ONE POT WONDERS

These recipes are some of our absolutely faves! What’s not to love about healthy home cooking without the mess?!
Spinach, Ricotta & Pumpkin Cannelloni

Pumpkin, spinach and ricotta are a tasty combination that you will enjoy in this easy-to-prepare vegetarian cannelloni.

METHOD
1. Preheat oven to 200°C. Cook pumpkin in a small saucepan of boiling water for 8 minutes or until tender. Drain, return to pan and roughly mash. Transfer to a large bowl and set aside to cool.
2. Add ricotta, spinach, garlic, and shallots to pumpkin. Stuff mixture evenly into pasta tubes.
3. Spread half the passata sauce over base of a small baking dish, or use individual dishes. Arrange filled tubes side-by-side on top of sauce, then spread remaining sauce over to cover tubes.
4. Cover with foil and bake for 20 minutes. Uncover, sprinkle with cheese and bake for a further 15-20 minutes or until lightly golden.
5. Toss rocket leaves with balsamic vinegar and serve with cannelloni.

INGREDIENTS
- 100g Pumpkin, flesh roughly chopped
- 60g Reduced Fat Ricotta
- 120g Frozen Spinach, thawed, excess moisture squeezed out
- 1 Clove Garlic (3g), crushed
- 1 Shallot (3g), finely chopped
- 6 Tubes Cannelloni Pasta Tubes (90g)
- 300g Passata
- 20g Reduced Fat Cheddar, grated
- 85g Rocket
- 2 Teaspoons Balsamic Vinegar (10g)

Mish Tips
* To freeze this dish, make up to the end of step 4 (using a freezer proof baking dish). Allow to cool, then cover and seal tightly and freeze for up to 3 months. Defrost in the fridge overnight and reheat in the microwave or in a 180°C oven, loosely covered with foil, until heated through.

Nutritional Information
Per Serve*
Calories 334 // Protein 16.7g // Fat Total 6.9g // Fat Saturated 3.4g // Carbohydrates 46.8g // Sugars 13.7g // Sodium 485.9mg // Dietary Fibre 7.8g

- High in Protein
- High in Fibre
- Low in Fat
- Low in Sodium

*All recipes are written for conventional ovens. If you have a fan-forced oven, please decrease the stated temperature by 20°C.
**Beef & Bean Chilli**

You don’t have to give up chilli - just add lots of vegetables and use lean beef mince. And go easy on the extras too - make sure you measure out the cheese and sour cream, even when they’re low fat, the calories still add up.

**METHOD**

1. Spray a large saucepan with oil and heat over medium heat. Add onion, celery, and capsicum. Cook, stirring often, for 4 minutes or until soft. Transfer to a plate.

2. Add beef mince to pan. Cook, stirring often with a wooden spoon to break up the lumps, for 4 minutes or until browned.

3. Return vegetables to pan. Stir in tomatoes and chilli, and a little water if the mixture is too thick. Cover and bring to the boil. Reduce heat to low and simmer, covered, for 20 minutes. Stir in beans and season with freshly ground black pepper.

4. Divide chilli between bowls. Top with cheese and sour cream to serve.

**Mish Tips**

* This will keep well in an airtight container in the freezer for up to 3 months. Thaw in the fridge overnight and reheat over a medium heat or in the microwave.

**Nutritional Information**

**Per Serve**

Calories 299 // Protein 30.2g // Fat Total 10.2g // Fat Saturated 4.9g // Carbohydrates 17.2g // Sugars 13.7g // Sodium 397.8mg // Dietary Fibre 8.1g

- High in Protein
- Low in Carbohydrates
- High in Fibre
- Low in Sodium
- Gluten Free

**INGREDIENTS**

- 1g Olive Oil Spray
- 1 Onion (145g), chopped
- 1 Celery Stalk (55g), chopped
- 1 Red Capsicum (155g), chopped
- 150g Lean Beef Mince
- 1 X 400g cans Diced Tomato (400g)
- 1/2 Teaspoon Chilli Powder (1g)
- 60g Canned Red Kidney Beans, Drained, rinsed & drained
- 20g Reduced Fat Cheddar, grated
- 1 Tablespoon Extra Light Sour Cream (20g)
Beef Cannelloni

Cannelloni is a great pasta choice when you are watching your food intake as it comes perfectly portioned.

**INGREDIENTS**

- 1g Olive Oil Spray
- 1/2 Onion (73g)
- 1 Clove Garlic (3g), crushed
- 1 Carrot (61g), finely chopped
- 1 Celery Stalk (55g), finely chopped
- 85g Lean Beef Mince
- 280g Passata
- 4 Tubes Cannelloni Pasta Tubes (60g)
- 60g Reduced Fat Ricotta
- 100g Mixed Salad Leaves

**METHOD**

1. Preheat the oven to 200°C. Spray a large deep nonstick frypan with oil and heat over medium heat. Add onion, garlic, carrot and celery. Cook, stirring occasionally, for 5 minutes or until soft. Transfer to a large bowl and set aside to cool.

2. Add beef mince to cooled vegetables and season with freshly ground black pepper. Stuff mixture evenly into pasta tubes.

3. Spread half the passata sauce over base of a small baking dish, or use individual dishes. Arrange filled tubes side-by-side on top of sauce, then spread remaining sauce over to cover tubes.

4. Crumble ricotta over, cover with foil and bake for 20 minutes. Uncover and bake for a further 15-20 minutes or until lightly golden.

5. Stand cannelloni for 5 minutes, then serve with salad leaves.

**Mish Tips**

* To freeze this dish, make up to the end of step 4 (using a freezer proof baking dish). Allow to cool, then cover and seal tightly and freeze for up to 3 months. Defrost in the fridge overnight and reheat in the microwave or in a 180°C oven, loosely covered with foil, until heated through.

**Nutritional Information**

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<th>Per Serve*</th>
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**2 SERVES**

15 MIN PREP

45 MIN COOKING

301 CAL/SERVE

12WBT ONE POT WONDERS
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Slow Cooked Beef, Lentil & Silverbeet Soup

METHOD

1. Spray a large saucepan with oil and heat over medium-high heat. Add onion, carrot and celery and cook, stirring occasionally, for 5 minutes or until softened.

2. Add beef and cook for 2 minutes or until browned. Add garlic and tomato paste and cook, stirring, for 1 minute more. Stir in stock, lentils and ½ cup (125ml) water.

3. Cover and bring to the boil. Reduce heat to low and simmer for 50 minutes, or until lentils and beef are tender. Stir through silverbeet until wilted and serve seasoned with freshly ground black pepper.

INGREDIENTS

- 1g Olive Oil Spray
- 1 Onion (89g), chopped
- 1 Carrot (61g), chopped
- 1 Celery Stalk (40g), chopped
- 150g Lean Beef Chuck Steak, finely chopped
- 1 Clove Garlic (3g), crushed
- 1 Tablespoon Tomato Paste (20g)
- 2 Cups Beef Stock (500g)
- 1/4 Cup Dry Green Lentils (55g), rinsed
- 75g Silverbeet, shredded

Mish Tips

* You can substitute the silverbeet with baby or trimmed English spinach leaves.

* This soup is suitable to freeze for up to 1 month. Cool completely then portion into airtight containers. Seal tightly, label and freeze. Thaw overnight in the fridge, or thaw and reheat in the microwave.

Nutritional Information

Per Serve*

Calories 285 // Protein 28.4g // Fat Total 7.7g // Fat Saturated 2.5g // Carbohydrates 16.3g // Sugars 7.1g // Sodium 1,100mg // Dietary Fibre 11.8g

- High in Protein
- Low in Carbohydrates
- High in Fibre
- Low In Fat
- Lactose Free
- Gluten Free