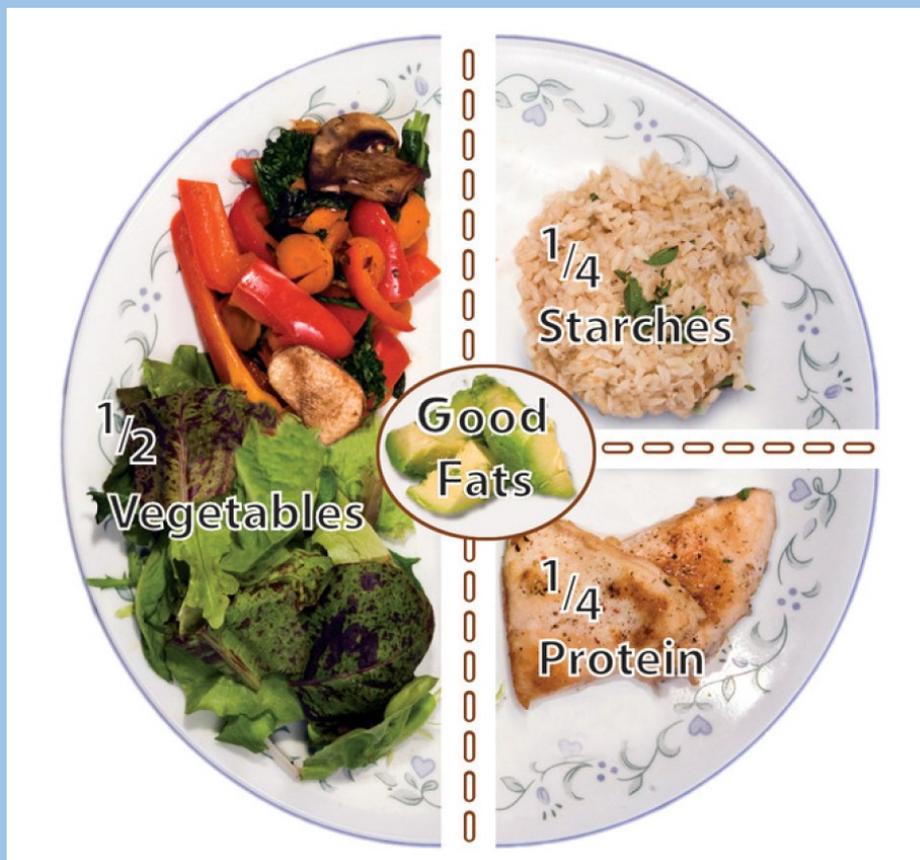




# Low fuss meals

**Palmerston North 21st March/15th April**

Healthy meals don't have to be a hassle. Instead of opting for takeaways and packaged meals try one of these recipes. Remember to use the healthy plate model when planning meals to choose the right balance of foods for your plate.





# Easy Salmon Flan

*Serves 6*

Recipe adapted from [nutritionforlife.co.nz](http://nutritionforlife.co.nz)

## *Ingredients*

- 4 EGGS
- 1/2 CUP FLOUR
- 1/2 CUP GRATED CHEESE
- 210G CAN OF SALMON (SMOKED OR PLAIN) - DRAIN LIQUID AND REMOVE BONES
  - 1 ONION CHOPPED
  - 1 1/2 CUPS OF MILK
    - PARSLEY
  - 1TSP DRIED MIXED HERBS
    - ZEST OF 1 LEMON
  - GROUND BLACK PEPPER
  - 1 COURGETTE GRATED
  - 1/2 CUP OF FROZEN PEAS

## *Method*

1. Preheat oven to 180 degrees.
2. Put all ingredients in a food processor and process until well mixed.
3. Pour into a sprayed 23cm quiche or pie dish and bake about 45 minutes or until the centre is just cooked.
4. Serve with salad.

Nutrition per serve: 920kj, 20gm protein, 15gm carbohydrate, 2gm fibre, 9gm fat, 309mg sodium



# Shakshuka with white beans and feta

*Serves 4 (makes around 20 fritters)*

Recipe adapted from [www.budgetbytes.com](http://www.budgetbytes.com)

## *Ingredients*

- 1 TBSP OLIVE OIL
- 4 CLOVES GARLIC (MINCED) - OR CRUSHED GARLIC
  - 1 ONION (DICED)
  - 1 RED CAPSICUM (CUT INTO THIN STRIPS)
- 2 X TINS OF CRUSHED TINNED TOMATOES
  - 1 TSP GROUND CUMIN
  - 1/2 TBSP SMOKED PAPRIKA
  - 1/2 TSP DRIED OREGANO
- SALT AND CRACKED BLACK PEPPER
- 390GM TIN OF CANNELLINI BEANS
- 1/2 PACKET SPINACH LEAVES
  - 8 EGGS
- HANDFUL OF CHOPPED FLAT-LEAF PARSLEY LEAVES
  - 100GM FETA, CRUMBLD

## *Method*

1. Cook the onion and garlic in a deep skillet or electric frying pan with the olive oil until transparent (about 5 minutes)
2. Add the capsicum and spices + herbs and fry for 1-2 minutes.
3. Add the tinned tomatoes and salt + pepper to taste. Stir to combine
4. Allow the sauce to come to a simmer. Stirring occasionally for 5 minutes or until the sauce has thickened slightly.
5. Drain the beans and add to the pan along with the spinach. Simmer a few minutes.
6. Create 8 pockets in the sauce and crack the eggs into the holes. Place the lid on the top and simmer for 5 mins or until the whites are set but yolks are still soft.
7. Top with crumbled feta and chopped parsley.

Nutrition per serve: 1701kj, 26gm protein, 24.5gm carbohydrate, 8.15gm fibre, 21gm fat, 626mg sodium



# Zucchini & feta fritters

*Serves 4*

Recipe adapted from [donnahay.com.au](http://donnahay.com.au)

## *Ingredients*

- 5 SMALL (800G) ZUCCHINIS (COURGETTES), GRATED
  - 3 EGGS
  - 200G FETA, CRUMBLED
- $\frac{3}{4}$  CUP (120G) PLAIN (ALL-PURPOSE) FLOUR
  - 1½ TEASPOONS BAKING POWDER
  - $\frac{1}{3}$  CUP CHOPPED MINT LEAVES
- $\frac{1}{3}$  CUP CHOPPED FLAT-LEAF PARSLEY LEAVES
  - SALT AND CRACKED BLACK PEPPER
  - OLIVE OIL SPRAY, FOR FRYING

## *Method*

1. Place the zucchini in a flat layer on sheets of paper towel. Cover with another layer of paper towel and press to remove the excess water.
2. Place the zucchini, eggs, feta, flour, baking powder, mint, parsley, salt and pepper in a bowl and mix to combine.
3. Heat a little of the oil in a large non-stick frying pan over medium-high heat. Add 2 tablespoons of mixture to the pan and flatten with a spatula. Repeat and cook, in batches, for 2–3 minutes each side or until golden.
4. Divide amongst 4 plates and serve with salad and roasted vegetables.

Nutrition per serve: 1520kj, 18.3gm protein, 24gm carbohydrate, 3.8gm fibre, 20gm fat, 878mg sodium

## *Garlic yoghurt dip*

150ml pottle natural yoghurt  
2-3 Tbsp. herbs (mint/dill/parsley)  
Squeeze lemon juice  
1tsp crushed garlic

Combine ingredients and serve as a dipping sauce to fritters.