



Lockdown Recipes

Online zoom class - Thursday 21st May

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Red Lentil Dahl

Serves 4 (recipe adapted from taste.com.au)

Ingredients

- 1 TBSP OLIVE OIL
- 1 BROWN ONION (DICED)
- 1 GRATED CARROT
- 2 GARLIC CLOVES, CRUSHED
 - 1 TSP CUMIN
- 1 TBSP CURRY POWDER
- 1 CUP RED LENTILS (RINSED)
- 1 CM FRESH GINGER (GRATED)
- 3.5 CUPS REDUCED SALT VEGETABLE STOCK
 - 1/2 CUP LOW FAT COCONUT MILK
- 1/2 BAG OF BABY SPINACH/1 CUP FROZEN SPINACH CUBES
 - FRESH CORIANDER (OPTIONAL)

Method

1. Heat oil in a saucepan over a medium heat. Cook onion for 5 minutes or until tender. Add carrot, garlic, cumin and curry powder. Cook for 2 minutes or until fragrant.
2. Add lentils, ginger, and stock. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until lentils have softened and thickened. Add coconut milk and spinach and cook, uncovered, stirring occasionally, for 10-15 minutes or until desired texture is achieved. Serve warm with coriander.

Nutrition per serve: 900kj, 11gm protein, 23gm carbohydrate, 6gm fibre, 8gm fat, 400mg sodium



Vege packed creamy legume pasta

Serves 4 (recipe adapted from My food bag)

Ingredients

- 1 PACKET OF LEGUME PASTA E.G. SAM REMO
- 1/2 HEAD OF BROCCOLI, CUT INTO SMALL FLORETS
- 1 LEEK, CUT IN HALF LENGTHWAYS AND THINLY SLICED
 - 1/2 TSP SALT
 - 2TBSP OLIVE OIL
 - 1 CUP VEGETABLE STOCK
 - 1/2 CUP FROZEN PEAS
 - 1/2 LEMON, ZESTED AND JUICED
 - 2 TBSP. BASIL PESTO
 - 1 POTTLE LIGHT SOUR CREAM (125GM)
 - 1/4 CUP PARMESAN CHEESE (GRATED)
 - BASIL LEAVES (OPTIONAL)

Method

1. Boil pasta according to package directions. Add broccoli to boiling water approximately 3 minutes before pasta has finished cooking. Drain water and rinse pasta in cold water to cool.
2. Heat 1 Tbsp. of oil in a large frying pan on medium heat. Add leek and season with a salt. Cook for 4-5 minutes until starting to colour. Remove from pan and set aside.
3. Return frying pan to medium high heat with 1 Tbsp. of olive oil. Add broccoli and heat cook for 2-3minutes until starting to brown. Add stock and peas to pan and cook for 2-3 minutes. Add leeks back to the pan and cook for 1-2 minutes more until liquid has reduced and peas are bright green and tender.
4. Remove pan from heat. Add lemon juice and zest., basil pesto, sour cream and cheese. Gently stir in pasta to coat in sauce. Garnish with basil if desired.

Nutrition per serve: 1800kj, 21gm protein, 45gm carbohydrate, 11.6gm fibre, 17gm fat, 550mg sodium