



LUNCHING FROM HOME

HEART-HEALTHY RECIPES FOR
WEEKDAY LUNCHES AT HOME



\$5.25
per serve



FISH TACOS WITH TOMATO & JALAPENO SALSA

SERVES: 4 (3 PER SERVE)

PREP: 20 MINS

COOKING: 10 MINS

INGREDIENTS

1/3 cup reduced fat plain Greek yoghurt

500g skinless, boneless white fish fillets

1 tablespoon olive oil

2 teaspoon Mexican chilli powder

1 teaspoon ground paprika

1 teaspoon ground cumin

312g packet (12) white corn tortillas

12 small baby cos lettuce leaves

1 avocado, sliced

75g feta cheese, crumbled

Lime wedges, to serve

Tomato and jalapeno salsa

1 bunch fresh coriander

3 medium tomatoes, cut into 1cm pieces

1/2 small red onion, finely chopped

2 tablespoons pickled sliced jalapenos, drained, finely chopped

2 teaspoons lime juice

METHOD

1. To make salsa, set aside half the coriander bunch for serving. Finely chop the remaining coriander (leaves and stems) and place into a medium bowl. Add tomatoes, onion, jalapeno and lime juice. Mix to combine.
2. Place yoghurt in a small bowl. Stir in about 1 tablespoon water to give a pouring consistency. Refrigerate salsa and yoghurt while preparing tortillas and fish.
3. Place fish fillets in a large shallow dish. Add combined oil, chilli powder, paprika and cumin. Rub spice mixture over fish to coat evenly.
4. Heat a large, lightly greased, non-stick frying pan over a medium-high heat. Lightly toast tortillas in hot pan for 20-30 seconds on each side, until warm and lightly browned. Remove. Wrap in foil to keep warm.
5. Cook fish fillets in same non-stick frying pan over a medium-high heat for about 3 minutes on each side, or until fish is cooked and lightly charred. Transfer to a plate. Using 2 forks, break into large flakes.
6. To serve, top warm tortillas with lettuce, fish, salsa and avocado. Sprinkle with feta and drizzle with yoghurt. Garnish with reserved coriander sprigs. Fold in half. Serve with lime wedges.

TIP: Any firm, skinless, boneless fish is suitable for this recipe eg snapper. If preferred, heat tortillas and cook fish on a barbecue flat plate instead of in frying pan. Pickled jalapenos are available from the Mexican food section in supermarkets. Substitute 2 thinly sliced, small, fresh green chillies, if preferred.



\$4.35
per serve

SOBA NOODLE SALAD

SERVES: 4

PREP: 15 MINS

COOKING: 12 MINS

INGREDIENTS

1½ tablespoons salt reduced soy sauce

1 tablespoon brown sugar

2 teaspoons sesame oil

270g packet soba noodles

1½ tablespoons sunflower

300g firm tofu, cut into 1cm cubes, drained on paper towel

400g broccoli, cut into small florets

200g Swiss brown mushrooms, thinly sliced

1 red capsicum, chopped

1 cup frozen baby peas, thawed

2 cloves garlic, crushed

1 tablespoon sesame seeds, toasted

METHOD

1. Combine soy sauce, sugar and sesame oil in a small bowl.
2. Cook noodles in a large saucepan of boiling water for 3 minutes. Drain. Rinse under cold water. Drain again.
3. Heat half the sunflower oil in a large non-stick wok or frying pan over a medium to high heat. Add tofu. Stir-fry 3 minutes, or until lightly golden. Remove and set aside.
4. Heat remaining sunflower oil in same wok. Add broccoli and mushrooms. Stir-fry 2-3 minutes, or until mushrooms are just tender. Add capsicum, peas and garlic. Stir-fry a further 1 minute.
5. Add noodles, tofu and soy sauce mixture. Toss over medium-high heat until well combined and hot. Sprinkle with sesame seeds.

TIP: Soba noodles (made from buckwheat) are available from the Asian food section in supermarkets. Replace with dried udon or rice noodles, if preferred. For a time saver, replace broccoli, mushrooms, capsicum and peas with 2 x 400g packets fresh stir-fry vegetables or an 850g packet frozen stir-fry vegetables.



CAJUN BEEF POKE BOWL

SERVES: 4

PREP: 20 MINS

COOKING: 10 MINS

INGREDIENTS

400g lean rump steak, trimmed of all fat

2 teaspoons Cajun spice mix

2 teaspoons olive oil

250g sachet microwavable steamed brown rice and quinoa blend

2 corn cobs, husk and silk removed

3 cups finely shredded red cabbage

1 carrot, grated

2 small avocados, halved and peeled

2 tablespoons 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

1. 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.
2. Meanwhile, heat rice and quinoa blend in microwave as directed on packet. Transfer to a bowl. Cool.
3. Rinse corn cobs under cold water. Cut kernels from cob.
4. Place broccoli in a heatproof bowl. Cover with boiling water. Stand 2 minutes. Drain and refresh under cold water. Drain again.
5. To make dressing, whisk all ingredients in a medium jug with a fork to combine.
6. 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.

TIP: Brown rice and quinoa blend can be replaced with 1½ cups of any cooked wholegrain eg. quinoa, barley or freekah. We used 2 x small avocados weighing about 140g each. If preferred, replace with 1 large avocado, cut into quarters and allow 1 quarter per serve.



\$5.35
per serve

CHICKEN RANCH SALAD

SERVES: 4

PREP: 20 MINS

COOKING: 20 MINS

INGREDIENTS

500g skinless, boneless chicken breast fillets, trimmed of any fat

2 teaspoons olive oil

2 corn cobs, husk and silk removed

1 large baby Cos lettuce, coarsely chopped

1 large Lebanese cucumbers, cut into 2cm pieces

250g punnet cherry tomatoes, halved

1 avocado, peeled and chopped

½ red onion, thinly sliced

Croutons

4 slices (160g) wholegrain sourdough bread, cut into 1½ cm cubes

1 tablespoon olive oil

Ranch dressing

¾ cup Greek yoghurt

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 tablespoon chopped fresh dill

1 small clove garlic, crushed

METHOD

1. To make croutons, spread bread over a baking tray. Drizzle with oil. Toss to coat. Bake in 200C oven (fan-forced) for 8-10 minutes or until crisp and golden. Remove. Cool.
2. Meanwhile, to make dressing, whisk all ingredients in a small bowl with a fork until combined. Cover and refrigerate.
3. Heat oil in a medium non-stick frying pan over a medium-high heat. Add chicken and season with pepper. Cook about 5 minutes on each side or until cooked through. Remove and cool. Thinly slice.
4. Cut corn kernels from cobs. Place in a large bowl. Add lettuce, cucumber, tomatoes, avocado, onion and croutons. Gently toss to combine.
5. Divide salad over 4 plates. Top with chicken. Drizzle with dressing.

TIP: Replace dill in dressing with chives or parsley, if preferred. Salad, without avocado, croutons and dressing added, can be prepared several hours ahead. Add avocado and croutons and drizzle with dressing just before serving.

Shortcut: Instead of cooking chicken breast fillet, replace with 400g shredded cooked, skinless chicken, available from supermarket delis. Toss shredded chicken through salad.



\$5.25
per serve

GREEK TUNA SALAD JARS

SERVES: 2

PREP: 25 MINS

COOKING: 1 MINS

INGREDIENTS

250g packet microwaveable steamed rice supergrains

4 cos lettuce leaves, coarsely chopped

185g can tuna, drained and flaked

1 small red capsicum, chopped

1 small Lebanese cucumber, chopped

60g (4) cherry tomatoes, quartered

1 green shallot, thinly sliced

1 tablespoon sliced kalamata olives

2 teaspoons chopped fresh dill

1 tablespoon lemon juice

1 tablespoon olive oil

50g soft feta, crumbled

2 teaspoons pine nuts, toasted

METHOD

1. Heat rice blend in microwave according to packet directions. Transfer to a bowl. Cool.
2. Divide lettuce evenly over base of 2 x 450ml capacity jars or containers. Top evenly with rice blend and tuna.
3. Combine capsicum, cucumber, tomatoes, shallot, olives and dill in a bowl. Divide mixture evenly over tuna layer in jars.
4. Whisk lemon juice and oil in a small jug with a fork. Season with pepper. Drizzle evenly over salad in each jar.
5. Serve sprinkled with feta and pine nuts.

TIP: Salad jars can be prepared completely up to 12 hours ahead. Keep, covered in refrigerator. For easy, spill-proof transport, assemble salads in containers with a screw top lid. Replace microwaveable rice supergrain blend with any unflavoured wholegrain rice blend. Check out the varieties available from the rice section in supermarkets, or substitute plain brown rice, if preferred.



SPINACH PESTO & CHICKEN PASTA

SERVES: 4

PREP: 15 MINS

COOKING: 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

1. 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.
2. Meanwhile, to make pesto, process all ingredients in a large food processor to form a paste.
3. Transfer pesto to a large bowl. Add pasta and broccoli, chicken and tomatoes. Toss well.
4. To serve, divide salad into 4 serving bowls or containers.

TIP: 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 is available from the deli counter in supermarkets. Alternatively, substitute leftover skinless, roast chicken. Replace walnuts with almonds, macadamias or pine nuts, if preferred.



\$3.30
per serve

MEXICAN BEAN & CORN QUINOA CUPS

SERVES: 6

PREP: 15 MINS

COOKING: 50 MINS

INGREDIENTS

½ cup quinoa (1 ½ cups cooked quinoa)

6 eggs

175g ricotta cheese, crumbled

2 teaspoons Mexican chilli powder

1 medium carrot, grated

200g roasted capsicum, drained, chopped

420g can no added salt Mexican Style 3 bean mix, rinsed and drained

420g can no added salt corn kernels, drained

4 green shallots, finely chopped

1 cup grated tasty cheese

2 tablespoons pepitas

½ cup mild tomato salsa

120g mixed salad leaves, to serve

METHOD

1. Rinse quinoa in a sieve under cold running water. Transfer to a small saucepan. Add 1 cup water. Bring to the boil. Reduce heat, cover and simmer for 15-20 minutes, or until water has been absorbed. Remove. Cool.
2. Grease 2 x 6-hole silicone muffin trays (½-cup capacity). Place on a large oven tray.
3. Whisk eggs, ricotta and chilli powder in a large bowl until combined. Stir in quinoa, carrot, capsicum, beans, corn, shallots and cheese.
4. Spoon mixture evenly into prepared muffin trays to fill generously. Sprinkle with pepitas.
5. Bake in 180C oven (fan-forced) for 30 minutes or until set and light golden. Stand quinoa cups in muffin tray 5 minutes before turning out.
6. Serve warm or cold with salsa and salad leaves

TIP: Quinoa cups will keep for up to 5 days in a container the fridge. They are great for picnics, or lunch boxes as a healthy school or work lunch. Pack in an insulated bag with an ice brick. If you don't have a silicone muffin tray, use a regular muffin pan, lined with café style paper wraps, available from the baking aisle in supermarkets. Cook quinoa in advance. Keep in a container in the fridge for up to 3 days.



KALE SWEET POTATO & BEETROOT SALAD

SERVES: 4

PREP: 15 MINS

COOKING: 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

Balsamic 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

1. Arrange sweet potato slices in a single layer over a baking paper-lined baking tray. Spray with cooking spray. Bake in a 200C oven (fan-forced) for 20-25 minutes, until tender. Cool.
2. 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.
3. To make dressing, place all ingredients in a screw top jar and shake well.
4. Drizzle dressing over salad to serve.

TIP: To toast walnuts, spread over a baking tray and bake in 160C 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 panfry steaks in a non-stick pan until cooked to your liking. Rest 5 minutes then slice thinly. Arrange over salad.

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.



MOROCCAN PUMPKIN & BARLEY SALAD

SERVES: 4

PREP: 20 MINS

COOKING: 30 MINS

INGREDIENTS

½ cup pearl barley (see tip)

½ butternut pumpkin (700g), peeled, cut into 2cm pieces

1 teaspoon olive oil

400g can no-added salt chick peas, rinsed and drained

2 small zucchini, coarsely grated

½ cup (125g) roasted capsicum strips, drained

1 bunch coriander, leaves picked (see tip)

⅓ cup currants

½ cup slivered almonds, toasted

Dressing

¼ cup orange juice

2 tablespoons extra virgin olive oil

1 tablespoon red wine vinegar

3 teaspoons Harissa spice blend

1 teaspoon honey

METHOD

1. Add barley to a small saucepan of boiling water. Boil, uncovered, for 30 minutes until just tender (al dente), drain. Rinse under cold water. Drain again. Cool.
2. Meanwhile, place pumpkin on large, baking paper-lined baking tray. Drizzle with oil. Toss well. Spread evenly over tray. Bake in a 220C oven (fan-forced) for 20-25 minutes, until lightly browned and tender. Remove. Cool.
3. To make dressing, combine all ingredients in a screw top jar and shake well.
4. Place barley, pumpkin, chick peas, zucchini, capsicum, coriander leaves, currants and almonds in a large bowl. Add dressing. Toss well.
5. To serve, divide salad evenly into 4 containers with lids. Keep refrigerated.

TIP: This fresh salad makes a tasty work or school lunch. If preparing the night before, pack salad and dressing in separate containers to prevent salad becoming soggy. Keep refrigerated. Add dressing just before serving. To toast almonds, spread over a baking tray and bake in a 160C oven (fan-forced) for 5-6 minutes, until lightly golden. Replace barley with 2 x 250g sachets microwaveable steamed brown rice or wholegrain rice blend. Heat in microwave as directed on packet.

OUR HEART HEALTHY EATING PRINCIPLES



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 Principles 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.

HOW TO USE THE HEART HEALTHY EATING PRINCIPLES

- 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

Prices indicated may vary depending on your local area and purchasing date.



Looking for more tasty heart-healthy recipes?

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



Heart Foundation recipes reflect our Heart Healthy Eating Pattern recommendations. If you have specific dietary needs please check that our recipes do not contain ingredients, or combinations of ingredients, that are likely to be inappropriate for your circumstances. These recipes do not replace advice from your doctor or dietitian. Terms of use: This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation website at www.heartfoundation.org.au for Terms of Use. ©2020 National Heart Foundation of Australia ABN 98 008 419 761