

Difficulty **Easy** Prep. time **15 min** Cook time **25 min** Servings **6** 

# **Ingredients**

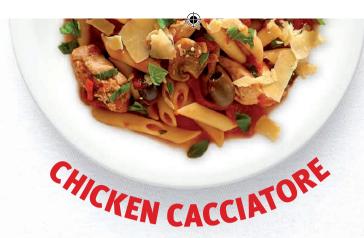
- 800g can apricots, drained
- 1 tablespoon honey
- 1 teaspoon cinnamon
- 1/2 cup dates, chopped
- 4 sheets filo pastry (27cm x 47cm)
- Olive or canola oil spray
- 2 tablespoons almonds, flaked

### Method

- 1. Preheat oven to 200 °C.
- Combine apricots, honey, cinnamon and dates in a small bowl.
- 3. Lightly spray pastry with oil.
- 4. Lay pastry sheets on top of each other then spoon apricot mixture along the centre length.
- 5. Fold pastry to encase the apricot mixture, tucking neatly into a roll.
- 6. Spray top with oil and sprinkle with almond flakes.
- 7. Bake for 20-25 minutes until golden brown and crispy.

Tip: Always choose fruit canned in 'natural' juice or pie apples as these do not have 'added sugar'.





Difficulty Easy Prep. time 15 min Cook time 45 min Servings 4

# **Ingredients**

- 2 cups pasta (penne or spaghetti)
- 4 medium chicken thighs (drumsticks, skinless and boneless), chopped into small chunks
- 1 tablespoon olive oil
- 250g mushrooms, sliced
- 2 rashers of bacon, trimmed and sliced
- 1 sprig fresh rosemary or 1 teaspoon dried rosemary
- 2 anchovy fillets, finely chopped or ½ tablespoon fish sauce

- 2 medium red capsicums, roasted or canned, chopped or form
- 8 black olives, pitted
- 2 cloves garlic, crushed
- 1 small red chilli, sliced
- 1/2 glass dry white wine
- 400g can crushed tomatoes in natural juice
- ½ bunch fresh basil leaves, torn
- 30g Parmesan cheese, grated

### Method

- 1. Brush a large non-stick frypan with oil, heat over medium heat, add chicken first and then mushrooms, bacon, rosemary leaves, anchovies (or fish sauce) and red capsicum.
- 2. Add the olives, turning up the heat to medium-high ensuring the chicken is turning golden brown, stirring through well.
- 3. Meanwhile, cook pasta according to instructions on the packet, rinse and drain.
- 4. Add the garlic, chilli, wine, tomatoes and half the basil leaves to the chicken sauce and heat through for about 5-8 minutes.
- Pour pasta into a serving bowl and spoon over the chicken sauce.
- 6. Sprinkle with Parmesan cheese and remaining basil leaves.



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Difficulty Easy Prep. time 30 min Cook time 10 min Servings 4

# **Ingredients**

- 400 g lean lamb, cut into cubes
- 4 small wholemeal pita breads
- 1/4 iceberg lettuce, shredded
- 2 medium tomatoes, diced
- 1 medium red onion. finely sliced
- 4 tablespoons reduced fat natural yoghurt

### Marinade

- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- 2 teaspoons dried oregano
- 1 teaspoon thyme

# Method

- 1. Mix marinade ingredients together in small bowl. Place meat into marinade and coat well.
- 2. Thread meat onto skewers, place in shallow dish pouring over remaining marinade. Place in refrigerator for at least 15 minutes (longer if possible).
- 3. Preheat grill or BBQ on high and cook meat for 3 minutes on each side.
- 4. Remove from heat, allow to sit for one minute.
- 5. Divide lettuce, tomato and onion between pita breads.
- 6. Remove skewer from meat, place meat on each pita bread salad and top with yoghurt, wrap and serve.



Difficulty **Easy** Prep. time 5 min Cook time 5 min Servings 1

### **Ingredients**

- 2 eggs
- 1/2 cup English spinach leaves, chopped
- 1/4 avocado
- 1 teaspoon fresh chives, chopped
- 1 clove garlic, finely chopped
- 1 small red chilli (remove seeds), finely diced
- 1 tablespoon red onion, chopped
- 1 medium wholemeal pita bread

### Method

- 1. Break eggs into a microwave safe container and whisk.
- 2. Add chives, garlic and stir to combine.
- 3. Cover and microwave for 2-3 minutes or until eggs are cooked, checking and stirring every 30 seconds.
- 4. Place spinach leaves in separate bowl and cover with boiling water (wilting). Cover with cling wrap and set aside for 2-3 minutes. Drain.
- 5. In a small bowl, add avocado, onion and chilli, mix or mash.
- 6. Lay pita bread on plate and assemble the wrap, laying the spinach down the middle of the pita bread, then the eggs and lastly the avocado mix.
- 7. Roll into a cylinder, cut in half and serve immediately.



Difficulty Easy Prep. time 10 min Cook time 25 min Servings 6

## **Ingredients**

- 1 head cauliflower, roughly chopped including the stem
- 3 medium potato, peeled and chopped
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 6 cups reduced-salt vegetable or chicken stock
- 2 cups reduced-fat milk
- Freshly ground pepper
- 1 tablespoon fresh chives, finely chopped
- 6 wholemeal or multigrain bread rolls

### Method

- 1. Roughly chop cauliflower, including stalk into 1 cm pieces.
- 2. In a large pot add cauliflower, potato, onion, garlic and stock. Cook on high heat until boiling then reduce heat to simmer, covered, for 20 minutes until potato and cauliflower stalk is tender.
- 3. Remove from heat, add the milk and puree with stick blender or in small batches in food processor. Add more milk if required and stir through to desired consistency.
- 4. Ladle soup into bowls, season with freshly ground black pepper, sprinkle with chives and serve with a dinner roll.



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