



5 INGREDIENT RECIPES

A COLLECTION OF
**QUICK AND EASY
HEART HEALTHY RECIPES**



The Heart Foundation is dedicated to fighting the single biggest killer of Australians – heart disease. For over 50 years, we have led the battle to save lives and improve the heart health of all Australians.

Our vision is an Australia free of heart disease and our mission is to prevent heart disease and improve the quality of life of all Australians through our work in prevention, support and research.

Poor diet is the leading risk factor for heart disease and there is a widespread misconception that most Australians follow a healthy diet, when in reality, the majority of adults are not meeting the Australian Dietary Guidelines.

Ensuring that our meals are both nutritious and tasty doesn't have to be complicated. While only using 5 key ingredients the following recipes are quick and easy to make and align with the Heart Foundation's Heart Healthy Eating Patterns.

The Heart Foundation's Heart Healthy Eating Patterns are to eat:

- Plenty of vegetables, fruits and wholegrains
- A variety of healthy protein sources especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart healthy diet. If choosing red meat, make sure the meat is lean and limit to 1-3 times a week
- Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties
- Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking
- Herbs and spices to flavour foods, instead of adding salt

 Visit heartfoundation.org.au/recipes for more heart healthy recipe ideas.



EGGPLANT & CHICKEN PIZZA

SERVES: 4
PREP: 10 MINS
COOKING: 35 MINS

INGREDIENTS

2 large eggplant (500g each), tops trimmed

1/3 cup no added salt tomato paste

2 cups (300g) shredded, cooked chicken breast

200g drained antipasto mix, chopped (see Tip)

2/3 cup (80g) grated pizza cheese

METHOD

1. Cut each eggplant lengthways into 4 slices.
2. Heat an oiled char-grill plate or large non-stick frying pan until hot. Add a single layer of eggplant slices. Cook for about 3 minutes on each side, or until lightly charred and just tender. Transfer to a large, greased baking tray. Repeat with remaining eggplant slices.
3. Spread tomato paste evenly over eggplant slices. Top with chicken and antipasto mix. Sprinkle with cheese.
4. Cook in a 200C oven (fan-forced) for 10-12 minutes, or until topping is lightly golden. Garnish with basil leaves, if desired.

TIPS: This recipe is a great way to use up leftover cooked chicken breast or skinless roast chicken. Antipasto mix is available from supermarket delicatessens. Drain well on paper towel to remove excess oil and moisture. Replace antipasto mix with roasted capsicum strips, if preferred. For touch of crunch, sprinkle with toasted pine nuts. For added wholegrains, serve with a slice of wholegrain bread.





THAI PRAWN SKEWERS WITH KALESLAW

SERVES: 4
PREP: 25 + 30 MINS
COOKING: 8 MINS

INGREDIENTS

16 large raw king prawns, peeled and deveined

1 tablespoon Thai chilli jam stir-fry paste

1 ½ medium red capsicum, cut into 3cm squares

½ pineapple (650g), skin and core removed, cut into 3cm pieces

350g packet kaleslaw & herb yoghurt dressing (See Tip)

METHOD

1. Place prawns and chilli jam in a large bowl. Mix to coat prawns. Cover and refrigerate 30 minutes.
2. Thread capsicum, pineapple and prawns alternately onto eight small bamboo skewers (see Tip).
3. Heat an oiled barbecue or char-grill plate over a medium-high heat. Add skewers in a single layer. Cook for 6-8 minutes until prawns change colour and are tender, turning skewers occasionally during cooking time. Transfer to a plate. Cover with foil to keep warm.
4. Meanwhile, prepare slaw kit as directed on packet.
5. Place slaw over a large serving platter. Top with skewers. Sprinkle with seed mix.

TIPS: Soak bamboo skewers in cold water for at least 30 minutes before threading with ingredients to prevent burning when barbecuing. Capsicum, pineapple and prawns can be threaded onto skewers up to 4 hours ahead. Place on a foil-lined tray. Cover and refrigerate. Cook as required. Prawns can be replaced with boneless, firm white fish fillets, if preferred. Try serving skewers and kaleslaw with steamed brown rice for a more hearty meal.





HARISSA SQUID AND MANGO SALAD

SERVES: 4
PREP: 15 MINS
COOKING: 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

¾ cup (100g) macadamias, toasted

METHOD

1. 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.
2. Place squid pieces in a large bowl. Add spice blend. Toss to coat.
3. 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.
4. Arrange salad leaves over a large serving plate. Top with mango and squid. Sprinkle with macadamias.
5. 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 160C oven for about 5 minutes, until light golden.



LAMB & BROCCOLINI BIRYANI

SERVES: 4
PREP: 7 MINS
COOKING: 20 MINS

INGREDIENTS

1 ½ cups basmati rice

2 bunches broccolini

325g lean lamb steaks, trimmed of all fat

¼ cup tikka paste

¾ cup chopped fresh coriander

METHOD

1. Place rice in a sieve. Rinse well under cold water.
2. Cut floret tops from broccolini. Slice stems diagonally into about 5cm pieces. Keep tops and stems separate.
3. Heat a lightly oiled, large, deep non-stick frying pan over a medium-high heat. Add lamb. Cook about 4 minutes on each side, or until cooked to your liking. Transfer to a plate, cover loosely with foil.
4. Add rice and paste to same pan. Cook, stirring over a medium heat for about 2 minutes, until paste is fragrant and coats rice.
5. Stir in 3 cups (750ml) water. Bring to the boil. Reduce heat to low. Cover and simmer 8 minutes. Meanwhile, thinly slice lamb (reserving any meat juices).
6. Stir in broccolini stems. Simmer, covered 2 minutes. Add broccolini tops. Cover and cook a further 2-3 minutes, or until water is absorbed and rice is tender.
7. Stir in coriander, lamb and reserved meat juices. Remove from heat. Stand covered 2 minutes.
8. Serve with plain Greek yoghurt and lemon wedges, and garnish with extra coriander, if desired.

TIPS: For extra flavour, add a crumbled reduced salt chicken stock cube with water. Broccolini can be replaced with 500g chopped broccoli, or for an easy shortcut, use a 500g packet mixed frozen vegetables instead. Swap the coriander for chopped fresh basil leaves, if preferred.



BLISTERED TOMATO & CANNELLINI SPIRALS

SERVES: 2
PREP: 10 MINS
COOKING: 15 MINS

INGREDIENTS

175g (2 cups) Vegeroni pasta spirals

2 garlic cloves, crushed

200g punnet grape tomatoes

420g can no added salt cannellini beans,
drained and rinsed

1 cup (50g) firmly packed fresh basil leaves

METHOD

1. Cook pasta in a large saucepan of boiling water for about 10 minutes, following packet directions, until tender. Drain, reserving $\frac{1}{3}$ cup of the pasta water.
2. Heat a lightly oiled large, non-stick frying pan over a medium to high heat. Add garlic and tomatoes. Cook for about 2 minutes, stirring occasionally until tomatoes are blistered and lightly browned.
3. Add beans. Cook, stirring a further 1 minute.
4. Add pasta and reserved pasta water. Toss gently over heat for 1 minute until combined and hot. Remove from heat.
5. Stir in half the basil. Season with fresh ground black pepper. Divide between 2 serving bowls. Sprinkle with remaining basil leaves.

TIPS: Replace vegeroni pasta with wholemeal pasta twists for added wholegrains. Substitute cherry tomatoes for grape tomatoes, if preferred. For best flavour, use extra virgin olive oil to oil the pan. Add a light sprinkling of grated parmesan cheese to serve if you like for extra flavour.





CHICKEN & PUMPKIN GNOCCHI

SERVES: 4
PREP: 5 MINS
COOKING: 12 MINS

INGREDIENTS

350g chicken breast fillet, trimmed of all fat,
thinly sliced

500g packet pumpkin gnocchi

2 tablespoons basil pesto dip

375ml can light and creamy evaporated milk

2 cups frozen green peas

METHOD

1. Heat a lightly oiled, large, deep non-stick frying pan over a medium-high heat. Add chicken in two batches. Stir-fry each batch for about 3 minutes or until lightly browned and just cooked through. Remove from pan. Set aside.
2. Add gnocchi to same oiled pan. Cook, stirring for about 2 minutes, or until lightly browned.
3. Stir in pesto dip, evaporated milk and $\frac{1}{2}$ cup water. Bring to the boil. Gently boil, uncovered, for 5 minutes, stirring occasionally.
4. Stir in peas. Gently boil a further 2 minutes.
5. Return chicken to pan, stirring to coat in sauce. Reduce heat. Simmer 1-2 minutes, until chicken is hot and sauce has thickened.
6. Serve seasoned with freshly ground pepper. Garnish with fresh basil leaves, if desired.

TIPS: Check labels and select gnocchi with lowest sodium per 100g. Swap with potato gnocchi, if preferred. For a change, replace peas with 2 cups of your favourite frozen vegetable mix or 500g chopped broccoli. Great served with a leafy salad.





BANANA TRAIL MIX BARS

SERVES: 15
PREP: 10 MINS
COOKING: 35 MINS

INGREDIENTS

3 cups wholegrain oats

1 cup mashed ripe banana

1 cup (170g) diced dried apricots

1 cup (160g) fruit, nut and seed trail mix

¼ cup honey

METHOD

1. Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper.
2. Place all ingredients in a large bowl. Stir until well combined. Press mixture firmly into prepared pan.
3. Bake in 160C oven (fan-forced) for 30-35 minutes until light golden. Cool in pan. Cover and refrigerate in pan until cold.
4. Lift from pan using lining paper. Cut into 15 bars. Store in a container in a cool place, or in the fridge (see Tip).

TIPS: Bars will keep for 1 week in container in a cool place, or up to 4 weeks in the fridge. Use ripe bananas to maximise natural sweetness.





OUR HEART HEALTHY EATING PATTERNS

We hope you have enjoyed our new collection of heart healthy 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. A variety of healthy protein sources especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart healthy diet. If choosing red meat, make sure the meat is lean and limit 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

HOW TO USE THE HEART HEALTHY EATING PATTERNS

- 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, please contact us on **13 11 12**

or our website heartfoundation.org.au