



# EAT IT UP!

HEALTHIER DINNER IDEAS  
FOR HAPPIER FAMILIES





## FAT MUM SLIM

### HELLO!

I know dinnertime can be crazy when kids are involved. I know because it's like that at my house every single night. There's this constant juggle of trying to feed the kids food they'll love, but also food that's good for them. All we want is for our kids to be healthy and happy, right?

Inside this book you'll find five really delicious recipes that your family is sure to love, which are also on the healthier side too. The dietitians at Bupa have given all of the recipes a big tick of approval. Bupa has a great App which is super hand for families when it comes to shopping for healthy products for families, called **FoodSwitch**. Packaged supermarket foods can often be high in salt, fat, sugar and kilojoules. The FoodSwitch App is useful to see what's in the food you're eating, and to also make better food choices when grocery shopping.

I hope you enjoy all the recipes, but more so that the kids love them! Happy cooking.

**CHANTELLE**

# SPAGHETTI BOLOGNESE WITH ZOODLES

**SERVES 4**

## **INGREDIENTS:**

- 1 onion, finely chopped
- 1 carrot, grated
- 500g lean beef mince
- 1 ½ cup passata
- 2 medium zucchinis, zoodled
- 2 garlic cloves, minced
- Cooking spray

## **INSTRUCTIONS:**

1. Spray a frying pan with cooking spray, and place on medium heat.
2. Cook the onion until it's transparent {around 3 minutes}. Place carrot into the pan and sauté for for 30 seconds. Add the mince, and cook until it is browned. Drain the grease and place the mince mixture, add the pasta sauce to the frying pan and cook for 2 minutes. Transfer to a bowl.
3. Wash and wipe the frying pan quickly with paper towel, and then return the pan to the heat. Spray with a little cooking oil, and then add the zoodles and garlic. Cook for 3 minutes, tossing regularly.
4. Add your meat sauce to your zoodle mixture and cook until everything is hot and bubbling, about 3-4 minutes.
5. Serve and enjoy!

**TIP:** This is a great meal to jam-pack with vegetables or even hide them. Add finely chopped mushroom, or any other vegetables that your family loves.

Use Bupa's FoodSwitch App to find the best passata for your family. Simply scan the barcode of a passata jar in the supermarket, and the Food Switch App will show you the healthiest options for your family.





# OVEN-BAKED CHICKEN NUGGETS

**SERVES 4**

**INGREDIENTS:**

- $\frac{3}{4}$  cup wholemeal breadcrumbs
- 500g chicken tenderloins
- 2 tsp olive oil
- 2 tsp Italian seasoning
- 3 tbsp parmesan cheese, finely grated

**INSTRUCTIONS:**

1. Preheat the oven to 200°C degrees.
2. Heat a frying pan over medium-high heat. Add the dry breadcrumbs and cook until the breadcrumbs are a light golden brown (about 1-2 minutes), stirring constantly. Pour the breadcrumbs into a small mixing bowl and set aside.
3. Cut the chicken tenderloins into bite-sized pieces. Place the chicken pieces into a medium-sized mixing bowl. Toss the chicken with the olive oil to coat, set aside.
4. Add the dried Italian seasoning and Parmesan cheese to the panko breadcrumbs. Stir until combined. Add the chicken pieces to the breadcrumbs in batches to coat, then place on a prepared baking sheet.
5. Bake the chicken nuggets for about 8 minutes, then flip. Bake an additional 5 minutes, or until cooked through.
6. Serve with your favourite veggies.

**TIP:** You can make your own breadcrumbs with day old wholemeal bread blitzed in a food processor. You can freeze any excess for using in other meals too.



# VEGETABLE & EGG FRITTATA MUFFINS

MAKES 8

## INGREDIENTS:

- 2 carrots, grated
- ½ cup capsicum, diced
- ½ cup frozen peas
- ½ cup frozen corn
- 2 tablespoons basil, finely chopped
- 8 large eggs
- 1 cup shredded light tasty cheese

## INSTRUCTIONS:

1. Preheat oven to 180°C. Spray a 12-hole muffin pan with cooking spray, or use silicon patty cases.
2. In a large bowl add carrots, capsicum, peas, corn and toss to combine.
3. Equally place vegetable mix throughout 12 muffin holes.
4. In a measuring cup, crack the eggs and lightly beat with a whisk.
5. Pour about the egg mixture over each vegetable mix, until evenly distributed. They will be about ¾ full after being topped off with egg mixture.
6. Top each with a pinch of the cheese.
7. Bake for about 18 to 20 minutes, or until muffins are set, cooked through, and are lightly golden. They will puff in the oven, but sink upon cooling. Allow muffins to cool in pan on top of a wire rack for about 10 minutes before removing from the pan. Serve hot, or cold, or even store in the fridge and reheat in the microwave when ready.





## OVEN-BAKED MEATBALLS

**SERVES 4**

### **INGREDIENTS:**

- 500g lean beef mince
- ½ cup onion, finely chopped
- ¼ cup wholemeal breadcrumbs
- 2 garlic cloves, minced
- 1 egg
- ¼ cup parmesan cheese, finely grated
- 3 tablespoon tomato sauce

### **INSTRUCTIONS:**

1. Preheat oven to 200°C. Line a large baking tray with baking paper.
2. Mix together onion, breadcrumbs, garlic, egg, cheese, tomato sauce in a large mixing bowl.
3. Add in minced beef and mix gently until combined. Form heaped tablespoon into balls.
4. Bake in preheated oven for 15-20 minutes, or until meatballs are browned and cooked through.
5. Serve with fresh garden salad.



## CHICKEN FRIED RICE



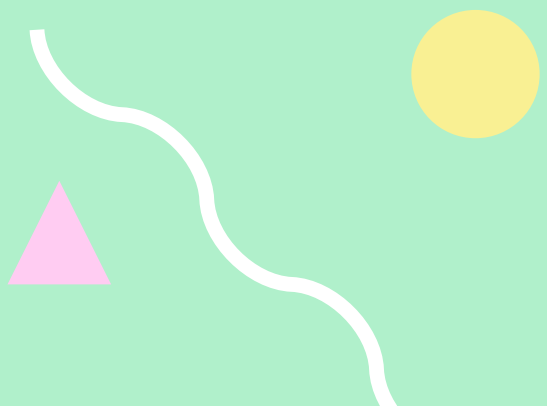
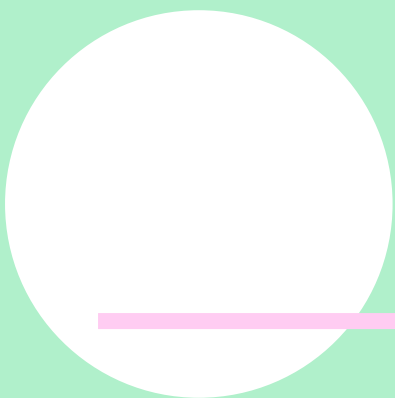
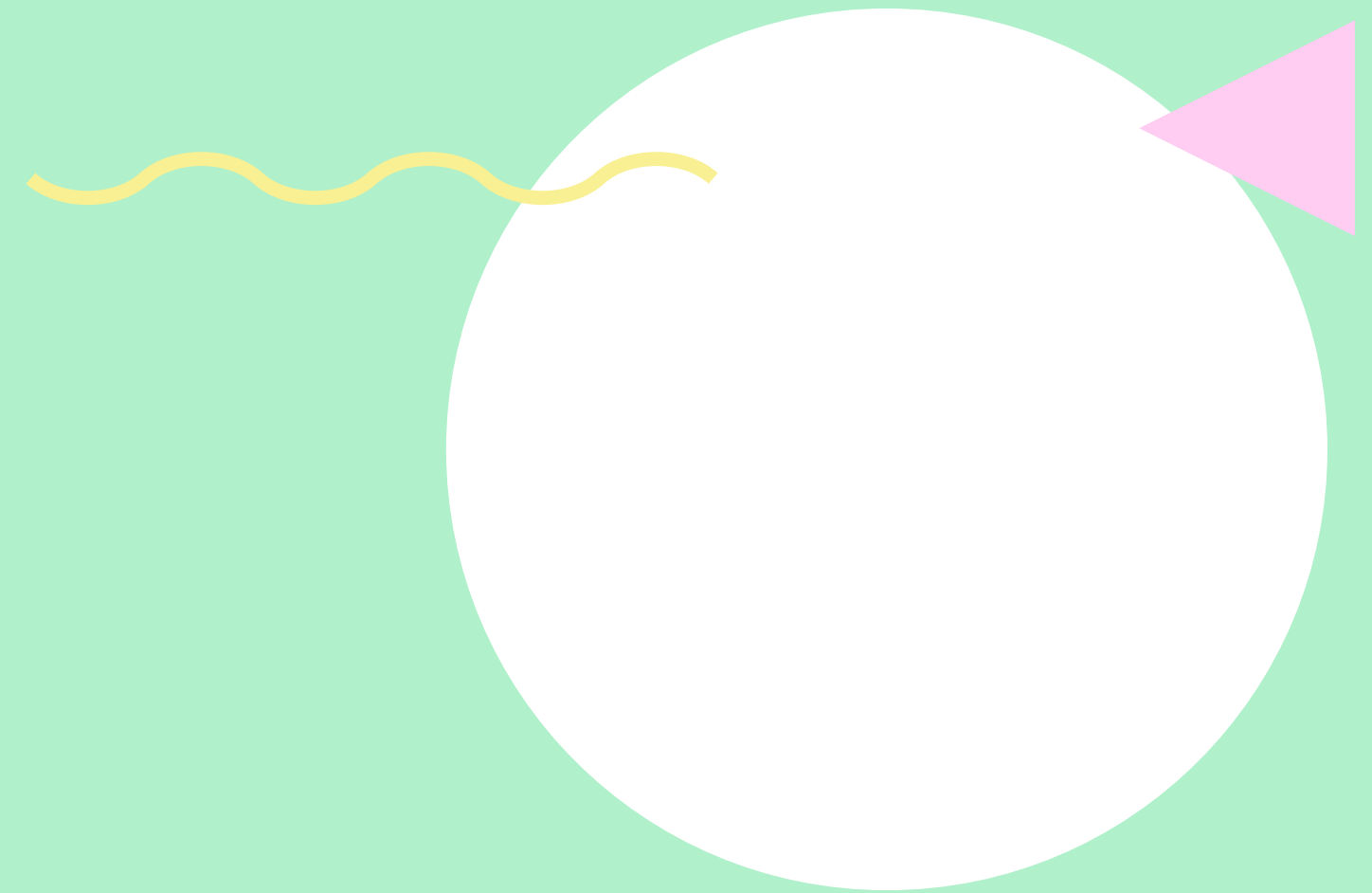
### SERVES 4

#### INGREDIENTS:

- 3 cups cooked brown rice
- 1 tablespoon olive oil
- ½ cup chopped onions
- 1 cup diced capsicum
- ½ cup frozen peas
- ½ cup frozen corn
- 1 tablespoon finely minced, garlic
- 3 tablespoons water
- 2 chicken breasts, cut into thin strips
- 2 eggs, beaten
- 2-3 tablespoons soy sauce
- 2 teaspoons sesame oil

#### INSTRUCTIONS:

1. Add the olive oil to a large non-stick frying pan or wok. Over medium heat add chicken, onions, capsicum, and garlic and cook for about 4 to 5 minutes, until onions are translucent and chicken is mostly cooked through. Add cooked rice and water and increase heat to medium-high.
2. Push rice to one side and add beaten eggs to the other side, scramble quickly then toss in with the rice mixture. Stir in the soy sauce and sesame oil.
3. Serve and enjoy.



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