

NOT-SO-NAUGHTY VERSIONS OF YOUR FAVOURITE FOODS

Eating healthily doesn't have to mean missing out on your favourite foods - as part of a healthy, balanced diet you can enjoy an occasional treat. But rather than buying fast food – why not make your own healthier version? Cooking at home can be cheaper and healthier than ordering in, so give the drive-through a miss and make your own fast food.



	Takeaway fries	VS	Oven baked chips with garlic mayo*	Save	
Energy	1352kj		403kj	949kj	*Nutrition data includes chips with garlic mayonnaise Nutrition information per 100g
Fat	17.2g		3.4g	13.8g	
Saturated fat	8.8g		0.4g	8.4g	
Sodium	225mg		50mg	175mg	

	Takeaway Chinese noodles	VS	Singapore noodles	Save	
Energy	730kj		598kj	132kj	Nutrition information per 100g
Fat	6.4g		4.3g	2.1g	
Saturated fat	1.8g		0.9g	0.9g	
Sodium	375mg		142mg	233mg	

Oven baked chips with garlic mayo

Serves 4 Prep time: 15 mins Cooking time: 30 mins

- 4 large (1 kg) (Sebago) potatoes, peeled
 - 1 tbs olive oil*
 - ¼ cup Tick approved mayonnaise*
 - ¼ cup low fat Greek-style yoghurt
 - 1 small clove garlic, crushed
 - Few sprigs of fresh parsley
 - Squeeze of lemon juice
 - Cracked black pepper, to season
1. Preheat oven to 240°C (220°C fan-forced).
 2. Heat a large, heavy-based roasting dish in preheated oven for 10 minutes. Cut potatoes into chunky chips about 1.5cm wide. Pat chips dry with kitchen paper.

3. Mix chips with olive oil in a large bowl.
4. Spread chips over the base of the hot roasting dish and bake in preheated oven for about 25 minutes or until golden and tender, turning occasionally.
5. To make garlic mayo, process mayonnaise, yoghurt, garlic, parsley and lemon juice in a food processor until smooth and combined.
6. Season chips with pepper and serve with garlic mayo.

Singapore noodles

Serves 4 Prep time: 10 mins Cooking time: 10-15 mins

- Olive oil spray*
- 2 eggs, lightly beaten*
- 1 red onion, thinly sliced
- 1 tbs yellow curry paste
- 350g fresh Singapore noodles
- 2 cups skinless chicken, trimmed of fat, poached and shredded
- 1 carrot, peeled and grated
- ¼ small green cabbage, shredded
- 1 tbs reduced salt soy sauce
- 1 tbs dry sherry
- 1 cup bean sprouts, trimmed
- 4 green onions, thinly sliced
- 3 tbs plain, unsalted peanuts*

1. Heat a wok over a medium heat until hot. Spray lightly with oil then add the egg and swirl to form a thin omelette. Cook for 30 seconds or until the egg is almost set. Slide onto a board and roll the omelette up.
2. Spray the wok lightly with oil and add the onion, curry paste and 2 teaspoons of water. Cook, stirring continuously, for 2 minutes.
3. Add the noodles and stir-fry for 1 minute or until they begin to soften. Add the chicken, carrot and cabbage and stir-fry 2 minutes or until the cabbage is just wilted.
4. Combine the soy sauce and sherry, then add to the wok with the bean sprouts and green onions. Stir-fry for 1-2 minutes.
5. Thinly slice the omelette and add to the noodles. Serve topped with chopped peanuts.

*Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.

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	Takeaway pizza	Mini pizzas	Save
Energy	1044kj	680kj	364kj
Fat	9g	6.3g	2.7g
Saturated fat	4.2g	3.7g	0.5g
Sodium	550mg	320mg	230mg

Nutrition information per 100g

Mini pizzas

Serves 4 Prep time: 12–15 minutes Cooking time: 15–20 minutes

- 2 spring onions
 - ½ small capsicum
 - 1 small zucchini
 - 2 mushrooms
 - 2 English-style muffins
 - 1–2 tbs no added salt tomato paste
 - ¾ cup reduced fat cheese, grated*
 - Cracked black pepper, to season
1. Preheat the oven to 200°C (180°C fan-forced).
 2. Cut the root ends off the spring onions. Slice finely and place in a mixing bowl.
 3. Remove the seeds from the capsicum, cut into small squares and add to the bowl.
 4. Slice mushrooms and zucchini and add to the bowl.
 5. Split muffins in half and place on chopping board, cut side up.
 6. Spread the tomato paste evenly over the muffins, then place on a baking tray.
 7. Sprinkle with vegetables, cheese and pepper.
 8. Bake until the vegetables are cooked and the cheese is golden brown – about 15–20 minutes. Remove from oven and serve.



	Cupcake from a bakery	Carrot and walnut cupcakes	Save
Energy	1577kj	1358kj	219kj
Fat	14.9g	21.3g	See note
Saturated fat	6.4g	4.7g	1.7g
Sodium	370mg	164mg	206mg

Nutrition information per 100g

Carrot and walnut cupcakes

Makes 12 Prep time: 20 minutes Cooking time: 20 minutes

- ⅔ cup brown sugar
 - 2 eggs*
 - ½ cup light olive oil*
 - 1 cup self-raising flour
 - ¾ tsp bicarbonate of soda
 - 1 tsp ground mixed spice
 - ½ cup plain, unsalted walnuts, chopped*
 - 2 cups grated carrot
 - Icing:
 - ⅓ cup icing sugar, sifted
 - ½ tsp vanilla essence
 - ½ cup light spreadable cream cheese*
1. Preheat oven 200°C (180°C fan-forced). Line twelve ⅓ cup capacity muffin holes with paper cases.
 2. Combine brown sugar, eggs and oil in a bowl, whisk until sugar has dissolved. Sift flour, bicarbonate of soda and mixed spice together over the oil mixture and fold in until just combined. Stir in walnuts and carrot.
 3. Spoon mixture into paper cases until ¾ full. Bake for 18-20 minutes or until cooked through when tested with a skewer. Stand for 10 minutes in the pan then lift onto a wire rack to cool.
 4. For the icing, fold the icing sugar and vanilla into the cream cheese.
 5. Spread icing over the cakes and serve.
- Note:** Our Carrot and walnut cupcakes recipe is higher in total fat but lower in saturated fat than a standard cupcake due to the inclusion of walnuts - these contain polyunsaturated fats, which are healthy fats as they help reduce the risk of heart disease. Our recipe is also lower in energy and sodium.

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