



Recipes

Tandoori Chicken

Ingredients

- 1/2 cup Greek style low fat natural yoghurt
- 2 tablespoons tandoori paste
- 2 cloves garlic, crushed
- 2 tablespoons lime juice
- 1 1/2 teaspoons garam masala
- 2 tablespoons finely chopped fresh coriander leaves
- 2 skinless chicken thigh fillets
- 1 tablespoon minced ginger

PREPARATION TIME: 10 Mins + 1 hour marinating

TOTAL COOKING TIME: 15 Min

SERVES 4

Method

1. Combine the yoghurt, tandoori paste, garlic, lime juice, garam masala, ginger and coriander in a bowl and mix well.
2. Add the chicken, coat well, cover and refrigerate for at least 1 hour.
3. Preheat a barbecue or chargrill plate and lightly brush with oil. Cook the chicken for 10—15 minutes on medium heat, turning once and basting with the remaining marinade until golden and cooked through. Serve with cucumber raita.

Nutritional Breakdown

Nutrition Per Serve:

Protein 27g; Fat 3.5g; Carbohydrate 2g; 150 cal.

Serving Suggestions

Serve with extra salad or mixed vegetables.

Pork, Bok Choy and Black Bean Stir-fry

Ingredients

- 400 g lean pork leg steaks
- 1 tablespoon canned salted black beans, rinsed
- 500 g bok choy
- 2 teaspoons sesame oil
- 2 onions, finely sliced
- 2 cloves garlic, finely chopped
- 2—3 teaspoons chopped ginger
- 1 red capsicum, cut into strips
- 1/2 cup water chestnuts, finely sliced
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 2 teaspoons fish sauce

PREPARATION TIME: 20 Min

TOTAL COOKING TIME: 10 Min

SERVES 4

Method

1. Slice the pork steaks into strips, cutting across the grain. Roughly chop the beans. Cut the ends off the bok choy, separate the leaves and shred.
2. Heat half the sesame oil in a large nonstick frying pan or wok. Cook the onion, garlic and ginger over high heat for 3—4 minutes, add the capsicum and cook for 2—3 minutes. Remove from pan. Heat the remaining sesame oil and stir fry the pork over high heat.
3. Return the onion mixture to pan along with the pork, black beans, shredded bok choy, water chestnuts and oyster, soy and fish sauces. Toss quickly to combine the ingredients, lower the heat and cover and steam for 3—4 minutes or until the bok choy has just wilted.

Nutritional Breakdown

Nutrition Per Serve:

Protein 30g; Fat 3g; Carbohydrate 20g; 215cal.

Serving Suggestions