


TASTE A 12WBT RECIPE

Recipe based on Pregnancy Program, 1700 Calories per day

Corn & Scrambled Egg Wrap

Here's an easy, tasty way to serve your morning eggs.

 **2 SERVES**
 **10 MIN PREP**
 **5 MIN COOKING**
 **451 CAL/SERVE**



INGREDIENTS

- 4 Cage Free Eggs (236g)
- 1/3 Cup Low Fat Milk (80g)
- 160g Frozen Sweetcorn, thawed
- 2 Tablespoons Fresh Coriander (6g), chopped
- 1g Olive Oil Spray
- 100g Avocado, mashed
- 2 Pieces Wholemeal Mountain Bread (50g)
- 40g Baby Spinach
- 1 Tomato (167g), sliced

METHOD

- 1** Use a fork to beat eggs and milk until well combined. Stir in corn and coriander (save a little coriander to sprinkle on top).
- 2** Spray a non-stick frying pan with oil and heat over medium-low heat. Pour egg mixture into pan. Cook for 30 seconds or until starting to set around the edges. Using a wooden spoon, gently move mixture around pan in a folding motion for 1-2 minutes or until set.
- 3** Spread avocado down centre of mountain bread. Top with spinach leaves and tomato. Spoon egg mixture over, sprinkle with reserved coriander and season with freshly ground black pepper. Roll up to enclose, and serve.

Michelle Bridges

12WBT

Nutritional Information Per Serve*

Calories 451 // Protein 23.5g //
Fat Total 24.8g // Fat Saturated
6.2g // Carbohydrates 31.2g //
Sugars 8.3g // Sodium 321.8mg
// Dietary Fibre 6.6g

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

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TASTE A 12WBT RECIPE

Recipe based on Pregnancy Program, 1700 Calories per day

Carrot Tabouli & Hummus Wrap

*Wraps are a staple food of mine. Less bread, more filling.
It's easy to make a delicious wrap and the options are endless.*

 **2 SERVES**
 **10 MIN PREP**
 **458 CAL/SERVE**



INGREDIENTS

- 1 Carrot (61g), grated
- 1 Tomato (167g), chopped
- 1 Lebanese Cucumber (135g), chopped
- 2 Shallots (6g), chopped
- 280g Canned Chickpeas, rinsed & drained
- 2 Tablespoons Flat Leaf Parsley (6g), chopped
- 1/4 Cup Mint Leaves (10g), chopped
- 1/2 Cup Hummus (120g)
- 4 Pieces Wholemeal Mountain Bread (100g)

METHOD

- 1** Combine carrot, tomato, cucumber, shallot, chickpeas, parsley and mint.
- 2** Spread hummus over bread. Top with carrot tabouli. Season with freshly ground black pepper and roll up to enclose.
- 3** Cut in half to serve.

Michelle Bridges

12WBT

Mish Tips

- * If you seal remaining mountain bread properly, it will last for up to 2 weeks.
- * If you are making this a few hours before you eat it, store the filling in a small airtight container and assemble the wrap at lunchtime. No one likes a soggy wrap!
- * Shallots are the long, green, thin variety.

Nutritional Information Per Serve*

Calories 458 // Protein 20.3g // Fat Total 14.5g // Fat Saturated 0.6g // Carbohydrates 53.0g // Sugars 8.7g // Sodium 810.7mg // Dietary Fibre 18.3g

- ⬆ High in Protein
- ⬆ High in Fibre
- ⊖ Lactose Free

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TASTE A 12WBT RECIPE

Recipe based on Pregnancy Program, 1700 Calories per day

Stir-Fried Tofu & Rice with Lime

Michelle Bridges

12WBT

Mish Tips

* If you can, use long grain basmati rice in this stir-fry, as it is low GI.

Nutritional Information Per Serve*

Calories 459 // Protein 21.2g // Fat Total 10.8g // Fat Saturated 1.5g // Carbohydrates 62.6g // Sugars 13.5g // Sodium 224.1mg // Dietary Fibre 11.5g

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

 2 SERVES
 20 MIN PREP
 20 MIN COOKING
 459 CAL/SERVE



INGREDIENTS

- 120g Rice
- 1g Olive Oil Spray
- 200g Firm Tofu, sliced
- 1 Red Onion (145g), halved & sliced
- 2 Cloves Garlic (6g), thinly sliced
- 1 X 2cm pieces Ginger (10g), grated
- 1 Bunch Gai Lan (125g), cut into shorter lengths
- 1 Red Capsicum (155g), thinly sliced
- 1 Teaspoon Lime Juice (5g)
- 3 Teaspoons Kecap Manis (Sweet Soy Sauce) (15g)
- 1 Tablespoon Peanuts (9g), finely chopped

METHOD

- 1 Cook rice in a saucepan of boiling water for 10 minutes or until tender. Drain well.
- 2 Spray a large wok with oil and heat over high heat. Add tofu and stir-fry for 2 minutes or until golden. Remove from wok and set aside.
- 3 Spray wok with a little more oil and heat over high heat. Add onion and stir-fry for 2 minutes or until golden. Add garlic and ginger, stir-fry for 30 seconds or until fragrant. Add gai lan and capsicum, stir-fry for 2 minutes or until vegetables are just tender.
- 4 Add rice, lime juice and kecap manis. Toss together for 1-2 minutes or until well combined and the rice is heated through. Serve topped with peanuts.

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