

GENESIS HEALTHY RECIPES - WEEK 5



Avocado & Egg Muffin



Hunza Pie



Chicken & Date Tagine



Spicy Roasted Chickpeas

AVOCADO & EGG MUFFIN

Serves 1

Ingredients

- 1 egg
- 1 tbs tomato chutney
- 1 tbs avocado
- 1 wholegrain muffin
- lemon pepper

Heat an oil-sprayed non-stick fry pan over medium heat, add egg, sprinkle with lemon pepper and dry fry, turning to cook both sides. Toast muffin, spread one side with avocado and the other with chutney, add egg to serve.

Nutritional Information (per serve)

ENERGY	1063KJ
CARBS	25.6G
CALORIES	254CAL
SUGARS	3.5G
PROTEIN	14G
FIBRE	3.8G
FAT	10G
SAT. FAT	2.7G

Notes:



HUNZA PIE

Makes 8

Ingredients

- 1/2 cup polenta
- 1 1/4 cups brown rice, rinsed
- 2 1/2 cups vegetable stock
- 1 clove garlic, crushed
- 2 cardamom pods, crushed
- 1 bunch silverbeet
- 200g onions, finely sliced
- 1 tsp grated ginger
- 2 cloves garlic, crushed
- 1 tsp dried thyme
- 1 tsp dried mint
- 200g low-fat tasty cheese, grated
- 50g pumpkin seeds, plus extra to garnish
- 1 lemon, zested and juiced
- 1/2 bunch flat leaf parsley, chopped
- 4 eggs, lightly beaten
- 1 tsp salt

Preheat oven to 180°C. Spray eight small pie pans with oil. Sprinkle a pan with polenta and shake to cover base and sides. Tip excess polenta into next pan and repeat.

Place rice, stock, one garlic clove and cardamom pods in a medium saucepan and bring to a simmer over medium heat. Continue cooking until almost all stock has been absorbed and steam holes appear in the rice. Remove from heat, cover and set aside for ten minutes.

Wash silverbeet thoroughly. Do not dry. Remove stalks by running a sharp knife down the edge of the stem and cutting stalks into 1cm strips, then slice thinly. Roll up leaves and slice thinly.

Heat a large heavy-based saucepan over medium heat and spray generously with oil. Add onions and cook for three minutes or until

onions have softened. Spray with oil then add ginger, two garlic cloves, thyme and mint and cook for a further three minutes. Add silverbeet stems and cook for five minutes or until stems have softened. Add silverbeet leaves, reduce heat to low and cook, covered, stirring occasionally, until leaves have wilted.

Remove from heat and stir through remaining ingredients. Press mixture into pie pans.

Top each pie with a few pumpkin seeds and bake for 20-30 minutes or until crisp at edges.

Nutritional Information (per serve)

ENERGY	1300KJ
CARBS	33G
CALORIES	309CAL
SUGARS	2.4G
PROTEIN	18G
FIBRE	3.6G
FAT	10.7G
SAT. FAT	4.1G

Notes:



CHICKEN & DATE TAGINE

Serves 4

Ingredients

600g chicken thighs, fat removed, cut in half and sprayed with oil
1 large red onion, chopped
2 cloves of garlic, crushed
2 tsp each of ground cinnamon, ginger, coriander and cumin
1 tsp paprika
zest of a lemon
red, green and yellow peppers, deseeded and cut into strips
8 dates, cut in half
1/2 cup chicken stock
400g tin tomatoes
400g tin chickpeas, well rinsed
150g baby spinach leaves
2 tbs chopped fresh parsley and coriander to serve

Heat a non-stick saucepan and cook chicken pieces in two batches to brown. Set aside.

Spray pan and cook onion, garlic, spices and zest for a few minutes until onion has softened.

Add peppers and dates and cook for a few minutes.

Add stock and tomatoes, bring to a simmer and cook covered for 30 minutes.

Add chickpeas and continue cooking for another 15 minutes, uncovered if the sauce needs to reduce. Stir through spinach leaves. Sprinkle with fresh herbs to serve.

Nutritional Information (per serve)

ENERGY	1414KJ
CARBS	26.3G
CALORIES	338CAL
SUGARS	14.3G
PROTEIN	35.6G
FIBRE	9G
FAT	9.9G
SAT. FAT	2.5G

Notes:



SPICY ROASTED CHICKPEAS

Serves 4

Ingredients

400g tin chickpeas, drained
1 - 1 1/2 tbs green curry paste (depending on how hot you like it)
1/2 tsp salt

Preheat oven to 210°C. Rinse chickpeas well, drain and dry. Toss with curry paste and salt and place on a baking paper lined baking tray, spreading them out to a single layer. Bake for 20 minutes.

Toss well and return to oven for another 25 minutes.
Let cool before eating.

Nutritional Information (per serve)

ENERGY	290KJ
CARBS	9.5G
CALORIES	69CAL
SUGARS	0.6G
PROTEIN	3.9G
FIBRE	3G
FAT	1.7G
SAT. FAT	0.2G

Notes:

