



# HEART HEALTHY

Dinner Plan

WEEK 3



## **You're halfway. Celebrate with these delicious dinners.**

### **Congratulations chef! You're halfway through.**

We hope you've enjoyed plenty of delicious dishes so far. Remember, with every flavour-packed meal, you're doing wonders for your heart, too. This week, you'll be enjoying the tastes of Italy, Malaysia, Greece, Mexico, Asia and more, do jump to it! You'll discover recipes for comforting bakes, fresh stir-frys, one-pan roasts and bowl foods. Doesn't that sound yum? Plus, along the way, you're learning new skills in the kitchen and discovering more about heart healthy eating. Look over this week's recipes to discover any ingredients you need to add to your shopping list. Do you have a favourite recipe you're looking forward to this week? You can always share your journey with us on Facebook or Instagram: go on, make us envious of your heart healthy cooking skills.



# WEEK THREE

## Dinner Meal Plan

7 Days of easy delicious Heart Healthy dinners



### MONDAY

#### Soba noodle and tofu stir fry

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



### TUESDAY

#### Fish tacos with tomato and Jalapeno salsa

Serves: 4 | Prep time: 20 min | Cooking time: 10 min



### WEDNESDAY

#### Cajun beef bowl

Serves: 4 | Prep time: 20 min | Cooking time: 10 min



### THURSDAY

#### Tuna mornay bake

Serves: 4 | Prep time: 15 min | Cooking time: 40 min



### FRIDAY

#### One pan Italian chicken roast

Serves: 4 | Prep time: 20 min | Cooking time: 35 min



### SATURDAY

#### Mexican pumpkin and bean sloppy joes

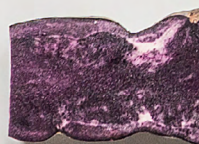
Serves: 4 | Prep time: 20 min | Cooking time: 20 min



### SUNDAY

#### Satay chicken noodle salad

Serves: 4 | Prep time: 25 min | Cooking time: 5 min



# Week 3 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

- 700g broccoli
- 200g swiss brown mushrooms
- 2 red or yellow capsicum
- 1 small baby cos lettuce (12 leaves)
- 3 medium tomatoes
- 3 red onions
- 2 corn cobs
- 3 cups finely shredded red cabbage
- 2 carrots
- 4 green shallot
- 2 celery stalks
- 1 onion (brown/white)
- 120g mixed baby salad leaves
- 500g washed potatoes
- 2 large zucchini
- 250g punnet cherry tomatoes
- 600g butternut pumpkin
- 150g snow peas
- ½ bunch baby bok choy
- 4 red radishes

### Canned

- 400g can no added salt diced tomatoes

### Frozen

- 1 cup frozen baby peas
- 1 cup frozen peas and corn

### Bottled/Dried

- ¼ cup no added salt tomato paste

## FRUIT

### Fresh

- 4 Limes
- 2 lemons

## CEREALS (Preferably wholegrain)

- 270g packet soba noodles
- 312g packet (12) corn tortillas
- 250g sachet microwavable steamed brown rice and quinoa blend
- 100g small wholemeal pasta shapes (penne or twists)
- ¼ cup plain flour
- 1 slice wholegrain bread
- ⅔ cup wholemeal couscous
- 2 x 120g wholegrain Turkish rolls
- 200g dried Thai style rice noodles

## HEALTHY PROTEINS

### Fresh

- 300g firm tofu
- 500g skinless, boneless white fish fillets
- 800g skinless, boneless chicken thigh fillets

- 375g shredded, skinless cooked chicken breast

- 400g lean rump steak

### Canned

- 425g can tuna in springwater
- 425g can no added salt black beans

## DAIRY

### Fridge

- ⅓ cup reduced fat plain Greek yoghurt
- 75g feta cheese
- ¾ cup buttermilk
- 750 ml reduced fat milk
- ½ cup freshly grated Parmesan cheese

### Healthy fats

- 6 tbsp olive oil
- 2 tsp sesame oil
- 5 tbsp sunflower oil
- 1 tbsp sesame seeds
- 1 tbsp pepitas
- 2 tbsp pecans
- ¼ cup pine nuts
- ⅓ cup roasted unsalted peanuts
- ⅓ cup pitted Sicilian (or Kalamata) olives
- 4 avocados
- 2 tbsp no added salt, no added sugar, crunchy peanut butter

## HERBS AND SPICES

### Fresh

- 5 cloves garlic
- 2 bunches coriander

### Dried

- 3 ½ tsp Mexican chilli powder
- 1 tsp ground cumin
- 1 tsp ground paprika
- 2 tsp Cajun spice mix
- 1 tsp onion powder
- 1 tsp mustard powder
- 2 tsp dried Italian herbs

## OTHER

- 3 ½ tbsp salt reduced soy sauce
- 1 tbsp brown sugar
- 2 tbsp pickles sliced jalapenos
- 4 tsp Dijon mustard
- 1 tbsp Thai chilli jam


**BONUS  
TIP!**

Go meat-free with firm tofu, a healthy protein made from soy milk. Tofu is also suitable for people following a vegetarian or vegan diet.

# Soba noodle and tofu stir fry

 4 SERVES

 12 MINS

 15 MINS

## INGREDIENTS

1½ tablespoons salt reduced soy sauce

1 tablespoon brown sugar

2 teaspoons sesame oil

270g packet soba noodles

1½ tablespoons sunflower oil

300g firm tofu, cut into 1cm cubes, drained on paper towel

400g broccoli, cut into small florets

200g Swiss brown mushrooms, thinly sliced

1 red capsicum, chopped

1 cup frozen baby peas, thawed

2 cloves garlic, crushed

1 tablespoon sesame seeds, toasted

## METHOD

1. Combine soy sauce, sugar and sesame oil in a small bowl.
2. Cook noodles in a large saucepan of boiling water for 3 minutes. Drain. Rinse under cold water. Drain again.
3. Heat half the sunflower oil in a large non-stick wok or frying pan over a medium to high heat. Add tofu. Stir-fry 3 minutes, or until lightly golden. Remove and set aside.
4. Heat remaining sunflower oil in same wok. Add broccoli and mushrooms. Stir-fry 2-3 minutes, or until mushrooms are just tender. Add capsicum, peas and garlic. Stir-fry a further 1 minute.
5. Add noodles, tofu and soy sauce mixture. Toss over medium-high heat until well combined and hot. Sprinkle with sesame seeds.

**Shortcut:** For a time saver, replace broccoli, mushrooms, capsicum and peas with 2 x 400g packets fresh stir-fry vegetables or an 850g packet frozen stir-fry vegetables.

**Tips:** Soba noodles (made from buckwheat) are available from the Asian food section in supermarkets. Replace with dried udon or rice noodles, if preferred.


**BONUS TIP!**

Go a little Greek with added yoghurt. Use for the base of a creamy dressing to replace traditional sour cream. Plus, yoghurt will take the edge off the jalapeno salsa!

# Fish tacos with tomato & Jalapeno salsa

 4 SERVES

 10 MINS

 20 MINS

## INGREDIENTS

1/3 cup reduced fat Greek yoghurt  
 500g skinless, boneless white fish fillets  
 1 tablespoon olive oil  
 2 teaspoon Mexican chilli powder  
 1 teaspoon ground paprika  
 1 teaspoon ground cumin  
 312g packet (12) white corn tortillas  
 12 small baby cos lettuce leaves  
 1 avocado, sliced  
 75g feta cheese, crumbled  
 Lime wedges, to serve

### Tomato and jalapeno salsa

1 bunch fresh coriander  
 3 medium tomatoes, cut into 1cm pieces  
 1/2 small red onion, finely chopped  
 2 tablespoons pickled sliced jalapenos, drained, finely chopped  
 2 teaspoons lime juice

## METHOD

1. To make salsa, set aside half the coriander bunch for serving. Finely chop the remaining coriander (leaves and stems) and place into a medium bowl. Add tomatoes, onion, jalapeno and lime juice. Mix to combine.
2. Place yoghurt in a small bowl. Stir in about 1 tablespoon water to give a pouring consistency. Refrigerate salsa and yoghurt while preparing tortillas and fish.
3. Place fish fillets in a large shallow dish. Add combined oil, chilli powder, paprika and cumin. Rub spice mixture over fish to coat evenly.
4. Heat a large, lightly greased, non-stick frying pan over a medium-high heat. Lightly toast tortillas in hot pan for 20-30 seconds on each side, until warm and lightly browned. Remove. Wrap in foil to keep warm.
5. Cook fish fillets in same non-stick frying pan over a medium-high heat for about 3 minutes on each side, or until fish is cooked and lightly charred. Transfer to a plate. Using 2 forks, break into large flakes.
6. To serve, top warm tortillas with lettuce, fish, salsa and avocado. Sprinkle with feta and drizzle with yoghurt. Garnish with reserved coriander sprigs. Fold in half. Serve with lime wedges.


**BONUS  
TIP!**

Swap mayonnaise dressing for buttermilk. Blend buttermilk with coriander, shallots, mustard and lime juice.

# Cajun beef bowl

 4 SERVES

 20 MINS

 10 MINS

## INGREDIENTS

400g lean rump steak, trimmed of all fat

2 teaspoons Cajun spice mix

2 teaspoons olive oil

250g sachet microwaveable steamed brown rice and quinoa blend

2 corn cobs, husk and silk removed

300g broccoli, cut into small florets

3 cups finely shredded red cabbage

1 carrot, grated

2 small avocados, halved and peeled

2 tablespoon pecans, chopped

Lime wedges, to serve

### Buttermilk dressing

¾ cup buttermilk

¼ cup finely chopped fresh coriander

1 green shallot, finely chopped

2 teaspoon Dijon mustard

2 teaspoons lime juice

## METHOD

1. Place steak on a large plate. Rub both sides with combined spice mix and oil. Heat a large non-stick frying pan over a medium-high heat. Add steak and cook for about 4 minutes on each side, or until cooked to your liking. Transfer to a clean plate. Rest 15 minutes.
2. Meanwhile, heat rice and quinoa blend in microwave as directed on packet. Transfer to a bowl. Cool.
3. Rinse corn cobs under cold water. Cut kernels from cob.
4. Place broccoli in a heatproof bowl. Cover with boiling water. Stand 2 minutes. Drain and refresh under cold water. Drain again.
5. To make dressing, whisk all ingredients in a medium jug with a fork to combine.
6. To serve, slice steak thinly. Arrange rice and quinoa, steak, corn, broccoli, cabbage and carrot in separate sections between 4 shallow serving bowls. Top each serving with an avocado half. Drizzle with dressing and sprinkle with pecans.

**Tips:** Brown rice and quinoa blend can be replaced with 1½ cups of any cooked wholegrain eg. quinoa, barley or freekeh. We used 2 x small avocados weighing about 140g each. If preferred, replace with 1 large avocado, cut into quarters and allow 1 quarter per serve.


**BONUS TIP!**

Splash out on tinned tuna, which is a great source of heart healthy omega-3s. Choose tuna tinned in oil or springwater.

# Tuna mornay bake

 4 SERVES

 15 MINS

 40 MINS

## INGREDIENTS

100g small wholemeal pasta (penne or twists)

2 tablespoons sunflower oil

2 stalks celery, thinly sliced

1 onion, finely chopped

¼ cup plain flour

3 cups (750ml) reduced fat milk

1 teaspoon onion powder

1 teaspoon mustard powder

1 cup frozen peas and corn

425g can tuna in springwater, drained & flaked

¼ cup freshly grated parmesan

120g mixed baby salad leaves, to serve

## Topping

1 slice wholegrain bread, torn into small pieces

1 tablespoon pepitas

¼ cup freshly grated parmesan

2 teaspoons sunflower oil

## METHOD

1. To make topping, toss bread, pepitas, parmesan and oil in a bowl. Set aside.
2. Cook pasta in a medium saucepan of boiling water as directed on packet, until al dente (just tender). Drain.
3. Heat oil in a large saucepan over a medium-high heat. Add celery and onion. Cook, stirring for 3-4 minutes, until softened slightly. Add flour. Cook, stirring a further 1 minute.
4. Reduce heat to low. Gradually stir in milk. Add onion powder and mustard. Season with pepper. Stir constantly over a medium heat until mixture boils and thickens. Remove from heat.
5. Gently stir in peas and corn, tuna and parmesan. Spoon into lightly greased ovenproof dish (6 cup capacity). Sprinkle with topping. Bake in 180C oven (fan-forced) for 30 minutes or until topping is crisp and browned.

**Tips:** Don't throw out stale wholegrain bread. It's perfect for making crunchy toppings or can be processed into breadcrumbs and frozen for later use. Use wholegrain breadcrumbs for binding meatballs, rissoles and vegetable patties.

**Make ahead:** Recipe can be prepared completely 1 day ahead. Keep, covered in the fridge. To cook, remove covering and bake as directed in recipe, allowing an extra 5-10 minutes cooking time to ensure it heats through to centre.




**BONUS TIP!**

Add authentic Mediterranean flavours thanks to olives (they're also a source of healthy fats!). Just use in small amounts to skip on too much salt.

# One pan Italian chicken roast

 4 SERVES

 20 MINS

 35 MINS

## INGREDIENTS

500g washed potatoes, cut into 1½ cm slices

800g skinless, boneless chicken thigh fillets, trimmed of any fat (trimmed weight approx. 700g)

2 tablespoons olive oil

2 teaspoons dried Italian herbs

2 cloves garlic, crushed

2 teaspoons Dijon mustard

2 teaspoons lemon juice

1 red onion, cut into wedges

1 large red or yellow capsicum, cut into thick strips

2 large zucchini, cut into 2cm thick slices

250g punnet cherry tomatoes

⅓ cup (50g) pitted Sicilian olives

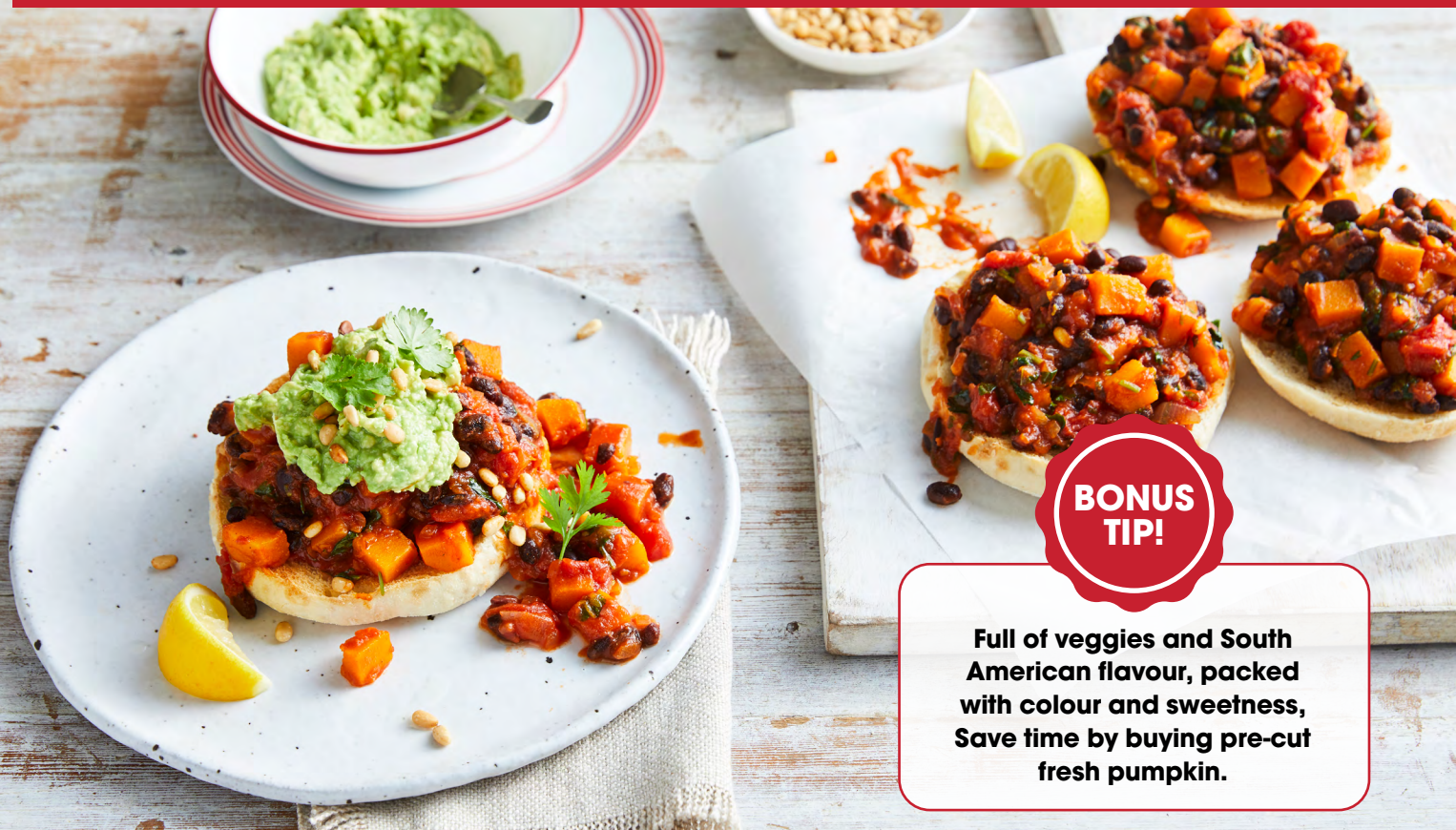
⅔ cup wholemeal couscous

Lemon wedges, to serve

## METHOD

1. Place potatoes in a microwave safe bowl. Cover and microwave on high for 5 minutes. Stand, covered 5 minutes. Drain.
2. Meanwhile, make shallow cuts across chicken fillets, about 1½ cm apart. Combine oil, herbs, garlic, mustard and lemon juice in a large bowl. Add chicken and mix with clean hands to coat well.
3. Heat a large, lightly greased, flameproof roasting pan over a medium-high heat. Add chicken. Cook for about 2 minutes on each side, until lightly browned. Turn off heat. Transfer chicken to a plate. Add potatoes, onion, capsicum and zucchini to roasting pan. Toss gently. Arrange chicken over vegetables in pan.
4. Bake in a 220C oven (fan-forced) for 20 minutes. Remove. Add tomatoes and olives to pan. Bake for a further 10 minutes until chicken is cooked and vegetables are lightly browned and tender.
5. Meanwhile, place couscous in a heatproof bowl. Add ⅔ cup boiling water. Cover and stand 3 minutes, or until water is absorbed. Uncover. Fluff with a fork.
6. Serve roast with couscous and lemon wedges.

**Tips:** Pitted Kalamata olives can be used in place of Sicilian olives. Serve with wholemeal pasta instead of couscous, if preferred.


**BONUS  
TIP!**

Full of veggies and South American flavour, packed with colour and sweetness, Save time by buying pre-cut fresh pumpkin.

# Spicy pumpkin & bean sloppy joes

 4 SERVES

 20 MINS

 20 MINS

## INGREDIENTS

3 teaspoons olive oil

1 red onion, finely chopped

1 clove garlic, crushed

600g butternut pumpkin, peeled, cut into 1cm pieces

1 ½ teaspoons Mexican chilli powder

¼ cup no-added salt tomato paste

400g can no added salt diced tomatoes

425g can no added salt black beans, drained

½ cup coarsely chopped coriander leaves

2 x 120g Turkish rolls, halved and toasted

¼ cup pine nuts, toasted

1 medium ripe avocado, chopped

2 teaspoons lemon juice

## METHOD

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic to pan. Cook, stirring for 2 minutes, or until lightly golden. Add pumpkin, chilli powder and tomato paste. Cook, stirring a further 2 minutes.
2. Stir in tomatoes, beans and 1 cup water. Bring to the boil. Cover with lid. Reduce heat. Gently boil for about 15 minutes or until pumpkin is tender and mixture is thick, stirring occasionally. Remove from heat. Stir in coriander.
3. Meanwhile, mash avocado with lemon juice in a small bowl.
4. Spoon pumpkin mixture over toasted roll halves. Top with avocado and sprinkle with pine nuts. Serve with lemon wedges, if desired.

**Tips:** Swap black beans with 425g can no added salt red kidney beans, if preferred. Replace Turkish rolls with wholemeal rolls for added wholegrains. For a milder topping, replace chilli powder with ground paprika. To toast pine nuts, stir in a dry frying pan over a medium heat until golden.

Any leftover topping will keep covered in the fridge for up to 3 days. Reheat in microwave oven, or in a saucepan over a low heat, adding a little water to thin consistency, if required.


**BONUS  
TIP!**

Rice noodles twist through this family favourite classic that's packed with healthy protein and vegetables. Swap for wholegrain noodles to boost your daily intake.

# Satay chicken noodle salad

 4 SERVES

 25 MINS

 5 MINS

## INGREDIENTS

200g dried Thai style rice noodles

2 ½ cups (375g) shredded, skinless cooked chicken breast

3 green shallots, thinly sliced

1 large carrot, peeled and grated

150g snow peas, trimmed and thinly sliced

½ bunch (150g) baby bok choy, finely shredded

4 red radishes, thinly sliced

1 cup fresh coriander leaves

⅓ cup roasted, unsalted peanuts, finely chopped

## Dressing

2 tablespoon reduced salt soy sauce

2 tablespoons lime juice

2 tablespoons no added salt, no added sugar, crunchy peanut butter

1 tablespoon Thai chilli jam

## METHOD

1. Prepare noodles as directed on packet. Drain. Rinse under cold water. Drain again.
2. Transfer noodles to a large bowl. Add chicken, shallots, carrot, snow peas, bok choy, radishes and coriander. Toss well.
3. To make dressing, combine all ingredients in a jug. Whisk with a fork until well combined.
4. To serve, pour dressing over salad. Toss again to coat. Sprinkle with peanuts. Serve with extra lime wedges, if desired.

**Tips:** This recipe is a great way to use up leftover cooked chicken breast or skinless roast chicken. Any leftover salad will keep covered in the fridge for 1 day. Transfer to a container and pack with an ice pack for a tasty, portable lunch.

# OUR HEART HEALTHY EATING PATTERNS



1

**We hope you have enjoyed our new collection of heart healthy recipes. Heart Health 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.



3

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



4

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



5

## 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.

For heart health information, please contact us on **13 11 12** or our website **[heartfoundation.org.au](http://heartfoundation.org.au)**