

Easy *marinade* for tuna steaks and more

COOKING 10 MINUTES
SERVES 4

4 x tuna steaks (about 1.5 cm thick)
1 tablespoon extra-virgin olive oil
1 red capsicum, deseeded and finely diced
Optional: 1 small red chilli, finely chopped
½ fennel bulb, finely chopped
Fresh herbs, if on hand
Salad, to serve

EASY MARINADE

½ teaspoon dried thyme
2 tablespoons extra-virgin olive oil
Juice ½ lemon, plus extra for serving
Sea salt and freshly ground black pepper

This is a great way to include one of your two serves of fish per week. Pick up tuna steaks from the supermarket on the way home, quickly chop up the fresh herbs and chilli while the tuna steaks are marinating, sear in a hot chargrill pan and serve with a tossed salad. Easy peasy.

Place the tuna steaks on a tray or in an airtight container. Mix the marinade ingredients in a large bowl, then spoon the marinade all over the tuna steaks to completely cover them. Cover and refrigerate for 1 hour.

When ready to cook, heat 1 tablespoon olive oil in a heavy-based frying pan or chargrill pan (or on a barbecue plate) over a medium-high heat and sear the tuna for 2–3 minutes on each side (or cook the tuna steaks to your taste but take care not to overcook them). Set aside.

Add the capsicum, chilli (if using) and fennel to the pan and cook for 2–3 minutes. Return the tuna to the pan. Garnish with the fresh herbs, if on hand, and squeeze over some extra lemon juice, then serve with a side salad of Charred cos lettuce with pangrattato and grated parmesan (see page 149).



NUTRITION COMPOSITION PER SERVE

Nutrient	Average Qty per serving	%RDI	
		F	M
Energy	1131 kJ	14%	11%
Protein	34.8 g	48%	39%
Carbohydrate	5.2 g	2%	2%
Fat	10.9 g	14%	11%
Sodium	161 mg	8%	8%
Fibre	3.6 g	13%	9%

Moderate in omega-3 fats

Green bean salad with flaked almonds and peaches

COOKING 10 MINUTES
SERVES 4 AS A SIDE

- 400 g green beans, trimmed and halved lengthways
- 1 tablespoon extra-virgin olive oil
- Juice ½ lemon
- Sea salt and freshly ground black pepper
- 1 yellow peach, sliced
- 1 tablespoon crushed, toasted or flaked almonds
- Fresh herbs, if on hand

Combining fresh in-season peaches with green beans gives this salad a great sweet and savoury contrast. Try using brown pears when peaches are not in season.

Boil the beans in a saucepan over a medium heat for 10 minutes, or until they are just soft, take care not to overcook them. Drain the beans, then transfer to a serving bowl or platter. Dress with the olive oil and lemon juice and season with salt and pepper to taste.

Just before serving, top the salad with the peach slices and almonds and garnish with the fresh herbs, if on hand.

NUTRITION COMPOSITION PER SERVE

Nutrient	Average Qty per serving	%RDI	
		F	M
Energy	436 kJ	5%	4%
Protein	2.8 g	4%	3%
Carbohydrate	7.6 g	3%	2%
Fat	10 g	13%	10%
Sodium	39 mg	2%	2%
Fibre	4.3 g	15%	11%



Spicy lentil and sweet potato soup

COOKING 1 HOUR
SERVES 6

2 tablespoons extra-virgin olive oil
1 red onion, finely chopped
1 garlic clove, finely chopped
2 carrots, finely diced
1 white sweet potato, finely diced
1 small red chilli, finely sliced
¼ teaspoon ground nutmeg
375 g dried small brown lentils, rinsed
½ cup (125 ml) red wine
4 cups (1 litre) boiling water
½ cup (125 ml) puréed tomato
2 tomatoes, chopped
Sea salt and freshly ground black pepper
Optional: chilli flakes
1 tablespoon balsamic vinegar
Sourdough bread (see page 106), to serve
Fresh herbs, if on hand

NUTRITION COMPOSITION PER SERVE

Nutrient	Average Qty per serving	%RDI	
		F	M
Energy	1379 kJ	17%	13%
Protein	16.6 g	23%	18%
Carbohydrate	40.9 g	16%	13%
Fat	7.6 g	10%	8%
Sodium	121 mg	6%	6%
Fibre	10.4 g	37%	27%

High in fibre

Greek lentil soup (called fakes) was a favourite after-school snack for my daughters Tiana and Vivienne. This is a variation to suit their love for spicy foods, with sweet potato, chilli and aromatic spices to boost antioxidants. Keep leftovers refrigerated for lunch the next day, or freeze for a quick mid-week dinner.

Heat the olive oil in a large saucepan over a medium heat and sauté the onion and garlic until the onion is softened and translucent. Add the carrot, sweet potato, chilli and nutmeg and continue to sauté for around 10 minutes, or until the vegetables start to soften.

Add the lentils and red wine to the pan and simmer until most of the wine evaporates.

Next, add the water and puréed and chopped tomatoes to the pan and simmer for 30–45 minutes, or until the lentils and the sweet potato are cooked.

Season the soup with salt and pepper and add the chilli flakes if you like things spicy. Add a drizzle of balsamic vinegar, garnish with the fresh herbs, if on hand, then serve each portion with a slice of crusty sourdough.

