



Everyday Healthy

Seasonal, Fresh & *Tasty*

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Sprout is a hands-on, totally interactive healthy cooking school and health studio run by Accredited Practising Dietitian and personal trainer Themis Chryssidis and celebrity cook Callum Hann.

Sprout Health Studio brings together a group of highly skilled allied health professionals focused on delivering a collaborative approach to healthcare using the most up to date and evidence based research available.

Sprout Cooking School is dedicated to reacquainting Australians with their kitchens and helping them to realise how easy it can be to prepare quick, easy and healthy meals for the family.

We love food and showing everyone how easy it can be to enjoy fresh, flavoursome and healthy dishes! Our classes are fun, relaxed and informative and cater for people of all skill levels and all dietary requirements. Our goal is to inspire people of all ages to cook and take control of their health.

At Sprout we believe that the best way to learn is by giving it a go, so participants at our classes don't just watch us cook but they also cook all of the demonstrated dishes from start to finish, and then at the end we enjoy a delicious meal together, of course!

We are super excited to be a part of the DAA's Australia's Healthy Weight Week and can't wait to show all Australians how easy it is to enjoy healthy food. We hope you like the recipes and we would love to hear about you trying them at home! Leave as a message on [Facebook](#) or [@sproutcooking](#) on Twitter.

Happy Cooking!

Themis and Callum



Australia's Healthy Weight Week, run by the Dietitians Association of Australia, is all about getting the right advice and support for those looking to be a healthy weight – and who isn't?

Being a healthy weight helps lower your risk of lifestyle-related conditions, such as type 2 diabetes, heart disease and some types of cancer – and importantly, helps you to feel your best and live life to the full. And the good news is it's never too late to start!

Australia's Healthy Weight Week aims to inspire Australians to make simple changes towards smart eating, starting with cooking at home and choosing the right portions.

Research shows that cooking at home is one way to pack a punch when it comes to keeping your weight in check and improving your health (and that of your family). At home you have control over what goes into your meal and how much you serve up. And healthy home cooking can be quick, easy and cost-effective!

The Dietitians Association of Australia has teamed up with Sprout (award-winning celebrity cook, Callum Hann, and Accredited Practising Dietitian, Themis Chryssidis) to bring you this collection of quick and healthy recipes.

The cookbook also includes handy nutrition tips from Themis and another of our Australia's Healthy Weight Week ambassadors, Professor Clare Collins. APDs (like Themis and Clare) are nutrition scientists with years of university study behind them – so are your 'go to' experts for nutrition advice and support.

We encourage you to visit healthyweightweek.com.au for more tips and tools to inspire you towards a healthier weight and lifestyle.

From beef and mushroom freekeh, to pumpkin pesto pasta, to banana ice-cream with oat crumble . . . we hope you'll agree that healthy eating just became a whole lot easier! Enjoy.

Liz Kellett AdvAPD

President

Dietitians Association of Australia



Allspice chicken with chimichurri and brown rice

SERVES 4

Ingredients:

- ¾ cup brown rice
- 4 spring onions, finely sliced
- 2 tablespoons currants
- 2 tablespoons red wine vinegar, plus 2 tablespoons extra
- 2 cups baby spinach
- 1 punnet cherry tomatoes, halved
- 1 bunch firmly packed basil leaves
- 2 teaspoons ground cumin, plus 1 tablespoon extra
- 1 tablespoon extra virgin olive oil, plus 1 tablespoon extra
- 2 teaspoons allspice
- 2 teaspoons olive oil
- 8 chicken tenderloins (or 2 chicken breast fillets, sliced 1.5cm thick)
- 2 bunches asparagus
- 1 long red chilli, finely sliced
- 3 garlic cloves, finely sliced

Method:

1. Place rice in a small saucepan, cover with hot water and bring to the boil. Reduce heat to a simmer and cook for 20-25 minutes or until tender. Stir through spring onion, currants, cherry tomatoes, 2 tablespoons of vinegar and baby spinach.
2. To make the chimichurri finely chop the basil (reserve ¼ bunch leaves for serving) and combine in a bowl with 2 teaspoons of cumin, olive oil and remaining 2 tablespoons of red wine vinegar. Set aside to serve.
3. Rub remaining cumin and the allspice over the chicken. Heat a large frying pan with 1 tablespoon of olive oil. Cook over high heat for 2-3 minutes each side or until golden and just cooked through. Remove chicken from pan and add asparagus, chilli and garlic. Cook for 2-3 minutes or until asparagus is bright green and lightly charred.
4. Serve chicken and asparagus on rice with chimichurri to top.

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* Nutrition Tip —

This is one of my favourite dishes. You can have it on the table in the time it takes to cook the rice and it's packed full of flavour from the use of allspice, cumin, basil and red wine vinegar.



— Themis Chryssidis
Accredited Practising Dietitian

CAJUN CHICKEN BURGER

with yoghurt sauce and purple slaw

SERVES 4

Ingredients:

½ cup low fat thick Greek yoghurt
2 tablespoons seeded mustard
¼ cup chopped dill
1 tablespoon extra virgin olive oil, plus 1 tablespoon extra
4 x chicken tenderloin fillets
1 tablespoon paprika
1 tablespoon ground cumin
Large handful rocket
3 spring onions, finely sliced
1 zucchini, shaved into wide ribbons with a vegetable peeler
Juice of half a lemon
4 x medium sized whole grain burger buns, halved, to serve

Purple cabbage slaw:

⅓ purple cabbage, finely sliced
2 radishes, halved and sliced
8 snow peas, sliced
1 teaspoon sesame seeds
1 tablespoon extra virgin olive oil
Juice of half a lemon

Method:

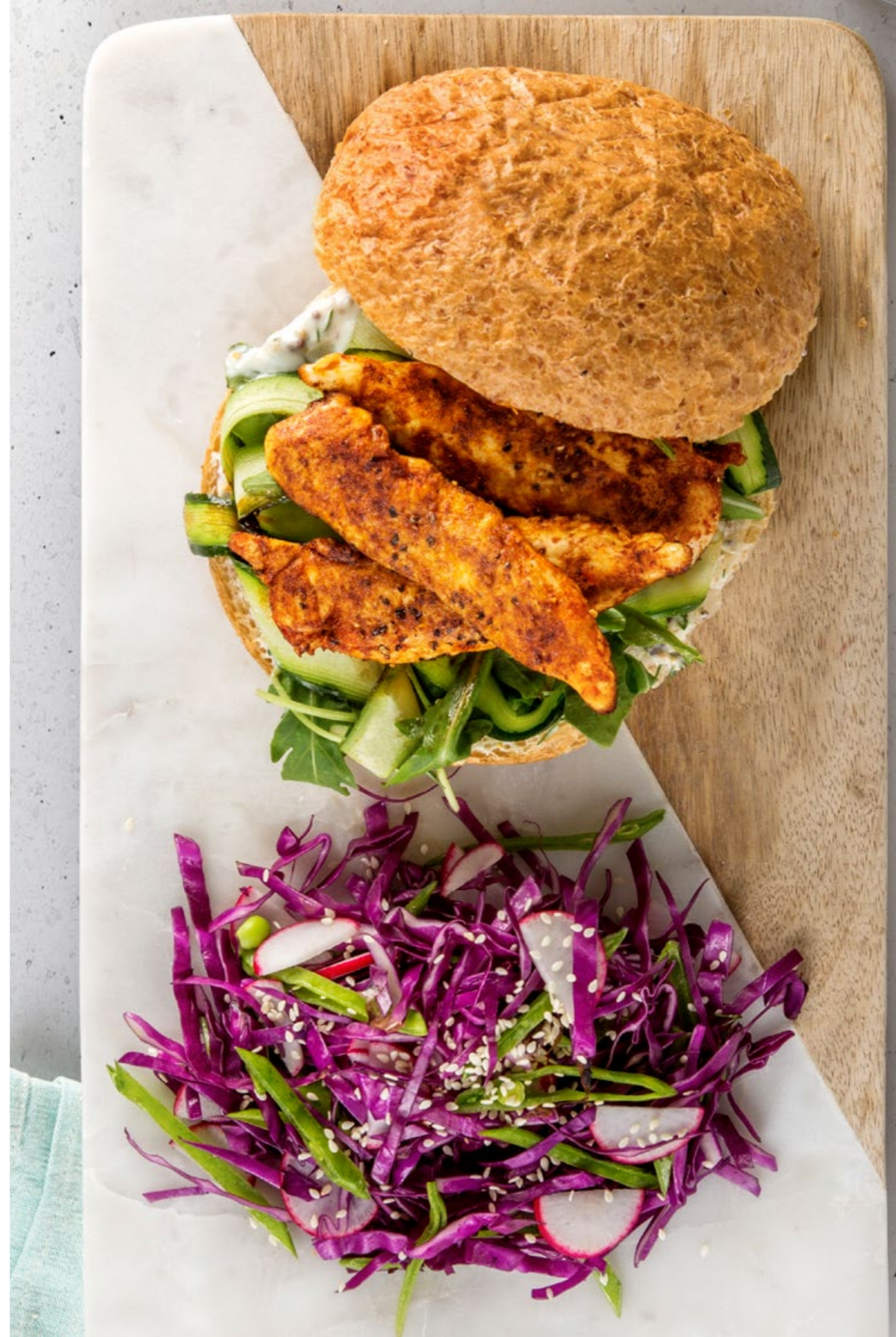
1. Stir together the yoghurt, mustard and dill. Set aside for serving.
2. Heat the olive oil in a non-stick frying pan. Coat the chicken with paprika and cumin. Add skin side down and cook for 2-3 minutes each side or until done to your liking. Remove from pan.
3. Meanwhile, combine rocket, spring onions and zucchini ribbons and drizzle over olive oil and lemon juice.
4. Combine the ingredients for the slaw, top with sesame seeds and set aside.
5. Spoon a little yoghurt onto each burger bun. Cut each chicken tenderloin in half and place on yoghurt. Top with rocket salad and serve with side of purple cabbage slaw.

* Nutrition Tip —

Planning meals ahead and making a list of ingredients before your weekly shop will make it easier and faster to prepare healthy meals. Look for vegetables that are in season to add taste and help save money. Choose lean cuts of meat and stock up on nutritious cans of tomatoes, lentils and tuna.



— Prof Clare Collins
Accredited Practising Dietitian



BEEF WITH ASPARAGUS *and mushroom freekeh*

SERVES 4

Ingredients:

- ⅔ cup freekeh (or substitute brown rice, quinoa or lentils)
- 1 tablespoon extra virgin olive oil, plus 1 tablespoon extra
- 2 x 200g beef steaks (such as fillet, porterhouse or scotch)
- 400g mushrooms, sliced (include a mixture of different varieties)
- 2 tablespoons roughly chopped fresh rosemary
- 2 bunches asparagus
- 2 cups of green beans, top and tailed
- 2 cloves garlic, thinly sliced
- ¼ cup walnuts, roughly crushed
- 2 tablespoons red wine vinegar
- 1 bunch flat leaf parsley, roughly chopped
- 60g feta cheese, crumbled

Method:

1. Bring a large saucepan of water to the boil and add freekeh. Cook for 20-25 minutes or until tender. Drain well and set aside.
2. Heat a large frying pan with a tablespoon of olive oil over high heat. Add beef and cook for 3-4 minutes each side or until golden brown and cooked to your liking. Remove from the pan to rest for 3-4 minutes before slicing into thin pieces.
3. Add remaining oil and half the mushrooms and rosemary to the pan. Fry for 2-3 minutes or until golden brown. Remove mushrooms from pan and repeat with remaining mushrooms.
4. Combine mushrooms with freekeh, red wine vinegar and most of the parsley.
5. Add the asparagus, green beans, garlic and walnuts to the pan. Stir occasionally for 1-2 minutes or until greens are lightly golden.
6. Place freekeh and mushrooms on a serving plate, top with greens, sliced beef, feta and remaining parsley to serve.



— Themis Chryssidis
Accredited Practising Dietitian

* Nutrition Tip —

Freekeh is wheat picked green and then roasted. It is high in fibre and has a delicious nutty flavour that compliments the earthy tones of the mushrooms. This is a satisfying and balanced meal with lean, iron-rich protein, low GI carbohydrates and plenty of crisp green vegetables.

SALMON WITH SALSA

verde and fennel orange salad

SERVES 4

Ingredients:

1½ tablespoons extra virgin olive oil, plus 2 tablespoons extra
2 teaspoons smoked paprika
4 x 120g salmon fillets
½ fennel bulb, finely sliced
2 oranges, cut into segments
1 shallot, finely sliced
2 handfuls rocket
Juice of half a lemon
1 tablespoon capers
Pinch chilli flakes
½ bunch flat leaf parsley

Method:

1. For the salsa verde, chop capers, parsley and any fennel fronds together. Transfer to a bowl then stir through 1 tablespoon olive oil and juice of half a lemon. Alternatively, combine all ingredients except olive oil in a food processor and process to combine. Stir in olive oil.
2. Heat a frying pan over high heat. Add 1 tablespoon olive oil. Rub paprika over non-skin side of salmon then add skin side down into the pan. Cook for 3-4 minutes both sides or until skin is crisp and salmon is cooked to your liking.
3. Meanwhile, combine fennel, orange, shallot, rocket and remaining lemon juice and olive oil in a bowl. Divide between serving plates.
4. Place salad on serving plates and top with salmon and salsa verde.



— Prof Clare Collins
Accredited Practising Dietitian

* Nutrition Tip —

In 2016, focus on the healthy foods you CAN eat, rather than dwelling on the foods you CAN'T. Salmon is a great source of omega-3 fats – an important type of fat for heart health. Keep it interesting by experimenting with salads – let a new vegetable be the hero of your cooking each week.



FISH TACOS

SERVES 4

Ingredients:

- 2 x 150g white fish fillets such as snapper or barramundi
- Juice of 2 limes
- 1½ teaspoons ground cumin
- 2 tablespoons extra virgin olive oil
- 2 Lebanese cucumbers, halved, seeds scraped out
- 1 red chilli, deseeded and finely chopped
- ¼ bunch coriander, leaves picked
- 3 spring onions, finely sliced
- 1 punnet cherry tomatoes, halved
- 1 avocado
- 4 wholemeal tortillas

Method:

1. In a shallow bowl or plate combine fish with juice of 1 lime, cumin and 1 tablespoon olive oil. Allow to marinate for 15 minutes.
2. Combine cucumber, chilli, coriander, spring onions, cherry tomatoes, ½ tablespoon of olive oil and juice of half a lemon.
3. Preheat a non-stick frying pan over high heat. Add fish and cook for 2-3 minutes each side or until just cooked. Meanwhile, halve the avocado and remove the seed. Scrape out flesh into a small food processor. Add remaining ½ tablespoon olive oil and juice of half a lime and blend to combine. Alternatively, mash avocado with a fork.
4. Remove fish from pan, flake with a fork or tongs. Warm tortillas if desired. Spread with guacamole, top with flaked fish and salsa. Serve immediately.

* Nutrition Tip —

Tacos are a great meal for the whole family. They should be fresh, light and include a range of different coloured vegetables. The meat isn't the hero rather tasty fresh salsas and spice mixes. Be flexible with the type of fish you choose, barramundi, salmon, trout, snapper or any other seafood are all perfect!



— Themis Chryssidis
Accredited Practising Dietitian

Lamb kofta, sweet potato mash

ROCKET SALAD AND TAHINI YOGHURT

SERVES 4

Ingredients:

- 1 large sweet potato
- 500g lamb mince
- 2 teaspoons cumin seeds
- 2 teaspoons fennel seeds
- 1 tablespoon extra virgin olive oil, plus 1 tablespoon extra
- 1 pear
- ¼ red onion
- 2 large handfuls rocket
- Juice of a lemon
- ½ cup thick low fat Greek yoghurt
- 2 teaspoons tahini
- ¼ bunch mint leaves, picked

Method:

1. Preheat oven to 200°C. Place sweet potato onto a tray, transfer to the oven and roast for an hour or until very tender. Cut each piece in half, scoop out flesh into a bowl and mash until smooth
2. Combine lamb and spices in a bowl. Roll into 2cm balls. Heat a non-stick pan over high heat with the oil. Fry kofta in oil for 3-4 minutes or until golden brown all over and just cooked.
3. Slice pear and red onion thinly. Combine with rocket, olive oil and lemon juice.
4. Stir together yoghurt and tahini. Serve lamb kofta with rocket salad, mashed sweet potato and tahini yoghurt. Garnish with mint leaves.

* Nutrition Tip —

To maintain a healthy weight throughout life – start with managing your portions. Aiming to include ½ plate of colourful veggies or salad, ¼ plate wholegrain carbohydrates and ¼ plate lean protein.



— Prof Clare Collins
Accredited Practising Dietitian

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PUMPKIN AND PESTO PASTA

SERVES 4

Ingredients:

- ½ butternut pumpkin, cut into 1.5cm pieces
- 12 cherry tomatoes, pierced using a fork
- 2 bunches asparagus, cut into thirds
- 2 tablespoons extra virgin olive oil, plus 2 tablespoons extra
- 1 bunch basil, leaves picked
- 1 garlic clove, crushed
- Zest and juice of a lemon
- 40g grated parmesan
- 2 cups dried penne pasta (or other short pasta)

Method:

1. Preheat oven to 210°C. Toss pumpkin, asparagus and tomatoes in 2 tablespoons of olive oil. Place pumpkin on an oven tray and roast for 15 minutes and then add the asparagus and tomatoes for a further 10 minutes or until vegetables are golden brown and tender.
2. Combine ¾ basil leaves (reserve remaining for serving), garlic, lemon zest and juice in a small food processor and blitz to combine. Stir through remaining olive oil and parmesan.
3. Boil penne pasta according to packet directions until tender. Drain and stir through pesto. Divide between bowls and top with roasted pumpkin, cherry tomatoes and asparagus. Top with remaining basil leaves and serve.

{ In this recipe, the asparagus could be exchanged for 2 handfuls green beans. }

* Nutrition Tip —

Making your own sauces means you control what goes into them. Use quality ingredients such as extra virgin olive oil for a nutritious and delicious dip or sauce.



— Themis Chryssidis
Accredited Practising Dietitian

Mushroom, baby spinach AND CHICKPEA CURRY

SERVES 4

Ingredients:

2 tablespoons extra virgin olive oil
4 medium sized portabello mushrooms, sliced
2 cups button mushrooms
3 spring onions, finely sliced
4 cloves garlic, sliced
1 red capsicum, finely sliced
Thumb-sized piece ginger, peeled and grated
1 bunch coriander, leaves picked, stems finely sliced
2 tablespoons Garam Masala (indian spice blend)
1 tablespoon mild curry powder
400g can crushed tomatoes or 1 punnet of cherry tomatoes
400g can chickpeas, rinsed, drained
270ml can low fat coconut milk
2 cups baby spinach
½ cup basmati rice, cooked, to serve
Lime wedges, to serve

Method:

1. Heat olive oil in a large high-sided frying pan over high heat. Add mushrooms and cook (in batches if necessary) stirring, for 3-4 minutes or until lightly golden. Add spring onions, capsicum, garlic, ginger and coriander stems (reserve leaves for serving) and cook for 1-2 minutes or until fragrant.
2. Stir in Garam Masala and curry powder, then crushed tomatoes. Simmer for 5-10 minutes or until tomato mixture has thickened and darkened slightly. Stir in chickpeas, coconut milk and baby spinach. Cook until spinach wilts.
3. Divide rice between serving bowls, top with curry, coriander leaves and serve with lime wedges.

* Nutrition Tip —

Involve the whole family in healthy home cooking. This means you are more likely to eat healthy foods, like vegetables – in the right amounts. This vegetarian dish is packed with a range of vegetables, providing important nutrients, including fibre. Legumes like chickpeas provide a great source of vegetarian protein, as well as being high in fibre.



— Prof Clare Collins
Accredited Practising Dietitian



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RARE TUNA WITH AVOCADO

peach and mint salad

SERVES 4

Ingredients

1 tablespoon extra virgin olive oil
4 x 120g tuna steaks
1 avocado, thinly sliced
1 yellow peach, thinly sliced
1 cup bean sprouts
4 spring onions, finely sliced on an angle
2 Lebanese cucumbers, diced
2 radishes, thinly sliced
1 cup of snow peas, thinly sliced diagonally
1 bunch mint, leaves picked
Juice of 2 limes

Method:

1. Heat a large frying pan over heat with the oil. Add the tuna steaks and cook for 1 minute each side or until golden brown on each side but still rare in the middle. Remove from pan and allow to cool.
2. Combine avocado, peach, cucumber, bean sprouts, spring onion, radish, snow peas, mint leaves and lime juice in a large bowl and toss to combine.
3. Slice tuna thinly. Divide salad between serving bowls, top with tuna and serve.



— Themis Chryssidis
Accredited Practising Dietitian

* Nutrition Tip —

Quality fresh seafood needs little preparation and is a nutrition powerhouse. Tuna is full of healthy omega three fatty acids important for heart and brain health. It's super lean so don't overcook it otherwise it will become dry and fall apart.

INSTANT PEANUT BANANA

ice cream and oat crumble

SERVES 4

Ingredients:

- 2 bananas, peeled, thickly sliced and frozen in a plastic bag or container
- 2 tablespoons low-fat milk
- 1 tablespoon unsalted peanut butter
- ¼ cup plain flour
- 1 tablespoon extra virgin olive oil
- 1 tablespoon caster sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons rolled oats
- ½ punnet strawberries

Method:

1. Combine flour and olive oil in large bowl. Use your fingertips to rub the oil into the flour until it resembles breadcrumbs. Stir in sugar, cinnamon and oats. Cook crumble in a hot dry frying pan, stirring constantly, until golden. Put aside to cool.
2. To make the instant choc banana ice cream, combine frozen banana, milk and peanut butter in a food processor and blend until smooth and creamy. Scrape the mixture down with a spatula if there are any lumps and blend briefly again.
3. Serve banana ice cream with strawberries and top with oat crumble

* Nutrition Tip —

Dessert can be good for you when based on fruit. This helps to boost your fibre, vitamin and mineral intake. Preparing dessert at home puts you in control of the ingredient and the portion size.



— Prof Clare Collins
Accredited Practising Dietitian



The key to healthy home cooking
is being prepared. Plan meals
for the week, make a shopping
list and you're ready to go.

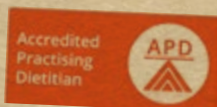
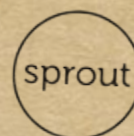
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