



## **Healthy Take-Away Alternatives**

### **Melanie McGrice 17/09/09**

#### **Lentil Dhal**

Serves 6, preparation time 45 min

#### **Ingredients**

Olive oil spray  
1 cup onion, chopped  
1 teaspoon cumin, ground  
1 teaspoon turmeric, ground  
4 cloves garlic, minced  
2 cups cauliflower florets, chopped  
2 cups tomatoes, chopped  
2 1/2 cups water  
1 cup dried lentils  
2 tablespoons fresh lime juice  
1 tablespoon fresh coriander, minced  
3 cups basmati rice, cooked according to instructions on packet

Heat olive oil in large saucepan over med-high heat. Add onion and next 4 ingredients (onions through garlic); sauté 2 minutes.  
Add cauliflower and tomato; sauté 1 minute. Stir in water and lentils; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until lentils are tender.  
Stir in lime juice, coriander, and salt. Serve 1 cup lentil mixture with 1/2 cup rice.

#### **Thai chicken curry**

Serves 6

#### **Ingredients**

1-1½ cups jasmine rice  
Olive or canola oil spray  
500 grams skinless chicken breast fillets, sliced  
2 tablespoons green curry paste  
375 millilitres low fat Evaporated Milk

1 teaspoon coconut essence  
4 kaffir lime leaves, finely shredded, plus extra, to garnish  
200 grams green beans, trimmed and halved  
200 grams baby corn  
200 grams broccoli florets, trimmed and halved  
200 grams bamboo shoots, rinsed and drained  
1 red capsicum, sliced  
2 tablespoons Fish Sauce  
2 tablespoons brown sugar  
1 tablespoon cornflour

### **Method**

Steam rice according to packet instructions.  
Spray a non-stick wok with oil and stir-fry chicken over medium-high heat for 5 minutes or until browned.  
Add curry paste and stir-fry until fragrant.  
Stir in milk, coconut essence and lime leaves and bring to the boil.  
Reduce heat to low, add beans, corn, capsicum, broccoli and bamboo shoots and simmer for 5 minutes or until beans are tender.  
Add fish sauce and brown sugar.  
Blend cornflour with 2 tablespoons water, stir into wok and cook, stirring, until curry boils and thickens slightly.  
Garnish with extra lime leaves and serve with rice.

### **Healthy wholemeal pizza (for one)**

Wholemeal wraps (for the base)  
Two tablespoons of tomato paste  
1 small tub of Roma tomatoes (cut in half)  
1 bunch of fresh basil  
Bocconcini cheese

### **Method**

Preheat oven to 180 °C.  
Spread tomato paste on wholemeal base.  
Place basil leaves on the tomato paste.  
Chop Roma tomatoes in half and add on pizza.  
Finish off with bocconcini cheese (or another white cheese) on top of the pizza.  
Cook for 10-15 minutes.

### **Grilled Chicken Burger (for one)**

Olive oil spray  
1 chicken fillet  
Wholemeal roll  
Tomato  
Lettuce/Rocket  
Grated cheese

Grated carrot  
Beetroot  
Cucumber  
Light mayonnaise

**Method**

Heat olive oil in large saucepan over med-high heat  
Add chicken and grill for three-four minutes each side (or until golden brown)  
Place light mayonnaise on wholemeal roll add salad to taste