 500g chicken breast fillets, cut into 5cm pieces
  - 1/2 onion, very finely chopped
  - 2 cloves garlic, crushed
  - 2 tablespoons chopped flat-leaf parsley
  - cooking oil spray
  - 2 lemons, halved
  - 1 bunch asparagus, trimmed, chopped into small pieces
  - 350g cherry tomatoes, quartered
  - 4 wholemeal bread rolls, halved, toasted
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## Instructions

**Step 1** – Place chicken into a food processor. Pulse until coarsely chopped, then transfer to a bowl. Add onion, garlic and parsley. Season with pepper. Form mixture into 4 patties.

**Step 2** – Spray a large frying pan with oil and place over medium-high heat. Cook patties for 4–5 minutes on each side, or until cooked through. Add lemons to pan, cut side down, for last 2 minutes of cooking time.

**Step 3** – Meanwhile, steam asparagus until just tender. Remove and toss with tomatoes and juice from one lemon half. Place patties on toasted rolls, then top with asparagus and tomatoes. Cut remaining lemon halves into wedges to serve with burgers.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,447kJ	<b>Saturated fat</b> 2.4g	<b>Sodium</b> 367mg
<b>Calories</b> 346cal	<b>Carbohydrates</b> 27.4g	<b>Calcium</b> 86mg
<b>Protein</b> 33.9g	<b>Sugars</b> 5.4g	<b>Iron</b> 3.3mg
<b>Total fat</b> 8.9g	<b>Dietary fibre</b> 6.6g	



# Chargrilled Salmon and Veg

Serves: 4

## Ingredients

- 500g (about 4 large) potatoes
  - olive oil spray
  - 2 bunches asparagus, trimmed
  - 250g cherry tomatoes
  - 2 tablespoons balsamic vinegar
  - 2 teaspoons dried oregano
  - 2 teaspoons lemon zest
  - 4 x 150g salmon fillets, skin off
  - lemon wedges, to serve
  - large green salad, to serve
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## Instructions

**Step 1** – Preheat a barbecue or chargrill pan to high. Prick potatoes with a fork and microwave on high for 4 minutes. Set aside to cool before cutting into 1cm slices.

**Step 2** – Spray potatoes, asparagus and tomatoes with oil and place on barbecue or chargrill pan. Grill potatoes for 3–4 minutes each side, or until lightly charred, and grill asparagus and tomatoes for 4 minutes, until asparagus is tender-crisp and tomatoes are slightly wilted. Remove from heat and drizzle with balsamic vinegar.

**Step 3** – Combine oregano and zest; sprinkle over salmon. Grill salmon for 2–3 minutes each side (for medium). Serve with grilled vegies, lemon wedges and salad.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,460kJ	<b>Saturated fat</b> 2.5g	<b>Sodium</b> 89mg
<b>Calories</b> 349cal	<b>Carbohydrates</b> 21.5g	<b>Calcium</b> 59mg
<b>Protein</b> 35.3g	<b>Sugars</b> 4.2g	<b>Iron</b> 3.2mg
<b>Total fat</b> 11.9g	<b>Dietary fibre</b> 5.5g	



# Brekkie Burger

**Serves: 4**

## Ingredients

- 1 small ripe avocado, peeled, stoned
  - 1 tablespoon chopped chives
  - 1 teaspoon lemon juice
  - Tabasco sauce, to season
  - olive oil spray
  - 4 eggs
  - 4 multigrain English muffins, split in half
  - 75g shaved ham
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## Instructions

**Step 1** – Preheat a barbecue or chargrill pan to high. Prick potatoes with a fork and microwave on high for 4 minutes. Set aside to cool before cutting into 1cm slices.

**Step 2** – Spray a large non-stick frying pan with olive oil and set over medium-high heat. Break eggs into pan; pan-fry for 2–3 minutes, or until cooked to your liking.

**Step 3** – Toast muffins until golden. Spread avocado mixture onto 4 muffin halves. Top each with shaved ham and 1 fried egg, then top with remaining muffin halves. Serve immediately.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,376kJ	<b>Saturated fat</b> 4.4g	<b>Sodium</b> 486mg
<b>Calories</b> 329cal	<b>Carbohydrates</b> 22.3g	<b>Calcium</b> 122mg
<b>Protein</b> 18.2g	<b>Sugars</b> 1.4g	<b>Iron</b> 2.6mg
<b>Total fat</b> 17.7g	<b>Dietary fibre</b> 4g	



# Breakfast Slice

 Serves: 6

## Ingredients

- 270g whole grain oats
  - 2 medium-ripe bananas, mashed
  - 2 green apples (skin on), grated
  - 1 cup fresh or frozen blueberries
  - 3 tablespoons sugar-free apple sauce
  - 2 omega-3-enriched eggs, beaten
  - 1 tablespoon LSA mix
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## Instructions

**Step 1** – Preheat oven to 180C. Line a non-stick 20x30cm slice tin with baking paper.

**Step 2** – Mix all ingredients in a bowl until well combined. Press mixture into prepared tin.

**Step 3** – Bake for 25–30 minutes or until slice is golden and firm to the touch. Cool slightly, then cut into squares to serve.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,170kJ	<b>Saturated fat</b> 1g	<b>Sodium</b> 30mg
<b>Calories</b> 280cal	<b>Carbohydrates</b> 45g	<b>Calcium</b> 30mg
<b>Protein</b> 8g	<b>Sugars</b> 15g	<b>Iron</b> 2mg
<b>Total fat</b> 7g	<b>Dietary fibre</b> 6g	



# Berry Smoothie Bowl

**—** Serves: 1

## Ingredients

- 1/2 cup frozen mixed berries
  - 1/2 frozen sliced banana
  - 2 tablespoons rolled oats
  - 1 tablespoon almond butter
  - 150g reduced-fat yoghurt
  - 1/2 ripe peach, chopped
  - handful of mixed fresh berries
  - 1 teaspoon black chia seeds
  - 1 teaspoon pepitas
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## Instructions

**Step 1** - Blend smoothie ingredients with a handful of ice.

**Step 2** - Pour smoothie into a small bowl and add toppings.

## Nutritional information (per serve)

<b>Kilojoules</b> 1,847kJ	<b>Saturated fat</b> 3.8g	<b>Sodium</b> 173mg
<b>Calories</b> 442cal	<b>Carbohydrates</b> 54.4g	<b>Calcium</b> 293mg
<b>Protein</b> 20.6g	<b>Sugars</b> 37.6g	<b>Iron</b> 2.3mg
<b>Total fat</b> 12.6g	<b>Dietary fibre</b> 11.2g	



# Asian-style Apple Slaw with Poached Chicken

Serves: 4

## Ingredients

- 1 cup reduced-salt chicken stock
  - 2 star anise
  - 6 black peppercorns
  - 400g chicken breast fillets, halved horizontally
  - 270g packet soba noodles
  - 1 green capsicum, finely sliced
  - 3 shallots, sliced
  - 1/3 cup coriander leaves
  - 1/2 small green cabbage, finely shredded
  - 2 large red apples, cut into large julienne pieces or grated
  - 1/4 cup chopped roasted cashews, to garnish (optional)
  - juice of 2 lemons
  - 1 tablespoon sesame oil
  - 3 teaspoons reduced-salt soy sauce
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## Instructions

**Step 1** – Place the stock, star anise and peppercorns into a small saucepan and set over medium heat. Place chicken into the stock; cover and bring to a simmer, then reduce heat and cook chicken for 6 minutes. Allow the chicken to cool in the liquid.

**Step 2** – Meanwhile, cook the soba noodles according to packet instructions. Drain well and rinse under cold water. Drain and place noodles into a large bowl.

**Step 3** – Remove the chicken from liquid, reserving 1/4 cup of the liquid for the dressing. Roughly slice or shred the chicken. Set aside.

**Step 4** – Make sesame dressing: Place all ingredients in a bowl with the reserved poaching liquid and whisk until combined. Pour dressing over the noodles and toss them well.

**Step 5** – Add chicken to the dressed noodles, along with the capsicum, shallots, coriander, cabbage and apples. Toss to combine. Divide between 4 serving plates and garnish with roasted cashews (if using), to serve.

## Nutritional information (per serve)

**Kilojoules**  
2,390kJ

**Saturated fat**  
2.8g

**Sodium**  
469mg

**Calories**  
572cal

**Carbohydrates**  
66.1g

**Calcium**  
84mg

**Protein**  
34.6g

**Sugars**  
16.9g

**Iron**  
3.5mg

**Total fat**  
16g

**Dietary fibre**  
11g



# Light & Fluffy Banana Protein Pancakes

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## Ingredients

- 40 g vanilla protein powder or protein of your choice
  - 1 large very ripe banana
  - 1/8 tsp. cinnamon
  - 1/4 tsp. baking powder
  - 1/4 tsp. salt
  - 2 large eggs
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## Instructions

**Step 1** - In two clean bowls, separate the eggs carefully so none of the yolk gets into the egg whites.

**Step 2** - Beat the egg whites on high for 2 minutes until they form soft peaks. (It is important that your bowl or beaters don't have any oil, fat or yolks on them, or the egg whites won't form peaks. Soft peaks are defined as barely holding their shape. The peaks flop over immediately when the beaters are lifted.)

**Step 3** - Add the egg yolks along with the remaining ingredients to a medium bowl and beat until smooth.

**Step 4** - Gently fold 1/3 of the egg white mixture into the banana mixture until roughly combined. Fold half of the remaining egg whites into the mixture and finally the last portion until everything is well combined.

**Step 5** - Heat a skillet over low heat. Scoop 1/4 c. of the mixture onto the skillet and cook for 60-90 seconds on each side.



# Teriyaki Salmon Poke Bowl

 Serves: 4

## Ingredients

- 2 x salmon fillets, skin off with Woolworths Bag & Bake with teriyaki & ginger sauce
  - 3 cups cooked brown rice
  - 1 packet Woolworths little gem lettuce combo, trimmed
  - 1 carrot, spiralised
  - 1 cucumber, spiralised
  - 1 avocado, finely sliced
  - 2 sheets nori, roughly sliced
  - ½ bunch radishes, finely sliced
  - ¼ cup pickled sushi ginger, to garnish
  - soy sauce, to serve
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## Instructions

**Step 1** - Preheat oven to 180°C. Place bag & bake salmon on a tray and bake for 10 minutes. Rest for 5 minutes, then place fish in a bowl, and flake using two forks.

**Step 2** - Divide rice between bowls and arrange lettuce, carrot, cucumber, avocado, nori, radish and flaked salmon around the bowls. Drizzle over any extra sauce from bag & bake bag and serve with pickled ginger and soy sauce.



# Sweet Potato Pizza Crust

 Serves: 4

## Ingredients

- 150g Sweet Potato, peeled and diced (about 1 heaping cup)
  - 1 tbsp Ground Flax + 2 ½ tbsp Filtered Water
  - ¾ cup Brown Rice Flour
  - 2 tbsp Tapioca Flour
  - 1 tsp Baking Powder
  - ½ tsp Pink Salt
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## Instructions

**Step 1** - Preheat the oven to 375 F. Peel, dice (to about 1/2" pieces), and measure out your Sweet Potato. I recommend using a food scale for best results. Fill a steamer basket with a small layer of water, then steam the Sweet Potatoes until fork tender, about 10-15 minutes.

**Step 2** - While the Sweet Potatoes are steaming, prepare the Flax "Egg" in a small bowl and set aside. Combine the remaining dry ingredients in a medium bowl and whisk well.

**Step 3** - Transfer the Sweet Potatoes to a large bowl, then mash well. Add the Flax Egg and mix until evenly combined, then add in half of the dry ingredients and mix with a fork. Add the remainder of the dry ingredients – at some point you will need to switch to using your hands to knead the dough into a ball.

**Step 4** - Next, place the dough ball between two sheets of parchment paper. Use a rolling pin to flatten the dough into a circle about 1/3-1/2" thick, then peel back the top layer of parchment paper. Transfer the dough + bottom layer of parchment paper to a baking sheet, then bake for 10 minutes.

**Step 5** - Remove from the oven, and cover the crust with the second piece of parchment paper. Flip the crust over so that layer is now on the bottom, then peel back the base layer of parchment paper, which should now be on top.

**Step 6** - Top the Sweet Potato Pizza Crust as desired, then return to the oven for an additional 10-12 minutes. You can broil the pizza at the end for an additional 1-2 minutes if you'd like your toppings to be extra crispy! Leftovers will keep in the fridge for up to one week.



# Super Spinach Pancakes

 Serves: 6

## Ingredients

- 1 ripe avocado
  - 350 g mixed-colour cherry tomatoes
  - 100 g baby spinach
  - 3 spring onions
  - 1/2 a bunch of fresh coriander, (15g)
  - 1 lime
  - extra virgin olive oil
  - 1 large free-range egg
  - 1 mug of self-raising flour
  - 1 mug of semi-skimmed milk
  - olive oil
  - 300 g cottage cheese
  - hot chilli sauce
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## Instructions

**Step 1** - Halve, destone, peel and finely slice the avocado and quarter the tomatoes, then place in a salad bowl with a quarter of the spinach.

**Step 2** - Trim, finely slice and add the spring onions and pick in the coriander leaves, then squeeze over the lime juice.

**Step 3** - Drizzle with 1 tablespoon of extra virgin olive oil, season to perfection with sea salt and black pepper, toss to coat and put aside.

**Step 4** - Crack the egg into a blender, add the flour, milk, remaining spinach and a pinch of salt and pepper, then blitz until smooth.

**Step 5** - Place a large non stick frying pan on a medium heat, rub the pan with a little olive oil, then pour in a thin layer of batter, swirling it up and around the edges. Cook on one side only for 2 minutes, or until lightly golden, then stack up on a serving plate and repeat.

**Step 6** - Top each pancake with dollops of cottage cheese, the avocado salad, and a few good shakes of chilli sauce. Really nice served with extra lime wedges for squeezing over, and a fried egg on top, if you fancy.

## Nutritional information (per serve)

**Calories**

331

**Protein**

13.5g

**Fat**

13.3g

**Carbs**

42.3g



# Silverbeet Fattah with Sumac Yoghurt and Chickpeas

Serves: 6

## Ingredients

- 2 cups (400g) dried chickpeas, soaked overnight
  - 3 large pieces Lebanese bread, cut into 4 large triangles
  - 1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle
  - 1/2 bunch silverbeet, stalks removed
  - 1 cup each mint leaves & flat-leaf parsley leaves, roughly chopped
  - 1/2 cup (80g) toasted pine nuts
  - 200g good-quality, hot smoked trout or salmon, flaked
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## Instructions

**Step 1** - Place chickpeas in a medium saucepan and cover with cold water. Bring to the boil over high heat, reduce to medium and simmer for 40-45 minutes until cooked. Keep warm.

**Step 2** - Preheat oven to 180°C. Place Lebanese bread on a baking tray, drizzle with olive oil and sprinkle with extra za'atar. Bake for 10-12 minutes until golden and crisp.

**Step 3** - For the yoghurt dressing, place yoghurt, za'atar, garlic, sumac and lemon in a bowl. Season to taste and mix to combine.

**Step 4** - For the pomegranate dressing, place all the ingredients in a bowl, season to taste and stir to combine.

**Step 5** - Preheat a chargrill pan or barbecue to high. Drizzle silverbeet with extra oil, season and chargrill for 4-5 minutes until wilted and a little charred. Roughly chop and place in a bowl with chickpeas and herbs. Drizzle over pomegranate dressing, season and toss to combine.

**Step 6** - Place pita on a serving plate, spoon over yoghurt dressing and layer with silverbeet salad. Scatter over pine nuts and smoked trout to serve.



# Sheet-Pan Chicken Fajitas

Serves: 4

## Ingredients

- 1 pound boneless, skinless chicken breasts
  - 2 tablespoons extra-virgin olive oil
  - 1 tablespoon chili powder
  - 2 teaspoons ground cumin
  - 1 teaspoon garlic powder
  - $\frac{3}{4}$  teaspoon salt
  - 1 large red bell pepper, sliced
  - 1 large yellow bell pepper, sliced
  - 2 cups sliced red or yellow onion (about 1 large)
  - 1 tablespoon lime juice
  - 8 corn tortillas, warmed
  - Lime wedges, cilantro, sour cream, avocado and/or pico de gallo for serving
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## Instructions

**Step 1** - Preheat oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray.

**Step 2** - Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder, cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.

**Step 3** - Roast on the middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from oven. Stir in lime juice.

**Step 4** - Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and/or pico de gallo, if desired.



# Salmon, Lemon and Herb Skewers

Serves: 4

## Ingredients

- 800g skinless boneless salmon fillets
  - 3 small lemons, thinly sliced
  - 1 cup fresh flat-leaf parsley leaves
  - 1/4 cup fresh dill leaves
  - 1/4 cup fresh mint leaves
  - 2 green onions, finely chopped
  - 1 garlic clove
  - 2 tbsp lemon juice
  - 1/3 cup extra virgin olive oil
  - 1 tbsp drained baby capers
  - Crusty bread, to serve
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## Instructions

**Step 1** – Cut salmon into 3cm pieces. Thread 1 piece of salmon onto 1 skewer, followed by 1 lemon slice folded in half. Repeat the process with 3 more salmon pieces and 2 lemon slices, finishing with salmon. Repeat with remaining salmon pieces and lemon slices to make 8 skewers.

**Step 2** – Place parsley, dill, mint, onion and garlic in a small food processor. Process until finely chopped. Transfer to a bowl. Add lemon juice, oil and capers. Season with salt and pepper. Stir to combine.

**Step 3** – Heat a greased barbecue grill or hotplate on medium heat. Drizzle skewers with 1/3 of the herb mixture. Turn to coat. Cook skewers, turning, for 2 to 3 minutes for medium, or until cooked to your liking.

**Step 4** – Meanwhile, make fennel and grapefruit salad. Segment grapefruit over a bowl to catch any juice. Add segments to the bowl with fennel and salad leaves. Season with salt and pepper. Toss to combine.

**Step 5** – Drizzle skewers with remaining herb mixture. Serve with salad and bread.



# Peanut Butter Overnight Oats

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## Ingredients

- 1/2 cup unsweetened plain almond milk (or sub other dairy-free milks, such as coconut, soy, or hemp!)
  - 3/4 Tbsp chia seeds
  - 2 Tbsp natural salted peanut butter or almond butter (creamy or crunchy / or sub other nut or seed butter)
  - 1 Tbsp maple syrup (or sub coconut sugar, organic brown sugar, or stevia to taste)
  - 1/2 cup gluten-free rolled oats (rolled oats are best, vs. steel cut or quick cooking)
-

## Instructions

**Step 1** - To a mason jar or small bowl with a lid, add almond milk, chia seeds, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day).

**Step 2** - Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.

**Step 3** - Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.

**Step 4** - The next day, open and enjoy as is or garnish with desired toppings (see options above). See more flavor/topping suggestions in the blog post above!

**Step 5** - Drizzle skewers with remaining herb mixture. Serve with salad and bread.

## Nutritional information (per serve)

**Calories**

452

**Protein**

14.6g

**Fat**

22.8g

**Carbs**

51.7g



# One-pot Healthy Mexican Beef Mince

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## Ingredients

- 2 teaspoons extra virgin olive oil
  - 1 red onion, halved, sliced
  - 1 red capsicum, chopped
  - 1 green capsicum, chopped
  - 2 garlic cloves, crushed
  - 2 teaspoons smoked paprika
  - 2 teaspoons dried oregano
  - 1 teaspoon ground cumin
  - 500g lean beef mince
  - 2 tablespoons no-added-salt tomato paste
  - 1 cup salt-reduced beef stock
  - 250g packet 2-minute brown and wild rice blend
  - Light sour cream, to serve
  - chopped avocado, to serve
  - Fresh coriander sprigs, to serve
  - Sliced red chilli, to serve
  - Lime halves, to serve
-

## Instructions

**Step 1** - Heat oil in large frying pan over medium-high heat. Add onion and capsicums. Cook, stirring occasionally, for 5 minutes or until starting to brown. Add garlic, paprika, oregano and cumin. Cook, stirring, for 30 seconds or until fragrant. Add mince. Cook, breaking up mince with a wooden spoon for 6 to 8 minutes or until browned.

**Step 2** - Add tomato paste, stock and 1/2 cup water. Bring to a simmer. Stir in rice. Reduce heat to medium-low. Cook, uncovered, for 8 to 10 minutes or until liquid is absorbed. Top with sour cream, avocado, coriander and chilli. Serve with lime wedges.



# One-pan Sweet Potato and Egg Hash

Serves: 4

## Ingredients

- 1 tablespoon extra virgin olive oil
  - 1 red onion, finely chopped
  - 600g sweet potato, peeled, cut into 1.5cm pieces
  - 1 red capsicum, deseeded, finely chopped
  - 2 garlic cloves, crushed
  - 2 zucchini, cut into 1cm pieces
  - 4 eggs
  - 1/4 cup fresh basil leaves
  - Pinch of dried chilli flakes (optional)
-

## Instructions

**Step 1** - Heat the oil in a large non-stick frying pan over medium-high heat. Cook the onion, stirring often, for 3-4 minutes or until golden. Add the sweet potato, capsicum and garlic. Cook, stirring occasionally, for 10 minutes or until golden. Add the zucchini and cover pan. Cook for 5 minutes or until the vegetables are tender.

**Step 2** - Make 4 indents in the vegetable mixture and crack an egg into each indent. Cover pan and cook until the eggs are cooked to your liking. Serve sprinkled with basil and chilli flakes, if using.



# Healthy Chilli Con Carne

Serves: 4

## Ingredients

- 1 tablespoon extra virgin olive oil
  - 1 red onion, finely chopped
  - 600g sweet potato, peeled, cut into 1.5cm pieces
  - 1 red capsicum, deseeded, finely chopped
  - 2 garlic cloves, crushed
  - 2 zucchini, cut into 1cm pieces
  - 4 eggs
  - 1/4 cup fresh basil leaves
  - Pinch of dried chilli flakes (optional)
-

## Instructions

**Step 1** - Heat the oil in a large heavybased pan over medium-high heat. Add onion and celery, and cook, stirring, for 1-2 minutes. Add mince and cook, breaking up any large pieces with a wooden spoon, for 4 minutes. Add the spice mix and cumin. Season well.

**Step 2** - Stir in lentils and tomato. Add 375ml (1½ cups) water. Bring mixture to the boil. Reduce heat and simmer, uncovered, for 20 minutes or until the lentils are cooked and mixture has thickened.

**Step 3** - Stir through the capsicum and beans, and cook for 1-2 minutes. Stir through half the coriander and half the chilli. Divide chilli con carne among serving bowls. Scatter with the remaining coriander and chilli. Serve with yoghurt, if using.



# Healthier Pressure Cooker Pulled Pork

Serves: 4

## Ingredients

- 1 tablespoon olive oil
  - 1kg pork shoulder
  - 1 brown onion, finely chopped
  - 2 garlic cloves, finely chopped
  - 1 teaspoon fennel seeds
  - 1 bay leaf
  - 4 sprigs thyme
  - 1/3 cup white wine
  - Large ciabatta roll, to serve
  - Vegetables, to serve
  - Baby tomatoes, to serve
  - Basil, to serve
  - Baby rocket, to serve
  - Dijon mustard, to serve
-

## Instructions

**Step 1** - Add oil to inner pot of Philips All In One Cooker. Press saute/sear high temp button. Set cooking time for 10 minutes and press start (do not close the lid). Season pork with salt and pepper and cut slashes with large sharp knife. When inner pot is hot, add pork. Cook for 5 minutes or until browned. Set aside. Add onion, garlic, fennel seeds, bay leaf and thyme. Cook, stirring occasionally for 5 minutes. Return pork to pot with wine. Close lid and turn knob to seal. Press meat/poultry in pressure cooking for 40 minutes. Turn knob to vent. Once the steam has been released, open lid.

**Step 2** - Transfer pork and juices to a serving dish. Coarsely shred with 2 forks.

**Step 3** - Serve ciabatta, pulled pork, chargrilled vegetables, rocket, mustard and aioli on platter for people to assemble their own sandwiches.



# Cold Turkey Salad with Mango and Honey dressing (gluten free)

Serves: 4

## Ingredients

- 2 tablespoons seasoned rice vinegar
  - 1 tablespoon caster sugar
  - 1 garlic clove, crushed
  - 1 small red chilli, seeds removed, finely chopped
  - 500g leftover turkey (preferably breast meat), sliced
  - 100g baby spinach leaves
  - 2 cups mixed Asian herbs (such as coriander, mint, Thai basil)
  - 1 large ripe mango, peeled, sliced
  - Black sesame seeds, to sprinkle
  - 5 tablespoons (100ml) honey
  - 1/4 cup (60ml) rice vinegar
  - 100ml peanut oil
  - 2 teaspoons sesame oil
-

## Instructions

**Step 1** - Mix together the rice vinegar, sugar, garlic and chilli, and stir until the sugar has dissolved. Pour over the sliced turkey and set aside.

**Step 2** - To make the dressing, place the honey and vinegar in a food processor and process to combine. With the motor running, slowly add the peanut and sesame oils until a thickish dressing forms.

**Step 3** - Place a pile of spinach on each plate and top with a handful of herbs, followed by some turkey. Lay slices of mango on top, drizzle with the dressing and sprinkle with the black sesame seeds.



# Chunky Monkey Protein Smoothie

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## Ingredients

- 1 or 2 cups ice for a very thick smoothie
  - 1 banana sliced and frozen
  - 1 cup Unsweetened Vanilla
  - Cashew Milk or other milk of choice
  - 1 scoop chocolate protein powder
  - 1 tablespoon unsweetened cocoa powder
  - 1-2 tablespoons peanut butter
  - Pinch of salt
  - Optional Garnish: chocolate chips
-

## Instructions

**Step 1** - Add all ingredients to a blender and puree until thick and smooth. Garnish with chocolate chips, if desired. Serve immediately!



# Chicken Parm Stuffed Peppers

**Serves: 4**

## Ingredients

- 3 c. shredded mozzarella, divided
  - 1/2 c. freshly grated Parmesan, plus more for serving
  - 3 cloves garlic, minced
  - 1 1/2 c. marinara
  - 1 tbsp. freshly chopped parsley, plus more for garnish
  - Pinch of crushed red pepper flakes
  - Kosher salt
  - Freshly ground black pepper
  - 12 oz. fresh or frozen breaded chicken, cooked according to package instructions and diced
  - 4 bell peppers, halved and seeds removed
  - 1/2 c. Swanson Chicken Broth
-

## Instructions

**Step 1** - Preheat oven to 400°. In a large bowl, combine 2 cups mozzarella, Parmesan, garlic, marinara, parsley, and red pepper flakes and season with salt and pepper. Stir until combined, then gently fold in chicken.

**Step 2** - Spoon mixture into halved bell peppers and sprinkle with remaining 1 cup mozzarella.

**Step 3** - Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.

**Step 4** - Bake until peppers are tender, 55 minutes to 1 hour. Uncover and broil 2 minutes.

**Step 5** - Garnish with parsley and more Parmesan before serving.



# Almond Butter Chicken Satay with Asian Slaw

Serves: 4

## Ingredients

- 2 tbs coconut oil
  - 1 lemongrass stalk (inner core only), finely chopped
  - 2 garlic cloves, finely grated
  - 5cm piece ginger, finely grated
  - 1/2 red onion, finely chopped
  - 1/2 tsp dried chilli flakes
  - 2 tsp coconut sugar
  - 2 tsp tamarind paste
  - 2 tbs tamari
  - 1/2 cup (125g) almond butter
  - Juice of 3 limes
  - 1/2 Chinese cabbage (wombok), finely shredded
  - 1/4 red cabbage, finely shredded
  - 2 kale leaves, finely shredded
  - 1/4 cup (35g) sesame seeds, toasted
  - 2 tsp sesame oil
  - 8 (800g) chicken thigh fillets, cut in half
-

## Instructions

**Step 1** - To make satay, melt coconut oil in a frypan over medium heat. Add lemongrass, garlic, ginger, onion and chilli flakes, and cook, stirring, for 5 minutes or until softened. Add coconut sugar, tamarind paste, tamari, almond butter, juice of 1 lime and 1 cup (250ml) water. Cook, stirring, for 1-2 minutes until combined. Season to taste, then set aside to cool slightly.

**Step 2** - Place all cabbage, kale and sesame seeds in a bowl and toss to combine. Whisk sesame oil and juice of remaining 2 limes in a separate bowl, then toss with slaw

**Step 3** - Preheat a barbecue or chargrill pan to high. Thread chicken onto skewers and lightly brush all over with 1/3 cup (100g) satay sauce. Cook, turning, for 10 minutes or until cooked through. Serve chicken with slaw and remaining satay sauce.



# Air Fryer Sweet Potato Fries

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## Ingredients

- 2 medium sweet potatoes, peeled and cut into 1/4" sticks
  - 1 tbsp. extra-virgin olive oil
  - 1/2 tsp. garlic powder
  - 1/2 tsp. chili powder
  - Kosher salt
  - Freshly ground black pepper
-

## Instructions

**Step 1** - In a large bowl, toss sweet potatoes with oil and spices. Season with salt and pepper.

**Step 2** - Working in batches, spread an even layer of sweet potato fries in fryer basket. Cook at 200° for 5 to 8 minutes, flip fries, then cook 5 to 8 minutes more.

**Step 3** - Serve with your favourite dipping sauce (we love sriracha mayo)



# 25-Minute Zucchini & Chicken Fritters

Serves: 4

## Ingredients

- 2 large zucchini, trimmed, chopped
  - 300g corn kernels, drained
  - 1 cup shredded cooked chicken
  - 2 spring onions, thinly sliced
  - 1 cup wholemeal self-raising flour
  - 2 free range eggs, whisked
  - 1/4 cup light milk
  - 1/2 cup grated light cheddar
  - 1/3 cup finely grated parmesan
  - 2 tbs thyme leaves
  - olive oil spray
  - tomato chutney, to serve
  - green salad, to serve
-

## Instructions

**Step 1** - Preheat oven to 220°C. Line a large baking tray with baking paper. Place zucchini into a food processor and process until finely chopped. Transfer to a clean kitchen cloth or tea towel and squeeze as much liquid as possible from zucchini.

**Step 2** - Place in a bowl and add corn, chicken, onion, flour, egg, milk cheddar, parmesan, thyme, and salt and pepper to taste. Stir until well combined.

**Step 3** - Form 1/3 cups of mixture into fritters and place on prepared tray. Spray with oil and bake for 10 minutes. Turn and cook for a further 5 minutes or until golden and cooked through. Serve with tomato chutney and a green salad.



# 4-Step Asian Pork Meatballs

Serves: 4

## Ingredients

- 500g heart smart extra lean pork mince
  - 2 spring onions, chopped
  - 2cm-piece fresh ginger, peeled, finely grated
  - 2 garlic cloves, crushed
  - 1 bunch coriander
  - olive oil spray
  - 450g microwave brown rice
  - 520g Woolworths crunchy noodle coleslaw kit
  - 300g shredded carrot
-

## Instructions

**Step 1** - Preheat oven to 200°C. Combine mince, spring onion, ginger and garlic in a bowl. Finely chop coriander root and 3cm of stalks. Remove coriander sprigs and set aside. Add chopped coriander to mince. Stir until well combined. Form tablespoons of mixture into balls and place on a plate.

**Step 2** - Heat a non-stick frying pan over medium heat. Spray with oil. Add meatballs and cook for 10 minutes, shaking pan occasionally, or until meatballs are browned all over. Add 1/2 cup water and bring to the boil.

**Step 3** - Transfer mixture to a shallow baking dish and place in oven. Bake meatballs for 10 minutes or until cooked through.

**Step 4** - Cook microwave rice as per packet instructions. Serve meatballs with coleslaw mixed with carrot and rice. Top with coriander sprigs.



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## RECIPE BOOK

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