



HEART HEALTH

WEEK 2 RECIPE BOOKLET




 Flora

APPLE PIE OVERNIGHT OATS

SERVES 2

INGREDIENTS

- ½ cup Oats
- 2 Small red apples, grated
- 2 tsp Cinnamon
- 1 – 2 cups Low fat plain yoghurt
- 2 Tbs almonds, roughly chopped

DIRECTIONS

1. Mix together the uncooked oats with the grated apple, cinnamon and low-fat plain yoghurt.
2. Divide evenly between two small containers and leave in the fridge overnight. Overnight the oats swell and become soft.
3. In the morning, give the oats a good mix and scatter on top of each portion of oats 1 Tbs of chopped almonds.



Nutrition Nibble

Did you know that oats naturally contain a cholesterol lowering compound called beta-glucan? This is one of the reasons why oats are a popular heart-healthy breakfast.



Nutritional Solutions
REGISTERED DIETITIANS



TASTY TUNA QUICHE



SERVES 6

INGREDIENTS

- 1 Bell pepper of choice
- 2 Small onions
- 1 Medium grated carrot
- 1 tsp Flora margarine
- 2 Tins tuna
- 4 Eggs
- 1 1/2 cups low fat milk
- Salt and pepper to taste
- Fresh parsley, chopped
- 2 Tbsp Sweet chilli sauce

DIRECTIONS

1. Fry the bell pepper and onion together with 1 tsp Flora margarine. Add the tuna and carrot. Add salt and pepper to taste.
2. Whisk together the eggs, milk, sweet chili sauce and a big handful of chopped parsley.
3. Divide tuna mixture into a large 6 tin muffin tray.
4. On top of the tuna, add the egg mixture and mix with a fork to combine.
5. Bake for 25 minutes at 180°C.
6. Serve warm or cold!



Nutrition Nibble

These quiches can be frozen. Double up the recipe to make a batch of 12 and freeze them for a super convenient lunchbox friendly meal.



Nutritional Solutions
REGISTERED DIETITIANS

APRIL CHICKEN

SERVES 6

INGREDIENTS

- 4 skinless chicken breasts (480g or 640g)
- 2 Tbs. Low fat mayonnaise
- 2 Tbs. Tomato sauce
- 1 Tbs. Chutney
- 1 tsp. Garlic
- 1 tsp. Mixed herbs
- 2 Tbs. Lemon juice
- 1 Tbs. Balsamic vinegar

DIRECTIONS

1. Mix all ingredients together in a large bowl. Place the chicken breasts into the mixture and coat
2. Bake at 180°C for 20 minutes, covered with foil or a lid.
3. Bake for an additional 10 minutes uncovered.
4. Serve and enjoy.



Nutrition Nibble

Chicken is a lean protein providing essential amino acids that the body uses essential for building and maintaining your muscle mass. This recipe uses house hold staples to make a tasty marinade.



Nutritional Solutions
REGISTERED DIETITIANS



SOUTH AFRICAN BOBOTIE

SERVES 8

INGREDIENTS

200g Onion, chopped
 1 Tbs Flora margarine
 2 Tbs Curry powder, medium
 130g Brown bread, broken up
 2/3 cup Low fat milk
 500g Extra lean Minced beef
 1 Tbs Sugar, white
 1 tsp Salt, fine
 ½ tsp Pepper, ground
 1/3 cup Vinegar, brown grape
 80g Raisins
 1/3 cup Chutney, mild
 1 Large egg
 1 Tbs turmeric
 5 Bay leaves

TOPPING – EGG CUSTARD

1 ½ cups Low fat milk
 3 Large eggs
 ½ tsp Salt
 ½ tsp Pepper, ground
 15g Parsley to garnish

DIRECTIONS

1. Fry the onion in the margarine, add curry powder then fry for 2 minutes or until onions are golden, stirring continuously.
2. Soak the bread in the milk and mash together.
3. Mix the remaining ingredients (milk, minced beef, sugar, salt, pepper, vinegar, raisins, chutney, egg, turmeric) together in a large bowl.
4. Add the onion curry mix and the bread mix to the mince mix
5. Mix the ingredients together until incorporated.
6. Grease a deep oven tray or casserole dish with a little margarine.
7. Evenly add the meat mixture into your baking dish.
8. Place the bay leaves on top, then bake at 190°C for 35 minutes.



Nutrition Nibble

Turmeric is a potent antioxidant which helps our body cells function optimally and prevent disease.



Nutritional Solutions
 REGISTERED DIETITIANS



SOUTH AFRICAN BOBOTIE

DIRECTIONS CONTINUED

For the topping – Egg custard

1. While the mince is cooking, mix the eggs and milk together and season with salt and pepper
2. When the meat has been cooked, remove the bay leaves pour the egg custard over the meat. Place the bay leaves on top of the custard and return to the oven and bake until the custard is set for about 15 – 20 minutes at 190°C.
3. Garnish with a sprig of parsley.



Nutrition Nibble

This recipe uses extra-lean mince and packs in flavour without using too much salt as it uses spices like curry powder.



Nutritional Solutions
REGISTERED DIETITIANS