

# brain-boost brekky muffins



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# brain-boost brekky muffins

Makes 12

## Ingredients

- 2 cups self-raising flour
- 1 cup fresh or frozen chopped veggies (corn, peas or carrots work well).  
*If you're cutting these yourself, chop into roughly 1cm x 1cm pieces*
- 1 small capsicum, finely chopped
- 1 leek or handful of spring onion chopped (just the white section at the base)
- 2 cups (around 300g) raw pumpkin, peeled and grated
- 1¼ cups grated tasty cheese
- ¾ cup milk
- 3 eggs, lightly beaten
- ¾ cup sunflower oil
- 1 tablespoon seeds to add some crunch (pepitas or poppy seeds)

## Equipment

Oven, 2 medium bowls, mixing spoon, grater, peeler, whisk, muffin tray, cooking spray or muffin liners, skewer, knife and chopping board.

## Method

### Step 1

Preheat oven to 190C/170C fan-forced. Lightly coat a muffin pan with cooking spray or line with (reusable!) muffin liners.

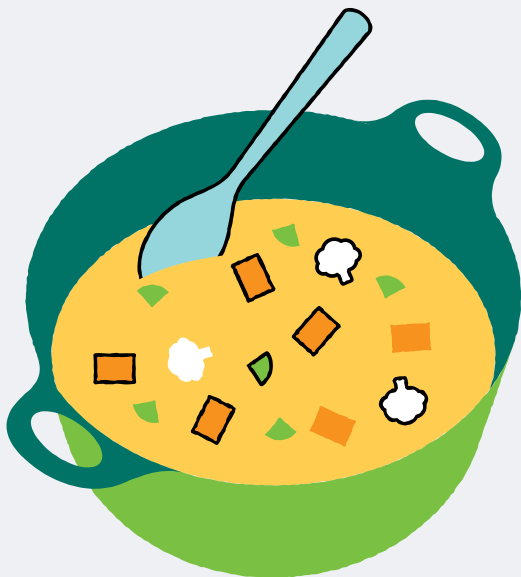
### Step 2

Mix flour, chopped veggies, cheese, leek or spring onion, ¾ of the pumpkin and ¾ of the capsicum in a large bowl. Whisk milk, eggs and oil in medium sized bowl. Add to veggie mixture. Stir until just combined – be careful not to over mix. Some lumps are ok!

### Step 3

Spoon the mixture among the portions of the muffin tray. Sprinkle the remaining pumpkin, capsicum and seeds on top. Bake for 25 minutes or until a skewer inserted into the centre comes out clean without any uncooked mixture. Cool in pan for 5 minutes, then remove from tray and allow to cool. Enjoy!

# lunch time lentil and veggie curry



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# lunch time lentil and veggie curry

Serves 4

## Ingredients

- 1½ tablespoons curry powder
- 400ml can light coconut milk
- 4 cups frozen mixed veggies that are half-thawed, or chopped fresh veggies (choose your favourites – carrot, capsicum, green beans or snow peas add some crunch and texture)
- 400g can brown lentils, drained and rinsed
- ½ cup coriander leaves, chopped (you can skip this if you don't like coriander!)

## Equipment

Stove, saucepan, spoon, whisk, bowl, knife and chopping board.

## Method

### Step 1

Combine curry powder and ½ cup coconut milk in a large saucepan, (not on stove yet). Whisk until curry powder dissolves. Add remaining coconut milk. Place over medium heat. Simmer, stirring occasionally, for 4 minutes or until sauce comes to the boil.

### Step 2

Stir in veggies and lentils. Cover and cook on a low/medium heat for 3 minutes or until curry returns to the boil. Remove lid and cook for 3 minutes or until veggies are just tender.

### Step 3

Serve into bowls and use fresh chopped coriander on top (if you like it!).

# healthy fish and chips dinner



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# healthy fish and chips dinner

Serves 4

## Ingredients - chips

- 1 medium sized sweet potato, washed (peeled too if you like)
- 3 tablespoons of olive oil
- Your favourite herbs or spice to coat the chips – paprika or oregano are tasty options

## Ingredients - fish

- Fillets of your favourite white fish, allowing around 100g serving per person – barramundi, cod, whiting, snapper are some affordable and tasty ideas
- Lemon, chopped into thin slices – enough for 2 slices per fish fillet
- A small bunch of herbs to bake with the fish, like parsley or dill

## Equipment

Oven, bowl, knife and chopping board, baking tray, foil, baking paper.

## Method

### Step 1

Preheat oven to 200C/180C fan-forced.

Cut the sweet potato into chips by chopping in half across the width of the potato, so you have 2 smaller sections to work with. Then cut into smaller 1cm by 1cm wide pieces.

Put in a bowl and drizzle with the olive oil and herb or spice of your choice.

### Step 2

Lay out a large sheet of foil (enough to fold over the fillets with some excess to pinch close and create a little parcel) and place your fillets of fish flat inside. Place slices of lemon and chopped herbs on top. Fold the sides of the foil in and pinch close to seal the fish inside.

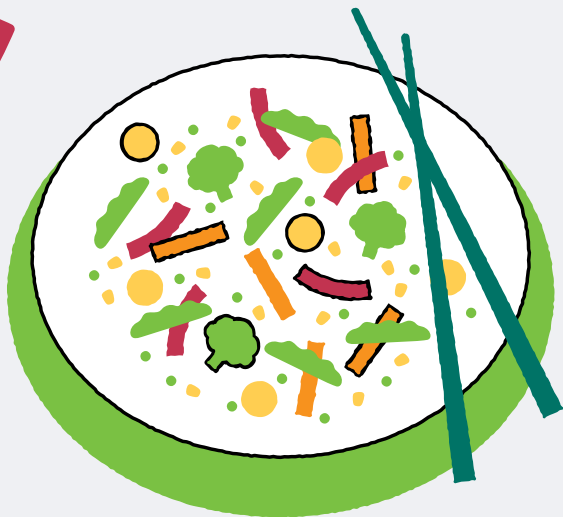
### Step 3

Line your baking tray with baking paper and place your fish in the middle. Spread the chips evenly over the remaining sections of the tray.

### Step 4

Bake for 12 minutes, and flip your chips over. Bake for another 15 minutes until the fish is cooked through (all the flesh is white and not left raw and shiny) and the chips look golden and crisp.

# vibrant veggie stir-fry



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# vibrant veggie stir-fry

Serves 2

## Ingredients

- 4 cups of your favourite veggies chopped up into similar sized pieces – take your pick of what you like. Why not try a green mix of broccoli, green beans, snow peas and bok choy, or a colourful mix of capsicum, carrot, cabbage and baby corn?
- 1 shallot or small onion, chopped
- 2 tablespoons soy sauce
- 1 clove garlic, finely chopped
- 1 teaspoon of ginger – fresh and finely chopped or from a jar
- 1 tablespoon vegetable oil
- Fresh chilli, sliced (if you don't like chilli you can skip this one!)

## Equipment

Stove, wok or large pan, spoon, small cup, knife and chopping board.

## Method

### Step 1

Add the oil and chopped onion and garlic to your wok or pan and cook for 2-3 minutes until soft.

### Step 2

Add your chopped veggies and stir fry for 2-3 minutes until they start to soften.

### Step 3

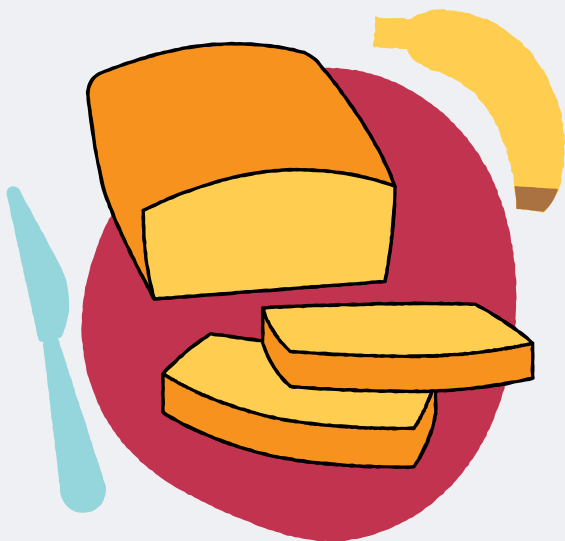
Combine the soy sauce and ginger in a small cup and stir together.

### Step 4

Add the soy ginger mix to your pan, and stir so they coat all the veggies. Serve with chopped chilli on top (you can skip this if you like!).



# sweet treat banana bread



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# sweet treat banana bread

Serves 10

## Ingredients

- 4 very ripe bananas (we're talking speckled and squishy to make sure your bread tastes sweet!)
- 2 eggs
- ½ cup olive oil
- ¼ cup milk
- 1 teaspoon vanilla bean paste
- 1 teaspoon ground cinnamon
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda

## Equipment

Oven, loaf pan, sieve, cooking spray or baking paper, bowl, spoon.

## Method

### Step 1

Preheat the oven to 160C/140C fan-forced. Spray the loaf pan with cooking spray or line with baking paper so your bread won't stick.

### Step 2

Peel and mash up the bananas in a bowl with a fork until there's no lumps and the mixture is smooth.

### Step 3

Add the eggs, oil, milk and vanilla to your bananas and stir until they're mixed well together.

### Step 4

Sift all the flours, cinnamon, baking powder and bicarbonate of soda into the banana mixture, and then mix well till it's all combined.

### Step 5

Pour this mixture into your loaf pan, and make sure the top is smooth by levelling out with a spoon.

Tip – you could add half a banana on top of your loaf for an extra hit of flavour. Blueberries are also a nice touch.

### Step 6

Bake for 1 hour 10 minutes. You can tell it's cooked by inserting a skewer to the middle of the cake and it comes out clean, without any uncooked mixture on it. Cool for 5 mins, then remove from the pan and continue to cool.