



all in
30
MINUTES
or less



QUICK, EASY *delicious*

HEART-HEALTHY FAMILY DINNERS



TIPS TO ENJOY A HEART-HEALTHY EATING PATTERN



1

We hope you enjoy our new collection of heart-healthy 30 minute or less 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.



2



3



4



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 and support, visit heartfoundation.org.au



TIME SAVING TIPS FOR QUICK, EASY *delicious* MEALS

Start prepared

Do the prep work like chopping, measuring out of ingredients. Having all the recipe ingredients ready to go before you start, makes the cooking process run smoothly.

Reduce prep time

Try presliced fresh or frozen vegetables and no added salt canned vegies and legumes.

Keep pantry basics well stocked

Healthy oils, vinegar, unsalted nuts and seeds, dried herbs and spices, pasta, rice, grains, tinned products eg fish, legumes, tomatoes. These all help to make it easy throw together a quick heart-healthy meal.

Look for one pan recipes

Also means less washing up!

Batch cook

Cook legumes, pasta sauce, grains, and freeze into usable sizes, ready to defrost and reinvent quickly for mid-week meals

Cook extra and Package leftovers

Portion out to freeze or enjoy for lunch the next day.

Kitchen equipment

Keep it simple and put the kettle on to have boiled water ready to go to speed up water heating time.

MEDITERRANEAN ANTIPASTO PIZZA



4 SERVES*



10 MINS



15 MINS

INGREDIENTS

4 x 60g wholemeal Lebanese breads

½ cup light smooth ricotta cheese

200g cup mushrooms, sliced

1 large red capsicum, thinly sliced

1 red onion, thinly sliced

240g drained antipasto mix (see tip)

1 cup grated mozzarella cheese

1 teaspoon dried Italian herb blend

2 tablespoons pine nuts

60g baby rocket leaves

METHOD

Place breads on baking trays and spread with ricotta. Top evenly with mushrooms, capsicum, onion and antipasto mix. Sprinkle with mozzarella, herbs and pine nuts.

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

Serve pizzas topped with rocket.

**1 pizza per serve*

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

Antipasto mix is available from the deli counter in supermarkets. Before using, drain on paper towel to absorb any excess oil and cut any larger pieces in the mix in half.



ONE POT GREEN GOODNESS PASTA



4 SERVES



15 MINS



15 MINS

INGREDIENTS

2 cups (60g) fresh basil leaves

1/3 cup pepitas, toasted

30g parmesan cheese, finely grated

2 cloves garlic, chopped

2 tablespoons olive oil

2 tablespoons lemon juice

250g wholemeal penne pasta

500g broccoli, coarsely chopped

1/3 cup (80g) roasted capsicum strips,
drained, chopped

70g feta cheese, crumbled

METHOD

To make pesto, process basil, pepitas, parmesan, garlic, oil, lemon juice and 1 tablespoon water in a food processor to form a thick paste.

Cook pasta in a large pot of boiling water for 9 minutes. Add broccoli and boil for a further 1-2 minutes, until pasta is tender. Reserve 1/2 cup of the cooking water, then drain pasta.

Return pasta and broccoli to same pot over low heat. Stir in pesto, capsicum and reserved pasta cooking water until well combined and hot.

Sprinkle with feta. Season with freshly ground pepper.

TIPS: You can replace penne with any variety of wholemeal pasta.

Use toasted pine nuts or almonds instead of pepitas if you prefer.

We freshly grated parmesan from the block but you can substitute 1/4 cup of packaged shredded parmesan, if preferred.



*Leftovers
make a tasty
lunch*

SATAY CHICKEN STIR-FRY



4 SERVES



10 MINS



20 MINS

INGREDIENTS

1½ tablespoons reduced salt soy sauce

1 tablespoon Thai chilli jam

2 tablespoons crunchy or smooth peanut butter (see tip)

1 tablespoon lime juice

1 teaspoon brown sugar

500g chicken breast fillets, thinly sliced

1½ tablespoons sunflower oil

1 onion, sliced

1 large carrot, halved lengthways,
thinly sliced

1 large red capsicum, chopped

200g green beans, trimmed, halved

200g brown rice vermicelli

Lime wedges, to serve

METHOD

Combine soy sauce, chilli jam, peanut butter, lime juice, sugar and 2 tablespoons water in a small jug. Mix well. Set aside.

Place chicken in a bowl. Add oil and toss to coat. Heat a large non-stick wok over a high heat. Stir-fry chicken in hot wok in 2 batches for about 3 minutes or until lightly browned and just cooked. Remove and set aside.

Add onion, carrot and 1 tablespoon water to wok. Stir-fry for 2-3 minutes, until lightly browned. Add capsicum and beans. Stir-fry for a further 2 minutes.

Return chicken to wok with sauce mixture. Stir-fry until combined and hot.

Meanwhile, cook noodles as directed on packet. Drain. Serve stir-fry and noodles with lime wedges.

TIPS: Choose peanut butter made from 100% peanuts with no added sugar and no added salt.

For a shortcut, replace chicken breast fillets with 500g chicken breast stir-fry strips.

You can use soba noodles instead of brown rice vermicelli or replace noodles with ½ cup cooked brown rice per serving, if preferred.



*Serve with
lime for a
tasty zest*



SALMON TIKKA PARCELS WITH RICE SALAD



4 SERVES



15 MINS



15 MINS

INGREDIENTS

4 x 120g boneless skinless salmon fillets

2 tablespoons tikka paste

250g zucchini and carrot spaghetti (see tip)

2 pack (250g) steamed rice multigrain blend cups

200g green beans, cut into 4cm lengths

420g can no added salt chickpeas, drained

1 cup coarsely chopped coriander leaves

1 tablespoon mango chutney

1 tablespoon lemon juice

2 teaspoons olive oil

Lemon wedges, to serve

METHOD

Place 4 sheets of baking paper (30cm x 40cm) on kitchen bench.

Spread salmon evenly with tikka paste.

Divide zucchini and carrot spaghetti evenly over the centre of paper sheets. Place salmon on top.

Lift sides of paper and fold over fish, then fold in ends of paper to form parcels. Place parcels, seam-side up, on a large baking tray. Bake in a preheated 220°C oven (fan-forced) for 15 minutes or until fish is cooked.

Meanwhile, to make rice salad, microwave rice cups as directed on packet. Place beans in a heatproof bowl. Cover with boiling water, stand 2 minutes, then drain. Combine rice, beans, chickpeas, coriander, chutney, lemon juice and olive oil in a medium bowl. Toss to combine.

Unwrap parcels. Transfer salmon and vegetables with rice salad and lemon wedges.

TIPS: Zucchini and carrot spaghetti is available from the fruit and vegetable section in major supermarkets. Replace with 125g each of coarsely grated zucchini and carrot, if preferred.

Instead of baking in oven, parcels can be cooked on a preheated barbecue plate for 20 minutes.



BEEF BURGERS



4 SERVES



10 MINS



15 MINS

INGREDIENTS

2 onions

400g lean beef mince

100g mushrooms, finely chopped

2 teaspoons dried mixed herbs

1 tablespoon olive oil

1 avocado, coarsely mashed

4 iceberg lettuce leaves, shredded

1 large tomato, thinly sliced

125g fresh cooked beetroot, drained, sliced

2 tablespoons tomato chutney

4 wholegrain bread rolls

METHOD

Thinly slice 1 onion and set aside. Finely chop the remaining onion and place in large bowl with mince, mushrooms and herbs. Season with pepper. Mix with clean hands until well combined. Divide into 4 even portions. Shape portions into 1cm-thick patties.

Heat oil in a large, deep non-stick frying pan over medium heat. Add sliced onion. Cook, stirring, until light golden. Transfer to a plate. Cover with foil to keep warm.

Add patties to same pan. Cook for 4-5 minutes on each side over medium-high heat, until evenly browned and cooked through.

Split rolls in half and toast lightly. Spread avocado over cut-sides of rolls. Top bases with lettuce, patties, tomato, beetroot, onion and chutney. Cover with roll tops to serve.

TIPS: Packaged fresh cooked beetroot is available from the fruit and vegetable section in major supermarkets.

Hamburger patties can be made 1 day ahead. Keep covered in the fridge or freeze for up to 2 months. Thaw overnight in the fridge before cooking.

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



CAULIFLOWER AND CASHEW KORMA

 **4 SERVES**

 **20 MINS**

 **10 MINS**

INGREDIENTS

2 teaspoons sunflower oil
1 onion, cut into thin wedges
2 teaspoons finely grated fresh ginger
2 tablespoons korma paste
400g cauliflower, cut into florets
200g green beans, halved
375ml can light and creamy evaporated milk
2 teaspoons reduced salt soy sauce
¾ cup unsalted, roasted cashews
½ cup fresh Thai basil leaves (see Tips)
1 lime, quartered, to serve
2 cups cooked brown rice, to serve

METHOD

Heat oil in a large, deep, non-stick frying pan or flameproof casserole dish over a medium-high heat. Add onion and ginger. Cook, stirring for 2 minutes, or until onion is lightly golden.

Add paste and cauliflower. Cook, stirring for 2 minutes, until paste coats cauliflower.

Stir in 1 cup water. Bring to the boil. Reduce heat. Cover with lid. Gently boil for 10 minutes, or until cauliflower is just tender.

Stir in beans and evaporated milk. Gently boil, uncovered for 5-8 minutes, until thickened slightly, stirring occasionally.

Turn off heat. Stir in soy sauce, cashews and basil.

Serve with rice and lime wedges.

TIPS: Substitute regular basil or coriander for Thai basil, if preferred. For a change, try using tikka or madras paste instead of korma paste. Always check labels and choose the brand lowest in sodium.



CAJUN BEEF POKE BOWL

 **4 SERVES**

 **10 MINS**

 **20 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

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.

Meanwhile, heat rice and quinoa blend in microwave as directed on packet. Transfer to a bowl. Cool.

Rinse corn cobs under cold water. Cut kernels from cob.

Place broccoli in a heatproof bowl. Cover with boiling water. Stand 2 minutes. Drain and refresh under cold water. Drain again.

To make dressing, whisk all ingredients in a medium jug with a fork to combine.

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 freekah.

Replace fresh corn with a 400g can no added salt corn kernels.

We used 2 small avocados weighing about 140g each. If preferred, replace with 1 large avocado, cut into quarters and allow 1 quarter per serve.

*Pre-prepare
for a delicious
work lunch*



SALMON PRIMAVERA SPAGHETTI



4 SERVES



15 MINS



15 MINS

INGREDIENTS

1 cup firmly packed parsley leaves

3 green shallots, thinly sliced

1 tablespoon baby capers, drained

2 teaspoons lemon rind

¼ cup lemon juice

1 large avocado, halved

4 x 120g skinless salmon fillets

200g wholemeal spaghetti

¼ cup sliced green olives

60g baby rocket leaves

1 tablespoon pine nuts, toasted

METHOD

Process parsley, shallots, capers, lemon rind and juice in a food processor until finely chopped. Add half the avocado and pulse to form a paste.

Heat a large non-stick frying pan over a medium-high heat. Add salmon. Cook for 3 minutes. Turn and cook for a further 3 minutes or until cooked to your liking. Remove and flake into large pieces.

Meanwhile, cook spaghetti in a large saucepan of boiling water following packet directions. Reserve ½ cup pasta water, then drain.

Transfer spaghetti and reserved pasta water to a medium bowl. Add flaked salmon, avocado mixture, olives and rocket leaves. Season with freshly ground pepper and toss gently to combine.

Divide into 4 serving bowls. Top with remaining thinly sliced avocado. Sprinkle with pine nuts.

TIPS: Salmon can be replaced with 480g skinless chicken breast fillets, if preferred. Cook chicken in a large non-stick frying pan over a medium-high heat for about 5 minutes on each side or until cooked through, then slice thinly. Or, for a shortcut, skip step 2 and stir through 450g shredded, skinless cooked chicken breast in step 4.

*Salmon is a
great source
of protein and
healthy fats*



ONE PAN MEXICAN CHICKEN WITH TORTILLA CRISPS



4 SERVES



18 MINS



12 MINS

INGREDIENTS

2 x 300g skinless, boneless chicken breast fillets, trimmed of any fat

3 teaspoons smoked paprika

1 teaspoon ground cumin

1 teaspoon ground coriander

1 clove garlic, crushed

1 tablespoon olive oil

2 tablespoons no added salt tomato paste

400g can no added salt diced tomatoes

420g can no added salt black beans, drained

4 tasty cheese slices

Garden salad, to serve

TORTILLA CRISPS:

2 wholegrain tortillas

Olive oil cooking spray

METHOD

To make tortilla crisps, cut each tortilla into 8 triangles. Arrange in a single layer over a baking tray. Lightly spray with cooking oil. Bake in 180C oven (fan-forced) for 5 minutes, or until lightly browned. Remove. Cool on tray.

Meanwhile, cut chicken fillets horizontally through the middle to make 4 thin steaks. Combine spices, garlic and oil in a large shallow dish. Add chicken. Using clean hands, rub with spice mix to coat.

Heat a large, ovenproof, non-stick frying pan over a medium-high heat. Add chicken. Cook for 2-3 minutes on each side, until browned. Transfer to a large plate.

Add tomato paste to same pan. Stir over heat 30 seconds. Stir in tomatoes, beans and 3/4 cup water. Bring to the boil. Reduce heat. Return chicken to pan. Simmer uncovered for 5 minutes, or until chicken is cooked and sauce is thickened. Top chicken with cheese.

Preheat oven grill to high. Place pan under preheated grill for about 2 minutes, or until cheese is melted and lightly browned. Transfer pan to a heatproof mat or wooden board. Take care (use oven mitts) as handle will be hot.

Serve with toasted tortilla crisps and garden salad.

TIPS: For added Mexican flavour, top with small dollops of guacamole to serve. To save time, omit tortilla crisps and include a small wholegrain dinner roll with each serving.

Reduce preparation by replacing chicken breast fillets with 4 uncoated, chicken breast schnitzel steaks. These are available from the fresh chicken section in most supermarkets.



ASIAN TOFU RICE SALAD



4 SERVES



10 MINS



20 MINS

INGREDIENTS

250g firm tofu, cut into 1cm-thick strips

1 tablespoon sunflower oil

2 cups cooked brown rice (see tip)

300g Chinese cabbage (wombok), shredded

1 large carrot, peeled, coarsely shredded

150g snow peas, thinly sliced

4 green shallots, cut into thin strips

1 cup coarsely chopped fresh coriander

½ cup roasted unsalted peanuts, coarsely chopped

DRESSING:

2 tablespoons salt-reduced soy sauce

2 tablespoons rice vinegar

1 tablespoon honey

3 teaspoons sesame oil

METHOD

Place tofu on a paper towel-lined tray and pat with extra paper towel to absorb excess moisture.

Heat oil in a large non-stick frying pan over a medium heat. Add tofu and cook for about 8 minutes, turning occasionally, until golden. Transfer to a large plate. Cool.

To make dressing, whisk all dressing ingredients in a small bowl to combine.

Combine tofu with remaining ingredients in a large bowl. Toss well. Add dressing. Toss again to lightly coat salad with dressing.

TIPS: You'll need to cook ⅔ cup of raw brown rice to make 2 cups cooked rice.

Recipe can be made several hours ahead. Keep in containers in the fridge. Perfect for packed lunches.

If preferred, replace tofu with 300g shredded skinless cooked chicken and skip steps 1 and 2.



PESTO CHICKEN AND CHICKPEA PASTA

 **4 SERVES**

 **15 MINS**

 **15 MINS**

INGREDIENTS

170g wholemeal pasta spirals
2 teaspoons olive oil
400g chicken breast fillets, cut into 2cm pieces
400g can no added salt chickpeas, drained
80g sundried tomato strips (see tip)
1 clove garlic, crushed
2 teaspoons cornflour
1 cup reduced salt chicken stock
340ml can creamy evaporated milk
1 tablespoon basil pesto
2 teaspoons Dijon mustard
100g baby spinach leaves

METHOD

Cook pasta in a large saucepan of boiling water until just tender (al dente). Drain. Cover to keep warm.

Meanwhile, heat oil in a large non-stick frying pan over a medium-high heat. Add chicken. Cook, turning occasionally, for 3-4 minutes, until lightly browned.

Add chickpeas, tomato strips and garlic to pan. Cook, stirring, for a further 2 minutes.

Mix cornflour with stock in a small jug until combined. Add to pan with evaporated milk, pesto and mustard. Stir until mixture comes to the boil. Reduce heat. Simmer, stirring occasionally, for 3 minutes or until chicken is cooked and sauce is thickened.

Stir in spinach until wilted. Season with pepper. Serve with pasta.

TIPS: Increase your veggie intake by adding extra green vegetables in step 4. Throw in whatever you have on hand. Sliced zucchini, sliced green beans, broccoli florets or frozen peas all work well.

Purchase packaged sundried tomato strips (not in oil) from the condiment aisle in major supermarkets.

*Throw in any
veggies you
have in the
fridge*



THAI CHICKEN LETTUCE CUPS



4 SERVES



10 MINS



15 MINS

INGREDIENTS

2 teaspoons sunflower oil

500g chicken breast mince

2 cloves garlic, crushed

¼ cup Thai chilli jam

1½ tablespoons salt-reduced soy sauce

1 tablespoon lime juice

1½ cups cooked brown rice (see tip)

½ cup coarsely chopped roasted unsalted peanuts

2 carrots, peeled, coarsely grated

250g punnet cherry tomatoes, quartered

2 small Lebanese cucumber, cut into 1cm pieces

1½ cups coarsely chopped fresh coriander leaves

8 large iceberg lettuce leaves

METHOD

Heat oil in a large non-stick wok or frying pan over a high heat. Add chicken and garlic. Stir-fry for 4-5 minutes, breaking up mince, until chicken is cooked.

Combine chilli jam, soy sauce, lime juice and 2 tablespoons water in a jug. Add to wok with rice. Stir-fry for a further 2-3 minutes or until well combined and hot. Remove from heat.

Add peanuts, carrot, tomatoes, cucumber and coriander leaves. Toss well to combine. Spoon into lettuce leaves to serve.

TIPS: Thai chilli jam is available from the Asian food section in supermarkets. Replace with any type of Thai-style curry paste, if preferred. Check labels and choose the brand lowest in sodium.

You'll need to cook ½ cup raw brown rice to make 1½ cups cooked rice. For a shortcut, use a 250g packet microwave brown rice and heat following packet instructions.



MIXED MUSHROOM AND LENTIL RISOTTO



4 SERVES



23 MINS



7 MINS

INGREDIENTS

1 tablespoon olive oil
1 small onion, chopped
1 large clove garlic, crushed
200g button mushrooms
200g Swiss brown mushroom, sliced
1 tablespoon fresh thyme leaves
1 ¼ cups arborio rice
1 salt reduced vegetable stock cube, crumbled
420g can no added salt lentils, drained
75g baby spinach leaves
½ cup freshly grated parmesan
¼ cup pine nuts, lightly toasted

METHOD

Heat oil in a large deep frying pan or flameproof wide, shallow casserole dish over a medium-high heat. Add onion and garlic. Cook, stirring for 2 minutes or until light golden. Add mushrooms and thyme. Cook, stirring a further 2-3 minutes, or until mushrooms are just tender. Stir in rice.

Dissolve stock cube in 3½ cups hot water in a large jug. Pour half the stock into pan. Bring to boil. Reduce heat to low. Simmer gently, uncovered, for about 10 minutes, stirring often, until most of the stock has been absorbed.

Stir in remaining stock. Simmer, stirring often for 5 minutes. Stir in lentils. Simmer a further 3 minutes, or until most of the stock has been absorbed and rice is just tender (al dente). Stir in spinach until just wilted.

Remove from heat. Stir in pinenuts and 1/3 cup parmesan.

Divide into 4 serving bowls. Season with freshly ground pepper. Serve sprinkled with remaining parmesan.

TIPS: Reduce the prep time by replacing button and Swiss brown mushrooms with a 400g packet pre-sliced fresh mushrooms available from the fruit and vegetable department in supermarkets.

Substitute 1 teaspoon dried thyme leaves for fresh thyme, if preferred.

To toast pinenuts, stir in a small, dry frying pan over a low-medium heat until light golden.



CHILLI AND GARLIC PRAWN SPAGHETTI

 4 SERVES

 15 MINS

 10 MINS

INGREDIENTS

250g wholemeal spaghetti

2 tablespoons olive oil

450g raw peeled prawns, butterflied

2 cloves garlic, crushed

1 teaspoon dried chilli flakes

1 large red onion, halved, thinly sliced

1 large red capsicum, cut into thin strips

1 tablespoon sundried tomato pesto

400g can diced tomatoes

1 tablespoon red wine vinegar

100g sugar snap peas, halved diagonally

1 cup coarsely chopped fresh parsley

METHOD

Cook spaghetti in a large saucepan of boiling water following packet directions. Reserve 1 cup cooking water, then drain. Return spaghetti to saucepan, cover and set aside to keep warm.

Meanwhile, heat half the oil in a large non-stick frying pan over a medium-high heat. Add prawns. Cook for 2-3 minutes, turning occasionally, until changed in colour. Add garlic and chilli. Cook, stirring, for a further 1 minute or until light golden. Remove prawns and set aside.

Heat remaining oil in same pan. Add onion and capsicum. Cook, stirring for 2-3 minutes, until light golden.

Stir in pesto, tomatoes, vinegar and reserved pasta cooking water. Gently boil for 2 minutes. Return prawns to pan with snap peas, parsley and spaghetti. Toss over heat for 1-2 minutes, until combined and heated through.

TIPS: To butterfly prawns, cut along the back of prawns with a small knife, without cutting right through. Press gently to flatten slightly.

Replace sugar snap peas with snow peas or asparagus, if preferred.



*Prawns are a
great source of
healthy fats
and protein*



Looking for more
*heart-healthy
recipes?*

Check out our full range of delicious recipes at
www.heartfoundation.org.au/search/recipes



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