



Recipe: Hearty Vegetable Curry



A healthier option to a takeaway curry that tastes just as good! This veggie curry is mild enough that it won't be sizzling any tiny tastebuds. The strength of flavour will depend on the type and amount of curry paste you use. This meal contains a high fibre content and plenty of vitamins and minerals from the mix of vegetables. Healthy fats from the coconut milk and wholegrains from the brown rice will keep your children feeling energised and fuller for longer.

Core Ingredients

- 1 tbsp coconut oil or olive oil
- 2 zucchini
- 1/2 pumpkin
- 2 carrots
- 1 large or 2 small red capsicum
- 1 cup coconut milk
- 2 tbsp curry paste
- 1 tsp ginger (fresh or jar)
- 1 clove garlic, crushed
- 3 tbsp soy sauce (low sodium) or tamari (gluten free option)

Serve with:

- Brown rice

Method

1. Heat coconut oil or olive oil in a large pan over medium heat.
2. Add zucchini, pumpkin, carrots, capsicum and cook over medium high heat for 4-5 minutes, or until crisp-tender.
3. Add garlic and ginger and cook 1 minute longer.
4. Stir in the curry paste and stir for 1 minute.
5. Add in the coconut milk and soy sauce (or tamari) and cook until the vegetables are soft and the sauce has thickened a little.
6. Remove from heat. Stir in the juice of one lime (optional) and serve over brown rice.





Recipe: Cauliflower and Pea Fritters with Mint Yoghurt

Created by Lifelong Learning Centre; Pitt Town Preschool, NSW



These tasty and colourful little fritters are very light and go perfectly with the tangy mint dip! They make a refreshing vegetarian dinner option served with a side salad, or they are also ideal for popping in children's lunchboxes as a snack. The fibre content aids digestion and the eggs, yogurt and even the cauliflower contain that all important protein for growing bodies.

Core Ingredients (makes approximately 16 small fritters)

- 1 kg cauliflower (1 small whole), base and stems trimmed
- 3/4 cup self-raising flour
- 3 tsp curry powder
- 2 x large eggs, lightly beaten
- 1/2 cup reduced fat milk
- 1 clove garlic, crushed
- 1/2 cup frozen green peas, thawed
- 2 tbsp olive oil

Yoghurt

- 1/3 cup natural Greek yoghurt
- 1 tbsp mango chutney
- 1 tbsp chopped fresh mint

To serve

- 60g baby spinach leaves
- 150g cherry tomatoes, halved





Method

- 1) Cut cauliflower into florets. Boil, steam or microwave until tender. Drain well. Cool slightly then cut into small pieces (about 2cms).
- 2) Whisk flour, curry powder, eggs, milk and garlic together in a large bowl until smooth. Stir in cauliflower and peas.
- 3) Heat 2 tsp olive oil in a large non-stick frying pan over a medium-high heat. Drop 1/4-cup quantities of mixture into the hot pan, spreading it out with the back of a spoon to make approximately 7cm fritters. Cook fritters for 2-3 minutes on each side or until golden brown and cooked through. Remove from pan and keep warm.
- 4) Continue with remaining oil and cauliflower mixture, to make about 16 fritters altogether.
- 5) To make the mint yoghurt, combine yoghurt, chutney and mint in a small bowl.
- 6) Serve the fritters with mint yoghurt, baby spinach and cherry tomatoes.





Recipe: Gluten Free Sweet Potato Brownies with Avocado Chocolate Frosting

Kelly Richardson, The Gourmet Nutritionist



Sweet potato and avocado? In a chocolate brownie? Yes you read that correctly and it tastes divine! Not only does the sweet potato make the traditional brownie a whole lot more nutritious, it adds a lovely soft and gooey consistency that melts in the mouth. If opting for the avocado icing, the added healthy fat is great for cellular health and feeling satisfied. These healthy chocolate brownies provide digestive fibre, slow releasing energy, vitamins and minerals, and don't spike blood sugar levels. Children will love them for a healthy treat!

Core Ingredients (makes approx. 10 slices)

- 1 large sweet potato
- 3 free-range eggs, whisked
- ¼ cup coconut oil melted or rice bran oil
- 1/3 cup honey or rice malt syrup
- ¼ tsp. vanilla extract
- 3 tbsp coconut flour or plain flour
- 2 tbsp cocoa powder
- ¼ tsp baking powder
- ¼ tsp cinnamon
- Pinch of natural salt
- ½ cup chopped dates

Avocado Icing (Optional)

- 1 ripe avocado
- ½ cup cacao or cocoa powder
- ½ cup honey or rice malt syrup





Method

- 1) Prick the sweet potato all over and cook it until soft. You can either bake it in the oven for 30 minutes at 190 degrees or microwave it 10 minutes on high, turn it over and the cook for another 8 minutes.
- 2) Once the sweet potato is cooked, leave it to cool and then carefully peel away the skin. Add the soft flesh to a large mixing bowl and mash.
- 3) Add the wet ingredients to the sweet potato; eggs, coconut oil (or rice bran oil), honey (or chosen sweetener) and vanilla and mix it together.
- 4) Sift over your dry ingredients; coconut flour (or plain flour), cocoa powder, baking powder, cinnamon and salt. Then stir through the chopped dates until combined. Taste ☺
- 5) Pour into an 8 x 8 inch or 6 x 10 inch lined baking tray and bake in the oven for 30 minutes for a gooey centre or 35 for a little more cooked.
- 6) Whilst the brownie is baking make the icing. Place all ingredients into a food processor and mix together, you can also use a hand stick blender if you do not have a processor. It should become a smooth glossy frosting. If it is too thick simply add a tablespoon of melted coconut oil or water.
- 7) Allow to cool, top with the avocado icing and slice into 10 delicious squares.

