

Dinner



Chicken & vegetable noodle bowl

prep 10 min cook 10 min serves 4

5 4 4 SmartPoints value per serve



2 tsp finely chopped fresh ginger
350g skinless chicken breasts, thinly sliced
1L (4 cups) chicken stock
1 large carrot, shredded
1 red capsicum, thinly sliced
6 green shallots, thinly sliced
1 cup (45g) frozen shelled edamame
3 cups (60g) baby spinach leaves
180g pkt shelf-fresh soba noodles
¼ cup (60ml) ponzu sauce or reduced-salt soy sauce
1 tsp sesame oil
½ cup chopped fresh coriander

- 1 Lightly spray a large saucepan with oil and heat over medium-high heat. Cook ginger, stirring constantly, for 30 seconds or until fragrant. Add chicken and cook, stirring constantly, for 3 minutes or until cooked through.
- 2 Increase heat to high and add stock, carrot, capsicum, shallots and edamame. Bring to the boil.
- 3 Stir in spinach, noodles and sauce. Cook for 2 minutes or until heated through. Remove from heat and stir in oil. Serve sprinkled with coriander.

Quick lamb biryani

prep 5 min cook 15 min serves 4

6 6 6 SmartPoints value per serve



400g diced lean lamb leg steak, fat trimmed
1 onion, thinly sliced
1 garlic clove, finely chopped
40g gluten-free Indian curry paste (such as rogan josh)
250g cooked basmati rice
1 tsp ground turmeric
1 tsp garam masala
200g broccoli, cut into small florets
100g baby spinach leaves
2 tbs lemon juice
5g toasted flaked almonds
75g tzatziki

- 1 Spray a large non-stick frying pan with oil and heat over high heat. Cook lamb, stirring, for 5 minutes or until browned. Add onion and cook, stirring, for 4 minutes. Add garlic and curry paste and cook, stirring, for 1 minute or until fragrant. Add rice, turmeric, garam masala and 2 tablespoons water and cook, stirring, for 3-4 minutes.
- 2 Meanwhile, cook broccoli in a large saucepan of boiling water for 2-3 minutes or until bright green and just tender. Drain. Add broccoli, spinach and lemon juice to rice mixture and cook, stirring to combine, for 1 minute or until the spinach has just wilted.
- 3 Sprinkle biryani with almonds and serve with tzatziki.





Turkish-style pizzas

prep 15 min cook 20 min serves 4

7 6 6 SmartPoints value per serve



400g turkey breast mince
 4 green shallots, sliced
 1 garlic clove, finely chopped
 ½ red capsicum, chopped
 2 tomatoes, coarsely chopped
 ½ tsp paprika
 ½ tsp ground cumin
 ½ tsp ground coriander
 2 tbs chopped fresh mint
 4 x 67g pita breads
 75g 99% fat-free plain yoghurt
 1 tsp tahini
 ½ tsp sumac
 40g pomegranate arils (seeds)

- 1 Preheat oven to 200°C. Lightly spray a large non-stick frying pan with oil and heat over high heat. Cook mince, stirring to break up, for 5 minutes. Add shallots, garlic, capsicum, tomatoes and spices and cook for a further 5 minutes. Stir in half the mint and season with salt and pepper.
- 2 Place pita breads on a baking tray. Top with mince mixture and bake for 10 minutes.
- 3 Meanwhile, combine yoghurt, tahini, sumac and half the remaining mint in a bowl. Serve pizzas topped with seeds, tahini sauce and remaining mint.

Cook's tip

If pomegranate seeds are not available, substitute with fresh lemon juice for a similar tart flavour.



Spaghetti calamari

prep 10 min cook 20 min serves 4

9 7 7 SmartPoints value per serve



2 tsp olive oil
 600g cleaned squid, cut into rings
 1 large onion, finely chopped
 1 long fresh red chilli, deseeded, finely chopped
 2 garlic cloves, crushed
 100ml dry white wine
 700g tomato passata (Italian tomato puree)
 240g dried spaghetti
 Pinch of caster sugar
 2 tbs finely grated parmesan cheese
 2 tbs chopped fresh basil

- 1 Heat oil in a large saucepan over high heat. Cook squid rings, stirring, for 2 minutes or until light golden. Season with salt and pepper. Transfer to a plate. Add onion, chilli and garlic to pan and cook, stirring, for 2-3 minutes or until softened. Add wine and simmer for 1 minute. Add passata and bring to the boil. Reduce heat and simmer, uncovered, for 10 minutes.
- 2 Meanwhile, cook pasta in a large saucepan of boiling salted water, following packet instructions. Drain. Add pasta and reserved squid rings to tomato mixture and cook for 1-2 minutes or until heated through. Season with salt, pepper and pinch of sugar. Serve sprinkled with parmesan and basil.

Spanish-style mussels

prep 5 min cook 40 min serves 4

12 6 6 SmartPoints value per serve



50g chorizo, diced
2 eschalots, finely chopped
1 garlic clove, crushed
3 tsp smoked paprika
2 x 400g cans diced tomatoes
200ml hot vegetable stock
1.5kg pot-ready mussels, drained
2 tbs finely chopped fresh flat-leaf parsley
4 x 40g slices sourdough bread
Lemon wedges, to serve

- 1** Heat a large heavy-based saucepan over high heat. Cook chorizo and eschalots, stirring, for 7-8 minutes or until chorizo is crisp and eschalots are softened. Add garlic and paprika and cook, stirring, for 1 minute or until fragrant.
- 2** Add tomatoes and stock and bring to the boil. Reduce heat and simmer, covered, for 25 minutes. Add mussels and stir to combine. Cook, covered, for 4-5 minutes or until mussels have opened. Discard any that remain shut. Stir in parsley. Serve with bread and lemon wedges.



Steak & caramelised onion sandwiches

prep 10 min cook 25 min serves 4

8 8 8 SmartPoints value per serve



1 large brown onion, thinly sliced
4 x 90g lean beef minute steaks
2 tbs low-fat mayonnaise
1 tsp finely grated lemon rind
2 tsp lemon juice
2 tsp horseradish sauce
8 x 35g slices sourdough bread, toasted
30g baby rocket leaves

- 1 Lightly spray a large non-stick heavy-based frying pan with oil and heat over medium-low heat. Cook onion for 20-25 minutes, stirring regularly, or until golden brown. Transfer to a plate and set aside.
- 2 Lightly spray pan again with oil and increase heat to high. Season steaks with salt and pepper. Cook for 1 minute each side. Transfer to a plate and set aside to rest for 2 minutes. Slice into strips.
- 3 Combine mayonnaise, rind, juice and horseradish sauce in a small bowl. Spread toast with mayonnaise mixture. Sandwich rocket, steak and onions between bread and serve immediately.



Harissa sausage tray bake

prep 15 min cook 35 min serves 4

7 7 5 SmartPoints value per serve



500g new potatoes, quartered
200g mixed cherry tomatoes, halved
2 red onions, cut into wedges
4 garlic cloves, unpeeled
8 x 58g extra-lean pork sausages
1½ tbs harissa paste
1½ tsp olive oil
1 red capsicum, chopped
1 yellow capsicum, chopped
1½ tbs chopped fresh coriander
Lemon wedges, to serve

- 1 Preheat oven to 200°C. Place potatoes, tomatoes, onions, garlic, sausages, harissa paste, olive oil and capsicums in a large baking dish and toss to combine. Season with salt and pepper. Bake 35-40 minutes, stirring halfway through, or until potatoes are golden and tender and sausages are cooked through.
- 2 Sprinkle with coriander and serve with lemon wedges.

Cook's tip

For a gluten-free version of this recipe, use gluten-free sausages.