



**FOODS THAT DO GOOD**

# *Cookbook*

A collection of healthy recipes from Australia's primary food industries.

**LEGENDAIRY**



**Horticulture  
Innovation  
Australia**



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# INTRODUCTION

You've heard it before but eating wholesome foods from each of the five food groups every day really is one of the key steps towards achieving better health.

Not only does eating a variety of these foods ensure your body gets the nutrients it needs to function properly, you'll reduce your risk of a range of lifestyle diseases.

With most Australians not eating enough of the five food groups and eating too much junk food, it's time to get the balance back.

The recipes in this book are a great place to start. With contributions from a number of Australia's primary food industries, these recipes ensure a balanced approach to eating by incorporating every day foods from the five food groups:

- Vegetables
- Fruit
- Grain (cereal) foods
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, cheese, yoghurt and/or alternatives

You can also jump to the back page to see how much of each of these food groups are recommended for you daily according to the Australian Dietary Guidelines.

Lastly and importantly, these tried and tested recipes prove that healthy and delicious can go hand-in-hand. They have also been developed to suit different tastes and budgets and have been given the tick of approval by our dietitians.

So what are you waiting for, do your health a favour and get cooking.

From the team at **Foods That Do Good**





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# BREAKFAST







# BANANA BLUEBERRY SMOOTHIE BOWL

**Serves** 3

**Preparation time** 10 mins

**4 frozen bananas**

**1 cup plain unsweetened natural yoghurt**

**2 tablespoons protein powder**

**1 tablespoon honey (or to taste)**

**½ cup milk**

**To top your bowl**

**1 cup blueberries**

**1 cup mixed seeds and nuts**

**other fruit or nuts of your choice**

**sliced banana**

1. Choose small deep bowls and chill them before you start.
2. Place all of the ingredients into a blender and mix until you have a nice smooth, thick puree.
3. Pour the banana smoothie into the bowls and decorate with fruit and nuts before eating with a spoon.



## BANANAS

HORTICULTURE INNOVATION AUSTRALIA  
[australianbananas.com.au/recipes](http://australianbananas.com.au/recipes)

# POACHED EGGS WITH SAUTEED FIELD MUSHROOMS & AVOCADO

**Serves** 4

**Preparation time** 20 mins

**Cooking time** 10 mins

**8 poached eggs**

**1 tablespoon olive oil**

**6 field mushrooms, thinly sliced**

**3 teaspoons lemon juice**

**1 small clove garlic, crushed**

**2 avocados, sliced**

**½ cup goat's cheese**

**wholegrain toast, to serve**

**toasted pine nuts, to serve**

1. Heat the oil in large non-stick frying pan over medium heat. Add the mushrooms and cook for 4–5 minutes then add lemon juice and garlic. Continue cooking for another 2–3 minutes or until golden brown and tender. Remove from the heat and keep warm.
2. To serve, divide the mushrooms between plates with the toast and serve topped with sliced avocado and poached eggs. Scatter over some goat's cheese, pine nuts and season to taste.



## EGGS

AUSTRALIAN EGG CORPORATION  
[eggs.org.au/recipes](http://eggs.org.au/recipes)

# APPLE BIRCHER MUESLI

**Serves** 4

**Preparation time** 15 mins

**2 cups (180g) rolled oats**  
**1 cup (250ml) milk**  
**¾ cup natural yoghurt**  
**3 apples (Royal Gala, Fuji or Red Delicious)**  
**2 lemons, juiced**  
**2 tablespoons sultanas**  
**2 tablespoons chopped dried pears**  
**2 tablespoons roughly chopped roasted hazelnuts**  
**1 tablespoon pepitas**  
**2 teaspoons sunflower seeds**  
**2 teaspoons sesame seeds**  
**honey, to taste**

1. Place the oats in a large bowl and stir through the milk and yoghurt.
2. Take two of the apples, cut into quarters and leaving the skin on, coarsely grate. Toss in the lemon juice and stir into the oat mixture.
3. Stir through the sultanas and dried pears.
4. When ready to serve scatter over the hazelnuts, pepitas, sunflower and sesame seeds.
5. Divide among four bowls. Slice or grate the remaining apples and arrange on top. Drizzle with honey to taste.



## APPLES

HORTICULTURE INNOVATION AUSTRALIA  
[aussieapples.com.au/recipes.aspx](http://aussieapples.com.au/recipes.aspx)





# AVOCADO PANCAKES

**Serves** 4 (makes about 16 pancakes)

**Preparation time** 15 mins

**Cooking time** 10 mins

**3 eggs**

**¾ cup (185ml) milk**

**1 avocado, cut into chunks**

**freshly grated rind and juice of 1 lime**

**2 tablespoons melted butter**

**1 cup (160g) cornmeal (polenta)**

**¼ cup (35g) plain flour**

**1½ teaspoons baking powder**

**¼ teaspoon salt**

**To serve**

**natural yoghurt**

**fresh salsa – cherry tomatoes, basil,**

**red onion, avocado**

1. In a medium-sized bowl, whisk the eggs and set aside.
2. In a blender puree the milk, avocado, lime zest and lime juice until smooth. Add the puree to the egg along with the melted butter and stir to combine.
3. In a separate bowl whisk together the cornmeal, flour, baking powder, and salt.
4. Add the dry ingredients to the wet ingredients and stir to combine. The batter will be thick.
5. Heat a large heavy-based frying pan to medium-high heat. Spoon 2 tablespoons of batter into the pan and smooth it into a round shape. Cook the pancakes for 3–4 minutes, flipping once, until both sides are golden brown.
6. To serve, top hot pancakes with some of the fresh salsa and a spoonful of the natural yoghurt.



## AVOCADOS

HORTICULTURE INNOVATION AUSTRALIA  
[australianavocados.com.au/recipes](http://australianavocados.com.au/recipes)



**LUNCH**



# LAMB MEATBALL & GREEK SALAD WRAP

**Serves** 4

**Preparation time** 20 mins

**Cooking time** 10 mins

**400g lean lamb mince or lean beef mince**  
**1 small onion, finely grated**  
**1 small zucchini, trimmed, grated, squeezed of excess moisture**  
**1 small carrot, peeled, finely grated**  
**¼ cup chopped fresh flat-leaf parsley**  
**1 tablespoon olive oil**  
**250g cherry tomatoes, halved**  
**1 Lebanese cucumber, chopped**  
**1 red capsicum, seeded, diced**  
**4 wholegrain (70g each) wraps**  
**⅓ cup (85g) babaganoush or eggplant dip**  
**120g (4 large handfuls) baby spinach leaves**



## LAMB

MEAT AND LIVESTOCK AUSTRALIA  
[mlahealthymeals.com.au/  
healthy-eating](http://mlahealthymeals.com.au/healthy-eating)

1. Combine mince, onion, zucchini, carrot and half the parsley in a large bowl. Using clean hands, mix together until well combined, season with freshly ground black pepper. Take 1 tablespoon (approximately 25g) of the mixture and roll into balls, repeat to make approximately 28 meatballs.
2. Heat half the oil in a large frying pan over a medium-high heat. Add the meatballs and cook, turning occasionally for 8–10 minutes or until cooked through and golden brown.
3. Meanwhile, combine tomatoes, cucumber, capsicum, remaining parsley and olive oil in a medium bowl. Season with pepper.
4. To serve, spread each wrap with some babaganoush, top with spinach leaves, tomato mixture and up to seven meatballs. Wrap to enclose.





# EGG PIE WITH SILVERBEET & RICOTTA

**Serves** 6

**Preparation time** 20 mins

**Cooking time** 1hr 10 mins

**8 eggs**

**1kg silverbeet**

**1 tablespoon olive oil**

**1 onion, chopped**

**1 clove garlic, crushed**

**500g ricotta**

**finely grated rind of 1 lemon**

**1 cup grated parmesan**

**1 teaspoon nutmeg**

**olive oil, for brushing**

**8 sheets filo pastry**

1. Preheat oven to 190°C. Trim most of the white stalks from the silverbeet and discard. Roughly chop the remaining stalks and leaves and rinse (do not dry).
2. Heat a large pan over medium-low heat and add the silverbeet. Cook for 10 minutes or until most of the liquid has evaporated and the stalks are soft (you may need to do this in batches). Remove from the pan and set aside.
3. Heat the same pan again, add the olive oil and onion and cook for 2–3 minutes until tender. Add the garlic and continue cooking for a minute.
4. Meanwhile, combine the ricotta, three lightly beaten eggs, lemon rind, parmesan and nutmeg in a large bowl. Add the onion once it has softened. Season to taste.
5. When the silverbeet is cool enough to handle squeeze as much remaining moisture out as you can, finely chop then add to the ricotta mixture. Set aside.
6. Brush a 26cm springform cake tin with oil. Line the base with a sheet of filo, laying it a little off centre so the excess falls over the side of the tin. Brush with more oil and top with another sheet, laying it at an angle to the first sheet and allowing the excess to fall over the side of the tin. Continue brushing with oil and layering with filo.
7. Once finished, spoon in the ricotta mixture. Make five deep indentations in the filling with the back of a wooden spoon and crack an egg into each.
8. Fold the overhanging filo back over the centre of the tin to fully enclose the filling. Brush with a little more oil.
9. Bake for 50–55 minutes or until golden brown and firm. Stand for 5 minutes before gently removing from the tin. Serve with a simple salad.

Note: If your pie starts to brown too quickly cover with foil.



**EGGS**

AUSTRALIAN EGG CORPORATION  
[eggs.org.au/recipes](https://eggs.org.au/recipes)



# VEGETARIAN FRIED RICE

Serves 4

Preparation time 15 mins

Cooking time 25 mins

- 1½ cups (300g) long grain rice
- olive oil cooking spray
- 2 eggs, lightly beaten
- 1 tablespoon canola oil
- 1 large white onion, sliced
- 1 small red capsicum, chopped
- 1 garlic clove, crushed
- 1 teaspoon finely grated ginger
- ½ cup (40g) frozen peas
- 1 cup (50g) finely shredded Chinese cabbage or bok choy
- ¼ cup (60ml) salt-reduced soy sauce

1. Cook the rice by absorption method according to packet instructions then place in a bowl and refrigerate until needed.
2. Spray a non-stick frying pan liberally with olive oil and heat over medium heat. Mix the egg with one tablespoon water until combined then pour into the pan. Cook, moving the mixture around the pan until set then remove from the pan, cool slightly and roughly chop. Set aside.
3. Heat the canola oil in a large pan over medium heat and add the onion and capsicum. Cook for 4–5 minutes then add the garlic and ginger. Cook for a further minute then add the peas, cabbage (or bok choy), rice and egg. Cook for 3–4 minutes until warmed through. Toss the soy sauce through and mix until fully combined, then serve.

Note: Shredded cooked chicken, ham or Chinese barbecued pork can be added for a non-vegetarian version.



## ONIONS

HORTICULTURE INNOVATION AUSTRALIA  
See [secretserve.com.au](http://secretserve.com.au) for more  
onion recipes.



# CRISPY TUNA MANGO TORTILLAS

Serves 6

Preparation time 10 mins

Cooking time 15 mins

1 mango, peeled, chopped  
1 avocado, peeled, chopped  
1 green onion, chopped  
185g can tuna in springwater,  
drained, flaked  
olive oil cooking spray  
6x 20cm flour burrito tortillas  
 $\frac{2}{3}$  cup canned refried beans  
1 cup (120g) grated tasty cheese

1. Preheat a non-stick frying pan or a sandwich toaster to medium. Combine the mango, avocado, onion and tuna.
2. Spray tortillas with olive oil and place oil-side down on work surface. Spread one half of each with the beans. Top with the mango mixture and sprinkle with the cheese. Fold tortillas over to enclose the filling.
3. Place two into the frying pan and weigh them down with something, such as a saucepan. Cook for 2 minutes on each side or until crisp and golden brown. Repeat with the remaining tortillas. If using a sandwich toaster, cook each for about 2 minutes.

Note: Canned refried beans and burrito tortillas are available from the Mexican section of your supermarket.



MANGOES  
HORTICULTURE INNOVATION AUSTRALIA  
[mangoes.net.au/recipes](http://mangoes.net.au/recipes)



# CHICKEN & WILD RICE SALAD WITH CASHEWS & PECAN NUTS

Serves 4

Preparation time 15 mins

Cooking time 45 mins

1/3 cup (75g) wild rice  
1/3 cup (75g) basmati rice  
olive oil cooking spray  
2 small chicken breast fillets (375g), trimmed  
1 Lebanese cucumber, halved and sliced  
150g cherry tomatoes, halved  
75g baby rocket  
1/2 small red capsicum, chopped  
1/2 cup (75g) whole cashews  
1/3 cup (50g) roughly chopped pecans  
2 tablespoons lemon juice  
1/2 cup roughly chopped mint, to serve

1. Cook the wild rice and basmati rice according to packet directions then cool. Spray chicken breasts with a little olive oil and pan fry until golden and cooked through. Set aside then slice.
2. To serve, toss together the rice, sliced chicken, all salad ingredients, nuts, lemon juice and mint.

Note: Try this with fresh salmon or tuna instead of chicken.

# MUSHROOMS ON WALNUT CROSTINI

Serves 4

Preparation time 15 mins

Cooking time 10 mins

olive oil cooking spray  
4 small flat mushrooms, ends trimmed  
4 tablespoons hummus dip  
4 slices walnut bread, toasted (see note)  
100g marinated feta or fresh ricotta, drained  
40g baby rocket leaves  
3 teaspoons extra virgin olive oil  
1/2 small lemon

1. Preheat barbecue plate on medium-high. Lightly spray both sides of the mushrooms with olive oil. Barbecue the mushrooms, stalk-side down, for 2–3 minutes then turn mushrooms over and barbecue for a further 2–3 minutes or until just tender, but still holding their shape.
2. Spread hummus over the toasted walnut bread. Top with mushrooms then crumble over the feta or ricotta.
3. Drizzle the rocket with olive oil and squeeze over the lemon. Season with salt and pepper and toss gently to coat then pile on top of the mushrooms. Serve.

Note: Walnut bread is available from large supermarkets or bread shops. It is a great combination with the mushrooms and hummus.



## NUTS

NUTS FOR LIFE

[nutsforlife.com.au/nut-recipes](https://nutsforlife.com.au/nut-recipes)



## MUSHROOMS

HORTICULTURE INNOVATION

AUSTRALIA

[australianmushrooms.com.au/recipes](https://australianmushrooms.com.au/recipes)







# APPLE & ROASTED PARSNIP SOUP

**Serves** 6

**Preparation time** 30 mins

**Cooking time** 1 hr 40 mins

**1kg parsnips**

**extra virgin olive oil, for  
roasting and sautéing**

**50g butter**

**1 brown onion, chopped**

**½ teaspoon ground ginger**

**½ teaspoon ground cumin**

**½ teaspoon nutmeg**

**1 teaspoon coriander seeds, crushed**

**300g potatoes, roughly chopped**

**2 Pink Lady apples, cored, chopped**

**3 L vegetable stock**

## **Garnish**

**1 small Pink Lady apple, sliced into  
matchsticks**

**4–6 pieces roasted parsnips**

**2 tablespoons fresh herbs, snipped**

**150g natural yoghurt**

1. Peel, core and roughly chop the parsnips and place on a roasting tray. Drizzle with a little oil and season to taste. Roast at 180°C for about an hour, until crispy and golden brown. Set aside.
2. Melt the butter in a large, heavy based pot, add a dash of oil and sauté onion until tender. Add the spices and cook for a minute or two. Add the chopped potatoes, apples, parsnips (reserving 4–6 pieces of the crispy ends for garnish) and vegetable stock. Bring to the boil, reduce heat and simmer for about 30–40 minutes. Once all the ingredients are tender, remove from the heat and puree. Taste for seasoning.
3. For garnish combine apple matchsticks, reserved crispy parsnip, snipped herbs and a little oil. Pour soup into bowls, add a spoonful of yoghurt, top with the apple garnish and serve immediately.



## **APPLES**

HORTICULTURE INNOVATION AUSTRALIA  
[aussieapples.com.au/recipes.aspx](http://aussieapples.com.au/recipes.aspx)



**DINNER**





## ROAST PORK WITH FENNEL & PEAR SALAD

**Serves** 2

**Preparation time** 20 mins

**Cooking time** 20 mins

**1x 300g pork fillet, trimmed**

**¼ cup (60 ml) olive oil, plus extra, for brushing**

**1 teaspoon sea salt flakes**

**1 teaspoon fennel seeds**

**2 Williams' Bon Chrétien pears, thickly sliced**

**200g celeriac, peeled, thinly sliced into strips**

**1 baby fennel, thinly sliced**

**1 teaspoon hot English mustard**

**2 tablespoons cider vinegar**

1. Preheat oven to 200°C.
2. Brush pork with oil. Heat a non-stick frying pan over high heat and cook pork for 1–2 minutes on each side or until browned.
3. Place the salt and fennel in a mortar and pestle and grind to combine. Press pork into the salt mixture, place on baking tray and roast for 10–12 minutes or until cooked through.
4. Place the pear, celeriac and fennel in a bowl. Place the remaining oil, mustard, vinegar, salt and pepper in a bowl and whisk to combine.
5. Pour dressing over the pear mixture and toss to coat.
6. Slice the pork and serve with the salad.



**PEARS**

HORTICULTURE INNOVATION AUSTRALIA  
[rediscoverthepear.com.au/delicious-serving-ideas](http://rediscoverthepear.com.au/delicious-serving-ideas)



# LEMON & PAPRIKA YOGHURT BAKED SALMON

Serves 2

Preparation time 15 mins

Cooking time 30 mins

**300g sweet potato, unpeeled**

**1 tablespoon olive oil**

**½ cup (30g) grated parmesan**

**2x 150g salmon fillets**

**1 cup Greek-style yoghurt**

**finely grated zest of 1 lemon**

**1 teaspoon smoked paprika,**

**plus extra to serve**

**1 tablespoon finely chopped parsley**

**1 bunch broccolini, steamed, to serve**

1. Cut sweet potato in chunky chips. Arrange in a single layer on a baking paper lined oven tray and drizzle with olive oil. Bake at 220°C for 20 minutes. Remove from oven, turn chips over and sprinkle with parmesan then make some space to fit the salmon on the tray.
2. Combine yoghurt and lemon zest and season to taste. Spoon half of the mix over the salmon and sprinkle with paprika. Reserve remaining half for dressing. Place salmon on the tray with chips.
3. Reduce oven to 200°C and bake salmon and chips for a further 10 minutes or until salmon is cooked through.
4. Combine remaining yoghurt dressing with parsley. Serve baked salmon with chips, remaining yoghurt dressing and steamed greens.



YOGHURT

DAIRY AUSTRALIA  
[legendairy.com.au/recipes](http://legendairy.com.au/recipes)



# MALAYSIAN MUSHROOM & FISH CURRY

**Serves** 4

**Preparation time** 20 mins

**Cooking time** 20 mins

**2 tablespoons vegetable oil**  
**400g cup mushrooms, sliced**  
**20 fresh curry leaves, optional**  
**500g skinless thick white fish fillets**  
**185g jar Malaysian curry paste**  
**½ cup (125ml) fish stock or water**  
**⅓ cup (80ml) coconut milk**  
**1 red capsicum, thinly sliced**  
**4 green onions, thinly sliced**  
**2 tablespoons fried Asian shallots**  
**3 coriander leaves, to serve**  
**steamed rice and/or roti, to serve**



## MUSHROOMS

HORTICULTURE INNOVATION AUSTRALIA  
[australianmushrooms.com.au/](http://australianmushrooms.com.au/)  
recipes

1. Heat a deep, large frying pan over high heat. Add half the oil and all the mushrooms, cook, shaking the pan occasionally for 5 minutes until mushrooms are just tender. Remove to a bowl. Add remaining oil and curry leaves (if using) to the hot pan and cook for 1 minute or until curry leaves are crisp. Remove to a plate lined with paper towel.
2. Cut fish into 6cm pieces. Reduce heat to medium, add curry paste, cook, stirring often for 2 minutes or until fragrant. Add fish and cook for 2 minutes, turning to coat both sides.
3. Add the stock and coconut milk. Bring to the simmer. Reduce heat to medium-low, cover and simmer 5 minutes until fish is just cooked through. Add the mushrooms and capsicum to the curry, simmer uncovered for 3–4 minutes until warmed through. Stir in green onions.
4. Scatter over the fried curry leaves, shallots and coriander. Serve with steamed rice and/or roti.









# ROAST PUMPKIN & PISTACHIO SALAD

**Serves** 6

**Preparation time** 10 mins

**Cooking time** 25 mins

**700g peeled and de-seeded pumpkin**  
**olive oil cooking spray**  
**100g baby spinach leaves**  
**¾ cup (75g) pistachio kernels**  
**1 avocado, cut into wedges**  
**1 small Spanish onion, thinly sliced**  
**¼ cup basil leaves**  
**2 tablespoons red wine vinegar**

1. Preheat oven to 200°C. Slice the pumpkin into thin wedges and place on a baking tray lined with non-stick baking paper. Spray with olive oil and sprinkle with salt and pepper.
2. Cook for 20–25 minutes or until tender and golden. Remove from the oven and set aside to cool slightly.
3. Arrange the pumpkin on a serving plate with baby spinach, pistachios, avocado, onion and basil. Drizzle with red wine vinegar and serve.



**NUTS**

**NUTS FOR LIFE**

[nutsforlife.com.au/nut-recipes](http://nutsforlife.com.au/nut-recipes)



# RED LENTIL BEEF BURGERS

Serves 4

Preparation time 10 mins

Cooking time 30 mins

## Burger rissole

1 cup (200g) dried red lentils, washed and drained

3 cups (750ml) salt-reduced chicken stock

200g lean beef mince

2 cloves garlic, crushed

1 egg

¼ cup (25g) dry breadcrumbs

## To serve

1 tablespoon olive oil

2 onions, finely sliced

4 wholemeal rolls

2 ripe tomatoes, sliced

8 slices canned beetroot

8 baby cos lettuce leaves

low salt BBQ sauce, to serve (optional)

1. Place lentils in a medium saucepan and cover with stock, bring to the boil, cover and simmer for 10-15 minutes or until tender, drain if there is any excess liquid. Allow to cool.
2. Heat half the oil in a large frying pan over medium heat and cook onions until golden and caramelised. Set aside.
3. Combine cooled lentils with mince, garlic, egg, breadcrumbs and a little freshly cracked pepper. Form into four rissoles and refrigerate until ready to cook.
4. Heat remaining oil in same pan onions were cooked in and cook rissoles over medium heat for 5 minutes each side or until cooked through.
5. Toast rolls and assemble with rissoles, onions, tomato, beetroot, lettuce and sauce.

## LEGUMES

GRAINS & LEGUMES NUTRITION COUNCIL  
[glnc.org.au/recipes](http://glnc.org.au/recipes)



# MANGO SESAME COLESLAW

**Serves** 8

**Preparation time** 15 mins

**Cooking time** 4 mins

**2 tablespoons** sesame seeds

**4 mangoes**

**2 large carrots, peeled, grated**

**6 green onions, thinly sliced**

**¼ small green cabbage, finely shredded**

**Orange tahini dressing**

**½ cup (125ml) olive oil**

**¼ cup (60ml) fresh orange juice**

**2 teaspoons caster sugar**

**1 teaspoon Dijon mustard**

**1 tablespoon tahini**

1. Cook sesame seeds in a frying pan over high heat, stirring, for 4 minutes or until golden. Cool.
2. To make the dressing, combine all ingredients, and salt and pepper in a screw-top jar. Shake well.
3. Prepare mangoes by slicing off each cheek. Prise a dessert spoon between the flesh and skin to remove the skin then slice thickly and place in a bowl.
4. Add carrots, onions, cabbage, sesame seeds and dressing to mangoes. Toss gently. Serve.



**MANGOES**

**HORTICULTURE INNOVATION AUSTRALIA**

[mangoes.net.au/recipes](http://mangoes.net.au/recipes)



# CHESTNUT, CHICKEN & VEGETABLE STIR-FRY

**Serves** 4

**Preparation time** 15 mins

**Cooking time** 15 mins

**⅔ cup chestnuts (fresh or dried and rehydrated)**

**2 chicken fillets (skinless)**

**1 red pepper (cut in small strips or chunks)**

**6 spring onions (2.5 cm lengths)**

**1-1½ cups snow peas, trimmed and halved**

**2-3 tablespoons light olive oil**

**1 cup chicken stock**

**1 tablespoon soy sauce**

**½ teaspoon grated ginger**

**2 teaspoons cornflour**

**fresh chopped parsley**

**steamed jasmine rice, to serve**

1. Coarsely chop chestnuts. Cut chicken fillets into strips and prepare vegetables. Heat oil in a wok or deep pan.
2. Add chestnuts and sauté over until barely golden, then push to one side of wok.
3. Increase heat slightly and add chicken, sauté until flesh becomes opaque, stirring often.
4. Add red pepper, spring onions and snow peas and stir-fry for several minutes until vegetables are barely tender. Add most of the chicken stock, soy sauce and ginger.
5. Blend together remaining stock and cornflour. Stir into the wok, increase heat and bring to the boil.
6. Cook until sauce thickens and clears, stirring all the time.
7. Mix in parsley and serve over steamed jasmine rice.



## CHESTNUTS

HORTICULTURE INNOVATION AUSTRALIA  
[chestnutsaustralia.com.au/  
eating-chestnuts/recipes](http://chestnutsaustralia.com.au/eating-chestnuts/recipes)

# AVOCADO, SPINACH & BASIL PESTO WITH SPAGHETTI

Serves 4

Preparation time 15 mins

Cooking time 20 mins

**400g spaghetti**

**1 tablespoon olive oil**

**200g grape tomatoes, halved lengthways**

**Avocado, spinach & basil pesto**

**75g baby spinach leaves**

**2 ripe avocados, halved and deseeded**

**¼ cup lemon juice**

**¼ cup olive oil**

**1 garlic clove, crushed**

**1 cup basil leaves plus extra to serve**

**⅓ cup pine nuts, toasted**

**¼ cup grated parmesan plus extra to serve**



## AVOCADOS

HORTICULTURE INNOVATION AUSTRALIA  
[australianavocados.com.au/recipes](http://australianavocados.com.au/recipes)

1. Cook spaghetti in a large saucepan of boiling water, following packet directions.
2. Drain spaghetti reserving ¼ cup cooking water and set aside.
3. Meanwhile, to make the pesto, place spinach into a medium heatproof bowl. Pour over boiling water, toss until leaves wilt. Drain well and squeeze spinach dry.
4. Place avocado flesh, spinach, lemon juice, oil, garlic, basil and toasted pine nuts into a food processor. Process until smooth then stir through parmesan.
5. Heat olive oil in the saucepan over medium heat; add tomatoes tossing, until hot.
6. Add spaghetti, reserved pasta water and pesto to pan.
7. Gently toss over heat until just combined.
8. Place in a large serving bowl and sprinkle with extra basil leaves, grated parmesan and season to taste.



# DESSERT





# LEMON RICOTTA ALMOND BLISS BALLS

**Makes** 20

**Preparation time** 15 mins

**¼ cup quick oats**

**⅔ cup almond meal**

**250g wedge ricotta**

**1 ½ tablespoons agave or pure maple syrup**

**¼ cup desiccated coconut**

**¼ cup vanilla whey based protein or milk powder**

**1 tablespoon finely grated lemon rind**

**1 tablespoon lemon juice**

**white chia seeds, crushed pistachios or coconut, for rolling**

1. Mix quick oats, almond meal, ricotta, syrup, coconut, protein powder and lemon rind and juice in a large bowl until well combined.
2. Using clean hands, roll heaped tablespoons of ricotta mixture into balls and coat in either the chia seeds, pistachios or coconut.

Note: These balls can be stored in the fridge in an airtight container for about five days.

## Variations

For all variations, omit the lemon juice and rind. If the balls appear too dry, add 1-2 teaspoons of water until rolling consistency is achieved.

## Date, Ginger & Walnut

Add 1 cup fresh or dried dates, chopped and 1 teaspoon freshly grated ginger to mix. Roll balls in crushed walnuts to finish.

## Apricot & Macadamia

Substitute the almond meal for ⅔ cup macadamia meal and add ¾ cup Mediterranean apricots, finely chopped to the mix. Roll in desiccated coconut and white chia seeds.

Note: Macadamia meal can be made by processing raw macadamias until very finely chopped in a food processor. Do not over process or mixture will become very oily.

## Cranberry & Pistachio

Add ½ cup cranberries to mixture. Roll in crushed pistachio nuts.



**RICOTTA**

DAIRY AUSTRALIA  
[legendaairy.com.au/recipes](http://legendaairy.com.au/recipes)







# PEAR & CINNAMON STRUDEL

**Serves** 4

**Preparation time** 15 mins

**Cooking time** 30 mins

**4 soft Packham's Triumph pears peeled, cored and diced**

**2 tablespoons butter**

**1 tablespoon water**

**juice and zest of ½ lemon**

**1 tablespoon soft brown sugar**

**½ cup flaked almonds, lightly toasted**

**½ cup dates, roughly chopped**

**1 teaspoon cinnamon**

**¼ teaspoon nutmeg**

**4 sheets filo pastry**

**2 tablespoons butter, melted  
vanilla bean yoghurt to serve**

1. Preheat the oven to 180°C.
2. To prepare the filling, melt 2 tablespoons of butter in a large saucepan over a medium-high heat. Add the Packham's Triumph pears, water, lemon juice and zest and sugar to the saucepan and cook for 5 minutes, stirring occasionally until just soft and caramelised (will take 5–7 minutes).
3. Remove the Packham's Triumph pears and any caramel from the saucepan and place in a large ceramic bowl. Add the almonds, dates, cinnamon and nutmeg and stir until combined. Set aside until required.
4. Meanwhile, lightly grease a flat baking tray and place down one sheet of filo pastry. Brush with the melted butter, then place another sheet on top. Repeat with the remaining two sheets of pastry.
5. Leaving approximately 4 cm on all edges of the pastry, lay the Packham's Triumph pear mixture along the length of the pastry sheets. Fold over the sides and edges and roll the pastry until you reach the end. Brush over the remaining melted butter.
6. Place the tray into the pre-heated oven and cook for 45 minutes or until lightly golden. Slice and serve warm with yoghurt.



**PEARS**

**HORTICULTURE INNOVATION AUSTRALIA**  
[rediscoverthepear.com.au/](http://rediscoverthepear.com.au/)  
[delicious-serving-ideas](#)



# RED PAPAYA & MIXED BERRY PARFAIT

Serves 4

Preparation time 15 mins

**2 cups (250g) frozen mixed berries**  
**1 tablespoon water**  
**400g Red Papaya**  
**2 cups (200g) toasted muesli or granola**  
**500g natural Greek or vanilla yoghurt**

1. In a saucepan over medium heat, simmer berries and water for 4–5 minutes, until just warm and syrupy. Mash slightly with a fork and set aside to cool while you peel, de-seed and dice papaya.
2. Spoon 2 tablespoons muesli (or granola) into the base of four glasses. Layer each glass with  $\frac{1}{4}$  cup yoghurt, 2 tablespoons berry compote,  $\frac{1}{4}$  cup diced papaya and 2 tablespoons granola. Repeat layers and serve immediately.



**PAPAYA**

HORTICULTURE INNOVATION AUSTRALIA  
[australianpapaya.com.au/recipes](http://australianpapaya.com.au/recipes)



# SNACKS



## CHERRY SMOOTHIE

Serves 1

Preparation time 15 mins

1 cup fresh cherries, pitted  
1 cup milk  
3 tablespoons vanilla yoghurt  
¼ teaspoon cinnamon powder  
1 teaspoon vanilla essence  
1 tablespoon linseed, sunflower and almond (LSA) meal

Blend all together with a few ice cubes and serve in a chilled glass.



**CHERRIES**  
HORTICULTURE INNOVATION AUSTRALIA  
[australiancherries.com.au/recipes](http://australiancherries.com.au/recipes)

## YOGHURT WITH AVOCADO, CUCUMBER & MINT

Serves 1

Preparation time 5 mins

200g Greek-style natural yoghurt  
⅛ avocado, cut into thin slices  
¼ Lebanese cucumber, thinly sliced  
1 teaspoon chopped mint  
drizzle of olive oil

Place yoghurt in a serving bowl or container, top with avocado and cucumber and sprinkle with mint and olive oil.



**YOGHURT**  
DAIRY AUSTRALIA  
[legendedairy.com.au/recipes](http://legendedairy.com.au/recipes)





# BANANA PASSIONFRUIT BREAD WITH RICOTTA & FRESH PASSIONFRUIT

**Makes** 1 loaf

**Preparation time** 15 mins

**Cooking time** 45 mins

**olive oil spray**

**265g wholemeal self raising flour**

**40g plain flour**

**1 teaspoon ground cinnamon**

**140g brown sugar**

**125ml milk**

**2 eggs, lightly beaten**

**50g butter, melted**

**1 over ripe banana, mashed**

**9 passionfruit**

**50g rolled oats**

**50g shredded coconut**

**200g ricotta**

1. Preheat oven to 180°C. Spray a 11x21cm loaf pan with olive oil. Line the base and two opposite sides with non-stick baking paper, allowing it to overlap.
2. Sift the flours, cinnamon and sugar into a large bowl. Place the milk, eggs, melted butter, banana in a medium mixing bowl. Pass six to seven of the passionfruit pulp through a sieve to remove seeds and place into bowl with wet ingredients and stir until well combined. If you still have lumps of banana, use a hand mixer to break up any large pieces.
3. Combine wet and dry ingredients and stir, then add oats and shredded coconut. Stir until well combined. Spoon the mixture into the prepared pan and smooth the surface. Sprinkle over some left over passionfruit seeds and shredded coconut.
4. Bake in preheated oven for 45 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn out onto a wire rack and cool completely.
5. Cut into slices and toast. Garnish with a scoop of ricotta and some fresh passionfruit pulp.



**PASSIONFRUIT**

**HORTICULTURE INNOVATION AUSTRALIA**

[aussiepassionfruit.com.au/recipes](http://aussiepassionfruit.com.au/recipes)





# CLASSIC HUMMUS

**Serves** 6 as a snack

**Preparation time** 5 mins

**1 x 420g can chickpeas, rinsed and drained**

**1 clove garlic, crushed**

**½ teaspoon ground cumin**

**1 tablespoon lemon juice**

**1 tablespoon tahini**

**1 tablespoon extra virgin olive oil**

**2 tablespoons water, optional**

**vegetable sticks, to serve**

**crisp homemade, oven-baked, whole grain**

**pita triangles, to serve**

**paprika for sprinkling**

1. Place chickpeas in a food processor with garlic, cumin, lemon juice, tahini and oil. Blend to a smooth purée. Add a little water if it needs thinning.
2. Serve with vegetable sticks, crisp pita and a sprinkling of paprika.



**LEGUMES**

**GRAINS &  
LEGUMES NUTRITION COUNCIL**  
[glnc.org.au/recipes](http://glnc.org.au/recipes)



# DAILY SERVE RECOMMENDATIONS

Recommended average daily number of serves from each of the Five Food Groups\*

		Vegetables and beans/legumes	Fruit	Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties	Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and beans/legumes	Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
<b>ADULTS</b>	<b>Age</b>					
<b>Men</b>	19–50	6	2	6	3	2½
	51–70	5½	2	6	2½	2½
	70+	5	2	4½	2½	3½
<b>Women</b>	19–50	5	2	6	2½	2½
	51–70	5	2	4	2	4
	70+	5	2	3	2	4
<b>Pregnant</b>	(19–50)	5	2	8½	3½	2½
<b>Breastfeeding</b>	(19–50)	7½	2	9	2½	2½
<b>CHILDREN &amp; ADOLESCENTS</b>						
<b>Boys</b>	2–3	2½	1	4	1	1½
	4–8	4½	1½	4	1½	2
	9–11	5	2	5	2½	2½
	12–13	5½	2	6	2½	3½
	14–18	5½	2	7	2½	3½
<b>Girls</b>	2–3	2½	1	4	1	1½
	4–8	4½	1½	4	1½	1½
	9–11	5	2	4	2½	3
	12–13	5	2	5	2½	3½
	14–18	5	2	7	2½	3½
<b>Pregnant</b>		5	2	8	3½	3½
<b>Breastfeeding</b>		5½	2	9	2½	4

\* National Health and Medical Research Council. Australian Dietary Guidelines, Canberra: Commonwealth of Australia; 2013. Available from [eatforhealth.gov.au](http://eatforhealth.gov.au)

To find out how much a serve is from each food group, visit the nutrition calculator at [foodsthatdogood.com.au](http://foodsthatdogood.com.au)



To access this and other online resources visit  
[foodsthatdogood.com.au/resources](http://foodsthatdogood.com.au/resources)