



Heart
Foundation

MEAT-FREE RECIPES

A COLLECTION OF
**QUICK AND EASY
HEART HEALTHY RECIPES**



The Heart Foundation is dedicated to fighting the single biggest killer of Australians – heart disease. For over 50 years, we have led the battle to save lives and improve the heart health of all Australians.

Our vision is an Australia free of heart disease and our mission is to prevent heart disease and improve the quality of life of all Australians through our work in prevention, support and research.

Poor diet is the leading risk factor for heart disease and there is a widespread misconception that most Australians follow a healthy diet, when in reality, the majority of adults are not meeting the Australian Dietary Guidelines.

The following collection of easy to make Meat Free recipes, have been designed to encourage the use of the Heart Foundation's heart healthy eating patterns.

The patterns encourage a variety of healthy protein sources including fish and seafood, legumes, nuts, eggs, poultry and dairy and recommends limiting unprocessed red meat to 1-3 times a week.

The Heart Foundation's Heart Healthy Eating Patterns are to eat:

- Plenty of vegetables, fruits and wholegrains
- A variety of healthy protein sources especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart healthy diet. If choosing red meat, make sure the meat is lean and limit to 1-3 times a week
- Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties
- Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking
- Herbs and spices to flavour foods, instead of adding salt



[Click here to find out more about the Heart Foundation's dietary position statement on meat](#)



EGGPLANT & MUSHROOM BOLOGNESE

SERVES: 4
PREP: 15 MINS
COOKING: 35 MINS

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 medium (400g) eggplant, cut into 2cm cubes
- 200g flat mushrooms, chopped
- 140g tub (½ cup) no added salt tomato paste
- ⅔ cup dried red lentils, rinsed
- 400g can no added salt diced tomatoes
- 3 teaspoons dried oregano leaves
- 1 salt reduced vegetable stock cube, crumbled
- 1 cup chopped fresh basil
- 250g thin spaghetti (spaghettini)
- ¼ cup freshly grated parmesan cheese, to serve

METHOD

1. Heat oil in a large, deep, non-stick frying pan over a medium-high heat. Add onion and garlic. Cook, stirring for about 2 minutes, until softened.
2. Add eggplant and mushrooms. Cook for about 5 minutes, stirring occasionally, until lightly browned. Add tomato paste. Cook, stirring a further 1 minute.
3. Stir in lentils, tomatoes, oregano, stock cube and 3 cups water (see Tip). Bring to boil. Reduce heat and cover with lid. Simmer covered for 20-25 minutes, stirring occasionally, until thick. Remove from heat. Stir in basil. Season with pepper.
4. Meanwhile, cook spaghetti in a large saucepan of boiling water as directed on packet until tender. Drain.
5. To serve, spoon eggplant and mushroom bolognese over spaghetti. Sprinkle with parmesan.

TIPS: Eggplant and mushroom bolognese can be cooked 1 day ahead and kept covered in fridge. Freezes well for up to 1 month. Reheat in a large saucepan over a medium heat until hot. Add a little extra water to thin consistency, if required. For added protein, replace regular spaghetti with high protein pulse spaghetti. Try serving over wholegrain bread or toast instead of spaghetti for a change. Substitute water and reduced salt stock cube with 3 cups Heart Foundation reduced salt vegetable stock (dressings and condiments category), if preferred.



INDIAN SAMOSA CAKES

SERVES: 4 (3 PATTIES PER SERVE)

PREP: 30 MINS

COOKING: 30 MINS

INGREDIENTS

2 medium (400g) brushed potatoes, peeled and chopped

¼ cup olive oil

1 onion, finely chopped

2 cloves garlic, crushed

2 x 400g cans no added salt chick peas, drained and rinsed

1 tablespoon curry powder

1 cup frozen peas, thawed

⅓ cup plain fat free Greek yoghurt + 2 tablespoons, to serve

1 tablespoon mango chutney

1 cup wholegrain breadcrumbs

60g baby spinach leaves and lemon wedges, to serve

CUCUMBER SAMBAL

2 Lebanese cucumbers, cut into small dice

2 tablespoons mango chutney

1 tablespoon lemon juice

½ cup fresh mint leaves

METHOD

1. Boil or steam potatoes until just tender. Drain.
2. Heat 1 tablespoon oil in a large, non-stick frying pan over a medium-high heat. Add onion and garlic. Cook, stirring for 2 minutes, or until softened.
3. Add potatoes, chick peas and curry powder. Cook, stirring a further 5 minutes, or until potatoes are light golden. Remove from heat. Mash with a potato masher until coarsely crushed.
4. Transfer mixture to a large bowl. Stir in peas, yoghurt and chutney. Shape mixture evenly into 12 patties, about 7cm in diameter. Toss in breadcrumbs, pressing on gently to coat lightly.
5. Heat half the remaining oil in same, clean frying pan. Add half the patties. Cook for 2-3 minutes on each side, or until golden. Drain on a paper towel-lined baking tray. Repeat with remaining patties. Keep warm in a 150C oven (fan-forced) while making sambal.
6. To make cucumber sambal, toss all ingredients together in a bowl.
7. Serve patties with cucumber sambal, extra yoghurt, spinach and lemon wedges.

TIPS: Patties can be cooked 1 day ahead. Arrange cooked patties in a single layer on a baking paper-lined oven tray and keep covered in the fridge. To reheat, uncover tray and transfer to a 180C oven (fan-forced) for about 15 minutes or until hot.



MEATLESS MEATBALLS WITH VEGETABLES

SERVES: 4
PREP: 1 HOUR 25 MINS
COOKING: 20 MINS

INGREDIENTS

40g packet sliced dried shiitake mushrooms

300g firm tofu, drained and chopped

1 cup cooked medium grain white rice

1 egg, lightly beaten

2 green spring onions, finely chopped

1 tablespoon finely grated fresh ginger

2 cloves garlic, crushed

½ cup panko breadcrumbs

2 teaspoons sesame seeds

¼ cup sunflower oil

Stir-fry vegetables

1 large carrot, peeled and thinly sliced

1 large red capsicum, chopped

125g punnet fresh baby corn, halved lengthways

1 bunch baby bok choy, base trimmed, leaves halved lengthways

1 tablespoon salt-reduced soy sauce

2 teaspoons honey

1 teaspoon sesame oil

1 teaspoon crushed chilli paste

METHOD

1. Place mushrooms in a heatproof bowl. Cover with boiling water. Stand 30 minutes. Drain well. Reserve ¼ cup of the mushroom liquid. Cool.
2. Process mushrooms in a food processor until finely chopped. Add tofu and rice. Process to form a coarse paste.
3. Transfer mixture to a large bowl. Stir in egg, onions, ginger and garlic until well combined. Shape heaped tablespoons of mixture into balls. Roll in combined breadcrumbs and sesame seeds to coat lightly. Place on a baking paper-lined tray. Refrigerate 30 minutes.
4. Heat 2 tablespoons oil in a large, non-stick frying pan over a medium-high heat. Add balls. Cook for 10-12 minutes, turning occasionally until golden brown. Drain on a paper towel-lined tray.
5. Heat remaining oil in same, clean frying pan. Add carrot, capsicum and corn. Stir-fry 2-3 minutes or until just tender. Add bok choy and combined soy sauce, honey, sesame oil, chilli and reserved mushroom liquid. Stir-fry a further 1-2 minutes until bok choy is just wilted.
6. Add balls to pan. Toss gently over heat until combined and hot. Divide between 4 serving bowls.

TIPS: Dried shiitake mushrooms are available from the Asian food section in supermarkets. Balls can be prepared one day ahead. Keep, covered on tray in fridge. Cook as required.



VEGETABLE TAGINE WITH ALMOND COUSCOUS

SERVES: 4
PREP: 20 MINS
COOKING: 50 MINS

INGREDIENTS

2 tablespoons olive oil
1 medium eggplant (400g), halved lengthways, cut into 1cm thick slices
½ red capsicum, cut into 2cm pieces
2 cloves garlic, crushed
2 teaspoons ground paprika
2 teaspoons ground cumin
½ teaspoon ground cinnamon
410g can tomato puree
1 reduced salt vegetable stock cube, crumbled
425g can no added salt chick peas, drained
⅓ cup dried apricots, halved
2 teaspoons honey
150g green beans, ends trimmed, halved
Almond Couscous
1 cup couscous
⅓ cup natural sliced almonds, toasted
¼ cup shredded fresh mint

METHOD

1. Heat oil in a large, non-stick frying pan over a medium-high heat. Add eggplant slices in a single layer. Cook for about 2 minutes on each side, or until light golden.
2. Add capsicum, garlic, paprika, cumin and cinnamon. Cook, stirring for a further 1 minute, or until spices are fragrant.
3. Stir in puree, 1¼ cups water, stock cube, chick peas, apricots and honey. Bring to the boil. Reduce heat. Simmer uncovered for 10 minutes. Add beans. Simmer for a further 3-5 minutes, until vegetables are tender and mixture has thickened, stirring occasionally.
4. To make almond couscous, prepare couscous as directed on packet. Stir in almonds and mint.
5. Serve tagine with couscous. Garnish with extra mint, if desired.

TIPS: To toast almonds, spread over a baking tray. Bake in a 160C oven (fan-forced) for 3 to 5 minutes, or until lightly browned. Substitute water and reduced salt stock cube with 3 cups Heart Foundation reduced salt vegetable stock (dressings and condiments category), if preferred.



BLISTERED TOMATO & CANNELLINI SPIRALS

SERVES: 2
PREP: 10 MINS
COOKING: 15 MINS

INGREDIENTS

175g (2 cups) Vegeroni pasta spirals

2 garlic cloves, crushed

200g punnet grape tomatoes

420g can no added salt cannellini beans,
drained and rinsed

1 cup (50g) firmly packed fresh basil leaves

METHOD

1. Cook pasta in a large saucepan of boiling water for about 10 minutes, following packet directions, until tender. Drain, reserving $\frac{1}{3}$ cup of the pasta water.
2. Heat a lightly oiled large, non-stick frying pan over a medium to high heat. Add garlic and tomatoes. Cook for about 2 minutes, stirring occasionally until tomatoes are blistered and lightly browned.
3. Add beans. Cook, stirring a further 1 minute.
4. Add pasta and reserved pasta water. Toss gently over heat for 1 minute until combined and hot. Remove from heat.
5. Stir in half the basil. Season with fresh ground black pepper. Divide between 2 serving bowls. Sprinkle with remaining basil leaves.

TIPS: Replace vegeroni pasta with wholemeal pasta twists for added wholegrains. Substitute cherry tomatoes for grape tomatoes, if preferred. For best flavour, use extra virgin olive oil to oil the pan. For additional flavour add a light sprinkling of grated parmesan cheese to serve if you like.





MOROCCAN VEGGIE BURGERS

SERVES: 6
PREP: 30 MINS
COOKING: 10 MINS

INGREDIENTS

420g can no added salt lentils
420g can no added salt chickpeas
2 cloves garlic, crushed
¾ cup (45g) chopped fresh coriander
2 tablespoons tahini
1 tablespoon plain flour
2 teaspoons Harissa spice blend
¼ cup (20g) soft wholegrain breadcrumbs
6 wholemeal bread rolls, halved and lightly toasted
¼ cup olive oil
12 small lettuce leaves
2 tomatoes, thinly sliced
2 Lebanese cucumber, sliced into thin ribbons
Chilli yoghurt
¼ cup plain Greek yoghurt
2 teaspoons lemon juice
1 teaspoon crushed chilli paste

METHOD

1. Place lentils and chickpeas in a large sieve. Rinse under cold water. Press with the back of a spoon to extract excess liquid.
2. Process chickpeas, lentils and garlic in a food processor to form a coarse paste. Transfer mixture to a large bowl. Add coriander, tahini, flour and harissa. Mix well.
3. Divide evenly into 6 portions. Shape each portion into an 8cm round patty.
4. Spread breadcrumbs over a large plate. Coat patties in breadcrumbs, pressing on lightly. Transfer to a tray.
5. Heat oil in a large, non-stick frying pan over a medium-high heat. Add patties. Cook for 4-5 minutes on each side, or until golden brown.
6. To make chilli yoghurt, combine all ingredients in a small bowl.
7. Top base of rolls with lettuce, tomato, cucumber and hot patties. Spoon chilli yoghurt over patties. Replace roll tops to serve.

TIPS: Harissa is a North African spice and herb blend. It is available from the spice section in supermarkets and fruit and vegetable stores. Remove chilli from yoghurt for a milder topping. Patties can be prepared and cooked up to 2 days ahead. Keep, covered in fridge. Reheat in oven or microwave.



PUMPKIN & TOFU SATAY

SERVES: 4
PREP: 15 MINS
COOKING: 15 MINS

INGREDIENTS

600g (½ medium) butternut pumpkin, peeled, cut into 3cm pieces

175g firm tofu, cut into 1cm thick strips

3 teaspoons canola oil

1 medium onion, cut into thin wedges

3 teaspoons curry powder

1 cup light and creamy evaporated milk

¼ cup no added salt, no added sugar, crunchy peanut butter

2 tablespoons salt-reduced soy sauce

200g green beans, halved

⅔ cup chopped fresh coriander

Steamed brown rice and lime wedges, to serve

METHOD

1. Boil, steam or microwave pumpkin under almost tender (don't overcook). Drain.
2. Drain tofu on paper towel to absorb excess moisture.
3. Heat oil in a large, non-stick frying pan over a medium-high heat. Add tofu and onion. Cook for about 4 minutes, stirring occasionally, until lightly golden.
4. Add pumpkin and curry powder. Cook, stirring a further 1 minute.
5. Stir in evaporated milk, peanut butter, soy sauce and ¾ cup water. Bring to the boil.
6. Stir in beans. Gently boil for 3-4 minutes, stirring occasionally, until beans and pumpkin are tender and mixture has thickened.
7. Stir in coriander. Serve with brown rice and lime wedges. Garnish with extra coriander sprigs, if desired.

TIPS: To cook pumpkin in microwave, place in a microwave safe bowl. Cover and cook on High for about 3 ½ minutes. Light and Creamy evaporated milk is available from the long life milk aisle in supermarkets. Replace coriander with basil, if preferred.





CAULIFLOWER STEAKS WITH CAPSICUM SAUCE

SERVES: 4
PREP: 20 MINS
COOKING: 45 MINS

INGREDIENTS

1 (1.2kg) cauliflower, leaves and base trimmed

¼ cup olive oil

2 teaspoons smoked paprika

1 teaspoon cumin seeds

1 clove garlic, crushed

¼ cup pine nuts, toasted

Extra parsley and lemon wedges, to serve

Roasted capsicum sauce

1 tablespoon olive oil

1 onion, thinly sliced

⅔ cup roasted capsicum strips

½ cup dried red lentils, rinsed

2 tablespoons no added salt tomato paste

400g can no added salt diced tomatoes

1 reduced salt vegetable stock cube, crumbled

2 teaspoon honey

½ cup chopped fresh parsley

METHOD

1. Heat a large, roasting pan in 180C oven (fan-forced) for 15 minutes. Cut cauliflower vertically into 2 ½ cm thick slices. Combine oil, paprika, cumin seeds and garlic on a shallow tray. Place cauliflower slices in spice mixture. Turn and rub to coat evenly with spice mixture.
2. Remove hot roasting pan from oven. Add cauliflower slices in a single layer. Drizzle over any remaining spice mixture. Return pan to same oven. Bake for 15 minutes. Remove. Turn cauliflower slices. Bake for a further 10-15 minutes, or until cauliflower is tender when tested with the tip of a small, sharp knife.
3. Meanwhile, to make sauce, heat oil in a large saucepan over a medium-high heat. Add onion. Cook, stirring for 2 minutes. Add capsicum, lentils and paste. Cook, stirring a further 2 minutes.
4. Add tomatoes, stock cube, honey and 2¼ cups water. Bring to the boil. Reduce heat. Simmer uncovered about 20 minutes, or until thick, stirring occasionally. Remove. Stir in half the parsley.
5. To serve, spoon sauce over cauliflower. Sprinkle with pine nuts and remaining parsley. Garnish with lemon wedges.

TIPS: Don't worry if cauliflower breaks up a bit when cutting. Simply rub any stray florets with spice mixture and add to roasting pan with slices. To toast pine nuts, stir in a dry frying pan over a medium heat until golden. Replace stock cube and water with 2 cups Heart Foundation vegetable stock, if preferred. For a milder flavour, serve topped with a dollop of plain Greek yoghurt. For added wholegrains, serve with small wholegrain dinner rolls.



MEXICAN PUMPKIN & BEAN SLOPPY JOES

SERVES: 4
PREP: 20 MINS
COOKING: 25 MINS

INGREDIENTS

3 teaspoons olive oil

1 red onion, finely chopped

1 clove garlic, crushed

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

1½ 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.



SPINACH, LENTIL & RICOTTA CANNELONI

SERVES: 4
PREP: 25 MINS
COOKING: 55 MINS

INGREDIENTS

250g packet frozen chopped spinach, thawed

2 teaspoons olive oil

2 cloves garlic, crushed

100g button mushrooms, sliced

2 teaspoons dried Italian herbs

2 x 420g cans no added salt lentils, drained and rinsed

200g fresh ricotta cheese

200g (20) instant cannelloni tubes

1 cup tomato passata

400g can no added salt diced tomatoes

⅓ cup freshly grated parmesan cheese

75g baby rocket leaves, to serve

METHOD

1. Lightly spray a 24cm x 32cm rectangular ovenproof dish with olive oil spray.
2. Drain spinach in a sieve, pressing to extract excess moisture.
3. Heat oil in a large, non-stick frying pan over a medium-high heat. Add garlic, mushrooms and herbs. Cook, stirring for 3 minutes, or until mushrooms are tender. Add lentils and spinach. Cook, stirring for a further 3 minutes, or until well combined and any excess liquid has evaporated. Remove from heat. Cool 10 minutes.
4. Stir in ricotta until well combined. Season with pepper. Using a teaspoon, fill cannelloni shells with ricotta mixture, pressing in firmly with fingertips.
5. Spread passata over base of prepared dish. Arrange cannelloni on top in a single layer. Pour canned tomatoes evenly over cannelloni, to cover. Sprinkle with half the parmesan. Cover with sheet of lightly oiled foil.
6. Cook in an 180C oven (fan-forced) for 35 minutes. Remove foil. Return to oven for a further 10-15 minutes, or until cannelloni is tender when tested with the tip of a knife. Remove from oven.
7. Sprinkle with remaining parmesan. Serve with rocket.

TIPS: Fresh ricotta is available from delicatessens or the deli counter at supermarkets. Recipe can be prepared up to end of step 5 one day ahead. Keep, covered in fridge. Cook as required.



OUR HEART HEALTHY EATING PATTERNS

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. A variety of healthy protein sources especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart healthy diet. If choosing red meat, make sure the meat is lean and limit 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 PATTERNS

- 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