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# Smart Cook Cookbook

Healthy recipes from the community

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# Introduction

It can be daunting trying to follow a healthy lifestyle and a minefield just searching for a nutritious recipe! Then once you find one you like, how do you know if it's actually healthy?

We have put together this cookbook filled with recipes from you, the community, as a resource to make eating healthy easier. Many of these recipes are family favourites that have been cooked and enjoyed for decades – modified slightly to make them healthier. Our cookbook shows that many old-fashioned favourites, and more modern meals, can be part of a healthy lifestyle, without compromising on flavour.

Thank you to everyone who shared their delicious recipes with us. Enjoy!

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# Seasonal Fruit and Vegetable List

**Buying fruit in season is a great way to eat a healthy diet, on a budget.**

Fruit and vegetables that are in season are not only cheaper to buy, but are at their best and will taste much nicer. Many of the vegetables included in recipes in this cookbook can be swapped out for vegetables that are in season at the time.

To the right is a list of fruit and vegetables categorised into their season.

## Vegetables and herbs

### Warmer months

- |               |               |              |                 |
|---------------|---------------|--------------|-----------------|
| • Asparagus   | • Cauliflower | • Lemongrass | • Sage          |
| • Basil       | • Celery      | • Lettuce    | • Snow peas     |
| • Beans       | • Chillies    | • Mint       | • Spinach       |
| • Beansprouts | • Chives      | • Mushrooms  | • Spring onions |
| • Beetroot    | • Cucumber    | • Oregano    | • Sweet corn    |
| • Broccoli    | • Eggplant    | • Parsley    | • Thyme         |
| • Cabbage     | • Garlic      | • Pumpkin    | • Tomatoes      |
| • Capsicum    | • Ginger      | • Rhubarb    | • Turnips       |
| • Carrots     | • Leeks       | • Rosemary   | • Zucchini      |

### Cooler months

- |                   |             |              |                |
|-------------------|-------------|--------------|----------------|
| • Beansprouts     | • Fennel    | • Parsnip    | • Squash       |
| • Broccoli        | • Ginger    | • Potatoes   | • Swede        |
| • Brussel sprouts | • Mint      | • Pumpkin    | • Sweet potato |
| • Carrots         | • Mushrooms | • Radish     | • Turnip       |
| • Cauliflower     | • Onion     | • Rosemary   |                |
| • Celery          | • Oregano   | • Silverbeet |                |
| • Coriander       | • Parsley   | • Spinach    |                |

## Fruit

### Warmer months

- |            |              |                |             |
|------------|--------------|----------------|-------------|
| • Apples   | • Grapes     | • Rockmelon    | • Pineapple |
| • Apricots | • Lychees    | • Nectarines   | • Plums     |
| • Banana   | • Mangoes    | • Passionfruit | • Quince    |
| • Berries  | • Melons     | • Peaches      |             |
| • Cherries | • Honey dew  | • Pears        |             |
| • Figs     | • Watermelon | • Persimmon    |             |

### Cooler months

- |            |                 |             |           |
|------------|-----------------|-------------|-----------|
| • Apples   | • Custard Apple | • Lemons    | • Oranges |
| • Avocados | • Grapefruit    | • Limes     | • Pears   |
| • Bananas  | • Kiwifruit     | • Mandarins | • Rhubarb |





## Beef a la Continental

By Melissa Myall

### Ingredients (serves 6)

- 750g chuck steak, cubed
- 2 Tbsp olive oil
- 1 packet Continental French Onion Soup
- 1 cup water
- 1 Tbsp vinegar
- 450g can whole tomatoes
- Parsley (optional)

#### Nutrition information per serve

Energy	1052kJ
Protein	29g
Fat, total	14g
Saturated	4g
Carbohydrates	2g
Sugars	2g
Sodium	117mg

### Method

- 1 Trim any fat off the steak, and cut into cubes.
- 2 Lightly brown steak in hot oil, then place in a casserole dish.
- 3 Mix contents of soup packet with water and vinegar and pour over meat. Cover and bake at 180°C for 1hr 15 mins.
- 4 Add tomatoes and cook for a further 20 mins. Sprinkle with a little chopped parsley if desired.
- 5 Serve with 1 cup of steamed vegetables per person.

## Hearty Bacon, Lentil and Vegetable Soup

By Alison Logan

### Ingredients (serves 6)

- 1 Tbsp olive oil
- 2 medium onions, finely chopped
- 6 rashers short cut bacon, diced
- 4 stalks celery, finely chopped
- 4 medium carrots, finely chopped
- 2 cloves garlic, finely chopped
- 2 cup red lentils
- 2L low sodium chicken stock

#### Nutrition information per serve

Energy	1413kJ
Protein	23.2g
Fat, total	6.6g
Saturated	1.5g
Carbohydrates	38.8g
Sugars	11g
Sodium	1374mg

### Method

- 1 Finely chop the onion, celery, carrots and garlic. Cut the fat off the bacon and dice.
- 2 Heat oil in a large saucepan, add onion, bacon, celery, carrots and garlic and cook over medium heat until softened.
- 3 Add lentils and stock, and bring to the boil. Reduce heat and simmer for 15 mins or until vegetables and lentils are tender.
- 4 Optional: use a hand-held blender to blend soup until preferred consistency is reached, or leave and enjoy chunky



# 'What's in the Fridge' Pasta

By Kerry Cook

## Ingredients

### Stir fry

- 200g chicken, thinly sliced
- 1 onion, finely chopped
- 1 tsp Proactive or olive oil
- 250g uncooked pasta
- 4 cups vegetables, such as carrot, zucchini, broccoli, peas, beans, celery, corn, or stir fry vegetables, chopped as appropriate
- Salt and pepper to taste

### White sauce

- 2 Tbsp Proactive or olive oil
- 2 Tbsp plain flour
- ¾ cup light milk
- ½ cup low fat cheese
- 1 tsp mustard of choice (optional)
- Salt and pepper to taste

Nutrition information per serve	
Energy	2085kJ
Protein	38g
Fat, total	14g
Saturated	4g
Carbohydrates	52g
Sugars	6g
Sodium	225mg

## Method

- 1 Using a sharp knife, thinly slice the chicken.
- 2 In a frying pan over medium high heat, melt the Proactive/heat the olive oil. Cook the chicken and leave to rest.
- 3 Cook the pasta as per packet instructions. Keep a little pasta water to use at the end.
- 4 Finely chop the onion. Slice or chop the other vegetables.
- 5 Combine the chicken, onions and vegetables together in the frying pan and stir fry for a few mins, then cover and let steam.
- 6 Meanwhile, to make the white sauce, melt the Proactive/heat olive oil in a saucepan. Take the saucepan off the heat, add flour and stir well, cooking off the heat for a few mins.
- 7 Return saucepan to heat, add the milk gradually, stirring/whisking well. Continue to stir as the sauce thickens, be careful not to boil or burn the milk. Once all milk has been added, add the mustard and cheese and stir as it melts. Season with salt and pepper to taste.
- 8 Add white sauce to chicken and vegetables, and add cooked pasta. If the sauce is too thick, use some of the saved pasta water to thin out to your desired consistency.



**“This is a really easy, yummy, throw together dish. You can make it a bit fancier by adding pepper and herbs. I got the tip for the white sauce using milk instead of cream from a lovely lady I used to volunteer with, and we would talk about different ways to cook.”**

*Kerry Cook*





# Curried Chicken with Wild Rice Salad

By Kylie Boyd

## Ingredients (serves 8-10)

- Meat from 1 small whole BBQ chicken, skin removed, diced
- 1 ½ cups wild rice
- ½ cup white rice (or 1 ½ cups pre-cooked microwave rice)
- 2 red capsicums, diced
- 2 red onions, finely chopped
- 6 large celery stalks, finely chopped
- 100g sultanas
- 100g pecans, roasted in 160°C oven for 8-10 mins
- 1 bunch chives, finely chopped

## Dressing

- ¾ cup Greek yoghurt
- ½ cup lemon juice
- 1 ½ Tbsp curry paste – hotness as you prefer
- 3 Tbsp mango chutney or any other sweet chutney

## Method

- 1** Cook the white rice as per packet instructions.
- 2** Place wild rice in plenty of water and bring to the boil. Simmer gently for approximately 25 mins or until rice starts to split open. Turn off and leave to rest in the water for 10 mins. Drain and cool (tip: both rice varieties can be cooked a day before).
- 3** Pull the meat off the BBQ chicken and dice. Finely chop the onion, celery and chives. Dice the capsicums.
- 4** To make the dressing, place all the dressing ingredients in a jar and shake well. You can store this in the fridge for a couple of weeks.
- 5** To serve, place all ingredients in a bowl and mix well, reserving ½ the pecans and ½ the chives to decorate the top.
- 6** Add dressing to your taste.

Nutrition information per serve	
Energy	2045kJ
Protein	31g
Fat, total	15g
Saturated	2g
Carbohydrates	54g
Sugars	16g
Sodium	329mg

**“This recipe is a family favourite.  
My mum is always asked to make it at  
large family gatherings.”**

*Kylie Boyd*

**“At my wedding, we had beautiful food made by amazing chefs but I made sure the restaurant would be okay with Aunt Mary’s baked macaroni coming out at the end of the night – after hours on the dance floor.**

**The beauty of this recipe is that it goes a long way in big families, and it’s as yummy cold as it is hot.**

**Making this recipe is a beautiful way for me to share my culture with my children, and remember my Aunt Mary.”**

*Alyssa Fitzgerald*

# Baked Macaroni

By Alyssa Fitzgerald

This is Maltese comfort food. My Aunt Mary was the queen of Baked Macaroni and used to bring HUGE trays to every family gathering. It was such a treat.

## Ingredients (serves 10)

- 500g lean beef mince
- 500g lean pork mince
- 200g reduced fat grated mozzarella, or another reduced fat grated cheese
- 250g reduced fat ricotta
- 80g parmesan
- 2 tsp olive oil
- 5 eggs
- 1.4L tomato puree/passata
- 1 brown onion, chopped
- 1 packet long tube pasta
- Sea salt and black pepper to taste

Nutrition information per serve	
Energy	2112kJ
Protein	42g
Fat, total	17g
Saturated	8g
Carbohydrates	42g
Sugars	9g
Sodium	636mg

## Method

- 1** Preheat oven to 150°C.
- 2** Heat a large saucepan over medium heat, add olive oil and gently fry the chopped onion. Add the beef and pork mince and cook, breaking up, until brown.
- 3** Add the tomato puree/passata to the mince and season with salt and pepper. Cover with a lid and simmer for 40 mins.
- 4** In a separate bowl, crack the eggs, add the ricotta and whisk together until smooth. Meanwhile, cook the pasta as per instructions, drain and set aside.
- 5** Take a large casserole dish and add 1 ladle of sauce – spread evenly. Then add a ladle of the ricotta mix, spread evenly and sprinkle with a little parmesan and mozzarella. Next, carefully lay the cooked pasta tubes on top of the cheese layer, making sure they’re in a straight line. Add another layer of meat sauce and repeat the layering process 4 times, finishing with a layer of meat sauce and a sprinkle of mozzarella and parmesan cheese.
- 6** Place dish in oven and bake for 1 hr or until golden brown on top.
- 7** Serve with a large portion of steamed vegetables (other than potato) or salad.

# Sweet Potato Fritters

By Pamela Cocorelis

## Ingredients

- 1 medium sweet potato, grated
- 1 zucchini, grated and squeezed of excess moisture
- 1 egg
- ¾ cup plain flour
- 50g feta cheese
- 2 sprigs spring onions, finely sliced
- 2 slices prosciutto or bacon, diced
- Olive oil
- Greek yoghurt
- Lemon myrtle (if not available, use lemongrass or lemon rind/juice to taste)

### Nutrition information per serve

Energy	1629kJ
Protein	12g
Fat, total	16g
Saturated	5g
Carbohydrates	48g
Sugars	12g
Sodium	290mg

## Method

- 1** Cut the fat off the prosciutto or bacon and dice. Using the frying pan, fry diced prosciutto/bacon for 2-3 mins.
- 2** Put the grated sweet potato and zucchini into a clean chux or muslin cloth, and squeeze any excess moisture out.
- 3** Place sweet potato and zucchini, sliced spring onions, crumbled feta and fried prosciutto/bacon into mixing bowl and stir to combine.
- 4** Add the egg and flour, and stir through.
- 5** Heat 2 Tbsp olive oil in frying pan on medium heat.
- 6** Form balls of approx. 2 Tbsp of mixture in hands and place in heated frying pan. Flatten using spatula to make the balls more disk shaped.
- 7** Cook for about 3 mins on each side, or until golden brown.
- 8** Combine lemon myrtle with Greek yoghurt to taste.
- 9** Serve with lemon myrtle flavoured Greek yoghurt and a side salad.



**"I can remember my grandmother making these fritters for us when we were children. With working parents, it's a quick, easy and cheap recipe. We used to multiply this recipe to feed the 15 kids in the household!"**

*Pamela Cocorelis*



# Airfryer Stuffed Mushrooms

By Rae Nimmo

## Ingredients (serves 6)

- 6 portobello mushrooms, stems removed and diced (mushroom top to remain whole)
- 6 rashers short cut bacon, diced
- 1-2 tsp crushed garlic
- 300g light sour cream
- 1 onion, chopped
- 1 punnet cherry tomatoes, quartered
- 1-2 tsp salt-reduced stock powder
- ½ tsp chilli (optional)
- Panko crumbs and parmesan to top each mushroom

### Nutrition information per serve

Energy	876kJ
Protein	10g
Fat, total	13g
Saturated	8g
Carbohydrates	11g
Sugars	5g
Sodium	656mg

## Method

- 1** In a frying pan, cook the diced bacon, crushed garlic, sliced mushroom stems and chopped onion until golden brown.
- 2** Combine cooked mixture with sour cream, quartered cherry tomatoes, stock powder and chilli, if using, and mix well.
- 3** Turn the mushroom tops up so they are like a bowl and spoon the mixture evenly between them. Top with panko crumbs and parmesan.
- 4** Place in the airfryer at 180°C and cook for 15 mins, or in the oven at 200°C until brown.
- 5** Serve with 1-2 cups of salad or roasted veggies per person.



# Creamy Chicken Pasta

By Rachael Melhuish

## Ingredients (Serves 4)

- 240g pasta, uncooked
- 4-5 rashers short cut bacon, chopped
- 200g mushrooms, sliced
- 200g cooked chicken
- 1 x 340mL can Light and Creamy Carnation Milk
- ½ cup light grated cheese
- 3 shallots/spring onions, chopped
- 2-3 sprigs fresh rosemary OR 1 tsp dried rosemary
- 1 tsp olive oil
- Grated parmesan, to serve

### Nutrition information per serve

Energy	2083kJ
Protein	45g
Fat, total	11g
Saturated	5g
Carbohydrates	53g
Sugars	11g
Sodium	788mg

## Method

- 1** Fill a large pot with water and bring it to the boil. Add the pasta and cook according to the packet instructions. Time can vary depending on pasta type.
- 2** Meanwhile, heat olive oil in a frying pan and cook the chopped bacon and sliced mushrooms. Add the chopped shallots/spring onions and cook, stirring, until softened.
- 3** Mix together the cheese and carnation milk in a separate bowl.
- 4** Chop the cooked chicken and add to the frying pan, along with the cheese and carnation milk mixture and rosemary. Simmer for 5 mins until the carnation milk starts to thicken slightly.
- 5** Add the cooked pasta to the frying pan and mix well until sauce covers everything.
- 6** Serve in a bowl and sprinkle with grated parmesan.





**“The secret ingredient is Bush Spice.  
Merv uses this in a lot of dishes,  
including BBQ Kangaroo.”**

## Merv's Apricot Chicken

By Merv and Colin

### Ingredients (serves 6)

- 750g chicken breasts (approx. 3 chicken breasts), diced
- 1 apricot chicken packet mix sachet
- 1 onion, sliced
- 1 Tbsp Bush Spice (available at IGA), optional
- 800mL apricot nectar
- 1 head cauliflower, diced
- 1 head broccoli, diced
- 2 carrots, diced
- 1 capsicum, diced
- 2 tsp olive oil
- 1 cup uncooked brown rice

#### Nutrition information per serve

Energy	1792kJ
Protein	37g
Fat, total	6g
Saturated	1g
Carbohydrates	54g
Sugars	25g
Sodium	280mg

### Method

- 1** Dice the chicken, cauliflower, broccoli, carrots and capsicum. Slice the onion.
- 2** In a large pan on medium to high heat, brown the chicken. Remove from pan.
- 3** Add the onion and cook until soft. Mix the packet mix sachet, apricot nectar and Bush Spice together in a jug, then add to the onions. Add the chicken, and simmer until chicken is cooked.
- 4** Meanwhile, cook the rice in boiling water, and steam the vegetables in a steamer over the rice, or in the microwave, until cooked to your liking.
- 5** Serve apricot chicken with rice and vegetables and enjoy.

## Zucchini Slice

By Karen Melhuish

### Ingredients (serves 6)

- 2 packed cups grated zucchini (about 450g)
- 2 cups other vegetables (I use grated carrot, finely diced celery and capsicum)
- ½ cup frozen peas
- ½ cup frozen corn
- 1 onion
- 1 ½ cups grated light cheese
- 200g short cut bacon or lean ham (optional)
- ¾ cup self-raising flour
- 3 eggs

#### Nutrition information per serve

Energy	1136kJ
Protein	24g
Fat, total	9g
Saturated	4g
Carbohydrates	22g
Sugars	6g
Sodium	787mg

### Method

- 1** Preheat oven to 180°C.
- 2** Line a 23cm pie dish or lamington tin with baking paper and spray with canola or olive oil cooking spray.
- 3** Grate the zucchini and carrot. Finely chop the onion, celery and capsicum. Finely chop the bacon or ham.
- 4** Place all the vegetables in a large bowl.
- 5** Add 1 cup of cheese, bacon or ham (if using) and flour. Mix well.
- 6** Lightly beat the eggs and add to the vegetable mix. Mix well.
- 7** Pour the mixture into the dish or tin. Sprinkle the remaining cheese over the top.
- 8** Bake for the 40 mins or until set. (Note: this sometimes takes up to an hour to cook, depending on the oven).
- 9** Can be served hot or cold. Delicious with a tossed salad.



**“I remember my grandma making this soup when she was looking after me and my siblings at our house in Newbridge. There’s nothing quite like a warm pumpkin soup on a freezing night!”**

*Emily Roberts*

## Grandma’s Pumpkin Soup

By Emily Roberts

### Ingredients (serves 6)

- 1kg butternut pumpkin, peeled, seeded and chopped
- 1 onion, chopped
- 2 tsp olive oil
- 800mL low sodium chicken stock
- 200mL light cream
- 1 Tbsp tomato paste
- 1 Tbsp fresh parsley, finely chopped
- 1 cup wholegrain croutons

Nutrition information per serve	
Energy	1001kJ
Protein	7g
Fat, total	11g
Saturated	5g
Carbohydrates	25g
Sugars	13g
Sodium	540mg

### Method

- 1** Peel the pumpkin and remove the seeds then chop into small pieces. Chop the onion and the parsley.
- 2** Heat olive oil in a large pot on low heat and sauté pumpkin and onion, making sure they don’t brown.
- 3** Add tomato paste and chicken stock, stir to combine and simmer for 20 mins.
- 4** Puree soup using a stick blender until desired consistency is reached.
- 5** Add cream (be careful not to boil).
- 6** Serve with croutons and parsley.



# Minestrone Soup

By Jodie Dickens

## Ingredients (serves 8)

- 500g Italian sausages
- 1 Tbsp olive oil
- 1 brown onion, diced
- 3 sticks celery, chopped
- 3 carrots, chopped
- 2 medium potatoes, chopped
- 1 large zucchini, diced
- 2 x 440g tins crushed/diced tomatoes
- 2L low sodium chicken stock
- ½ cup uncooked small pasta (eg soup pasta or macaroni)
- 1 x 440g tin of Four Bean Mix, drained.

### Nutrition information per serve

Energy	1237kJ
Protein	18g
Fat, total	10g
Saturated	3g
Carbohydrates	30g
Sugars	7g
Sodium	1371mg

## Method

- 1** Cut the skin off the sausages and break into bite-sized pieces. Heat a large pot over medium heat and cook the sausage chunks until brown.
- 2** Remove sausage meat from pot and drain the fat from pot. Add sausages back to the pot and add the olive oil.
- 3** Add diced onion, chopped celery, carrots and potatoes, chicken stock and tinned tomatoes to the pot.
- 4** Bring the mixture to a simmer and cook until vegetables are tender. Add extra water to cover the vegetables if there is not enough liquid to do so.
- 5** Add the diced zucchini to the pot, along with the pasta and Four Bean Mix. Let it simmer for 10 mins until pasta is cooked.
- 6** Serve with 1 slice crusty bread OR 1 crusty bread roll.



**“Everyone loves a good pad thai. As a dietitian, I wanted to re-create this delicious common take away meal at home. The recipe is inspired by a Jamie Oliver recipe and I have altered to suit. This is a super quick and easy meal for a mid-week marvel.”**

***Anna Winter***

# Pad Thai

By Anna Winter

## Ingredients (serves 6)

- 2 chicken breasts, cubed
- 180g rice noodles (½ pack of 375g Pad Thai noodles works best)
- Sesame oil
- 30g peanuts
- 2 cloves garlic, crushed
- 1 Tbsp low-salt soy sauce
- 1 Tbsp sweet chilli sauce
- 1 Tbsp tamarind paste (this can be substituted with 1 Tbsp vinegar mixed with 1 Tbsp brown sugar OR 2 Tbsp lime)
- 500g frozen stir fry veg pack OR fresh crunchy veg, such as bok choy, pak choy, carrot, asparagus, broccoli and capsicum
- 2 eggs
- Dried chilli flakes (optional)

Nutrition information per serve	
Energy	1590kJ
Protein	28g
Fat, total	10g
Saturated	2g
Carbohydrates	40g
Sugars	8g
Sodium	566mg

## Method

- 1** Cut the chicken into small cubes. Crush the garlic cloves using the flat of a large knife. If using fresh vegetables, chop into pieces.
- 2** Cook noodles according to instructions of packet, then drain and run under cold water. Toss with 1 tsp sesame oil.
- 3** Toast peanuts in wok until golden brown. Remove from wok and place in a bowl – crush if desired.
- 4** Add 1 Tbsp sesame oil to wok. Add diced chicken, garlic and soy sauce and toss until chicken is cooked through – about 7 mins.
- 5** Add tamarind paste, sweet chilli sauce, soy sauce, vegetables and noodles to wok and toss for a further 2 mins until well combined and heated through.
- 6** Whisk 2 eggs and fry in pan before removing and dicing, then add to wok.
- 7** Serve in bowl with a sprinkle of nuts and chilli flakes.





# Roasted Vegetable Frittata

By Danielle Scoullar

## Ingredients (serves 8)

- 1 Tbsp oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- ¼ pumpkin, peeled, seeded and diced
- 1 carrot, diced
- 1 medium sweet potato, peeled and diced
- 2 zucchinis, cut into rounds
- 1 capsicum, seeds removed cut into large pieces to roast
- ½ cup frozen corn
- Large handful spinach
- ½ cup sun-dried tomatoes
- 1 can cannellini beans, drained
- 10 eggs
- ½ cup milk
- 1 tsp mixed herbs
- 1 cup grated light tasty cheese
- 100g feta, crumbled
- Salt and pepper to taste

## Nutrition information per serve

Energy	1603kJ
Protein	24g
Fat, total	15g
Saturated	5g
Carbohydrates	31g
Sugars	19g
Sodium	475mg

## Method

- 1** Preheat oven to 180°C.
- 2** Peel, seed and dice the pumpkin and capsicum. Chop the carrot, sweet potato and zucchinis. Place on an oven tray and spray with oil. Roast until cooked, approx. 40 mins.
- 3** Heat oil in a large oven-proof pan on medium heat.
- 4** Add the chopped onion and garlic and cook for 3 mins, or until it begins to soften.
- 5** Add the frozen corn and spinach and stir fry for 5 mins, or until the corn is warmed and the spinach is wilted.
- 6** Stir through the chopped roasted vegetables, drained cannellini beans, sun-dried tomatoes and crumbled feta.
- 7** In a separate bowl, whisk the eggs, milk, mixed herbs, salt and pepper together.
- 8** Pour the egg mixture over the vegetable mixture.
- 9** Sprinkle the grated cheese over the top of the egg and vegetable mixture.
- 10** Place the pan into the oven and cook for 25-30 mins, or until the eggs are set.
- 11** Cut into 8 even wedges and serve.

# BBQ Kangaroo Skewers with Italian Tossed Salad

By Ian

## Ingredients (serves 4)

### Marinade

- 2 cloves garlic, crushed
- 1 level tsp chilli flakes
- ½ cup extra virgin olive oil

### Kebabs

- 250g kangaroo or beef, diced
- 1 x 227g tin pineapple slices, cut into quarters
- 2 punnets cherry tomatoes
- Italian tossed salad
- 1 medium bag (150-200g) mixed lettuce leaves
- 1 Red onion, sliced
- 1 punnet cherry tomatoes
- 4 Tbsp 99% fat free Italian salad dressing

### Extras

- 4 corn cobbettes
- 1 zucchini, slice lengthways into 4 slices
- Skewers – soaked overnight if bamboo

## Method

### Italian tossed salad:

- 1 In a large bowl, mix the salad leaves, 1 punnet of cherry tomatoes, sliced onion and salad dressing.

### Skewers:

- 1 Crush the garlic and add the chilli and olive oil in a medium size bowl. Mix the marinade and sit for 30 mins.
- 2 Once ready, mix the kangaroo with the marinade thoroughly using your hands.
- 3 Skewer alternating pieces of kangaroo meat, tomato, and pineapple in sequential order and repeat until skewer is full.
- 4 On a medium heat BBQ or frying pan, cook the skewers, corn and zucchini slices, rotating until cooked. Note, the kangaroo will take a little longer to cook.
- 5 Serve the skewers, corn, zucchini and salad together and enjoy.

Nutrition information per serve	
Energy	1052kJ
Protein	29g
Fat, total	14g
Saturated	4g
Carbohydrates	2g
Sugars	2g
Sodium	117mg

# Sweet and Sour Chops

By Melissa Mayall

## Ingredients (serves 6)

- 6 chops
- 2 heaped Tbsp flour
- 1 tsp sugar
- ¼ tsp ginger
- ¼ tsp mustard powder
- ¼ tsp curry powder
- ¼ tsp all spice
- 2 Tbsp tomato sauce
- 2 Tbsp vinegar
- 2 cups cold water

Nutrition information per serve	
Energy	1517kJ
Protein	45g
Fat, total	18g
Saturated	8g
Carbohydrates	4g
Sugars	2g
Sodium	157mg

## Method

- 1 Combine all ingredients except chops in a casserole dish. Add chops and mix to ensure they are evenly coated in the marinade.
- 2 Let the chops marinate in the mixture for at least 30 mins.
- 3 Bake in oven at 180°C for 2 hours.
- 4 Serve with 1 cup steamed vegetables.

**“This recipe was created by my great grandmother, Clara Shandley. She was a dairy farmer’s wife in the Mornington Peninsula in South Gippsland, Victoria.”**  
*Melissa Mayall*





## Salmon Mornay

By Val McFarlane

### Ingredients (serves 6)

- 1 medium onion, finely chopped
- 2 Tbsp olive oil
- 2 heaped Tbsp plain flour
- 1 cup milk
- 415g tin salmon, drained and large bones removed
- 1 slice wholegrain bread, processed into breadcrumbs
- ½ cup reduced fat cheese, grated

Nutrition information per serve	
Energy	956kJ
Protein	22g
Fat, total	12g
Saturated	4g
Carbohydrates	8g
Sugars	4g
Sodium	321mg

### Method

- 1 Preheat oven to 180°C.
- 2 Heat olive oil in a saucepan and sauté finely chopped onion until soft but not brown.
- 3 Add flour and mix until smooth.
- 4 Gradually add milk and stir constantly until thickened. A whisk can be useful to avoid lumps.
- 5 Drain salmon and remove large bones then add to the mixture. Heat through until salmon is warm.
- 6 Using a food processor, process the bread into breadcrumbs. Grate the cheese.
- 7 Place mixture into a casserole dish and sprinkle with breadcrumbs and cheese.
- 8 Place in oven for 20-30 mins until cheese is brown, or brown under the grill.
- 9 Serve while hot and with 1 cup steamed vegetables.

## Vegetable and Chicken Casserole

By Melissa Mayall

### Ingredients (serves 8)

- 1 whole steamed chicken, without skin (or 1 BBQ chicken (without skin) + ½ cup chicken stock)
- 4 Tbsp olive oil
- 2 onions, finely chopped
- 2 carrots, thinly sliced
- 2 Tbsp flour
- 2 cups milk
- 440g can cream of mushroom soup
- ¼ cup dry white wine
- 1 tsp French mustard
- 1 tsp Worcestershire sauce
- ½ tsp mixed herbs
- 225g zucchini (about 2 small zucchinis), thinly sliced
- 2 Tbsp parsley, finely chopped
- 1 ½ cups breadcrumbs
- 2 shallots, finely sliced
- 2 ½ cup uncooked brown rice
- Salt and pepper to taste

Nutrition information per serve	
Energy	1627kJ
Protein	28g
Fat, total	15g
Saturated	4g
Carbohydrates	31g
Sugars	9g
Sodium	431mg

### Method

- 1 After cooking the chicken, reserve ½ cup chicken stock. Remove all chicken meat from bones, and put into an ovenproof dish.
- 2 Finely chop the onions, and thinly slice the carrot and zucchini.
- 3 Heat oil in a pan – add onion and carrots, and sauté until onions are tender.
- 4 Add flour, stirring until golden brown. Remove from heat, add milk, undiluted mushroom soup, white wine and reserved chicken stock and stir until combined.
- 5 Return to heat, stir until sauce boils and thickens. Add mustard, Worcestershire sauce, mixed herbs, zucchini, and salt and pepper to taste. Reduce heat and simmer for 5 mins.
- 6 Finely chop the parsley and slice the shallots and stir in.
- 7 Pour sauce over chicken and bake uncovered in oven at 180°C for 25-30 mins.
- 8 Cook brown rice as per packet instructions.
- 9 Serve with cooked brown rice.



# Roasted Chicken and Vegetables

By Danielle Scoullar

## Ingredients (serves 8)

- 1.5-1.7kg whole chicken
- 2 Tbsp oil, divided
- 1 Tbsp paprika
- 6 small potatoes or 3 small sweet potatoes, diced into chunks
- ½ pumpkin, peeled, seeded, and diced into chunks
- 2 onions, peeled and quartered
- 2 carrots, chopped
- 1 cauliflower, cut into small florets
- 400g green beans, topped and tailed
- 1 cup salt reduced chicken stock
- Salt and pepper to taste

Nutrition information per serve	
Energy	1899kJ
Protein	30.5g
Fat, total	22.4g
Saturated	6g
Carbohydrates	27g
Sugars	18g
Sodium	113mg

## Method

- 1 Preheat oven to 180°C.
- 2 To prepare the chicken for roasting, pat it dry with paper towel and then place it in a baking dish with one cup of water or chicken stock – breast side up.
- 3 In a small bowl, mix 1 Tbsp oil with the paprika. Rub the oil over the chicken and season with salt and pepper. Place in the oven and cook for approx. 1 hr 50 mins - 2 hrs.
- 4 While the chicken is roasting, place the chopped potatoes, pumpkin, onions, carrots and cauliflower onto a baking tray. Drizzle with the remaining Tbsp of oil and season with salt and pepper. Place in the oven to cook for 30-40 mins.
- 5 When the chicken is nearly ready, cut the tips off the beans, and place in a microwave safe container with a small amount of water, cover and cook for 4-5 mins or until they are hot.
- 6 Once the chicken is cooked, remove it from the baking tray and place onto a large plate. Allow the meat to rest for 10 mins before cutting and serving.



# Quiche

By Terri Taylor

Connection to country – Wiradjuri

## Ingredients (serves 6)

- 6 slices multigrain bread
- 6 eggs
- ¼ cup lite milk
- ½ cup low fat cheese, grated
- 2 tomatoes, diced
- 2 celery stalks, diced
- Pinch of salt and pepper
- Olive oil spray
- 2 rashers short cut bacon, diced (optional)

Nutrition information per serve	
Energy	1069kJ
Protein	19.6g
Fat, total	11.8g
Saturated	4.9g
Carbohydrates	15.8g
Sugars	3g
Sodium	510mg

## Method

- 1 Preheat the oven to 180°C.
- 2 Cut the crust off the bread and roll it out as flat as possible.
- 3 Spray a pie dish with olive oil spray. Lay the bread around the base and sides of the dish.
- 4 Grate the cheese, and dice the tomatoes, celery and bacon (if using).
- 5 Mix all ingredients in a separate bowl.
- 6 Pour egg mixture into dish and top with bread.
- 7 Put the dish in the oven and cook for 45 mins or until set.
- 8 Allow to cool and serve with a side of salad.



**“We always demanded grandma’s mince for dinner every time we went to visit her in Sydney. She kept the recipe a secret until my mum finally convinced her to share it because she was tired of us complaining that she couldn’t make it like grandma!”**

*Emily Roberts*

# Grandma’s Savoury Mince

By Emily Roberts

## Ingredients (serves 8)

- 1kg lean mince
- 1 onion, diced
- 1 packet chicken noodle soup
- ¼ cup uncooked brown rice
- 1 tin low sodium tomato spaghetti
- 1 glass water
- Salt and pepper to season

Nutrition information per serve	
Energy	1508kJ
Protein	38g
Fat, total	21g
Saturated	9g
Carbohydrates	6g
Sugars	2g
Sodium	213mg

## Method

- 1 Finely chop the onion.
- 2 Combine all ingredients in a bowl and mix well to ensure all components are well incorporated.
- 3 Transfer to an oven proof dish and bake at 180°C until cooked through, or in the microwave for 30 mins.

**“I spent a lot of my childhood travelling around Australia which has meant a lot of hours sitting around a fire. Now, as a mother myself, it brings me great joy to share a hearty stew with my family while we tell stories and listen to music around the fire.”**

**Shellie Burgess**



# Camp Oven Stew

**By Shellie Burgess**

Many a meal has been shared from the trusty cast iron camp oven, which we basically throw anything into that's in the camp fridge/esky. I am so grateful for the incredible country we live in and the amazing childhood experiences I had on the side of the road around a campfire.

## Ingredients (serves 6)

- 4 veal/osso buco shanks
- 1 Tbsp olive oil
- 2 tins crushed tomatoes
- 2 reduced salt stock cubes
- 2 cups water (refill your tomato tins)
- 2 Tbsp tomato paste
- 2 tsp crushed garlic (in a jar)
- ½ cup smoky BBQ sauce
- 1 large onion, finely diced
- 2 large carrots, cut into large chunks
- 2 sticks celery, finely diced
- 2 cups button mushrooms, cut in half
- 1 medium sweet potato, cut into 2cm chunks (or substitute with pumpkin)
- 2 sprigs rosemary or other mixed Italian herbs
- 4 bay leaves

## Nutrition information per serve

Energy	1509kJ
Protein	43g
Fat, total	6g
Saturated	2g
Carbohydrates	29g
Sugars	21g
Sodium	737mg

## Method

- 1** Coat the bottom of your camp oven with oil and heat oven over fire. If not using a camp oven, heat oil in a frying pan on medium to high heat.
- 2** Cut the meat into cubes, and brown in the heated camp oven or frying pan.
- 3** Finely dice the onion and celery, and cut the carrot into large chunks.
- 4** Add finely diced onion, celery and crushed garlic to the camp oven or frying pan and cook until softened.
- 5** Add tomato paste and cook it off for 2 mins.
- 6** Add the tinned tomatoes, water, BBQ sauce, halved mushrooms, sweet potato chunks, rosemary and bay leaves to the camp oven or frying pan and stir to combine.
- 7** If using the camp oven, leave on hot coals, stirring occasionally for 2-3 hrs. Otherwise, transfer mixture into a casserole dish and cook in the oven on 150°C for 2-3 hrs.
- 8** Serve with a side of damper.





# Lemon Cake

By Alison Logan

## Ingredients (serves 16)

- 4 eggs
- Rind of 3 lemons
- 2 Tbsp lemon juice
- ¾ cup castor sugar
- 125g butter, melted
- 125mL olive oil
- 1 ½ cups plain flour

Nutrition information per serve	
Energy	919kJ
Protein	3g
Fat, total	15g
Saturated	6g
Carbohydrates	19g
Sugars	10g
Sodium	44mg

## Method

- 1 Preheat the oven to 180°C. Line a large square cake tin with baking paper.
- 2 Beat the eggs, castor sugar and lemon rind using an electric mixer until light and fluffy.
- 3 Melt the butter, and add it to the bowl along with the olive oil and lemon juice, and beat well.
- 4 Sift in the flour, and gently fold into the beaten mixture with a hand-held spatula, being careful not to get rid of the air bubbles.
- 5 Pour the mixture into the prepared cake tin and gently smooth the top.
- 6 Bake for 30mins or until a skewer comes out clean.

# Bran Loaf

By Victoria Bonham

## Ingredients (serves 16)

- 1 cup bran
- 1 cup self-raising flour
- 1 cup low fat or skim milk
- 1 cup unsalted mixed dried fruit and nuts
- ¾ cup sugar

Nutrition information per serve	
Energy	532kJ
Protein	3g
Fat, total	3g
Saturated	<1g
Carbohydrates	22 g
Sugars	14 g
Sodium	70 mg

## Method

- 1 Preheat oven to 180°C and grease a loaf tin using baking paper or spray oil.
- 2 Mix all ingredients together in a large bowl until they are combined. Pour the mixture into the lined loaf tin and smooth the top with a spatula or back of a spoon to make it even.
- 3 Bake in oven for approximately 1 hr or until skewer comes out clean when poked through the centre.

**“My uncle gave this recipe to my mum (who is now 94 years old and still cooks it).**

**You use your hand to remember this recipe: 5 fingers = 5 ingredients.”**

*Victoria Bonham*







**Proud Wiradjuri Elders**  
**Violet Lousick,**  
**Muriel West-McMahan,**  
**Greta Ah-See,**  
**Myrene Elemes of**  
**Wellington**  
 (pictured above).

**“This is one of our  
 favourite recipes of all  
 time – it has fed our  
 mob for many years.”**  
*Myrene Elemes*

# Lemonade Scones

**By Myrene Elemes**

Connection to county – Wiradjuri Elder from Wellington

My scone recipe was passed down from generation to generation. My great grandmother, grandmother and mother loved cooking fried scones as flour was cheap in those days. As the years went on, we decided that cooking fried scones was not a healthy choice for the mob and so we changed the ingredients to make the scones a healthier choice for all the mob to enjoy. I hope this recipe will continue to be passed down from generation to generation for many years to come.

## Ingredients (serves 15)

- 3 cups self-raising flour
- 1 cup sugar free lemonade
- 300mL light thickened cream (1 cup for scone mixture, remainder to serve)
- ½ cup frozen blueberries
- Pinch of salt
- Jam, to serve

### Nutrition information per serve

Energy	565kJ
Protein	3g
Fat, total	4g
Saturated	3g
Carbohydrates	20g
Sugars	2g
Sodium	247mg

## Method

- 1** Preheat oven to 200°C. Line a tray with baking paper.
- 2** Add flour, lemonade, 1 cup of cream, blueberries and salt in a bowl and mix gently until just combined.
- 3** Sprinkle a dash of flour on the bench. Take the scone mixture out of the bowl and knead gently on floured bench until it's a doughy consistency.
- 4** Gently pat dough until flat. Use a circle cutter to cut scone shape and then place scone on baking tray. You should be able to make about 15 scones.
- 5** Bake the scones for 15-20 mins, or until golden brown.
- 6** Place scones on a wire rack to cool and cover with a tea towel.
- 7** Whip remaining cream in another bowl with hand mixer.
- 8** Serve scones, while warm, with jam and whipped cream.



# Ruby's Bliss Balls

By Kylie Lawless

## Ingredients (serves 15)

- 100g desiccated coconut
- 50g sunflower seeds
- 30g pistachios
- 8 medjool dates, cut in half
- 1 Tbsp raw organic cacao powder
- 1 tsp quality vanilla extract
- 2 Tbsp coconut oil OR olive oil
- Pinch of salt
- Extra desiccated coconut to roll bliss balls in

Nutrition information per serve	
Energy	1001kJ
Protein	7g
Fat, total	11g
Saturated	5g
Carbohydrates	25g
Sugars	13g
Sodium	540mg

## Method

- 1 Cut the dates in half and remove the seeds.
- 2 Put all ingredients into a food processor and process to a smooth texture, or as desired.
- 3 Roll approx. 1 Tbsp of mixture between your hands to make a ball. Roll in extra desiccated coconut to cover and place on a lined tray. Repeat with remaining mixture.
- 4 Place the tray of bliss balls in the fridge and set for 2 hrs.



# Jam Roll

By Erin Melhuish

## Ingredients (serves 10)

- 4 eggs
- ½ cup sugar
- ¾ cup plain flour
- ¼ tsp bicarbonate of soda
- ½ tsp cream of tartar
- Pinch of salt

Nutrition information per serve	
Energy	422kJ
Protein	3g
Fat, total	2g
Saturated	<1g
Carbohydrates	18g
Sugars	11g
Sodium	83mg



## Method

- 1 Preheat oven to 190°C. Grease and line a swiss roll tin with oil and baking paper.
- 2 Beat eggs and sugar together in a large mixing bowl with a mix master for 10 mins until light and fluffy.
- 3 Sift the flour, bicarbonate of soda, cream of tartar and pinch of salt into the bowl with the egg and sugar mixture. Stir together until just combined.
- 4 Pour the mixture into the prepared swiss roll tin and smooth the top with a spatula or the back of a spoon.
- 5 Bake in oven for 10-15 mins, or until golden on top.
- 6 Once cooked, quickly trim edges to make them neat and straight, and then transfer the whole cake onto a damp cloth. Roll the cake with the damp cloth, making a spiral/log shape.
- 7 Let the roll cool, then unroll from the cloth and spread with jam, reroll (without the cloth) and cut into 10.

**“This recipe has been passed down from my great-great-grandmother, Eliza McFarlane, formerly of Geurie and Wellington.”**

*Erin Melhuish*

# Pikelets

By Marathon Health's Healthy Start Breakfast Club

## Ingredients (serves 8)

- 2 cups self-raising flour
- 4 eggs
- 1 cup light milk
- 4-5 bananas, mashed, OR 4 apples/pears, grated, OR combination of both
- Oil/oil spray for pan

## Topping ideas

- Yoghurt
- Tinned peaches
- Frozen berries
- Small amount of jam and/or honey

Nutrition information per serve	
Energy	871kJ
Protein	8g
Fat, total	3g
Saturated	<1g
Carbohydrates	36g
Sugars	8g
Sodium	296mg

## Method

- 1** Pour self-raising flour into a mixing bowl.
- 2** Crack the eggs into the bowl, add the milk then mix together using a wooden spoon.
- 3** Add in fruit of choice (banana, apple, pear or combination) and mix.
- 4** Heat a non-stick pan over medium heat and spray/drizzle with oil.
- 5** Pour large tablespoons of the mixture into the pan. Use a spatula to flip when bubbles have formed and the mixture looks slightly dry around the edges.
- 6** Cook on the other side for approx. 1 min or until golden brown.
- 7** Once cooked transfer onto a plate and serve with your choice of toppings.







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