

Sticky date pudding with butterscotch sauce



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Sticky date pudding with butterscotch sauce

A familiar classic with a little extra fibre and nutrition folded in – it's just as sticky and just as satisfying.



Serves: 8

Preparation time: 10 minutes

Cooking time: 30 minutes

Diet and allergies: Nut free. Vegetarian. Dairy free*.

Ingredients

- 18 fresh medjool dates, pitted, roughly chopped
- 1 tsp bi-carb soda
- 1 banana
- 1 cup (150 g) wholemeal self-raising flour

- 2 eggs, lightly beaten
- 2 tsp vanilla essence
- ¼ cup (55 g) brown sugar (optional)
- ½ cup (125 ml) light cream (optional)*

*Dairy free if omit light cream.

Method

1. Preheat the oven to 180°C. Lightly spray a loaf tin with olive oil and line it with baking paper.
2. Combine the dates and ¼ cup (60 ml) boiling water in a large microwave-safe bowl. Cover and microwave for 1½ minutes, then remove.
3. Stir in bi-carb soda and mash dates with a fork until it foams.
4. Mash the banana and stir into the date mixture.
5. Add the flour to the date mixture. Stir until just combined.
6. Add the eggs and vanilla. Stir to combine.

7. Pour the mixture into the prepared tin and smooth the surface. Bake for 25–30 minutes, or until a skewer inserted into the centre comes out clean. Slice into 8 pieces and serve.

Butterscotch sauce (optional)

1. To make butterscotch sauce, place ¼ cup brown sugar and 1½ tablespoons of water in a small saucepan over medium heat.
2. Simmer, stirring, until the sugar is dissolved and slightly darkened in colour.
3. Stir in the light cream and bring to the boil.
4. Gently boil, stirring, for 5 minutes or until the sauce turns a caramel colour and is slightly thickened.



Serving suggestion

Drizzle with butterscotch sauce and serve topped with chopped walnuts and strawberries.

Homemade baked beans



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Homemade baked beans

Meet your new weekday hero, a one-dish wonder packed with protein, fibre, and enough flavour to make you look forward to the morning.



Serves: 4

Preparation time: 5 minutes

Cooking time: 30 minutes

Diet and allergies: Nut free. Vegetarian. Dairy free. Gluten free.

Ingredients

- 2 x 400 g cans butter beans, drained and rinsed
- 400 g can cherry tomatoes
- 2 tbsp reduced-salt tomato paste
- 2 tbsp maple syrup
- 2 tsp smoked paprika
- 1 garlic clove, crushed (or 1 tsp jarred minced garlic)

Method

1. Preheat the oven to 200°C. Add the beans, tomatoes, tomato paste, syrup, paprika and garlic to a large, deep baking dish. Season with pepper and stir to combine.
2. Bake, stirring halfway through, for 30 minutes or until the sauce has thickened.
3. Serve.



Serving suggestion

Serve with wholemeal or whole grain toast and crumbled feta cheese.

Thai coconut curry salmon tray bake



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Thai coconut curry salmon tray bake

Packed with fragrant Thai flavours, this easy tray bake comes together for a quick weeknight meal.



Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Diet and allergies: Nut free. Dairy free. Gluten free.

Ingredients

- 1 reduced-salt chicken stock cube
- 2 limes
- 270ml can light coconut milk
- 2 tbsp Thai Panang curry paste*
- 1 red capsicum, thinly sliced
- 200g green beans, trimmed
- 4x 115g skinless salmon fillets
- 150g vermicelli noodles
- ½ cup fresh coriander leaves (optional)

*may contain soy or prawn.

Method

1. Preheat the oven to 180°C.
2. Crumble and dissolve the stock cube in ¼ cup (60ml) boiling water in a large heat-proof jug. Zest and juice one lime. Add the coconut milk, curry paste, lime zest and juice to the stock and stir to combine.
3. Cut the other lime into wedges and set aside.
4. Put the capsicum, beans and salmon in a large, deep baking tray and pour over the stock mixture. Bake for 12–15 minutes, until the salmon is cooked to your liking and the vegetables are tender-crisp.
5. Meanwhile, put the noodles in a heat-proof bowl and cover with boiling water. Soak for 2–3 minutes until al dente. Drain, then rinse under cold water and drain well.
6. Scatter the coriander over the salmon and serve with noodles and the lime wedges (if using).



Serving suggestion

Serve with steamed Asian greens like Chinese broccoli or bok choy.

Tuscan-style chicken soup



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Tuscan-style chicken soup

With its creamy, semi-dried tomato flavour, this nourishing soup is set to become a household go-to.



Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Diet and allergies: Nut free. Gluten free.

Ingredients

- 1 brown onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, crushed
- 1 L (4 cups) reduced-salt chicken stock
- 400 g chicken thighs, fat-trimmed, sliced
- 400 g can cannellini beans, drained and rinsed
- ¼ cup semi-dried tomatoes, chopped
- 60 g baby spinach leaves
- ⅓ cup fresh basil leaves
- ⅓ cup (80 ml) light cream

Method

1. Lightly spray a large saucepan or pot with olive oil and heat over medium-high heat. Add the onion and celery. Cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the garlic and cook, stirring, for 1 minute or until fragrant.
2. Add the stock and bring to the boil. Reduce the heat to low. Add the chicken and simmer, covered, for 20 minutes. Stir through the beans and tomato. Simmer, covered, for a further 10 minutes or until the chicken is tender.
3. Remove the soup from the heat and allow it to cool slightly. Stir through the spinach, basil and cream until the spinach has wilted.
4. Divide the soup among bowls.



Serving suggestion

Serve with toasted crusty wholemeal bread.

Healthier-for-you 'nachos'



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Healthier-for-you 'nachos'

This quick, savoury dish will be an instant favourite.

Serves: 4

Preparation time: 10 minutes

Cooking time: 35 minutes

Diet and allergies: Nut free. Gluten free.



Ingredients

- 600g sweet potatoes, thinly sliced into rounds
- 1½ tbsp reduced-salt taco seasoning
- 1 red onion, finely chopped
- 250g lean beef mince

- 400g can black beans, drained and rinsed
- 3 tomatoes, finely chopped
- ¾ cup shredded light cheddar cheese
- 1 avocado, mashed

Method

1. Preheat the oven to 200°C. Line two large baking trays with baking paper. Place the sweet potato rounds in a single layer on the prepared trays. Lightly spray with olive oil and sprinkle with half of the seasoning. Bake, turning halfway through, for 25–30 minutes, until tender and crispy.
2. Meanwhile, lightly spray a large non-stick frying pan with olive oil and heat over medium-high heat. Set aside 2 tablespoons of the onion and put the remaining in the pan. Cook, stirring, for 3 minutes or until starting to soften.
3. Add the mince and cook, breaking up the lumps with a spoon, for 3–4 minutes, until browned. Add the remaining taco seasoning, beans, two-thirds of the tomatoes and a splash of water. Cook, stirring, for 5–10 minutes, until the tomatoes have softened and liquid has absorbed. Remove from the heat and set aside.
4. Remove the potatoes from the oven and combine them all on one tray. Top with the mince mixture and sprinkle with cheese. Return to the oven and bake for 5 minutes or until the cheese has melted.
5. Remove the nachos from the oven. Top with avocado, and the remaining tomatoes and onion. Serve on the tray for everyone to help themselves.



Serving suggestion

Add extra toppings such as sour cream, jalapeños or coriander leaves.