



CHRISTMAS RECIPES

with a healthy twist



Festive Beetroot & Chickpea Salad

Easy
4 servings
8 serves of veg
15minute
preparation

Ingredients

- 400g can baby beets, drained and quartered
- 400g can no-added salt chickpeas, drained & rinsed
- 1 medium red onion, sliced
- 100g (large handful) baby spinach leaves, washed
- 1 tablespoon extra virgin olive oil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon mustard powder
- 1 clove garlic, crushed
- 100g low-fat feta, crumbled
- 2 tablespoons walnuts
- ground pepper, to taste

Preparation Instructions

Step 1- Place baby beets, chickpeas, onion and spinach leaves in a large bowl.

Step 2- In a small screw-top jar, add olive oil, vinegar, mustard and garlic and shake to combine to make dressing.

Step 3- Drizzle dressing over salad vegetables and toss to combine.

Step 4- Sprinkle with feta and walnuts and, season with black pepper and serve immediately.

Recipe Link -

<https://www.healthier.qld.gov.au/food/recipes/beetroot-and-chickpea-salad/>



Honey Soy Noodle Salad

Easy
4 servings
6 serves of veg
20mins Prep
1min to Cook

Ingredients

Salad:

- 220g shelf fresh noodles Hokkien or Singapore
- 1 carrot, grated
- ½ spring onion, sliced
- ½ cucumber, sliced
- ¼ red cabbage, shredded
- 1 teaspoon sesame seeds

Dressing:

- 1 tbsp each honey & soy sauce, salt reduced
- ½ teaspoon sesame oil

Preparation Instructions

Step 1- PLACE noodles in large bowl. Cover with boiling water for 1 minute, then drain and refresh in running cold water. Set aside.

Step 2- ADD carrot, spring onion, cucumber and cabbage to noodles. Gently toss to combine.

Step 3- COMBINE all dressing ingredients in screw top jar, shake well.

Step 4- POUR dressing over noodle mix and sprinkle sesame seeds on top.

Recipe courtesy of the Country Kitchens team-

https://qcwacountrykitchens.com.au/wp-content/uploads/2021/09/Honey-Soy-Noodle-Salad_printable.pdf



BBQ Barramundi with Thai Green Dressing

Mid-Easy
6 servings
15mins Prep
15mins to Cook

Ingredients

- 1.8 kilograms whole barramundi, gutted, descaled
- 80 grams tube Thai paste
- 2 tablespoon fish sauce
- 2 teaspoon caster sugar
- 2 lime, 1 zested and juiced, 1 cut into halves to serve
- 1 bunch coriander, leaves picked, stems reserved (Replace with your favourite green leafy toppings)
- 2 tablespoon vegetable oil
- 1/4 cup fried shallots
- 1 long red chilli, thinly sliced

Recipe Link Courtesy of Woolworths-

Preparation Instructions

Step 1- Using a sharp knife, make 3 shallow cuts into thickest part on each side of fish. and garlic and shake to combine to make dressing.

Step 2- Process paste, fish sauce, sugar, zest and three-quarters of the coriander leaves in a food processor until smooth. Transfer half the mixture to a bowl, then cover and refrigerate until required.

Step 3- Rub remaining mixture over inside and outside of fish. Stuff with coriander stems. Cover & place in fridge to marinate for 30 mins or overnight

Step 4- Preheat BBQ hotplate on high. Place fish on a large baking tray lined with foil and baking paper. Cook fish, with hood closed for 15 minutes or until cooked.

Step 5- whisk reserved mixture, oil, lime juice and 2 tbs water in a bowl.

Step 6- Combine fried shallot, chilli and remaining coriander leaves in a bowl. Arrange fish on a platter, drizzle over half the dressing and scatter over coriander mixture.



Lemon & Oregano Baked Fish

Easy
4 servings
5mins Prep
15mins to Cook

Ingredients

- 2 large zucchini (620g), cut into thick batons
- 250g punnet cherry tomatoes
- 1 red onion (150g), cut into wedges
- 1 red capsicum (320g), halved, seeded, thickly sliced lengthways
- 80g green olives, pitted 4 x 130g white fish fillets (ling or blue eye)
- 1 teaspoon lemon zest
- 1 tablespoon oregano, chopped
- 2 sprigs fresh rosemary
- 1 tablespoon olive oil
- 500g baby potatoes, quartered

Preparation Instructions

Step 1- Preheat oven to 180°C. Line 2 large baking trays with baking paper..

Step 2- Place zucchini, tomatoes, red onion, capsicum and olives on the prepared baking tray and lightly spray with olive oil. Evenly place fish fillets on the baking tray on top of the vegetables and sprinkle fish with the lemon zest, fresh oregano and rosemary. Drizzle with olive oil..

Step 3- Place baby potatoes onto the second prepared baking tray and lightly spray with olive oil.

Step 4- Bake for 10-15 minutes, until fish is cooked & vegetables are tender.

Step 5- Serve baked fish with the vegetables and potatoes.

Recipe Link Courtesy of the Heart Foundation -

<https://www.heartfoundation.org.au/Recipes/Lemon-oregano-baked-fish>



**Access the recipes and information
on our website**



ceqld.org.au/health

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