

ONE POT WARMERS

Cookbook



MORE THAN 20 EASY & DELICIOUS ONE POT RECIPES the whole family will love!

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Tuna and Sweet Potato Bake



Seafood Stew with Sweet Potato



Lamb Tagine with Pistachios & Chickpeas

WELCOME!

As the weather starts to cool down we often crave comfort food, to give us energy and keep us warm. One Pot Warmer recipes are easy to prepare – everything is done in a single pot or pan – but they're also delicious comfort foods you can make with a healthy twist.

Soups, curries, pastas, stews and oven bakes are just some of the yummy meals you can put together in one pot. Load them up with fresh seasonal vegetables, high-fibre legumes and lean proteins to create really healthy options, nurturing you and your family.

One Pot Warmers are some of our favourite types of meals because they can be made in bulk and frozen, to keep the freezer stocked with easy-to-reheat meals. This will help to ensure you stay on track with your healthy lifestyle goals, as well as reducing the amount of time you spend in the kitchen.

These types of meals are also really kind on your budget as you can usually whip something up using whatever leftover ingredients you have in the fridge and pantry, to avoid food waste and save you money.

We've chosen some of our favourite One Pot Warmer recipes that are easy to prepare, budget- and family-friendly plus – most importantly – completely delicious! There are vegetarian, meat and seafood options, to suit all different tastes. And of course you can always customise the recipes to suit your family's needs and what you have on hand.

We hope you get inspired by these recipes to get cooking and storing up some delicious, healthy meals to keep you and your family warm and energised.

Enjoy!

*The Healthy
Mummy Team*





ONE POT WINTER WARMERS

Tips and tricks

When the weather starts to cool down, we often crave rich comfort foods like cheesy pasta bakes, creamy mash and decadent chocolate desserts. Some people believe this is because these types of meals stimulate serotonin production in our brains, which can be reduced due to the lack of sunny days.

Wanting to eat more in the colder months is also due to us needing extra calories to keep the body warm and energy levels up. Our ancestors would have increased their food consumption across winter, to survive tough environmental conditions.

There's nothing wrong with increasing the number of comfort foods in your diet during this season, as long as you're making these types of recipes in a healthy way and are balanced with your eating choices.

One Pot Warmer meals are a great option because they are nourishing, fill you up, boost energy and you can load them with healthy ingredients.



Tips to avoid overindulging in the colder months

- **Set aside a few meal-prep sessions** in the lead-up to winter. Load your freezer with nutritious one-pot meals and healthy snacks so you don't get caught out needing fast comfort food fixes like takeaway.
- **Make One Pot Warmer meals** like soup – ones that are really hydrating and loaded with nutrients.
- **Look out for seasonal fruit and vegetables** including citrus fruits, broccoli and cauliflower that can boost your immunity and keep you energised.
- **Be mindful of portion sizes or make healthy swaps** eg. swap white pasta for a high-fibre option, or swap milk chocolate for a dark chocolate alternative.
- **Continue with your exercise schedule** even if the weather is bad. Work out at home, or wear protective activewear and layers to keep you warm and dry.
- **Keep hydrated.** Drinking lots of cold drinks is not the most appealing thought when the weather is bad but room temperature water and herbal tea are good options.
- **Do nice things for yourself** like having a hot bath or shower. Take that time to warm up and lift your spirits.



Benefits of One Pot Warmers

1. They can be prepared in the slow cooker or oven

This means you just need to add all the ingredients and let the oven, stovetop or cooker do the rest of the hard work.

2. Healthy meals can be made in bulk

You can store leftovers in the freezer for easy-reheat meals another time.

3. They usually only require rice or pasta as an accompaniment

This, with the main meal reheated, makes dinner prep really quick.

4. They are nutrient-dense

All the nutrients from the healthy ingredients are cooked into the meals.

5. Cooking in bulk is easy on a budget

You can buy ingredients in bulk and choose cheaper cuts of meats or low-cost vegetables like potatoes, carrots and sweet potatoes as well as tinned legumes to add bulk, flavour and nutrients.

6. You can get the family involved

Since the meals are so simple to make, the kids can help you prepare ingredients and mix everything together to cook in one pot.

7. Cleaning is super-simple

Only one pot or pan to wash up, plus a couple of mixing spoons and serving plates – you gotta love that!

8. Meal planning is easy, too

You can double all recipes and repeat meal plans every fortnight.



VEGETARIAN





SWEET POTATO, CHICK PEA & BUCKWHEAT SOUP

■ Serves 4 ■ Prep time 5 mins ■ Cook time 40 mins

Ingredients

- 2 tbsp extra virgin olive oil
- 1 red onion, finely diced
- 3 cloves garlic, crushed
- 2 small zucchinis, diced
- 3 small sweet potatoes, peeled & cubed
- 1 cup raw buckwheat seeds
- 260g tinned chickpeas, rinsed & drained
- 400ml tomato passata
- 1 tbsp dried Italian herbs
- 1.2L water
- salt
- pepper
- 1/3 cup grated parmesan

Method

1. In a saucepan, heat oil over medium heat. Add onion, sautéing for 1-2 minutes, until translucent.
2. Add garlic, zucchini, sweet potato, buckwheat and chickpeas, stirring to combine. Cook for 1-2 minutes.
3. Add tomato passata, dried herbs and water. Season with salt and pepper, then bring to the boil. Reduce to a simmer and cover with a lid. Simmer for 30-40 minutes.
4. Divide between 4 bowls and serve sprinkled with parmesan.
5. Leftover soup can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

400cal/1680kJ

Protein 15g

Fibre 11.7g

Total Fat 9.5g

Carbs 65.6g

Sat Fat 3.1g

Total Sugar 12.7g

Free Sugar 0g*

NOTE: 'Free sugars' mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



CHEESY TACO PASTA

■ Serves 4 ■ Prep time 5 mins ■ Cook time 25 mins

Ingredients

- 1 tbsp extra virgin olive oil
- 1 red onion, diced
- 1 red capsicum, finely diced
- 2 cloves garlic, crushed
- 400g tinned brown lentils, rinsed & drained
- 1 small red chilli, sliced
- 3 tbsp taco seasoning, salt-reduced
- 2 cups water
- 400g tinned tomatoes, diced
- 100g wholemeal pasta, any shape
- 1 cup reduced-fat cheddar cheese, grated
- 1 cup plain corn chips, crushed
- 1/4 cup reduced-fat Greek natural yoghurt
- 2 tbsp fresh coriander, chopped

Method

1. In a saucepan, heat olive oil over medium-high heat. Add onion and capsicum, cooking for 3-4 minutes, until soft.
2. Add garlic, lentils, chilli and taco seasoning, stirring to combine. Cook for 2 minutes.
3. Add water, tinned tomatoes and pasta. Bring to the boil then reduce to a simmer. Cover and cook for 15 minutes, until pasta is tender.
4. Stir through grated cheese, until melted.
5. Divide taco pasta between 4 bowls. Top each with some crushed corn chips, a dollop of yoghurt and a sprinkle of coriander to serve.
6. Store leftovers (without corn chips) in an airtight container in the fridge for 3-4 days or freeze for up to 2 months. Add corn chips when ready to re-serve.

345cal/1444kJ

Protein 20g

Fibre 10g

Total Fat 12g

Carbs 34g

Sat Fat 4.7g

Total Sugar 7.8g

Free Sugar 0g



SLOW-COOKED MEDITERRANEAN PASTA

■ Serves 6 ■ Prep time 5 mins ■ Cook time 180 mins

Ingredients

- 1 tbsp extra virgin olive oil
- 1/2 red onion, sliced
- 800g tinned tomatoes
- 1/2 cup kalamata olives, pitted
- 1 tsp balsamic glaze
- 400g tinned artichokes, drained & sliced
- 1 tbsp fresh basil leaves, shredded
- 3 tbsp pine nuts
- 2 cups water
- 1/2 tsp dried oregano
- 300g wholemeal penne
- 2 cups baby spinach
- 2 tbsp grated parmesan

Method

1. In a slow cooker bowl, place all ingredients excluding spinach and parmesan. Mix well.
2. Cover and cook on high for 3 hours. Add more water if sauce is thickening too much once pasta starts to cook.
3. 15 minutes before the end of the cooking time, add baby spinach, stirring to combine and wilt.
4. Divide between 6 bowls and sprinkle with parmesan to serve.
5. Leftover sauce can be stored in an airtight container in the fridge for 4-5 days or frozen for up to 3 months.

409cal/1710kJ

Protein 11.2g

Fibre 10.9g

Total Fat 21.8g

Carbs 36.3g

Sat Fat 2.7g

Total Sugar 5.6g

Free Sugar 0g



SPINACH & SWEET POTATO LASAGNE

■ Serves 6 ■ Prep time 10 mins ■ Cook time 60 mins

Ingredients

- 480g frozen spinach
- 1 cup reduced-fat Greek natural yoghurt
- 12 free-range eggs
- 1½ tsp cinnamon
- pepper
- 3 small sweet potatoes
- cooking oil spray
- 600g tinned tomatoes
- 2 cups reduced-fat cheddar cheese, grated

Method

1. Preheat oven to 180°C. Defrost spinach and squeeze out excess water, then chop.
2. In a bowl, combine yoghurt, eggs and cinnamon. Season with pepper and stir until well combined. Add spinach, stirring to combine.
3. Slice unpeeled sweet potato into thin rounds.
4. Lightly spray a small baking dish with cooking oil.
5. Spoon half the tinned tomatoes into the bottom of the dish. Layer with half the sweet potato slices and top with half the yoghurt and spinach mixture. Add another layer of tomatoes and sweet potato, topping with remaining yoghurt mixture. Sprinkle with grated cheese.
6. Loosely cover baking dish with foil – don't let it touch cheese on top – and bake for 45 minutes. Remove foil for a final 15 minutes of baking.
7. Divide between 6 plates to serve.
8. Leftovers can be stored in an airtight container for 3-4 days or frozen for up to 3 months.

409cal/1710kJ

Protein 11.2g

Fibre 10.9g

Total Fat 21.8g

Carbs 36.3g

Sat Fat 2.7g

Total Sugar 5.6g

Free Sugar 0g



PUMPKIN, NUT & RICE CASSEROLE

■ Serves 4 ■ Prep time 10 mins ■ Cook time 45 mins

Ingredients

- 1 tsp extra virgin olive oil
- 1 brown onion, diced
- 2 cloves garlic, minced
- 1/2 cup brown rice, uncooked
- 1½ cups liquid vegetable stock, salt-reduced
- 4 cups pumpkin, peeled & diced
- 1/2 cup mixed nuts, finely chopped
- 1 cup reduced-fat cheddar cheese, grated

Method

1. Preheat oven to 200°C.
2. Heat a large ovenproof casserole dish over medium-high heat. Add oil and, once hot, add onion, cooking for 1-2 minutes, until soft. Add garlic, cooking for 30 seconds.
3. Add rice, stirring for 1-2 minutes before adding stock. Bring to the boil, then add pumpkin. Reduce to a simmer, cover and cook for 25 minutes, until rice and pumpkin are tender.
4. Scatter nuts and cheese over rice and pumpkin. Place in oven, uncovered, for 5-10 minutes, until cheese is golden and bubbling.
5. Divide between 4 bowls to serve.
6. Leftover casserole can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

354cal/1486kJ

Protein 16g

Fibre 5.3g

Total Fat 19g

Carbs 28g

Sat Fat 4.6g

Total Sugar 8.8g

Free Sugar 0.0g



RED LENTIL DHAL WITH YOGHURT & PITA

■ Serves 4 ■ Prep time 10 mins ■ Cook time 35 mins

Ingredients

- 1 tbsp extra virgin olive oil
- 1 tsp mustard seeds
- 2 brown onions, diced
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 tbsp curry powder
- 4 medium carrots, grated
- 2 cups liquid vegetable stock, salt-reduced
- 2/3 cup dried red lentils
- 2 tbsp peanut butter
- 1/2 cup reduced-fat Greek natural yoghurt
- 1 Lebanese cucumber, grated
- 1 tbsp lemon juice
- salt
- pepper
- 2 medium wholemeal pita breads

Method

1. In a saucepan, heat oil over medium-high heat. Add mustard seeds and cook for 30 seconds, until seeds start to pop.
2. Add onion and garlic, cooking for 2-3 minutes, until soft and translucent. Add cumin and curry powder. Stir to combine, cooking for a few seconds, until spices are fragrant.
3. Add carrots, stock, lentils and peanut butter. Stir to combine and bring to the boil. Reduce to a simmer for 30 minutes, until lentils are soft and cooked through, and everything has reduced.
4. Combine yoghurt with cucumber and lemon juice. Season with salt and pepper.
5. Divide dhal evenly between 4 bowls and top with a dollop of cucumber yoghurt. Serve with half a pita per person.
6. Leftover dhal can be stored in an airtight container in the fridge for 4-5 days or frozen for up to 3 months.

373cal/1565kJ

Protein 17g

Fibre 11g

Total Fat 12g

Carbs 45g

Sat Fat 2.2g

Total Sugar 12g

Free Sugar 0g



MIDDLE EASTERN EGGPLANT & LENTIL STEW

■ Serves 4 ■ Prep time 10 mins ■ Cook time 70 mins

Ingredients

- 2 tbsp extra virgin olive oil
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 2 eggplants, diced
- 3 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp dried dill
- 1L liquid vegetable stock, salt-reduced
- 700ml tomato passata
- 1½ cups dried red lentils
- 1/2 cup fresh coriander, chopped

Method

1. In a large saucepan, heat olive oil over medium heat. Add onion and garlic, sautéing for 1-2 minutes, until onion is translucent.
2. Add eggplant and cook for 1-2 minutes, stirring to combine. Add coriander, cumin, cinnamon, ginger and dill. Stir to combine and cook for 1 minute, until fragrant.
3. Add stock, tomato passata and lentils. Bring to the boil then reduce to a simmer for 60 minutes, until lentils are tender and sauce has thickened slightly. Stir every 20 minutes or so.
4. Divide between 4 bowls and sprinkle with fresh coriander to serve.
5. Leftover stew can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

330cal/1381kJ

Protein 12.3g

Fibre 11.7g

Total Fat 11.7g

Carbs 51.2g

Sat Fat 1.6g

Total Sugar 20.7g

Free Sugar 0g



COCONUT CURRY VEGGIES

■ Serves 4 ■ Prep time 10 mins ■ Cook time 25 mins

Ingredients

- 2 tbsp coconut oil
- 1 brown onion, chopped
- 2 cloves garlic, minced
- 2 tbsp red curry paste
- 2 cups pumpkin, peeled & cubed
- 8 parsnips, peeled & diced
- 2 medium carrots, peeled & diced
- 400ml reduced-fat coconut milk
- 1/3 cup lemon juice
- 2/3 cup fresh coriander, chopped

Method

1. In a wok or saucepan, heat coconut oil over medium-high heat. Add onion and garlic, sautéing for 1-2 minutes, until onion is translucent.
2. Add curry paste, stirring for 30 seconds, until fragrant.
3. Add pumpkin, parsnip and carrot, stirring to combine for 2-3 minutes. Add coconut milk, simmering for 15 minutes, until veggies are tender. If required, add some water to maintain a fairly thin, broth-like sauce.
4. Just before removing from heat, add lemon juice, stirring to combine.
5. Divide between 4 bowls and top with coriander to serve.
6. Leftovers can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

296cal/1245kJ

Protein 6.1g

Fibre 6.4g

Total Fat 18.6g

Carbs 24.3g

Sat Fat 9.1g

Total Sugar 12.4g

Free Sugar 0g

SEAFOOD



SALMON & MUSHROOM VERMICELLI NOODLE BROTH

■ Serves 4 ■ Prep time 10 mins ■ Cook time 10 mins

Ingredients

- 2L boiling water
- 2 cloves garlic, minced
- 1 tsp dried chilli flakes
- 1 tbsp sesame oil
- 2 tbsp tamari (gluten-free soy sauce)
- 4 spring onions, sliced
- 220g salmon steak (or firm fish of choice)
- 4 cups mushrooms, sliced
- 200g rice vermicelli noodles

Method

1. In a saucepan, add boiling water with garlic, chilli, sesame oil, tamari and half the spring onion. Bring to a gentle boil.
2. If needed, remove skin from salmon. Add salmon to saucepan with mushrooms. Cover and reduce to a simmer for 6-8 minutes, until salmon is cooked through and can be flaked.
3. Prepare noodles according to packet directions. Add to broth, stirring to combine.
4. Divide between 4 bowls and top with remaining spring onion to serve.
5. Leftovers can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 2 months.

NOTE: 'Free sugars' mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

399cal/1670kJ

Protein 21g

Fibre 5g

Total Fat 14g

Carbs 44g

Sat Fat 3g

Total Sugar 1g

Free Sugar 0g*



ARTICHOKE & TUNA RISOTTO

■ Serves 4 ■ Prep time 5 mins ■ Cook time 30 mins

Ingredients

- 1 tbsp extra virgin olive oil
- 1/2 brown onion, finely diced
- 1 1/3 cup arborio risotto rice, uncooked
- 2 cloves garlic, crushed
- 1L liquid vegetable stock, salt-reduced
- 400g tinned artichokes, drained & sliced
- 380g tinned tuna in water, drained
- 2 cups baby spinach
- 1/3 cup reduced-fat cheddar cheese, grated

Method

1. In a saucepan, heat oil over medium-high heat. Add onion, cooking for 1-2 minutes, until soft and translucent.
2. Add rice and garlic, stirring for 1-2 minutes to coat rice grains in oil.
3. Add stock a bit at a time, stirring after each addition. Don't add more stock until the previous addition has been absorbed. Continue until all stock has been added and rice is tender. If required, add a bit more stock until rice is cooked through – which will take 20-25 minutes.
4. Stir through artichoke, tuna, spinach and cheese. Heat through until spinach has wilted and cheese has melted.
5. Divide between 4 bowls to serve.
6. Leftovers can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

441cal/1851kJ

Protein 35.2g

Fibre 7.3g

Total Fat 9.9g

Carbs 49g

Sat Fat 3.1g

Total Sugar 5.4g

Free Sugar 0g



PRAWN BIRYANI

■ Serves 4 ■ Prep time 10 mins ■ Cook time 20 mins

Ingredients

- cooking oil spray
- 400g raw prawns, shelled
- 1 tbsp extra virgin olive oil
- 1 brown onion, diced
- 2 cloves garlic, minced
- 2 tsp fresh ginger, minced
- 1 tsp ground turmeric
- 3/4 tsp cayenne pepper
- 1 tomato, chopped
- 1 cup jasmine rice, uncooked
- 2 cups water
- 2 tbsp reduced-fat Greek natural yoghurt
- 1/4 cup fresh coriander
- 1 tbsp flaked almonds, dry-toasted

Method

1. Lightly spray a saucepan with cooking oil over medium-high heat. Add prawns and cook for 1-2 minutes on each side, until just cooked through. Remove from pan and set aside.
2. Add olive oil to pan. Once heated, sauté onion, garlic and ginger for 2 minutes. Add turmeric and cayenne pepper, cooking for 30 seconds, until fragrant.
3. Add tomato and rice, stirring to coat. Add water and bring to the boil. Reduce heat, cover pan and simmer gently for 10 minutes, until rice is tender and water has absorbed. If required, add 1 tbsp of water towards the end.
4. When rice is done, add cooked prawns back to pan, mixing through.
5. Divide biryani between 4 bowls. Top with yoghurt, coriander, almonds and a dash of extra cayenne to serve.
6. Leftovers can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 2 months.

341cal/1432kJ

Protein 22.3g

Fibre 2.6g

Total Fat 7.4g

Carbs 44.4g

Sat Fat 0.9g

Total Sugar 3.8g

Free Sugar 0g



SLOW-COOKED FISH CURRY WITH PAPPADUMS

■ Serves 4 ■ Prep time 10 mins ■ Cook time 20 mins

Ingredients

- 800g white fish fillet of choice, cut into cubes
- 2 tbsp yellow curry paste
- 400ml reduced-fat coconut milk
- 1 tbsp fish sauce
- 4 cups green beans, trimmed
- 4 cups snow peas, trimmed
- 16 mini pappadums, eg. Patak's

Method

1. Heat a heavy-based saucepan over medium-high heat. Add curry paste, sautéing for a few seconds, until fragrant.
2. Add fish and coconut milk, stirring to combine. Bring to the boil, then reduce to a simmer for 20 minutes, until fish is cooked through.
3. In the final 5 minutes of cooking, add fish sauce, beans and snow peas. Cook until tender crisp.
4. Divide curry evenly between 4 bowls. Serve with 4 mini pappadums per person.
5. Leftover curry can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 2 months.

359cal/1508kJ

Protein 39.7g

Fibre 8.1g

Total Fat 13.6g

Carbs 14.6g

Sat Fat 5.6g

Total Sugar 5g

Free Sugar 0g



FISH & VEGETABLE CURRY

■ Serves 6 ■ Prep time 5 mins ■ Cook time 10 mins

Ingredients

- 1/4 cup coconut oil
- 6 cloves garlic, minced
- 1½ tablespoons fresh ginger, grated
- 1/4 cup red curry paste
- 1½ cups reduced-fat coconut milk
- 1½ cups water
- 900g white fish fillet of choice, cut into cubes
- 3 cups broccoli, cut into florets
- 3 red capsicums, sliced
- 1/2 cup fresh coriander, chopped

Method

1. In a saucepan, heat oil over medium-high heat. Add garlic, cooking for 1 minute. Add ginger and curry paste, cooking for a further 30 seconds, until curry paste is fragrant.
2. Add coconut milk and water, stirring to combine.
3. Add fish, broccoli and capsicum, stirring to combine. Simmer for 4-5 minutes, until fish is cooked through and veggies are tender.
4. Divide between 6 bowls and sprinkle with coriander to serve.
5. Leftovers can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 2 months.

318cal/1334kJ

Protein 34g

Fibre 3.7g

Total Fat 17g

Carbs 4.7g

Sat Fat 10g

Total Sugar 3.2g

Free Sugar 0g



SEAFOOD STEW WITH SWEET POTATO

■ Serves 4 ■ Prep time 5 mins ■ Cook time 35 mins

Ingredients

- 2 tbsp extra virgin olive oil
- 1/2 brown onion, finely sliced
- 1/2 leek, finely sliced
- 400g tinned tomatoes
- salt
- pepper
- 500g white fish fillet of choice, cut into cubes
- 2 small sweet potatoes, peeled & chopped
- 180g raw prawns, shelled
- 700ml liquid fish stock
- 1 tsp dried chilli flakes
- 2 tbsp fresh parsley, roughly chopped

Method

1. In a casserole dish, heat olive oil over medium heat. Add onion and leek, cooking for 3-4 minutes, until translucent.
2. Add tinned tomatoes and season with salt and pepper. Simmer for 10-12 minutes, until sauce thickens slightly.
3. Add fish and sweet potato to tomato sauce. Add stock, stirring to combine. Simmer for 15 minutes, until sweet potato is tender.
4. Add prawns, cooking for 4-5 minutes, until prawns are cooked through.
5. Divide between 4 bowls. Sprinkle with chilli flakes and parsley to serve.

393cal/1650kJ

Protein 34.9g

Fibre 6.1g

Total Fat 10.4g

Carbs 37.6g

Sat Fat 1.6g

Total Sugar 4.3g

Free Sugar 0g

COCONUT FISH HOT POT

■ Serves 4 ■ Prep time 5 mins ■ Cook time 15 mins

Ingredients

- 1 tbsp coconut oil
- 2 leeks, thinly sliced
- 2 tsp dried chilli flakes
- 2 tsp fresh ginger, grated
- 4 small zucchinis, sliced
- 1 cup frozen peas
- 720g white fish fillet of choice, cut into cubes
- 600ml liquid vegetable stock, salt reduced
- 1 cup reduced-fat coconut milk
- salt
- pepper
- 1/3 cup fresh coriander, chopped

Method

1. In a frypan, heat coconut oil over medium heat. Add leek, chilli flakes and ginger, cooking and stirring for 2-3 minutes, until leek softens.
2. Add zucchini and peas, stirring gently for 5 minutes. Add fish pieces, cooking for 2 minutes.
3. Add stock and coconut milk, simmering gently for 5 minutes, until fish is cooked through. Season with salt and pepper.
4. Divide between 4 bowls and top with coriander to serve.
5. Leftovers can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 2 months.

389cal/1634kJ

Protein 42.8g

Fibre 8.6g

Total Fat 11.4g

Carbs 32g

Sat Fat 7.3g

Total Sugar 12g

Free Sugar 0g



TUNA & SWEET POTATO BAKE

■ Serves 4 ■ Prep time 10 mins ■ Cook time 20 mins

Ingredients

- cooking oil spray
- 4 small sweet potatoes, peeled, chopped & steamed until tender
- 2 tsp Mexican spice mix
- 380g tinned tuna in water, drained
- 2 cups frozen peas and corn
- 1/3 cup tomato passata
- 2/3 cup reduced-fat cheddar cheese, grated
- 1/3 cup fresh parsley, chopped

Method

1. Preheat oven to 180°C. Lightly spray an ovenproof dish with oil.
2. Mash sweet potato and combine with Mexican spice mix.
3. Add tuna, peas and corn, mixing together. Stir through tomato passata and transfer into prepared dish.
4. Sprinkle with cheese and bake for 20 minutes, until golden.
5. Divide between 4 bowls and top with parsley to serve.
6. Leftovers can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 2 months.

443cal/1854kJ

Protein 40.4g

Fibre 7.8g

Total Fat 14.8g

Carbs 32g

Sat Fat 7.3g

Total Sugar 12.5g

Free Sugar 0g

MEAT



SPICY CHICKEN & CORN SOUP

■ Serves 6 ■ Prep time 5 mins ■ Cook time 15 mins

Ingredients

- 1½ tbsp coconut oil
- 3 cups corn kernels, fresh or tinned
- 1½ tsp dried chilli flakes
- 1½ tbsp fresh ginger, minced
- 6 spring onions, thinly sliced
- 2L liquid chicken stock, salt-reduced
- 600g chicken breast fillets
- 6 free-range eggs, lightly beaten
- 1½ tbsp tamari (gluten-free soy sauce)

Method

1. In a saucepan, heat coconut oil over medium-high heat. Add corn, cooking for 1-2 minutes. Add chilli, ginger and half the spring onions, stirring until fragrant.
2. Add stock and bring to the boil. Add chicken, reducing heat to a simmer. Cover saucepan and cook for 10 minutes, until chicken is cooked through.
3. Using tongs, remove chicken from soup. Slice, and return chicken slices to soup.
4. While soup is still simmering, gradually stir in egg to cook through. Stir through tamari.
5. Divide between 6 bowls and top with remaining spring onions to serve.
6. Leftover soup can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 2 months.

406cal/1705kJ

Protein 34.7g

Fibre 3.3g

Total Fat 19.6g

Carbs 24.3g

Sat Fat 8g

Total Sugar 8.5g

Free Sugar 0g

NOTE: 'Free sugars' mentioned in our recipes are those which have been added to foods during processing, cooking and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.



CURRIED SAUSAGES

■ Serves 6 ■ Prep time 10 mins ■ Cook time 30 mins

Ingredients

- 1 cup basmati rice, uncooked
- cooking oil spray
- 500g lean sausages of choice
- 1 red onion, sliced
- 1 cup mushrooms, sliced
- 1 small sweet potato, grated
- 1 tbsp curry powder
- 400g tinned tomatoes, diced
- 2 cups baby spinach, chopped

Method

1. Cook rice according to packet directions.
2. Lightly spray a frypan with cooking oil over medium-high heat. Add sausages and cook for 5-6 minutes, browning all over. Remove from pan and set aside.
3. Add onion, mushroom and sweet potato to pan, cooking for 4-5 minutes, until sweet potato is tender and mushrooms have released their juices.
4. Slice sausages into 2cm segments. Return to pan with curry powder, stirring well. Add tomatoes, bring to the boil then reduce to a simmer for 20 minutes.
5. Just before ready to serve, add baby spinach and cook for 1-2 minutes, until wilted.
6. Divide rice and curried sausages between 6 bowls to serve.
7. Leftovers can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

361cal/1518kJ

Protein 15g

Fibre 4.1g

Total Fat 18g

Carbs 34g

Sat Fat 7.8g

Total Sugar 3.6g

Free Sugar 0g

ONE-POT SPAGHETTI BOLOGNESE

■ Serves 6 ■ Prep time 10 mins ■ Cook time 30 mins

Ingredients

- 1 tbsp extra virgin olive oil
- 1 red onion, peeled & finely diced
- 2 medium carrots, peeled & grated
- 2 stalks celery, finely chopped
- 2 cloves garlic, minced
- 1/2 small red chilli, finely chopped
- 1 small zucchini, grated
- 1 cup mushrooms, sliced
- 500g lean beef mince
- 1 tbsp Worcestershire sauce
- 3 tbsp tomato passata
- 800g tinned tomatoes
- 1 cup red cooking wine
- 2 cups liquid beef stock, salt-reduced
- 250g wholemeal spaghetti
- salt
- pepper
- 2 tbsp fresh basil leaves
- 1/2 cup grated parmesan

Method

1. In a large pan, heat oil over medium-high heat.
2. Add onion, carrot, celery and garlic, cooking for 3 minutes. Add chilli, then zucchini and mushrooms, cooking for 2 minutes.
3. Add mince to pan, browning for 5 minutes, stirring continuously.
4. Pour in Worcestershire sauce, tomato passata, tomatoes, wine and stock.
5. Season to taste and stir to combine. Cover and bring to the boil.
6. Reduce heat to medium and add spaghetti to pan, breaking in half if the pan isn't big enough.
7. Simmer, uncovered, for 15 minutes, until pasta is cooked, stirring several times.
8. Divide between 6 bowls. Sprinkle with fresh basil leaves and grated parmesan to serve.
9. Leftovers can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

415cal/1741kJ

Protein 29g

Fibre 8g

Total Fat 13g

Carbs 34.5g

Sat Fat 5g

Total Sugar 8g

Free Sugar 0g



PORK KUNG PAO

■ Serves 4 ■ Prep time 10 mins ■ Cook time 25 mins

Ingredients

- 1/4 cup brown rice, uncooked
- 1 tbsp extra virgin olive oil
- 500g pork fillet, sliced
- 1 brown onion, sliced
- 2 stalks celery, sliced
- 1 red capsicum, sliced
- 225g tinned water chestnuts, drained
- 1 tbsp cashew nuts, unsalted
- 1 tbsp dried chilli flakes
- 1 tsp ground ginger
- 2 cloves garlic, minced
- 1 tsp coconut sugar
- 2 tbsp soy sauce, salt-reduced
- 1/4 cup water

Method

1. Cook rice according to packet directions.
2. In a frypan, heat olive oil over medium-high heat. Add pork and cook for 5 minutes, until browned all over.
3. Add onion, celery and capsicum, stir-frying for 3-4 minutes, until tender crisp.
4. Add water chestnuts, cashews, chilli, ginger and garlic, stirring for 3-4 minutes to combine.
5. Mix sugar and soy sauce with water. Add to pan, then bring to the boil to reduce liquid.
6. Stir through prepared rice and divide between 4 bowls to serve.
7. Leftovers can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 3 months.

304cal/1275kJ

Protein 32g

Fibre 3.7g

Total Fat 11g

Carbs 18g

Sat Fat 2.4g

Total Sugar 7g

Free Sugar 0.8g

ASIAN SWEET CHILLI BEEF & BASIL NOODLES

■ Serves 4 ■ Prep time 10 mins ■ Cook time 10 mins

Ingredients

- 100g rice vermicelli noodles
- 1 tbsp sesame oil
- 400g lean beef, thinly sliced
- 1 brown onion, sliced
- 4 medium carrots, sliced into thin batons
- 4 cups green beans, trimmed
- 4 cups snow peas, trimmed
- 1/3 cup tamari (gluten-free soy sauce)
- 3 tsp Natvia
- 1 tbsp sambal oelek
- 1 cup fresh basil leaves

Method

1. Prepare noodles according to packet directions.
2. In a wok or frypan, heat sesame oil over high heat.
3. Add beef strips and onion, stir-frying for 2-3 minutes.
4. Add carrot, beans and snow peas. Stir-fry for a further 4-5 minutes, until veggies are tender crisp and beef is cooked to your liking.
5. Combine tamari, Natvia and sambal oelek. Add to pan/wok, stirring to combine.
6. Add noodles and basil leaves, tossing to combine.
7. Divide between 4 bowls and serve immediately.
8. Leftovers can be stored in an airtight container in the fridge for 2-3 days or frozen for up to 2 months.

314cal/1320kJ

Protein 22g

Fibre 7.7g

Total Fat 10.2g

Carbs 30.9g

Sat Fat 2.8g

Total Sugar 10.6g

Free Sugar 0g



SLOW-COOKED BEEF NACHOS

■ Serves 10 ■ Prep time 10 mins ■ Cook time 8 hours

Ingredients

- 1.1kg beef rolled roast
- 1 brown onion, diced
- 400g tinned red kidney beans, rinsed & drained
- 2 cloves garlic, crushed
- 400g tinned tomatoes
- 1 tbsp jalapeno chillies, sliced
- 1 green capsicum, diced
- 2 tsp chilli powder
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1/2 tsp ground cumin
- 8 cups plain corn chips
- 2 cups reduced-fat cheddar cheese, grated

Method

If preparing in the oven:

1. Preheat oven to 120°C. In a large casserole dish, place beef, onion, kidney beans, garlic, tinned tomatoes, jalapenos, capsicum, chilli powder, paprika, onion powder and cumin. Stir to combine well, then cover.
2. Bake for at least 8 hours, until beef is falling apart and very tender.
3. Using two forks, shred meat into small pieces and combine with sauce.

If preparing in a slow cooker:

1. In a slow cooker, place beef, onion, kidney beans, garlic, tinned tomatoes, jalapenos, capsicum, chilli powder, paprika, onion powder and cumin with 2 cups of water.
2. Stir to combine well, then cover. Cook on low for 8 hours, until beef is falling apart and very tender. If meat is drying out during cooking, add more water.
3. Using two forks, shred meat into small pieces and combine with sauce.

To serve:

1. Preheat oven to 180°C. Either serve on a large dish for everyone to share or divide corn chips evenly between 10 bowls.
2. Top with an even amount of chilli beef and vegetables. Sprinkle with cheese.
3. Place dish/individual bowls in oven for 5-10 minutes, until cheese has melted.
4. Leftover beef can be stored in the fridge in an airtight container for 4-5 days or frozen for up to 4 months.

358cal/1502kJ

Protein 38.2g

Fibre 5.5g

Total Fat 13.4g

Carbs 18.3g

Sat Fat 5.7g

Total Sugar 3.3g

Free Sugar 0g



SIMPLE CHICKEN CURRY

■ Serves 4 ■ Prep time 5 mins ■ Cook time 20 mins

Ingredients

- 1 cup basmati rice, uncooked
- 1 tsp extra virgin olive oil
- 250g chicken breast fillets, cubed
- 1 medium carrot, diced
- 1 small zucchini, diced
- 1 tbsp curry powder
- 1/2 tsp cayenne pepper
- 200ml reduced-fat coconut milk
- salt
- pepper

Method

1. Prepare rice according to packet directions.
2. In a saucepan, heat oil over medium-high heat. Add chicken, cooking for 2-3 minutes, until browned all over.
3. Add carrot and zucchini, cooking for 1-2 minutes.
4. Add curry powder and cayenne pepper. Combine well with chicken and veggies, cooking for a further minute.
5. Add coconut milk, stirring to combine. Reduce heat to a simmer and cook curry for a further 5-10 minutes, until chicken is cooked through and sauce has thickened slightly. Season with salt and pepper.
6. Divide rice evenly between 4 bowls and top with an even portion of curry to serve.
7. Any leftover curry can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 2 months.

317cal/1332kJ

Protein 17.8g

Fibre 2.6g

Total Fat 9.2g

Carbs 38g

Sat Fat 4.7g

Total Sugar 3.6g

Free Sugar 0g



LAMB TAGINE WITH PISTACHIOS & CHICKPEAS

■ Serves 4 ■ Prep time 15 mins ■ Cook time 2½ hours

Ingredients

- 600g lamb shoulder, trimmed & diced
- 1 brown onion, thinly sliced
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp smoked paprika
- pepper
- 1/2 cup pitted, dried dates
- 1/2 cup fresh orange juice
- 1 tbsp orange zest
- 240g tinned chickpeas, rinsed & drained
- 1/4 cup unsalted pistachios, finely chopped
- 1/2 cup fresh coriander, chopped
- 1/2 cup mint leaves, chopped

Method

If preparing in the oven:

1. Preheat oven to 150°C.
2. In a casserole dish on the stovetop, brown lamb for 3-4 minutes.
3. Add onion, cooking for a further 2-3 minutes. Add cumin, cinnamon, coriander, turmeric and paprika. Season with pepper and stir to combine.
4. Add dates, orange juice, zest and drained chickpeas.
5. Cover and bake for 2½ hours, until lamb is very tender.

If preparing in a slow cooker:

1. In a slow cooker, place all ingredients excluding pistachios and fresh herbs.
2. Cook on a low setting for 6 hours.

To serve:

1. Divide between 4 bowls. Sprinkle with pistachios and fresh herbs to serve.
2. Leftovers can be stored in an airtight container in the fridge for 3-4 days or frozen for up to 3 months.

415cal/1742kJ

Protein 37g

Fibre 8g

Total Fat 14g

Carbs 32g

Sat Fat 5g

Total Sugar 22g

Free Sugar 19g

tummy smoothie

A delicious and nutritious meal replacement, the **Tummy Smoothie** has been designed by experts to support gut health, digestion and weight loss.* Packed with probiotics, the smoothie encourages a healthy microbiome and reduces bloating. As the smoothie is a good source of fibre, it will help you feel fuller for longer and the high protein content will keep hunger pangs at bay.



- ✓ Contributes to **WEIGHT LOSS***
- ✓ Contains **PROBIOTICS** to support gut health
- ✓ Fibre to keep you **FULLER FOR LONGER**
- ✓ High in protein which **REDUCES HUNGER**
- ✓ Contains **22 VITAMINS & MINERALS**
- ✓ **DELICIOUS** vanilla and chocolate flavours
- ✓ **NO ARTIFICIAL** sweeteners, fillers or caffeine

the healthy Mummy

PREMIUM SMOOTHIES

Designed by nutritionists, the Premium Meal Replacement Smoothies will provide you with the boost you need to revolutionise your health and weight loss*. Our premium protein blend is 80% whey protein, contains probiotics and is packed with 23 vitamins and minerals. This smoothie also is insanely creamy and packs a flavour punch!



More **vitamin A** than a **fillet of salmon**



More **iron** than a **small steak**



More **potassium** than **2.5 bananas**



More **calcium** than a **glass of milk**



More **zinc** than **5 eggs**



More **folate** than a **2 cups of spinach**



More **vitamin B12** than a **chicken breast**

** when used in conjunction with a diet reduced in energy and an exercise plan



Go to www.healthymummy.com

Download the Healthy Mummy App

Home of the 28 Day Weight Loss Challenge

The **28 Day Weight Loss Challenge** is a realistic program, tailor-made for busy mums!

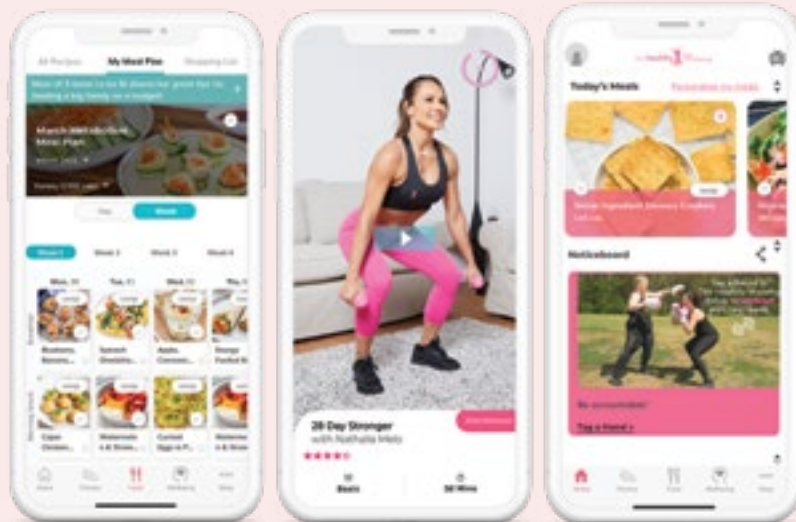
We've been there: we're time-poor, budget-conscious and need to feed the family. That's why we've designed a realistic and achievable program to create **LIFELONG CHANGE** for you and your family.

- 👉 **Delicious recipes for all your family**
Over 6000 family-friendly recipes, nutritionist-designed for all your dietary needs.
- 👉 **Work out from home**
Over 600 easy workout videos, designed by a personal trainer for mums to do at home.
- 👉 **Save money and time**
Mums have saved more than \$200 a month with our budget-friendly, customisable meal plans.
- 👉 **Real mums supporting real mums**
Our private support group will motivate and inspire you every step of the way.
- 👉 **It works!**
Mums that stick to the plan have lost 4-6kg in just 28 days!

✓ Customisable meal plans

✓ At-home fitness

✓ Daily motivation



4.6 rating
7300+ reviews



4.7 rating
6000+ reviews



4.7 rating
15000+ reviews

Take part now and join hundreds of thousands of **real mums just like you!**

It's easy and affordable, with real results!

Real mums. Real results.

We've proudly helped mums lose more than **3 million kilos**. Mums just like you are completely transforming their health and bodies. **You can do it too** (and it's easy!)



Jessica Lewis
Mum of 3
lost 29kgs

Chloe Wills
Mum of 2
lost 25kgs



Take part now at www.healthymummy.com

WHAT MUMS ARE SAYING ABOUT THE HEALTHY MUMMY APP!

Real mums. Real results.

“Abby
lost 37kg

The Healthy Mummy has given me every tool I have needed to achieve my results, along with discipline and consistency.



“Amy
lost 44kg

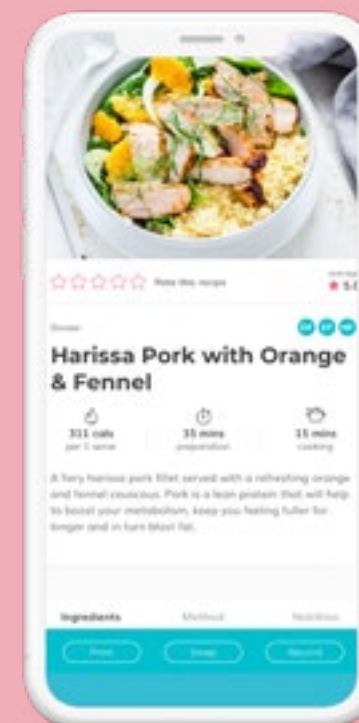
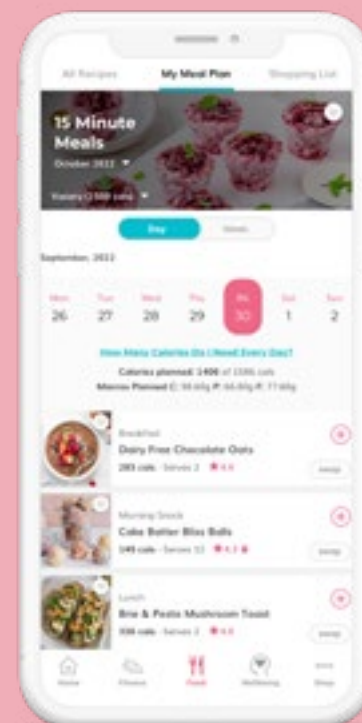
I feel like I've lost so much mental baggage as well!



Why mums have rated the app 5 stars!

★★★★★ Best program ever!

- ✓ This is a lifetime not a whim or yo-yo diet! (Katrina, NSW)
- ✓ Amazing products, recipes and support (Deb, QLD)
- ✓ Awesome app with so many yummy recipes (Chloe, WA)
- ✓ Great support system and easy to use (Cass, SA)
- ✓ The Healthy Mummy App has been my number 1 tool in my weight-loss journey (Taylor, QLD)
- ✓ As a busy mum of four, The Healthy Mummy makes exercise and healthy meals easily and quickly accessible! (Anna, NSW)



★ Trustpilot
★★★★★

4.6 rating
7300+ reviews

GET IT ON
Google Play

4.7 rating
6000+ reviews

Download on the
App Store

4.7 rating
15000+ reviews

Go to www.healthymummy.com

HANNAH lost 28kg

Thanks to The Healthy Mummy 28 Day Weight Loss Challenges I have lost:

- Over 32cm from my body
- My unhealthy relationship with food, and
- My sugar addiction.

💪 Thanks to The Healthy Mummy 28 Day Weight Loss Challenges, I have gained:

- Strength both physically and mentally
- Confidence in my own skin, and
- Knowledge on how to nourish and feed my family on a budget.

The 28 Day Weight Loss Challenges have given me the tools to provide my family with healthy, quick meals and snacks on a budget. The app fitness programs allow me to exercise anytime from the comfort of my home. The 28 Day Weight Loss Challenge sets you up with all the tools to succeed.

Hannah, NSW



MELANIE lost 62kg

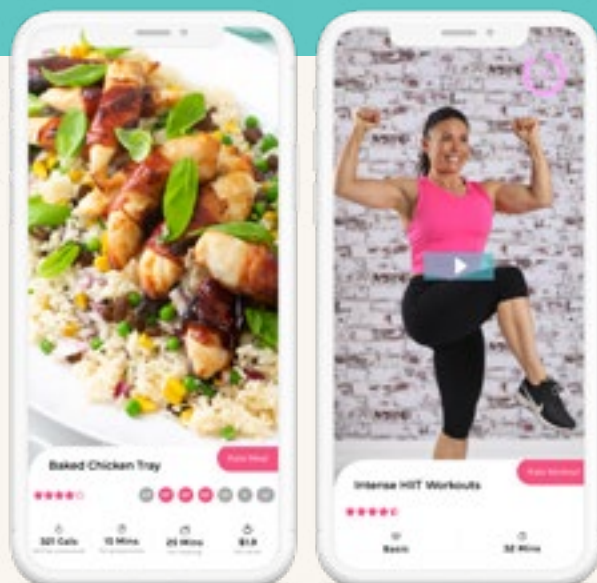
If I had the chance to go back in time and speak with myself circa 2013 - I would DEFINITELY give myself the time and energy to truly focus on what is best for me and my family, for our health, our wellbeing and to actually LIVE (not just exist).

💪 With The Healthy Mummy 28 Day Weight Loss Challenges on the app I have gained:

- A whole new world of confidence
- A whole new respect for my body
- A whole new way of life
- A whole new love of food, and
- A guilt-free lifestyle.

Thanks to The Healthy Mummy 28 Day Challenges, I have built this into our daily routine, and we don't put anything on the backburner anymore. My family loves the food, the exercise and the supportive community.

Melanie, QLD



THE HEALTHY MUMMY APP

- ✓ 600+ full-length workout videos for beginners and advanced users
- ✓ 6000+ fast, fresh and family-friendly recipes
- ✓ Customisable meal plans
- ✓ Home to the 28 Day Weight Loss Challenge

★ Trustpilot
★★★★★
4.6 rating
7,300+ reviews

GET IT ON
Google Play
4.7 rating
6,000+ reviews

Download on the
App Store
4.7 rating
15,000+ reviews

- ✓ Mindpower program to support the mental wellbeing of mums
- ✓ 24/7 support
- ✓ Helping millions of mums regain body confidence
- ✓ Private support and motivational groups

Go to www.healthymummy.com to find out more

THE HEALTHY MUMMY **PRODUCT RANGE**



THE HEALTHY MUMMY APP



SKINCARE



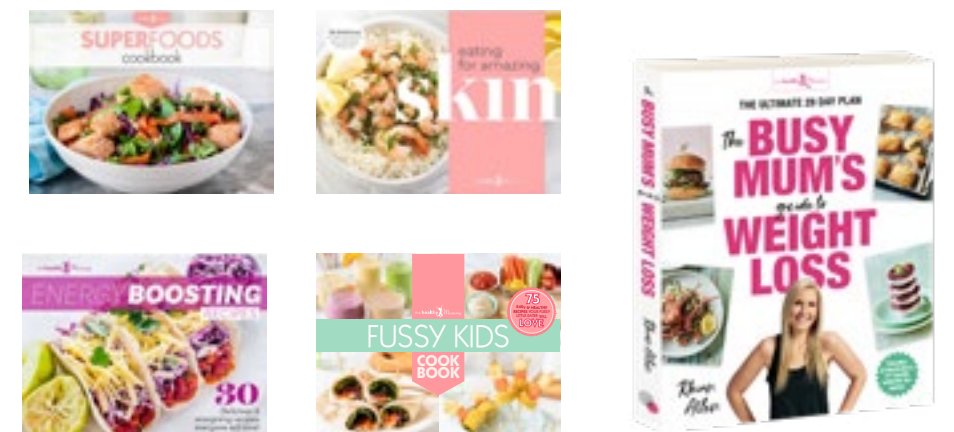
SMOOTHIE RANGE



SPECIALTY SMOOTHIES



SUPPLEMENTS



BOOKS

useful links

Facebook Support Group
Customer Support
Healthy Mummy Help Hub
Ultimate App Guide

PRODUCTS TO HELP

Smoothie Fact Sheet
Smoothie Quiz
Supplement Fact Sheet
Supplement Quiz
Skin Fact Sheet & Quiz





We hope you have enjoyed reading & using our Camping with Kids Recipe Book.

If you would like to purchase any of our products and plans, or want access to more health information and recipes, please visit our website, www.healthymummy.com

If you have any questions regarding anything in this book or any of our plans you can email us at support@thehealthymummy.com and we'll do our best to answer your query.

Good luck on your healthy lifestyle journey!

*The Healthy
Mummy Team*