

EASTER RECIPES

with a healthy twist





Warm Lemon Chicken Salad

A fresh and tasty salad, high in protein and fibre – it's a win win!

Ingredients

- 400g skinned chicken breasts (2 sm), skinless, trimmed of fat
- Zest and juice from 1 lemon
- 3 tsp honey
- 2 garlic cloves, crushed
- ½ cup currants
- 1 lemon, thinly sliced
- 4 cups of baby spinach
- 2 medium carrots, peeled into long ribbons
- 4 spring onions finely chopped
- Taste with pepper, thyme and oregano

Preparation Instructions

Step 1- Preheat oven to 200 degrees (180C if fan forced)

Step2- In a baking dish, place chicken along with zest, lemon juice, honey, garlic, herbs, currants and pepper. Toss chicken in marinade to coat both sides, then cover with a layer of lemon slices.

Step 3- Bake covered in the oven for 15-20min, until just cooked through and chicken juices run clear.

Step 4- Remove the chicken and reserve the pan juices.

Step 5- In a large bowl, place spinach, carrots strips and onion. Top with thinly sliced chicken, lemon and pan juices. Serve immediately.

Recipe inspiration - <https://www.healthier.qld.gov.au/food/recipes/warm-lemon-chicken-salad/>

Benefits

Light & Tasty
High in Protein
& Vitamins





Chilli & Garlic Prawns

This dish is fresh and healthy, great as lunch or dinner (especially when there's dessert)!

Ingredients

- 300g cauliflower (florets)
- 1 tbsp vegetable oil
- 1 garlic clove, finely chopped
- 5 spring onions or 1/2 onion
- 1 red chilli, deseeded and finely chopped
- Ginger (2.5cm if fresh, grated)
- 150g raw king prawns
- 1 red capsicum
- 1 zucchini, sliced (cut into ribbons)
- 50g frozen peas, defrosted

Preparation Instructions

Step 1- If you have a blender/food processor, mix the cauliflower until it looks like rice. If not, either grate it or chop it until it resembles rice.

Step 2- On medium to high heat, heat half of the oil in a large pan and cook half of the garlic, chilli, and ginger for 1-2min. Stir in the prawns and cook until cooked through, about 3-4min. Remove, but keep warm.

Step 3- Heat the remaining oil and cook onion, capsicum, and zucchini for a few minutes. Add the cauliflower rice and the remaining garlic, chilli and ginger and cook for 4-5min. Add the peas and cook for another minute.

Step 4- Combine the dressing ingredients, then serve drizzled over the cauliflower rice and prawns.

2 servings

Time: 25min

Recipe inspiration - <https://realfood.tesco.com/recipes/garlic-and-chilli-prawns-with-cauliflower-rice.html>

Benefits

Nutrients & Fibre

High in Protein

Low salt, fat & calories





Easy Baked Salmon (or lobster tail)

Cooking with spices is a great way to minimise salt consumption and make food taste great!

Ingredients

- 4 salmon fillets
- 2 tbsp olive oil
- ½ tsp salt
- Pinch of black pepper
- Minced garlic, 2 tsp
- 1 tsp of Italian herb seasoning or a mixture of dried thyme, parsley, oregano, and basil (1/4 tsp each)
- 1 medium lemon

4 serves Time: 25min

Preparation Instructions

Step 1- Preheat oven to 400 degrees.

Step 2- Arrange salmon fillets on a baking sheet in a large pan. Then season with salt and pepper

Step 3- Stir: olive oil, garlic, herbs and juice from ½ off the lemon together, and spoon over the fillets. Make sure to rub both tops and sides, leave no dry spots.

Step 4- Slice the remaining lemon and top each salmon fillet with a slice of lemon.

Step 5- Bake the salmon for 12-15mins, until it is opaque and flaky when pulled apart.

Tips

Try lobster tail instead (approx 10mins) & serve with a side salad/roasted vegetables

Recipe inspiration - <https://www.lecremedelacrumb.com/best-easy-healthy-baked-salmon/>

Benefits

Great source of Protein & Omega-3
Low in saturated fats -
No Carbs - No Sugar





Watermelon Pizza

A fun and healthy snack to make with your children. Bored during the Easter Break - have a Watermelon Pizza competition!

Ingredients

- 1 large cross-cut slice of watermelon (3cm)
- Handful of fresh berries
- 1 Banana
- Any other fruit of choice i.e. kiwi or orange

Optional: top with toasted desiccated coconut or almond flakes

Preparation Instructions

Step 1- Cut the watermelon-base into 8 pieces.

Step 2- Arrange the toppings evenly over the base.

Step 3- Sprinkle preferred toppings & serve.

1 serve = 2 slices

Time: 10min

Benefits

- Easy and simple
- Healthy snack
- Naturally sweet
- Fibre from fruit/nuts

Send us a pic!

We'd love to share
your creations on our
Socials!

marketing@ceqld.org.au



Recipe inspiration - <https://www.healthier.qld.gov.au/food/recipes/watermelon-pizza/>



Infused Water

And as always, remember to stay hydrated! Water can be made tastier by simply adding some fresh fruits or vegetables.

Ingredients

- 5 cups of water
- 1 cup of ice cubes (optional)
- Fruit Combination of Choice

Flavour combinations:

- Strawberry & Lemon
- Cucumber & Mint
- Orange & Ginger
- Pineapple, Coconut & Lime
- Watermelon & Lime

Preparation Instructions

Step 1- Put the water and ice cubes into your jug.

Step 2- Prepare your fruit of choice.

Step 3- Add the fruit to the jug and let infuse for 2 to 4 hours after you've made it. Or, you can let it infuse overnight in the refrigerator.

Flavour Combinations Ingredients

- Strawberries (fresh/frozen) and 1 sliced lemon
- Sliced cucumber & mint leaves
- 1 sliced orange & peeled and sliced ginger
- 1 cup pineapple chunks and 1 cup coconut chunks and sliced lime

Recipe inspiration - <https://www.culinaryhill.com/8-infused-water-recipes/>

Benefits

Healthy & Tasty
Hydration
Vitamins



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