



Everyday Healthy

Seasonal, Fresh & Tasty

AN INITIATIVE OF



Sprout is a hands-on, totally interactive healthy cooking school, run by Accredited Practising Dietitian and personal trainer Themis Chryssidis and celebrity cook Callum Hann.

We simply love food and love teaching everyone how easy it can be to enjoy fresh, flavoursome and healthy food!

Our classes are fun, relaxed, informative and cater for people of all skill levels and dietary requirements. Our goal is to inspire people of all ages to cook and take control of their health. We firmly believe that the best way to learn is by giving it a go! Participants at our classes don't just watch us cook but they also cook all of the demonstrated dishes. Participants learn by watching, trying and of course eating!

We are super excited to be a part of the DAA's Australia's Healthy Weight Week and can't wait to show all Australians how easy it is to enjoy healthy food. We hope you like the recipes and we would love to hear about you trying them at home! Leave us a message at facebook.com/sproutcooking or @sproutcooking on Twitter.

Happy cooking!

Themis and Callum



The Dietitians Association of Australia launched Australia's Healthy Weight Week to help address overweight and obesity in Australia—which affects 63 per cent of adults and one in four children.

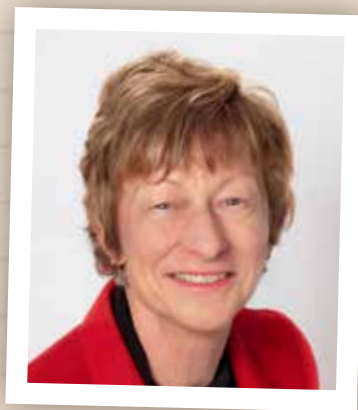
The week is an ideal time to kick-start better eating habits to be healthier and feel happier. Achieving and maintaining a healthy weight is crucial for reducing your risk of lifestyle-related conditions, such as type 2 diabetes, heart disease and some cancers. And being a healthy weight helps you to feel your best and live life to the full!

The Dietitians Association of Australia and dynamic duo celebrity cook Callum Hann and Accredited Practising Dietitian Themis Chryssidis from Sprout, have put together this collection of quick and healthy main meal recipes. The cookbook showcases the simplicity of healthy cooking — and that everyone can cook tasty and healthy meals in the kitchen. We hope you'll agree that healthy eating just became a whole lot easier!

Australia's Healthy Weight Week encourages Australians to get the right support when it comes to nutrition. So we've also included nutrition tips from Accredited Practising Dietitians throughout the cookbook.

And we encourage you to visit www.healthyweightweek.com.au for more tips and tools to eat better, feel better and see an APD. We hope this cookbook gives you that little bit of extra inspiration to become a healthier you. Enjoy!

Liz Kellett AdvAPD
President
Dietitians Association of Australia



BEEF CHILLI TACOS

with Mushrooms & Corn

SERVES 4 (MAKES 8)



— Themis Chryssidis
Accredited Practising Dietitian

* Nutrition Tip —

The key to healthy home cooking is being prepared. Plan meals for the week, make a shopping list and you're ready to go. This helps to avoid food wastage and purchasing unhealthy products.

Try planning your meals around the seasons to prevent your grocery bill blowing out and to ensure your meals are full of flavour and nutrition.

Ingredients

1 Lebanese cucumber, diced
1 avocado, flesh scooped out and diced
3 spring onions, sliced finely on an angle
Juice of a lime
Salt, to taste
1 tablespoon canola oil
4 Portobello mushrooms, sliced thinly
2 cobs corn, kernels sliced off
8 wholemeal tortillas
Fresh coriander leaves, to serve

Beef chilli

1 ½ tablespoon canola oil
500g lean beef mince
2 long red chillis, sliced
1 red onion, diced
2 medium red capsicum, deseeded, diced
4 cloves garlic, peeled, finely sliced
3 teaspoons paprika
2 x 400g can chopped tomatoes

Method

- 1 First, make the beef chilli. Heat canola oil in a large pan over medium-high heat. Add beef mince and allow it to brown without stirring too often. Once beef has browned, add the chilli, onion, capsicum and garlic. Stir until onion becomes translucent. Stir in paprika and tomatoes. Cook for 10–15 minutes or until sauce has thickened and slightly darkened in colour.
- 2 Combine cucumber, avocado, spring onions, lime juice and a pinch of salt in a bowl. Set aside to serve.
- 3 Heat a frying pan over high heat with the canola oil. Add mushrooms and cook, turning only once or twice, until golden on both sides. Add corn kernels, stir and cook for a further minute before removing from heat.
- 4 Spoon some of the beef chilli over the tortillas, top with mushroom and corn mixture, avocado salsa and coriander leaves. Serve immediately.

The key to healthy home cooking
is being prepared. Plan meals
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list and you're ready to go.



Ingredients

1 tablespoon canola oil
3 cloves garlic, finely sliced
½ long red chilli, finely sliced
2 tablespoons minced lemongrass
½ bunch coriander, leaves picked, stems finely sliced
⅓ cup roasted unsalted peanuts, roughly chopped
½ teaspoon turmeric powder
400g beef sirloin, porterhouse or fillet, cut into thin strips

1 green capsicum, sliced
½ brown onion, sliced thinly
2 cups green beans, halved
2 cups snow peas
1 ½ tablespoons fish sauce
1 tablespoon brown sugar
⅓ cup reduced-fat coconut milk
3–4 cups steamed brown rice, to serve

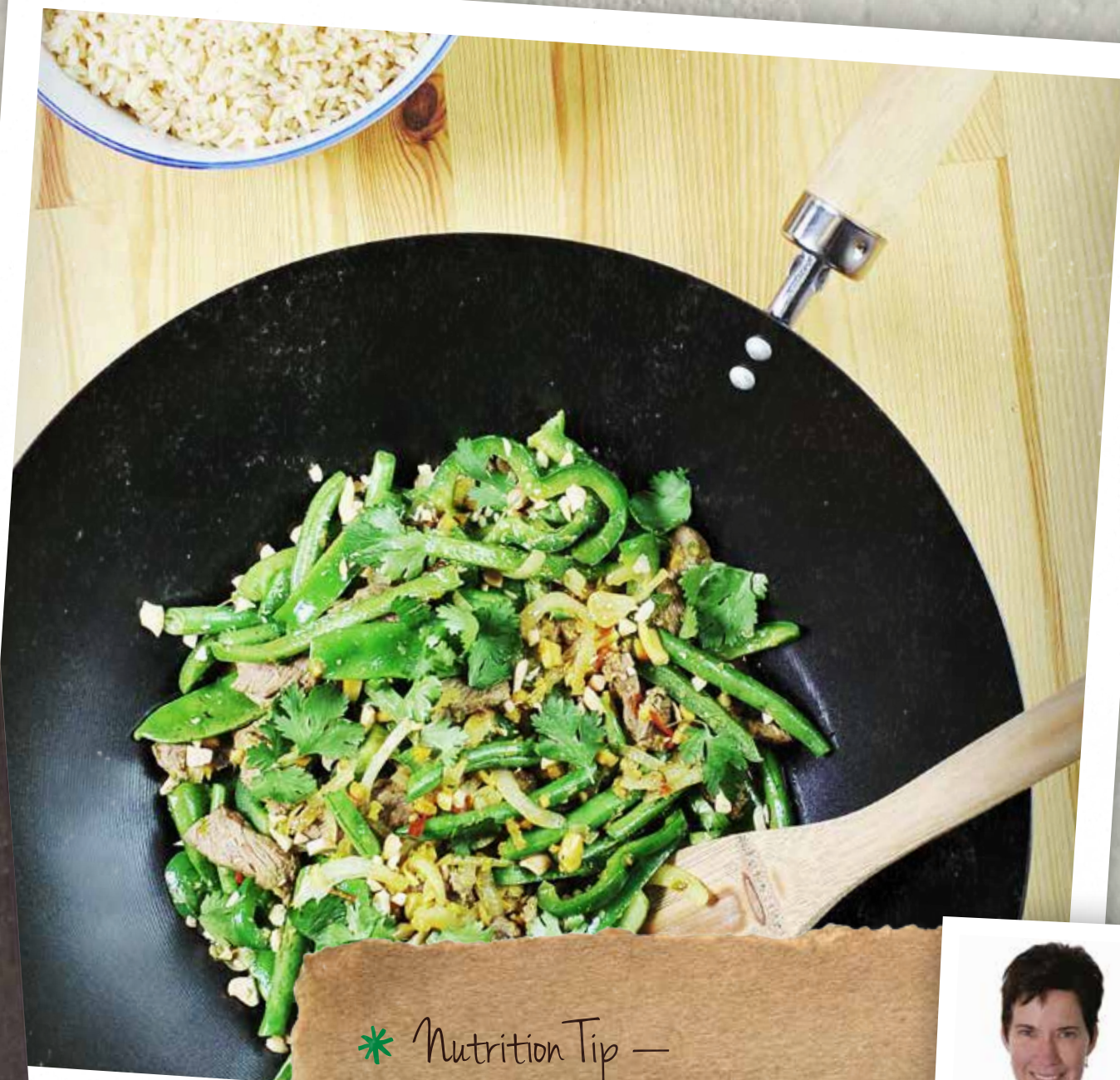
Method

- 1 Heat a wok or large frying pan over high heat. Add oil then garlic, chilli, lemongrass and coriander stems. Reserve coriander leaves for serving. Stir in ¾ of the peanuts and turmeric. Once fragrant and starting to change colour (1–2 minutes) add beef and onion. Cook until beef turns brown, then add capsicum, green beans and snow peas.
- 2 Give the wok a good toss around, then stir in the fish sauce, brown sugar and coconut milk. Continue cooking until the beef is cooked and the vegetables soften slightly.
- 3 Serve the stir fry in the middle of the table with steamed rice, topped with the coriander leaves and remaining peanuts.

{ Top with coriander leaves and peanuts }

Cambodian **BEEF STIR FRY**

SERVES 4



* Nutrition Tip —

Protein-rich foods, such as beef and lamb provide important nutrients necessary for good health, including iron, zinc, vitamin B12 and omega-3 fats. Eating these foods also keeps you feeling fuller for longer.



— Veronique Droulez
Accredited Practising Dietitian

POACHED CHICKEN SALAD

*With Chinese cabbage,
coriander & sesame*

SERVES 4



* Nutrition Tip —

An aromatic salad is the perfect meal-in-one. You can adjust the portion size and therefore kilojoule intakes for different family members or plate up smaller amounts for kids. Serve creamy dressings on the side, for anyone watching their weight.



— Emma Stirling
Accredited Practising Dietitian

Ingredients

- 2cm piece ginger
- 1 bunch coriander, leaves picked, stems and roots reserved
- 2 x 200g chicken breasts
- 1L reduced-salt chicken stock
- Juice of a lemon
- 1 tablespoon salt reduced soy sauce
- 1½ tablespoons brown sugar
- 1 teaspoon sesame oil
- 2 cucumbers, julienned or grated
- 2 small carrots, julienned or grated
- ¼ Chinese cabbage, core discarded, leaves sliced as thinly as possible
- Large handful snow peas, sliced as thinly as possible, on an angle
- 1 bunch mint, leaves picked
- Handful bean sprouts
- ¼ cup roasted cashews, roughly chopped

Method

- 1 Trim ginger and place the off cuts in a large saucepan with the coriander stems and roots. Grate the remaining ginger finely and reserve for the dressing. Pour the stock into the saucepan. Bring to the boil then add chicken. Return to the boil, then immediately reduce heat down to a very gentle simmer (you just want the odd bubble). If the water is boiling, the chicken can become a bit tough. Cook for 15–20 minutes or until chicken is just cooked through. Remove from heat and allow chicken to stand in the stock for 5 minutes. Remove chicken and shred the meat. Reserve stock for another recipe, it also makes a delicious light soup base.
- 2 To make the dressing, whisk together the grated ginger, lemon juice, soy sauce, brown sugar and sesame oil in a small bowl.
- 3 Combine coriander leaves, cucumber, carrot, Chinese cabbage, snow peas, mint, bean sprouts and cashews in a large bowl. Toss through dressing. Gently mix through the shredded chicken, divide between bowls and serve.

{ An aromatic salad is the perfect meal-in-one }

DUKKAH CRUSTED LAMB

*with Cous Cous Salad
& Tahini Dressing*

SERVES 4



* Nutrition Tip —

Add herbs and spices to your meal to maximise flavour without the salt. You could try stocking your pantry with dried herbs and spices and planting some fresh herbs in the garden or a pot.



— Brooke Longfield
Accredited Practising Dietitian

Ingredients

$\frac{2}{3}$ cup wholemeal cous cous
1 cup spinach leaves
 $\frac{3}{4}$ cup roasted capsicum, peeled and sliced
2 oranges, cut into segments
2 tablespoons dried currants
Handful mint leaves, torn
 $\frac{1}{4}$ cup pistachios, roughly chopped
Juice of half a lemon
8 lamb cutlets
1 tablespoon canola oil
 $\frac{1}{2}$ butternut pumpkin, diced

Tahini dressing

$\frac{1}{3}$ cup low-fat Greek yoghurt
2 teaspoons tahini
1 teaspoon honey
Squeeze of lemon juice

Dukkah

2 tablespoons sesame seeds
2 tablespoons coriander seeds
 $1\frac{1}{2}$ teaspoons fennel seeds
2 teaspoons ground cumin
 $\frac{1}{4}$ teaspoon salt

Method

- 1 Stir all tahini dressing ingredients together and set aside for serving.
- 2 Heat a frying pan over medium-high heat. Add sesame seeds, coriander seeds and fennel seeds and toast until lightly golden and fragrant. Add ground cumin and salt, then tip into a small food processor or use a mortar and pestle and crush to form a coarsely ground dukkah.
- 3 Place cous cous in a bowl and pour over one cup of boiling water. Allow to sit for 2–3 minutes or until water has been absorbed, then stir in spinach leaves, capsicum, orange segments, currants, most of the mint (keep a little for serving), pistachios and lemon juice.
- 4 Coat the lamb with the dukkah. Heat canola oil in a non-stick pan over medium-high heat and add the lamb. Cook until golden brown on both sides and done to your liking. Remove lamb from pan and add the pumpkin. Cook, stirring occasionally for 3–4 minutes or until pumpkin is tender and golden.
- 5 Stir pumpkin through cous cous. Spoon cous cous onto a large serving platter. Top with lamb and drizzle with tahini dressing. Top with remaining mint leaves and serve.

{ Add herbs and spices to your meal to maximise flavour without the salt }

Ingredients

2 tablespoons balsamic vinegar
2 tablespoons olive oil
4 Portobello mushrooms
1 zucchini, finely sliced
120g haloumi, thinly sliced
4 wholegrain bread rolls, halved, to serve
Large handful rocket, per burger, to serve

Red onion jam

1 tablespoon olive oil
2 red onions, thinly sliced
1 tablespoon balsamic vinegar
1 tablespoon brown sugar

Method

- 1 To make the red onion jam, heat olive oil in a heavy-based pan over medium heat and add onions. Fry, stirring for 10 minutes or until onions are soft. Add vinegar and sugar. Reduce heat and gently cook for a further ten minutes or until onions have darkened and are completely cooked. If the onions start to burn add a little water.
- 2 Combine balsamic vinegar and olive oil in a shallow bowl. Add mushrooms and allow to marinate for 10–15 minutes, turning several times.
- 3 Heat frying pan (or grill) over high heat. Add mushrooms and cook for 4–5 minutes each side or until tender, basting several times with leftover vinegar and olive oil. Remove mushrooms from pan and set aside. Add zucchini and cook for 1–2 minutes or until golden brown. Remove from pan before adding haloumi. Cook for 1–2 minutes on each side or until golden brown.
- 4 Toast bread rolls if desired. Top with a spoonful of red onion jam, mushroom, zucchini, haloumi and rocket. Serve with a fresh green salad on the side.

{ Mushrooms are a great source
of B group vitamins }

MUSHROOM BURGER

with haloumi & red onion jam

SERVES 4



* Nutrition Tip —

Mushrooms are a great source of B group vitamins like niacin, riboflavin and pantothenic acid. Did you know mushrooms that are exposed to UV light are a wonderful source of vitamin D?



— Glenn Cardwell
Accredited Practising Dietitian



Ingredients

Prawn and mango salad

24 large peeled and deveined prawns
1 tablespoon canola oil
2 Lebanese cucumbers, deseeded and diced
2 punnets cherry tomatoes, halved
1 mango, flesh removed and diced
1 shallot, finely sliced
Small handful fresh mint leaves, torn
Small handful coriander leaves, torn

Nahm jim

1½ tablespoons fish sauce
1 tablespoon brown sugar
Juice of two limes
1 garlic clove, finely grated
1 long green chilli, deseeded and finely sliced
Small handful coriander roots, stems and leaves, roughly chopped

Method

- 1 To make the nahm jim, stir fish sauce, brown sugar and lime juice together until sugar dissolves. Stir through garlic, chilli and coriander.
- 2 Pour half of the nahm jim onto the prawns and stir to briefly marinate the prawns. Reserve remaining nahm jim for serving.
- 3 Combine cucumbers, cherry tomatoes, mango, shallot, mint and coriander in a large bowl.
- 4 Heat the oil in a frying pan over high heat. Add the prawns, and cook for 30–60 seconds each side or until golden brown and just cooked through.
- 5 Divide salad between serving plates and top with prawns. Spoon remaining nahm jim over the top.

{ Add more vegetables to your dishes by experimenting with different textures. }

PRAWN & MANGO SALAD

and green nahm jim

SERVES 4



* Nutrition Tip —

Add more vegetables to your dishes by experimenting with different textures. For example, try grating, slicing, dicing or mashing. Adding veggies helps to boost fibre, lower kilojoules, and adds colour, flavour and phytonutrients to your dish.



— Dr Clare Collins
Accredited Practising Dietitian

WHITE FISH WITH SALSA VERDE SALAD

*With Quinoa, Broccolini,
Asparagus & Pomegranate*

SERVES 4



— Dr Joanna McMillan
Accredited Practising Dietitian

* Nutrition Tip —

Salads are more than just lettuce! Choose vegetables in a rainbow of colours to pump up the nutrients. Try adding some whole grains or legumes for extra fibre and protein, or nuts for crunch and healthy fats.

Ingredients

1 cup quinoa
1 tablespoon olive oil
1 tablespoon canola oil
4 x 150g white fish fillets such as snapper or barramundi, skin on
1 bunch broccolini, cut into 3–4cm pieces
2 bunches asparagus, cut into 3–4cm lengths
Small handful dill, roughly chopped
Juice of half a lemon
Seeds of half a pomegranate

Salsa verde

5 cornichons (gherkins)
1 tablespoon capers
½ bunch parsley
Juice of half a lemon
1 tablespoon olive oil

Method

- 1 Place quinoa in a small saucepan, cover with about 2 cups of hot water and bring to the boil. Reduce heat to a simmer and cook for 13–15 minutes or until tender. Drain quinoa well and place in a large bowl.
- 2 Next, make the salsa verde. Combine all ingredients in a small food processor and blend until smooth. For a chunky salsa verde, chop everything finely with a knife and stir together.
- 3 Heat a heavy-based pan over medium-high heat. Add the canola oil then place fillets into the pan, skin side down. Hold fillets down with an egg slide or your fingers for the first 20 seconds of cooking to ensure even, crisp skin. Cook for 3–4 minutes, turn over and turn heat down to medium. Cook for a further 3–4 minutes or until just cooked through. Remove fish from pan and set aside.
- 4 Add broccolini and asparagus to the same pan and cook until just tender but still bright green. Stir into quinoa with most of the dill (keep a little for serving) and the juice of half a lemon. Divide quinoa salad between serving plates. Top with fish, reserved dill, pomegranate seeds and salsa verde.

{ Salads are more than just lettuce! }

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is being prepared. Plan meals
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Australia's Healthy Weight Week 2015 is an initiative
of the Dietitians Association of Australia



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they can tailor an eating plan to your individual lifestyle and support
and motivate you to make changes for life. Call, toll free, 1800 812 942
or visit 'Find an APD' at www.daa.asn.au to contact your local APD.

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www.healthyweightweek.com.au. Enquiries should be directed to nationaloffice@daa.asn.au