



Cooking in the Pilbara



Pilbara Aboriginal
HEART HEALTH PROGRAM

Heart Healthy Eating Patterns



**Eat plenty of vegetables, fruits and wholegrains
(brown rice, wholegrain breads and cereals)**



Eat a variety of healthy protein foods including fish and seafood, legumes (beans and lentils), eggs and lean chicken. Choose red meat less often (1-3 times a week) and avoid processed and deli meats



Choose unflavoured, reduced fat milk, yoghurt and cheese



Choose healthy fats such as olives, avocados, nuts and seeds and cooking oils made from these



Use herbs and spices to add flavour instead of salt



The Pilbara Aboriginal Heart Health Program (PAHHP) is a partnership between the Heart Foundation and Chevron Australia based in the three Pilbara towns of Karratha, Onslow and Roebourne (2014 – 2020).

The program started in 2014 following extensive community consultation with the Pilbara Aboriginal community, which identified several priority areas including nutrition, physical activity, heart health education, and improved access to heart health services.

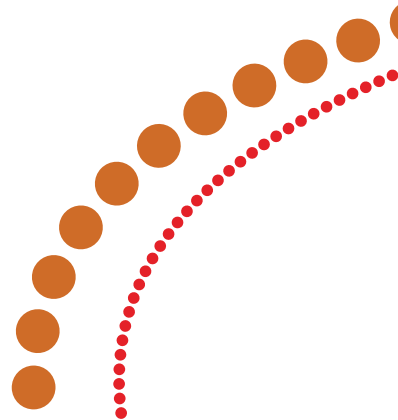
Throughout the program, the PAHHP team has enjoyed working with the community, including cooking demonstrations and yarning about heart healthy eating patterns. These recipes are examples of simple, affordable and nutritious meals that can be easily made at home.

The PAHHP team would like to thank the community members and organisations we have worked alongside, who have generously helped shape the program and shared their stories with us.

Finally, we acknowledge the traditional owners and custodians of the Ngarluma and Thalanyji lands, which host the Heart Foundation offices in Karratha, Roebourne and Onslow. We would like to also thank and pay our sincere respects to all Aboriginal and Torres Strait Islander peoples who have participated in our programs. It has been a privilege to work and spend time with you all.



Pilbara Aboriginal
HEART HEALTH PROGRAM



Steamed fish parcels with green veggies



4 SERVES



20 MINS



10-15 MINS



Ingredients

- 4 x medium fish fillets, skin removed
- 1 teaspoon ginger powder
- 1 tablespoon oyster sauce
- 1 tablespoon reduced salt soy sauce
- 2 teaspoons olive oil
- 3 cups cut cabbage
- 1 ½ cups mixed frozen veggies
- Coriander & lemon wedges, to serve

Method

1. Preheat oven to 180°C. Place each piece of fish on a separate sheet of non-stick baking paper and top with ginger powder.
2. Mix the oyster sauce, soy sauce and olive oil in a bowl. Pour over the fish and fold in the edges of the paper to close.
3. Carefully place the parcels on a baking tray and bake in oven for 10 minutes or until fish is cooked through.
4. While fish is cooking, boil a large pot of water. Add cabbage and mixed frozen veggies and boil for 5 minutes or until tender. Drain.
5. To serve, place the fish parcels on 4 plates. Open the paper and top with coriander. Serve with cabbage, mixed veggies and a lemon wedge.

DEADLY TIP!
Use fresh, frozen or
canned veg.



Chicken kebabs



4 SERVES



20 MINS



10 MINS



Ingredients

- 8 bamboo skewers
- 3 large chicken breasts, fat cut off
- 1 can sliced pineapple in juice, drained
- 1 large red capsicum, diced
- 1 brown onion, diced
- Canola or olive oil cooking spray
- 1 tablespoon reduced salt & sugar bbq sauce
- 1 tablespoon hot water
- 2 handfuls of mixed salad leaves
- 1 ½ cups no added salt diced tomatoes (fresh or canned)
- 1 cucumber, chopped
- 2 cups cooked rice

Method

1. Dice chicken. Cut the pineapple slices.
2. Put the chicken, pineapple, capsicum and onion onto bamboo skewers.
3. Preheat barbecue or frying pan to medium-high and spray with cooking oil. Add kebabs and cook for about 8 to 10 minutes, turning occasionally until chicken is cooked.
4. Mix barbecue sauce with water in a small bowl. Brush over kebabs. Remove from barbecue. Cover with foil to keep warm.
5. Meanwhile, mix salad leaves, tomatoes and cucumber in a large bowl.
6. Serve kebabs with cooked rice and salad.



DEADLY TIP!
Brown rice is great
for your heart.

Kangaroo cottage pie



4 SERVES



45 MINS



30 MINS



Ingredients

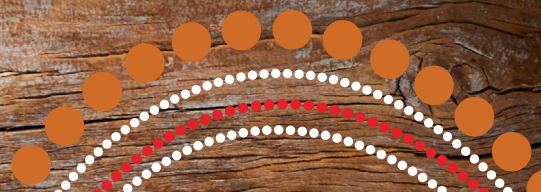
- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 tablespoon no added salt tomato paste
- 500g kangaroo meat (mince or diced)
- 1 large can or 2 small cans of no added salt diced tomatoes
- 1 cup mixed frozen veg (corn, peas, carrots)
- 2 teaspoons dried oregano
- 1 salt reduced veg stock cube, crumbled
- 2 cups green veg to serve (beans, broccoli)
- 4 medium potatoes, peeled and chopped
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup milk
- Pepper, to taste
- 2 teaspoons olive oil

Method

- 1. To make meat sauce**, heat oil in a big frying pan. Add onion and cook until soft. Add tomato paste and stir for 2 minutes. Add kangaroo meat and continue cooking. Stir with a wooden spoon until meat has changed colour. Stir in canned tomatoes, frozen vegetables, oregano, stock cube and water. Add pepper and bring to boil. Reduce heat, cover and simmer, stirring occasionally for 20 minutes.
- 2.** Remove the lid and simmer uncovered until sauce has thickened.
- 3. For the potato mash**, place potatoes in a saucepan, cover with cold water. Cover with lid and bring to the boil for 15 minutes or until tender.
- 4.** Drain well then return to the saucepan. Mash with milk and mix until smooth. Season with pepper.
- 5. Assemble and bake:** Preheat oven to 220°C (200°C fan-forced). Spoon the meat sauce into ovenproof dish. Top with mashed potato. Brush with olive oil.
- 6.** Bake for 20-30 minutes or until the top has browned. Serve with vegetables.



DEADLY TIP!
You can swap kangaroo with lean beef mince.



Cajun beef bowl



4 SERVES



20 MINS



10 MINS



Ingredients

- 4 small steaks (the size of your palm), fat cut off
- 2 teaspoons Cajun spice mix
- 2 teaspoons olive oil
- 1 cup cooked rice
- 1 large bag of pre-mixed salad
- 1 cup mixed veggies (fresh or frozen)
- 2 cups broccoli, cut into pieces
- 2 boiled eggs
- 1 handful of favourite unsalted nuts
- 2 tablespoon bottled lime juice

For dressing:

- 1 tablespoon wholegrain mustard
- 1 garlic clove, chopped finely
- ½ cup olive oil
- ¼ teaspoon ground pepper
- 2 tablespoon bottled lime juice

Method

1. Mix Cajun spice mix and oil. Rub mix on both sides of steak. Heat a large frying pan over a medium-high heat. Add steak and cook for about 4 minutes on each side. Transfer to a plate. Rest 15 minutes.
2. Microwave mixed frozen veggies in a heatproof container for 2 minutes or until tender. Set aside to cool.
3. Place broccoli in a heatproof bowl. Cover with boiling water. Stand 2 minutes. Drain and rinse under cold water. Drain again.
4. To make dressing, place all ingredients in a small bowl and mix until combined.
5. To serve, slice steak thinly. Arrange steak, rice, salad and veggies in separate sections between 4 shallow serving bowls. Top each serving with half a boiled egg. Drizzle with dressing and sprinkle with nuts.

A top-down view of a white bowl with a red rim, filled with a variety of ingredients. The bowl contains a portion of cooked rice, a large amount of fresh green leafy salad, sliced beef, a hard-boiled egg cut in half, green peas, sliced carrots, cauliflower florets, and broccoli. The entire meal is garnished with sliced almonds and a drizzle of dressing. The bowl sits on a rustic wooden surface. In the top-left and bottom-right corners, there are decorative patterns of orange and red dots. A red circular callout box is positioned in the top-right corner, containing white text.

DEADLY TIP!
Make your meal
colourful with
different veggies!

Spiced lamb chops with coleslaw



4 SERVES



15 MINS



5 MINS

Ingredients

- 4 garlic cloves
- 1 teaspoon ground ginger
- ¼ cup unflavoured Greek yoghurt
- ½ teaspoon pepper
- 3 teaspoon ground cumin
- ¾ teaspoon chilli powder
- 1 tablespoon ground coriander
- 2 tablespoon bottled lemon juice
- 8 lamb chops, fat cut off
- 1 large pre-mix bag of coleslaw (not the sauce)

Coleslaw dressing

- ¾ cup unflavoured Greek yoghurt
- 1 teaspoon white balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- Black pepper, to season



Method

1. To make coleslaw dressing, stir yoghurt, vinegar, mustard and honey in a small bowl to combine. Mix with coleslaw mix in large bowl. Cover and refrigerate while preparing lamb chops.
2. To make marinade for the lamb, crush garlic and mix in a bowl with the ginger, yoghurt, black pepper, cumin, chilli powder, coriander and lemon juice.
3. Pierce the lamb all over with a fork and pour the marinade over the lamb, turning to coat well.
4. Preheat frying pan over medium heat and cook the chops for 2-3 minutes each side or until cooked to your liking. Serve chops on a plate with the marinated coleslaw.



DEADLY TIP!
Cutting off the
fat is healthier for
your heart.

See your doctor, nurse or health worker today to get a heart check-up.

They will yarn about things to do to reduce your risk of heart disease like smoking, blood pressure and cholesterol.

Regular heart checks can pick up small health problems and help stop them become big problems.

To learn more, watch our animation at hhrt.how/pilbara



Warning signs of a heart attack

Pain, pressure, heaviness or tightness in your:



Chest



Arm/s



Shoulder/s or Back



Neck or Jaw



You may also feel:



Short of breath



Dizzy



Cold sweat



Sick

Tell someone how you feel. If feeling worse or not better after 10 minutes,

Call triple zero (000)

No phone? Get to the closest hospital or clinic.

Chew 300mg of aspirin if you have it, unless you are allergic or your doctor has told you not to.



Donna Willis and Leah (Moko) Ratana

Heart Foundation recipes reflect our Heart Healthy Eating Pattern recommendations. If you have specific dietary needs please check that our recipes do not contain ingredients, or combinations of ingredients, that are likely to be inappropriate for your circumstances. These recipes do not replace advice from your doctor or dietitian.

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