



Fuss-free nutrition every day

When life gets busy it's important to have favourite recipes you can rely on to prepare healthy meals fast. Welcome to *5 ingredient meals*, a collection of tasty recipes that are low on ingredients and high on simplicity

Simplicity at heart

We all get busy, especially during the week, so it's helpful to have meals we can put together quickly and without fuss. With this in mind, WW has created this collection of recipes to help make the juggle easier. These flavoursome recipes use no more than five main ingredients, plus a few pantry essentials, such as seasonings, spices and cooking oil—so it's simple for you to whip up tasty meals with minimum hassle. With chicken and turkey, fish, veggie, meat and dessert ideas, there's plenty to please everyone.

Healthier meals in a flash

Haven't planned ahead and need some last-minute menu options? Make our emergency meals on page 8 and our DIY lunch builder on page 10 your go-to meal options for when life gets full. Both are designed to give you a wide variety of nutritious meal ideas and use simple, easy-to-remember ingredients and steps.

SmartPoints variety

Though these recipes are designed to minimise time in your kitchen, we spent considerable time in *ours* planning each meal's SmartPoints value to help you make healthier decisions about what you want to eat. With lots of low SmartPoints meals to select from, *5 ingredient meals* gives you plenty of delicious ways to stay within your daily SmartPoints budget. So even when you're choosing to be healthier, you can enjoy the foods you love.

Set for wellness

Restore some balance in busy times by simplifying how you do things in the kitchen. Try our clever shortcuts for meal prep on page 11 and stock up on the essential pantry items on page 6 to guarantee meals are always full of flavour. Throughout this cookbook you'll also find helpful cook's tips, adds and swaps to help you personalise recipes to suit your dietary preferences.

Some simple tips from our experts

If you get into the habit of making tomorrow's meal today, you never have to go without healthy food. Get ahead of Monday on Sunday, and the rest of the week is easier.

Dr. Michelle Celander
WW Program & Content Director
PhD, Dietitian

Take stock of what's in your pantry and fridge before you do the grocery shop. This will ensure you've always got staple ingredients on hand to whip up a quick meal.

Nicole Stride
WW Program Dietitian
Dietitian, former WW Coach

Miso paste will transform any leftover vegies into a heart-warming soup in minutes. Just combine with your choice of protein—the variations are endless.

Lucy Kelly
WW Senior Food Editor
Recipe developer

**SPICED SALMON
& RICE SALAD**
Recipe on page 50



Pantry essentials

Keeping a well-stocked pantry means you can transform just a few simple ingredients into tasty meals quickly and easily. Here's a list of the pantry ingredients used throughout this book. You'll be able to use them in multiple recipes, so they're a good investment. Most have a long shelf life, but regularly check best-before dates as some pantry ingredients, such as herbs and spices, can lose flavour over time. We've also included fresh garlic here as it's called for in so many recipes, but you could also use dried garlic powder or ready-to-use minced garlic from a jar.

HERBS & SPICES
 Dried mixed herbs
 Fennel seeds
 Cayenne pepper
 Cumin seeds
 Bay leaves
 Paprika
 Dried chilli flakes
 Ground cumin
 Ground coriander
 Mild curry powder
 Dried thyme
 Za'atar

FLAVOURINGS
 Fresh garlic
 Gluten-free stock cubes (vegetable, chicken and beef)
 Mustard (Dijon)

SAUCES
 Tomato sauce
 Soy sauce

OILS
 Oil spray
 Olive
 Canola

VINEGARS
 Apple cider
 Balsamic
 White wine
 Red wine

SEASONINGS
 Salt
 Black pepper

SWEETENERS
 Honey
 Caster sugar

BASICS
 Plain flour



Chicken tikka & pickled onion pizzas

serves: 4 prep: 15 minutes + pickling & resting cooking: 30 minutes



1 red onion, thinly sliced
2 x 250g skinless chicken breasts
2½ tbs tikka curry paste
2½ tbs 99% fat-free plain yoghurt
4 mini naan breads (see Cook's tip)

FROM THE PANTRY

1 tsp cumin seeds
¼ cup (60ml) red wine vinegar
1 tbs caster sugar

- 1 Heat oven grill to medium and lightly spray a baking tray with oil.
- 2 Toast cumin seeds in a small frying pan over medium heat until fragrant. Set aside.
- 3 Combine onion and half the toasted seeds in a medium bowl. Heat vinegar, sugar and a pinch of salt in same pan over medium heat and simmer until sugar has dissolved. Pour vinegar mixture over onion and stir to combine. Leave to pickle for 30 minutes.
- 4 Meanwhile, toss chicken and 2 tablespoons of tikka paste in a large bowl to coat. Place on prepared tray and lightly spray with oil. Cook under grill for 20 minutes, turning halfway, or until cooked through. Leave to rest for 10 minutes, then cut into strips. Meanwhile, combine yoghurt and remaining tikka paste in a small bowl.
- 5 Place naan breads under grill for 2 minutes to heat through. Top naan with chicken and pickled onion. Drizzle with tikka yoghurt and scatter over remaining cumin to serve.

7 SmartPoints value per serve

0 Add fresh coriander leaves to serve.

Cook's tips

You can use 2 large naan bread cut in half if mini naan bread is not available at your local supermarket.

For a more intense cumin flavour, lightly crush the seeds with a pestle and mortar after toasting them in the pan.

Easy fish stew

serves: 4 prep: 10 minutes cooking: 35 minutes



2 red onions, thinly sliced
400g can diced tomatoes
300g marinara mix
100g baby spinach leaves

FROM THE PANTRY

2 garlic cloves, thinly sliced
1 tsp dried chilli flakes
2 tsp dried mixed herbs
200ml vegetable stock, made with 1 gluten-free stock cube

- 1 Lightly spray a large non-stick frying pan with oil and heat over medium heat. Cook onions for 10 minutes or until softened and starting to caramelize—add a splash of water if they start to stick to pan. Add garlic and cook for a further 1 minute.
- 2 Add tomatoes, chilli, herbs and stock to pan. Bring to the boil. Reduce heat and simmer for 20 minutes.
- 3 Add marinara mix and spinach and gently stir to coat in sauce. Season with salt and pepper. Gently simmer for 5 minutes or until fish is cooked through and starts to flake and spinach has wilted. Serve.

0 SmartPoints value per serve

+4 Add 1 x 50g crusty wholemeal bread roll per serve.