

TASTE A 12WBT RECIPE

Recipe based on Post Baby Program, 1800 Calories per day

Poached Eggs with Asparagus & Feta

This is a lovely dish for the weekend or for when you have extra time during the week. Alternatively, you can always replace the poached egg with a soft-boiled egg.

 **2 SERVES**
 **10 MIN PREP**
 **10 MIN COOKING**
 **477 CAL/SERVE**



INGREDIENTS

- 160g Asparagus, trimmed
- 2 Cage Free Eggs (118g)
- 1 Teaspoon White Vinegar (5g)
- 4 Slices Wholegrain Bread (160g), toasted
- 2 Teaspoons Margarine (10g)
- 80g Avocado
- 60g Low Fat Feta
- 1 Tablespoon Chives (3g), chopped

METHOD

- 1** Bring a large saucepan of water to the boil over medium-high heat. Add asparagus and cook for 2 minutes or until bright green and tender. Use tongs to transfer to a plate. Cover to keep warm.
- 2** Crack an egg into a small bowl. Stir vinegar into water to create a whirlpool, and slide egg gently into water. Repeat with other egg. Simmer for 2 minutes for a soft yolk, or until done to your liking. Use a slotted spoon to remove and drain.
- 3** Spread toast with margarine and place onto serving plates. Top with asparagus, egg and avocado. Crumble feta over and sprinkle with chives. Season with freshly ground black pepper to serve.

Michelle Bridges

12WBT

Mish Tips

* White vinegar helps to set the egg white when poaching eggs.

Nutritional Information Per Serve*

Calories 477 // Protein 25.1g // Fat Total 25.2g // Fat Saturated 10.3g // Carbohydrates 34.4g // Sugars 3.8g // Sodium 830.7mg // Dietary Fibre 6.9g

- ⬆ High in Protein
- ⬇ Low in Carbohydrates
- ⬆ High in Fibre




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TASTE A 12WBT RECIPE

Recipe based on Post Baby Program, 1800 Calories per day

Beetroot Tzatziki, Tabouli & Rare Roast Beef Wrap

 2 SERVES
 10 MIN PREP
 465 CAL/SERVE



INGREDIENTS

- 4 Pieces Wholemeal Mountain Bread (100g)
- 150g Tabouli
- 1/2 Lebanese Cucumber (67g), cut into thin ribbons
- 120g Rare Roast Beef, thinly sliced
- 80g Avocado, sliced
- 1/4 Cup Beetroot Tzatziki (60g)

METHOD

- 1 Place bread on a clean work surface. Top with tabouli, cucumber, roast beef, avocado and tzatziki.
- 2 Roll up firmly to enclose filling. Cover with plastic wrap and keep in fridge until ready to eat.

Michelle Bridges

12WBT

Mish Tips

- * Pre-made tabouli can be bought at most deli counters. To make your own, cover 1/3 cup cracked wheat with boiling water and soak for 20 minutes. Drain well and add 1/2 cup roughly chopped flat-leaf parsley, 1 diced large tomato, 2 thinly sliced shallots and lemon juice to taste.
- * Use a vegetable peeler to cut cucumber into ribbons

Nutritional Information Per Serve*

Calories 465 // Protein 27.6g // Fat Total 24.0g // Fat Saturated 5.3g // Carbohydrates 31.9g // Sugars 6.6g // Sodium 734.8mg // Dietary Fibre 7.2g

- ⬆ High in Protein
- ⬇ Low in Carbohydrates
- ⬆ High in Fibre

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TASTE A 12WBT RECIPE

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Warm Lamb, Pumpkin & Pomegranate Salad with Mint Yoghurt Dressing

Pomegranate is packed with health benefits, as well as a refreshing tartness and a crunch that is perfectly at home in this Middle Eastern inspired lamb salad.

 **2 SERVES**
 **15 MIN PREP**
 **40 MIN COOKING**
 **453 CAL/SERVE**



INGREDIENTS

- 180g Pumpkin, cut into 2cm pieces
- 1 Eggplant (325g), cut into 2cm pieces
- 1g Olive Oil Spray
- 1/4 Cup Mint Leaves (10g)
- 1/4 Cup Low Fat Natural Yoghurt (60g)
- 1 Clove Garlic (3g), crushed
- 350g Lamb Loin Fillet
- 65g Canned Lentils, rinsed and drained
- 1 Lebanese Cucumber (135g), chopped
- 1/2 Pomegranate (120g), seeds extracted
- 1/2 Cup Flat Leaf Parsley (20g), chopped

METHOD

- 1 Preheat oven to 200°C and line a baking tray with non-stick baking paper. Place pumpkin and eggplant onto prepared tray. Spray with oil, and bake for 30 minutes or until tender and lightly golden.
- 2 Meanwhile, finely chop half the mint, and coarsely tear remaining mint leaves.
- 3 Combine yoghurt, garlic, finely chopped mint and 1 tablespoon of water in a small bowl. Season with freshly ground black pepper.
- 4 Heat a frying pan over medium-high heat. Spray lamb with oil and season with pepper. Cook for 4-5 minutes each side for medium or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside for 2 minutes to rest. Thinly slice.

- 5 Place lentils, cucumber, pomegranate seeds, parsley, remaining mint and warm pumpkin and eggplant into a large bowl. Season with pepper and toss gently to combine.
- 6 Divide between serving plates and top with lamb. Drizzle with yoghurt dressing.

ALL RECIPES ARE WRITTEN FOR CONVENTIONAL OVENS. IF YOU HAVE A FAN-FORCED OVEN, PLEASE DECREASE THE STATED TEMPERATURE BY 20°C

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Mish Tips

* If pomegranate is unavailable, replace with 1 tablespoon of raisins (dried cranberries) or currants. Adjust calories accordingly.

Nutritional Information Per Serve*

Calories 453 // Protein 58.3g // Fat Total 10.4g // Fat Saturated 3.3g // Carbohydrates 23.8g // Sugars 20.8g // Sodium 272.3mg // Dietary Fibre 11.9g

- ⬆ High in Protein
- ⬇ Low in Carbohydrates
- ⬆ High in Fibre
- ⬇ Low In Sodium
- ⊖ Gluten Free