



APRICOT STRUDEL

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

Ingredients

- 800g can apricots, drained
- 1 tablespoon honey
- 1 teaspoon cinnamon
- ½ 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.
2. 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'.

This recipe contains
6
serves 



CHICKEN CACCIATORE

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 torn
- 8 black olives, pitted
- 2 cloves garlic, crushed
- 1 small red chilli, sliced
- ½ 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.
5. Pour pasta into a serving bowl and spoon over the chicken sauce.
6. Sprinkle with Parmesan cheese and remaining basil leaves.

This recipe contains
10
serves 

HEALTHIER RECIPES FOR A HAPPIER YOU

Healthy eating doesn't have to be hard. Check out these easy and delicious recipes to help give your body the nutrients, vitamins and minerals it needs.



Get more recipes and tips at healthier.qld.gov.au

Get more recipes and tips at healthier.qld.gov.au

Healthier. Happier.





SOUVLAKI

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
 - ¼ 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.

This recipe contains
4
serves



BREKKIE WRAP WITH EGG AND SPINACH

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

Ingredients

- 2 eggs
- ½ cup English spinach leaves, chopped
- ¼ 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.

This recipe contains
1
serve



CREAMY CAULIFLOWER SOUP

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.

This recipe contains
16
serves

Get more recipes and tips at healthier.qld.gov.au

Get more recipes and tips at healthier.qld.gov.au

Get more recipes and tips at healthier.qld.gov.au