



HEART HEALTHY

Dinner Plan

WEEK 1



The heart healthy meal plan explained.

Dinner meal plans over the 4 weeks have been selected to ensure a variety of heart healthy proteins are featured in line with our Heart Healthy Eating Patterns.

Over the 4-week journey we've tried to maximise your exposure to the variety of heart healthy meals available. We've also covered a wide range of different cooking styles, types of meals, flavours and cuisines for you and your friends and family to explore. At the same time, you will be building your confidence and cooking skills that will enable you to expand your usual recipe repertoire. From one pot dishes, bowls, tacos, bakes, soups, we have it covered!

The shopping list

Used as a tool to help familiarise you with ingredients that make up a heart healthy eating pattern, so ingredients for the week's dinner plan are listed under each heart healthy eating element. By the end of the journey you will not only see that the biggest part of your shopping list is always the vegetables, but hopefully give you confidence in building and adapting your own heart healthy eating pantry.

Pantry check – this column is encouraged to be used as a prompt to check what ingredients you may already have available at home, so you don't double up unnecessarily on pantry basics. If you don't have the ingredient you can simply add it to your shopping basket.



WEEK ONE

Dinner Meal Plan

7 Days of easy delicious heart healthy dinners



MONDAY

Chilli basil chicken stir fry

Serves: 4 | Prep time: 15 min | Cooking time: 12 min



TUESDAY

Hearty vegetable and lentil soup with parmesan toasts

Serves: 4 | Prep time: 15 min | Cooking time: 45 min



WEDNESDAY

One pan pumpkin chicken gnocchi (5 ingredients!)

Serves: 4 | Prep time: 5 min | Cooking time: 12 min



THURSDAY

Fish sanganaki (Greek style fish)

Serves: 4 | Prep time: 10 min | Cooking time: 19 min



FRIDAY

Massaman sweet potato curry

Serves: 4 | Prep time: 9 min | Cooking time: 21 min



SATURDAY

Mexican bean and beef pies

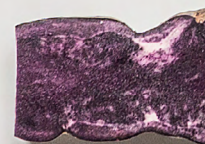
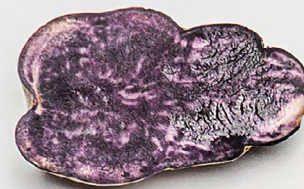
Serves: 6 (2 x leftover for lunch/freeze) | Prep time: 15 min | Cooking time: 50 min



SUNDAY

Sweet potato and spinach frittata

Serves: 4 | Prep time: 15-20 min | Cooking time: 17 min



Week 1 Shopping list (Serves 4)

Make sure to check your pantry and fridge for ingredients before purchasing groceries. Tick off all ingredients from the list that you already have at home and then mark off each ingredient as you place it in your trolley.

VEGETABLES

Fresh

- 4 onion
- 1 large red onion
- 2 stalks celery
- 3 carrots
- 2 zucchini
- 400g green beans
- 1 red capsicum
- 1kg sweet potato
- 500g butternut pumpkin
- 1 large tomato
- 100g baby spinach
- 1 pkt Garden salad mix

Canned

- 2 x 400g can no added salt diced tomatoes

Frozen

- 2 cups frozen green peas

Bottled/Dried

- 400g bottle passata (tomato puree)
- 160g no added salt tomato paste
- 300g jar mild tomato salsa

FRUIT

Fresh

- 1 lime
- 1 lemon

CEREALS (Preferably wholegrain)

- 2 wholegrain mixed seed rolls
- 1 slice wholegrain bread
- 200g brown rice vermicelli noodles
- 500g packet pumpkin gnocchi
- 6 sheets filo pastry
- 250g pouch microwavable steamed brown rice

DAIRY

Fridge

- ¾ cup grated parmesan cheese
- 150 g feta cheese
- 1 cup (125g) grated reduced fat tasty cheese

Pantry

- 2 x 375 mL can light and creamy evaporated milk

HEALTHY PROTEINS

Fresh

- 750g skinless, boneless chicken breast fillets
- 600g skinless boneless white fish fillets
- 500g lean beef mince
- 8 large eggs

Canned

- 420g can no added salt chickpeas
- 420 g can no added salt cannellini beans
- 400g can no added salt red kidney beans

Dry

- 1 cup (200g) dried lentil soup mix

HEALTHY FATS

- 7 tbsp Olive oil
- Olive oil spray
- 2 tbsp sunflower Oil
- ⅓ cup unsalted roasted cashews
- ⅓ cup unsalted roasted peanuts
- 2 tbsp sliced kalamata olives
- 1 avocado

HERBS AND SPICES

Fresh

- 5 cloves garlic
- 1 bunch parsley
- 1 small bunch Thai basil leaves (can be substituted for basil or coriander)
- 2 tbsp coriander

Dried

- 3 tsp curry powder
- 1 tsp dried chilli flakes
- 2 tsp Mexican chilli powder
- Black pepper

OTHER

- 1 tbsp red wine vinegar
- 1 reduced salt vegetable stock cube
- 1.5 tbsp reduced salt soy sauce
- 1 tbsp chilli jam
- 2 tbsp basil pesto dip
- 2 tbsp massaman paste


**BONUS
TIP!**

Brown rice vermicelli adds delicious variety to your wholegrain intake. The fibre in wholegrains can help to reduce your bad cholesterol.

Chilli basil chicken

 4 SERVES

 15 MINS

 12 MINS

INGREDIENTS

1 ½ tablespoons salt reduced soy sauce

1 tablespoon chilli jam

400g skinless, boneless chicken breast fillets, trimmed of any fat

2 tablespoons sunflower oil

1 onion, cut into thin wedges

1 large carrot, halved length-ways, thinly sliced

200g green beans, ends trimmed, cut into 4cm lengths

1 red capsicum, roughly chopped

⅓ cup roasted unsalted cashews

½ cup fresh Thai basil leaves (see Tips)

200g brown rice vermicelli

METHOD

1. Combine soy sauce, chilli jam and 1 tablespoon water in a small bowl.
2. Cut chicken into very thin slices. Drizzle with 1 tablespoon oil and toss to coat.
3. Heat a large wok or non-stick frying pan over a high heat. Add half the chicken. Stir-fry for 2-3 minutes, until lightly golden and just cooked. Transfer to a clean bowl. Repeat step with remaining chicken.
4. Heat remaining oil in same wok. Add onion and carrot. Stir-fry 2 minutes. Add beans and capsicum. Stir-fry a further 2 minutes.
5. Return chicken to wok with sauce mixture. Stir-fry 1 minute, or until hot. Sprinkle with cashews and basil.
6. Meanwhile, prepare noodles as directed on packet. Drain.
7. Serve stir-fry with noodles.

Tips: Substitute a 450g pouch microwaveable brown rice for brown rice vermicelli, if preferred. Thai basil can be replaced with regular basil or coriander. Speed up the prep time by using 400g pre-sliced chicken breast stir-fry strips, available from the refrigerated meat section in supermarkets.


BONUS TIP!

Lentil soup mix contains a variety of legumes, which are one of the best sources of protein for heart health. Legumes contain soluble fibre, healthy fats and a low glycaemic index (GI), helping to keep you fuller for longer.

Hearty veggie & lentil soup with parmesan toasts

 4 SERVES

 15 MINS

 45 MINS

INGREDIENTS

- 1 ½ tablespoons olive oil
- 1 onion, finely chopped
- 2 stalks celery, finely diced
- 2 carrots, finely diced
- 2 cloves garlic, crushed
- 3 teaspoons curry powder
- 1 cup (200g) dried lentil soup mix, rinsed
- 400g bottle passata (tomato puree)
- 1 reduced salt vegetable stock cube, crumbed
- 2 zucchini, finely diced
- ½ cup coarsely chopped fresh parsley

Parmesan rolls

- 2 wholegrain and mixed seed rolls, halved
- 1 tablespoon olive oil
- ¼ cup freshly grated parmesan

METHOD

1. Heat oil in a large saucepan or stockpot over medium heat. Add onion, celery, carrot and garlic. Cook for 10 minutes, stirring occasionally, until vegetables are softened slightly.
2. Add curry powder and lentils. Stir over heat a further minute.
3. Add passata, stock cube and 6 cups water. Bring to the boil. Reduce heat. Simmer for 30 minutes, skimming surface occasionally to remove any foam.
4. Stir in zucchini and parsley. Simmer a further 5 minutes until vegetables and lentils are tender.
5. Meanwhile, to make toasts, place bread rolls, cut-side up on a baking tray. Brush with oil. Sprinkle with parmesan. Bake in 200C oven (fan-forced) for 5-8 minutes until crisp. Serve with soup.

**BONUS
TIP!**

We've used packet pumpkin gnocchi to help speed up food prep. Check the label and choose the product with the lowest sodium value per 100g.

One pan chicken & pumpkin gnocchi

 4 SERVES

 5 MINS

 12 MINS

INGREDIENTS

350g chicken breast fillet,
trimmed of all fat, thinly sliced

500g packet pumpkin gnocchi

2 tablespoons basil pesto dip

375ml can light and creamy
evaporated milk

2 cups frozen green peas

METHOD

1. Heat a lightly oiled, large, deep non-stick frying pan over a medium-high heat. Add chicken in two batches. Stir-fry each batch for about 3 minutes or until lightly browned and just cooked through. Remove from pan. Set aside.
2. Add gnocchi to same oiled pan. Cook, stirring for about 2 minutes, or until lightly browned.
3. Stir in pesto dip, evaporated milk and $\frac{1}{2}$ cup water. Bring to the boil. Gently boil, uncovered, for 5 minutes, stirring occasionally.
4. Stir in peas. Gently boil a further 2 minutes.
5. Return chicken to pan, stirring to coat in sauce. Reduce heat. Simmer 1-2 minutes, until chicken is hot and sauce has thickened.
6. Serve seasoned with freshly ground pepper. Garnish with fresh basil leaves, if desired.


**BONUS
TIP!**

This recipe uses elements of a sofrito (a basic tomato sauce made with tomato, olive oil and garlic) as a flavour base; this sauce has been linked to heart health benefits.

Fish saganaki (Greek-style fish)

 4 SERVES
 10 MINS
 19 MINS

INGREDIENTS

2 tablespoons olive oil

2 cloves garlic, crushed

1 teaspoon dried chilli flakes

1 tablespoon no added salt tomato paste

2 x 400g cans no added salt diced tomatoes

1 tablespoon red wine vinegar

420g can no added salt cannellini beans, drained

2 tablespoons sliced kalamata olives

600g skinless, boneless, white fish fillets, cut into large pieces

1 slice wholegrain bread, torn into small pieces

50g feta cheese, crumbled

2 tablespoons coarsely chopped fresh parsley

Garden salad, to serve

METHOD

1. Heat 1 tablespoon oil in a large, oven-proof, deep frying pan over a medium heat. Add garlic and chilli flakes. Cook, stirring for about 1 minute, until fragrant. Add tomato paste. Cook, stirring a further 1 minute.
2. Stir in tomatoes, vinegar and $\frac{1}{2}$ cup water. Bring to the boil. Gently boil for 2-3 minutes, or until thickened slightly. Stir in beans and olives. Add fish pieces. Spoon the sauce over fish to cover. Simmer uncovered for about 10 minutes, or until fish is cooked.
3. Toss bread with remaining oil in a bowl. Sprinkle bread and feta over sauce in pan.
4. Meanwhile, preheat oven grill to high. Place pan under hot grill for about 2 minutes, or until bread is golden brown. Transfer pan to a heatproof mat or wooden board. Take care (use oven mitts) as handle will be hot.
5. Sprinkle with parsley. Serve with salad.

Tips: Any skinless, boneless white fish fillets are suitable for this recipe. Customise your salad to make use of whatever salad vegetables you have on hand. We used oakleaf lettuce, avocado and green capsicum.


**BONUS
TIP!**

We've swapped out the traditional coconut cream, which is high in saturated fat, for light and creamy evaporated milk.

Massaman sweet potato curry

 4 SERVES

 9 MINS

 21 MINS

INGREDIENTS

1 small onion, cut into thin wedges

2 tablespoons massaman paste

375g sweet potato, peeled, cut into 3-4cm chunks

420g can no added salt chickpeas, drained

200g green beans, halved

375ml can light & creamy evaporated milk

1/3 cup unsalted, roasted peanuts, chopped

250g pouch microwaveable steamed brown rice

1 lime, cut into wedges, to serve

METHOD

1. Heat large, deep, non-stick frying pan (with lid) or large, shallow flameproof casserole dish over a medium-high heat. Add onion and paste. Cook, stirring for 1 minute, or until paste is fragrant.
2. Stir in sweet potato and 1 cup water. Bring to the boil. Reduce heat. Cover with lid. Simmer, covered for 12-15 minutes, until sweet potato is just tender.
3. Stir in chickpeas, beans and evaporated milk. Simmer, covered a further 5 minutes, or until beans are just tender.
4. Meanwhile, prepare rice in microwave as directed on packaging.
5. Sprinkle curry with peanuts. Serve with rice and lime wedges.

Tips: Available from the long life milk aisle in supermarkets, evaporated milk is made by heating milk to evaporate some of its water content. It keeps for several months on the pantry shelf. Use it as a lower fat substitute for cream in curries and pasta dishes. Microwave rice can be replaced with 1½ cups of cooked brown rice. Check labels on Massaman paste and choose the brand lowest in sodium.


**BONUS
TIP!**

Red kidney beans are a versatile legume which add protein and boost the amount of vegetables in the dish, bringing the total to 4 ½ serves per person.

Mexican beef & bean pies

 6 SERVES
 15 MINS
 50 MINS

INGREDIENTS

1 tablespoon olive oil
 1 large onion, chopped
 1 clove garlic, crushed
 500g lean beef mince
 140g tub (½ cup) no added salt tomato paste
 2 teaspoons Mexican chilli powder (see Tips)
 500g diced butternut pumpkin
 400g can no added salt red kidney beans, drained
 300g jar mild salsa
 6 sheets filo pastry
 Olive oil spray
 ⅓ cup freshly grated Parmesan cheese

Topping

1 large tomato, cut into 1cm dice
 1 avocado, cut into 1cm dice
 2 tablespoons chopped fresh coriander
 Fresh lime or lemon juice

METHOD

1. Heat oil in a large, non-stick frying pan over a medium-high heat. Add onion and garlic. Cook, stirring for 2 minutes, until softened slightly.
2. Add mince. Cook over a high heat for 6-8 minutes, stirring to break up mince, until browned. Add tomato paste and chilli powder. Cook, stirring a further minute.
3. Stir in pumpkin and 1½ cups water. Bring to the boil. Reduce heat. Gently boil for 12 minutes, or until pumpkin is just tender, stirring occasionally. Remove from heat.
4. Stir in beans and salsa. Divide mixture evenly between 6 x 375ml capacity oven-proof dishes.
5. Gently scrunch 1 sheet of filo pastry and place over filling in an oven-proof dish. Repeat with remaining pastry sheets to cover all dishes. Spray with cooking oil. Sprinkle with parmesan. Bake in 180C oven (fan-forced) for 20-25 minutes, until golden brown.
6. Meanwhile, to make topping, toss tomato, avocado, coriander and lime juice in a bowl.
7. Spoon topping over hot pies to serve.

Tips: Mexican chilli powder is a blend of paprika, cumin, chilli and garlic. It is milder than regular chilli powder.

**BONUS
TIP!**

Eggs are an easy and nutritious ingredient to help you meet your suggested daily protein intake.

Sweet potato & spinach frittata

 4 SERVES

 15-20 MINS

 17 MINS

INGREDIENTS

600g sweet potato, peeled, cut into 2cm pieces

1 tablespoon olive oil

1 large red onion, halved, thinly sliced

100g baby spinach

1 cup (125g) grated reduced fat tasty cheese

8 large eggs

2 tablespoon finely chopped flat leaf parsley

Cracked black pepper, to season

METHOD

1. Rinse sweet potato and place in a shallow microwave-safe dish no more than two layers deep. Cover and microwave on High/100% for 4-6 minutes or until almost tender. Drain and set aside.
2. Heat the oil in a 26cm round (5cm deep) ovenproof, non-stick frying pan over a medium heat. Add onion and cook, stirring for 5-8 minutes, or until soft.
3. Add the sweet potato to the hot pan, cook for 5 minutes, stirring occasionally until potatoes are light golden. Spread the mixture evenly over the base of the pan. Top with half the spinach. Sprinkle with cheese. Reduce heat to medium-low.
4. Whisk the eggs in a large bowl until well combined. Add parsley and season with pepper. Pour the egg mixture over potato and spinach, gently shake pan to allow the egg to run between the potato pieces. Cook for 8-10 minutes until edges are firm but the top still a little soft. Remove from the heat.
5. Preheat a grill on medium. Place the frittata (still in the frying pan) under the grill and cook for 5 to 7 minutes, or until top is firm and light golden. Loosen the edges and slide onto a serving plate or board. Cut into wedges. Serve with the remaining spinach.

OUR HEART HEALTHY EATING PATTERNS



1

We hope you have enjoyed our new collection of heart healthy recipes. Heart Healthy Eating Patterns are based on a combination of foods, chosen regularly, over time.

This optimal combination is outlined in our Heart Healthy Eating Patterns which encourage people to eat:

1 Plenty of fruit, vegetables and wholegrain cereals.



2

2 Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to 1-3 times a week.

3 Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties.

4 Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking.



3

5 Herbs and spices to flavour foods, instead of adding salt.



4

HOW TO USE THE HEART HEALTHY EATING PATTERN

- Aim for 5 servings of vegetables a day. To help meet this goal fill half the main meal plate with vegetables, use as snacks, add to salads, soups and casseroles.
- Incorporate fresh fruit and unflavoured yoghurt into breakfast, snacks or dessert.
- Go for wholegrains. Replace white bread, and rice with seeded breads, brown rice and high fibre breakfast cereals.
- Include fish and seafood two to three times per week.
- Eat more legumes like lentils, chickpeas and beans. Use dried and cooked or canned varieties either alone or added to meat dishes to reduce the amount of meat.
- Try introducing at least one meat-free day a week and limit red meat to 1-3 times per week.
- Trim fat off meat, remove skin from chicken and avoid processed meat (like sausages, ham and salami).
- Cook with oils like olive, canola, avocado, peanut and sunflower oil.
- Add a sprinkle of unsalted nuts and seeds to your breakfast, salads and stir-fry's or enjoy a small handful as a snack.
- Flavour foods with herbs and spices, instead of salt.



5

For heart health information, please contact us on **13 11 12** or our website **heartfoundation.org.au**