



**Heart-healthy,  
family friendly dinners**  
*on a budget*





# TIPS TO ENJOY A HEART-HEALTHY EATING PATTERN



**We hope you enjoy our new collection of heart-healthy budget 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** 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.
- 5** Herbs and spices to flavour foods, instead of adding salt.

## 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 and support, visit [heartfoundation.org.au](http://heartfoundation.org.au)





# KEEP YOUR PANTRY HEALTHY ON A BUDGET



## Action plan

Plan your meals for the week. Make a grocery list and stick to it. Check what you already have in your fridge and pantry and only buy what you know you will use to avoid wasting food. Include using leftovers in your plan.

## Cheaper cuts

Look for less expensive cuts of meat to use in stews, soups and casseroles. Cut off visible fat before cooking. Use legumes like lentils to stretch out meat-based dishes.

## Healthy hydration

Skip the aisle of sugary soft drinks and energy drinks and make tap water the drink of choice. It's healthy, hydrating and free.

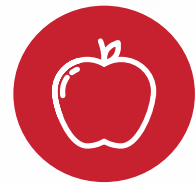


## Go for wholegrains

Brown rice, wholegrain pasta and rolled oats are budget-friendly staples for healthy cooking. Swap white bread for a wholegrain loaf and freeze to extend shelf life.

## Eat the rainbow

One of the best ways to stay healthy is to fill up on plenty of fruit and vegetables. The more colourful the mix the better. Frozen or canned vegetables and fruits are good alternatives when fresh produce is hard to buy or too expensive, and they keep for longer. Look for 'no added salt' or 'low salt' canned varieties. Choose fruits canned in juice, not syrup.



## Snack smart

Go for a handful of unsalted nuts or a small plate of cut up fruit to curb afternoon cravings. You could also buy popping corn and make homemade popcorn. Enjoy plain (no added salt or butter) or flavour with other herbs and spices.

## Mix it up

Buy more plant-based sources of protein. Tinned or dried beans, lentils and chickpeas are cheaper and are healthy options for your pantry, or try tofu to keep in the fridge. Eggs or canned fish (such as tuna or salmon) are also cheaper and easy to prepare.



# EASY CHICKEN NASI GORENG

 4 SERVES

 10 MINS

 15 MINS

## INGREDIENTS

450g packet microwave brown rice

1½ tablespoons reduced salt soy sauce

1 tablespoon no added salt tomato paste

1 tablespoon Thai chilli jam

1 tablespoon sunflower oil

400g chicken breast mince

2 cloves garlic, crushed

2 teaspoons finely grated fresh ginger

400g fresh vegetable stir-fry mix

1 bunch bok choy, coarsely shredded

4 eggs

2 green shallots, thinly sliced

1 red chilli, thinly sliced

## METHOD

Heat rice in microwave oven following packet directions. Transfer to a large bowl. Set aside.

Combine reduced salt soy sauce, tomato paste and chilli jam in a small bowl.

Heat half the oil in a large non-stick wok over high heat. Add chicken, garlic and ginger. Stir-fry for about 4 minutes, breaking up mince, until it is no longer pink. Add vegetable mix and ¼ cup water, stir-fry for a further 2 minutes or until vegetables are just tender.

Add bok choy and sauce mixture. Stir-fry to combine. Remove from heat. Cover to keep warm.

Heat remaining oil in a large non-stick frying pan over medium heat. Crack eggs, one at a time, into pan. Cook for about 3 minutes, or cooked to your liking.

Serve eggs over rice. Sprinkle with shallots and chilli.

**TIPS:** Packaged fresh vegetable stir-fry mixes are available from the fresh food section in major supermarkets. If preferred, use a frozen stir-fry mix or 400g mixed chopped fresh vegetables of your choice e.g. cabbage, carrot and capsicum.

For a fresh side, serve with sliced fresh cucumber and tomato wedges.

Check labels on Thai chilli jam and choose the brand lowest in sodium.

Microwave rice can be replaced with 3 cups cooked brown rice.



*Leftovers  
make a tasty  
lunch*



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# MEXICAN VEGETARIAN PIZZA

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 **4 SERVES (1 PIZZA PER SERVE)**

 **15 MINS**

 **10 MINS**

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## INGREDIENTS

4 x 60g wholemeal Lebanese breads

½ cup tomato salsa

420g can no-added salt pinto beans, rinsed, drained

1 large red capsicum, chopped

1 cup grated pizza cheese

½ teaspoon Mexican chilli powder

1 avocado, mashed

2 green shallots, finely chopped

1 tablespoon lime juice

⅓ cup finely chopped fresh coriander, plus extra leaves to serve

125g cherry tomatoes, quartered

## METHOD

Place breads on baking trays and spread with tomato salsa. Top evenly with beans, capsicum and cheese. Sprinkle with chilli powder.

Bake in a preheated 220°C oven (fan-forced) for 10-12 minutes, until bread is crisp and topping is lightly browned.

Meanwhile, mash avocado in a small bowl. Stir in shallots, lime juice and chopped coriander.

To serve, dollop avocado over pizzas. Sprinkle with tomato and extra coriander leaves.

**TIPS:** Check labels on Lebanese bread and choose the brand lowest in sodium.

Replace pinto beans with a 420g can no added salt red kidney beans or black beans, if preferred.





*Freeze  
unused bread  
to extend  
shelf life*

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# LAMB SOUVLAKI WRAPS

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 **4 SERVES**

 **20 MINS**

 **5 MINS**

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## INGREDIENTS

350g lean lamb steaks, thinly sliced

2 teaspoons olive oil

2 teaspoons ground paprika

2 teaspoons dried oregano leaves

1 clove garlic, crushed

½ cup hummus

4 x 75g large wholemeal Lebanese breads, warmed

100g baby spinach leaves

4 roma tomatoes, sliced

1 red onion, thinly sliced

⅓ cup reduced fat plain Greek yoghurt

Lemon wedges, to serve

## METHOD

Place lamb in a bowl. Add oil, paprika, oregano and garlic. Season with freshly ground pepper. Toss to coat.

Heat a non-stick grill pan over a high heat. Add half the lamb strips in a single layer. Cook for 1-2 minutes on each side, until lightly charred and cooked to your liking. Transfer to a plate and cover with foil to keep warm. Repeat with remaining lamb.

Spread hummus over breads rounds. Top evenly with spinach, onion, tomato and lamb. Spoon over yoghurt. Add a squeeze of lemon juice and roll up to enclose filling. Cut in half to serve.

**TIPS:** For a change, replace lamb with chicken breast stir-fry strips.

Check labels on hummus and choose the brand lowest in sodium.





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# LOADED VEGGIE SHEPHERDS PIE

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 **4 SERVES**

 **15 MINS**

 **1 HOUR**

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## INGREDIENTS

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1 tablespoon olive oil

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1 onion, chopped

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$\frac{3}{4}$  cup dried red lentils

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500ml (2 cups) passata

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1 reduced salt vegetable stock cube, crumbled

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2 teaspoons dried Italian herbs

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500g frozen mixed vegetables

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## TOPPING

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500g orange sweet potatoes, peeled, chopped

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2 large (400g) potatoes, peeled, chopped

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$\frac{1}{2}$  cup milk

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$\frac{1}{2}$  cup grated reduced fat tasty cheese

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## METHOD

Heat oil in a large, non-stick frying pan. Add onion. Cook, stirring, for about 3 minutes until softened.

Stir in lentils, passata, stock cube, herbs and 500ml hot water. Bring to the boil. Reduce heat, simmer for 15-20 minutes, until lentils are tender, stirring occasionally. Stir in frozen vegetables. Simmer for a further 5 minutes. Transfer to an oven proof dish (8-cup capacity).

Meanwhile to make topping, cook sweet potato and potato in a large saucepan of boiling water for 20 minutes or until tender. Drain and return vegetables to pan. Add milk, season with pepper and mash over low heat until smooth.

Spoon mash over lentil mixture in dish and rough up surface with a fork or the back of a spoon. Sprinkle with cheese. Bake in preheated 200C oven (fan-forced) for 20-25 minutes, or until topping is lightly browned.

**TIPS:** We used a carrot, cauliflower, beans and broccoli frozen vegetable mix but any frozen vegetable mix can be used.

Replace sweet potato with 500g pumpkin, if preferred.





# VEGI-FUL TUNA PASTA BAKE

 **6 SERVES**

 **20 MINS**

 **25 MINS**

## INGREDIENTS

1 tablespoon olive oil

1 onion, finely chopped

1 clove garlic, crushed

2 carrots (300g), grated

150g cup mushrooms, finely chopped

140g tub no-added salt tomato paste

400g can no-added salt diced tomatoes

1 cup water

1 reduced salt vegetable stock cube

2 teaspoon dried oregano leaves

2 zucchini (280g), grated

½ cup chopped fresh basil leaves

250g wholemeal pasta (penne or twists)

425g can tuna in springwater, drained

120g cherry bocconcini

## METHOD

Heat oil in a large non-stick frying pan over a medium -high. Add onion and garlic. Cook, stirring, for 3-5 minutes until onion is light golden.

Add carrot and mushrooms. Cook, stirring occasionally, for 10 minutes or until vegetables have softened.

Add tomato paste. Stir over heat a further 1 minute. Stir in tomatoes, water, stock cube and oregano. Bring to the boil. Reduce heat. Simmer, uncovered for 8-10 minutes or until mixture has thickened. Remove from heat. Stir in zucchini and basil.

Meanwhile, cook pasta in a large, deep pan of boiling water as directed on packet, until just tender (al dente). Drain. Return to same pan.

Add vegetable sauce and tuna to pasta. Stir to combine. Transfer to a large oven proof dish. Top with bocconcini.

Bake in a hot oven (200C) for 20-25 minutes or until top is light golden. Garnish with extra basil leaves, if desired. Serve with a leafy salad.

**TIPS:** Refrigerate any leftovers in containers. Reheat to serve, or eat chilled as a tasty pasta salad. Great for packed lunches.

Make the sauce ahead on the weekend and freeze - save time on busy weeknights.





### *Tasks for Kids*

- Grate carrot and zucchini (with adult supervision)
- Measure oregano leaves
- Top mixture with bocconcini
- Garnish with basil leaves

# FISH TACOS WITH TOMATO & JALAPENO SALSA

 **4 SERVES** (1 SERVE = 3 TACOS)  **20 MINS**  **10 MINS**

## INGREDIENTS

1/3 cup reduced fat plain 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

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.

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.

Place fish fillets in a large shallow dish. Add combined oil, chilli powder, paprika and cumin. Rub spice mixture over fish to coat evenly.

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.

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.

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.

**TIPS:** Any firm, skinless, boneless fish is suitable for this recipe e.g. ling, dory, snapper.

Pickled jalapenos are available from the Mexican food section in supermarkets. Substitute 2 thinly sliced, small, fresh green chillies, if preferred.





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# HEARTY VEGGIE AND LENTIL SOUP WITH PARMESAN TOAST

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 **4 SERVES**

 **15 MINS**

 **45 MINS**

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## INGREDIENTS

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1 ½ tablespoons olive oil

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1 onion, finely chopped

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2 stalks celery, finely diced

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2 carrots, finely diced

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2 cloves garlic, crushed

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3 teaspoons curry powder

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1 cup (200g) dried lentil soup mix, rinsed

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400g bottle passata (tomato puree)

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1 reduced salt vegetable stock cube, crumbed

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2 zucchini, finely diced

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½ cup coarsely chopped fresh parsley

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## PARMESAN ROLLS

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2 wholegrain and mixed seed rolls, halved

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1 tablespoon olive oil

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¼ cup freshly grated parmesan

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## METHOD

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.

Add curry powder and lentils. Stir over heat a further minute.

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.

Stir in zucchini and parsley. Simmer a further 5 minutes until vegetables and lentils are tender.

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.

**TIPS:** Leftover soup can be kept in covered in the fridge for up to 5 days.

Try adding a little water to thin consistency when reheating.





# VEGETARIAN LASAGNE

 **6 SERVES**

 **20 MINS**

 **1 HOUR**

## INGREDIENTS

1 tablespoon olive oil

1 large onion, finely chopped

2 cloves garlic, crushed

500g diced butternut pumpkin

350g zucchini

90g semi-dried tomatoes, drained, chopped

2 x 420g cans no added salt brown lentils, drained

2 cups passata

¼ cup sundried tomato pesto

1 teaspoon dried Italian herbs

½ cup chopped fresh basil, plus ½ cup extra to serve

200g (8) oven-ready wholemeal lasagne sheets

500g tub cottage cheese

2 eggs

½ cup grated parmesan cheese

60g baby rocket leaves, to serve

## METHOD

1. Heat olive oil in a large, deep non-stick frying pan over a medium-high heat. Add onion, garlic and 1 tablespoon water. Cook, stirring for 2 minutes, until softened. Add pumpkin, zucchini and semi-dried tomatoes. Cook, stirring for a further 5 minutes, or until lightly browned.
2. Stir in lentils, passata, pesto, Italian herbs and 1 cup water. Bring to the boil. Gently boil for 5 minutes, or until vegetables are just tender and mixture is thick. Remove from heat, cool slightly. Stir in basil.
3. Spread ½ cup of the vegetable mixture over the base of a large rectangular oven proof dish (about 20cm x 30cm x 7cm deep). Top with 2 lasagne sheets and spread with one-quarter of the remaining vegetable mixture. Repeat layers three more times finishing with a layer of vegetable mixture.
4. Whisk cottage cheese and eggs in a bowl. Season with pepper. Spoon over lasagne. Sprinkle with parmesan. Cover with lightly oiled foil.
5. Bake in preheated 180C oven (fan-forced) for 30 minutes. Uncover and bake for a further 20 minutes or until top is lightly browned and lasagne sheets are tender when tested with the tip of a sharp knife. Stand 10 minutes before cutting. Serve with rocket and extra basil leaves.

**TIPS:** Replace zucchini with eggplant, if preferred.

Check labels on passata and choose the brand lowest in sodium.

To save time, use pre-diced butternut pumpkin available from the fresh food section of major supermarkets.





*Great dish to  
make ahead*



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# CHICKEN AND PUMPKIN GNOCCHI

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 4 SERVES

 5 MINS

 12 MINS

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## 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

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.

Add gnocchi to same oiled pan. Cook, stirring for about 2 minutes, or until lightly browned.

Stir in pesto dip, evaporated milk and  $\frac{1}{2}$  cup water. Bring to the boil. Gently boil, uncovered, for 5 minutes, stirring occasionally.

Stir in peas. Gently boil a further 2 minutes.

Return chicken to pan, stirring to coat in sauce. Reduce heat. Simmer 1-2 minutes, until chicken is hot and sauce has thickened.

Serve seasoned with freshly ground pepper. Garnish with fresh basil leaves, if desired.

**TIPS:** Check labels and select gnocchi with lowest sodium. Swap with potato gnocchi, if preferred.

For a change, replace peas with 2 cups of your favourite frozen vegetable mix or 500g chopped broccoli.





*Add  
your favourite  
vegetables or serve  
with a leafy  
salad*

# TEX MEX CHICKEN BURGERS

 4 SERVES

 15 MINS

 10 MINS

## INGREDIENTS

2 x 250g chicken breast fillets

1 tablespoon Heart Foundation Mexican spice blend

2 tablespoons olive oil

½ cup drained, canned no added salt black beans

1 large roma tomato, cut into 1cm pieces

½ small red onion, thinly sliced

½ cup chopped fresh coriander

2 tablespoons tomato salsa

4 wholegrain bread rolls

1 avocado, halved, sliced

4 butter lettuce leaves

## HEART FOUNDATION MEXICAN SPICE BLEND

1 tablespoon ground paprika

1 tablespoon ground cumin

3 teaspoons dried oregano leaves

2 teaspoons ground coriander

2 teaspoons garlic powder

1 ½ teaspoons mexican chilli powder

## METHOD

Cut chicken fillets in half through the side to make 4 thin steaks in total. Mix all ingredients for the Heart Foundation Mexican spice blend together in a small bowl until well combined. Combine spice blend and oil in a large shallow dish. Add chicken steaks and turn to coat evenly with spice mixture.

Heat a large non-stick frying pan over a medium-high heat. Add chicken. Cook for about 3 minutes on each side or until evenly browned and cooked through.

Meanwhile, combine beans, tomato, onion, coriander and salsa in a small bowl.

Split rolls in half and toast lightly.

To serve, place lettuce over base of rolls, then top with chicken, bean mix, avocado and roll tops.

**TIPS:** For a shortcut, replace chicken breast fillets with 4 un-crumbed chicken breast schnitzel steaks, available from supermarkets and specialty chicken shops.

Use medium wholegrain wraps instead of wholemeal rolls, if preferred. Check labels and choose the brand lowest in sodium.





# SPINACH & RICOTTA RICE FLAN

 **4 SERVES**

 **15 MINS**

 **50 MINS**

## INGREDIENTS

250g packet microwave brown rice

5 eggs

¾ cup grated tasty cheese

2 teaspoons olive oil

1 large onion, finely chopped

2 cloves garlic, crushed

250g frozen spinach, thawed, drained

420g can no added salt lentils, drained

300g fresh ricotta cheese

100g mixed baby salad leaves, to serve

100g medley cherry tomatoes, halved,  
to serve

## METHOD

Lightly spray a 23cm (top measurement) round oven proof pie dish with oil.

Heat rice in microwave following packet directions. Transfer to a large bowl. Cool 10 minutes. Lightly beat 1 egg and stir into rice with half the grated cheese until well combined. Press mixture evenly over base and sides of prepared pie dish. Bake in a preheated 180°C oven (fan-forced) for 15 minutes or until firm.

Meanwhile, heat oil in a large non-stick frying pan over medium-high heat. Add onion and garlic. Cook, stirring, for 2-3 minutes, until lightly golden. Add spinach and lentils. Cook, stirring, for 3-4 minutes, until excess liquid has evaporated. Cool 10 minutes.

Whisk ricotta and remaining eggs in a large bowl until combined. Stir in spinach mixture and remaining grated cheese. Season with freshly ground pepper. Spoon mixture into rice crust. Smooth over top.

Bake in same oven for about 35 minutes or until filling is set. Meanwhile toss salad leaves and tomatoes in a bowl. Serve flan with salad.

**TIPS:** Microwave rice can be replaced with 1½ cups cooked brown rice.

Lower the cost further by substituting microwave rice with cooked brown rice.





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# MASSAMAN SWEET POTATO CURRY

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 **4 SERVES**

 **9 MINS**

 **21 MINS**

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## 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 creamy evaporated milk

1/3 cup unsalted, roasted peanuts, chopped

250g pouch microwaveable steamed  
brown rice

1 lime, cut into wedges, to serve

## METHOD

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.

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.

Stir in chickpeas, beans and evaporated milk. Simmer, covered a further 5 minutes, or until beans are just tender.

Meanwhile, prepare rice in microwave as directed on packaging.

Sprinkle curry with peanuts. Serve with rice and lime wedges.

**TIPS:** Evaporated milk 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 1 1/2 cups of cooked brown rice.

Check labels on Massaman paste and choose the brand lowest in sodium.





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# CHILLI GINGER PORK AND NOODLES

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 4 SERVES

 15 MINS

 12 MINS

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## INGREDIENTS

400g packet wholegrain wok-ready noodles

250g lean pork medallion, trimmed of any fat, thinly sliced

2 tablespoons sunflower oil

300g mushroom cups, thinly sliced

1 large carrot, coarsely grated

115g punnet fresh baby corn, halved length ways

4 green shallots, cut into 3cm lengths

2 teaspoons finely grated fresh ginger

1 bunch choy sum, stems and leaves coarsely chopped

1 tablespoon hoisin sauce

3 teaspoons reduced salt soy sauce

2 teaspoons chilli paste

½ cup unsalted, roasted cashews

## METHOD

Place noodles in a heatproof bowl. Cover with boiling water. Stand 2-3 minutes, stirring to separate noodles. Drain.

Toss pork in a bowl with 1 tablespoon oil. Heat a large, non-stick wok or frying pan over a high heat. Add half the pork. Stir-fry about 2 minutes, until browned. Remove. Repeat with remaining pork.

Heat remaining oil in same wok. Add mushrooms. Stir-fry 3 minutes, until lightly browned and just tender. Add carrot, corn, shallots and ginger. Stir-fry 2 minutes.

Return pork to wok with noodles and choy sum. Toss over heat about 2 minutes until choy sum is just wilted.

Add combined sauces, chilli paste and 1 tablespoon water. Toss over heat until ingredients are coated in sauce and mixture is hot. Add cashews. Toss to combine.

**TIPS:** Replace pork with lean chicken, beef or tofu.

A variety of wok-ready noodles are available from major supermarkets.

Check noodle labels and choose the brand lowest in sodium.









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*heart-healthy  
recipes?*

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