



# HEART HEALTH

WEEK 3 RECIPE BOOKLET





# HEART HEALTHY BRAN MUFFINS

## SERVES 24

### INGREDIENTS

- 1 Ready-made bran muffin mix (500g)
- 175g Low fat plain yoghurt
- 1/3 cup Flora margarine
- ½ cup Low fat milk
- 1 Large egg
- 3 cups Bran stick cereal
- 1 Grated carrot
- 1 Grated apple
- 1 tsp Cinnamon

### DIRECTIONS

1. Pre-heat oven to 180°C.
2. Place oven racks in the middle of the oven. Place paper cup cake holders in a 12-cup muffin tray.
3. Pour muffin mix into bowl & make a well in the centre.
4. Mix yoghurt & milk, oil and egg together.
5. Pour into well & mix into a smooth batter.
6. Stir in bran sticks, apple, carrots and cinnamon.
7. Fill each muffin cup to 3/4 full, then bake for 15 - 25 mins until golden brown & just cooked. Muffins are done when inserted skewer comes out clean.
8. Remove from oven & cool on rack. NB: Baking times may vary due to temperature fluctuations in ovens and size of muffin



### *Nutrition Nibble*

The added bran sticks is packing in the fibre and the addition of the fruit & apple is increasing the nutritional value of each muffin while increasing the volume of the batter so that it makes more muffins.



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# BREAKFAST EGG MUFFIN



## SERVES 6

### INGREDIENTS

- 12 Large eggs
- 2 Tbs Finely chopped onion, sautéed
- Salt and pepper, to taste
- $\frac{1}{2}$  cup Fresh spinach, thinly chopped & sautéed
- 8 Rosa tomatoes, halved & sautéed
- $\frac{1}{4}$  Packet sliced mushrooms, sautéed

### DIRECTIONS

1. Preheat oven to 180°C. Lightly coat a 12-cup capacity muffin tin with Flora margarine.
2. In a large bowl, whisk together the eggs and add the sautéed onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the topping combinations into the muffin cups.
5. Bake for 15-20 minutes, until set.
6. Enjoy hot or store in an airtight container in the refrigerator for up to 4 days and reheat or enjoy cold.



### *Nutrition Nibble*

Eggs contain an important nutrient called choline which is not found in many foods. Choline is important in DNA creation and repair in newly forming cells. This is why it is a critical nutrient during pregnancy.



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# PORK STROGANOFF

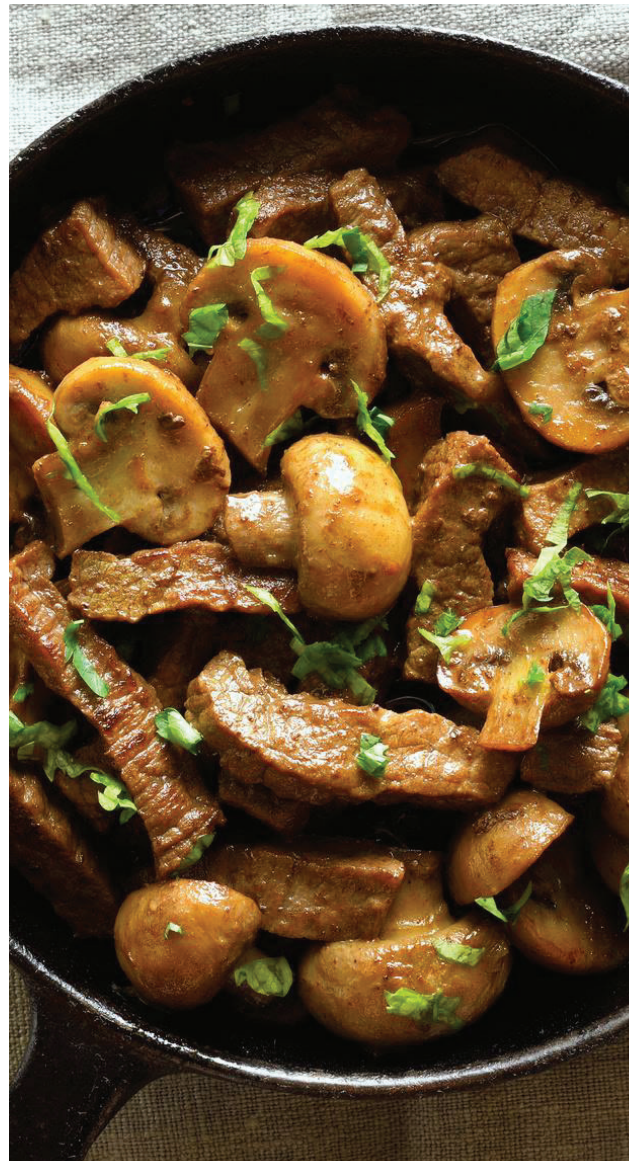
## SERVES 4

### INGREDIENTS

- 1 thick pork fillet (600g OR 800g)
- 2 Tbs English mustard powder
- 2 Tbs Wholegrain mustard
- 2 Tbs Dijon mustard
- 2 punnets mushrooms, thinly sliced
- 400 ml full cream plain yoghurt
- 2 Tbs Flora margarine
- 2 Onions, peeled, halved and thinly sliced
- 2/3 cup Dry white wine
- Salt and freshly ground black pepper

### DIRECTIONS

1. Trim any visible fat from the pork fillet, and slice into strips.
2. In a small bowl, mix together the 3 mustards with the yoghurt.
3. Heat the margarine and gently sauté the onions.
4. Remove the onions from heat, increase the temperature and flash fry the pork until browned, add a splash of water if it starts to stick.
5. Add the mushrooms and keep stirring until these have cooked, then add back the onions.
6. Season well with salt and pepper.
7. Add the wine and let it bubble and reduce, before adding the yoghurt.
8. Stir everything together, warm through to a slow simmer, serve and enjoy.



### *Nutrition Nibble*

Mustard is a nutrient dense food bringing in lots of minerals such as selenium, manganese and zinc. It also contains monounsaturated fats which are heart healthy fats that we should include in our diet.



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# CREAMY CHICKEN CURRY

## SERVES 4

### INGREDIENTS

6 Spring onions  
 3 Garlic cloves, finely chopped  
 2 Tbs Flora margarine  
 200g Tinned chopped tomatoes  
 2 Tbs Curry powder  
 1 tsp Ground ginger  
 480g OR 640g Boneless skinless chicken thigh, cut into 2.5cm pieces  
 100ml Low fat plain yoghurt, plus extra to serve  
 Salt and pepper

### DIRECTIONS

1. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish. Place the margarine into a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes.
2. Add curry powder and ground ginger and cook for 1-2 minutes.
3. Add the chicken and cook for 5 minutes. Add the tomato.
4. Add 250ml water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken is cooked.
5. Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
6. Serve the curry with the rice and garnish with a drizzle of yoghurt.



### *Nutrition Nibble*

Taking the skin off the chicken dramatically reduces the fat content of this curry. The type of fat found within chicken skin is saturated fat which when eaten in excess raises cholesterol levels.



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 Flora

# MEDITERRANEAN FISH BAKE

## SERVES 4

### INGREDIENTS

4 Fillets of white fish (210g or 280g per fillet)

8 tsp. Basil pesto 1 Punnet rosa tomatoes, halved

1 Punnet mushrooms, finely sliced

1 Tbs Flora margarine

$\frac{1}{4}$  cup white wine

Fresh basil leaves

### DIRECTIONS

1. Place the fish fillets into an oven proof dish and top each fillet with 2 tsp of pesto.
2. Surround the fish with a punnet of halved rosa tomatoes and a punnet of sliced button mushrooms.
3. Drizzle over 1 Tbs melted margarine and a splash of white wine.
4. Throw in a handful of freshly chopped herbs of choice such as basil leaves.
5. Bake until the fish flakes easily (20 – 30 minutes), serve and enjoy.



### *Nutrition Nibble*

Tomatoes get their red colour from a phytonutrient called lycopene which helps our bodies fight off potential cancer cells. Cooking tomatoes breaks down their cell walls releasing more lycopene from the tomato!



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# LOVELY LENTIL BAKE



## SERVES 6

### INGREDIENTS

- 1 Tbs Flora margarine
- $\frac{1}{2}$  Onion (100g), chopped
- 2 x 410g Canned brown lentils, drained
- 500g Cubed butternut
- 2 tsp Paprika
- $\frac{1}{2}$  tsp Cayenne pepper 1 tsp Cumin 1 tsp Curry powder
- 1 x 50g Packet tomato paste
- $\frac{1}{2}$  x 410 g tin whole tomatoes, drained and mashed
- Pepper and a pinch of sugar
- 3 eggs
- $\frac{1}{2}$  cup Low fat milk

### DIRECTIONS

1. Cook the butternut until soft then mash. Heat the margarine in a pan and sauté onions until clear but not brown.
2. Add all spices, lentils, whole tomatoes and tomato puree to onions, let this cook for 2 minutes then mix with the mashed butternut, and season with salt, pepper and sugar.
3. Scoop the mixture into an oven proof dish.
4. Beat the eggs with milk and pour this mixture over the top of the dish. Make small holes for egg drain into the lentil dish.
5. Bake at 180°C for 30 minutes until the mixture sets and golden brown.



### *Nutrition Nibble*

We know that including more plant-based meals into our diet is beneficial for our heart and the planet! This lentil bake creates a warm and satisfying meal with lentils providing high quality plant-based



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