



### Chicken Curry with Mushrooms and Cauliflower

- 1 tbsp vegetable oil
- 1 small onion
- about 1/2 tbsp grated ginger
- 1 1/2 tbsp mild curry powder
- 8 skinless chicken pieces with bones
- 6 diced tomatoes
- salt and freshly ground black pepper
- 1/4 cauliflower, cut into flowerets
- about 20 baby mushrooms
- 1 clove garlic, finely chopped
- 2 tbsp finely grated orange zest
- a few coriander leaves for garnish

Serves 4



Heat oil in a wide non-stick pan and stir-fry onion and ginger for 2 mins. Stir in curry powder, add chicken pieces and brown for 2 mins. Add diced tomatoes, season with salt and pepper and stir well. Reduce to a simmer, cover and cook for 10 mins.

Add cauliflower and mushrooms and stir well. Cover and simmer for about 10 mins until chicken and cauliflower are cooked.

Just before serving, stir in chopped garlic and grated orange zest.

Serve on its own or on a bed of cooked basmati rice and garnish with coriander leaves



### Energy Salad Sandwich

- 2 slices of wholemeal bread
- 2 tbsp hummus or mashed avocado
- 2 lettuce leaves
- 1 small carrot, grated
- 1 small tomato, sliced
- 2 slices of cooked beetroot
- 2 tbsp alfalfa

Spread both slices of bread with hummus or mashed avocado. Top one with lettuce leaves, sliced tomato, grated carrot, sliced beetroot and alfalfa.

Cover with the other slice and cut in half. Eat or wrap in plastic to enjoy later.



### Coriander and Lime Salsa with grilled Fish

Note: Choose fresh salmon, john dory, snapper, flathead or barramuni fillets.

- 3 pieces of fish fillet, each about 150 g
- 2 tbsp olive oil
- freshly ground black pepper
- juice of 1 lime
- 4 tbsp chopped coriander leaves
- 3 tbsp drained beans, from a can
- 1/2 cup diced cucumber
- 1/4 finely sliced chilli, optional
- 2 tomatoes, diced
- 1/4 red onion, diced

Coat fish fillets with 1/2 tbsp olive oil and season with black pepper.

In a bowl, mix lime juice with remaining oil. Add chopped coriander, beans, cucumber, chilli, tomatoes and onion. Season with a little pepper.

Cook fish fillets on a hot grill or in a non-stick pan for about 2 1/2 mins on each side. Place cooked fish on serving plates, top with salsa and serve.



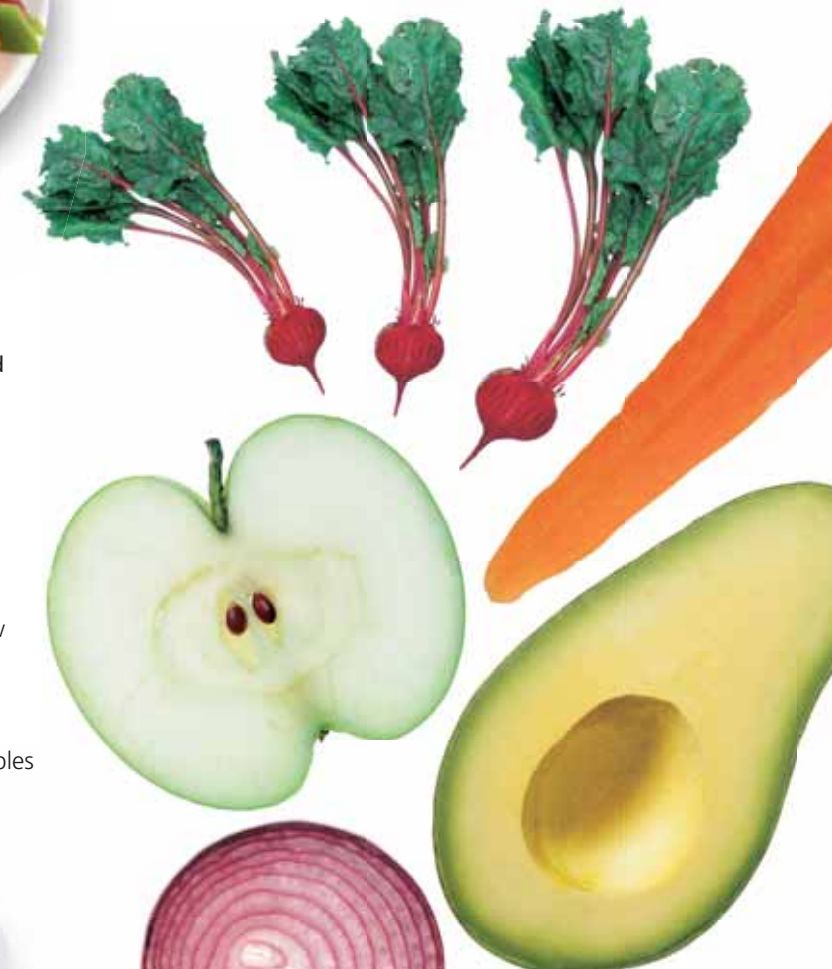
### Avocado and Cashew Nut Dip with Raw Vegetables

Note: You can also serve wholemeal flat bread with this delicious dip.

- 2 just ripe avocados
- 2 tbsp raw cashew nuts, finely chopped
- 1 tbsp olive oil
- about 5 drops Tabasco
- salt and freshly ground black pepper
- a selection of raw vegetables, cut into bite-size pieces, e.g. carrots, celery, cucumber, tomatoes, snow peas, capsicum, cauliflower, radishes

In a bowl, place avocado flesh, cashew nuts, olive oil, Tabasco and a little salt and pepper. Mash well with a fork.

Place the dip in the centre of a platter surrounded with pieces of raw vegetables and bread.



# EATING WELL

with low G.I.

## FRESH TASTES

### Apple and Lentil Salad

- 1 1/2 cups lentils
- a pinch of curry powder
- 2 Granny Smith apples
- 8 cooked baby beetroots or 1 cup diced beetroot
- 1 small carrot, grated
- 2 tsp olive oil
- juice of 1 lemon
- salt and freshly ground black pepper
- 6 tbsp parsley, chopped

Soak lentils for at least 30 mins in cold water.

Place lentils in a saucepan, cover with three times their volume of water and season with curry powder. Bring to boil and simmer for about 20 – 30 mins until tender. Drain lentils and allow to cool.

Peel, core and cut apples into pieces. Mix with diced beetroot, grated carrot, olive oil, lemon juice and lentils, and season with salt and pepper.

Add chopped parsley just before serving.

Heat 1/2 tbsp olive oil in a non-stick saucepan. Stir in 1 1/2 cups basmati rice and stir on medium heat for 2 mins. Add 2 1/4 cups boiling water, stir briefly, then add 1/2 tsp salt.

Reduce to a low simmer and cover with a well-fitting lid. Cook for about 14 mins, then turn off heat and leave covered for 3 – 4 mins before opening the lid.

Serve immediately.

Serves 4



### Cooking Basmati Rice





### Tomato and Avocado Bruschetta

1 avocado, just ripe  
4 very ripe, sweet-smelling tomatoes  
2 tbsp finely sliced basil  
1/2 red onion, diced  
salt and freshly ground black pepper  
1 tbsp extra virgin olive oil  
1 clove garlic, finely chopped  
4 large slices of wholegrain bread (or at least high fibre bread)  
**Serves 4**

Halve avocado, remove stone and scoop out the flesh. Dice avocado flesh and place in a bowl.

Halve tomatoes and squeeze out as much of the seeds as possible. Discard seeds. Dice tomatoes and add to the bowl with the avocado, basil, onion, salt, pepper, oil and garlic. Toss gently and leave for 15 mins.

Toast bread lightly and, just before serving, spoon tomato and avocado preparation onto bread.



### Rosemary Lamb Rack with Gourmet Ratatouille

Start by preparing the Ratatouille.

1 lamb rack of 6 – 8 chops,  
1 quantity of Gourmet Ratatouille (see recipe)  
1 tbsp olive oil  
1/2 tsp finely cut rosemary  
1/4 tsp paprika  
1/4 tsp chilli paste  
1 small clove garlic, finely chopped  
freshly ground black pepper  
about 12 baby olives  
**Serves 2**

Preheat oven to 250°C.

Trim all excess fat from the lamb.

Combine olive oil, rosemary, paprika, chilli paste, garlic and a little salt and pepper in a bowl. Rub lamb all over with this marinade.

Place meat in a roasting tray and roast in the preheated oven for 15 mins. Remove from oven, cover with foil and leave to rest for at least 5 mins.

Mix olives with ratatouille.

Cut rack in two and serve with Ratatouille.



### Gourmet Ratatouille



### Green Vegetable Minestrone with Mint

1 tbsp olive oil  
1/2 onion, chopped  
1/2 tsp finely chopped rosemary  
2 cups diced celery  
300 g green beans, cut into small pieces  
2 zucchinis, cut into small pieces  
1 cup shelled peas  
salt and freshly ground black pepper  
400 g canned beans (canellini, haricots), drained  
2 tbsp finely sliced mint  
3 tbsp parsley, finely chopped  
2 cloves garlic, finely chopped  
**Serves 6**

Heat oil in a large non-stick saucepan, on medium heat. Add onion, rosemary and celery and stir for about 3 mins.

Add green beans, zucchinis and peas. Add boiling water to cover the vegetables by at least 2 cm. Season with salt and pepper and cook, uncovered, for 10 mins.

Blend 1/3 of the canned beans to a purée. Add the purée and remaining canned beans to the soup and simmer for a few minutes.

Just before serving, stir in mint, parsley and garlic.

1 tbsp olive oil  
1 small brown onion, diced  
1 clove garlic, chopped  
1 small red or green capsicum, diced  
1 small zucchini, diced  
1 small eggplant, diced  
3 tomatoes, diced  
1 sprig lemon thyme, chopped  
salt and freshly ground black pepper  
**Serves about 2 – 3**

Heat oil in a medium, non-stick saucepan. Add onion and stir-fry for 2 mins on medium heat. Add garlic and capsicum and fry for a further 2 mins. Reduce heat if vegetables start browning.

Add zucchini, eggplant, tomatoes and thyme and season with a little salt and pepper. Mix vegetables well. Cover pan and cook on medium heat for about 15 mins or longer if you wish.



### Seasonal Fruit and Strawberry Parfait

You need 4 parfait glasses.



250 g strawberries, washed and hulled  
juice of 1 lemon  
500 g low-fat plain yoghurt  
a selection of seasonal fresh fruits, cut into bite-size pieces, e.g. peaches, pears, apples, strawberries, plums, oranges, bananas  
**Serves 4**

Using a fork, mash the strawberries with the lemon juice. Whip the mashed strawberries with the yoghurt.

Place a layer of mixed fruit in each parfait glass. Top with yoghurt, then more fruit, more yoghurt and finish with fruit.



# HELPFUL HINTS

### Eating Well for Lasting Energy

- Eat at a regular time each day and eat a regular quantity – not too much, not too little.
- Eat a wide variety of high fibre foods, such as vegetables, fruit, dried beans, lentils, wholegrain breads and cereals.
- Eat food low in fat, and particularly avoid saturated fat.
- Choose lean meat, trim excess fat before cooking and cook with a minimum of fat.
- Choose reduced fat dairy products, e.g. milk, cheese, ice-cream.
- Avoid deep-fried foods.
- Learn cooking techniques that use a minimum of fat, e.g. pan-frying in non-stick cookware, steaming, grilling.
- Avoid sweetened drinks and sweetened commercial desserts.
- It's important for all of us to be active every day.

### Glycaemic Index

It is thought that by consuming carbohydrates with a low glycaemic index at each meal we may have a better chance to control blood sugar level.

Carbohydrates with a low glycaemic index are wholegrain and wholemeal breads, high fibre breakfast cereals, such as rolled oats, some varieties of rice, such as basmati or Doongara, legumes, such as beans, chick peas and lentils, and most fruits and vegetables.



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