

Nutritious Recipients



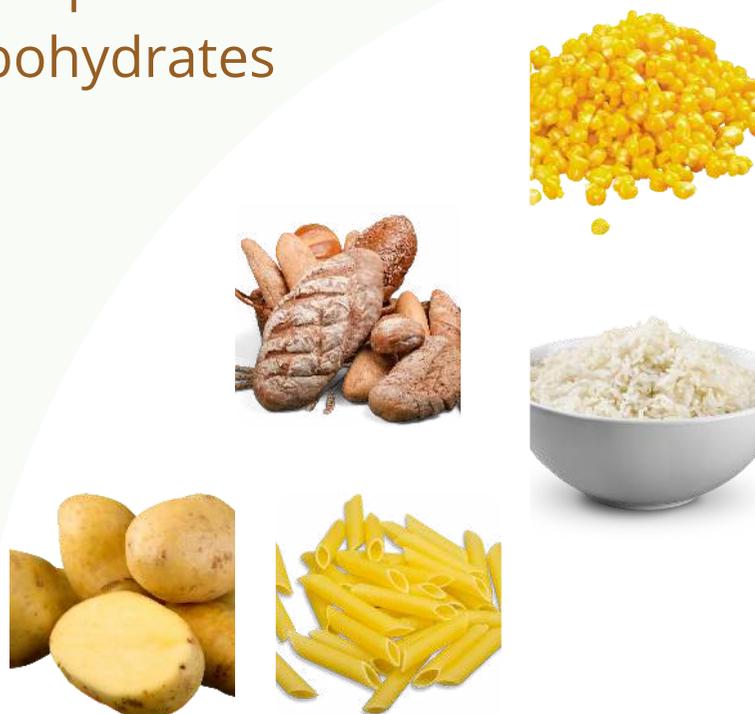
by Adelaide 6B

RECIPIES

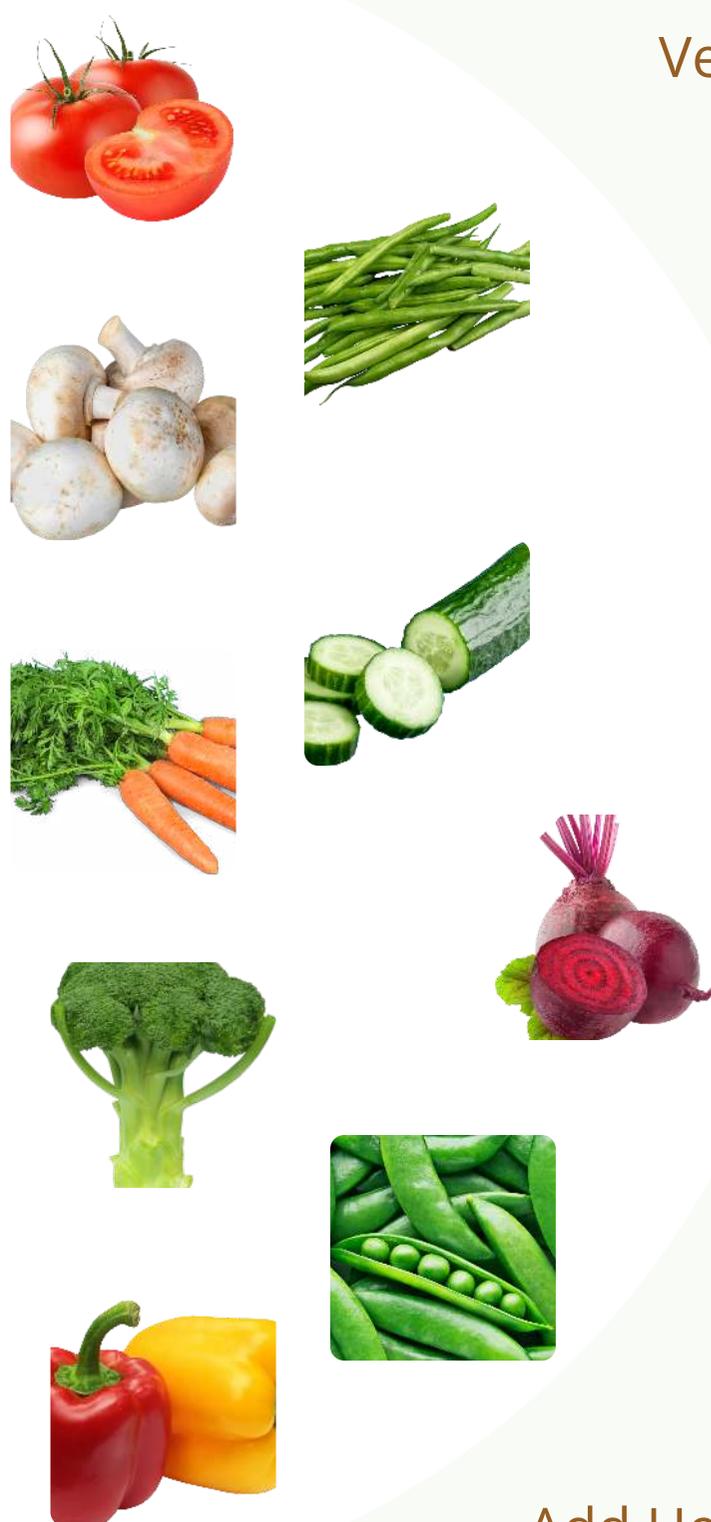
- Egg Stack
- Berry & Banana Crepes
- Chicken with Pear & Rocket Salad
- Honey Soy Ginger Salmon & Greens
- Steak with Pumpkin & Beetroot Salad
- Snapper with Lemon Rice & Greens
- Muesli Slice
- Chocolate Balls

Plate Guide

1/4 plate
Carbohydrates



1/2 plate
Vegetables



1/4 plate
Lean Protein



Add Healthy Fats



Egg Stack



Savory Breakfast

INGREDIENTS

- Slice of Sourdough Toasted
- ½ Avocado
- Large Field Mushroom
- Baby Spinach Fresh
- 1 Egg
- Danish Feta Cheese

METHOD

- Toast the Sourdough and top with the Avocado
- Add the Mushroom & Spinach Leaves
- Top with the poached egg
- Finish with Danish feta

Berry & Banana Crepes



Sweet Breakfast

INGREDIENTS

- Plain Flour
- 1 tbs of sugar
- 1 pinch of salt
- 2 Eggs
- 1 cup of Milk
- 80g melted Butter
- 1 tsp Vanilla Essence
- Banana
- Mixed Berries
- Yogurt & Maple Syrup (optional)

METHOD

- Sift the flour
- Stir in the sugar & salt
- In a separate bowl whisk the eggs and milk together
- Make a well in the centre and add the eggs and milk, then add the melted butter
- Add Vanilla Essence

Ladle into a hot frypan.

Serve with a mixture of berries, banana, yogurt and maple syrup

Chicken with Pear & Rocket Salad



Lunch

CHICKEN

- Chicken Breast Fillet
- 2 tbs Honey
- 1 tbs Wholegrain Mustard

Bake Chicken breast in a 160 degree oven for 30 minutes or until cooked through.

Finish off with the honey & mustard poured over the chicken and bake for a further 5 minutes

SALAD

- 3 cups Rocket
- 1 pear
- 50g Danish Feta Cheese
- Squeeze of lemon

Dress the Rocket leaves in lemon. Slice the pear and scatter over the salad with feta.

Add a portion of brown rice as a side of carbohydrates

Honey Soy Ginger Salmon & Greens



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Steak with Pumpkin & Beetroot Salad



Dinner

STEAK

- Eye Fillet Steak

BBQ or Grill 6 minutes each side

Add a baked potato as a side of carbohydrates

SALAD

- 4 cups Baby Spinach
- 1 beetroot, chopped into cubes
- 2 thick slices of Pumpkin, chopped into cubes
- 50g Danish Feta Cheese
- Squeeze of lemon

Bake the Pumpkin & Beetroot then scatter over leaves. Dress the Spinach leaves in lemon. Top with Feta

Snapper with Lemon Rice & Greens



Dinner

FISH

- Snapper Fillet

Crumb the Snapper fillet with Panko bread crumbs and cook in the air fryer or on the pan until crisp and cooked through (approx 10-15 minutes)

Add a side of steamed green beans and broccolini

RICE

- Steam 2 cups of rice with a lemon cut in quarters to flavour the rice
- Add chopped up beans and peas while cooking

Put all the elements together on the plate with a slice of lemon

Muesli Slice



Lunch box snack

INGREDIENTS

- 100g butter
- ¼ cup of brown sugar
- ¼ cup of maple syrup
- 2 cups of rolled oats
- ½ cup of coconut
- 1 cup of self raising flour
- 1 egg
- ¼ cup diced apricots
- Drizzle of honey

METHOD

- Melt the butter, sugar and maple syrup in a saucepan
- Take off the heat and stir in the rolled oats, coconut and self raising flour
- Whisk the egg and mix into the mixture
- Mix in the diced apricots and finish with a drizzle of honey
- Line a shallow baking pan with baking paper and press the mixture into it
- Bake in a 160 degree oven for 20 minutes. Allow to cool and slice

Chocolate Balls



Snack

INGREDIENTS

- 12 Dates
- 1 cup Almonds
- ½ cup Pecans
- ¼ cup Sunflower seeds
- ¼ cup Coconut
- 2 Tbs Pepitas
- 2 Tbs Chia Seeds
- 3 Tbs Cacao
- 1 Tbs Maple Syrup
- 1 Tbs water if needed

METHOD

- Put all ingredients into a food processor and blend on high for 30-60 seconds
- If all ingredients bind together they are ready to roll, otherwise add a small amount of water to bring them together.
- Roll into 12 balls.