



HEALTHY RECIPES

for catering at facilities
and sports clubs



CITY OF GREATER
BENDIGO

INTRODUCTION

The aim of this recipe book is to showcase some of the simple recipes your facility or club can make to inspire healthy options in your canteen, at training nights, community events, or morning and afternoon teas. By offering a greater range of healthier food options, it will also support your facility or club to meet the City of Greater Bendigo's Healthy Facilities Policy and other Local Government policies and plans.

The recipes in this book are sourced from the Healthy Eating Advisory Service, Live Lighter, Western District Health Service, Sports Focus and the Healthy Food Guide.





CONTENTS

Snacks/light meals

Savoury snacks

Spinach and cheese muffins	4
Scones	5
Zucchini and egg slice	6
Hummus dip	7
Tzatziki dip	8

Sweet snacks

Banana bread	9
Muesli, fruit and yoghurt cups	10
Banana and raspberry muffins	11
Date and oat bliss balls	12
Fruit smoothie	13

Hot meals

Soups

Pumpkin soup	14
Hearty vegetable soup	15

Pasta

Creamy mushroom pasta	16
Pasta bake	17
Spaghetti bolognese	18
Beef and vegetable lasagne	19
Basil pesto pasta	20

Burgers

Roast beef and gravy roll with coleslaw	21
Grilled chicken burger	22

Other

Stuffed baked potato	23
Roast beef with vegetables	25
Ham and pineapple pizza	26
Further resources and support	27

ABBREVIATIONS

g = grams

kg = kilograms

L = litre

mL = millilitre

tsp = teaspoon

Tbs = tablespoon



SPINACH AND CHEESE MUFFINS

INGREDIENTS

	12 regular muffins or 24 mini muffins	24 regular muffins or 48 mini muffins
Self-raising flour, sifted	2 cups	4 cups
Baking soda	1 tsp	2 tsp
Baby spinach, finely chopped (or frozen)	2 cups	4 cups
Tasty cheese, grated	1 cup	2 cups
Milk	1 cup	2 cups
Canola or vegetable oil	¼ cup	½ cup
Eggs, lightly beaten	2	4

METHOD

1. Preheat oven to 200 degrees.
2. Lightly grease muffin trays (regular or mini) or line trays with paper cases.
3. Combine flour and baking soda in a bowl.
4. Add spinach and cheese. Stir to combine.
5. Combine milk, oil and eggs in another bowl. Add to flour mixture and mix until just combined.
6. Spoon mixture evenly into muffin trays or cases.
7. Bake for 15-20 minutes or until a skewer inserted comes out clean.

Recipe sourced from the [Healthy Eating Advisory Service](#).



SCONES

INGREDIENTS

	12 serves	24 serves
Self-raising flour	2 cups	4 cups
Low-fat margarine	1 Tbs	2 Tbs
Skim or low-fat milk	¾ cup	1 ½ cups

SCONE FLAVOUR VARIATIONS:

Pumpkin

- Add 1 tablespoon sugar, ¾ cup cooked, mashed pumpkin and 1 beaten egg to flour (in method, step 2 of basic scone recipe – for 12 serves)
- Add milk as required to mix to a soft dough. Shape and cook as per above basic scones recipe

Cheese and chives

- Add 1 cup grated cheese, 1 beaten egg and 2 tablespoons of chopped chives (in method, step 2 of basic scone recipe – for 12 serves)
- Add milk as required to mix a soft dough. Shape and cook as per above basic scone recipe

Recipe sourced from the [Healthy Food Guide](#).

METHOD

1. Preheat oven to 220 degrees.
2. Sift flour and salt. Rub spread into dry ingredients. Add milk and mix to a soft dough. Add a little extra milk if needed.
3. Turn onto a lightly floured board. Knead lightly until smooth. Roll out to 2cm-thick dough and cut into 12 equal-sized shapes using a cutter or knife.
4. Arrange on a lightly oiled baking tray and brush tops with milk. Bake for 10-15 minutes until set and golden brown. Cool on a wire rack.

TIPS

- Serve with sliced strawberries and low-fat Greek yoghurt
- For scone flavour variations, try: pumpkin; cheese and chives (recipes to the left)
- Can be cooked and stored in the freezer for serving later





ZUCCHINI AND EGG SLICE

INGREDIENTS **6 serves** **25 serves** **60 serves**

Eggs	6	25	60
Self-raising flour	¾ cup	2½ cups	6 cups
Zucchini, grated	3	18	30
Carrot, grated	2	7	12
Corn kernels, frozen	150g	600g	1.5kg
Cheese, grated	¾ cup	300g	750g
Onion, finely chopped	1 small	2 large	6 large
Olive or canola oil	to grease dish	to grease dish	to grease dish

METHOD

1. Preheat oven to 180 degrees.
2. Beat the eggs, then slowly add flour, zucchini, carrot, corn, cheese and onion.
3. Pour the egg mixture into a greased baking dish.
4. Bake for 30 to 40 minutes or until slightly browned on top and set in the centre.
5. Cut into slices.

TIPS

- Suitable to make ahead of time and freeze
- Can be served hot or cold
- Serve with a salad or vegetables to boost vegetable intake and to add colour to the plate

Recipe sourced from the [Healthy Eating Advisory Service](#).



HUMMUS DIP

INGREDIENTS

6 serves 25 serves 60 serves

1 serve = approx. 1 heaped Tbs

Canned chickpeas	150g	620g	1.5kg
Olive oil	1 Tbs	½ cup	1 cup
Garlic, crushed	½ tsp	1 Tbs	2 Tbs
Tahini	2 tsp	2 Tbs	5 Tbs
Cumin, ground	½ tsp	1 tsp	2 tsp
Lemon juice to taste	as required	as required	as required

Recipe sourced from the [Healthy Eating Advisory Service](#).

METHOD

1. Drain chickpeas and rinse with water.
2. Combine all ingredients in a food processor with oil and blend until smooth.

TIPS

- Can be prepared ahead of time
- Can be used as a delicious spread on toast or as a sandwich filling
- Can be used alongside fresh vegetable sticks and served as a healthy snack





TZATZIKI DIP

INGREDIENTS

6 serves 25 serves 60 serves

1 serve = approx. 1 heaped Tbs

Lebanese cucumber, grated	80g (approx. 1)	350g (approx. 4)	850g (approx. 10)
Low-fat natural yoghurt (plain)	100g	400g	1kg
Garlic, crushed	½ tsp	1 tsp	1 Tbs
Cumin, ground	¼ tsp	½ tsp	1 tsp

METHOD

1. Grate cucumber and squeeze out excess liquid with your hands. Discard excess liquid.
2. Combine all ingredients in a bowl and mix well.

TIPS

- Add lemon juice to taste
- Can be prepared ahead of time
- Can be added to sandwiches and wraps or drizzled over salad as an alternative to mayonnaise
- Can be used alongside fresh vegetable sticks and served as a healthy snack



BANANA BREAD

INGREDIENTS

	1 loaf (12 serves)	2 loaves (24 serves)
Very ripe bananas	3	6
White self-raising flour	1 cup	2 cups
Wholemeal self-raising flour	1 cup	2 cups
Brown sugar	¼ cup	½ cup
Cinnamon, ground	1 tsp	2 tsp
Milk	½ cup	1 cup
Eggs, lightly beaten	2	4
Canola or vegetable oil	¼ cup	½ cup
Vanilla essence	1 tsp	2 tsp
Olive oil or canola oil	to grease dish loaf tin	to grease dish loaf tin

Recipe sourced from the [Healthy Eating Advisory Service](#).

METHOD

1. Preheat oven to 200 degrees.
2. Mash bananas with a fork.
3. In a large bowl, sift the flours with the sugar and cinnamon. Stir in the mashed banana.
4. In a separate bowl, combine milk, eggs, oil and vanilla essence.
5. Add the liquid to the flour mixture and fold to combine. Do not over mix.
6. Spoon the mixture into a prepared loaf tin.
7. Bake for 40 to 45 minutes until cooked and brown on top.

TIPS

- Can be cooked and stored in the freezer for serving later
- Can be eaten hot or cold





MUESLI, FRUIT AND YOGHURT CUPS

INGREDIENTS

	Small	Large
Muesli, untoasted or unsweetened breakfast cereal	¼ cup	¾ cup
Fresh, frozen or canned fruit	½ cup	1 cup
Yoghurt, reduced fat	¾ cup	1 ½ cups

METHOD

Layer the ingredients into appropriate serving size cups, muesli, yoghurt and finish with fruit.

Recipe sourced from [LiveLighter](#).



BANANA AND RASPBERRY MUFFINS

INGREDIENTS

	12 serves (24 mini muffins)	24 serves (48 mini muffins)
Ripe bananas	2 large	4 large
Vanilla essence	1 tsp	2 tsp
Baking soda	¼ tsp	½ tsp
Skim or low-fat milk	¾ cup	1 ½ cups
Egg	1	2
Canola oil (or other poly or monounsaturated oil)	⅓ cup	⅔ cup
Self-raising flour, white	1 cup	2 cups
Self-raising flour, wholemeal	1 cup	2 cups
Cocoa	1 Tbs	2 Tbs
Sugar	¼ cup	½ cup
Raspberries, frozen	1 cup	2 cups

Recipe sourced from the [Healthy Eating Advisory Service](#).

METHOD

1. Pre-heat oven to 200 degrees.
2. In a medium bowl, mash the bananas with a fork and mix in vanilla essence.
3. Add the baking soda and milk.
4. In a separate bowl, lightly beat the eggs and add the oil, then add the banana mixture, stirring well.
5. In a large bowl, sift the flours and cocoa together, then add the sugar.
6. Make a well in the centre of the flour mix. Slowly add the liquid ingredients and the raspberries, then fold to combine. Be careful not to over stir.
7. Pour mixture directly into non-stick muffin trays, or line with paper cases, and bake for 20–25 minutes.
8. Take muffins out of tray and allow to cool on a cake rack.

TIPS

- For variety, replace the raspberries with different types of seasonal fruit, frozen fruit or canned fruit, such as canned peaches (in natural juice)
- Can be frozen and defrosted to serve at a later date





DATE AND OAT BLISS BALLS

INGREDIENTS	12-16 serves	24-28 serves
Rolled, Quick Oats	2 cups	4 cups
Dried medjool dates, pitted	2 cups	4 cups
Cinnamon	2 tsp	4 tsp
Honey	2 Tbs	4 Tbs
Desiccated coconut	to coat	to coat

Recipe sourced from the [Healthy Eating Advisory Service](#).

METHOD

1. Process the oats, dates and cinnamon in a food processor.
2. Add the honey and mix with a wooden spoon or spatula to make a sticky consistency.
3. Roll 1 teaspoon of the mixture into a ball, repeat until all the mixture is used.
4. Lightly roll each ball in coconut then refrigerate for 30 mins before serving.

TIPS

- For variation, you can replace the dates with another type of dried fruit, such as apricots



FRUIT SMOOTHIE

INGREDIENTS	6 serves	25 serves	60 serves
Low-fat milk	600mL	2.5L	6L
Low-fat yoghurt	300mL	1.75L	3L
Chopped fruit (see tips)	1½ cups	5 cups	15 cups

Recipe sourced from the [Healthy Eating Advisory Service](#).

METHOD

1. Blend milk, yoghurt and chopped fruit in blender until smooth.
2. Pour and serve straight away.

TIPS

- Try the following fruit ideas: bananas, strawberries, blueberries, canned peaches, frozen berries





The below recipes can be used for canteen meals, dinners and lunches

PUMPKIN SOUP

INGREDIENTS	6 serves	25 serves	60 serves
Onion, finely chopped	1 medium	2 medium	4 medium
Garlic, crushed	1 clove (5g)	2 cloves (10g)	3 cloves (15g)
Pumpkin, peeled, diced and seeds removed	1kg	4kg	10kg
Red lentils (washed and strained)	120g	500g	1.2kg
Reduced salt vegetable stock	1L	4L	10L
Natural yogurt	¼ cup	1 cup	2 ½ cups
Wholemeal bread (to serve)	6 slices	25 slices	60 slices

METHOD

1. Cook onion and garlic in oil on low heat until soft.
2. Add pumpkin, red lentils and stock.
3. Bring to the boil. Reduce heat and simmer until pumpkin and lentils are tender.
4. Blend until smooth.
5. Serve soup with a spoon of natural yoghurt and a slice of wholemeal bread.

Recipe sourced from the [Healthy Eating Advisory Service](#).



HEARTY VEGETABLE SOUP

INGREDIENTS	10 serves	15 serves	25 serves
Olive oil	1 Tbs	2 Tbs	3 Tbs
Onions, finely chopped	1 medium	1 ½ medium	2 ½ medium
Butternut pumpkin, peeled, seeds removed and diced	650g	1kg	1.65kg
Carrots, diced	2 large	3 large	5 large
Potatoes, diced	2 large	3 large	5 large
Leek, washed and thinly sliced	1	1 ½	2 ½
Reduced salt vegetable stock	750mL	1L	1.75L
Water	750mL	1L	1.75L
Brown lentils, canned, drained and rinsed	1 x 400g can	2 x 400g cans	3 x 400g cans
Wholegrain or wholemeal bread rolls (to serve)	10	15	25

METHOD

1. Heat oil in a large saucepan.
2. Add onion, pumpkin, carrots, potatoes and leek. Cook over a medium to high heat for 3 to 4 minutes.
3. Pour in stock, water and lentils.
4. Bring to the boil and then reduce the heat and simmer, covered, for 30 minutes.
5. Serve the soup with a bread roll or a slice of crusty bread.

Recipe sourced from the [Healthy Eating Advisory Service](#).





CREAMY MUSHROOM AND SPINACH PASTA BAKE

INGREDIENTS	5 serves	10 serves	50 serves
Margarine	50 grams	100 grams	450 grams
Brown onion, chopped	1	2	3
Garlic, crushed	1 Tbs	2 Tbs	4 Tbs
Mushroom - Button, sliced	200g	400g	1.5kg
Mushroom - Portobello, sliced	100g	200g	500g
Reduced salt vegetable stock	250ml	300ml	450ml
Plain flour	¾ cup	1.5 cups	4 ¾ cups
Low-fat milk	900ml	1.2L	4L
Black pepper, cracked	½ tsp	1 ½ tsp	1 Tbs
Spinach	250g	500g	2kg
Penne pasta	400g	800g	2.5kg
Low-fat cheese	¾ cup	1 ¾ cups	4 cups

METHOD

1. Preheat the oven to 170 degrees.
2. In a large pot melt the margarine, add the onion and the garlic, cook until soft.
3. Add the mushrooms and cook down for 10-15 minutes.
4. Add the flour, stir in well, add in the cold stock and whisk until a thick sauce forms.
5. Pour in the milk and whisk again to ensure no lumps, turn down to a simmer and cook for 25-35 minutes or until flour taste is cooked out.
6. In the meantime, bring a large pot of water to the boil and cook the pasta al dente, drain.
7. Add the pepper and the spinach to the sauce, stir well.
8. Tip the drained pasta into the sauce and stir well, pour into a baking tray and cover the top with cheese.
9. Bake in the oven for 15-20 minutes or until cheese has melted and begun to brown.

Recipe sourced from [Western District Health Service](#) (2021). GREEN recipe booklet: Creamy mushroom and spinach pasta bake. Pg. 150.



PASTA BAKE

INGREDIENTS	6 serves	25 serves	50 serves
Pasta	500g	1.5kg	3kg
Vegetarian sausages, sliced	375g	1.2kg	2.4kgs
Crushed tomatoes	1 x 400g can	3 x 400g cans	6 x 400g cans
Celery stalks, chopped	3	9	15
Green capsicum, chopped	1	3	9
Carrots, grated	2	6	10
Reduced salt vegetable stock	250ml	750ml	1.5L
Dried mixed herbs	1 tsp	3 tsp	6 tsp
Minced garlic	½ tsp	2 tsp	6 tsp
Soy sauce (salt reduced)	1 Tbs	3 Tbs	6 Tbs
Low-fat tasty cheese, grated	½ cup	1 ½ cups	3 cups

METHOD

1. Preheat oven to 180 degrees.
2. Cook macaroni according to packet instructions until al dente.
3. Drain well. Place in a large bowl until all the other ingredients, except for the cheese.
4. Stir until well combined. Transfer to a 3L ovenproof casserole dish.
5. Sprinkle cheese over the top, and bake for 30-40 minutes or until heated through and the cheese is golden and bubbling.

Recipe sourced from Sports Focus.





SPAGHETTI BOLOGNESE

INGREDIENTS

	6 serves	25 serves	60 serves
Spaghetti pasta (uncooked)	1 ½ cups	6 cups	15 cups
Brown onion, finely chopped	1 small	2 large	4 large
Carrot, finely chopped	1 large	4 large	10 large
Celery, finely chopped	2 stalks	8 stalks	20 stalks
Zucchini, grated	1 large	4 large	10 large
Brown lentils (canned)	1 x 125g can	1 x 400g can	3 x 400g cans
Olive or canola oil	½ Tbs	2 Tbs	3 Tbs
Garlic, crushed	1 clove	2 cloves	3 cloves
Lean beef mince	400g	1.75kg	4kg
Crushed tomatoes, reduced salt	1 x 800g can	3 x 800g cans	8 x 800g cans
Dried basil	½ tsp	1 tsp	1 ½ tsp
Dried oregano	½ tsp	1 tsp	1 ½ tsp
Grated cheddar or parmesan cheese	¼ cup	1 cup	4 cups

METHOD

1. Cook pasta according to packet instructions.
2. Finely chop onion, carrot and celery.
3. Grate zucchini.
4. Drain and rinse lentils.
5. Heat oil in a large frying pan over a medium heat.
6. Add onion, garlic, carrot, celery and zucchini. Cook, stirring for 3 to 4 minutes until onion is tender.
7. Add mince. Cook, stirring and using a wooden spoon to break up lumps of meat, for 5 to 6 minutes until browned.
8. Add tomatoes, lentils, basil and oregano to pan.
9. Reduce heat to medium-low. Cook covered, stirring occasionally, for at least 30 minutes or until sauce has thickened slightly.
10. Serve pasta with sauce over the top and a sprinkle of grated cheese.

Recipe sourced from the [Healthy Eating Advisory Service](#).



BEEF AND VEGETABLE LASAGNE

INGREDIENTS	6 serves	25 serves	60 serves
Brown onion, finely chopped	1 small	2 large	4 large
Carrot, finely chopped	1 large	4 large	10 large
Celery, finely chopped	2 stalks	8 stalks	25 stalks
Zucchini, grated	1 large	4 large	10 large
Brown lentils (canned)	1 x 125g can	1 x 400g can	3 x 400g cans
Olive or canola oil	½ Tbs	2 Tbs	3 Tbs
Garlic, crushed	1 clove	2 cloves	3 cloves
Lean beef mince	400g	1.75kg	4kg
Reduced salt crushed tomatoes	1 x 800g can	3 x 800g cans	8 x 800g cans
Dried basil	½ tsp	1 tsp	1 ½ tsp
Dried oregano	½ tsp	1 tsp	1 ½ tsp
Instant lasagne sheets	225g	1kg	2.25kg
Ricotta cheese	375g	1.5kg	3.5kg
Parmesan cheese or grated cheese	¼ cup	1 cup	2 ½ cups

METHOD

1. Finely chop onion, carrot and celery, and grate zucchini.
2. Drain and rinse lentils.
3. Heat oil in a large frying pan over a medium heat. Add onion, garlic, carrot, celery and zucchini. Cook, stirring for 3 to 4 minutes until onion is tender.
4. Add mince. Cook, stirring and using a wooden spoon to break up mince, for 5 to 6 minutes until browned.
5. Add tomatoes, lentils, basil and oregano to pan. Reduce heat to medium-low. Cook covered, stirring occasionally, for at least 30 minutes or until the sauce has thickened slightly.
6. While the sauce is cooking, preheat oven to 200 degrees.
7. Place a small spread of meat sauce on the base of a large baking dish.
8. Place lasagne sheets over the sauce in a single layer.
9. Add a second layer of meat sauce and half the ricotta cheese.
10. Continue layering lasagne sheets and meat sauce, repeating until the dish is almost full. Finish with a layer of meat sauce.
11. Top with remaining ricotta cheese and sprinkle with parmesan or grated cheese.
12. Bake in oven for approximately 45 minutes to 1 hour, until cooked through and top is golden.



Recipe sourced from the [Healthy Eating Advisory Service](#).



BASIL PESTO PASTA

INGREDIENTS	5 serves	10 serves	50 serves
Basil pesto, jar	½ cup	1 cup	5 cups
Pasta (any type)	300g	600g	3kg
Shallots, peeled in half	2	4	8
Red capsicum, diced	1	2	10
Cracked pepper	¼ tsp	½ tsp	1 Tbs
Parsley fresh or dried	¼ cup	½ cup	2 ½ cups

METHOD

1. Bring a pot of water to the boil, cook the pasta as per instruction to al dente.
2. In the meantime, heat a large pan or pot spray lightly with olive oil spray, add the shallots and a splash of water, fry off the shallots until brown, caramelised and softening.
3. Add the capsicum to the pan and fry (stirring) for 3-5 minutes, until softened slightly.
4. Add the pesto and mix together, use some of the pasta cooking water to loosen the sauce.
5. Add drained pasta and toss until well combined, portion into serving bowls sprinkle with the rough chopped parsley and pepper.

Recipe sourced from [Western District Health Service \(2021\)](#). GREEN recipe booklet: Basil Pesto Pasta. Pg. 147.



ROAST BEEF AND GRAVY ROLL WITH COLESLAW

INGREDIENTS	5 serves	10 serves	50 serves
Wholemeal bread roll, sliced horizontally	5 rolls	10 rolls	50 rolls
Roast beef, sliced	10 slices	20 slices	100 slices
Mayonnaise, light/reduced fat	5 tsp	10 tsp	50 tsp
Red cabbage, shredded	¾ cup	4 large	10 large
Carrots, shredded	¾ cup	1 ½ cup	6 cups
Red onion, thinly sliced	1 small red onion	2 ½ small red onions	12 small red onions
Baby spinach leaves	¾ cup	1 ¼ cup	6 cups
Salt reduced gravy	3 Tbs	6 Tbs	30 Tbs
Pepper (to serve)			

METHOD

1. Combine cabbage, carrot, onion, spinach and mayonnaise in a bowl to create coleslaw and layer onto cut sides of each roll.
2. Add roast beef slices on the bottom half of each roll.
3. Place levelled teaspoons of salt reduced gravy into heatproof measuring jug (3 Tbs per 250ml boiling water), mix well with a fork for 1 minute until well combined. Drizzle over each roll. Season with pepper and top with remaining half of bread roll. Serve.





GRILLED CHICKEN BURGER

INGREDIENTS

	10 serves	15 serves	25 serves
Olive oil or canola oil	1 Tbs	1 ½ Tbs	2 Tbs
Chicken breast fillet, skinless	5 fillets	7 ½ fillets	12 ½ fillets
Mixed herbs, dry or fresh (finely chopped)	2 Tbs	3 Tbs	5 Tbs
Wholemeal or wholegrain bread rolls	10	15	25
Margarine, spread (as desired per roll)	1 large	4 large	10 large
Cos lettuce, washed	10 leaves	15 leaves	25 leaves
Tomatoes, sliced	5	8	13
Cucumber (small), sliced	2	3	5
Low-fat cheese, sliced	10 slices	15 slices	25 slices

METHOD

1. Slice chicken fillets in half.
2. Heat oil in a large frying pan over a medium heat, add chicken fillet and sprinkle with mixed herbs.
3. Cook chicken on each side for roughly 3 minutes (or until cooked through), remove from heat.
4. Slice bread rolls and spread with margarine.
5. Slice lettuce, tomato and cucumber.
6. Place each cooked fillet onto the base of a sliced bread roll and top with lettuce, tomato, cucumber and cheese.

TIPS

- For variety add extra ingredients as desired such as avocado, beetroot, carrot, onion or pineapple

Recipe sourced from the [Healthy Eating Advisory Service](#).

STUFFED BAKED POTATO

INGREDIENTS

4 whole potatoes
(or as many as you wish to cook/cater for), use one large potato per person.

Choose from optional fillings:

- Low-fat cheese, grated
- Tomatoes, chopped
- Carrot, grated
- Cabbage, thinly sliced
- No added salt baked beans
- Canned tuna in spring water, drained
- Canned no added salt corn kernels, drained
- Spoonful of low-fat natural yoghurt

METHOD

1. Preheat oven to 200 degrees (180 degrees fan forced).
2. Place potatoes in an ovenproof dish and cook for 50 minutes, or until tender.
3. Make 2 cuts in an 'X' shape, across the top of each potato.
4. Carefully open out halfway to the base, flattening slightly to hold open.
5. Fill with desired filling.

TIPS

- Cook potatoes in microwave instead of the oven (prick each with a fork before cooking) for an even quicker way of preparing this potato dish
- Serve with a side salad for a complete meal

Recipe sourced from [LiveLighter](#).





Recipe sourced and adapted from Narelle Bickford, local Chef and Nutritionist.



ROAST BEEF WITH VEGETABLES

INGREDIENTS	5 serves	10 serves	50 serves
Topside roast beef (rib roast or rolled)	1.8kg	4.5kg	10kg
Olive oil	3 Tbs	4 Tbs	8 Tbs
Butter, at room temperature	2 Tbs	4 Tbs	8 Tbs
Potatoes, cut in half (similar/ even sizes)	6 potatoes	24 potatoes	50 potatoes
Brown onion, finely chopped	1	3	6
Carrot, finely chopped	1	3	6
Garlic cloves, finely chopped	1	3	6
Salt reduced vegetable stock	300ml	900ml	1.5L
Canned tomatoes	1 x 400g can	3 x 400g cans	6 x 400g cans
Dried or fresh herbs	1 Tbs	3 Tbs	6 - 7 Tbs
Plain flour	1 Tbs	3 Tbs	6 Tbs

METHOD

This method of roasting is suited well with medium quality joints of beef. The meat should be boned, rolled and tied securely.

- Pre heat oven to 220 degrees.
- Heat 2 teaspoons of oil in a deep flame-proof casserole dish in which the meat will fit in snugly (if you don't have a flame-proof casserole dish you can use a large frying pan then transfer to a roasting pan).
- Fry the meat in the casserole dish (or frying pan), turning to brown each side.
- Remove meat from casserole dish, place onto a clean plate and season all over with garlic and herbs.
- Place the potatoes, 1 tablespoon of butter and 1 teaspoon of remaining oil in a bowl. Use your hands to rub the butter and oil evenly over potatoes. Arrange potatoes in a single layer around beef.
- Return beef to the casserole dish, add onion and arrange potatoes in a single layer around it and cover with foil.
- Cook beef with potatoes in preheated oven, basting the beef with pan juices once during cooking for 1 hour to keep moist.
- Place remaining oil and butter in another roasting pan, place in oven for 5 minutes until butter melts. Add carrots and toss to coat well and cook for 30 minutes or until beef is medium or cooked to your liking.
- Take meat out and place on a clean serving plate, cover loosely with foil, set aside for 15 minutes to rest.
- While beef is resting, transfer potatoes to a tray lined with baking paper. Increase oven to 250 degrees and continue to cook while beef is resting. Remove from oven when lightly browned.
- To make gravy, strain pan juices from the roasting pan into a heatproof jug. Return 2 tablespoons of pan juices to the roasting pan (or saucepan) and heat over high heat. Add the flour and cook, stirring for 1 minute. Gradually add the stock and continue to boil uncovered, stirring occasionally, for 8-10 minutes or until gravy reduces and thickens slightly. Strain gravy into warm serving jug.
- Alternatively, serve with salt-reduced gravy (follow packet directions).
- Carve beef across the grain and serve with gravy, roast potatoes and carrots.





HAM AND PINEAPPLE PIZZA

INGREDIENTS	4-6 serves	25 serves	50 serves
Pizza base	1 x 30cm round pizza base	3 x 30cm round pizza base	6 x 30cm round pizza base
Pizza sauce (tomato paste)	1/3 cup	1 cup	2 cups
Brown onion, finely chopped	1	3	6
Green capsicum, finely sliced	1	3	6
Lean sliced ham, chopped	150g	300g	600g
Corn kernels	1 x 130g can	3 x 130g cans	6 x 130g cans
Pineapple pieces	1 x 225g can	3 x 225g cans	6 x 225g cans
Low-fat mozzarella cheese	1/2 cup	1.5 cups	3 cups

METHOD

1. Preheat oven to 200 degrees.
2. Place pizza on an oven tray (lined with baking paper).
3. Spread pizza sauce (tomato paste) on pizza base, leaving a 2cm gap around the edge.
4. Sprinkle the toppings evenly over the base and top with cheese.
5. Bake for 30 minutes or until base is crisp and the cheese lightly browned.

Recipe sourced from Sports Focus.

NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

FURTHER RESOURCES AND SUPPORT

For more healthy recipe ideas, please visit the following websites:

- **Nutrition Australia**
nutritionaustralia.org/category/recipes
- **Healthy Eating Advisory Service**
heas.health.vic.gov.au
- **Dietitians Australia**
dietitiansaustralia.org.au/health-advice/recipes
- **Live Lighter**
livelighter.com.au/recipe



For more information about how to meet the City of Greater Bendigo’s Healthy Facilities Policy, please contact the Healthy Communities team at the City of Greater Bendigo on 1300 002 642.

