



SALADS & BBQS

**A FRESH TAKE ON YOUR
SUMMER FAVOURITES**



OUR HEART-HEALTHY EATING PATTERNS

We hope you enjoy our new collection of heart-healthy salad and barbecue 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.

Water as the drink of choice

For heart health information, please contact us on our website heartfoundation.org.au





A FRESH, HEALTHY TAKE ON YOUR SUMMER FAVOURITES

Our collection of salad and barbecue recipes are designed to easily fit into your Heart-Healthy Eating Pattern.

There's a range to suit your lifestyle and social life – from quick and healthy weeknight options, to show-stopping share-plates sure to impress any barbecue guests this summer.

For more options visit www.heartfoundation.org.au/salads. We hope these recipes offer enjoyment and inspiration to create long lasting healthy habits for your summer outings.

ASIAN TOFU RICE SALAD



4 SERVES



20 MINS



10 MINS

INGREDIENTS

250g firm tofu (unflavoured),
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 2/3 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 the first two steps.



KALE SWEET POTATO & BEETROOT SALAD

 4 SERVES

 15 MINS

 25 MINS

INGREDIENTS

600g sweet potato, peeled, cut into 1cm slices

Olive oil cooking spray

6 cups (175g) chopped kale leaves
(about 6-7 stalks)

420g can no added salt lentils, drained

250g packet fresh cooked beetroot,
drained, cut into wedges

75g feta cheese, crumbled

½ cup walnuts, toasted

DRESSING

2 tablespoons extra virgin olive oil

2 tablespoons balsamic vinegar

½ teaspoon honey

1 small clove garlic, crushed

Freshly ground black pepper, to taste

METHOD

Arrange sweet potato slices in a single layer over a baking paper-lined baking tray. Spray with cooking spray. Bake in a 200°C oven (fan-forced) for 20-25 minutes, until tender. Cool.

Place kale, lentils and sweet potato in a large bowl. Season with freshly ground pepper and toss gently. Arrange over a large platter. Top with beetroot, feta and walnuts.

To make dressing, place all ingredients in a screw top jar and shake well.

Drizzle dressing over salad to serve.

Shortcut: Reduce prep time by replacing kale leaves with 175g of any packaged, chopped leafy salad mix. Sweet potato can be microwaved instead of roasted, if preferred. Place slices over base of a large microwave-safe dish, overlapping slightly. Cover with damp paper towel and microwave on High for about 6 minutes, or until tender. Drain and cool.

Tips:

- To toast walnuts, spread over a baking tray and bake in 160°C oven (fan-forced) for 5-6 minutes. Salad (without dressing) can be assembled up to 3 hours ahead. Keep, covered in the fridge. Drizzle with dressing just before serving.
- For a warm, non-vegetarian salad, lentils can be replaced with 300g lean lamb or beef steaks.
- Grill or pan fry steaks in a non-stick pan until cooked to your liking. Rest 5 minutes then slice thinly. Arrange over salad.



CHAR GRILLED TOFU & VEGETABLES WITH ROMESCO SAUCE



4 SERVES



20 MINS



15 MINS

INGREDIENTS

500g firm tofu (unflavoured)

1 medium eggplant, cut length-ways into 1cm slices

2 large zucchini, cut diagonally into 1cm slices

200g flat mushrooms, thickly sliced

2 bunch asparagus, ends trimmed

¼ cup olive oil

1 tablespoon Ras el hanout (Moroccan) spice blend

¼ cup chopped fresh parsley

2 wholemeal Lebanese bread rounds, cut into large pieces

Lemon wedges, to serve

DRESSING

2 tablespoons slivered almonds, toasted

180g roasted capsicum, drained, chopped

⅓ cup semi-dried tomatoes

1 tablespoon red wine vinegar

1 teaspoon smoked paprika

METHOD

Cut tofu into 1cm-thick slices and pat with paper towel to absorb excess moisture. Place on a tray in single layer. Spread eggplant, zucchini, mushrooms and asparagus over a separate large tray.

Combine oil and spice blend in a small bowl. Brush mixture over vegetables and tofu. Set aside for 15 minutes.

Meanwhile, to make romesco sauce, process almonds in a food processor until finely chopped. Add remaining ingredients. Process to form a coarse paste. Season with freshly ground pepper.

Lightly spray a chargrill or barbecue plate with oil and heat over high heat. Add eggplant and zucchini slices in a single layer. Cook for about 3 minutes on each side, or until lightly charred and tender. Transfer to a large baking tray.

Add mushrooms and asparagus to chargrill. Cook, turning, for about 2 minutes or until just tender. Add to tray with eggplant and zucchini, cover with foil and keep warm in a 150°C oven (fan-forced).

Add tofu slices to chargrill in a single layer. Cook, for about 2 minutes on each side or until lightly charred.

Arrange tofu, wholemeal lebanese bread and vegetables on a serving platter. Sprinkle with parsley. Serve with romesco, Lebanese bread and lemon wedges.

Tips:

- For a non-vegetarian version, replace tofu with 500g chicken tenderloins, if preferred. Cooking time may vary.
- Vegetables and tofu can be brushed with spice mixture several hours ahead. Keep refrigerated until ready to cook.
- For added wholegrains, serve with brown rice or bulgur wheat.



SALMON TIKKA PARCELS WITH RICE SALAD



2 SERVES



15 MINS



15 MINS

INGREDIENTS

2 x 120g boneless skinless salmon fillets

1 tablespoon tikka paste

125g zucchini and carrot spaghetti (see tip)

1 (125g) steamed rice multigrain blend cup

100g green beans, cut into 4cm lengths

120g drained, canned no added salt chickpeas

½ cup coarsely chopped coriander leaves

2 teaspoons mango chutney

2 teaspoons lemon juice

1 teaspoon olive oil

Lemon wedges, to serve

METHOD

Place 2 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 baking tray. Bake in a preheated 220°C oven (fan-forced) for 15 minutes.

Meanwhile, to make rice salad, microwave rice cup 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 60g 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.
- You'll need ½ x 420g can no added salt chickpeas for this recipe.
- Remaining chickpeas can be stored in an airtight container and refrigerated for up to 3-5 days ready to use in omelettes, soups, curries, pasta or another salad!



PRAWN & QUINOA SALAD

 4 SERVES

 10 MINS

 30 MINS

INGREDIENTS

100g quinoa

3 cups green beans, trimmed

1 teaspoon olive oil

2 garlic cloves, finely chopped

350g raw prawns with tail-shells on

1 tablespoon olive oil

2 tablespoon lemon juice

250g punnet cherry tomatoes, halved

½ bunch fresh dill, chopped

½ bunch flatleaf parsley, chopped

¼ bunch mint, chopped

120g baby spinach, roughly chopped

50g unsalted macadamia nuts, roughly chopped

METHOD

Place quinoa in a large saucepan and cover with water. Bring to the boil and cook for 20 minutes, or until tender. Drain well and set aside.

Cook green beans in a saucepan of boiling water for 2-3 minutes or until tender. Drain. Refresh under cold running water, drain.

Heat olive oil in a large frying pan, add garlic and prawns and cook for 3 minutes, until the prawns are cooked through.

To make dressing, combine olive oil and lemon juice in a bowl and stir to combine.

Mix together the quinoa, cherry tomatoes, parsley, dill, and mint in a small bowl.

Place the spinach and green beans on the bottom of a large salad plate, top with quinoa mix and scatter prawns and macadamia nuts over the salad and drizzle with dressing.

Tips:

- Unsalted macadamia nuts can be replaced with alternative unsalted nuts eg almonds, cashews, pinenuts.



HARRISSA SQUID & MANGO SALAD

 4 SERVES

 15 MINS

 10 MINS

INGREDIENTS

500g cleaned squid tubes

1 tablespoon Harissa Middle Eastern spice blend

150g mixed baby salad leaves

2 large mango, peeled and sliced

$\frac{3}{4}$ cup (100g) unsalted macadamias, toasted

METHOD

Cut squid tubes in half lengthways. Pat dry with paper towel. Using a small, sharp knife, score the inside of squid hoods in a criss-cross pattern. Cut into about 4cm pieces.

Place squid pieces in a large bowl. Add spice blend. Toss to coat.

Heat an oiled, non-stick frying pan or barbecue flat plate over a high heat. Stir-fry the squid in three batches for 1-2 minutes, or until browned and tender. Transfer to a baking tray. Cover loosely with foil to keep warm.

Arrange salad leaves over a large serving plate. Top with mango and squid. Sprinkle with macadamias.

Serve with lime wedges, if desired.

Tips:

- Squid tubes are the body of the squid with skin and tentacles removed. For maximum tenderness select small squid tubes rather than large tubes. If squid is displayed uncleaned, ask your fishmonger to clean it for you. About 1.2 kg uncleaned squid will yield 500g cleaned squid tubes.
- Harissa spice blend is available from the spice aisle in major supermarkets. To toast macadamias, spread over a baking tray. Cook in a 160°C oven for about 5 minutes, until light golden.
- Unsalted macadamia nuts can be replaced with an alternative unsalted nut eg almonds, cashews, pinenuts. Toasting time may vary.



SHREDDED CHICKEN & PEACH SALAD



4 SERVES



5 MINS



15-20 MINS

INGREDIENTS

400g lean chicken breast, halved horizontally

3 tablespoon olive oil

2 peaches, quartered and stone removed

2 zucchini, cut into rounds

2 bunches asparagus

2 tablespoon balsamic vinegar

2 teaspoon honey

100g rocket

1 red onion, thinly sliced

40g walnuts, roughly chopped

METHOD

Heat a char-grill or barbecue to high. Brush chicken with 2 tablespoon oil and grill, turning occasionally until cooked through (10-12 minutes), remove from pan.

Add peach halves and zucchini rounds to the pan and cook for 1 minute each side or until lightly charred.

Once chicken cools briefly tear into shreds. Set aside.

Cook asparagus in a saucepan of boiling water for 2-3 minutes or until tender. Drain. Refresh under cold running water, drain.

To make dressing, whisk 1 tablespoon olive oil, balsamic vinegar, and honey in a bowl.

Arrange rocket, onion, asparagus, peach, zucchini, walnuts and shredded chicken onto a large plate. Drizzle dressing over.



TURKEY & CRANBERRY RICE SALAD



6 SERVES



25 MINS



25 MINS

INGREDIENTS

1 1/3 cups brown rice and quinoa blend

300g green beans, ends trimmed, halved

150g baby rocket leaves

2 stalks celery, thinly sliced

6 green shallots, thinly sliced

250g sliced turkey breast, roughly chopped

2/3 cup sweetened dried cranberries, roughly chopped

1/2 cup pistachio nuts, lightly toasted, roughly chopped

DRESSING

1/4 cup olive oil

2 tablespoons red wine vinegar

1/2 teaspoon finely grated orange rind

1/4 cup fresh orange juice

2 teaspoons honey

2 teaspoon Dijon mustard

METHOD

Add rice blend to a large pan of boiling water. Reduce heat and gently boil, uncovered, for 25 minutes. Drain. Cool. Transfer to a large bowl.

Place beans in a heatproof bowl. Cover with boiling water. Stand 3 minutes. Drain. Refresh under cold water. Drain again.

Add beans, rocket, celery, shallots, turkey, cranberries and pistachios to rice. Toss gently.

To make dressing, whisk all ingredients in a small jug. Add dressing to salad. Toss well.

Tips:

- To toast pistachios, spread over a baking tray and cook in a 160°C oven (fan-forced) for 3-5 minutes, or until lightly golden.
- Sliced turkey breast is available from supermarkets.
- This recipe is also a great way to use up leftover skinless and shredded roast turkey.
- Pistachio nuts can be replaced with alternative unsalted nuts e.g. almonds, walnuts or pecans.



CHICKEN PESTO PASTA SALAD

 4 SERVES

 15 MINS

 6 MINS

INGREDIENTS

1 ½ cups (120g) wholemeal small pasta spirals

450g broccoli, cut into small florets

200g (1 ⅓ cups) shredded, skinless cooked chicken breast

150g cherry tomatoes, halved

SPINACH PESTO

100g baby spinach leaves

1 cup firmly packed fresh basil leaves

¼ cup olive oil

⅓ cup walnuts, toasted

¼ cup freshly grated parmesan cheese

2 cloves garlic, peeled and chopped

1 tablespoon lemon juice

1 tablespoon water

1 teaspoon Dijon mustard

METHOD

Cook pasta in a large saucepan of boiling water for 6 minutes or until just tender, adding broccoli in the last 2 minutes of cooking time. Drain. Rinse under cold water. Drain again.

Meanwhile, to make pesto, process all ingredients in a large food processor to form a paste.

Transfer pesto to a large bowl. Add pasta and broccoli, chicken and tomatoes. Toss well.

To serve, divide salad into 4 serving bowls or containers.

Tips:

- This recipe can be made 1 day ahead and is ideal for work or school lunches. Divide into 4 containers, cover with lids and keep refrigerated. Pack with a small ice-brick to keep fresh.
- Pasta cooking time may vary depending on brand used.
- Refer to packet. Shredded, skinless, cooked chicken breast or turkey is available from the deli counter in supermarkets. Alternatively, substitute leftover skinless, roast chicken.
- Replace walnuts with unsalted almonds, macadamias or pine nuts, if preferred.



RANCH BURGER BOWLS

 **2 SERVES**

 **25 MINS**

 **20 MINS**

INGREDIENTS

250g extra lean beef mince

60g fresh ricotta cheese

1 ½ tablespoons sundried tomato pesto

1 green shallot, finely chopped

3 teaspoons olive oil

1 corn cob

½ baby cos lettuce, coarsely chopped

1 small carrot, peeled, grated

1 small Lebanese cucumber, peeled into ribbons

1 medium roma tomato, sliced

½ avocado, cut into 2 pieces, peeled

⅓ cup Heart Foundation ranch dressing (below)

Ground paprika, to serve

RANCH DRESSING (MAKES 1 CUP)

¾ cup buttermilk

1 tablespoon Dijon mustard

1 tablespoon chopped fresh dill

2 tablespoons chopped fresh chives

2 teaspoons apple cider vinegar

Freshly ground black pepper

METHOD

Place mince, ricotta, pesto and shallot in a medium bowl. Season with pepper. Mix with clean hands until well combined. Divide into 6 even portions (about ¼ cup each). Shape portions into 1cm-thick patties

Heat 1 teaspoon oil in a medium non-stick frying pan over medium-high heat. Add corn. Cook for about 10 minutes, turning often, until lightly charred. Remove and set aside.

Heat remaining oil in same pan over medium-high heat. Add patties. Cook for 3-4 minutes on each side, until evenly browned and cooked through.

To make the dressing, whisk buttermilk, mustard, dill, chives and vinegar in a jug to combine. Season with pepper.

Cut corn kernels from cobs. Divide lettuce, carrot, cucumber, tomato, corn and patties among 2 wide shallow bowls. Top with avocado. Drizzle with dressing. Sprinkle with paprika.

Tips:

- Hamburger patties can be made 1 day ahead. Keep covered in the fridge until ready to cook.
- Check labels on pesto and choose the brand lowest in sodium.
- Remaining ranch dressing can be stored in airtight container and refrigerated for up to one week. Delicious added to a leafy salad or grilled chicken.



BUCKWHEAT KALE & APPLE SALAD



6 SERVES (AS A SIDE)



25 MINS



25 MINS

INGREDIENTS

1 cup buckwheat

2 carrots, peeled, grated

2 Lebanese cucumbers, halved, de-seeded, chopped

1 yellow capsicum, cut into thin strips

1 red onion, halved, thinly sliced

1 red apple, cut into matchsticks

100g chopped kale leaves

1 cup fresh mint leaves

½ cup pecans, toasted, roughly chopped

DRESSING

⅓ cup olive oil

2 tablespoons apple cider vinegar

2 teaspoons honey

2 teaspoons curry powder

METHOD

Bring 1½ cups water to the boil in a medium saucepan. Add buckwheat and reduce heat. Simmer, covered for about 10 minutes or until liquid is absorbed. Stand, covered 10 minutes.

Spread buckwheat over a large plate to cool.

Transfer buckwheat to a large bowl. Add carrot, cucumber, capsicum, onion, apple, kale, mint and pecans.

To make dressing, whisk all ingredients in a small jug. Add to salad and toss well.

Tips:

- For a delicious nutty flavour, stir raw buckwheat in a dry frying pan over a medium-high heat for 5-8 minutes or until it smells toasted and is lightly browned. Cool, then continue with the first step.
- Replace kale with baby spinach leaves, if preferred.
- To toast pecans, spread over an oven tray and cook in an 180°C oven for 5 to 7 minutes until fragrant and a darker shade of brown.
- Buckwheat can be replaced with quinoa or brown rice. Cooking times may vary.



ROCKMELON MINT & SNOW PEA SALAD

 **4 SERVES (AS A SIDE)**  **20 MINS**

INGREDIENTS

200g snow peas, halved diagonally

120g mixed baby salad leaves

2 Lebanese cucumber, halved lengthways, chopped

½ rockmelon, peeled, de-seeded, thinly sliced

1 cup fresh mint leaves

50g Danish feta cheese, crumbled

⅓ cup pepitas, toasted

DRESSING

2 tablespoons olive oil

2 tablespoons lemon juice

1 tablespoon chopped fresh chives

½ teaspoon dried chilli flakes

METHOD

Place snow peas in heatproof bowl. Cover with boiling water. Stand 1 minute. Drain, rinse under cold water, drain well.

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

Layer salad leaves, cucumber, snow peas, rockmelon and mint on a serving platter or board.

Drizzle with dressing. Sprinkle with feta and pepitas.

Tips:

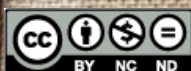
- To toast pepitas, stir in a small dry frying pan over a medium heat for about 2 minutes or until lightly browned.





**Looking for more tasty
heart-healthy recipes?**

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



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