



Omega-3 recipes

**A collection of quick & easy
heart-healthy recipes rich in omega-3s.**



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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.

Heart-healthy Omega-3s

The following collection of easy to make recipes packed full of omega-3 have been designed to encourage adding more heart-healthy omega-3s into your diet as part of a heart-healthy eating pattern (refer to page 4 for more on heart-healthy eating patterns). We have breakfast, lunch and dinner all covered!

Omega-3s help to protect your heart and blood vessels. They help to reduce cholesterol, reduce blood pressure and keep our bodies healthy. We know the best source of omega-3s is fish and seafood. Fish with the highest omega-3s include salmon, blue-eye trevalla, blue mackerel, herring, canned sardines, canned salmon and some varieties of tuna. At the Heart Foundation we recommend enjoying fish two to three times a week.

Don't worry though if you don't eat fish, because there are plenty of other foods that contain omega-3s, including eggs, walnuts, chia seeds, linseeds, soybeans, canola and flaxseed oil.

Always see an Accredited Practising Dietitian for individualised advice.



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 our website 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.

Fish tacos with tomato & jalapeno salsa

 **4 serves** (3 per serve)

 **20 mins**

 **10 mins**

Ingredients

$\frac{1}{3}$ cup reduced 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
 $\frac{1}{2}$ 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.

Tips

- Any firm, skinless, boneless fish is suitable for this recipe.
- 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.



Roasted sweet potato, kale, beetroot & walnut salad

 4 serves |  15 mins |  25 mins

Ingredients

600g sweet potato, peeled, cut into 1cm slices
1 tablespoon olive oil
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.
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.

Tips

- 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.
- 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 salad, keep sweet potatoes warm and heat lentils gently over stove top. For a non-vegetarian version, lentils can be replaced with 300g grilled or pan-fried chicken breast, lean lamb or beef steaks. Grill or panfry in a non-stick pan. Rest 5 minutes, then slice thinly and arrange over salad.



Salmon, veggie & rice frittata

 4 serves |  15 mins |  1 hour

Ingredients

6 eggs
2 x 130g cans salmon, chunk style in olive oil blend, drained
2 cups cooked brown rice
1 red onion, finely chopped
1 carrot, grated
2½ cups (360g) frozen peas, corn and capsicum
1 cup grated extra tasty cheese
½ cup chopped fresh parsley
2 teaspoons finely grated lemon rind
Salad leaves and lemon wedges, to serve

Method

1. Lightly spray a 25cm round springform pan with oil and line base and side with baking paper.
2. Whisk eggs in a large bowl. Add salmon, rice, onion, carrot, frozen vegetables, cheese, parsley and lemon rind. Season with pepper. Mix well to combine. Press mixture firmly into prepared pan using the back of a large spoon. Smooth over the top.
3. Bake in 180°C preheated oven for about 1 hour, or until golden and the tip of a small sharp knife inserted in the centre comes out clean. Cool in pan for 20 minutes.
4. Remove from pan. Cut into wedges. Serve warm with salad leaves.

Tips

- Keep frittata in a container in the fridge for up to 3 days. Serve cold or reheat in the microwave to serve warm.
- Chilled frittata transports well and is ideal for picnics or lunch boxes.
- If you don't have a springform pan, cook frittata in an ovenproof pie dish of the same diameter. Lightly spray dish with oil before adding mixture.



Salmon poke bowl

 4 serves |  30 mins |  15 mins

Ingredients

1 cup brown rice
460g fresh salmon, diced into 2cm cubes
1 tablespoon salt reduced soy sauce
1 tablespoon sesame oil
1 teaspoon ginger, grated
1 clove garlic, crushed
2 tablespoons shelled edamame beans
1 Lebanese cucumber, peeled into thin ribbons with a vegetable peeler
4 radishes, thinly sliced
1 avocado, thinly sliced
2 carrots, peeled and grated
4 cups baby spinach leaves
Black sesame seeds, to serve

Method

1. Place 2.5 cups water in a medium pot, cover and bring to the boil. Add 1 cup rice, cover, and reduce heat to low. Simmer until rice is cooked, about 35-40 minutes. Drain rice. Set aside to cool.
2. Meanwhile, in a medium-size bowl combine salmon, salt reduced soy sauce, sesame oil, ginger and garlic. Stir well to combine. Marinate for 30 minutes in the fridge.
3. Divide rice, edamame beans, cucumber, radishes, avocado, carrots, spinach and salmon between 4 bowls. Sprinkle with black sesame seeds.

Tips

- Salmon is one of the highest sources of omega-3, but if preferred, tuna, tofu or shredded cooked chicken breast can be substituted for salmon.
- Quinoa can be substituted for brown rice.



Harissa 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

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. Check labels and choose the one lowest in sodium.
- To toast macadamias, spread over a baking tray. Cook in a 160C oven for about 5 minutes, until light golden.



Fish Saganaki (Greek style fish)

 4 serves |  10 mins |  20 mins

Ingredients

2 tablespoons olive oil
2 cloves garlic, crushed
1 teaspoon dried chilli flakes
1 tablespoon no added salt tomato paste
2 x 400g cans no added salt diced tomatoes
1 tablespoon red wine vinegar
420g can no added salt cannellini beans, drained
2 tablespoons sliced kalamata olives
600g skinless, boneless, white fish fillets, cut into large pieces
1 slice wholegrain bread, torn into small pieces
50g feta cheese, crumbled
2 tablespoons coarsely chopped fresh parsley
Garden salad, to serve

Method

1. Heat 1 tablespoon oil in a large, ovenproof, deep frying pan over a medium heat. Add garlic and chilli flakes. Cook, stirring for about 1 minute, until fragrant. Add tomato paste. Cook, stirring a further 1 minute.
2. Stir in tomatoes, vinegar and $\frac{1}{2}$ cup water. Bring to the boil. Gently boil for 2-3 minutes, or until thickened slightly. Stir in beans and olives. Add fish pieces. Spoon the sauce over fish to cover. Simmer uncovered for about 10 minutes, or until fish is cooked.
3. Toss bread with remaining oil in a bowl. Sprinkle bread and feta over sauce in pan.
4. Meanwhile, preheat oven grill to high. Place pan under hot grill for about 2 minutes, or until bread is golden brown. Transfer pan to a heatproof mat or wooden board. Take care (use oven mitts) as handle will be hot.
5. Sprinkle with parsley. Serve with salad. Customise your salad to make use of whatever salad vegetables you have on hand.
We used oakleaf lettuce, avocado and green capsicum.

Tips

- Any firm, skinless, boneless fish is suitable for this recipe.
- Customise your salad to make use of whatever salad vegetables you have on hand. We used oakleaf lettuce, avocado and green capsicum.



Warm roasted cauliflower, broccoli, walnut & lentil salad

 **2 serves** (as a side) |  **15 mins** |  **30 mins**

Ingredients

½ red onion, cut into chunks

8 broccoli florets

8 cauliflower florets

1 tablespoon olive oil

1 tablespoon cumin

3 tablespoons walnuts, roughly chopped

200g no-added-salt brown lentils, drained and rinsed

2 tablespoons parsley, roughly chopped

2 tablespoons mint, roughly chopped

2 tablespoons lemon juice

Method

1. Preheat oven to 180°C. Line a large baking tray with baking paper.
2. Place red onion, broccoli and cauliflower onto the baking tray. Drizzle with olive oil and cumin. Roast in the oven for 20-25 minutes or until tender and vegetables are slightly charred. Add walnuts for the last 5 minutes of roasting.
3. Place lentils, parsley, mint, lemon juice, walnuts and roasted vegetables into a bowl and toss to combine. Serve warm.



Fruit & nut muesli

 **10 serves** (makes 1kg) |  **15 mins**

Ingredients

Base recipe

4 cups (360g) wholegrain rolled oats

4 cups (80g) wholegrain puffed rice

$\frac{3}{4}$ cup (140g) soft and juicy dried figs, chopped

$\frac{3}{4}$ cup (140g) dried apricots, chopped

1 $\frac{1}{2}$ cups (225g) nut and seed mix

$\frac{1}{3}$ cup (65g) mixed chia seeds

1 teaspoon ground cinnamon

To serve (1 serving)

100g fruit and nut muesli (base recipe)

$\frac{1}{3}$ cup reduced fat milk

1 tablespoon reduced fat plain Greek yoghurt

Sliced red apple, chopped kiwi fruit and fresh passionfruit pulp (or fruit of your choice)

($\frac{1}{5}$ large apple, $\frac{1}{5}$ kiwi fruit, 1 teaspoon passionfruit pulp)

Method

1. Combine oats, puffed rice, figs, apricots, nut and seed mix, chia seeds and cinnamon in a large bowl. Transfer to a large airtight container. Store in a cool, dry cupboard for up to 1 month.
2. To serve, place muesli in bowl. Top with milk, yoghurt and fruit.

Tips

- We used a nut and seed mix containing raw cashews, sunflower kernels, walnuts, hazelnuts, almonds and pepitas. To toast for extra crunch and flavour, spread nut and seed mix over a baking tray and bake in 160C oven for 5-8 minutes or until lightly browned and fragrant.
- Vary the fresh fruit to serve as desired.
- Use a non-dairy milk and yoghurt, if preferred.



Banana chia pots with mango & passionfruit

 **2 serves** |  **20 mins** (+ standing & overnight chilling)

Ingredients

1 large ripe banana

1¼ cups (310ml) unsweetened almond and coconut milk

¼ cup chia seeds

2 tablespoons almond vanilla yoghurt

2 tablespoons natural sliced almonds, toasted

1 mango, peeled and diced

1 passionfruit, halved

Method

1. Mash banana in a medium ceramic or glass bowl until smooth.
2. Add chia seeds and almond milk. Stir until well combined. Stand 20 minutes. Stir again. Cover and refrigerate overnight.
3. To serve, spoon chia mixture evenly into 2 serving glasses. Sprinkle with half the almonds. Top with yoghurt, mango and passionfruit pulp. Sprinkle with remaining almonds.

Tips

- For a non-vegan version, use any type of unflavoured milk and yoghurt.
- Swap mango and passionfruit for other fresh fruit, if preferred. Try blueberries, diced kiwi fruit, sliced banana, peach or nectarine wedges.
- To toast almonds, stir in a dry frying pan over a medium heat until lightly browned.
- For breakfast on the go, spoon chia mixture into two containers with a screw top lid. Refrigerate overnight. Transport in a chiller bag with a separate container for nuts, yoghurt and almonds.



One bowl date & walnut loaf

 12 serves |  10 mins (+40 for standing time) |  50 mins

Ingredients

1¼ cup (185g) pitted dates, coarsely chopped

1 teaspoon bicarbonate of soda

⅓ cup firmly packed brown sugar

2 eggs, lightly beaten

2 tablespoons olive oil

1½ cups wholemeal self-raising flour

1 teaspoon mixed spice

¾ cup (80g) walnuts, coarsely chopped

Method

1. Grease a medium 12cm x 22cm loaf pan. Line base and sides with baking paper.
2. Place dates in a large heatproof bowl. Sprinkle with soda. Pour over 1 cup boiling water. Stand 40 minutes, or until cool. Stir in sugar, eggs and oil until combined.
3. Sift flour over mixture, returning any husks remaining in sieve to bowl. Add spice and ½ cup of the walnuts. Stir until combined. Spoon mixture into prepared pan. Sprinkle with remaining walnuts.
4. Bake in a 160C oven (fan-forced) for 45-50 minutes, or until a skewer inserted in centre comes out clean. Stand in pan 10 minutes. Turn onto a wire rack to cool. Serve sliced.

Tips

- Replace olive oil with canola oil or sunflower oil, if preferred.
- Loaf will keep for up to 5 days in an airtight container or can be frozen for up to 2 months.
- **Boost your Omega-3s in baking by adding unsalted nuts and seeds eg walnuts, pecans, hazelnuts, chia seeds, or linseeds.**





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*heart-healthy
recipes?*

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