

Fifteen **QUICK & EASY**

CSIRO TOTAL WELLBEING DIET RECIPES



**TOTAL
WELLBEING
DIET**

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Recipes from

CSIRO Protein Balance Plus
Nutrition and Exercise Plan

The CSIRO Total Wellbeing Diet
Recipes On A Budget

The CSIRO Total Wellbeing Diet
Fast & Fresh Recipes



CHAPTER ONE

Breakfast



Sweet spiced oats

Prep time: 15 minutes | Serves: 4 | Food Units per serve: 2 units Bread & Cereals, 2.7 units Dairy, 1 unit Healthy Fats & Oils, 0.1 unit Indulgences

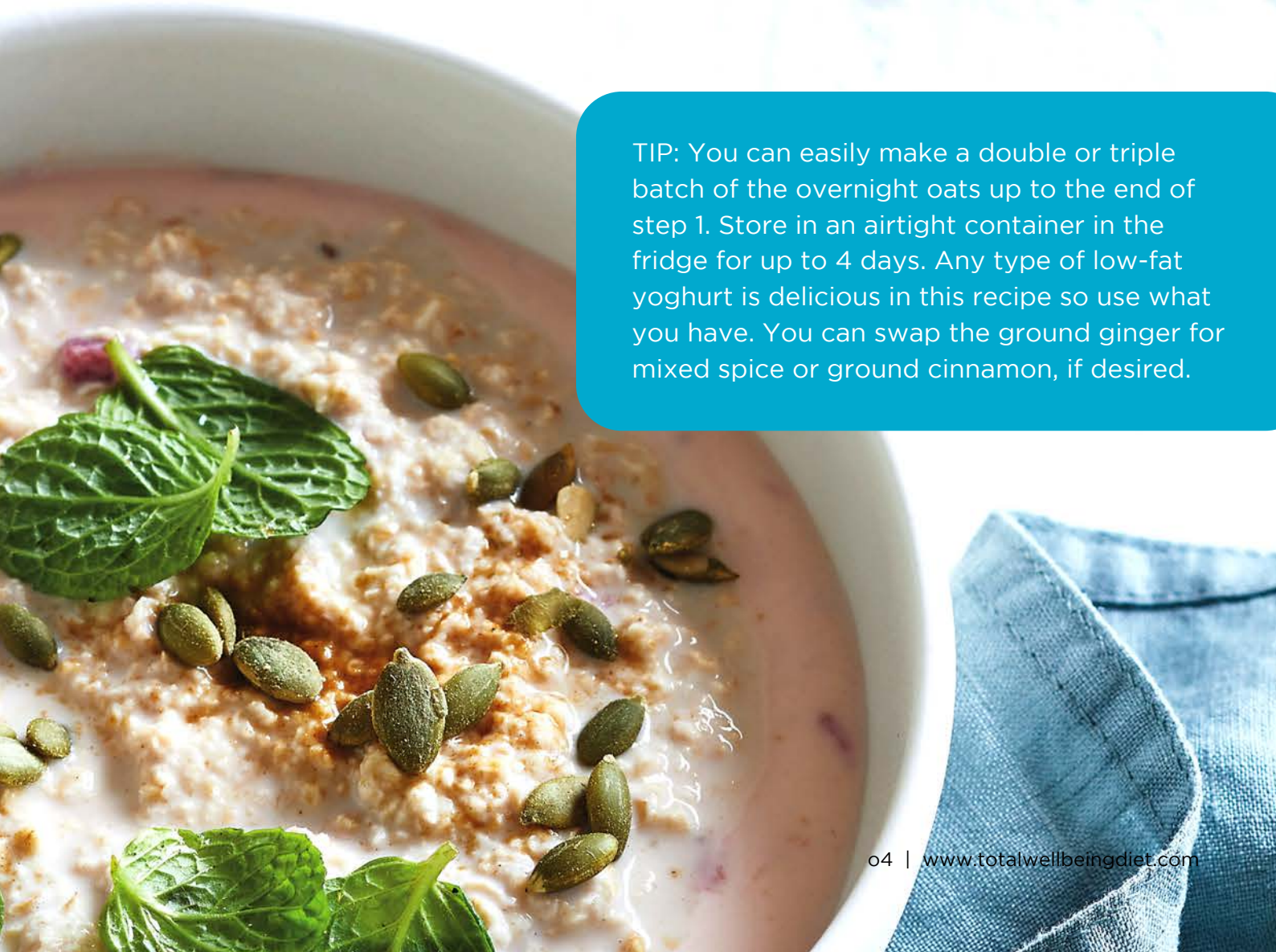
INGREDIENTS

- Instant oats, 2 cups, quick or rolled oats
- Low-fat milk, 1% fat, 3 cups
- Low-fat yoghurt, any flavour, 1 kg
- Pumpkin seeds, 28 g, lightly toasted
- Brown sugar, ½ teaspoon
- Ground ginger, ½ teaspoon
- Mint leaves (optional)

METHOD

1. Combine the oats, milk and 200g of the yoghurt in a large bowl.
2. Cover tightly and store in the fridge overnight.
3. The next day, divide the remaining yoghurt among serving bowls and top with the oat mixture.
4. Combine the pumpkin seeds, sugar and ginger and sprinkle over the oat mixture.
5. Top with mint leaves, if desired.

TIP: You can easily make a double or triple batch of the overnight oats up to the end of step 1. Store in an airtight container in the fridge for up to 4 days. Any type of low-fat yoghurt is delicious in this recipe so use what you have. You can swap the ground ginger for mixed spice or ground cinnamon, if desired.





Berry bran smoothie

Prep time: 5 minutes | Serves: 1 | Food Units: 1.5 units Bread & Cereals, 1.4 units Fruit, 2 units Dairy, 1 unit Healthy Fats & Oils

INGREDIENTS

- Mixed berries, fresh, 150 g, frozen
- Wheat bran flakes with sultanas, 60 g, e.g Sultana Bran
- Low-fat milk, 1% fat, 2 cups
- Flaked almonds, 7 g, toasted

METHOD

1. Blend together mixed fresh or frozen berries, cereal and milk.
2. Serve topped with almonds.

Spiced ricotta fruit toast

Prep time: 5 minutes | Cook time: 2 minutes | Serves: 4 | Food Units per serve: 1 unit Bread & Cereals, 0.8 unit Fruits, 0.5 unit Dairy

INGREDIENTS

- Ricotta cheese, reduced fat, 250 g
- Ground cinnamon, ½ teaspoon
- Honey, 1 ½ tablespoons
- Fruit bread, 4 thick slices, sourdough if available
- Mango, 1 medium, peeled and stone removed, flesh cut into cubes
- Blueberries, ½ cup
- Ground nutmeg, ½ teaspoon, (optional)

METHOD

1. Place the ricotta, cinnamon and 2 teaspoons of the honey in a bowl and mix until smooth.
2. Toast the bread and spread with the ricotta mixture. Arrange the mango and blueberries on top and sprinkle with nutmeg, if using.
3. Drizzle over remaining honey just before serving.



Scrambled eggs in a mushroom cup

Cook time: 8 minutes | Serves: 1 | Food Units: 1 unit Meat & Protein, 1 unit Breads & Cereals, 1.5 units Vegetables, 1 unit Dairy, 1 unit Healthy Fats & Oils

INGREDIENTS

- Mushrooms, 1 field mushroom, or portobello
- Mixed grain bread, 1 slice, toasted
- Cheddar cheese, tasty, 40 g, crumbled
- Eggs, raw, 2 60g eggs, scrambled
- Garlic, 1 clove, crushed
- Thyme, fresh, 2 teaspoons
- Baby rocket, 20 g
- Pine nuts, 7 g, toasted

METHOD


1. Preheat oven grill to high.
2. Grill mushroom for 5 minutes.
3. Place on toast on a serving plate and fill with crumbled cheddar.
4. Meanwhile, scramble eggs, garlic and thyme leaves in a small non-stick frying pan over a medium heat for 2 minutes or until the egg is just set.
5. Spoon scrambled egg over the mushroom cup.
6. Top with rocket and pine nuts.



CHAPTER TWO

Lunch





Chicken and parsley salad pitas

Prep time: 15 minutes | Cook time: 10 minutes | Serves: 4

Food units per serve: 1 unit Meats & Proteins, 2 unit Breads & Cereals,
0.5 unit Vegetables, 1 unit Healthy Fats & Oils

INGREDIENTS

- White wine vinegar, 60 ml
- Red onion, 1 small, finely chopped
- Dijon mustard, 1 teaspoon
- Moroccan seasoning, 1 teaspoon, or harissa seasoning
- Chicken breast, lean, raw, 400 g, halved horizontally
- Celery, 2 stalks, thinly sliced
- Parsley, 1 cup
- Fresh mint, ½ cup
- Tomato, 2 medium, chopped
- Pita bread, wholemeal, 4 pitas
- Avocado, 80 g, chopped

METHOD

1. Using a fork, whisk together the vinegar, onion, mustard and seasoning in a large heatproof bowl.
2. Set aside.
3. Preheat a chargrill pan over medium-high heat.
4. Add the chicken and cook, turning once, for 8 minutes or until golden and cooked through.
5. Transfer to a plate, cover loosely with foil and rest for 5 minutes.
6. Thinly slice, then add to the onion mixture in the bowl, along with any resting juices on the plate.
7. Add the celery, parsley, mint and tomato to the chicken mixture and gently toss to combine.
8. Spoon evenly onto the pita bread, top with the avocado and serve.

Minute steak sandwiches with pesto and grilled vegetables

Prep time: 10 minutes | Cook time: 5 minutes | Serves: 4 | Food units per serve: 1 unit Meat & Protein, 1 unit Breads & Cereals, 1 unit Vegetables, 0.5 unit Health Fats & Oils

INGREDIENTS

- Zucchini, 2 medium, trimmed and sliced on the diagonal
- Red capsicum, 1 capsicum, trimmed, seeded and cut into thick slices
- Olive oil spray, 1 spray
- Beef silverside minute steak, extra lean, raw, 400 g, 4 x 100 g steaks (beef or veal)
- Mixed grain bread, 4 slices
- Basil pesto, 2 tablespoons
- Tomato, 2 medium, thinly sliced (optional)
- Watercress, 1 handful

METHOD

1. Heat a chargrill plate or heavy-based frying pan over medium-high heat.
2. Spray the zucchini and capsicum with olive oil.
3. Cook the zucchini for 3–4 minutes, turning once, or until lightly charred and tender, then set aside.
4. Cook the capsicum for 4–5 minutes, turning once, or until lightly charred and tender, then set aside.
5. Cook the steak for 1 minute on each side or until cooked through but still a little pink in the middle.
6. Lay out the bread slices on a board and spread with pesto.
7. Divide the zucchini and tomato (if using) among the slices, then cut the steaks into two or three pieces and place on top.
8. Add the capsicum and watercress, season to taste with salt and pepper, then serve.



Cheddar, avocado and tomato chutney toasted sandwich

Prep time: 2 minutes | Cook time: 8 minutes | Serves: 1 | Food units: 2 units Bread & Cereals, 0.2 unit Vegetables, 1 unit Dairy, 1 unit Healthy Fats & Oils

INGREDIENTS

- Burgen bread, any type, 2 slices
- Tomato and onion chutney, 1 tablespoon
- Cheddar cheese, reduced fat (15% fat), 50 g, sliced
- Avocado, 20 g, sliced
- Baby spinach, 1 cup

METHOD

1. Preheat a sandwich press.
2. Spread chutney on one slice of bread.
3. Top with cheese, avocado, baby spinach and second slice of bread.
4. Place sandwich in the sandwich press and toast for 6-8 minutes or until golden.



Beetroot, feta, walnut salad

Prep time: 5 minutes | Serves: 4 | Food units per serve: 1.7 units Vegetables, 0.2 unit Dairy, 3.2 units Healthy Fats & Oils

INGREDIENTS

- Beetroot, fresh, 500 g
- Rocket, any type, 120 g, washed
- Parsley, 1 cup, roughly chopped
- Feta cheese, 50 g
- Walnuts, 30 g, handful
- Olive oil, 2 tablespoons
- Balsamic vinegar, 2 tablespoons

METHOD

1. Chop beetroots into wedges. Use gloves if you want to spare your hands from turning bright pink.
2. In a large salad bowl or plate scatter the rocket and parsley as the base, then top with beetroot wedges, crumble over the feta and scatter the walnuts.
3. Combine the olive oil and balsamic vinegar and pour over dressing.

Time saving tip: Buy pre-cooked vacuum sealed beetroot from the fruit and vegetable section. Alternatively use tinned (look for Australian made). Or try cooking your own by boiling whole beetroots for 45 minutes then peeling or roasting with a little olive oil for 45 minutes at 200°C.

CHAPTER THREE

Dinner





Quick veggie laksa

Prep time: 15 minutes | Cook time: 10 minutes | Serves: 4
Food units per serve: 1.5 units Bread & Cereals, 1.5 units Vegetables, 1.6 units Dairy

INGREDIENTS

- Curry paste, ¼ cup, laksa
- Red onion, 1 medium, cut into wedges
- Cauliflower, 1 cup flowerets
- Coconut flavoured evaporated milk, 960 ml, light
- Vegetable liquid stock, salt reduced, 2 cups
- Soy sauce, salt reduced, 2 tablespoons
- Red capsicum, 1 capsicum, seeded and chopped
- Hokkien noodles, 400 g, wholegrain preferable
- Green beans, 200 g, trimmed
- Bean sprouts, 1 cup, trimmed
- Coriander, 1 cup, sprigs
- Lime, 1 lime, wedges, to serve

METHOD

1. Heat the curry paste in a large saucepan over medium-high heat.
2. Add the onion and cook, stirring, for 1 minute or until fragrant.
3. Add the cauliflower, evaporated milk and stock.
4. Reduce the heat to low-medium and simmer gently for 5 minutes or until the cauliflower is just tender.
5. Stir in the soy sauce and capsicum, then remove the pan from the heat.
6. Meanwhile, cook the noodles and green beans in a large saucepan of boiling water for 2-3 minutes or until the noodles are heated through and separate easily, and the beans are just tender.
7. Drain well, then divide among large serving bowls.
8. Add the bean sprouts to the bowls and ladle over the cauliflower mixture.
9. Top with coriander and serve with lime wedges.

Tips: You will need three 375ml tins of coconut evaporated milk for this recipe. Store the leftover milk in an airtight container in the fridge for up to 1 week.

Vietnamese prawn vermicelli

Prep time: 20 minutes

Cook time: 5 minutes

Serves: 4

Food units per serve: 1 unit Meat & Protein, 1 unit Bread & Cereals
2.5 units Vegetables, 1 unit Healthy Fats & Oils

INGREDIENTS

- White wine vinegar, 1 tablespoon
- Fish sauce, 1 teaspoon
- Soy sauce, salt reduced, 1 tablespoon
- White pepper, ground, 1 teaspoon
- Chilli sauce, 2 teaspoons, (optional)
- Red onion, 1 medium, thinly sliced into wedges
- Telegraph cucumber, 1 cucumber, halved lengthways, seeds scraped, thickly sliced
- Cherry tomatoes, 250 g, quartered
- Vermicelli rice noodles, dried, 100 g
- Sunflower oil, 1 tablespoon
- King prawns, raw, 400 g, peeled and deveined
- Garlic, 2 cloves, thinly sliced
- Ginger, fresh, 2 teaspoons, finely chopped
- Fresh mint, ½ cup, small leaves

METHOD

1. Using a fork, whisk together the vinegar, fish sauce, soy sauce, pepper, chilli sauce (if using), onion, cucumber and tomato in a large heatproof bowl. Set aside, tossing occasionally.
2. Place the vermicelli in a large heatproof bowl, cover with boiling water and leave to stand for 5 minutes or until softened.
3. Drain, then rinse under cold running water.
4. Drain again very well, then add to the tomato mixture in the bowl and toss to combine.
5. Heat the sunflower oil in a large wok over high heat.
6. Add the prawns, garlic and ginger and stir-fry for 3-4 minutes or until the prawns are cooked through.
7. Immediately transfer the prawn mixture to the bowl with the noodles and toss well to combine.
8. Transfer to a serving platter, scatter over the mint leaves and serve warm.

TIP: You can make this a vegetarian recipe - Replace the fish sauce with tamari. Make a 2-egg omelette and shred finely. Replace the prawns with 500g diced tofu and cook with the garlic and ginger. Scatter the shredded omelette over the finished dish.

Chicken soba noodles

Prep time: 15 minutes | Cook time: 10 minutes | Serves: 4 | Food units per serve: 1 unit Meat & Protein, 1.5 units Bread & Cereals
1.2 units Vegetables, 0.9 unit Healthy Fats & Oils

INGREDIENTS

- Sunflower oil, 3 teaspoons
- Sesame oil, 1 teaspoon
- Chicken breast, lean, raw, 400 g, thinly sliced crossways
- Red onion, 1 medium, cut into wedges
- Chinese broccoli (kai lan), 1 small bunch, trimmed, stems thinly sliced and leaves torn
- Hoi sin sauce, 2 tablespoons, salt-reduced
- Soy sauce, salt reduced, 1 tablespoon
- Ginger, fresh, 2 teaspoons, finely grated
- Soba noodles, uncooked, 180 g, fresh
- Broccolini, 1 bunch, trimmed, stalks halved lengthways, then halved crossways
- Coriander, ½ cup, sprigs

METHOD

1. Heat the sunflower and sesame oil in a large wok over high heat.
2. Add the chicken and stir-fry for 3-4 minutes.
3. Add the onion and cook for 1 minute.
4. Add the Chinese broccoli, hoisin, soy sauce, ginger and 2 tablespoons water.
5. Stir-fry for 2 minutes or until the chicken is cooked and the vegetables are just tender.
6. Meanwhile, bring a large saucepan of water to the boil over high heat.
7. Add the noodles and broccolini and cook for 1-2 minutes or until the noodles are heated through and separate easily, and the broccolini is just tender.
8. Drain well, then divide among serving bowls. Spoon the chicken mixture over the noodles, top with coriander and serve.



Steak with green peppercorn sauce

Prep time: 20 minutes

Cook time: 10 minutes

Serves: 4

Food units per serve: 1.5 units Meat & Protein, 2.2 units Vegetables, 1 unit Healthy Fats & Oils



INGREDIENTS

- Olive oil, 2 teaspoons
- Margarine, light, 1 tablespoon
- Red cabbage, 600 g, cut into wedges
- Onion, any type, 1 medium, sliced into wedges
- Black peppercorn, whole, 1 tablespoon, or green, drained
- Beef liquid stock, salt-reduced, 1 cup
- Beef fillet, lean, raw, 4 serves (150g per serve)
- Mixed salad greens, 60 g
- Lebanese cucumber, 1 cucumber, peeled into long thin ribbons
- Carrot, 1 medium carrot, peeled into long thin ribbons
- Balsamic vinegar, 1 tablespoon
- Thyme, fresh, 1 sprig, to garnish

METHOD

1. Heat the olive oil and margarine in a large deep frying pan over medium-high heat.
2. Add the cabbage and onion and cook, turning occasionally, for 5 minutes or until tender and golden.
3. Add the peppercorns and stock and cook, shaking the pan occasionally, for 5 minutes or until the sauce has reduced by half.
4. Meanwhile, heat a chargrill pan over high heat.
5. Add the steak and cook for 3 minutes each side.
6. Transfer to serving plates and cover loosely with foil to rest and keep warm.
7. Combine the salad leaves, cucumber, carrot and balsamic in a bowl and season with freshly ground black pepper.
8. Add the cabbage and peppercorn sauce to the plates with the beef and serve warm garnished with thyme sprigs.
9. Serve the salad alongside.

CHAPTER FOUR

Snacks



Upside-down blueberry cheesecakes

Prep time: 15 minutes | Serves: 4 | Food units per serve: 0.4 unit Fruit, 2.5 units Dairy, 0.4 unit Indulgences

INGREDIENTS

- Cream cheese, light, 250 g
- Ricotta cheese, reduced fat, 500 g, fresh if possible
- Honey, 1 tablespoon
- Vanilla essence, 2 teaspoons
- Fromage frais, reduced fat, 300 g, strawberry flavoured or low-fat yoghurt
- Blueberries, 250 g
- Sponge finger biscuit, 2 biscuits, crumbled

METHOD

1. Place the cream cheese, ricotta, honey and vanilla in a large bowl.
2. Using an electric hand-held mixer, beat on high speed until smooth and well combined.
3. Fold in the fromage or yoghurt and half the blueberries.
4. Divide half the remaining blueberries among four 250 ml glass tumblers.
5. Top evenly with the cream cheese mixture and sprinkle over the biscuit crumbs. Scatter over the remaining blueberries and serve immediately.

NOTES: These cheesecakes can be made up to 1 day ahead of time; just cover and keep chilled until you are ready to serve; adding the biscuit crumbs just before serving.





Mango banana nice-cream cones


Prep time: 20 minutes | Serves: 4 | Food units per serve: 1.8 units Fruit, 0.4 unit Dairy, 0.6 unit Indulgences

INGREDIENTS

- Mango, 2 medium, peeled and chopped
- Banana, 4 medium, ripe, peeled and chopped
- Low-fat yoghurt, strawberry, 250 g,
- Waffle ice cream cone, 4 medium cones

METHOD

1. Line a large baking tray with baking paper.
2. Arrange the fruit on the tray in a single layer and freeze for 3-4 hours or until firm.
3. Transfer the frozen fruit to an upright blender and add the yoghurt.
4. Blend on high speed, scraping down the sides of the jug occasionally, until completely smooth.
5. Serve immediately scooped into cones.



Tips: If the mixture is too thick and won't blend easily, just add 1-2 tablespoons water to help loosen it.

For a quicker option, buy frozen fruit rather than freezing the yourself.

Jaffa protein balls

Prep time: 10 minutes | Serves: 16 | Food units per serve: 0.3 unit Fruit, 0.1 unit Dairy, 2.7 units Healthy Fats & Oils

INGREDIENTS

- Orange, any type, 1 orange (approx 200g with skin), juiced and zested
- Dried dates, 20 dates, pitted and chopped
- Almonds, 320 g
- Protein powder, any type, 50 g, vanilla preferable
- Cocoa powder, ¼ cup
- Vanilla essence, 2 teaspoons

METHOD

1. Place the orange juice in a small saucepan, along with dates.
2. Place over low heat for a few minutes until the mixture starts to simmer.
3. Remove the pan from the heat and set aside to cool to room temperature, before mashing the mixture together with a fork.
4. Blend almonds in a food processor until finely chopped.
5. Add protein powder, cocoa powder (reserving 1 tablespoon to dust), vanilla, orange zest and the cooled date mixture, and process until well combined.
6. Roll into 16 balls, dust with the reserved cocoa and place in an airtight container in the fridge to chill before serving.
7. These will keep in the fridge for up to 2 weeks.





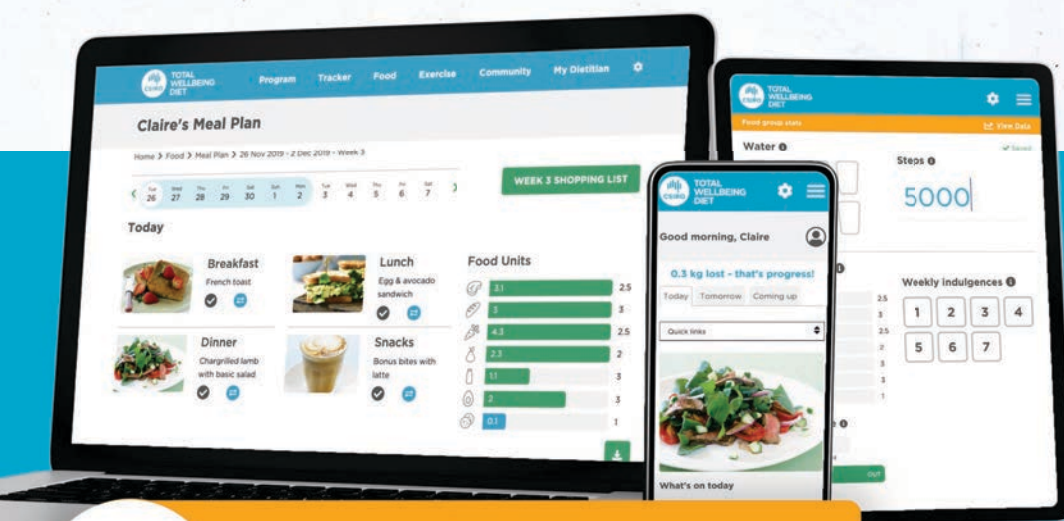
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