



Delicious Winter *Comfort* meals

A collection of warming recipes to
share with family and friends





The Heart Foundation is dedicated to fighting the single biggest killer of Australians – heart disease. For over 60 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 coronary 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.

The following collection of easy to make winter warming recipes are a heart healthy take on some recognisable families favourites. The stars for the dishes are vegetables and legumes or beans – some of the best foods to eat for heart health.



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Our heart-healthy eating patterns

We hope you enjoy 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
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.

For heart health information visit heartfoundation.org.au



How to use the heart-healthy eating pattern

- 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 one to three 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.



Loaded veggie shepherds pie



4 serves



15 mins



60 mins

Ingredients

1 tablespoon olive oil

1 onion, chopped

¾ cup dried red lentils

500ml (2 cups) passata

1 reduced salt vegetable stock cube, crumbled

2 teaspoons dried Italian herbs

500g frozen mixed vegetables

Topping

500g orange sweet potatoes, peeled, chopped

2 large (400g) potatoes, peeled, chopped

½ cup milk

½ cup grated reduced fat tasty cheese

Method

1. Heat oil in a large, non-stick frying pan. Add onion. Cook, stirring, for about 3 minutes until softened.
2. Stir in lentils, passata, stock cube, herbs and 500ml hot water. Bring to the boil. Reduce heat, simmer for 15-20 minutes, until lentils are tender, stirring occasionally. Stir in frozen vegetables. Simmer for a further 5 minutes. Transfer to an ovenproof dish (8-cup capacity).
3. Meanwhile to make topping, cook sweet potato and potato in a large saucepan of boiling water for 20 minutes or until tender. Drain and return vegetables to pan. Add milk, season with pepper and mash over low heat until smooth.
4. Spoon mash over lentil mixture in dish and rough up surface with a fork or the back of a spoon. Sprinkle with cheese. Bake in preheated 200C oven (fan-forced) for 20-25 minutes, or until topping is lightly browned.

Tips

- We used a carrot, cauliflower, beans and broccoli frozen vegetable mix but any frozen vegetable mix can be used.
- Replace sweet potato with 500g pumpkin, if preferred.



One pot veggie mac 'n' cheese



4 serves



15 mins



20 mins

Ingredients

2 teaspoons olive oil

1 onion, finely chopped

350g diced, peeled, pumpkin

250g small wholemeal pasta spirals

2 cups milk

1½ cups reduced salt vegetable stock

2 zucchini, grated

1 cup grated tasty cheese

Method

1. Heat oil in large pot over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until light golden. Add pumpkin and 2 tablespoons water. Cook, stirring, for a further 2 minutes.
2. Stir in pasta, milk, stock and ½ cup hot water and bring to a simmer. Reduce heat and simmer, uncovered, stirring occasionally, for 8 minutes.
3. Stir in zucchini. Simmer, stirring occasionally, for a further 2-3 minutes or until pasta and vegetables are tender and sauce is thick and creamy.
4. Remove from heat, gradually add cheese, stirring until melted between additions. Serve seasoned with freshly ground pepper.

Tips

- For a shortcut, buy packaged diced pumpkin from the fresh fruit and vegetable section in major supermarkets.
- Adding cheese gradually, off the heat, prevents mixture separating.
- Serve with a crisp garden salad on the side for extra veggies.
- Replace wholemeal pasta spirals with any type of small wholemeal pasta.



Turmeric, ginger and lentil soup



4 serves



15 mins



55 mins

Ingredients

2 tablespoons olive oil
1 large leek, thinly sliced
3 sticks celery, thinly sliced
2 carrots, cut into 1cm pieces
2 parsnips, cut into 1cm pieces
1 tablespoon finely grated fresh ginger
1½ teaspoons ground turmeric
2 small fresh red chillies, thinly sliced (optional)
3 cloves garlic, crushed
¾ cup dried lentil soup mix
2 cups reduced salt vegetable stock
⅓ cup chopped fresh parsley
1 tablespoon lemon juice
4 x 40g slices wholegrain bread, toasted, cut into fingers
Lemon wedges, to serve (optional)

Method

1. Heat oil in a stockpot over a medium heat. Add leek, celery, carrot and parsnip. Cook, stirring occasionally, for 8-10 minutes, until vegetables have softened slightly.
2. Add ginger, turmeric, chillies and garlic. Cook, stirring, for a further 1 minute, until fragrant.
3. Stir in soup mix, stock and 5 cups water. Bring to the boil. Reduce heat and cover with lid. Simmer, covered, for 45 minutes or until lentils are soft.
4. Stir in parsley and lemon juice. Season soup with pepper. Serve with toasted bread fingers and lemon juice.

Tips

- This soup is ideal to make ahead as the flavour improves on storage. Keep covered in the fridge for up to 5 days or freeze for up to 3 months. Reheat in a saucepan or in the microwave until hot.
- If preferred, replace ground turmeric with a 2cm piece of peeled and finely grated fresh turmeric root.



Easy slow cooker veggie lasagne



6 serves



30 mins



4.5 hours

Ingredients

200g instant wholemeal lasagne sheets

2 medium zucchini (350g), thinly sliced diagonally

Fresh basil leaves and cherry tomatoes, to serve (optional)

Filling

1 large onion, finely chopped

2 cloves garlic, crushed

½ cup no added salt tomato paste

400g jar tomato passata with basil

400g can no added salt diced tomatoes

2 x 400g cans no added salt lentils, drained and rinsed

1 medium eggplant (400g), cut into 2cm pieces

2 teaspoons dried oregano

Topping

500g tub smooth ricotta

1 egg

150g grated pizza cheese

½ teaspoon sweet paprika

Method

1. Lightly spray 5.5 litre (22-cup) capacity slow cooker with olive oil.
2. To make filling, combine all ingredients in a large bowl. Season with pepper.
3. To make topping, whisk ricotta, egg and half the cheese in a medium bowl until well combined. Season with pepper.
4. To assemble, spread one-third of the filling over base of slow cooker. Arrange one-third of the lasagne sheets on top, breaking into pieces to cover filling evenly. Top with half the zucchini slices. Repeat layers with another one-third of the filling, one-third of the lasagne sheets and remaining zucchini. Top with the remaining filling, then cover with remaining lasagne sheets.
5. Spread evenly with topping. Sprinkle with remaining pizza cheese and paprika.
6. Cover with lid. Cook on low for 4 hours and 15 minutes, or until lasagne is tender when tested with the tip of a sharp knife. Turn power off. Stand, covered, for 30 minutes before serving. Serve with cherry tomatoes and basil leaves or a leafy salad.

Tip

- Portion any leftovers into containers. Refrigerate for up to 4 days or freeze for up to 2 months. Reheat in microwave to serve.



Massaman sweet potato curry



4 serves



10 mins



20 mins

Ingredients

- 1 small onion, cut into thin wedges
- 2 tablespoons massaman paste
- 375g sweet potato, peeled, cut into 3-4cm chunks
- 420g can no added salt chickpeas, drained
- 200g green beans, halved
- 375ml can creamy evaporated milk
- 1/3 cup unsalted, roasted peanuts, chopped
- 250g pouch microwaveable steamed brown rice
- 1 lime, cut into wedges, to serve

Method

1. Heat large, deep, non-stick frying pan (with lid) or large, shallow flameproof casserole dish over a medium-high heat. Add onion and paste. Cook, stirring for 1 minute, or until paste is fragrant.
2. Stir in sweet potato and 1 cup water. Bring to the boil. Reduce heat. Cover with lid. Simmer, covered for 12-15 minutes, until sweet potato is just tender.
3. Stir in chickpeas, beans and evaporated milk. Simmer, covered a further 5 minutes, or until beans are just tender.
4. Meanwhile, prepare rice in microwave as directed on packaging.
5. Sprinkle curry with peanuts. Serve with rice and lime wedges.

Tips

- Available from the long life milk aisle in supermarkets, creamy evaporated milk is made by heating milk to evaporate some of its water content. It keeps for several months on the pantry shelf. Use it as a lower fat substitute for cream in curries and pasta dishes.
- Microwave rice can be replaced with 1 1/2 cups of cooked brown rice. Check labels on Massaman paste and choose the brand lowest in sodium.



Tandoori chicken tray bake



4 serves



15 mins



45 mins

Ingredients

4 small (200g each) chicken breast fillets

2 tablespoons tandoori paste

1/3 cup reduced fat plain Greek yoghurt

700g orange sweet potato, cut into 2cm cubes

1/2 large (500g) cauliflower, cut into small florets

1 red onion, cut into wedges

1 tablespoon olive oil

2 large zucchini, halved lengthways, cut into 3cm pieces

1 red capsicum, chopped

1/3 cup fresh mint leaves

Lemon wedges, to serve

Method

1. Make 1cm deep cuts, about 2cm apart, diagonally across the top of chicken fillets. Place chicken in a single layer in a shallow dish.
2. Combine tandoori paste with 2 tablespoons of the yoghurt in a small bowl (reserve remaining yoghurt to serve). Rub tandoori mixture all over chicken. Cover and set aside in the fridge.
3. Place sweet potato, cauliflower and onion on a large, shallow-sided baking tray. Drizzle with half the oil, toss well and spread in an even layer. Bake in a 220°C preheated oven for 20 minutes.
4. Remove tray from oven and turn vegetables. Add zucchini and capsicum to tray. Place chicken amongst vegetables so it's resting on the hot tray. Drizzle over remaining oil. Return to oven. Bake at 220°C for a further 20-25 minutes, until vegetables are browned and tender, and chicken is cooked through.
5. Meanwhile, mix reserved yoghurt with about 1 tablespoon cold water to thin to a drizzling consistency.
6. To serve, drizzle yoghurt over chicken and vegetables. Sprinkle with mint leaves. Serve with lemon wedges.

Tips

- Check labels on tandoori paste and choose the brand lowest in sodium. If preferred, replace tandoori paste with tikka masala pasta or korma paste.
- Chicken can be marinated in tandoori mixture overnight in the fridge.



Spanish fish stew



4 serves



15 mins



30 mins

Ingredients

2 teaspoons olive oil

1 red onion, cut into thin wedges

250g baby chat potatoes, cut into 1cm-thick slices

100g roasted capsicum, drained, chopped

2 cloves garlic, crushed

2 teaspoons ground paprika

1 teaspoon dried thyme

400g jar tomato passata

600g skinless, boneless fish fillets, chopped

1/3 cup sliced green olives

1/4 cup chopped fresh parsley

1 teaspoon finely grated lemon rind

2 x 250g Steamed Rice Super Grains microwave cups

Lemon wedges, to serve

Method

1. Heat oil in large, deep frying pan over a medium heat. Add onion and potato. Cook, stirring occasionally, for 5 minutes or until light golden.
2. Add capsicum, garlic, paprika and thyme. Cook, stirring, for 1 minute.
3. Stir in passata and 2½ cups water. Bring to the boil. Reduce heat and simmer, covered, stirring occasionally, for 15 minutes or until potato is just tender.
4. Stir in fish and olives. Simmer, uncovered, for a further 5-10 minutes, until fish is cooked through and sauce has thickened slightly. Stir in parsley and lemon rind.
5. Meanwhile, microwave the rice cups following instructions on packaging.
6. Serve stew with rice and lemon wedges.

Tips

- For a lower GI (glycaemic index), replace chat potatoes with sweet potato, cut into 2cm pieces.
- Steamed Rice Super Grains microwave cups are available from the rice aisle in supermarkets. You can replace with brown rice or any wholegrain rice blend.
- Check labels on passata and choose the brand lowest in sodium.



Oven-baked chicken and quinoa risotto



4 serves



15 mins



25 mins

Ingredients

1 cup quinoa
2 teaspoons olive oil
350g chicken thigh fillets, fat trimmed, cut into 3cm pieces
2 cloves garlic, crushed
1 cup reduced salt chicken stock
3 zucchinis, thickly sliced
400g can cannellini beans, drained
1/3 cup basil pesto dip
100g baby spinach leaves
1/3 cup grated parmesan cheese

Method

1. Place quinoa in a strainer. Rinse well under cold water.
2. Heat oil in a flameproof casserole dish (3L-4L capacity) over medium-high heat. Add chicken. Cook, turning occasionally, for about 5 minutes or until lightly browned. Add garlic and quinoa. Cook, stirring, for 1 minute.
3. Stir in stock and 1 cup water. Bring to a simmer. Stir in zucchini and beans. Season with pepper. Cover with lid. Transfer to oven.
4. Bake in 200°C preheated oven for 15-20 minutes, until liquid has been absorbed and quinoa is tender.
5. Gently stir in dip and spinach leaves. Stand covered for 5 minutes, until spinach is wilted. Serve topped with parmesan.

Tips

- It's important to rinse quinoa before cooking to remove the natural coating which can impart a bitter flavour.
- Check labels on pesto dips and choose the brand lowest in sodium.
- For a short cut, replace chicken thighs with 2 cups (300g) shredded cooked chicken and stir in with zucchini and beans in step 3.
- Store any leftovers in a container in the fridge for up to 2 days. Reheat individual servings in microwave.



Chicken cacciatore pie



4 serves



20 mins



35 mins

Ingredients

1 tablespoon olive oil

650g chicken thigh fillets, trimmed of fat, chopped

1 onion, chopped

200g mushrooms, sliced

1 red capsicum, chopped

2 tablespoons no added salt tomato paste

1 clove garlic, crushed

400g can no added salt canned tomatoes

1 cup (250ml) reduced salt chicken stock

2 tablespoons sliced Kalamata olives

1 teaspoon dried Italian herbs

Salad leaves, to serve

Topping

130g wholemeal baguette, cut into 5mm slices

1½ tablespoons olive oil

2 tablespoons grated parmesan

Method

1. Heat oil in large, deep frying pan over a medium-high heat. Add chicken. Cook, turning occasionally, for 5-6 minutes, until light golden. Remove from pan. Set aside.
2. Add onion, mushrooms and capsicum to same pan. Cook, stirring, for about 3 minutes or until lightly browned. Add tomato paste and garlic. Cook, stirring, for a further 1 minute.
3. Return chicken to pan. Stir in tomatoes, stock, olives and herbs. Bring to the boil. Reduce heat and simmer for about 15 minutes or until sauce has thickened. Transfer to an ovenproof pie dish (8-cup capacity).
4. For topping, brush bread slices with olive oil, then place over chicken mixture, overlapping slightly. Sprinkle with parmesan.
5. Bake in a 200°C preheated oven for 12-15 minutes until topping is golden. Serve with salad leaves.

Tips

- For a touch of spice, add ½ - 1 teaspoon dried chilli flakes to the chicken mixture.
- To make individual pies instead of 1 large pie, use 4 small ovenproof dishes (about 375ml capacity).
- For a change, replace salad leaves with steamed green vegetables of your choice.



One pan gnocchi bolognese



4 serves



10 mins



30 mins

Ingredients

1 teaspoon olive oil
1 onion, finely chopped
1 clove garlic, crushed
500g extra lean beef mince
1 carrot, grated
200g mushrooms, thinly sliced
¼ cup dried red lentils
2 teaspoons dried Italian herbs
2 tablespoons no added salt tomato paste
2 x 400g cans no added salt diced tomatoes
500g packet fresh potato gnocchi
½ cup grated mozzarella cheese
Fresh basil, to garnish (optional)

Method

1. Heat oil in a large, deep, non-stick frying pan over medium-high heat. Add onion and garlic. Cook, stirring, for 2 minutes or until light golden.
2. Add mince. Cook, breaking up lumps, for 5-8 minutes, until browned all over. Add carrot, mushrooms, lentils, herbs and tomato paste. Cook, stirring, for a further 2 minutes.
3. Stir in tomatoes. Rinse out tomato cans with 2 cups water, then add water to pan. Bring to the boil. Reduce heat to medium. Gently boil for 12 minutes. Stir in gnocchi. Gently boil for 6-7 minutes, stirring occasionally, until gnocchi is tender and sauce has thickened.
4. Sprinkle with cheese. Cover and cook for a further 2 minutes or until cheese is melted. Serve garnished with fresh basil (optional).

Tips

- Transfer any leftovers to containers and refrigerate for up to 3 days or freeze for up to 2 months. Thaw frozen gnocchi Bolognese in the fridge overnight in the fridge before reheating. Reheat in a small pan over a medium-low heat until hot, stirring in a little extra water if needed.
- Check gnocchi labels and choose the brand lowest in sodium.
- If your frying pan is ovenproof, you can place it under a preheated grill in step 4 to melt and brown the cheese topping.



Looking for more heart-healthy recipes?

Check out our full range of delicious recipes at:

heartfoundation.org.au



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