

TASTE A 12WBT RECIPE

Recipe based on Lean & Strong Program, 1500 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**
 **395 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)
- 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 and egg. 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 395 // Protein 24.3g //
Fat Total 16.6g // Fat Saturated
8.4g // Carbohydrates 34.2g //
Sugars 3.6g // Sodium 829.1mg
// Dietary Fibre 5.8g

⬆️ High in Protein

⬇️ Low in Carbohydrates




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TASTE A 12WBT RECIPE

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Beetroot Tzatziki, Tabouli & Rare Roast Beef Wrap

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



INGREDIENTS

- 3 Pieces Wholemeal Mountain Bread (75g)
- 150g Tabouli
- 1/2 Lebanese Cucumber (67g), cut into thin ribbons
- 90g 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. (This makes 1 1/2 wraps per serve.)

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 408 // Protein 21.7g // Fat Total 23.3g // Fat Saturated 5.1g // Carbohydrates 25.9g // Sugars 6.3g // Sodium 667.8mg // Dietary Fibre 6.4g

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

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TASTE A 12WBT RECIPE

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Penang Chicken

*This tastes just like it came from a restaurant - but healthy!!
The recipe serves 6 so some to freeze for another meal or two.*

 **6 SERVES**
 **35 MIN PREP**
 **10 MIN COOKING**
 **406 CAL/SERVE**



INGREDIENTS

- 1 1/2 Tablespoons Red Curry Paste (30g)
- 1200g Lean Chicken Breast, cut into strips
- 1 X 400g can Coconut Flavoured Evaporated Milk (400g)
- 3 Teaspoons Fish Sauce (15g)
- 3 Tablespoons Brown Sugar (60g)
- 3 Tablespoons Peanut Butter, No Added Sugar Or Salt (60g)
- 250g Broccoli, cut into florets
- 200g Snow Peas

METHOD

- 1** Heat a large non-stick frying pan over medium heat.
- 2** Add the curry paste and cook, stirring, for 1 minute. Add the chicken and stir to coat in the paste. Add the coconut milk and cook, stirring often, for 2 minutes (don't let the mixture boil).
- 3** Add the fish sauce, sugar and peanut butter. Stir until smooth. Simmer gently for 5 minutes or until the chicken is cooked through (don't allow the sauce to boil or it will separate).
- 4** Meanwhile, cook the broccoli and snow peas in steamer set over a saucepan of simmering water for 2-3 minutes or until tender crisp.
- 5** Divide the chicken, sauce and vegetables among serving plates.

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Nutritional Information Per Serve*

Calories 406 // Protein 55.5g //
Fat Total 10.3g // Fat Saturated
2.7g // Carbohydrates 21.2g
// Sugars 20.0g // Sodium
453.5mg // Dietary Fibre 3.2g

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

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