



Inside:

**20+ dietitian
approved recipes**

+ money-saving
swaps and batch
cooking tips

Easy Eats

**Good food that's
good for you**

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Scan the QR code to find these recipes and more on our website.



Stuffed portobello mushrooms with roasted garlic sauce, page 39

Introduction

Craving simple, healthy meals that get a thumbs up from everyone at the table? Easy Eats is here to help!

This exciting plant-powered collection brings together versatile pantry staples with fresh seasonal ingredients to make eating well more enjoyable than ever.

Time is precious. That's why most of these recipes promise to be ready in 30 minutes or less, and we've included batch cooking tips for busy weeks. Want more value out of your groceries? We've got you covered with advice on budget-friendly ingredient swaps too.

But above all, it's the nutrition offered by these recipes that we hope benefits you the most. Each one has been expertly analysed by Sanitarium's dietitians to ensure it will help your body feel as healthy, as your taste buds will feel happy.

Visit our website to share your feedback and tell us which recipes have become family favourites at your place. We'd love to hear from you!

www.sanitarium.com

Smart savers

Tips to save time & money

Healthy eating can be easy and affordable. In many cases, the foods that make up a nutritious diet are some of the cheapest foods available, such as in season or frozen vegetables, pantry-staple legumes and the healthy carbs of wholegrains. With a little clever planning, it is possible to eat well on a tight budget. Here are 7 tips to help get you started.

Root to stem

Save money, reduce your food waste and make your food go further by choosing veggies that can be eaten in their entirety. This means saving those carrot tops from the bin, making them into things like pesto, then adding them into a salad or pasta. Other veggie parts to experiment with include broccoli stems and leaves, beetroot leaves and potato peels.

Plan and save

Shop your pantry and fridge first so you know what you have and what needs to be used up. Then you can plan your meals around these ingredients for the rest of the week. Making a list will help you to budget and only buy food you need.

Batch it up

Put some time in to cook a range of different meals in bulk - like those in the Easy prep section (page 28) - or components of meals and freeze for those busy nights. This will help you get ahead, and your future self will thank you! Cooking in this way will also allow you to buy ingredients in bulk, bringing your grocery costs down.

Make friends with frozen and canned

Frozen fruit and veggies and canned veggies are cheap, delicious and versatile staples that can help you meet your daily nutrition goals. If a veggie needed for one of these recipes isn't available or in season, it can usually be substituted for a cheaper frozen or canned version.

Storage hacks

Learn how to store your food properly so it doesn't end up in the bin. This can be as easy as throwing paper towel in the container you are storing your leafy greens in. But even if after all your correct storing and planning you still find yourself with fruit and veggies lurking in the bottom of the fridge, you can turn them into smoothies, soups, juices or pasta sauces.

Eat seasonally

Eat what is in season locally and in abundance right now. This will usually be obvious in a supermarket as it will be the produce that looks fresh and smells great, often at the front of the store and it is cheaper too. Many recipes in this book make it easy for you to swap one veggie for another that is in season.

Freezer friendly

Freeze and thaw those precious batch cooked meals and prepped foods properly so your hard work isn't wasted. Smaller components like herbs, veggies and muffins should be frozen individually on parchment paper for a few hours before they're transferred into a freezer-safe container. This step will stop individual items sticking together and makes for easier thawing.



*Perfect for
weeknights*

Fresh and fast

For the days when speed is key, make the most of these fresh and fast recipes to add more plants to your weekly routine. These simple and quick meals will be on the table in 30 minutes or less.



Tofu larb lettuce cups, page 11



Pasta primavera

Zesty lemon, fresh herbs and the sweetness of peas add a delicious summery twist to this pasta dish. This is also a great way to get more wholegrains and fibre into your diet, which provide your body with the energy it needs and helps keep your digestive system moving.

 Prep time: 15 mins	 Cook time: 15 mins	 Serves: 4
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Ingredients

250g whole wheat pasta
1 cup frozen peas, thawed
1 cup green beans, trimmed and halved
1 cup broad beans, cooked and lightly smashed
1 x 400g can cannellini beans, drained and rinsed
1/4 cup fresh dill, chopped
1/4 cup fresh parsley, chopped
1/4 cup fresh mint, chopped
1/4 cup fresh basil, chopped
1 tbsp fresh oregano, chopped
2 tbsp lemon juice
1/4 cup olive oil
1 small garlic clove, minced
80g feta cheese
1 tbsp Dijon mustard

Optional garnish:

Fresh herbs

Method

1. Crumble the feta into a bowl with the olive oil, lemon juice, mustard, garlic and mix well to combine. Allow to sit so the flavours can infuse for 5–10 minutes.
2. Meanwhile, cook the pasta according to package instructions. A minute before al dente, add the green beans to the water to blanch.
3. Drain the pasta and the green beans, reserving 1 cup of pasta water.
4. Add the pasta back to the saucepan, along with all the beans, peas and the feta mix.
5. Stir vigorously to make it creamy, adding 1/4 cup pasta water to help emulsify the sauce, resulting in a creamy finish.
6. Toss through the chopped herbs and top with any additional herbs before serving.

Nutrition information (per serve)

2200kJ, 22g protein, 21g fat, 5g saturated fat, 52g carbohydrate, 5g sugars, 18.1g fibre, 515mg sodium, 940mg potassium, 223mg calcium, 6.0mg iron



Swap it:

If you prefer to use dried herbs for this recipe the flavour can be more intense, so we recommend using 4 tsp for each fresh herb equivalent.



Roast broccoli and Brussels sprouts slaw

Easy, crunchy and packed full of flavour, this fresh zingy salad will add a rainbow to your plate. It's a fresh twist on a staple and you may be surprised to know that you'll get a good source of iron too.

 Prep time: 10 mins	 Cook time: 20 mins	 Serves: 4
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Ingredients

1 small head of broccoli (about 300g), cut into florets

250g Brussels sprouts, trimmed and halved, reserve 3 for the slaw

1 tbsp olive oil

1 tbsp honey

1 tbsp miso paste

1 x 400g can cannellini beans, drained and rinsed

50g slivered almonds

1 small carrot, grated

1 small red onion, thinly sliced

2 tbsp fresh rosemary, leaves picked, some chopped

Zingy dressing:

1 tbsp honey

2 tbsp lemon juice

1 tbsp Dijon mustard

Optional garnish:

Fresh herbs like parsley or coriander

Method

1. Preheat the oven to 200°C.
2. In a large mixing bowl, combine the broccoli florets, Brussels sprouts, olive oil, honey, miso paste and half the rosemary. Toss until the vegetables are evenly coated.
3. Spread the coated vegetables on a baking sheet in a single layer. Roast in the preheated oven for 15–20 minutes or until the vegetables are tender and crispy. Leave to cool slightly once done.
4. In the meantime, prepare the slaw by combining the beans, almonds, carrot, onion, finely sliced Brussels sprouts and the fresh rosemary in a bowl.
5. To make the dressing, whisk together the honey, lemon juice and Dijon mustard in a separate small bowl. Season to taste.
6. Add the roasted vegetables to the slaw mixture and drizzle the dressing over the top. Toss gently to combine all the ingredients.
7. Serve the slaw immediately as a side dish or as a light main course. Garnish with any fresh herbs.

Nutrition information (per serve)

1230kJ, 14g protein, 12g fat, 1g saturated fat, 26g carbohydrate, 19g sugars, 12.9g fibre, 540mg sodium, 872mg potassium, 114mg calcium, 3.1mg iron



Batch cooking:

This is a salad you can freeze! Double the recipe and freeze the leftovers for dinners or lunches. Just be sure to cool the dish completely before transferring it to freezer-safe containers. Defrost in the fridge and then warm in the oven.

Three ways with Tofu



Smoky BBQ tofu skewers

Serves: 4

1. Preheat the grill or barbecue to medium-high heat.
2. In a bowl, combine 2 tbsp BBQ sauce, 2 tbsp reduced salt soy sauce, 1 tbsp vegetable oil, 1 tbsp smoked paprika, 1/2 tsp garlic powder, 1/2 tsp onion powder, and 1/4 tsp black pepper. Mix well.
3. Cut 400g of firm tofu into cubes. Thread onto a skewer with 1 cup pineapple chunks, chunks of 1 green capsicum, and 2cm sections of 4 spring onions.
4. Brush the BBQ sauce mixture onto the skewered tofu, pineapple, capsicum and spring onions, coating them evenly.
5. Grill the skewers for about 4–5 minutes on each side until the tofu is charred and the vegetables are tender.
6. Remove from heat and serve with a garnish of coriander and your choice of sides or salad.

Nutrition information (per serve)

957kJ, 15g protein, 12g fat, 2g saturated fat, 11g carbohydrate, 10g sugars, 7.1g fibre, 580mg sodium, 430mg potassium, 349mg calcium, 4.5mg iron



Tofu larb lettuce cups

Serves: 4

1. In a bowl, combine 400g firm tofu (drained and crumbled), 1 1/2 tbsp lime juice, 2 minced garlic cloves, and 1 1/2 tbsp reduced salt soy sauce. Set aside to marinate for 5 minutes.
2. Heat 1 tbsp vegetable oil in a large pan over medium heat. Add the marinated tofu and cook for 5–7 minutes until lightly browned and heated through.
3. Remove the pan from heat and add 1 thinly sliced small red onion, 1 cup halved cherry tomatoes, 1/4 cup chopped mint leaves, and 1/4 cup chopped coriander. Mix well.
4. Make a quick dressing using 1 tbsp lime juice, 1 tbsp reduced salt soy sauce, 1 tbsp honey, mix well.
5. Spoon the tofu larb mixture into 8 large lettuce leaves (butter lettuce or iceberg).
6. Top with crushed roasted peanuts (optional), shaved cucumber and drizzle with the dressing.

Nutrition information (per serve)

958kJ, 15g protein, 12g fat, 1g saturated fat, 11g carbohydrate, 10g sugars, 7.6g fibre, 544mg sodium, 624mg potassium, 392mg calcium, 4.5mg iron



Crispy lemon and Parmesan tofu bites with aioli

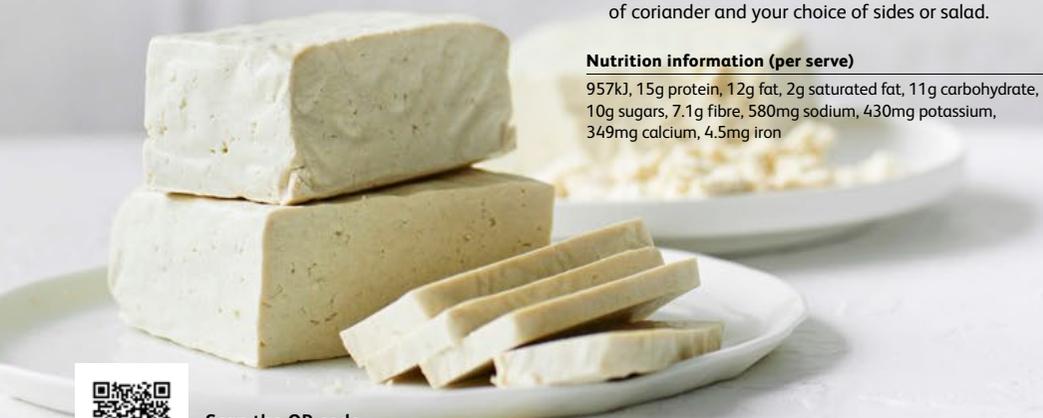
Serves: 4

1. In a shallow bowl, combine 1/4 cup corn flour, 1/4 cup cooked quinoa, 1/4 cup grated Parmesan cheese, 1/4 tsp black pepper, 1/4 tsp garlic powder, and 1/4 tsp onion powder.
2. Cut 400g of firm tofu in cubes and toss in the flour mixture, coating them evenly.
3. Heat 1 tbsp vegetable oil in a pan over medium-high heat.
4. Carefully place the coated tofu cubes in the hot oil and fry for about 4–5 minutes until golden brown and crispy, flipping occasionally. Remove from the pan and drain excess oil on a paper towel-lined plate.
5. In a separate small bowl, prepare the lemon aioli by combining 1/2 cup light mayonnaise, 1 tbsp fresh lemon juice, 1/2 tsp lemon zest, 1 minced garlic clove, salt and pepper. Mix well.
6. Serve the crispy tofu bites with lemon aioli and fresh lemon wedges on the side.

Nutrition information (per serve)

1280kJ, 18g protein, 18g fat, 4g saturated fat, 17g carbohydrate, 7g sugars, 4.2g fibre, 473mg sodium, 186mg potassium, 479mg calcium, 3.5mg iron

 Each of these recipes can be made in less than 20 minutes.



Scan the QR code to learn more about the benefits of soy.

Grilled miso tofu

The caramelised miso and maple marinade takes these tofu skewers to a new level of deliciousness. It provides a good source of protein which can support muscle health. This versatile recipe will quickly become a go-to dish.

 Prep time: 10 mins	 Cook time: 20 mins	 Serves: 4
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Ingredients

400g firm tofu
1 tbsp miso paste
1 1/2 tbsp maple syrup
1 tbsp reduced salt soy sauce
1 tbsp ginger, grated
2 cloves garlic, minced
2 cups cooked whole grains
(such as brown rice or quinoa)
3 cups greens
(such as kale or spinach)
1 tbsp vegetable oil

Optional garnish:

Sesame seeds, sliced green onions

Method

1. Preheat your grill or grill pan over medium heat.
2. Drain the tofu and pat it dry with paper towels. Slice the tofu into 1.25cm thick slices.
3. In a small bowl, whisk together the miso paste, maple syrup, soy sauce, ginger and half the minced garlic until well combined.
4. Brush both sides of the tofu slices with the miso mixture, ensuring they are evenly coated.
5. Place the tofu slices on the preheated grill and cook for about 5-6 minutes per side, or until nicely grilled and caramelised. Remove from the grill and set aside.
6. While the tofu is grilling, heat the vegetable oil in a large pan over medium heat. Add the remaining garlic and fry for 1 minute then add the greens and sauté for 3-4 minutes until wilted and tender. Remove from heat.
7. To serve, divide the cooked whole grains among four plates. Top each plate with a portion of grilled miso tofu and sautéed greens. Garnish with sesame seeds and sliced green onions, if desired.

Nutrition information (per serve)

1450kJ, 18g protein, 13g fat, 2g saturated fat, 36g carbohydrate, 7g sugars, 6.4g fibre, 483mg sodium, 496mg potassium, 373mg calcium, 4.3mg iron



Kitchen hack:

If you don't have a grill or grill pan, you can bake the tofu in a preheated oven at 200°C for about 20 minutes, flipping halfway through.



Eat together

Family favourites

When you've got hungry mouths to feed, these easy, tasty and affordable recipes will keep everyone happy.

Did you know taking time to eat together as a family has big benefits? As well as time to connect and share the stories of your day, research shows an extra 10 minutes at the table can help kids eat significantly more fruit and vegetables.



Grated veggie rice balls
with peanut dipping sauce,
page 21

Vibrant bean and corn tacos

Refresh Taco Tuesdays with this recipe that is bursting with flavour, colour and crunch. It's a good source of mixed vegetables to help you meet the optimal target of 30 different types of plant foods a week.

 Prep time: 15 mins	 Cook time: 15 mins	 Serves: 4
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Ingredients

- 8 small soft wholemeal flour tortillas
- 1 onion, finely diced
- 2 garlic cloves, minced
- 1 x 400g can kidney beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen or canned)
- 1 tbsp Mexican seasoning
- 1 cup celery, thinly sliced
- 2 cups cabbage, shredded
- Juice of 1 lime
- 2 tbsp spring onions, chopped
- 1 tbsp olive oil, for sautéing
- 2 tbsp low fat Greek yoghurt or light sour cream, for serving

Optional garnish:

Fresh coriander leaves, fresh chilli, shredded mozzarella

Method

1. In a large pan, heat olive oil over medium heat. Sauté the onion and garlic for 2 minutes to soften.
2. Add the kidney beans, corn and Mexican seasoning and cook for 5-6 minutes until heated through, stirring occasionally. Remove from heat.
3. In a separate bowl, combine the celery, cabbage, lime juice, and spring onions. Toss well to coat the vegetables with the lime juice. Set aside.
4. Warm the tortillas according to package instructions.
5. To assemble the tacos, place a spoonful of the bean and corn mixture onto each tortilla. Fold the tortilla in half, pressing gently to seal the filling inside.
6. Serve the tacos with the celery, cabbage, lime and spring onion salad on the side.
7. Top with low fat Greek yoghurt or light sour cream, mozzarella and any optional garnishes for topping.

Nutrition information (per serve)

1710kJ, 16g protein, 12g fat, 4g saturated fat, 52g carbohydrate, 10g sugars, 10.3g fibre, 605mg sodium, 673mg potassium, 190mg calcium, 2.1mg iron



Batch cooking:

Save time later by doubling the bean and corn filling and storing in the fridge for up to 3 days. It can be reheated as a filling for quesadillas, burritos, or even toasted sandwiches.



Chicken-style burger with quick pickles

These tasty burgers will hit the spot for a quick weeknight dinner with tasty toppings to let kids build their own. They are rich in protein which, as part of a healthy diet and active lifestyle, can help support healthy muscles, plus provide a good source of iron. Best of all, this recipe is very low in saturated fat.

 Prep time: 15 mins	 Cook time: 10 mins	 Serves: 4
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Ingredients

4 x Vegie Delights™ Chicken-Style Burgers
4 x wholemeal burger buns
1 large carrot, julienned or grated
1 small cucumber, thinly sliced
1/4 cup fresh coriander leaves
4 tbsp light mayonnaise
1 clove garlic, minced
Juice of 1/2 lemon (1 tbsp)
2 tbsp sweet chilli sauce (optional)
2 tbsp vinegar
2 tsp sugar

Optional garnish:

Fresh mint leaves

Method

1. Preheat your grill or grill pan to medium-high heat.
2. In a small bowl, combine the vinegar, sugar and 1/2 tsp salt or to taste. Stir until the sugar and salt dissolve.
3. Place the carrot in a separate bowl and pour the vinegar mixture over it. Toss well to ensure the carrots are coated. Let it sit for at least 10 minutes to lightly pickle.
4. In a small bowl, combine the mayonnaise, garlic, lemon juice and a pinch of salt. Mix well to make the garlicky lemon mayo. Set aside.
5. Grill the Vegie Delights™ Chicken-Style Burgers according to the package instructions until they are heated through and have nice grill marks. This usually takes about 4–5 minutes per side.
6. While the burgers are grilling, lightly toast the burger buns if desired.
7. Spread a generous amount of the garlicky lemon mayo on the bottom half of each burger bun.
8. Place a grilled burger on top of the mayo. Spread sweet chilli sauce (if using) on each burger.
9. Top the burgers with the pickled carrots, cucumber slices, and fresh coriander leaves.
10. Place the top half of the burger bun on each assembled burger and garnish with fresh mint leaves, if desired.



Kitchen hack:

To save time you can make the garlicky lemon mayo and pickled carrots in advance and store them in the fridge for up to 2 days ready for use on the burgers, and in other recipes.

Nutrition information (per serve)

2030kJ, 24g protein, 15g fat, 2g saturated fat, 57g carbohydrate, 15g sugars, 10.2g fibre, 1080mg sodium, 356mg potassium, 94mg calcium, 5.3mg iron

Three ways with Wholegrains

Grains are a staple food in most households. They are made up of three parts: the bran (nutritious outer layer), the germ (the seed's embryo) and the endosperm (the germ's food supply). Wholegrains are grains that have all those parts intact, which makes them fibre-rich and full of nutrients. There are lots of health benefits of including more wholegrains in your diet – from supporting your gut health through to helping you feel fuller for longer.

These three recipes hero wholegrains like quinoa, barley and brown rice, and provide a good source of fibre to support digestive wellbeing by helping to keep you regular.

Each of these recipes can be made in less than 20 minutes.



Oat, barley and corn risotto

Serves: 4

1. In a large saucepan, heat 1 tbsp of olive oil and sauté 1 finely chopped onion and 2 minced garlic cloves.
2. Add 1 cup pearl barley to the saucepan and toast for a couple of minutes.
3. Add 3/4 cup of corn (fresh or frozen). Mix 3 cups of reduced salt vegetable stock with 3 cups of boiling water and add to the saucepan a couple of cups at a time, stirring vigorously between adding more liquid. It should take about 20 minutes to use all of the liquid.
4. Add 1 cup of rolled oats and continue to cook until smooth, another 15 minutes. Remove from heat and stir in 1/4 cup grated Parmesan cheese and 2 tbsp chopped fresh chives.

Nutrition information (per serve)

1660kJ, 15g protein, 14g fat, 5g saturated fat, 47g carbohydrate, 4g sugars, 10.8g fibre, 712mg sodium, 414mg potassium, 199mg calcium, 2.6mg iron

5.



Finely chopped quinoa salad

Serves: 4 as a side salad

1. In a large bowl, combine 1 cup cooked quinoa, 1 finely chopped cucumber, 1 finely chopped red capsicum, 1 cup halved cherry tomatoes, 1/4 cup sliced Kalamata olives, and 100g crumbled feta cheese.
2. In a small bowl, whisk together 2 tbsp extra virgin olive oil, 1 tbsp lemon juice, and 1/2 tsp dried oregano.
3. Drizzle the dressing over the salad and toss gently to coat all the ingredients.
4. Serve the quinoa salad immediately, garnished with chopped fresh parsley, if desired.

Nutrition information (per serve)

1050kJ, 8g protein, 17g fat, 5g saturated fat, 14g carbohydrate, 6g sugars, 5.0g fibre, 425mg sodium, 463mg potassium, 117mg calcium, 1.5mg iron



Grated veggie rice balls with peanut dipping sauce

Serves: 4

1. In a bowl, mix together 3 cups of overcooked brown rice (soft and mushy), 1 grated carrot, 1 grated zucchini, 2 tbsp finely chopped spring onions, 1 tbsp grated ginger, 1 tbsp reduced salt soy sauce, 1 tsp sesame oil, 1 egg, 1/4 tsp garlic powder, and 1/4 tsp ground black pepper. Use your hands to mash everything together quite vigorously.
2. Shape the mixture into bite-sized balls using wet hands and then roll the balls into a mixture of panko breadcrumbs (approx. 1 cup), sesame seeds (1 tbsp) and sunflower seeds (1 tbsp). Place the balls on a tray and refrigerate for an hour before cooking.
3. Heat 1 tbsp of vegetable oil in a pan over medium heat. Cook the rice balls until golden brown and crispy (about 4-5 minutes per batch). Drain on a plate lined with paper towel.
4. While these are cooking, make a peanut sauce by combining 2 tbsp smooth peanut butter, 1 tbsp reduced salt soy sauce, 1 tbsp rice vinegar, 1 tsp honey, 1/4 tsp sweet chilli sauce (optional).
5. Serve the rice balls warm with the dipping sauce options on the side.

Nutrition information (per serve)

2290kJ, 17g protein, 18g fat, 3g saturated fat, 75g carbohydrate, 9g sugars, 7.5g fibre, 588mg sodium, 596mg potassium, 83mg calcium, 2.9mg iron



Scan the QR code to learn more about the health benefits of wholegrains.

Silverbeet enchiladas with avocado lime dressing

A morish filling of Mexican-spiced butternut pumpkin, corn and black beans wrapped in silverbeet and baked with cheesy topping for this scrumptious, gluten-free take on enchiladas. These enchiladas are also packed with iron – a nutrient which supports your immune system and helps your body generate energy.

 Prep time: 15 mins	 Cook time: 30 mins	 Serves: 4
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Ingredients

12 large silverbeet leaves, spine removed and keep the tip of leaf joined (this is about 1 bunch)

2 tbsp olive oil

1 small butternut pumpkin, peeled, seeded, and cut into small cubes

1 cup brown rice, cooked

1 cup canned black beans, drained and rinsed

1 cup corn kernels (fresh or frozen)

1 cup tomatoes, chopped

1 tbsp Mexican spice mix

1 x 400g no added salt crushed tomatoes or 2 cups passata

1 cup grated cheese, optional (such as Edam or mozzarella)

Avocado and lime dressing:

1 ripe avocado, peeled and pitted

Juice of 1 lime

2 tbsp fresh coriander, chopped

Optional garnish:

Chopped fresh coriander, seeded and diced jalapeno pepper.

Method

1. Preheat the oven to 200°C.
2. On a baking paper lined tray, lightly oil then bake the pumpkin until golden brown, about 15 minutes.
3. Meanwhile combine brown rice, black beans, corn, tomatoes, and spice mix in a large bowl. Add pumpkin when cooked and toss. Keep tray to the side.
4. Lay out a silverbeet leaf on a clean surface. Place a scoop of the pumpkin mixture in the centre of the leaf. Fold the sides of the leaf over the filling and roll it up tightly. Repeat with the remaining silverbeet leaves and filling.
5. Pour can of crushed tomatoes into your roasting tray evenly covering the bottom. Arrange wrapped enchiladas down the centre and cover with cheese.
6. Bake in the preheated oven for about 15 minutes, until the cheese is melted and the enchiladas are heated through.
7. Meanwhile, prepare the dressing by combining the avocado, lime juice, and coriander in a blender or food processor. Blend until smooth and creamy.
8. Serve the silverbeet enchiladas with the avocado and lime dressing. Garnish with chopped coriander and jalapeno peppers, if desired.

Nutrition information (per serve)

2320kJ, 20g protein, 23g fat, 5g saturated fat, 55g carbohydrate, 24g sugars, 19.7g fibre, 527 mg sodium, 2235mg potassium, 304mg calcium, 6.6mg iron



Moroccan-spiced roasted cauliflower steaks

Herby couscous jewelled with vegetables and topped with Parmesan-crusted, Moroccan cauliflower steaks. It's the perfect platter dish for the whole family to share. Did you know that eating at least 30 different plant foods per week can help support your gut health? You'll be well on your way with this delicious recipe.

 Prep time: 15 mins	 Cook time: 50 mins	 Serves: 4
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Ingredients

1 large cauliflower head
2 tbsp olive oil
2 tsp Moroccan spice blend
40g Parmesan cheese, grated
200g wholemeal couscous
1/2 cup water
1/2 cup reduced salt vegetable stock
1 small red onion, finely chopped
1 small red capsicum, diced
1 small cucumber, diced
1/4 cup fresh parsley, chopped
1/4 cup fresh mint leaves, chopped
1/4 cup sultanas or chopped dried apricots
Juice of 1 lemon

Optional garnish:

Extra fresh herbs (parsley, mint)

Method

1. Preheat the oven to 200°C (180°C fan-forced) and line a baking sheet with parchment paper.
2. Trim the leaves and stem of the cauliflower, leaving the core intact. Carefully slice the cauliflower from top to bottom into four thick steaks.
3. In a small bowl, combine the olive oil and Moroccan spice blend. Brush both sides of the cauliflower steaks with the spice mixture.
4. Place cauliflower on lined baking tray, pour a dash of water on the tray and cover with foil. Bake for 30 minutes. Remove foil and bake for another 15 minutes, until golden. Grate Parmesan onto cauliflower and bake for another 5 minutes.

Meanwhile, to prepare the couscous salad:

1. Place the wholemeal couscous in a large bowl.
2. In a small saucepan, bring the vegetable broth and water to the boil. Pour the boiling broth over the couscous, cover the bowl with a plate or plastic wrap, and let it sit for 5 minutes.
3. Fluff the couscous with a fork to separate the grains.
4. Once cooled, add the remaining ingredients to the couscous. Toss well to combine and season to taste.
5. Serve the cauliflower steaks on top of the couscous salad. Garnish with extra fresh herbs, if desired.

Nutrition information (per serve)

1910kJ, 19g protein, 13g fat, 3g saturated fat, 60g carbohydrate, 23g sugars, 10.3g fibre, 574mg sodium, 1436mg potassium, 237mg calcium, 4.3mg iron





Smoky roasted beetroot and lentil salad

Drizzled in yoghurt dressing with bites of zesty orange, roasted vegetables and fresh herbs, this mouth-watering salad is a tasty dinner that will help keep you full thanks to protein-rich lentils. It is also high in iron which helps support regular cognitive function.

 Prep time: 15 mins	 Cook time: 25 mins	 Serves: 4
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Ingredients

500g beetroot, washed and cut into wedges
2 large carrots, washed and cut into chunks
1 tbsp olive oil
1 tsp smoked paprika
1 x 400g can lentils, rinsed and drained.
2 oranges, segmented
2 tbsp fresh dill, chopped
2 cups rocket

Yoghurt tahini dressing:

1/4 cup low fat Greek yoghurt
1 tbsp tahini
1 tbsp lemon juice
1 clove garlic, minced

Garnish:

Fresh dill sprigs
80g feta, crumbled
Toasted nuts, such as almonds or pecans (optional)

Method

1. Preheat the oven to 200°C (180°C fan-forced). Line a baking tray with parchment paper.
2. In a large bowl, combine the beetroot wedges, carrot chunks, olive oil and smoked paprika. Toss until the vegetables are evenly coated.
3. Transfer the seasoned beetroot and carrots to the prepared baking tray and spread them out in a single layer. Roast in the preheated oven for about 25 minutes or until the vegetables are tender and slightly caramelised. Remove from the oven and set aside to cool.
4. In a small bowl, whisk together the yoghurt, tahini, lemon juice and garlic to make the dressing. Season to taste.
5. In a large salad bowl, combine the roasted beetroot and carrots, lentils, orange segments, dill and rocket. Drizzle the yoghurt tahini dressing over the salad and toss gently to combine.
6. To serve, divide the salad among plates. Top with crumbled feta, fresh dill sprigs and toasted nuts, if desired.

Nutrition information (per serve)

1410kJ, 14g protein, 13g fat, 4g saturated fat, 33g carbohydrate, 24g sugars, 14.7g fibre, 557mg sodium, 1115mg potassium, 257mg calcium, 3.9mg iron.



Swap it:

Save money by customising the salad using vegetables and greens you have in your fridge or produce that's in season. Cherry tomatoes or baby spinach are tasty swaps.

Budget-friendly

Easy prep

Meal prepping is a budget-friendly way to get food organised for the week and have healthy meals at the ready. It also eases the stress of deciding what's for dinner. Meal prepping doesn't need to take over your weekend. Try starting with these simple recipes that can easily be doubled to make a larger batch and the leftovers frozen for dinners. Tip – freeze in single serves for a quick reheat at lunch or dinner without any waste.



Smoky red kidney beans, page 35

Lentil ratatouille with a cauliflower cheese crumb

We'll challenge anyone to pick this as meat-free. A deliciously good mix of two family favourites – cottage pie meets the classic cauliflower cheese. Yummy, filling and so good as leftovers, plus it's packed with over 30g of protein per serve.

 Prep time: 15 mins	 Cook time: 30 mins	 Serves: 4
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Ingredients

1 tbsp olive oil
1 onion, diced
2 cloves garlic, minced
1 red capsicum, diced
1 zucchini, diced
1 eggplant, diced
1 x 400g can diced tomatoes
1 250g packet Vegie Delights™ Savoury Mince
1 x 400g can lentils, drained and rinsed
1 small cauliflower, cut into florets

Bechamel sauce:

2 tbsp olive oil
2 tbsp all-purpose flour
2 cups So Good™ Soy Regular
1 cup grated cheese
(such as Edam or mozzarella)

Crispy crumb:

1/2 cup breadcrumbs
1 tbsp olive oil

Optional garnish:

Fresh parsley or basil, chopped

Method

1. Preheat your oven to 180°C.
2. In a large oven-safe pan or casserole dish, heat the olive oil over medium heat. Add the onion and garlic, and sauté for 2–3 minutes until fragrant and slightly softened.
3. Add the Vegie Delights Savoury Mince and brown on high for 2–3 minutes, then add the capsicum, zucchini, and eggplant to the pan. Cook for another 5 minutes, stirring occasionally until the vegetables have slightly softened.
4. Stir in the diced tomatoes and lentils to the veggie mix. Season with salt and pepper to taste. Cook for an additional 5 minutes, allowing the flavours to meld together. If you have extra time on your side, you can pop this in the oven with the lid for 10-15 minutes for extra gooeyness and flavour.
5. While the ratatouille is simmering, steam the cauliflower florets until tender. Drain well and set aside.
6. To prepare the bechamel sauce, heat oil in a saucepan over medium heat. Add the flour and whisk continuously for 1-2 minutes until it forms a smooth paste. Continue to whisk while gradually pouring in the soy milk. Whisk until the sauce thickens, about 5 minutes.
7. Remove the saucepan from heat and stir in the grated cheese until melted and smooth.
8. Top the ratatouille with the steamed cauliflower then spread the bechamel sauce evenly over the top of the ratatouille in the pan or casserole dish.
9. In a small bowl, combine the breadcrumbs with oil and mix until the breadcrumbs are evenly coated. Sprinkle the breadcrumb mixture over the bechamel sauce.
10. Place the pan or casserole dish in the preheated oven and bake for 15 minutes or until the top is golden brown and crispy. Remove from the oven and garnish with fresh parsley or basil, if desired.

Nutrition information (per serve)

2480kJ, 31g protein, 24g fat, 5g saturated fat, 54g carbohydrate, 19g sugars, 14.9g fibre, 590mg sodium, 1236mg potassium, 409mg calcium, 5.9mg iron



Kitchen hack:

Prep ahead by dicing the vegetables and storing them in an airtight container in the fridge until ready to cook. Once the dish is done it can be frozen or stored in the fridge for up to 3 days.



Rainbow falafels with parsley salad

Falafels are always a favourite and are a wonderful way to get more legumes into your diet. Served in wraps or ready to dip and eat, this recipe gives you the option to choose a colour or make a rainbow of tasty bite-sized falafels, which are perfect for freezing too.

 Prep time: 15 mins	 Cook time: 5 mins	 Serves: 4
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Ingredients

Base falafel mixture:

- 1 cup cooked, or tinned chickpeas, drained and rinsed
- 2 tbsp wholemeal plain flour
- 1/2 tsp ground cumin
- Pinch of salt, or to taste
- 2 tbsp olive oil, for cooking

Yellow falafels – add to base mixture

- 1/2 cup cooked pumpkin, mashed
- 1/4 tsp turmeric

Green falafels – add to base mixture

- 1 cup finely chopped spinach leaves
- 1/4 tsp garlic powder

Pink falafels – add to base mixture

- 1/2 cup grated beetroot
- 1/4 tsp onion powder

White bean yoghurt dip:

- 1 cup canned cannellini beans, drained and rinsed
- 1/4 cup plain low fat yoghurt
- 1 tbsp lemon juice
- 1 tbsp chopped fresh parsley

Parsley salad:

- 2 cups fresh parsley leaves, chopped
- 1 tomato, diced
- 1 cucumber, diced
- 1 tbsp lemon juice
- 1 tbsp olive oil

Method

1. Place the base falafel mix ingredients and the ingredients for the colour you wish to make (yellow, green or pink) into a food processor. Season to taste. Pulse until well combined and the mixture comes together.
2. Shape the mixture into small patties, about 2 inches in diameter.
3. Heat 2 tbsp olive oil in a large pan over medium heat. Add the falafel patties in batches and cook for about 3-4 minutes on each side, until they are golden brown and crispy. Remove from heat and set aside.
4. To make the white bean yoghurt dip in a food processor, combine the cannellini beans, yoghurt, lemon juice and parsley. Blend until smooth and creamy.
5. To make the parsley salad, in a mixing bowl, combine the parsley, tomato, cucumber, lemon juice and olive oil. Toss to coat the salad ingredients.
6. Serve the rainbow falafels with the white bean yoghurt dip and parsley salad on the side.

Nutrition information (per serve)

1360kJ, 12g protein, 17g fat, 3g saturated fat, 22g carbohydrate, 7g sugars, 14.0g fibre, 517mg sodium, 2508mg potassium, 370mg calcium, 6.1mg iron



Batch cooking:

You can make a double batch of falafels and freeze the extras for later. The best way to do this is to place the cooked falafels on a baking sheet and freeze until solid, then transfer them to a freezer bag or container and freeze for up to 3 months. When ready to eat, simply reheat them in the oven.



Three ways with

Tinned legumes

Tinned legumes are a cheap and healthy staple to have in the pantry for those busy days. They include chickpeas, butter beans, kidney beans, cannellini beans and lentils. Did you know? A diet low in legumes is the leading dietary risk factor contributing to the burden of disease?

Legumes provide protein, fibre, folate and lots of minerals. Just rinse and drain tinned legumes before using them to reduce the salt. Here's three ways to turn tinned legumes into an easy, budget-friendly and tasty meal, which provide a source of protein and are very high in fibre.

Each of these recipes can be made in less than 20 minutes.



Scan the QR code to learn more about the health benefits of legumes and how to cook with them.



Smoky red kidney beans

Serves: 4

1. Heat 2 tbsp olive oil in a pan. Add 1 minced garlic clove and 1 chopped red onion and sauté. Sprinkle 1 tsp smoked paprika and stir.
2. Add 2 x 400g cans red kidney beans (drained and rinsed), 1 cup of cherry tomatoes (sliced in half), 1 cup salt reduced vegetable stock. Simmer for 10 minutes.
3. Serve as a side or on wholegrain toast with a poached egg. Garnish with fresh parsley.

Nutrition information (per serve)

890kJ, 10g protein, 10g fat, 2g saturated fat, 14g carbohydrate, 4g sugars, 10.6g fibre, 203mg sodium, 561mg potassium, 58mg calcium, 2.6mg iron



Parmesan and spinach black beans

Serves: 4

1. Heat 2 tbsp olive oil in a pan. Sauté 4 minced garlic cloves.
2. Add 2 x 400g cans black beans (drained & rinsed), 1 cup salt-reduced vegetable stock, 2 cups chopped spinach. Cook for 5 minutes.
3. Stir in 1/4 cup grated Parmesan and juice of half a lemon. Cook for 1 minute.
4. Serve as a side or over wholegrain pasta. Garnish with fresh basil and lemon zest.

Nutrition information (per serve)

1050kJ, 13g protein, 12g fat, 3g saturated fat, 15g carbohydrate, 6g sugars, 11.3g fibre, 293mg sodium, 558mg potassium, 166mg calcium, 2.9mg iron



Curried coconut butter beans

Serves: 4

1. Heat 2 tbsp olive oil in a pan. Sauté 1 chopped onion, 2 minced garlic cloves.
2. Sprinkle 1 tbsp curry powder, stir.
3. Add 2 x 400g cans butter beans (drained & rinsed), 200ml light coconut milk, 200ml reduced salt vegetable stock, and 1 tbsp reduced salt soy sauce. Simmer for 10 minutes.
4. Serve as side or as a main with brown rice. Garnish with fresh coriander.

Nutrition information (per serve)

1010kJ, 9g protein, 14g fat, 5g saturated fat, 15g carbohydrate, 3g sugars, 8.6g fibre, 340mg sodium, 558mg potassium, 44mg calcium, 2.3mg iron



Eggplant and sweet potato dahl

A squeeze of lime adds zing and summery freshness to this aromatic, veggie-packed dahl. It is also very high fibre to help you feel good on the inside by keeping your digestive system moving.

 Prep time: 10 mins	 Cook time: 20 mins	 Serves: 4
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Ingredients

- 1 cup dried red lentils
- 1 medium sweet potato, diced (300g)
- 1 small eggplant, diced (200g)
- 1 cup light coconut milk
- 3 cups salt-reduced vegetable stock
- 1 tbsp curry powder
- 1 tsp turmeric powder
- 2 tomatoes, diced
- Juice and zest of 1 lime
- Olive oil, for roasting and sautéing
- 1 onion, diced
- 2 cloves garlic, minced

Optional garnish:

Thinly sliced fried shallots, coconut flakes, fresh coriander leaves

Method

1. Preheat the oven to 200°C.
2. In a large pot, heat some olive oil over medium heat. Add the onion and garlic, and sauté until fragrant and translucent.
3. Add the curry powder and turmeric powder to the pot and cook for another minute, stirring constantly.
4. Stir in the red lentils, sweet potato, coconut milk, stock and tomatoes. Bring to a boil, then reduce the heat and simmer for about 15-20 minutes or until the lentils and sweet potato are tender, stirring occasionally.
5. While the dahl is simmering, spread the eggplant on a baking sheet, drizzle with olive oil and season to taste. Roast in the preheated oven for about 15 minutes or until the eggplant is golden and tender.
6. Once the lentils, sweet potato and tomatoes are cooked, remove the pot from the heat. Stir in the lime juice and zest. If it is too thick add some water to achieve the desired consistency.
7. Gently fold in the roasted eggplant.
8. Serve the dahl in bowls. Garnish with toasted coconut flakes, fried shallots and fresh coriander leaves, if desired.

Nutrition information (per serve)

1590kJ, 15g protein, 13g fat, 5g saturated fat, 42g carbohydrate, 14g sugars, 13.4g fibre, 517mg sodium, 925mg potassium, 106mg calcium, 6.1mg iron



Swap it:

If you don't have red lentils, you can switch these for brown lentils or yellow split peas (you may need to adjust the cooking time). You can also switch the sweet potato for pumpkin depending on what is in season and most affordable. This is also a great recipe to use up vegetable scraps leftover in your fridge.



Stuffed portobello mushrooms with roasted garlic sauce

These easy stuffed mushrooms are loaded with a delicious mix of brown rice, kale and Italian herbs. Slice and scoop up the divine cashew cream garlic sauce for a mouth-watering bite, that is also packed with protein and fibre.

 Prep time: 30 mins	 Cook time: 15 mins	 Serves: 4
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Ingredients

4 large portobello mushrooms
1 cup cooked brown rice
1 cup kale, finely chopped
1 tsp Italian mixed herbs
1/2 tsp garlic powder
1 tbsp olive oil

Cashew cream roasted garlic sauce:

1/2 cup raw cashews, soaked in water for 30 minutes
1/4 cup water
2 cloves garlic
1 tbsp Parmesan cheese, grated
1 tbsp lemon juice

Optional garnish:

Chopped fresh parsley



Swap it:

There are plenty of swaps you can make in this recipe to suit your taste and ingredients. For a cheesier sauce add an extra tablespoon of Parmesan cheese or nutritional yeast, swap kale with spinach and swap portobello mushrooms for any large flat mushrooms.

Method

1. Preheat the oven to 200°C.
2. Place the garlic cloves on a baking sheet. Drizzle them with a little oil and bake for 15-25 minutes depending on the size of the cloves.
3. Remove the stems from the portobello mushrooms and gently scrape out the gills using a spoon. Chop these discarded parts finely and add in a mixing bowl with brown rice, kale, Italian mixed herbs, garlic powder. Mix well to combine and season to taste. Place the scooped-out mushrooms on a baking sheet lined with parchment paper.
4. Spoon the brown rice and kale mixture into the mushroom caps, pressing it down firmly. Drizzle olive oil over the stuffed mushrooms.
5. Place the mushrooms in the preheated oven and bake for 15 minutes, or until the mushrooms are tender and the filling is crispy.
6. While the mushrooms are baking, prepare the cashew cream roasted garlic sauce. Drain the soaked cashews and add them to a blender along with water, roasted garlic, Parmesan cheese and lemon juice. Blend until smooth and creamy.
7. Once the mushrooms are done, remove them from the oven and allow them to cool for a few minutes.
8. Serve the stuffed mushrooms with a drizzle of sauce. Garnish with fresh parsley if desired.

Nutrition information (per serve)

1030kJ, 10g protein, 15g fat, 3g saturated fat, 14g carbohydrate, 2g sugars, 5.7g fibre, 130mg sodium, 761mg potassium, 120mg calcium, 2.6mg iron



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