

HEALTHIER CHOICES CANBERRA

DELICIOUS & *Healthier*

Finalists' Recipes from
The Great Canberra Cook Off
2019

ACT HEALTH

The Great Canberra Cook Off 2019

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We're so happy you've grabbed
this e-book

Within these pages you'll find the 11 delicious,
easy and creative recipes of The Great
Canberra Cook Off finalists.

We hope these recipes inspire you to create
your own healthier meals or add a twist on an
old favourite.

HAPPY EXPERIMENTING!





A little introduction

Why is healthy eating important?

Why do we need to eat healthy food?

The rate of Canberra adults who are overweight or obese has increased from 40% in 1995 to 64% in 2017-18. Carrying excess weight puts individuals at increased risk of heart disease, type 2 diabetes, high blood pressure, conditions affecting the muscles, bones and/or joints and some cancers.

Small, easy changes to include more vegetables and whole foods in every day meals can have a big impact.

We're a nation of food lovers

Australians love eating out and ordering in. In fact, we go out to eat, on average, two to three times a week. There's also a growing number of home delivery services such as Menu Log and Uber Eats.

Thanks to our multicultural society we have a diverse choice of fabulous restaurants, cafes, pubs and bars serving food and drink from across the globe.

With an abundance of fresh food all year round most cafes and restaurants create countless flavoursome healthier food options to meet the demands of customers. Including vegetarian options and catering for special dietary requirements.

What's Healthier Choices Canberra

Healthier Choices Canberra is about making it easier for you to find tasty, fresh and healthier food and drink options at the places you go to regularly, whether you're:

- eating out at cafes, clubs, restaurants or takeaways
- buying groceries at the local supermarket
- having fun with the kids at entertainment venues around town, or
- watching or playing junior sports

Lots of places already have a range of delicious healthier food options available. Look out for the healthier choices promotions on the shelves and menus to help you find healthier food and drinks.



Healthier food is not a fad “there’s a huge market for healthier choices, it’s gone beyond being ‘on trend’ it’s almost like a dietary requirement, like having gluten free options. People are deciding on where they eat based on the venue offering healthier choices”.

Dan Conroy (local business owner)

Cooking in

We still eat at home most often. During the summer, many of us love to eat outdoors too, having a BBQ or picnic.

Plenty of Canberra’s local supermarkets are making it easier than ever to grab those healthier choices for lunchboxes, snacks or the evening meal.

Make healthier eating simple

Life is so busy.

Who has time for fancy long recipes when you’re grabbing the kids from school, racing to sport or activities and helping with homework, music practice or house chores?

The Great Canberra Cook Off, brought to you by Healthier Choices Canberra, searched for Canberrans who had an easy peasy recipe to share.

This e-book includes the recipes of the 11 finalists.

You’ll find these recipes truly awesome and you’ll keep coming back again and again to your favourites.



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PRAWN FETTUCCINE AND ROCKET SALAD

Ingredients

- 350 grams of fettuccine
- 1/2 a punnet of cherry tomatoes, halved
- 100 grams baby spinach leaves
- 100 grams of rocket leaves
- 300 grams of cooked prawns, peeled
- 1 orange, diced
- 100 grams of flaked, roasted almonds
- 4 handfuls of grated parmesan cheese
- 2 tablespoons of lemon juice

Method

1. Boil the fettuccine over a stove at medium heat for 10 to 12 minutes.
2. In a large bowl, place the cherry tomatoes, spinach, rocket, prawns, orange and mix.
3. Mix the fettuccine, parmesan and almonds into the salad.
4. Drizzle the lemon juice on top and serve.



A RECIPE BY OSCAR

This dish can also be served cold and pre-packaged.

WINNING
RECIPE



SAN CHOY BAU

Ingredients

Filling

- 1 tbsp extra-virgin olive oil
- 1/2 onion & 1 clove of garlic & 1 tbsp of fresh ginger - finely chopped
- 600g turkey or chicken mince
- mushrooms, chopped cabbage, shredded carrot, frozen peas and lettuce leaves

Garnish

- spring onions, chopped coriander
- optional - chilli and peanuts

Sauce

- 1 heaped tsp cornflour and 1/4 cup water
- 3 tbsp oyster sauce
- 2 tbsp light soy and 1 tsp sesame oil

Method

1. Prepare all ingredients so they're ready to go.
2. Mix cornflower with 1 tbsp water until lump free. Then add remaining sauce ingredients and mix. Set to one side.
3. Heat oil and add onion, garlic and ginger for minute then add the mince. Stir and cook until cooked through.
4. Add mushroom, cabbage and peas and cook until softened.
5. Add the sauce and stir well to coat everything.
6. Increase heat and let the mix sit for two minutes without stirring to caramelise the bottom.
7. Spoon into lettuce cups and sprinkle with coriander, peanuts and chopped spring onions. Fold up lettuce and eat!



A RECIPE BY LOLA



RAINBOW TOPPED POTATO PIECES

Ingredients

- 4 medium washed potatoes
- 1 small onion
- 2 pieces of short cut bacon (optional)
- 1 red capsicum
- 1/2 cup green beans
- 1/2 cup corn kernels
- 1/2 head broccoli
- 1 carrot
- 2 cloves garlic
- pepper + salt
- yoghurt
- grated cheese

Method

1. To start, cut the potatoes into small pieces then put them in a microwave for 8-10 minutes.
2. Cut up or grate all of the vegetables.
3. Start frying the onion and bacon, once it's brownish add all of the vegetables. Cook vegetables for 5-10 minutes.
4. Add potatoes in the bowls then arrange the cooked vegetables on top of the potato pieces.
5. Add yoghurt, cheese, pepper and salt.



A RECIPE BY LILY



VEGGIE SNAP BALLS

Ingredients

- cheese
- italian herbs
- 1 zucchini
- 1 carrot
- sesame seeds
- 1 cup luke-warm water
- 250g wholemeal flour
- 1 1/2 cups rice bran oil
- 1 onion

Method

1. Chop up the onion.
2. Heat oil on a medium heat and add onions until brown.
3. Peel the carrot, then chop the carrot.
4. Cut up cheese and grate the zucchini.
5. Put the cheese, zucchini, onion, carrot, sesame seeds and Italian herbs into a bowl no. 1.
6. In bowl no. 2 put the luke-warm water, wholemeal flour and rice bran oil and mix.
7. Put the stuff in bowl no. 1 into bowl no. 2 and mix. Once done, knead the dough.
8. Put some oil on the stove and wait for it to get hot. Then roll a bit of the dough into a ball and cook until golden (but not too golden).



A RECIPE BY LUKE



3 Quick Tips for You

1. Plan ahead

Choose your favourite recipes and when you have a smidgen more time, maybe on the weekend, use it to make batches to freeze and use for multiple recipes.

For example, cook mince (meat or veggie) with plenty of herbs, grated carrot and zucchini. Use it as a base for spaghetti bolognese, chilli, or shepherd's pie.

2. Love your leftovers

Double up on recipes so you have enough for leftovers during the week or freeze for later. Incorporate leftovers in soups or salads.

3. Stock your pantry

Make sure you have a well-stocked pantry of all the items you use regularly or your favourites.

Pantry must-haves might be: herbs, spices, garlic, onion, tomato puree/paste, tinned tomatoes, pasta, potatoes, sweet potatoes, tinned beans, lentils, rice, quinoa, nuts, seeds, dried fruits and extra virgin olive oil.

TASTY LETTUCE SNACK CUPS

Ingredients

Vegetables

- 3 1/2 capsicums - green, yellow and red
- 1 small can of corn (125g)
- 1/4 head cauliflower
- 2-3 spring onions and 3 gloves garlic
- 1cm of ginger and 2 tbsp soy sauce

Satay Sauce

- 1/4 cup sweet soy sauce
- 1/4 cup coconut milk
- 1/4 cup peanut butter

Proteins

- 1 tbsp peanut or vegetable oil
- 250g tofu and/or 250g chicken
- 400g can chick peas
- 3 tsp minced garlic, 3 tsp minced ginger, 2 tbsp soy sauce, 1 tbsp fish sauce and 1 1/2 tbsp moroccan spice

Method

Veggies

1. Mince the garlic and ginger. Slice the spring onion finely. Drain the corn. Dice the remaining veggies.
2. Heat a frypan on medium, add oil and then the spring onions. When the onions are soft add garlic and ginger paste and turn the heat up to medium high. Add the remaining vegetables and cook.
3. Once the vegetables are cooked add soy sauce and season to taste then put them into a warm bowl.

Sauce

4. Mix the satay sauce ingredients together. That's it! Yes, that simple.

Proteins

5. Drain the chick peas well. Heat a frypan to high, then add oil and add chickpeas and spices. Cook for a few minutes until golden and crisp. Season to taste.
6. In a separate frypan on high, add garlic and ginger then add chicken mince, breaking up with a spatula until the chicken has a golden crust. Add soy and fish sauce, stir and cook for 5 more minutes until golden all over. Season to taste.

7. Cut the tofu into small cubes. Cook in a frying pan garlic and ginger until crispy and golden. Once fried, add soy and season to taste.

Eat it! Put everything together like lettuce tacos with the satay sauce.
Nom nom!



A RECIPE BY SEBASTIAN

TEEN
CHEFS



MANGO, RASPBERRY AND CREAM CHIA PUDDING

Ingredients

- 180g frozen mango chunks
- 70g frozen raspberries
- 1/2 cup of thickened cream
- 2 1/2 tbsp white chia seeds (or whatever colour chia seeds you want)
- 2 tbsp of coconut flakes

Method

1. Melt mango and raspberry, slightly, in a heat proof bowl in the microwave.
2. Blend melted mango and raspberry until it is smooth and mix in chia seeds. Wait for 20-30 minutes or until chia seeds have turned the fruit mixture into a pudding.
3. While waiting for the chia seeds, whip the cream into stiff peaks. Store in the fridge.
4. Toast coconut flakes until lightly brown.
5. Once chia seeds and fruit have turned into a pudding, fold cream in. Save some cream for topping.
6. Serve in a bowl or cup. Put a blob of cream on top, then sprinkle some of the toasted coconut.
7. Enjoy!



A RECIPE BY MAEVE & INDI



CHICKEN SOUVLAKI

Ingredients

Chicken Souvlaki

- 8 metal skewers
- 1kg free range, skinless chicken breast, cut into medium cubes
- 2 zucchinis, washed and thinly cut into rounds
- 2 red capsicum, washed and cut into chunks
- 2 lemons, cut into wedges for serving

Marinade for chicken

- 1/4 cup of extra virgin olive oil, 4 tablespoons of lemon juice, 1 tablespoon of fresh minced garlic and 1 tbsp finely cut fresh oregano

Tzatziki

- 1 small pot of plain Greek yoghurt
- 1/2 cucumber – peeled and grated
- 1/2 tablespoon of extra virgin olive oil
- 1 tablespoon of lemon juice
- 1/2 tablespoon of fresh minced garlic

Method

Marinade for chicken

1. Combine all ingredients together in a large zip-lock bag.
2. Add chicken cubes to the bag, squeeze out the air and seal it shut.
3. Move the chicken around in the bag to let the marinade coat all pieces really well.
4. Marinate in the refrigerator for two hours.

Tzatziki

1. Mix all ingredients together in a small bowl, cover and put in the refrigerator for at least two hours.
2. Remove from fridge about 15 minutes before you serve with the chicken souvlaki.



A RECIPE BY AVA



Chicken souvlaki

1. Pre-heat oven to 180 degrees.
2. Remove chicken breast from the marinade and thread two pieces on to each skewer, followed by a piece of zucchini and a piece of capsicum.
3. Repeat another two times with 2 pieces of chicken, a piece of zucchini and a piece of capsicum.
4. Place the skewers onto an oven tray, evenly spaced and let the heat circulate.
5. Bake skewers for 10 minutes, turn them and bake for another 10 minutes.
6. The chicken should be browned and not pink in the centre. If the meat is still pink, put back in the oven for another five minutes.
7. Let the skewers sit for 5 mins before serving with the tzatziki and a lemon wedge.

*Based on the Greek dish cooked by my family.
It's delicious!*



MINCE BURGER WRAP

Ingredients

- 250g of beef or lamb mince
- tomato, finely chopped
- carrot, shredded
- 1/4 cup of finely diced onion
- 2 cloves garlic, minced
- 1/2 cup of roughly chopped parsley
- wholemeal wraps or tortilla
- allspice, cumin & coriander (or Arab 7 spice "Baharat" or Moroccan spices) salt & black pepper lemon juice chilli – optional

Method

1. Put the mince, tomato, carrot, onion, garlic, parsley and spices in a bowl and mix well with your hands.
2. Spread a thin layer of the mince mix on half of a tortilla and pat it to a thickness of 1/2 cm then fold over the other half to sandwich the mince.
3. It cooks quickly on a bbq or sandwich press or even in the oven.
4. After a few minutes the tortilla gets crispy and the mince cooks through.
5. Slice into quarters and serve with tzatziki or a side salad.



A RECIPE BY MARY

Based on the middle-eastern 'Arayes' which uses a type of flatbread. I use wholemeal tortilla wraps. Quick & easy to prepare, cooks quickly in a pan (no oil required) or bbq or oven. Easy for kids to eat - no forks or spoons required. Delicious!



VEGGIE FRITTERS

Ingredients

- 1 potato (200g)
- 1 sweet potato (200g)
- 1 carrot (150g)
- 2 zucchinis (360g) grated
- 125g can corn kernels, drained
- 1 onion, chopped
- 1/2 cup (75g) self-raising flour
- 1/2 teaspoon salt
- 1/4 cup chopped parsley
- 3 eggs
- 2 tablespoons olive oil

Method

1. Peel the potatoes and carrots. Grate all the vegetables and place them in a large bowl.
2. Chop the onion and add to the vegetables.
3. Add drained corn, flour, salt, pepper, eggs and parsley to the bowl and stir it until everything is combined.
4. On medium heat put a little bit of oil in a pan or on the barbecue.
5. Use 1/3 cup and scoop the mixture on the barbecue/pan. Let it cook on each side for 4-5 min or until it is golden brown.
6. Now you can enjoy by itself or with a yoghurt herb dip.



A RECIPE BY FRANZI

Vegetable Fritters are the perfect healthy choice, you can use seasonal vegetables and it only takes a few minutes to prepare and cook them. You can use seasonal ingredients from your garden or the farmers market to use your local produce.



POKE BOWL

Ingredients

- buckwheat soba noodles
- avocado
- edamame beans
- green onions
- smoked salmon/cooked chicken
- dried seaweed
- light soy sauce

Optional:

- rice
- cucumber
- carrot
- firm tofu
- cooked egg



A RECIPE BY ANDREAS

Method

1. Cook the soba noodles and serve into bowls.
2. Slice the avocado and add to bowls.
3. Add edamame beans, chopped green onion and strips of smoked salmon or cooked chicken.
4. Top with thin strips of dried seaweed.
5. Drizzle with light soy sauce and serve!

FRESH AND
ZESTY

This dish can also be served cold and pre-packaged.



CHEEKY BANANA BREAD

Ingredients

- 3 large bananas
- 2 eggs
- 2 tbsp maple syrup (optional)
- 1 large or 2 small zucchinis
- 2 cups wholemeal flour
- 1 1/2 tsp baking soda
- 1 tbsp cinnamon
- 1 cup frozen berries

Method

1. Preheat oven to 180 degrees
2. Mash the bananas and whisk in the eggs and maple syrup.
3. Grate the zucchini and squeeze to remove excess moisture before folding into the banana mixture.
4. Add the wholemeal flour, baking soda and cinnamon, and stir to combine.
5. Gently fold in the berries.
6. Pour the mixture into a lined loaf tin and bake for 30 minutes or until golden.
7. Leave to cool in the pan for 10 minutes, then onto a cooling rack for a further 10 minutes.

This cheeky banana bread is packed with goodness and takes under 15 minutes to make! You can bake a bulk batch and serve it fresh or store it for up to 5 days. Not only is it naturally sweetened, but it's got protein and a sneaky hidden vegetable.. It's also dairy-free and nut-free, and can be gluten-free using blended rolled oats instead of flour.



A RECIPE BY MELISSA

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