



BOWL FOODS

A COLLECTION OF
**FRESH AND TASTY
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.

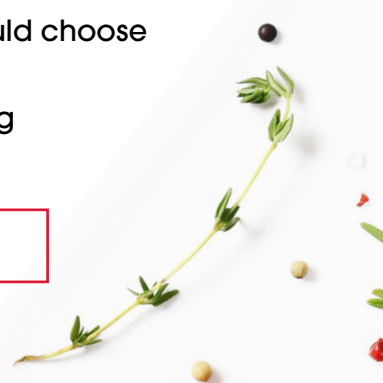
Our vision is an Australia free of heart disease and our mission is to prevent heart disease and improve the quality of life of all Australians through our work in prevention, support and research.

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.

The following collection of easy to make Bowl food recipes, have been designed to encourage the use of the Heart Foundation’s heart healthy eating principles;

- 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.





FALAFEL BOWL

SERVES: 4
PREP: 20 MINS + 30 MINS REFRIGERATING
COOKING: 10 MINS

INGREDIENTS

FALAFELS

600g no-added-salt chickpeas, drained and rinsed

3 cloves garlic

1 brown onion, roughly chopped

2 tablespoons parsley

2 tablespoons coriander

2 teaspoons ground cumin

4 tablespoons wholemeal plain flour

1 egg

2 tablespoons olive oil

PARSLEY SALAD

1 bunch parsley, roughly chopped

4 tomatoes, roughly chopped

1 red onion, finely chopped

1 Lebanese cucumber, diced

2 tablespoons lemon juice

TAHINI YOGHURT

½ cup reduced fat Greek yoghurt

1 garlic clove, crushed

2 tablespoons tahini

1 tablespoon lemon juice

½ teaspoon ground cumin

¼ teaspoon freshly ground black pepper

1 tablespoon olive oil

4 x small wholemeal pita breads, to serve

4 lemon wedges, to serve

METHOD

1. Place chickpeas, garlic, onion, parsley, coriander, cumin, flour and egg into a food processor and process until almost smooth. Using your hands, divide the mixture into 8 and roll 8 falafel patties. Cover and refrigerate for 30-45 minutes.
2. Meanwhile, prepare parsley salad. Combine parsley, tomatoes, red onion, cucumber, and lemon juice in a medium bowl and stir to combine. Set aside.
3. To make tahini yoghurt, whisk together yoghurt, garlic, tahini, lemon juice, ground cumin, pepper and olive oil in a small bowl until well combined.
4. Heat oil in a large frying pan over medium heat. Cook patties for 4-5 minutes each side or until cooked through.
5. To serve, divide the parsley salad, falafels and pitas between the 4 bowls. Top with tahini yoghurt and a lemon wedge.





ROASTED VEGGIE BOWL WITH STEAK

SERVES: 4
PREP: 10 MINS
COOKING: 35 MINS

INGREDIENTS

Spray olive oil

600g butternut pumpkin, peeled, seeds removed, cut into 3cm wedges

2 bunches asparagus, trimmed, cut into thirds

1 large red onion, cut into wedges

400g lean rump steak, fat trimmed

160g baby spinach

2 small radish, thinly sliced into rounds

200g marinated red capsicum strips

40g low fat feta cheese, crumbled

2 teaspoon balsamic glaze

METHOD

1. Preheat oven to 180°C. Line 1 baking tray with baking paper. Place pumpkin on baking tray and spray with olive oil. Roast, turning once, for 30 minutes or until golden and tender. Set aside.
2. Meanwhile, preheat a barbeque grill on medium-high heat. Lightly spray grill with olive oil and cook the asparagus and onion for 3 to 4 minutes or until tender and lightly charred. Set aside.
3. On the same grill, grill steaks for 2-3 minutes each side, or until cooked to your liking. Transfer to a plate and rest for 5 minutes. Thinly slice.
4. Divide the spinach, red capsicum strips, radish, roasted pumpkin, asparagus, red onion and beef between the serving bowls. Crumble the feta on top of each bowl and drizzle with balsamic glaze.





SALMON POKE BOWL

SERVES: 4
PREP: 15 MINS + 30 MINS MARINATING
COOKING: 35-40 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

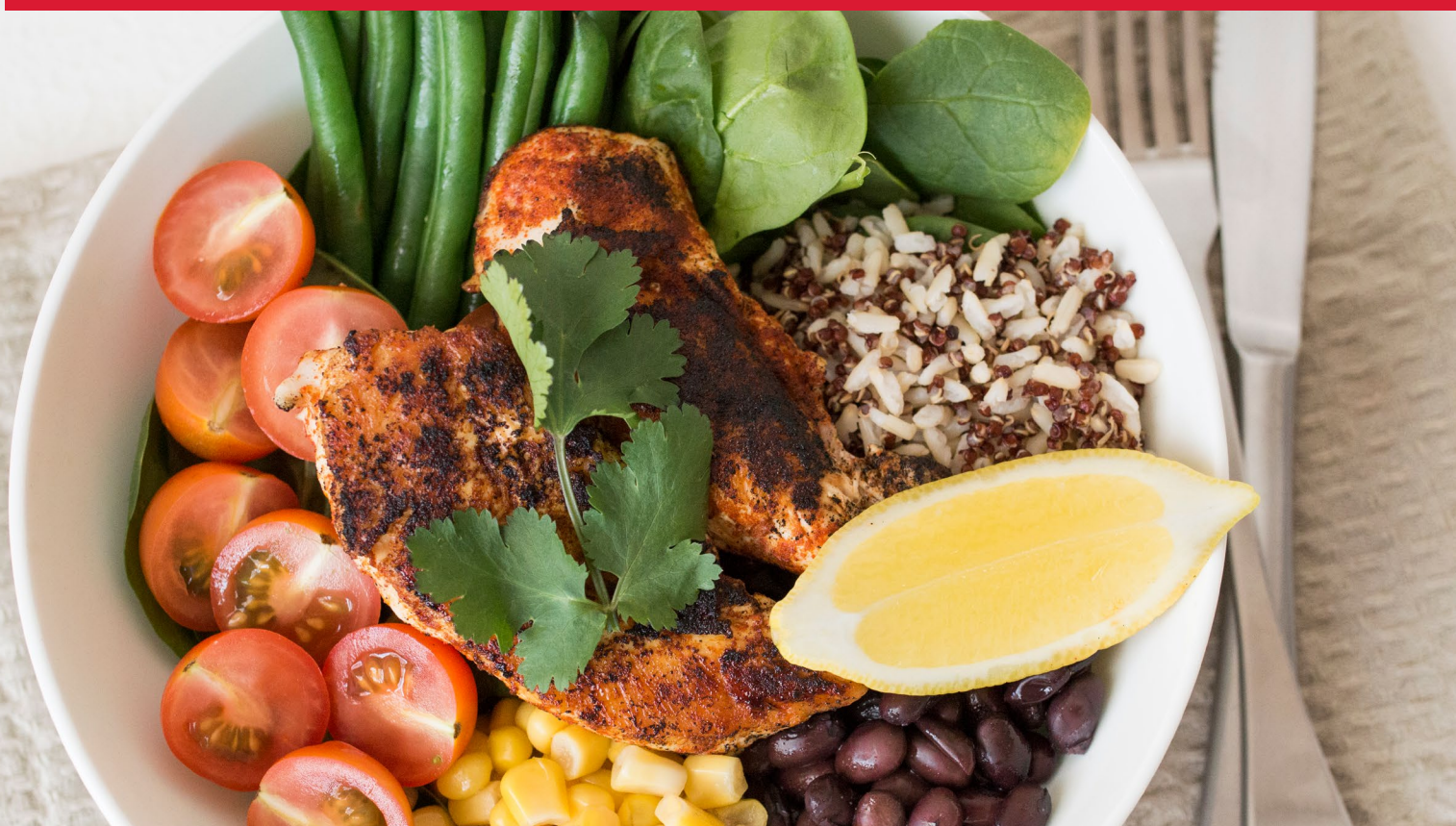
Black sesame seeds, to serve

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.

TIP: Shredded cooked chicken breast, tuna or tofu can be substituted for salmon. Quinoa can be substituted for brown rice.





CHICKEN, RICE & BEAN BOWL

SERVES: 4
PREP: 5 MINS
COOKING: 12 MINS

INGREDIENTS

1 teaspoon lemon zest

1 teaspoon paprika

¼ cup (60ml) lemon juice

1 tablespoon olive oil

8 chicken tenderloins (about 500g total)

250g green beans, trimmed

2 cups '90 second quick' brown rice and quinoa blend

2 cups baby spinach

425g can black beans, rinsed, drained

250g punnet cherry tomatoes, halved

300g corn kernels, rinsed, drained

4 lemon wedges, to serve

METHOD

1. Combine the zest, paprika, lime juice and olive oil in a ceramic dish. Add the chicken and turn to coat. Set aside.
2. Steam, boil or microwave the green beans for 2-3 minutes or until just tender. Drain.
3. Heat a large chargrill pan or barbeque hotplate over medium heat. Grill the chicken for 3-4 minutes each side, or until cooked through.
4. Meanwhile, heat microwave brown rice & quinoa blend according to packet instructions.
5. Divide the brown rice & quinoa blend between the 4 bowls. Top each with spinach, black beans, tomatoes, corn kernels and 2 chicken tenderloins. Serve with a lemon wedge in each bowl.





COLOURFUL VEGETARIAN STIR-FRY

SERVES: 4
PREP: 10 MINS
COOKING: 20 MINS

INGREDIENTS

Spray olive oil

1 small red onion

1 clove garlic

1 teaspoon ginger

250g pre-cooked Hokkien noodles

1 medium head broccoli, chopped into small florets

1 medium carrot, cut into small batons

1 small red capsicum, halved, seeded, sliced into thin strips

1 small green capsicum, halved, seeded, sliced into thin strips

6 pieces baby corn, sliced

2 bunches bok choy

680g extra firm tofu, chopped into large cubes

1 tablespoon oyster sauce

¼ teaspoon chilli flakes

2 tablespoons unsalted cashews, to serve

2 teaspoons sesame seeds, to serve

Fresh coriander leaves, to serve

METHOD

1. Spray a wok with olive oil and place over high heat. Add red onion, garlic and ginger and stir-fry until softened.
2. Prepare Hokkien noodles according to packet instructions. Drain and set aside.
3. Add broccoli, carrot, red capsicum, green capsicum, baby corn and bok choy and stir-fry for 8-9 minutes, until tender-crisp. Add tofu, noodles, oyster sauce and chilli flakes and mix well. Reduce heat to low and cook for 3-4 minutes, stirring.
4. Divide stir-fry between 4 bowls and garnish with cashews, sesame seeds and fresh coriander leaves.





GRILLED CHICKEN SALAD BOWL

SERVES: 4
PREP: 10 MINS
COOKING: 10 MINS

INGREDIENTS

2 tablespoons tahini

1 garlic clove, crushed

2 tablespoons lemon juice

Olive oil spray

3 teaspoons olive oil

1 teaspoon honey

400g lean chicken breasts,
halved horizontally

200g can of no added salt lentils, drained

2 medium beetroots, peeled, grated

2 large carrots, peeled, grated

1 large cucumber, cut into thick batons

120g baby spinach

METHOD

1. Combine tahini, garlic, lemon juice, olive oil and honey in a small bowl with 1 teaspoon hot water and mix until a smooth consistency. Set aside.
2. Spray a large pan or non-stick frying pan with olive oil and heat over medium-high heat. Cook chicken 5-6 minutes each side, or until golden and just cooked through. Set aside.
3. To serve, divide the lentils, beetroot, carrot, cucumber, spinach leaves and sliced chicken between 4 bowls.
4. Drizzle each bowl with tahini dressing.





ROASTED VEGGIE BOWL

SERVES: 4
PREP: 10 MINS
COOKING: 15 MINS

INGREDIENTS

1 x large sweet potato, cut into rounds

600g broccoli, cut into florets

1 x 400g no added salt chickpeas, drained, rinsed

3 teaspoons olive oil

2 teaspoons cumin

3 cups kale, destemmed and chopped

1 tablespoon lemon juice

4 x eggs, poached

1 x 250g punnet cherry tomatoes, halved

2 cups baby spinach

2 tablespoons hummus

METHOD

1. Preheat oven to 180°C Line 2 baking trays with baking paper.
2. Cut sweet potato into rounds and place on prepared baking tray. Sprinkle 1 teaspoon ground cumin and 1 teaspoon olive oil. Roast for 15 minutes or until caramelised and cooked through.
3. On a separate baking tray, spread the broccoli and chickpeas and sprinkle with 1 teaspoon cumin and 2 teaspoon olive oil. Roast for 15 minutes or until cooked through.
4. While vegetables and chickpeas are roasting, preheat a large frying pan. Add the kale and cook for 2-3, or until slightly wilted. Add lemon juice and toss to coat. Set aside.
5. To poach an egg: fill a wide casserole pan with boiling water and bring to a light simmer over medium heat. Gently crack the eggs into the simmering water. Cook for 2-4 minutes and carefully remove the eggs from the pan with a slotted spoon and place onto a separate plate.
6. Divide the sweet potato, broccoli, chickpeas, kale, and tomato between the 4 bowls. Top each with a poached egg and a dollop of hummus. Serve with a lemon wedge in each bowl.





CHICKEN VIETNAMESE PHO

SERVES: 4
PREP: 10 MINS
COOKING: 20 MINS

INGREDIENTS

500ml salt reduced chicken stock (*see tip)

1.5L water

1 brown onion, halved, thinly sliced

2 cloves garlic, peeled

10cm piece ginger, peeled, sliced

2 star anise

1 teaspoon black peppercorns

1 teaspoon salt reduced soy sauce

2 teaspoons fish sauce

2 tablespoons lime juice

4 x 100-120g lean chicken breast fillets

2 bunches bok choy, roughly chopped

150g rice noodles

150g bean shoots

½ cup Vietnamese mint leaves

½ cup coriander leaves

2 spring onions, chopped

2 teaspoons sliced red chilli

4 lemon wedges

METHOD

1. Combine stock, water, onion, garlic, ginger, star anise, black peppercorns, soy sauce and fish sauce in a large saucepan over medium-high heat. Cover and bring to the boil. Add chicken breast and simmer for 15-17 minutes or until chicken is cooked through. For the last 3 minutes of cooking, add bok choy.
2. Remove garlic, peppercorns, star anise and ginger and discard. Transfer chicken to a plate, and shred when cooled.
3. Prepare noodles according to packet instructions. Drain.
4. Divide chicken, noodles, bok choy and stock between 4 bowls. Top each bowl with bean shoots, Vietnamese mint, coriander, spring onion, chilli and a lemon wedge.

TIP: For a healthier alternative to store-bought stock, use our [homemade chicken stock recipe](#) instead.

TIP: This recipe can also be made with green prawns, tofu, or sliced beef.





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. 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 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 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 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