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# FULL DIET RECIPES

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# Cauliflower fried rice with prawns

## INGREDIENTS

- 1 (about 900g) small head **cauliflower**, coarsely chopped
- 1 tablespoon extra virgin olive oil or macadamia oil
- 2 eggs
- 1 tablespoon soy sauce or tamari, plus extra to serve
- 2 garlic cloves, crushed
- 2cm-piece fresh ginger, peeled, finely grated
- 3 green shallots, sliced
- 1 small carrot, peeled, shredded
- 150g (1 cup) frozen peas, thawed
- 400g cooked prawns, peeled, deveined, tails intact
- 2 teaspoons sesame oil
- Black sesame seeds, to serve
- Fried shallots, to serve
- Fresh coriander leaves, to serve

## METHOD

- **Step 1** In 2 batches, process cauliflower in a food processor until finely chopped. Transfer to a large bowl.
- **Step 2** Heat 1 teaspoon of the oil in a small frying pan over medium heat. Use a fork to whisk together the egg, half the soy sauce and 1 tbs water in a jug. Add half the egg mixture to the pan and swirl to cover the base. Cook for 1-2 minutes or until just cooked through. Transfer to a plate. Repeat with a further 1 tsp of the oil and the remaining egg mixture. Roll up omelettes and thinly slice.
- **Step 3** Heat the remaining oil in a large frying pan over medium-high heat. Add the garlic and ginger, and cook, stirring, for 30 seconds or until aromatic. Add the cauliflower and cook, stirring, for 3-5 minutes or until tender.

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**Step 4** Add the green shallot, carrot and peas to the pan, and cook, stirring, for 1-2 minutes. Add the prawns and sesame oil and cook for 1-2 minutes or until heated through. Drizzle with the remaining soy sauce. Season. Divide the fried rice among bowls. Top with the omelette, sesame seeds, fried shallot and coriander.

<https://www.taste.com.au/recipes/cauliflower-fried-rice-prawns-recipe/gexjv61n>

# Salmon with vegie chips and basil pesto

## INGREDIENTS

- 2 carrots, peeled, cut into thin chips
- 1 eggplant, cut into chips
- 2 zucchini, cut into chips
- 1 small red capsicum, deseeded, thickly sliced
- Extra-light olive oil cooking spray
- 1 tablespoon finely grated parmesan
- 4 x 100g skinless, boneless **salmon** fillets

## BASIL PESTO

- 1 tablespoon finely grated parmesan
- 1 cup fresh basil leaves
- 2 teaspoons red wine vinegar
- 1 tablespoon pine nuts

## METHOD

- **Step 1** Preheat oven to 220C/200C fan forced. Line a large baking tray with baking paper.
  - **Step 2** Place all the vegetables in a bowl and spray lightly with oil. Add parmesan, season to taste and toss to coat well. Spread over the prepared tray. Bake for 25 minutes.
  - **Step 3** Remove the tray from the oven and add the salmon. Season to taste. Return to the oven and bake for 10 minutes.
  - **Step 4** Meanwhile, make the basil pesto. Place all the ingredients in a small food processor and blend until well combined and smooth. Add a little water to loosen, if needed. Season to taste.
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- **Step 5** Divide the vegie chips and salmon among serving plates. Top with basil pesto. Serve.

<https://www.taste.com.au/recipes/salmon-vegie-chips-basil-pesto/94wvFu6Z?r=recipes/lowcarbrecipes&c=269eb9df-317c-4f35-94e2-085a6a7a1341/Low%20carb%20recipes>

# Greek meatballs with herb risoni

## INGREDIENTS

- 500g lean pork mince
- 35g (1/2 cup) fresh sourdough breadcrumbs
- 25g feta, crumbled
- 2 tablespoons fresh chives, chopped
- 2 tablespoons fresh oregano, chopped
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 2 tablespoons no-added-salt tomato paste
- 400g can crushed tomatoes
- 20g pitted kalamata olives, sliced
- 2 tablespoons water
- 165g (3/4 cup) risoni pasta
- 1 large **zucchini**, trimmed, coarsely grated
- 2 teaspoons lemon rind, finely grated
- Steamed green beans, to serve

## METHOD

- **Step 1** Preheat oven to 170C/150C fan forced. Use hands to mix mince, breadcrumbs, feta, half the chives and half the oregano in bowl. Roll tablespoonfuls of mixture into 24 meatballs.
  - **Step 2** Heat a large non-stick frying pan over medium heat. Spray with olive oil. Cook meatballs, in 2 batches, for 2-3 minutes or until browned. Transfer to a large casserole dish. Wipe pan clean with paper towel.
  - **Step 3** Heat pan over medium heat. Spray with oil. Add onion. Cook, stirring occasionally, for 5 minutes or until soft. Add garlic. Cook for 30 seconds. Add paste. Cook, stirring, for 1 minute. Add tomato, olives and water. Bring to boil. Pour over meatballs. Bake, uncovered, for 35 minutes or until sauce thickens.
  - **Step 4b** Meanwhile, cook risoni in a saucepan of lightly salted boiling water until al dente. Drain well. Return to saucepan. Stir in zucchini, rind, and remaining chives and oregano.
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- **Step 5** Top risoni with meatballs. Serve with beans.

<https://www.taste.com.au/recipes/greek-meatballs-herb-risoni/18696e14-f819-4ba0-a26e-d4df34074ee3?r=recipes/lowcarbrecipes&c=269eb9df-317c-4f35-94e2-085a6a7a1341/Low%20carb%20recipes>

# Salmon and sweet potato croquettes with veggie fries

## INGREDIENTS

- 750g orange sweet potato, peeled, chopped
- 415g can pink salmon, drained, mashed
- 2 tablespoons fresh dill sprigs
- 1 tablespoon finely grated lemon rind
- 2 1/2 tablespoons lemon juice
- 1/2 cup dried breadcrumbs
- Olive oil cooking spray
- 2 medium **zucchini**, cut into thick matchsticks
- 1 small green capsicum, cut into thick matchsticks
- 1 small red capsicum, cut into thick matchsticks
- 150g green beans, trimmed
- 2/3 low fat plain yoghurt
- 2 tablespoons tomato sauce
- Mixed leaves, to serve

## METHOD

- **Step 1** Preheat oven to 220C/200C fan-forced. Line 2 large baking trays with baking paper.
  - **Step 2** Cook sweet potato in saucepan of boiling salted water, for 12 to 15 minutes or until tender (see note). Drain well. Transfer to a bowl. Mash until smooth. Add salmon, dill, lemon rind and 1½ tablespoons lemon juice. Season with salt and pepper. Mash together. Set aside for 5 minutes or until cool enough to handle. Shape 1/4 cup of mixture into an 8cm-long log shape. Repeat to make 12 croquettes. Roll in breadcrumbs to coat all over. Place on 1 of the prepared trays. Spray all over with olive oil.
  - **Step 3** Place zucchini, capsicum and beans on remaining prepared tray. Spray with olive oil. Season with salt and pepper. Bake croquettes and vegetables together for 20 minutes, swapping trays and gently turning croquettes and vegetables halfway during cooking or until tender and starting to brown.
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- **Step 4** Meanwhile, combine yoghurt, tomato sauce and remaining lemon juice in a bowl. 5 Serve croquettes with veggie fries, dipping sauce and mixed leaves.

<https://www.taste.com.au/recipes/salmon-sweet-potato-croquettes-vegie-fries/d1e43100-06f8-4e6e-8d80-5c2a2bd813ed?r=recipes/lowcarbrecipes&c=269eb9df-317c-4f35-94e2-085a6a7a1341/Low%20carb%20recipes>

# Chicken and sesame salad

## INGREDIENTS

- 1 barbecued chicken
- 120g baby spinach, washed, dried
- 1 large carrot, peeled, thinly sliced
- 4 green onions, thinly sliced
- 2 bunches **asparagus**, trimmed, cut into thirds
- 1 tablespoon sesame seeds, toasted (see notes)

## DRESSING

- 50ml fresh orange juice
- 2 tablespoons tahini

## METHOD

- **Step 1** Remove flesh from chicken. Discard skin and bones. Shred chicken. Place into a bowl. Add spinach, carrot and onions.
  - **Step 2** Half-fill a frying pan with water. Bring to the boil over medium heat. Add asparagus. Cook for 2 minutes or until just tender. Drain. Refresh under cold water.
  - **Step 3** Make dressing Whisk together orange juice, tahini, and salt and pepper.
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- **Step 4** Add asparagus and dressing to chicken mixture. Toss to combine. Spoon into bowls. Sprinkle with sesame seeds. Serve.

<https://www.taste.com.au/recipes/chicken-sesame-salad/52995067-6dea-4d67-9c0a-54d838f70b46?r=recipes/lowcarbrecipes&c=269eb9df-317c-4f35-94e2-085a6a7a1341/Low%20carb%20recipes>

# Pan-seared steaks with stroganoff sauce

## INGREDIENTS

- 20g dried porcini mushrooms
- 1 cup (250ml) boiling water
- 1 tbs olive oil
- 1 brown onion, thinly sliced
- 2 garlic cloves, crushed
- 200g brown mushrooms, thickly sliced
- 200g cup mushrooms, thickly sliced
- 4 Coles Australian No Added Hormones Beef Scotch Fillet Steaks
- 1/2 cup (125ml) brandy, marsala wine or beef stock
- 3 tsp ground paprika
- 1 tbs tomato paste
- 1 tbs Dijon mustard
- 1 tbs Worcestershire sauce
- 300g **tinned** evaporated skim milk
- Steamed green beans, to serve

## METHOD

- **Step 1** Place porcini mushrooms in a small heatproof bowl. Cover with the boiling water. Set aside for 20 mins to soak.
- **Step 2** Meanwhile, heat half the oil in a large frying pan over medium heat. Add the onion and cook, stirring, for 5 mins or until onion softens. Add the garlic and stir for 1 min or until aromatic. Transfer to a heatproof bowl.
- **Step 3** Heat half the remaining oil in the pan over high heat. Add brown and cup mushroom. Cook, stirring occasionally, for 5 mins or until the mushroom is golden brown and just tender. Add to the onion in the bowl.
- **Step 4** Heat the remaining oil in the pan. Season the steaks well. Add to the pan and cook for 2-3 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and loosely cover with foil.
- **Step 5** Add the brandy, wine or stock to the pan and stir with a wooden spoon, scraping the base of the pan. Cook for 2 mins or until the liquid reduces by half. Add the porcini mushrooms and liquid and bring to the boil. Cook, stirring occasionally, for 4 mins or until the mixture reduces by half. Add the onion mixture, paprika, tomato paste, mustard, Worcestershire sauce and stir to combine. Cook for 2 mins or until the mixture is well combined and heated through. Add the evaporated skim milk and cook, stirring, for 2-3 mins or until the sauce boils and thickens slightly. Remove from heat. Add the steaks and turn to coat in the sauce.

# Lentil Burger

Preparation Time : 10 – 30 minutes

Cooking Time: 16 minutes

## Ingredients (serves 4)

- 4 low fat tortila wraps / flat mountain bread
- 1 egg, lightly beaten
- 1/4 cup chopped coriander
- 3 tablespoons sweet chilli sauce
- salt and pepper
- 400g can brown lentils, rinsed and drained
- 1/3 cup (95g) Greek-style low fat yoghurt

## Method

1. Place the bread in a food processor and process until coarsely chopped. Add the cashews, egg, coriander, 1 tablespoon sweet chilli sauce, salt and pepper and process until well combined. Add the lentils and process until well combined.
2. Place the lentil mixture in a bowl. With damp hands, divide the mixture into 8 portions. Roll and flatten each portion into a pattie shape. Place on a tray lined with non-stick baking paper and refrigerate for 20 minutes.
3. Heat a little oil in a large non-stick frying pan over medium heat. Cook the patties in batches for 4 minutes each side or until golden. Transfer to a plate and cover with foil to keep warm.
4. While the patties are cooking, combine 2 tablespoons of sweet chilli sauce and yoghurt.
5. Place the patties on serving plates. Serve with the sauce and a simple salad.

source [taste.com.au](http://taste.com.au) – June 2008

# Fruit Breakfast Egg Flip

## INGREDIENTS

- 250ml (1 cup) reduced-fat milk,
- soy milk or rice milk
- 1 free-range egg
- 1 small banana, peeled, coarsely chopped
- 40g (1/4 cup) fresh or frozen blueberries
- 1 small ripe fig or pitted, peeled peach (Helen recommends the fig is avoided as there are enough fruits from the banana and berries)
- 1 tbs almond meal
- 2 tbs oat bran
- 2 tsp honey or maple syrup (Helen recommends these added sugars are eliminated)
- 1/4 tsp ground nutmeg

## Method

1. Place the milk, egg, banana, blueberries, fig or peach, almond meal, oat bran and nutmeg in the jug of a blender and blend until smooth. Pour into a serving

Source: [www.taste.com.au](http://www.taste.com.au)

# Prosciutto Wrapped Chicken Breast With Cheese

## Ingredients

- 2 tablespoons olive oil, divided
- 2 shallots, chopped
- 1 clove garlic, minced
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3/4 cup soft goat cheese (Helen recommends you change this to ricotta cheese)
- 3 dates, chopped
- 1 tablespoon chopped fresh basil
- 4 skinless, boneless chicken breast halves
- 4 large, thin slices of prosciutto (Helen recommends you remove as fat as possible, or use lean ham instead)

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Spread 1 tablespoon of olive oil on a baking sheet, and set aside.
2. Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the shallots, and cook until they turn translucent, about 3 minutes. Stir in the garlic, thyme, salt, and pepper; cook and stir an additional 2 minutes. Transfer the shallot mixture to a bowl. Mix in the goat cheese (ricotta cheese), dates, and basil; stir until well combined.
3. With a sharp knife, cut a 1-inch long slit into the thick side of each chicken breast. Work your fingers into the slit, and expand the slit to form a pocket in the breast meat. With your fingers or a spoon, stuff each chicken breast with about 1/4 cup of the goat cheese mixture. Wipe off any cheese mixture from the outside of the chicken breast, and wrap each breast in a slice of prosciutto so that the pocket opening is covered. Place the chicken breasts, seam sides down, onto the prepared baking sheet.
4. Bake in the preheated oven until the chicken meat is no longer pink and the prosciutto is browned and crisp, about 40 minutes. Turn the chicken breasts over after 20 minutes.

Source: [www.allrecipes.com](http://www.allrecipes.com)

# Red Lentil Burgers

## Ingredients

1. 1 1/2 cups red lentils (see Note)
2. 1/4 cup plus 2 tablespoons extra-virgin olive oil
3. 1 small onion, finely chopped
4. 3 medium carrots, finely chopped
5. 3 garlic cloves, minced
6. 1 1/2 teaspoons ground cumin
7. 1/4 teaspoon cayenne pepper
8. 3/4 cup plain, dry bread crumbs
9. 1/4 cup coarsely chopped parsley leaves
10. 2 large eggs, lightly beaten
11. 1 tablespoon kosher salt
12. 1/2 teaspoon freshly ground pepper
13. 1 cup plain low-fat yogurt
14. 1 teaspoon fresh lemon juice

## Directions

1. In a large saucepan, cover the lentils with cold water by 2 inches and bring to a boil over high heat. Reduce the heat to moderate and simmer the lentils until they are very tender, about 10 minutes. Drain the lentils well.
2. Preheat the broiler. In a medium skillet, heat 2 tablespoons of the olive oil. Add the onion and cook over moderately high heat, stirring frequently, until golden, about 6 minutes. Add the carrots and two-thirds of the garlic and cook until the carrots begin to soften, about 4 minutes. Stir in the cumin and cayenne and remove from the heat. Mix in the bread crumbs, 3 tablespoons of the parsley, the eggs, salt and pepper. Form the mixture into sixteen 1/4-cup burgers.
3. Line a baking sheet with foil. Brush the foil and both sides of the burgers with the remaining 1/4 cup of olive oil. Broil until golden, about 3 minutes per side.
4. Meanwhile, in a small bowl, mix the yogurt with the lemon juice and the remaining garlic and 1 tablespoon of parsley. Serve the burgers hot, with the yogurt sauce on the side.