



Government of **Western Australia**
Department of **Health**

Healthy Options WA

MAKING HEALTHY CHOICES EASIER

GREEN AND AMBER RECIPES

Healthy Options WA Food and Nutrition Policy

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Recipes have been assessed and classified in accordance with the mandatory [Healthy Options WA Food and Nutrition Policy](#) (the policy) traffic light classification system.

To ensure you have the latest version of this recipe book, download it from the [policy website](#).



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Introduction

This recipe book provides a range of recipes to assist food and drink retail outlets on WA health system entity premises to offer meals that are healthy and delicious, and meet the requirements of the mandatory [MP 0142/20 Healthy Options WA Food and Nutrition Policy](#).

The book contains more than 150 tried and tested recipes that have been specifically designed by chefs for catering and food services. The recipes have been adapted from the Western District Health Service *Green Recipe Book* unless otherwise specified, and classified as Green (best option) or Amber (select carefully) in accordance with the traffic light system of the policy.

Please email any suggested additional recipes to the Healthy Options WA Policy team at HealthyOptions@health.wa.gov.au

Visit healthyoptions.health.wa.gov.au for more information.



How to use this recipe book

- The classification of some recipes may change (from Green to Amber or Red, or vice versa) depending on the classification of the ingredients used.
- Ingredients marked with an asterisk (*) may be classified as Green, Amber or Red, depending on the information on their Nutrition Information Panel (NIP). These ingredients will need to be classified to ensure correct classification of the recipe. The ingredient list will state 'Check NIP' as a prompt to classify these ingredients.
- To classify these ingredients, compare the information on their NIP, to the Healthy Options Nutrient Criteria on pages 9 and 10.
- A NIP displays information in 2 different ways – per serve and per 100 grams (g). The Healthy Options Nutrient Criteria is based on the amount of nutrients in a product per 100 g. The below is an example of how to read a NIP.

Nutrition Information		
Servings per package - 1		
Serving size - 30g		
	Per serve	Per 100g
Energy	645kJ	2180kJ
Protein	2.1g	7.1g
Fat		
Total	10.4g	34.8g
Saturated	1.1g	3.5g
Carbohydrates		44g
Sugars	0.5g	1.7g
Sodium	179mg	596mg
Ingredients: Salt, Flavour, Vegetable oil, Sugar, Vegetable powder, Sweeteners (Stevia).		

This tells you the amount of **Energy (kJ) per serve or per 100 g.**

This tells you the amount of **Saturated fat per serve or per 100 g.**

This tells you the amount of **Sugar per serve or per 100 g.**

This tells you the amount of **nutrients in 100 g of this food.**

This tells you the amount of **nutrients in a single serve of this food.**

This tells you the amount of **Total fat per serve or per 100 g.**

This tells you how much **Salt (sodium) per serve or per 100 g.**

This tells you the **ingredients** that are added to this food or drink.

This item has added **Salt, Sugar, and Sweetener.**

Note, refer to the glossary alternate names for Salt, Sugar, and Sweetener.



- Any alterations made while preparing these recipes may change the classification of the recipe (such as cooking methods or ingredients). If an alteration is made, it is recommended you download the *Making Healthy Choices Easier: How to Classify Food and Drink Guide* (the guide) from the [Healthy Options WA Food and Nutrition Policy](#) website to check the classification of the recipe.
- Some Amber and Red ingredients have an allowance and can be used in small amounts without changing the traffic light classification of the recipe. These ingredients are marked with a ^ symbol in the ingredients list. For more information on ingredients with allowances, refer to the guide from the [Healthy Options WA Food and Nutrition Policy](#) website.
- Some recipes refer to using unsaturated fat spray oil to grease trays, tins and pans for cooking. This refers to oils such as olive, sunflower, safflower, sesame, grapeseed, canola, walnut, peanut, almond or rice bran.
- The food items below have not been classified in the policy. These items are labelled 'not applicable' (N/A) and will not change the classification of the recipes:
 - apple cider vinegar
 - baking powder
 - balsamic vinegar
 - bi-carbonate soda
 - chickpea (besan) flour
 - cinnamon
 - cornflour
 - horseradish
 - plain flour
 - self-raising flour
 - red wine vinegar
 - vanilla essence or extract
 - white vinegar
 - white wine vinegar
 - wholemeal flour



Food allergen information

Food allergies can be life threatening, therefore labelling of allergens is mandatory in Australia. Food service staff need to be familiar with common food allergens. For more information visit the following websites:

- [Food Standards Australia and New Zealand \(FSANZ\)](#)
- [FSANZ Food Allergen Portal](#)
- [Allergy and Anaphylaxis Australia](#)
- [Coeliac Australia](#)



Healthy Options WA

Nutrient Criteria

Cheese

		Salt (mg)
Green	Products that meet the Green nutrient criteria	Less than 700 mg per 100 g
Amber	Products that meet the Amber nutrient criteria	More than 700 mg per 100 g
Red	Products containing confectionery or added sugar are Red	

Marinades, pastes and stock

		Saturated fat (g)	Salt (mg)
Green	Products that meet the Green nutrient criteria	Less than 2 g per 100 g	Less than 360 mg per 100 g
Amber	Products that meet the Amber nutrient criteria	More than 2 g per 100 g	Less than 360 mg per 100 g
Red	Products that meet the Red nutrient criteria	More than 2 g per 100 g	More than 360 mg per 100 g

Muesli with added dried fruit

		Saturated fat (g)	Sugar (g)
Green	Products that meet the Green nutrient criteria	Less than 2 g per 100 g	Less than 20 g per 100 g
Red	Products that meet the Red nutrient criteria AND any products containing confectionery ingredients or flavourings (e.g. chocolate flavoured cereal)	More than 2 g per 100 g	More than 20 g per 100 g



Muesli without added dried fruit

		Saturated fat (g)	Sugar (g)
Green	Products that meet the Green nutrient criteria	Less than 2 g per 100 g	Less than 15 g per 100 g
Red	Products that meet the Red nutrient criteria AND any products containing confectionery ingredients or flavourings (e.g. chocolate flavoured cereal)	More than 2 g per 100 g	More than 15 g per 100 g

Cooking and condiment sauces

		Saturated fat (g)	Salt (mg)
Green	Products that meet the Green nutrient criteria	Less than 15 g per 100 g	Less than 680 mg per 100 g
Amber	Products that meet the Amber nutrient criteria	Less than 15 g per 100 g	More than 680 mg per 100 g
Red	Products that meet the Red nutrient criteria	More than 15 g per 100 g	More than 680 mg per 100 g



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

BREAKFAST



BANANA BREAKFAST BOWL



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Check NIP	Muesli*	Untoasted	200 g	400 g	2.0 kg
Green	Natural yoghurt		350 g	700 g	3.5 kg
Green	Bananas (n)	Whole	600 g (5)	1.2 kg (10)	6.0 kg (50)
Green	Frozen mixed berries		225 g	450 g	2.25 kg
Green	Pepitas and pumpkin seeds		25 g	50 g	250 g
Green	Sunflower seeds		25 g	50 g	250 g
Green	Slivered almonds		25 g	50 g	250 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Evenly spoon the muesli and yoghurt between bowls or disposable containers.
2. Peel the banana and slice. Lay the banana against the opposite side of the yogurt and top with the mixed berries.
3. Combine the pepitas, sunflower seeds and slivered almonds.
4. Sprinkle over the yoghurt and berries evenly.



MUESLI AND BERRY YOGHURT BOWL



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Natural yoghurt		625 g	1.25 kg	6.0 kg
Green	Frozen blueberries	Pureed	190 g	375 g	1.9 kg
Check NIP	Muesli*	Untoasted	300 g	600 g	3.0 kg
Green	Frozen mangoes		250 g	500 g	2.5 kg
Green	Frozen blackberries		250 g	500 g	2.5 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Mix the yoghurt and blueberry puree gently together until combined.
2. In a bowl, pour half a cup of muesli to one side and spoon an equal amount of the yoghurt mixture on the other side.
3. Top with the mangoes and berries.



MUESLI, BERRY YOGHURT CUPS



Ingredients

Classification	Ingredients	Preparation	Small	Large
Check NIP	Muesli*	Untoasted	10 g	30 g
Green	Natural yoghurt		70 g	180 g
Green	Frozen berries		20 g	30 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Layer the muesli and yoghurt into cups.
2. Sprinkle with the berries.





SCRAMBLED EGGS WITH CHIVES, CAPSICUM AND CHEESE SERVED ON SOURDOUGH

Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Eggs	Beaten	10	20	80
Green	Milk		200 ml	400 ml	1.6 L
Green	Black pepper	Cracked	½ tsp	1 tsp	15 g
Check NIP	Cheese*	Grated	100 g	200 g	800 g
Green	Chives	Finely diced	¼ bunch	½ bunch	2 bunches
Green	Red capsicums	Finely diced	180 g	360 g	1.8 kg
Green	Fresh thyme leaves		½ tbsp	1 tbsp	25 g
Green	Spinach		120 g	240 g	1.2 kg
Green	Sourdough bread	Toasted	400 g	800 g	4.0 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. In a bowl, beat the eggs and milk until combined.
2. Add the pepper, cheese, chives, capsicum, thyme and mix well.
3. Pour the mixture into a gastronorm tray and cook in the oven on 30 per cent steam and 70 per cent dry heat at 150 °C for 10 to 12 minutes, stirring every few minutes. Depending on the quantity and tray depth this would need to change accordingly. Use as a guide only.
4. Once cooked, stir again and serve on the toasted sourdough bread with spinach.



MUFFIN WITH AVOCADO AND SMOKED SALMON



Ingredients

Classification	Ingredients	Preparation	10 serves	20 serves	100 serves
N/A	White vinegar				
Green	Eggs	Whole	10	20	100
Green	Spinach	Wilted	200 g	400 g	2.0 kg
Green	Black pepper	Cracked	Pinch	½ tsp	15 g
Green	Tomatoes	Diced	220 g	440 g	2.0 kg
Green	Red onions	Diced	160 g	320 g	1.3 kg
Green	Continental parsley leaves	Roughly chopped	2 tbsp	¼ bunch	1 bunch
Green	English muffins	Toasted	5	10	50
Amber	Smoked salmon		250 g	500 g	2.5 kg
Green	Avocado	Sliced	325 g	650 g	3.0 kg

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Bring a pot of water to a boil with a little vinegar.
2. Boil the eggs until soft for approximately 6 to 7 minutes. Rinse the eggs under cold water, peel and set aside.
3. Wilt the spinach in the microwave or in a pot, on the stove. Season with pepper and set aside.
4. In a blender, place the tomatoes, red onions, and parsley, and blend until finely chopped.
5. Split the muffins in half and toast.
6. Evenly distribute the spinach, smoked salmon, slices of avocado and eggs on each muffin.
7. Spoon over a little of the tomato salsa onto each muffin.





Healthy Options WA

MAKING HEALTHY CHOICES EASIER

**MORNING TEA,
AFTERNOON TEA
AND SNACKS**

BANANA AND NUT BARS WITH TURMERIC



Ingredients

Classification	Ingredients	Preparation	12 serves	24 serves	96 serves
Green	Bananas		240 g	480 g	2.0 kg
Green	Unsalted, no added sugar crunchy peanut butter		20 g	40 g	160 g
Green	Ground cinnamon		1 tsp	4 tsp	16 g
Green	Oats	Rolled and uncooked	135 g	270 g	1.1 kg
Green	Raisins		40 g	80 g	320 g
Green	Chia seeds		15 g	30 g	120 g
Green	Flaxseed		2 tbsp	30 g	120 g
Green	Sunflower seeds		70 g	140 g	560 g
Green	Unsalted walnuts	Chopped	65 g	130 g	520 g
Green	Ground turmeric		2 tsp	10 g	40 g

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. In a large bowl, peel and mash the bananas well and add the peanut butter.
3. Add the cinnamon, oats, raisins, chia seeds, flaxseeds, sunflower seeds, walnuts, turmeric and combine. Place into a tray and push flat.
4. Bake for 40 minutes, remove from the oven and cut into desired size while still warm.



CAULIFLOWER HASH BROWNS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Cauliflower	Grated	500 g	1.0 kg	5.0 kg
Green	Eggs	Beaten	2	4	20
Green	Brown onions	Finely chopped	140 g	280 g	1.4 kg
Check NIP	Cheese*	Grated	200 g	400 g	2.0 kg
N/A	Corn flour		1 tbsp	2 tbsp	100 g
Green	Dried thyme		1 tsp	2 tsp	15 g
Green	Black pepper	Cracked	½ tsp	1 tsp	20 g
Amber	Unsaturated fat oil [^]		30 ml	60 ml	250 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Grate the cauliflower and transfer to a bowl.
2. Add the eggs, onions, cheese and corn flour. Season with the thyme and pepper.
3. On a flat grill or in a pan, heat the oil on medium-high heat.
4. Spoon the cauliflower mixture onto the grill or in the pan. Cook for 5 minutes on each side until brown and crispy.
5. Repeat with the remaining cauliflower mixture.



CHICKEN MEATBALLS WITH THAI FLAVOURS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken mince		400 g	800 g	4.0 kg
Green	Breadcrumbs		35 g	70 g	350 g
Green	Spring onions	Finely sliced	4 onions	½ bunch	2 bunches
Green	Ground coriander		¼ tsp	½ tsp	1 tbsp
Green	Coriander	Chopped and washed	1 tbsp	2 tbsp	1½ bunches
Green	Red chilli	Diced	½	1	4
Green	Fresh lime juice		7.5 ml	15 ml	30 ml
Green	Thai basil	Chopped	2 tsp	1 tbsp	¾ bunch
Amber	Unsaturated fat oil [^]		20 ml	40 ml	200 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oven to 160 °C and 15 per cent steam.
2. In a large bowl, add the chicken, breadcrumbs, spring onions, coriander, chilli, lime juice and basil. Mix and squeeze together thoroughly for 5 to 10 minutes, working the proteins in the meat so the meatballs hold together.
3. Heat a frying pan or a flat grill with a small amount of oil, roll the chicken into even size balls, a bit smaller than a golf ball, working in batches.
4. Brown the meatballs off before placing on an oven tray lined with greaseproof paper and finishing in the oven for 10 minutes. Serve as finger food.



FRUIT SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Mandarins	Segmented	125 g	250 g	1.25 kg
Green	Pineapples	Diced	150 g	300 g	1.5 kg
Green	Strawberries	Top removed and halved	250 g	500 g	2.5 kg
Green	Honeydew	Diced	200 g	400 g	2.0 kg
Green	Grapes		200 g	400 g	2.0 kg
Green	Kiwi fruits	Sliced	200 g	400 g	2.0 kg
Green	Watermelon	Diced	400 g	800 g	4.0 kg
Green	Canned passionfruit pulp in juice		100 g	200 g	800 g

NOTE: If passion fruit pulp is canned in syrup then it is classified as Red.

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. In a bowl, combine all of the fruits.
2. Pour the passionfruit pulp over the top and combine gently together in a bowl.
3. Portion into containers or bowls. Serve chilled.



GLUTEN FREE AND DAIRY FREE PIZZA



Ingredients

Classification	Ingredients	Preparation	4 serves	8 serves	40 serves
Sauce					
Green	Brown onions	Diced	150 g	300 g	1.0 kg
Green	Garlic	Crushed	¼ tsp	½ tsp	1¼ tsp
Green	Unsaturated fat oil [^]		20 ml	40 ml	100 ml
Green	Canned tomatoes	Diced	200 g	400 g	1.8 kg
Green	Dried oregano		¼ tsp	½ tsp	2 tsp
Green	Black pepper	Cracked	Pinch	¼ tsp	1¼ tsp
Pizza toppings					
Green	Gluten free pizza bases (n) 120 g		240 g (2)	480 g (4)	2.4 kg (20)
Green	Spinach		80 g	160 g	800 g
Green	Fresh tomatoes	Sliced	220 g	440 g	2.0 kg
Green	Red onions	Thinly sliced	60 g	120 g	600 g
Green	Zucchini	Ribbons	80 g	160 g	800 g
Green	Red capsicum	Sliced	110 g	220 g	1.1 kg
Green	Mushrooms	Sliced	110 g	220 g	1.1 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 190 °C.
2. In a pot, brown the onions and garlic in the oil.
3. Add the tomatoes, oregano, pepper and bring to a boil. Simmer for 25 to 30 minutes or until thick.
4. Spread the pizza bases with the tomato sauce, then sprinkle the spinach, tomatoes, red onions, zucchini, capsicum and mushrooms on top.
5. Bake in the oven on a rack for 8 to 10 minutes or until the vegetables are cooked and the edges are browned. Serve sliced.

Tip

Cut the pizza into smaller pieces and use as a finger food item.



ITALIAN BRUSCHETTA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Sourdough bread	Sliced (n)	150 g (5)	300 g (10)	1.5 kg (50)
Green	Garlic cloves	Halved	2 cloves	4 cloves	2 bulbs
Green	Vine ripened tomatoes	Sliced	250 g	500 g	2.5 kg
Green	Buffalo mozzarella*		100 g	200 g	1.0 kg
Green	Fresh basil leaves		¼ bunch	½ bunch	2 bunches
Green	Black pepper	Cracked	½ tsp	1 tsp	20 g
Green	Balsamic vinegar		10 ml	20 ml	100 ml

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.
This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Toast the sourdough bread and rub with the garlic.
2. Layer the sourdough bread with the tomatoes, buffalo mozzarella and basil leaves.
3. Sprinkle over the pepper and drizzle with a little of the balsamic vinegar.



PUMPKIN AND SWEET POTATO FRITTERS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Pumpkin	Grated	350 g	700 g	3.0 kg
Green	Sweet potatoes	Grated	300 g	600 g	3.0 kg
Green	Eggs	Beaten	3	6	25

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. In a bowl, combine the pumpkin, sweet potatoes, eggs and mix together well.
3. On a lightly greased tray, form even fritters to your desired size.
4. Bake in the oven for 10 to 12 minutes or until set.

Tip

Smaller ones can be used as a carrier for finger food.



ROAST BEEF MINI BAGUETTES WITH COTTAGE CHEESE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Dinner rolls	Par baked	5	10	50
Green	Avocados	Mashed	50 g	100 g	500 g
Green	Rocket		50 g	100 g	500 g
Green	Tomatoes	Sliced	185 g (1)	370 g (2)	1.85 kg
Green	Roast beef	Thinly sliced	150 g	300 g	1.5 kg
Green	Red onions	Thinly sliced	100 g	200 g	1.0 kg
Check NIP	Cottage cheese*		75 g	150 g	750 g
Green	Dijon mustard		2½ tsp	75 g	375 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.
This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Bake the dinner rolls as per instructions and allow to cool.
2. Cut the dinner rolls $\frac{3}{4}$ of the way through, length ways from the top.
3. Spread the avocado on each side of the dinner rolls.
4. Place the rocket, tomato slices, beef slices and onions into the dinner rolls.
5. Mix together the cottage cheese and dijon mustard. Spoon an even amount on top of the beef evenly across all of the dinner rolls.



TUSCAN CHICKEN MINI BAGUETTES



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken breasts	Skin removed	300 g	600 g	3.0 kg
Green	Tuscan seasoning	As per GREEN recipe on page 235	1 tbsp	2 tbsp	100 g
Amber	Unsaturated fat oil [^]		15 ml	30 ml	100 ml
Green	Dinner rolls	Par baked	5	10	50
Check NIP	Cream cheese*		40 g	80 g	400 g
Green	Rocket		40 g	80 g	400 g
Green	Tomatoes	Sliced	110 g	220 g	1.0 kg
Green	Capsicum	Roasted	60 g	120 g	600 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Coat the chicken in the Tuscan seasoning. Place on an oiled oven tray and bake for 15 to 20 minutes. Remove and cool.
3. Bake the dinner rolls as per instructions.
4. Slice the dinner rolls long ways from the top $\frac{3}{4}$ of the way through.
5. Spread a small amount of cream cheese on each side of the dinner rolls.
6. Slice the chicken breast. Place the rocket, tomatoes, roasted capsicum and chicken into the dinner rolls. Serve warm.



ZUCCHINI AND CARROT FRITTERS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Zucchini	Grated	120 g	240 g	1.2 kg
Green	Carrots	Grated	80 g	160 g	800 g
Green	Spring onions	Sliced	3 onions	½ bunch	2 bunches
Green	Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Garlic	Crushed	½ tsp	1 tsp	50 g
N/A	Plain flour		50 g	100 g	400 g
Green	Eggs	Beaten	2	4	20
Green	Black pepper	Cracked	Pinch	¼ tsp	1 tsp
Amber	Unsaturated fat oil [^]		40 ml	60 ml	110 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Grate the zucchini and squeeze the extra liquid out of it.
2. Combine in a bowl with the carrots, spring onions, parsley and garlic. Mix well.
3. Add the flour and mix well again.
4. Add the eggs and pepper, and mix.
5. On a flat grill or in a pan, heat the oil on medium heat.
6. Spoon small amounts of the mixture onto the flat grill or in a pan to form fritters. Cook for 5 to 7 minutes on one side, then turn and cook until golden on the other side. Serve hot or cold.



ZUCCHINI AND CORN FRITTERS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Milk		200 ml	400 ml	2.0 L
Green	Eggs	Beaten	2	4	20
Green	Chickpea flour	Sifted	100 g	200 g	900 g
Green	Baking powder		1 tsp	10 g	40 g
Check NIP	Salt reduced vegetable stock*		1 tsp	10 g	50 g
Green	Zucchini	Grated	250 g	500 g	2.5 kg
Green	Corn kernels		200 g	400 g	2.0 kg
Green	Red onions	Finely diced	80 g	160 g	800 g
Green	Chilli flakes		Pinch	¼ tsp	8 g
Amber	Unsaturated fat oil spray^				

^This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C. Preheat a flat grill or pan.
2. In a bowl, combine the milk and eggs.
3. In another bowl, place the flour and baking powder. Make a well in the centre.
4. Add the egg mixture and combine slowly to make a slightly wet but firm mixture. Add the vegetable stock and combine.
5. Add the zucchini, corn, onions and chilli to the egg mixture.
6. Lightly spray the cooking surface with unsaturated fat oil and spoon the mixture onto the flat grill or in a pan.
7. Cook until golden on both sides, then place in the oven to finish cooking for approximately 5 to 8 minutes. Serve warm or cold.

Tip

Use as a carrier for hors d'oeuvres.



BANANA AND BLUEBERRY BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil spray [^]				
Green	Almond meal		120 g	240 g	1.2 kg
Green	Ground cinnamon		½ tbsp	1 tbsp	25 g
N/A	Baking powder		½ tsp	1 tsp	20 g
Green	Eggs		2	4	20
Amber	Honey [^]		1 tbsp	2 tbsp	200 ml
N/A	Apple cider vinegar		½ tbsp	1 tbsp	100 ml
Green	Bananas	Ripe and mashed	1	2	10
Green	Blueberries		½ cup	1 cup	5 cups

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Banana bread can only be classified Amber or Red, depending on the ingredients used and serve size. Each slice must be 60 g or less to be classified as Amber.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Line a loaf tin with baking paper or lightly spray with unsaturated fat oil.
3. In a bowl, combine the dry ingredients.
4. In another bowl, mix the wet ingredients and combine with the dry ingredients.
5. Fold in the blueberries.
6. Place the mixture in the tin or portion onto a tray. Bake for approximately 35 minutes or until a skewer comes out clean.



CHOOSE YOUR OWN ADVENTURE MUFFIN (60 g serve)



Ingredients

Classification	Ingredients	Preparation	6 serves	12 serves	24 serves
Amber	Unsaturated fat oil spray [^]				
N/A	Self-raising flour		½ cup	1 cup	2 cups
N/A	Wholemeal flour		¼ cup	½ cup	1 cup
Red	Sugar		25 g	¼ cup	½ cup
Green	Plain yoghurt		100 g	200 g	400 g
Amber	Unsaturated fat oil [^]		1 tbsp	2 tbsp	70 ml
Green	Eggs (size)		1 (small)	1 (regular)	2 (regular)
Variation 1					
Green	Bananas	Mashed	1	2	4
Green	Rolled oats		10 g	¼ cup	½ cup
Variation 2					
Green	Pumpkin	Grated	75 g	150 g	300 g
Green	Ground allspice		2 tsp	1 tbsp	5 tbsp
Variation 3					
Green	Apple	Skin on and grated	½ cup	1 cup	2 cups
Green	Ground cinnamon		½ tsp	1 tsp	2 tsp
N/A	Vanilla essence		½ tsp	1 tsp	2 tsp
Variation 4					
Green	Berries	Frozen	½ cup	1 cup	2 cups
Variation 5					
Green	Dried fruit, no added sugar	Chopped	15 g	30 g	40 g

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[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Muffins may contain a small amount of sugar and must be 60 g or less to be classified as Amber.



Method

1. Preheat the oven to 200 °C. Lightly grease a mini muffin tray with oil spray.
2. Mix the flours and sugar together in a large bowl.
3. In a separate bowl, mix the yoghurt, oil, egg and flavor variations.
4. Add this wet mixture to the flour and sugar mixture, and stir until just combined. Be careful not to overmix.
5. Spoon into the muffin tray and bake for 20 to 25 minutes, until lightly golden and a skewer inserted into the middle comes out clean.



COCOA ZUCCHINI MUFFINS (60 g serve)



Ingredients

Classification	Ingredients	Preparation	12 serves	24 serves	48 serves
Amber	Unsaturated fat oil spray [^]				
Red	Brown sugar		¼ cup	½ cup	1 cup
Green	Cocoa powder		¼ cup	½ cup	1 cup
N/A	Baking powder		1 g	½ tsp	1 tsp
N/A	Bi-carbonate soda		1 g	½ tsp	1 tsp
N/A	Plain flour		½ cup	1 cup	2 cups
N/A	Wholemeal flour		½ cup	1 cup	2 cups
Green	Eggs		2	3	6
Green	Plain yoghurt		100 ml	200 ml	400 ml
N/A	Vanilla extract		1 tsp	2 tsp	1 tbsp
Amber	Unsaturated fat oil [^]		1.5 tbsp	3 tbsp	110 ml
Green	Zucchini	Grated	1 cup	2 cups	4 cups
Green	No added sugar sultanas		50 g	100 g	200 g

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[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Banana bread can only be classified Amber or Red, depending on the ingredients used and serve size. Each slice must be 60 g or less to be classified as Amber.

Method

1. Preheat oven to 180 °C (160 °C fan forced). Spray muffin tins with oil.
2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, bi-carbonate soda and flours, returning husks from the sieve to the bowl.
3. Lightly beat the eggs and add to the flour mix with the yoghurt, vanilla and oil.
4. Stir to combine (mix will still be quite dry), then mix in the zucchini and sultanas.
5. Spoon the mixture into prepared muffin tins and bake for 15 to 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the muffin tins for 5 minutes. then turn onto a wire rack to cool completely.



FRUITY MUFFINS (60 g serve)



Ingredients

Classification	Ingredients	Preparation	6 serves	12 serves	36 serves
Amber	Unsaturated fat oil spray [^]				
N/A	Self-raising flour		¾ cup	1.5 cups	3 cups
N/A	Baking powder		1 g	½ tsp	1 tsp
N/A	Bi-carbonate soda		1 g	½ tsp	1 tsp
Red	Caster sugar		2 tsp	1 tbs	2 tbs
Green	Bran sticks		¼ cup	½ cup	1 cup
Green	Rolled oats		¼ cup	½ cup	1 cup
Green	No added sugar		¼ cup	½ cup	1 cup
Green	Apple	Core removed, diced, skin left on	½ cup	1 cup	2 cups
Green	Buttermilk		⅓ cup	¾ cup	1.5 cups
Green	Eggs (size)		1 (small)	1 (regular)	2 (regular)
Green	Bananas	Mashed	1	2	4

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[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Muffins may contain a small amount of sugar and must be 60 g or less to be classified as Amber.

Method

1. Preheat the oven to 200 °C (180 °C fan forced).
2. Lightly spray muffin tins with oil or line with paper cases.
3. Sift the flour, baking powder and bi-carbonate soda into a large bowl, returning the husk remaining in the sieve to the bowl.
4. Add the sugar, bran, oats, sultanas, apple and mix well until combined.
5. Place the buttermilk, eggs and mashed bananas in a bowl and mix.
6. Pour the banana mixture into the dry ingredients and gently fold together until just combined.
7. Spoon into the prepared muffin tins.
8. Bake for 15 minutes until muffins are firm and a knife inserted into the centre comes out clean.
9. Allow to cool in the muffin tins for 5 minutes then turn onto a wire rack.



HUMMINGBIRD MUFFINS (60 g serve)



Ingredients

Classification	Ingredients	Preparation	12 serves	24 serves	48 serves
Amber	Unsaturated fat oil spray [^]				
Green	Eggs		1	2	4
Red	Caster sugar		2 tsp	¼ cup	½ cup
Green	Plain yoghurt		100 ml	200 ml	400 ml
N/A	Vanilla extract		½ tsp	1 tsp	2 tsp
Green	Bananas	Mashed	2	3	6
Green	Canned pineapple in natural juice	Crushed	220 g	440 g	880 g
N/A	Self-raising flour		1.5 cup	3 cups	800 g
N/A	Ground cinnamon		1 tsp	2 tsp	1 tbs
Green	Unsalted walnuts	Halved	50 g	100 g	200 g

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[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Muffins may contain a small amount of sugar and must be 60 g or less to be classified as Amber.

Method

1. Preheat oven to 180 °C. Spray muffin tins with unsaturated fat oil.
2. In a large bowl, beat the eggs and sugar together with an electric mixer on high speed for 2 minutes until light and creamy.
3. Gently mix in the yoghurt, vanilla, bananas and pineapple with juice.
4. Sift the flour and cinnamon onto the batter and combine.
5. Spoon the mixture into prepared muffin tins (¾ full) and top with a walnut half.
6. Bake the muffins for 20 minutes or until a skewer inserted in the centre comes out clean.
7. Cool in the muffin tins for 5 minutes then turn onto a wire rack to cool completely.



MUESLI MUFFINS (60 g serve)



Ingredients

Classification	Ingredients	Preparation	18 serves	36 serves
Amber	Unsaturated fat oil spray [^]			
Green	Rolled oats		1 cup	2 cups
Green	Plain yoghurt		1 cup	2 cups
Green	Apples	Grated	2	4
Green	No added sugar sultanas		65 g	130 g
N/A	Ground cinnamon		3 tsp	1.5 tbsp
Red	Sugar		¼ cup	½ cup
Green	Eggs		2	4
N/A	Self-raising flour		3 cups	800 g
Amber	Unsaturated fat oil [^]		¼ cup	½ cup

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[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Muffins may contain a small amount of sugar and must be 60 g or less to be classified as Amber.

Method

1. Preheat the oven to 180 °C and lightly spray an 18-hole muffin tray with unsaturated fat oil.
2. In a large bowl, mix the oats and yoghurt together. Add all the remaining ingredients and mix well.
3. Divide the mixture evenly between the 18 muffin holes.
4. Bake for 20 to 25 minutes until the tops are golden and a skewer inserted into the middle of a muffin comes out clean.



ROAST PUMPKIN, RED ONION AND CHEESE SCONES (60 g serve)



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil spray [^]				
Green	Pumpkin	Peeled, diced	125 g	250 g	1.25 kg
N/A	Self-raising flour	Sifted	185 g	375 g	1.90 kg
Green	Skim milk powder		20 g	40 g	200 g
Green	Red onions	Finely diced and sautéed	60 g	120 g	600 g
Green	Ground nutmeg		Pinch	¼ tsp	1½ tsp
Check NIP	Cheese [*]	Grated	60 g	120 g	600 g
Green	Milk		¼ cup	125 ml	625 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Scones must be served as 60 g or less to be classified as Amber.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 190 °C.
2. Spray a baking tray with unsaturated fat oil and cook the pumpkin until slightly browned and soft. Mash the pumpkin in a bowl, add milk and mix together.
3. In another bowl, combine the sifted flour, milk powder, sautéed red onions, nutmeg, pumpkin and cheese.
4. Make a well in the centre of the mixture, add the milk and combine to make a dough.
5. Tip the dough out onto a lightly floured surface and knead gently to bring together.
6. Roll the dough out to 1 to 1½ cm thick and cut into 65 to 68 g portions, using all of the dough. **Note: scones will lose moisture during cooking which will reduce the weight of the final product.**
7. Place the scones, just touching onto a baking tray. Bake for 8 to 14 minutes or until golden. Serve warm.



RYE SOURDOUGH WITH MUSHROOM AND SPINACH



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Garlic cloves	Halved	2 cloves	4 cloves	15 cloves
Green	Rye sourdough	Sliced	250 g	500 g	2.5 kg
Amber	Unsaturated fat oil [^]		20 ml	30 ml	110 ml
Green	Mushrooms	Sliced	350 g	700 g	3.5 kg
Green	Fresh chilli	De-seeded and thinly sliced	20 g	40 g	200 g
Green	Spinach		150 g	300 g	1.2 kg
Check NIP	Feta cheese [*]	Crumbled	150 g	300 g	1.4 kg
Green	Black pepper	Cracked	¼ tsp	½ tsp	2½ tsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Rub the garlic on the sourdough bread and grill until lightly toasted.
2. In a pot, heat the oil and sauté the mushrooms until they begin to brown slightly and the moisture is almost gone.
3. Add the chilli and the spinach and cook until the spinach is wilted. Remove from the heat and allow to cool.
4. Warm the sourdough bread and top with the warm mushroom mixture.
5. Crumble the feta over the top and sprinkle with black pepper.

Tip

Cut the sourdough bread into smaller pieces and use as a finger food item.



SPINACH AND RICOTTA FILO PARCELS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Spinach	Frozen, thawed or freshly blanched	100 g	200 g	1.0 kg
Check NIP	Ricotta cheese*		60 g	120 g	600 g
Check NIP	Feta cheese*		60 g	120 g	600 g
Green	Eggs	Beaten	1	2	20
Green	Ground nutmeg		Pinch	¼ tsp	1¼ tsp
Green	Lemon zest		1 tsp	2 tsp	2 tbsp
Green	Fresh lemon juice		10 ml	20 ml	100 ml
Green	Eggs	Beaten	1	1	6
Green	Milk		100 ml	200 ml	500 ml
Amber	Filo pastry	1 pack 375 g	180 g (½)	375 g (1)	1.8 kg
Amber	Unsaturated fat oil spray [^]				

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 190 °C.
2. Place the spinach in the centre of a clean cloth or tea towel, pull up the corners and squeeze any excess moisture out of the spinach.
3. In a bowl, place the ricotta cheese, feta cheese, eggs, nutmeg, lemon zest and juice. Mix well with your hands to combine and set aside.
4. For the egg wash, beat together the eggs and milk.
5. Lay one filo pastry sheet out, spray lightly with unsaturated fat oil and lay another sheet on top. Cut the pastry lengthways to make rectangles.
6. Place a spoonful of the mixture at the top of each sheet.
7. Spread the egg wash lightly down each side and along the bottom edge of the pastry. Fold one edge to the other to form a triangle shape. Continue to flip the triangle down the length of the pastry until you meet the straight edge at the bottom. Push down lightly on this edge and seal.
8. Place the filo parcels on a baking tray lightly sprayed with unsaturated fat oil and bake for 12 to 15 minutes or until golden. Serve hot.



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

SOUPS



BEEF, VEGETABLE AND PEARL BARLEY SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		20 ml	40 ml	100 ml
Green	Beef – blade or oyster	Diced small or sliced	500 g	1.25 kg	2.5 kg
Green	Brown onions	Diced	220 g	550 g	1.1 kg
Green	Garlic	Crushed	15 g	35 g	70 g
Green	Carrots	Diced	300 g	750 g	1.5 kg
Green	Swedes	Diced	170 g	425 g	850 g
Green	Celery		3 stalks	¾ bunch	1½ whole
Green	Smoked paprika		1 tbsp	10 g	20 g
Green	Bay leaves		3	5	10
Check NIP	Salt reduced beef stock [*]		3 L	7.0 L	13 L
Green	Pearl barley		200 g	500 g	1.0 kg
Green	Continental parsley	Chopped	¼ bunch	¾ bunch	1½ bunches
Green	Black pepper	Cracked	½ tbsp	10 g	20 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat oil in a large pot and seal off beef in small batches. Remove beef and set aside.
2. In the pot, add the onions and garlic, and sweat off for 5 minutes.
3. Add the remaining vegetables and sweat off for 10 to 15 minutes.
4. Return the beef to the pot. Add the paprika and bay leaves, and stir.
5. Pour in the beef stock and pearl barley, and bring to a boil.
6. Turn down to a simmer and cook for 1½ to 2 hours.
7. Season with parsley and pepper.



CARROT AND LENTIL SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Green	Fresh coriander		¼ bunch	¾ bunch	1½ bunches
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 ml
Green	Brown onions	Diced	360 g	900 g	1.6 kg
Green	Garlic	Crushed	15 g	30 g	60 g
Green	Moroccan spice	As per GREEN recipe on page 232	1½ tbsp	3 tbsp	25 g
Green	Carrots	Peeled, cubed	1.6 kg	4 kg	8 kg
Check NIP	Salt reduced vegetable stock		2 L	4.5 L	9 L
Green	Water		500 ml	1 L	2 L
Green	Dried red lentils		350 g	870 g	1.7 kg
Green	Plain yoghurt		200 g	500 g	1.0 kg
Green	Parsley	Chopped	2 tbsp	¼ bunch	½ bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Separate the leaves and the stem of the coriander. Put the leaves aside for later. Finely chop the stem and wash thoroughly, drain, set aside.
2. Heat the oil in a large pot, add the onions and garlic, and cook until soft.
3. Add the coriander stem, Moroccan seasoning and carrots. Cook for a further 5 minutes on medium heat.
4. Add the stock and water, and bring to a boil.
5. Add the lentils and bring back to a boil while stirring.
6. Reduce the heat to a simmer and cook for 35 to 45 minutes or until the lentils have broken down. May need slightly longer for a bigger batch.
7. Mix together gently the yoghurt, parsley and half of the coriander leaves chopped.
8. Once the soup is cooked, add the remaining coriander leaves in and stir.
9. Ladle into bowls and top with a spoonful of the yoghurt.



CHICKEN AND LEEK SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	50 ml	100 ml
Green	Brown onions	Diced	350 g	875 g	1.75 kg
Green	Garlic	Crushed	15 g	35 g	70 g
Green	Chicken thighs	Skin removed, trimmed and finely diced	600 g	1.5 kg	3.0 kg
Green	Leeks	Washed, halved and sliced	1	3	6
Green	Celery	Peeled or cubed	3 stalks	¾ bunch	1½ bunches
Check NIP	Salt reduced chicken stock		2 L	5 L	10 L
Green	Fresh thyme		2 tsp	15 g	30 g
Green	White pepper		½ tsp	8 g	12 g
N/A	Corn flour	Mixed with water to make a paste	100 ml	250 ml	500 ml
Green	Continental parsley	Chopped	¼ bunch	¾ bunch	1¼ bunches

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a pot, add the onions and garlic, and sweat off.
2. Add the chicken thigh pieces and seal off.
3. Add the leek and sweat off for a further 5 minutes.
4. Add the celery and cook for another 5 minutes
5. Add the chicken stock, thyme, white pepper and bring to a boil.
6. Reduce to a simmer and cook for a further 35 to 45 minutes.
7. Use corn flour to thicken the soup to desired consistency and finish with the parsley.



CHICKEN, POTATO AND SWEET CORN SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		1 tbsp	50 ml	100 ml
Green	Brown onions	Diced	200 g	500 g	1.0 kg
Green	Garlic	Crushed	20 g	45 g	90 g
Green	Chicken thighs	Trimmed, skin removed and finely diced	600 g	1.5 kg	3.0 kg
Green	Potatoes	Peeled and diced small	800 g	2.0 kg	4.0 kg
Check NIP	Salt reduced chicken stock		3.0 L	7.0 L	14 L
Green	White pepper		1 tsp	¾ tbsp	15 g
Green	Corn kernels	Frozen	650 g	1.5 kg	3.0 kg
Green	Parsley	Chopped	¼ bunch	½ bunch	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oil in a large pot, add the onions and garlic, and sweat off for 5 minutes.
2. Add the chicken thigh pieces and cook off for 5 to 10 minutes.
3. Add the potatoes and cook for a further 5 minutes stirring often.
4. Add the chicken stock and pepper, and bring to a boil.
5. Turn down to a simmer and cook for 35 to 45 minutes.
6. Add the corn kernels and parsley, and cook for another 10 minutes.



CHICKEN AND VEGETABLE SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		160 ml	410 ml	830 ml
Green	Chicken thighs	Trimmed, skin removed and finely diced	500 g	1.25 kg	2.5 kg
Green	Plain flour		150 g	375 g	750 g
Green	Brown onions	Diced	130 g	330 g	660 g
Green	Parsnip	Diced	90 g	225 g	450 g
Green	Carrots	Diced	90 g	225 g	450 g
Green	Celery	Diced	3 stalks	½ bunch	1 bunch
Green	Red capsicum	Diced	70 g	175 g	350 g
Green	Green capsicum	Diced	70 g	175 g	350 g
Green	Zucchini	Diced	80 g	200 g	400 g
Check NIP	Salt reduced chicken stock [*]		2.0 L	5.0 L	10 L
Green	Frozen peas		70 g	175 g	350 g
Green	Frozen corn		70 g	175 g	350 g
Green	White pepper	Ground	¾ tsp	5 g	10 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a large pot, add the chicken and seal off.
2. Add the flour to the pot and stir until combined, cook for a further 2 minutes stirring constantly.
3. Add all the vegetables, except the peas and corn, and stir to combine.
4. Pour in the chicken stock and continue stirring for 5 minutes. If slight lumps appear from the flour, use a large whisk and beat for 3 to 4 minutes or until smooth again. Reduce the heat and simmer for 1 to 1½ hours.
5. When almost done, during the last 20 minutes, add the peas and the corn. Season to taste with pepper.



CREAMY CAULIFLOWER SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		160 ml	410 ml	830 ml
Green	Brown onions	Diced	240 g	600 g	1.2 kg
Green	Cauliflower	Chopped	1.0 kg	2.25 kg	4.5 kg
N/A	Plain flour		150 g	375 g	750 g
Green	Milk		600 ml	1.5 L	3.0 L
Check NIP	Salt reduced chicken stock [*]		1.2 L	3.0 L	6.0 L
Green	Dried thyme		1 tsp	6 g	12 g
Green	White pepper		½ tsp	10 g	20 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oil in a large pot, add the onions and fry off until very lightly coloured. Add cauliflower and stir for 2 minutes.
2. Add the flour and bring the mix together.
3. Stir in the milk, stock, thyme and beat with a whisk if lumps begin to form.
4. Bring to a boil and reduce the heat to a simmer and cook for 30 to 45 minutes.
5. Blend smooth with a stick blender and season with pepper to taste.



LAMB SHANK, VEGETABLE AND BARLEY SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	120 ml
Green	Lamb shanks	Trim off excess fat	1.0 kg	2.5 kg	5.0 kg
Green	Brown onions	Diced	400 g	1.0 kg	2.0 kg
Green	Garlic	Crushed	15 g	40 g	80 g
Green	Carrots	Diced	300 g	750 g	1.5 kg
Green	Potatoes	Diced	300 g	700 g	1.2 kg
Green	Sweet potatoes	Diced	300 g	750 g	1.5 kg
Green	Zucchini	Diced	220 g	600 g	1.0 kg
Green	Dried mixed herbs		1tbsp	12 g	25 g
Green	Pearl barley		400 g	1.0 kg	2.0 kg
Check NIP	Salt reduced vegetable stock [*]		2.4 L	6.0 L	12 L
Green	Black pepper	Cracked	½ tbsp	10 g	20 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a large pot, brown the lamb shanks and set aside.
2. Sweat off the onions and garlic.
3. After 5 minutes add the carrots, potatoes, sweet potatoes, zucchini and herbs. Cook for a further 10 minutes.
4. Add the pearl barley, stock and stir.
5. Add the lamb shanks and bring to a boil.
6. Reduce the heat and simmer for 2½ to 3 hours.
7. Remove the lamb shanks from the soup and allow to cool slightly.
8. Using gloves, remove all of the meat from the bones, discard the bones and chop-up the meat.
9. Before placing the meat back into the soup, skim the top for any impurities and discard.
10. Return the chopped-up meat to the soup and season with black pepper.



MINISTRONE SOUP



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Green	Dried borlotti beans		320 g	800 g	1.6 kg
Amber	Unsaturated fat oil [^]		30 ml	40 ml	140 ml
Green	Brown onions	Diced	200 g	500 g	1.0 kg
Green	Garlic	Crushed	20 g	40 g	80 g
Green	Carrots	Diced	200 g	500 g	1.0 kg
Green	Celery	Diced	200 g	500 g	1.0 kg
Green	Red capsicum	Diced	100 g	250 g	500 g
Green	Green capsicum	Diced	100 g	250 g	500 g
Green	Dried basil		2 tsp	15 g	30 g
Green	Reduced salt tomato paste [^]		80 g	200 g	400 g
Green	Tomatoes	Crushed	200 g	500 g	1.0 kg
Check NIP	Salt reduced chicken stock [*]		2.8 L	7 L	14 L
Green	Gluten free pasta		80 g	200 g	400 g
Green	Continental parsley	Chopped	½ bunch	1 bunch	2 bunches
Green	Black pepper	Cracked	1 tsp	10 g	20 g
Check NIP	Cheese [*]	Grated	60 g	150 g	300 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Soak the borlotti beans in water overnight in a cool room. Use twice as much water as there are beans.
2. Heat the oil in a large pot, add the onions and garlic, and sweat off.
3. Add the carrots, celery, capsicum, basil and cook for 10 minutes.
4. Add the tomato paste and stir well.
5. Add the tomatoes, borlotti beans, chicken stock and bring to a boil.
6. Reduce the heat to a simmer and cook for 45 to 50 minutes or until the vegetables are tender and the borlotti beans are soft.
7. Add the pasta and cook for a further 15 minutes or until the pasta is cooked.
8. Add the chopped parsley and season with pepper. Serve with cheese.



MOROCCAN RED LENTIL SOUP



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	100 ml
Green	Onions	Diced	85 g	170 g	850 g
Green	Celery	Diced	2 stalks	¼ bunch	1 bunch
Green	Carrots	Diced	75 g	150 g	750 g
Green	Garlic	Crushed	10 g	15 g	50 g
Green	Ground coriander		½ tsp	5 g	25 g
Green	Ground cumin		½ tsp	5 g	25 g
Green	Ground turmeric		¼ tsp	3 g	15 g
Green	Ground paprika		½ tsp	4 g	20 g
Green	Ground cinnamon		Pinch	2 g	10 g
Green	Black pepper	Cracked	Pinch	2 g	20 g
Green	Red lentils	Soaked for 1 hour	100 g	200 g	1 kg
Check NIP	Salt reduced vegetable stock*		600 ml	1.2 L	6.0 L
Green	Canned tomatoes	Crushed	275 g	550 g	2.8 kg
Green	Fresh lemon juice		10 ml	25 ml	125 ml
Green	Dried chilli		Pinch	2 g	10 g
Green	Continental parsley	Chopped	1 tbsp	2 tbsp	1 bunch
Green	Coriander	Chopped leaves and stalks	1 tbsp	2 tbsp	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification. *Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a large pot, add the onions, celery, carrots and cook for 5 for 10 minutes.
2. Add the garlic, coriander, cumin, turmeric, paprika, cinnamon and pepper. Cook for 5 minutes or until the spices are fragrant.
3. Add the lentils, stock, tomatoes, lemon juice and chilli. Cook for 1 to 1½ hours or until the lentils are soft.
4. Garnish the soup with the fresh parsley and coriander.



PUMPKIN, CARROT, LENTIL AND GINGER SOUP



Ingredients

Classification	Ingredients	Preparation	5 serves	25 serves	50 serves
Green	Dry red lentils		300 g	750 g	1.5 kg
Check NIP	Salt reduced vegetable stock*		2.4 L	6 L	12 L
Green	Brown onions	Diced	340 g	850 g	1.7 kg
Green	Pumpkin	Diced	500 g	1.25 kg	2.5 kg
Green	Carrots	Diced	400 g	1.0 kg	2.0 kg
Amber	Unsaturated fat oil [^]		40 ml	80 ml	100 ml
Green	Ground turmeric		2 tsp	15 g	25 g
Green	Garlic	Crushed	15 g	35 g	70 g
Green	Ginger	Crushed	3 tsp	35 g	70 g
Green	Black pepper	Cracked	1 tsp	10 g	20 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Soak the lentils in cold vegetable stock over night in a cool room.
2. Roast off the vegetables with the oil, turmeric, garlic and ginger.
3. Place all vegetables in a pot, de-glaze the roasting tray and add to the pot.
4. Pour in the lentils and vegetable stock, and bring to a boil.
5. Turn down the heat to a simmer and cook for 1 to 1½ hours or until lentils have broken down.
6. Season with pepper and adjust the consistency with water or more stock.



PUMPKIN, ROSEMARY AND HONEY SOUP



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	40 ml	80 ml
Green	Brown onions	Diced	180 g	360 g	1.8 kg
Green	Garlic	Crushed	1 tsp	2 tsp	60 g
Green	Pumpkin	Diced	500 g	1.0 kg	5.0 kg
Green	Potatoes	Peeled and diced	200 g	400 g	2.0 kg
Green	Fresh rosemary	Chopped	1 tbsp	2 tbsp	¾ cup
Check NIP	Salt reduced chicken stock*		750 ml	1.5 L	7.5 L
Green	Pepper	Cracked	½ tsp	1 tsp	15 g
Amber	Honey [^]		1 tbsp	40 g	250 g

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oil in a pot, add the onions and garlic, and fry off until just beginning to colour.
2. Add the pumpkin and potatoes, and sauté for 10 minutes.
3. Add the rosemary, stock, pepper and honey. Bring to a boil and simmer for 30 to 40 minutes.
4. Once cooked blend to a smooth puree.



VEGETABLE AND TOMATO SOUP



Ingredients

Classification	Ingredients	Preparation	5 serves	25 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	100 ml
Green	Brown onions	Diced	400 g	1.0 kg	2.0 kg
Green	Garlic	Crushed	15 g	40 g	80 g
Green	Potatoes	Diced	370 g	900 g	1.8 kg
Green	Zucchini	Diced	300 g	750 g	1.5 kg
Green	Carrots	Diced	300 g	750 g	1.5 kg
Green	Celery	Diced	3 stalks	½ whole	1 whole
Green	Dry mixed herbs		½ tbsp	10 g	20 g
Green	Canned tomatoes	Crushed	800 g	2.0 kg	4.0 kg
Check NIP	Salt reduced vegetable stock [*]		2.8 L	7.0 L	14 L
Green	Frozen peas		200 g	500 g	1 kg
Green	Frozen corn		200 g	500 g	1 kg
Green	Black pepper	Cracked	1 tsp	10 g	20 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a large pot, and sweat off the onions and garlic.
2. Add the potatoes, zucchini, carrots, celery and herbs. Sweat off for a further 10 minutes.
3. Add the tomatoes and vegetable stock, and bring to a boil.
4. Reduce the heat to a simmer and cook for 1 to 1½ hours until vegetables are tender and starting to break down slightly.
5. Add the peas and corn. Cook for a further 15 minutes.
6. Season with the pepper.



WHITE BEAN SOUP WITH CHILLI



Ingredients

Classification	Ingredients	Preparation	10 serves	25 serves	50 serves
Green	Cannellini beans	Soaked overnight	500 g	1.2 kg	2.0 kg
Amber	Unsaturated fat oil [^]		30 ml	50 ml	80 ml
Green	Brown onions	Diced	400 g	1.0 kg	2.0 kg
Green	Garlic	Crushed	15 g	40 g	80 g
Green	Fresh chilli	De-seeded and chopped	20 g	50 g	90 g
Check NIP	Salt reduced vegetable stock [*]		3.5 L	8.0 L	16 L
Green	Continental parsley	Chopped	¼ bunch	¾ bunch	1½ bunch
Green	Ground white pepper		½ tsp	7 g	15 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Soak the cannellini beans overnight in a cool room.
2. Heat the oil in a large pot, and sweat off the onions, garlic and chilli.
3. Add the drained soaked cannellini beans and vegetable stock.
4. Bring to a boil, reduce to a simmer, and cook for approximately 1½ hours or until the beans are very soft.
5. Blend the soup with a stick blender to smooth.
6. Add the parsley and season with white pepper.





Healthy Options WA

MAKING HEALTHY CHOICES EASIER

SANDWICHES, ROLLS AND WRAPS

GREEN SANDWICHES, ROLLS AND WRAPS



Examples

Name of sandwich/wrap/roll	Ingredients
Roasted beef, mustard, mayonnaise and salad sandwich/roll/wrap	Wholemeal/white/multigrain bread, thinly spread mayonnaise [^] , dijon mustard, shaved or thinly sliced roast beef (60 to 70 g), cheese slice, beetroot sliced, carrot grated, tomato sliced, red onions sliced, cucumber sliced and salad mix.
Chicken, mayonnaise, avocado and salad sandwich/roll/wrap	Wholemeal/white/multigrain bread, thinly spread mayonnaise [^] , avocado, roast or poached sliced chicken breast (trimmed with skin removed) (60 to 70 g), cheese slice, beetroot sliced, carrot grated, tomato sliced, red onions sliced, cucumber sliced and salad mix.
Turkey, mayonnaise, cottage cheese and salad sandwich	Wholemeal/white/multigrain bread, thinly spread mayonnaise [^] , avocado, thinly sliced skinless roast turkey breast (unprocessed) (60 to 70 g), cheese slice, beetroot sliced, carrot grated, tomato sliced, red onions sliced, cucumber sliced and salad mix.
Gourmet salad roll vegetarian	Wholemeal/white/multigrain bread, thinly spread mayonnaise [^] , avocado, cottage cheese, boiled egg, cheese slice, beetroot sliced, carrot ribbons or grated, tomato sliced, red onions sliced, cucumber sliced and salad mix.
Gourmet salad roll vegetarian – no egg or cheese (use egg free mayonnaise)	Wholemeal/white/multigrain bread, thinly spread mayonnaise [^] , avocado, beetroot sliced, carrot ribbons or grated, tomato sliced, red onions sliced, cucumber sliced and salad mix.
Tuna, avocado and salad sandwich/roll/wrap	Wholemeal/white/multigrain bread, thinly spread mayonnaise [^] , avocado, tuna in spring water drained, squeeze of lemon juice, celery chopped, red onions sliced, cracked pepper and salad mix.

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

These recipes were sourced and adapted from the 'WDHS Green Recipe Booklet'.



CHICKEN WALDORF TOASTY



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken breasts	Trimmed and skin removed	125g	250 g	1.25 kg
Green	Chicken thighs	Trimmed and skin removed	250 g	500 g	2.5 kg
Amber	Unsaturated fat oil [^]		30 ml	60 ml	150 ml
Green	Dried tarragon		¼ tsp	½ tsp	1¼ tbsp
Green	Apples	Peeled and roughly chopped	200 g	400 g	2.0 kg
Green	Water		100 ml	200 ml	1.0 L
Green	Unsalted walnuts	Toasted and chopped	75 g	150 g	750 g
Green	Celery	Finely diced	80 g	160 g	800 g
Green	Spring onions	Finely diced	¼ cup	½ cup	2 bunches
Green	Apples	Finely diced	100 g	200 g	1.0 kg
Amber	Mayonnaise [^]		70 g	140 g	700 g
Check NIP	Cottage cheese [*]		150 g	300 g	1.5 kg
Green	Black pepper	Cracked	¼ tsp	½ tsp	20 g
Green	Spinach		120 g	240 g	1.2 kg
Green	Bread loaf		800 g	1.6 kg	5.6 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Coat the chicken in the oil and tarragon. Roast for 20 to 30 minutes or until browned and cooked through.
3. In a pot, place the peeled and chopped apples in water and cook until soft. Blend to a smooth paste.
4. Place the walnuts, celery, spring onions, diced apples, apple puree, mayonnaise, cottage cheese and pepper in a bowl and mix well.
5. Once the chicken has cooled, finely dice and mix through the cottage cheese mixture.
6. Slice the loaves thickly (2 slices per serve), place the spinach on the bottom, distribute the chicken mix evenly between each slice and place another piece of bread on the top.
7. Toast for 2 to 3 minutes or until hot.



EGG AND LETTUCE SANDWICH/ROLL/WRAP



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Eggs	Whole, boiled and peeled	8	16	60
Amber	Mayonnaise [^]		40 ml	80 ml	400 ml
Green	Parsley	Chopped	1 tbsp	2 tbsp	1½ bunches
Green	Spring onions	Finely sliced	1 tbsp	¼ bunch	2 bunches
Green	Black pepper	Cracked	¼ tsp	½ tsp	15 g
Green	Bread/ roll/ wrap (100 g per serve)		500 g	1.0 kg	5.0 kg
Amber	Unsaturated fat spread [^]		30 g	60 g	300 g
Green	Iceberg lettuce	Large slices	100 g	200 g	1.0 kg

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Bring a pot of water to the boil and cook the eggs, 8 to 10 minutes from boiling water. Refresh under cold water and peel.
2. In a bowl, mash the eggs with the mayonnaise, parsley and spring onions. Season with the pepper.
3. Lay out the bread/rolls/wraps. Spread lightly with the unsaturated fat spread, evenly distribute the egg mixture and lettuce. Roll the wraps or top the sandwiches or rolls. Serve sliced.



TUNA TOASTY



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Frozen corn kernels	Thawed	105g	210 g	1.0 kg
Green	Continental parsley	Chopped	20 g	40 g	2½ bunches
Green	Red chilli	De-seeded and chopped	5 g	10 g	50 g
Green	Celery	Finely diced	95 g	190 g	1 bunch
Green	Red capsicum	Finely diced	90 g	180 g	900 g
Green	Red onions	Finely diced	70 g	140 g	650 g
Green	Canned tuna in spring water	Drained	210 g (½ tin)	425 g	2.1 kg (5 tins)
Green	Black pepper	Cracked	Pinch	5 g	25 g
Amber	Mayonnaise		35 g	70 g	350 g
Check NIP	Cheese*	Grated	55 g	110 g	550 g
Green	Multigrain bread loaf (n)	Thickly sliced	400 g (½)	800 g (1)	4 kg (5)

*This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Combine all of the ingredients in a bowl, except the bread, and mix together thoroughly.
2. Lay out the bread and evenly distribute the mix amongst half of the slices.
3. Top with the other slice of bread and serve toasted.



TUSCAN CHICKEN WRAP



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken thighs	Skin removed and trimmed	500 g	1.0 kg	5.0 kg
Green	Tuscan seasoning	As per GREEN recipe on page 235	1 tsp	2 tsp	¼ cup
Green	Fresh basil leaves	Ripped	¼ cup	¼ bunch	1 bunch
Amber	Unsaturated fat oil [^]		25 ml	50 ml	120 ml
Green	12 inch tortilla		5	10	50
Check NIP	Cottage cheese*		60 g	180 g	600 g
Green	Black pepper	Cracked	Pinch	¼ tsp	10 g
Green	Rocket		100 g	200 g	1.0 kg
Green	Tomatoes	Roasted and cut into thick half moons	180 g	360 g	1.8 kg
Green	Red capsicum	Julienne	150 g	300 g	1.4 kg
Green	Red onions	Thinly sliced	150 g	300 g	1.4 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Place the chicken in a bowl and toss with the Tuscan seasoning, ripped basil leaves and unsaturated fat oil.
3. Cook the chicken for 25 to 35 minutes or until the juices run clear.
4. Lay out a tortilla and spread the base with cottage cheese and pepper. Layer the rocket, roast tomatoes, capsicum and onions to one side.
5. Top the salad with the sliced cooked chicken and roll up tightly. Serve toasted.



SMOKED SALMON ROLL WITH AVOCADO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Check NIP	Cream cheese*		75 g	150 g	750 g
Green	Avocados		65 g	130 g	650 g
Green	Milk buns		5	10	50
Green	Red onions (n)	Finely sliced	110 g (½)	220 g (1)	1.0 kg
Amber	Smoked salmon		280 g	560 g	2.8 kg
Green	Spinach		100 g	200 g	1.0 kg
Green	Black pepper	Cracked	¼ tsp	½ tsp	15 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. In a bowl, combine the cream cheese and avocado.
2. Cut the milk buns $\frac{3}{4}$ of the way through and spread with the combined cream cheese and avocado mixture.
3. Evenly distribute the red onions and smoked salmon between the rolls.
4. Finish with the spinach and season with black pepper.





Healthy Options WA

MAKING HEALTHY CHOICES EASIER

**PANINIS, FOCACCIAS,
TURKISH AND PITAS**

CHICKEN, CHILLI AND LIME CORN TORTILLAS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Fresh lime juice		60 ml	125 ml	600 ml
Green	Garlic	Crushed	20 g	40 g	200 g
Green	Dried chilli flakes		1 tsp	2 tsp	15 g
Green	Ground coriander		½ tbsp	1 tbsp	25 g
Green	Chicken breasts	Skin removed, trimmed and sliced	600 g	1.2 kg	6.0 kg
Green	Fresh avocado	Diced	¾	1½	2½
Green	Cherry tomatoes	Halved	250 g	500 g	2.5 kg
Green	Red kidney beans	Drained	300 g	500 g	3.0 kg
Green	Green capsicum	Diced	225 g	450 g	2.25 kg
Green	Corn kernels		200 g	400 g	2.0 kg
Green	Red onions	Diced	110 g	220 g	1.0 kg
Green	Spinach		100 g	250 g	1.0 kg
Green	Natural yoghurt		150 g	300 g	1.3 kg
Green	Corn tortillas		5	10	50

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oven to 180 °C on dry heat.
2. Combine half of the lime juice with the garlic, chilli and coriander.
3. Add the chicken and marinate for 45 minutes to 1 hour.
4. Lay the chicken on oven trays and cook for approximately 15 minutes. Remove and cool. Slice into strips.
5. Combine the avocado, tomatoes, kidney beans, capsicum, corn, onions and spinach in a gastronorm tray. Briefly cook for 5 minutes.
6. Allow the bean mix to cool and add the yoghurt.
7. Lay a tortilla on a bench and place an even spread of the bean mixture on the tortilla. Top with 3 to 4 pieces of chicken and fold in both ends and roll. Serve toasted.



CHICKEN GYROS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	300 ml
Green	Fresh lemon juice		20 ml	40 ml	200 ml
N/A	Red wine vinegar		20 ml	40 ml	200 ml
Green	Smoked paprika		1 tsp	2 tsp	15 g
Green	Dried oregano		1 tsp	2 tsp	15 g
Green	Pepper	Cracked	½ tsp	1 tsp	20 g
Green	Chicken breasts	Skin removed, trimmed and cut into strips	450 g	900 g	4.5 kg
Green	Pita bread		5	10	50
Green	Iceberg lettuce	Shredded	¼ whole	½ whole	2 whole
Green	Tomatoes	Sliced	240 g	480 g	2.4 kg
Green	Red onions	Sliced	120 g	240 g	1.2 kg
Green	Tzatziki sauce	As per GREEN recipe on page 237	¾ cup	1½ cups	1.8 L

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C and dry heat.
2. In a bowl, combine the oil, lemon juice, red wine vinegar, smoked paprika, oregano and pepper.
3. Add the sliced chicken breasts and marinate for 1 hour.
4. Remove the chicken breasts from the marinade and place on an oven tray. Cook for approximately 15 minutes.
5. Place the pita bread on a work surface. Using half of the area of the pita, place even amounts of iceberg lettuce, tomatoes, red onions, chicken and fold in half. Alternatively, they can be rolled up like a souvlaki or wrap.
6. Heat the pitas in a microwave for 40 seconds then in a flat toaster.
7. Top with some tzatziki sauce.



CHICKEN TURKISH BREAD WITH OREGANO, ROAST ONION AND MUSTARD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken breasts	Skin removed and trimmed	500 g	1.0 kg	5.0 kg
Green	Oregano	Dried	½ tsp	1 tsp	15 g
Green	Garlic	Crushed	½ tsp	1 tsp	40 g
Green	Black pepper	Cracked	Pinch	¼ tsp	120 g
Amber	Unsaturated fat oil spray [^]				
Green	Red onions	Thickly sliced	220 g	440 g	2.2 kg
Green	Seeded mustard		25 g	50 g	250 g
Amber	Mayonnaise [^]		5	10	50
Green	Turkish bread 130 g		100 g	200 g	900 g
Green	Tomatoes	Sliced	180 g	360 g	1.8 kg
Check NIP	Cheese [*]	Grated	100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 170 °C on 20 per cent steam.
2. In a bowl, mix together the chicken breasts, oregano, garlic and pepper.
3. Place on a tray lightly sprayed with oil and cook for 15 to 20 minutes. Remove from the oven and cool. Slice into strips.
4. Place the cut red onions on an oven tray lightly sprayed with oil. Roast for approximately 20 minutes or until the onions are beginning to caramelize.
5. Mix together the mustard and mayonnaise.
6. Slice the Turkish bread length ways $\frac{3}{4}$ of the way through. Spread evenly with the mustard mixture on the top and bottom cut surfaces.
7. Place the spinach on the bottom, followed by the sliced chicken, cooked onions, tomatoes and finish with the cheese. Serve toasted.



DIJON AND HERB CHICKEN TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Fresh thyme leaves		1 tsp	2 tsp	20 g
Green	Dijon mustard		1 tsp	2 tsp	30 g
Green	Chicken breasts	Skin removed and trimmed	500 g	1.0 kg	5.0 kg
Green	Turkish bread 130 g		5	10	50
Check NIP	Cream cheese*		50 g	100 g	500 g
Green	Avocado	Mashed	75 g	150 g	750 g
Green	Rocket		100 g	200 g	1.0 kg
Green	Tomato	Sliced	180 g	360 g	1.8 kg
Green	Cucumbers	Sliced	80 g	160 g	800 g
Green	Black pepper	Cracked	½ tsp	1 tsp	15 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Mix together the thyme and mustard, and spread over the chicken.
2. Roast in the oven at 180 °C for 15 to 20 minutes until cooked through. Remove and cool. Slice into strips.
3. Slice the Turkish bread $\frac{3}{4}$ of the way through.
4. Mix together the cream cheese and avocado. Evenly spread this on both sides of the Turkish bread.
5. Fill each bread with rocket, tomatoes, cucumber and finish with the sliced cooked chicken breast. Sprinkle with black pepper and serve toasted.





FALAFEL TURKISH BREAD WITH ROASTED CAULIFLOWER, HUMMUS AND SPINACH

Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Turkish bread		5	10	50
Green	Cauliflowers	Roasted	200 g	400 g	2.0 kg
Green	Hummus	As per GREEN recipe on page 232	150 g	300 g	1.5 kg
Green	Basil pesto	As per GREEN recipe on page 226	100 ml	200 ml	1.0 L
Green	Spinach		100 g	200 g	1.0 kg
Green	Carrots	Roasted strips	250 g	500 g	2.5 kg
Green	Falafel 40 g	As per GREEN recipe on page 102	600 g	1.2 kg	6.0 kg
Check NIP	Cheese*	Grated	150 g	300 g	1.5 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Slice the Turkish bread $\frac{3}{4}$ of the way through.
2. Puree the cauliflower and hummus together, adding a little water until you reach a soft and spreadable consistency.
3. Spread the bottom of the bread with even amounts of pesto and spinach. Lay out the strips of roasted carrots and top each roll with 3 falafels.
4. Spoon the hummus mixture over the top of the falafels and top with grated cheese.
5. Microwave and serve toasted.



GREEK CHICKEN TOASTED SOURDOUGH SANDWICH



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Garlic	Crushed	1 tsp	15 g	75 g
Green	Dried oregano		½ tsp	1 tsp	15 g
Green	Fresh thyme	Crushed	4 sprigs	¼ bunch	1 bunch
Green	Fresh lemon juice		20 ml	40 ml	180 ml
Green	Yoghurt		100 g	200 g	1.0 kg
Green	Chicken breasts	Skin removed and trimmed	500 g	1.0 kg	5.0 kg
Amber	Unsaturated fat oil spray [^]				
Green	Sourdough bread		500 g	1.0 kg	5.0 kg
Green	Cos lettuce leaves		¼ cos	½ cos	2½ cos
Green	Cucumbers	Sliced	100 g	200 g	1.0 kg
Green	Tomatoes	Sliced	200 g	400 g	2.0 kg
Green	Red onions	Thinly sliced	100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C on 15 per cent steam.
2. In a bowl, combine the garlic, oregano, thyme, lemon, yoghurt and stir well.
3. Add the chicken breasts and marinate for 30 to 45 minutes.
4. Place the chicken on a tray lightly sprayed with oil and cook for 20 to 30 minutes.
5. Remove the chicken from the oven and slice. Mix the chicken with the tray juices.
6. Slice the sourdough bread into even slices. Place the cos lettuce leaves on, followed by the cucumber, tomatoes and onions.
7. Top with the sliced chicken, some of the juices and piece of sourdough.
Serve toasted.



ITALIAN STYLE CHICKEN TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken thigh fillets	Skin removed and trimmed	600 g	1.2 kg	6.0 kg
Green	Tuscan seasoning	As per GREEN recipe on page 235	25 g	50 g	250 g
Green	Tomato concasse	See method	200 g	400 g	2.0 kg
Check NIP	Cottage cheese*		100 g	200 g	1.0 kg
Green	Basil pesto	As per GREEN recipe on page 226	1½ tbsp	3 tbsp	300 g
Green	Turkish bread	130 g each	5	10	50
Green	Spinach		125 g	250 g	1.0 kg
Check NIP	Mozzarella*	Grated	75 g	150 g	750 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Coat the chicken in the tuscan seasoning and roast in the oven for 20 to 25 minutes. Remove and cool. Slice into strips.
3. Make the tomato concasse by removing the stalk point of the tomatoes and putting a score mark in the bottom of the tomatoes cross ways. Blanch in boiling water for 30 to 45 seconds and place directly into ice water. Remove the skin with a knife, cut the tomatoes in half and squeeze out the seeds. Finely dice the tomatoes.
4. Mix together the concasse, cottage cheese and pesto.
5. Cut the Turkish breads through the middle long ways $\frac{3}{4}$ of the way.
6. Spread the tomato mixture generously on both sides of the Turkish bread.
7. Place an even amount of spinach in each roll and top with the sliced chicken thigh.
8. Evenly distribute the mozzarella and serve toasted.



LAMB, ROAST PUMPKIN, CARAMELISED ONION AND SPINACH TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Pumpkin	Diced	400 g	800 g	4.0 kg
Amber	Unsaturated fat oil [^]		20 ml	40 ml	200 ml
Green	Fresh rosemary leaves		1 tbsp	2 tbsp	50 g
Green	Tomatoes	Thickly sliced	250 g	500 g	2.5 kg
Amber	Unsaturated fat oil spray [^]				
Green	Brown onions	Sliced	220 g	480 g	2.2 kg
Green	Turkish bread		5	10	50
Green	Roast lamb	Trimmed and thinly sliced	500 g	1.0 kg	5.0 kg
Green	Spinach		100 g	200 g	1.0 kg
Check NIP	Cheese [*]	Grated	100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Toss the diced pumpkin with the oil and rosemary. Place on an oven tray and roast for 25 to 35 minutes or until the pumpkin is brown and soft. Blend the pumpkin and rosemary together to form a paste. Set aside.
3. Lay the tomato slices on an oven tray lightly sprayed with oil and roast for approximately 10 minutes.
4. Heat a pan or pot, lightly spray with oil and add the onions. Stir frequently until the onions are browned and caramelised.
5. Slice the Turkish bread length ways and spread both sides with the pumpkin puree. Lay slices of the roast lamb followed by the spinach, tomato slices, caramelised onions and cheese. Serve toasted.



MEATBALL TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Lean beef mince		700 g	1.4 kg	7.0 kg
Green	Carrots	Grated	50 g	100 g	500 g
Green	Brown onions	Finely diced	110 g	220 g	1.1 kg
Green	Garlic	Crushed	1 tsp	15 g	80 g
Green	Canned tomatoes	Crushed	400 g	800 g	4.0 kg
Green	Dried mixed herbs		¾ tbsp	15 g	75 g
Green	Turkish bread 130 g		5	10	50
Green	Carrots	Stripped	100 g	200 g	1.0 kg
Green	Zucchini	Stripped	90 g	180 g	900 g
Green	Red capsicum	Sliced	85 g	170 g	850 g
Check NIP	Cheese*	Grated	100 g	200 g	1.0 kg
Green	Tomatoes	Sliced	100 g	200 g	1.0 kg
Green	Spinach		75 g	150 g	750 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. In a bowl, combine the mince, grated carrots, garlic, onions and herbs.
3. Roll the mixture into meatballs, approximately 40 g each.
4. Place on an oven tray, pour the tomatoes over the meatballs and bake in the oven for 20 to 25 minutes. Remove from the oven and allow to cool completely.
5. Cut the Turkish bread $\frac{3}{4}$ of the way through and spread one side with a little of the tomato mixture from the meatball cooking sauce.
6. Place the spinach on each roll followed by the carrots, zucchini and capsicum.
7. Top with 4 of the meatballs and a little more sauce.
8. Finish with the cheese and grill for 2 minutes.



MOROCCAN CHICKEN TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Moroccan spice mix	As per GREEN recipe on page 232	2 tsp	4 tsp	25 g
Green	Smoked paprika		½ tsp	1 tsp	1 tbsp
Amber	Unsaturated fat oil [^]		40 ml	80 ml	250 ml
Green	Red onions	Thickly sliced	250 g	500 g	2.25 kg
Green	Chicken breasts	Skin removed and trimmed	500 g	1.0 kg	5.0 kg
Green	Turkish bread	130 g each	5	10	50
Check NIP	Cream cheese [*]		100 g	200 g	1.0 kg
Green	Garlic	Crushed	½ tsp	1 tsp	40 g
Green	Parsley	Chopped	2 tbsp	¼ bunch	1¼ bunches
Green	Spinach		120 g	240 g	1.0 kg
Green	Tomatoes	Sliced	200 g	400 g	2.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oven to 190 °C.
2. Combine the Moroccan spice, paprika and oil together, and mix well.
3. Place the onions and the chicken breasts in the spice mixture and stir well.
4. Spread out evenly onto an oven tray with all of the spice oil and onions.
Cook for 25 to 35 minutes or until the onions have begun to brown and the chicken is cooked. Drain off any excess juices and slice into strips
5. Slice the Turkish bread length ways $\frac{3}{4}$ of the way through.
6. Mix together the cream cheese, garlic and parsley. Spread on both sides of the Turkish bread.
7. Place the spinach and tomatoes in the bread and top with the sliced chicken and onion mixture. Serve toasted.



PULLED MOROCCAN LAMB TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Turkish bread		5	10	50
Green	Moroccan pulled lamb	As per GREEN recipe on page 154	500 g	1.0 kg	5.0 kg
Green	Plain yoghurt		110 g	220 g	1.1 kg
Green	Smoked paprika		¼ tsp	½ tsp	10 g
Green	Garlic	Crushed	¼ tsp	½ tsp	15 g
Green	Fresh mint	Chopped	1 tbsp	2 tbsp	1 bunch
Green	Rocket		125 g	250 g	1.25 kg
Green	Tomatoes	Sliced	180 g	360 g	1.8 kg
Green	Pumpkin	Roasted and sliced	150 g	300 g	1.5 kg

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Slice the Turkish bread $\frac{3}{4}$ of the way through.
2. Combine the pulled lamb, yoghurt, paprika, garlic and mint, and set aside.
3. Line each Turkish bread with rocket, tomatoes and pumpkin.
4. Evenly distribute the lamb mixture between the rolls.
5. Heat in a microwave for 30 seconds and serve toasted.



ROASTED VEGETABLE TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Turkish bread		5	10	50
Amber	Unsaturated fat oil [^]		45 ml	90 ml	400 ml
Green	Green capsicum	Sliced	100 g	200 g	1.0 kg
Green	Red capsicum	Sliced	100 g	200 g	1.0 kg
Green	Pumpkin	Sliced	150 g	300 g	1.5 kg
Green	Zucchini	Sliced length ways	100 g	200 g	1.0 kg
Green	Red onions	Thinly sliced	90 g	180 g	900 g
Green	Tomatoes	Thickly sliced	320 g	640 g	3.2 kg
Green	Dried oregano		½ tsp	1 tsp	20 g
Green	Avocado	Mashed	80 g	160 g	800 g
Green	Rocket		100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 170 °C.
2. Warm the oil slightly and separately toss the capsicum, pumpkin, zucchini, onions and tomatoes in a bowl.
3. Lay the vegetables on individual trays in their separate varieties as they will all cook at different times. Sprinkle the tomatoes with oregano before roasting.
4. Cook the vegetables until cooked through and tender.
5. Cut the Turkish bread $\frac{3}{4}$ of the way through and spread with the avocado.
6. Starting with the rocket, layer all of the vegetables evenly across the Turkish bread. Serve toasted.



TANDOORI CHICKEN TORTILLA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken thigh fillets	Trimmed and skin removed	500 g	1.0 kg	5.0 kg
Green	Tandoori paste*		90 g	180 g	900 g
Green	12 inch corn tortilla		5	10	50
Green	Spinach		100 g	200 g	1.0 kg
Green	Zucchini	Ribbons	75 g	150 g	750 g
Green	Tomatoes	Sliced	200 g	400 g	2.0 kg
Green	Red onions	Sliced	75 g	150 g	750 g
Green	Fresh mint	Chopped	40 g	75 g	375 g
Green	Plain yoghurt		100 g	200 g	1.0 kg

*Curry paste classified as Amber or Red can be used in small amounts in Green recipes without changing the traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Coat the chicken in tandoori paste and bake in the oven for 30 to 35 minutes or until cooked through, then allow to cool.
3. Lay out the tortilla, evenly spread the spinach, zucchini, tomatoes and red onions. Finish with the sliced marinated cooked chicken.
4. Mix together the mint and the yoghurt, spoon this over the top of the chicken. Fold in each end and roll up. Serve toasted.



TANDOORI PULLED LAMB TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Tandoori pulled lamb	As per GREEN recipe on page 167	500 g	1.0 kg	5.0 kg
Green	Plain yoghurt		150 g	300 g	1.3 kg
Green	Continental parsley	Chopped	1 tbsp	2 tbsp	1 bunch
Green	Cucumber	Grated and strained	110 g	220 g	1.1 kg
Green	Turkish bread		5	10	50
Green	Avocado	Mashed	125 g	250 g	1.25 kg
Green	Rocket		110 g	220 g	1.0 kg
Green	Tomatoes	Sliced	180 g	360 g	1.8 kg
Check NIP	Cheese*	Grated	150 g	400 g	1.5 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Combine the pulled lamb, yoghurt, parsley and cucumber together, then set aside.
2. Cut the Turkish bread $\frac{3}{4}$ of the way through.
3. Spread the base of the Turkish bread with the avocado, rocket and tomatoes. Evenly distribute the lamb and finish with the grated cheese.
4. Microwave for 30 seconds and toast for 3 minutes or until browned and crisp.



PULLED BEEF TURKISH BREAD WITH MIDDLE EASTERN FLAVOURS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Turkish bread		5	10	50
Green	Spinach		150 g	300 g	1.5 kg
Green	Cucumber	Sliced	150 g	300 g	1.5 kg
Green	Beetroot	Sliced roasted	250 g	500 g	2.5 kg
Green	Pulled beef	As per GREEN recipe on page 159	500 g	1.0 kg	5.0 kg
Green	Tomatoes	Sliced	180 g	360 g	1.8 kg
Check NIP	Haloumi cheese*	Grilled	300 g	600 g	3.0 kg
Green	Yoghurt		150 g	300 g	1.5 kg
Green	Mint	Fresh and chopped	½ tbsp	1 tbsp	¾ bunch
Green	Chilli flakes		¼ tsp	½ tsp	1 tbsp
Green	Turmeric	Roasted	½ tsp	1 tsp	15 g
Green	Ground cumin	Roasted	½ tsp	1 tsp	15 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Haloumi is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Slice Turkish bread in half.
2. Place spinach on the base followed by the cucumber and beetroot. Then layer the pulled beef and tomatoes on top, finishing with the cheese.
3. Mix the yoghurt, mint, chilli, turmeric and cumin. Spoon this over the top of the haloumi, place the top of the roll back on and press down slightly.
4. Microwave for 30 seconds then toast for 3 minutes or until browned and crisp, and serve.



PULLED DIJON PORK TURKISH BREAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Greek yoghurt		100 g	200 g	1.0 kg
Green	Smoky paprika		1 tsp	2 tsp	15 g
Green	Pulled pork	As per GREEN recipe on page 160	500 g	1 kg	5 kg
Check NIP	Cream cheese*	Softened	100 g	200 g	1 kg
Green	Dijon mustard		2 tsp	30 g	150 g
Green	Turkish bread		5	10	50
Green	Baby spinach		125 g	250 g	1.2 kg
Green	Red and green capsicum	Sliced	200 g	400 g	2 kg
Check NIP	Feta*	Crumbled	100 g	200 g	1 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Combine the yoghurt and smoky paprika in a bowl and gently mix through the pork.
2. Combine the cream cheese and mustard.
3. Cut the Turkish bread $\frac{3}{4}$ way through.
4. Spread the Turkish bread with the cream cheese mix.
5. Fill with spinach leaves, sliced capsicum and crumbled feta.
6. Top with the pulled pork mixture. Serve toasted.





Healthy Options WA

MAKING HEALTHY CHOICES EASIER

PORTIONED DISHES

ALMOND AND HERB CRUMBED HOKI BURGER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Mixed herbs		1 tsp	2 tsp	25 g
Green	Flaked almonds	Lightly crushed	50 g	100 g	500 g
Green	Lemon zest		1tsp	2 tsp	75 g
Green	Breadcrumbs		100 g	200 g	1.0 kg
Green	Milk		125 ml	250 ml	750 ml
Green	Eggs		1	3	15
Green	Hoki fillet portions 120 g		5	10	50
N/A	Flour		75 g	150 g	750 g
Green	Square seeded rolls		5	10	50
Green	Baby spinach leaves		80 g	160 g	800 g
Green	Coleslaw	As per GREEN recipe 202	350 g	700 g	3.5 kg
Green	Zucchini	Strips with peeler	110 g	220 g	1.1 kg

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat oven to 180 °C.
2. Combine the herbs, almonds, lemon zest and breadcrumbs.
3. Mix together the milk and eggs.
4. Place the flour in a bowl, the egg mix in another bowl, and the breadcrumbs in another. Crumb each fish fillet.
5. Place on an oven tray lined with grease proof paper. Cook in the oven for 7 to 10 minutes on dry heat.
6. Cut each bread roll in half, place spinach on the bottom, followed by a good spoonful of coleslaw. Top with a cooked fish fillet, finish with zucchini strips and place the roll top on.



BEEF BURGER PATTIES



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	30 serves
Green	Brown onions	Grated	100 g	200 g	1.0 kg
Green	Sweet potatoes	Grated	70 g	125 g	625 g
Green	Zucchini	Grated	70 g	125 g	625 g
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Parsley	Chopped	1 tbsp	2 tbsp	1 bunch
Green	Lean beef mince		600 g	1.5 kg	5.0 kg
Green	Dijon mustard		1 tbsp	2 tbsp	200 g
Green	Eggs	Beaten	1	2	6
Green	Breadcrumbs		30 g	50 g	200 g

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Add all the grated vegetables into a large bowl or a mixer with a dough hook.
2. Add the garlic, parsley, mince, mustard and combine.
3. Add the beaten eggs, breadcrumbs and combine mixture extremely well.
4. Form into even weight burger patties and flatten slightly.
5. Cook in an oven at 180 °C on 20 per cent steam for 15 to 20 minutes or alternatively on a flat grill or in a pan.



BEEF BURGER WITH GRILLED ONION, MUSTARD AND TOMATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Beef burger patties	As per GREEN recipe on page 98	5	10	50
Green	Brown onions	Thickly sliced	220 g	440 g	2.0 kg
Green	Milk buns 90 g		5	10	50
Green	Dijon mustard		50 g	100 g	500 g
Green	Cos lettuce leaves	Washed	½ cos	1 cos	4 cos
Green	Tomatoes	Sliced	250 g	500 g	2.5 kg
Check NIP	Cheese*	Sliced	105 g (5)	210 g (10)	1.1 kg
Green	Barbeque sauce**	As per GREEN recipe on page 227	100 ml	200 ml	1.0 L

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

**If using commercial barbeque sauce, please refer to the Healthy Options WA nutrient criteria 'cooking and condiment sauce' on pages 9 and 10 to classify this ingredient.

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 160 °C.
2. Cook the patties on a flat grill and finish in the oven for approximately 10 minutes.
3. While the patties are in the oven, cook the onions on the grill until soft and browned.
4. Split the buns in half and spread one side with the mustard. Place a cos lettuce leaf on the bottom followed by the onions, tomatoes, burger pattie, cheese and a spoonful of BBQ sauce. Serve hot.



CHAT POTATO WITH GARLIC



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chat potatoes		600 g	1.2 kg	5.0 kg
Amber	Unsaturated fat oil [^]		20 ml	40 ml	200 ml
Green	Garlic	Crushed	1½ tsp	20 g	100 g
Green	Parsley	Chopped	1½ tbsp	¼ bunch	1¼ bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Steam the chat potatoes for 15 to 20 minutes or until no resistance is felt when inserting a skewer.
2. Combine the oil, garlic and parsley. Toss the potatoes through the garlic oil while hot.



CHICKEN BURGER WITH CORNFLAKE CRUMB, SLAW AND TOMATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken breast	Trimmed and skin removed	700 g	1.4 kg	7.0 kg
Green	Hungarian paprika		1½ tsp	3 tsp	20 g
N/A	Plain flour		1 cup	1½ cups	500 g
Green	Eggs	Beaten	2	4	12
Check NIP	Corn flakes*	Crushed	2 cups	4 cups	1.2 kg
Amber	Unsaturated fat oil spray^				
Green	Seeded rolls 120 g		5	10	50
Green	Tomatoes	Thickly sliced	220 g	440 g	2.0 kg
Green	Coleslaw	As per GREEN recipe on page 202	250 g	450 g	2.0 kg

^This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 190 °C.
2. Cut the chicken breast in half.
3. Combine the paprika and the flour in a bowl, place the beaten eggs in another bowl and the crushed cornflakes in another.
4. Crumb the chicken breasts and set aside.
5. Place the chicken breasts on a lightly sprayed oven tray with unsaturated fat oil, and cook for 15 minutes or until the chicken is cooked and the crumb is coloured slightly.
6. Cut the rolls, lay 2 pieces of the chicken on the rolls in opposite directions and top with the tomato slices and the coleslaw.



FALAFEL



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Canned chickpeas	Drained (reserve the liquid)	500 g	1.0 kg	5.0 kg
Green	Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Lemon zest		1 tsp	10 g	50 g
Green	Coriander	Ground	1.5 tsp	7 g	35 g
Green	Black pepper	Ground	¼ tsp	5 g	20 g
Green	Garlic	Crushed	1 tsp	16 g	80 g
N/A	Besan flour		50 g	80 g	400 g
Amber	Unsaturated fat oil spray [^]				

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 200 °C.
2. Drain the chickpeas and reserve the liquid.
3. In a food processor, combine the chickpeas, parsley, lemon zest, coriander, pepper and garlic. Blend to a paste.
4. Add the besan flour and the reserved chickpea liquid to bring the mixture to a thick paste that can be rolled into a ball.
5. Using wet hands, roll the mixture into balls approximately 20 g each.
6. Place on an oven tray sprayed with oil and covered with baking paper and press down to flatten slightly.
7. Bake for 15 to 20 minutes, turning halfway through. Remove from the oven and allow to cool.



PARSLEY AND LEMON CRUMBED BARRAMUNDI



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Lemon zest		1 tsp	2 tsp	2 lemons
Green	Breadcrumbs		200 g	400 g	2.0 kg
Green	Parsley	Finely chopped	1tbsp	2 tbsp	½ bunch
Green	Eggs	Beaten	1	2	10
Green	Milk		100 ml	200 ml	1.0 L
Green	Barramundi fillets 180 to 200 g		1.0 kg	2.0 kg	10 kg
N/A	Plain flour		125 g	200 g	1.0 kg
Amber	Unsaturated fat oil spray [^]				
Garden salad					
Green	Cherry tomatoes	Halved	250 g	500 g	2.5 kg
Green	Cucumbers	Sliced	150 g	300 g	1.0 kg
Green	Red capsicum	Sliced	120 g	240 g	1.0 kg
Green	Red onions	Finely sliced and halved	80 g	150 g	500 g
Green	Lettuce mix		150 g	300 g	1.5 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 190 °C or heat a flat plate grill to medium.
2. Zest the lemon into the breadcrumbs and add the parsley.
3. Beat the eggs and milk together.
4. Crumb the fish by placing into the flour, followed by the eggs and then the crumbs. Press the crumb into the fish firmly.
5. Spray an oven tray with oil and bake the fish for approximately 25 minutes, turning once during cooking, and spraying the surface of the fish again with unsaturated fat oil. Alternatively cook the fish on the flat plate grill sprayed with a little bit oil, turning 3 or 4 times.
6. Serve with a garden salad.



PIZZA WITH POACHED CHICKEN, PINEAPPLE AND RED CAPSICUM



Ingredients

Classification	Ingredients	Preparation	8 serves	16 serves	64 serves
Green	Tomato puree		110 ml	220 ml	880 ml
Green	Pizza base 600 g		1	2	8
Green	Chicken breasts	Skin removed, trimmed, poached and sliced	700 g	1.4 kg	4.5 kg
Green	Mixed herbs	Dried	½ tsp	1 tsp	12 g
Green	Black pepper	Cracked	½ tsp	1 tsp	20 g
Green	Fresh spinach		110 g	220 g	1.0 kg
Green	Fresh pineapples	Thinly sliced	600 g	1.2 kg	4.0 kg
Green	Red capsicum	Whole and sliced in rings	220 g (1)	440 g (2)	1.5 kg (7)
Check NIP	Cheese*	Grated	240 g	480 g	1.6 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Spread the tomato puree evenly over the pizza base. Place the sliced chicken breast over the base and sprinkle with the mixed herbs and pepper.
3. Place the spinach over the chicken, followed by thin slices of pineapple and red capsicum. Finish off with cheese.
4. Cook pizza for 15 to 20 minutes. Serve hot.

Tip

Cut into smaller slices and use as a hot finger food item.



ROAST VEGETABLE STACK WITH HERB AND BASIL DRESSING



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Swiss chard	Stalks removed	½ bunch	1 bunch	5 bunches
Green	Sweet potatoes	Sliced length ways	500 g	1 kg	5 kg
Green	Small eggplant	Sliced length ways	2	4	20
Green	Zucchini	Sliced length ways	450 g	900 g	4.5 kg
Green	Tomatoes	Thickly sliced	240 g	480 g	2.4 kg
Amber	Unsaturated fat oil [^]		1½ tbsp	3 tbsp	300 ml
Green	Fresh thyme leaves		1 tsp	6 g	30 g
Green	Dried oregano		1 tsp	2 tsp	15 g
Green	Basil dressing	As per GREEN recipe on page 225			
Green	Continental parsley	Chopped	¼ cup	½ cup	2½ cups
Green	Spring onions	Sliced on an angle	¼ bunch	½ bunch	2½ bunches
Green	Avocado	Sliced	1	2	10

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Blanch the swiss chard for 15 seconds in boiling water.
3. Place the sweet potatoes, eggplant, zucchini and tomatoes on separate oven trays and drizzle with the oil.
4. Cook the sweet potatoes for 15 minutes, eggplant for 12 minutes, and zucchini and tomatoes for 5 minutes. Remove from the oven and cool.
5. Add the fresh chopped thyme and oregano into the basil dressing.
6. To assemble, place a swiss chard leaf on the bottom and layer with sweet potatoes, eggplant, zucchini and tomatoes. Top with 2 to 3 slices of avocado.
7. Sprinkle the parsley and spring onions over and around, and drizzle with basil and herb dressing.



SEASONED CHIPS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Potatoes	Peeled and cut into chips	1.0 kg	2.0 kg	10.0 kg
Green	Dried parsley		1 tbsp	2 tbsp	15 g
Green	Paprika		½ tbsp	1 tbsp	10 g
Green	Black pepper	Cracked	½ tsp	1 tsp	15 g
Green	Dried oregano		1 tsp	2 tsp	10 g
Green	Garlic powder		¾ tsp	1½ tsp	15 g
Green	Onion powder		1 tsp	2 tsp	20 g
Green	Cumin		1 tsp	2 tsp	15 g
Amber	Unsaturated fat oil [^]		30 ml	60 ml	120 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 200 °C.
2. Bring a large pot of water to a boil and blanch the potatoes for 7 minutes.
3. Drain the potatoes, spread out on a tray and pat dry.
4. In a separate bowl, combine all of the herbs.
5. Drizzle the potatoes with the oil and cover with the spice mix, tossing to coat.
6. Cook in the oven for approximately 20 to 30 minutes or until browned and cooked through. Serve warm.



STUFFED MUSHROOM WITH CHEESE CRUMB



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Portobello or field mushrooms (n)		500 g (5)	1.0 kg (10)	5.0 kg (50)
Amber	Unsaturated fat oil [^]		30 ml	50 ml	110 ml
Green	Red onions	Diced	160 g	320 g	1.5 kg
Green	Red capsicum	Diced	150 g	300 g	1.3 kg
Green	Green capsicum	Diced	150 g	300 g	1.3 kg
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Parsley	Chopped	1 tbsp	¼ bunch	1 bunch
Green	Black pepper	Cracked	¼ tsp	½ tsp	10 g
Green	Breadcrumbs		150 g	300 g	1.2 kg
Green	Eggs	Beaten	1	2	8
Check NIP	Cheese [*]	Grated	120 g	240 g	1.2 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 170 °C on 10 per cent steam.
2. Remove the stems from the mushrooms and finely dice. Place the mushrooms top side down on an oven tray.
3. Heat the oil and fry off the onions, capsicum, garlic and mushroom stems.
4. Remove from the heat and add the parsley and pepper. Set aside.
5. Mix together the breadcrumbs, eggs and cheese until well combined.
6. Place the capsicum mixture in the mushroom cups and top with the breadcrumb mixture.
7. Cook the mushrooms in the oven for 15 to 20 minutes or until cooked and the cheese crumb has browned.



TANDOORI CHICKEN BURGER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Tandoori paste [^]		40 g	80 g	400 g
Green	Chicken fillets	Trimmed and skin removed	600 g	1.2 kg	6.0 kg
Green	Wholegrain rolls 110 g		5	10	50
Green	Spinach		½ tsp	1 tsp	15 g
Green	Tomatoes	Sliced	125 g	250 g	1.65 kg
Green	Zucchini	Ribbons	120 g	240 g	1.2 kg
Green	Tomatoes	Chopped and strained	130 g	260 g	1.3 kg
Green	Fresh coriander	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Natural yoghurt		130 g	260 g	1.3 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat oven to 180 °C.
2. Spread tandoori paste over the chicken, cook in the oven for 15 to 20 minutes.
3. Cut the wholegrain rolls in half. Place the spinach, tomatoes and zucchini in the rolls and top with a chicken fillet.
4. Push the tomatoes through a strainer to remove as much liquid as possible, then mix the tomatoes with the coriander and yoghurt.
5. Spoon the yoghurt over the chicken and top with the other half of the bun.



THAI BEEF BURGER WITH GRILLED MANGO AND CORIANDER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		10 ml	20 ml	80 ml
Green	Red onions	Diced	160 g	320 g	1.6 kg
Green	Garlic	Crushed	½ tsp	1 tsp	40 g
Green	Ginger	Crushed	¼ tsp	½ tsp	20 g
Green	Fresh coriander	Leaves and stems chopped	¼ cup	½ bunch	2 bunches
Green	Green curry paste [^]		1½ tsp	3 tsp	120 g
Green	Lean beef mince		500 g	1.0 kg	5.0 kg
Green	Eggs	Beaten	1	2	6
Amber	Unsaturated fat oil spray [^]				
Green	Mango cheeks	Patted dry	300 g (5)	600 g (10)	3.0 kg (50)
Green	Bread rolls 110 g		550 g (5)	1.1 kg (10)	5.5 kg (50)
Green	Cos lettuce	1 to 2 leaves each	½	1	5 to 6
Green	Tomatoes	Thickly sliced	300 g	600 g	3.0 kg
Green	Onion chutney		¼ cup	½ bunch	650 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 160 °C.
2. Heat the oil in a pan, fry off the onions, garlic, ginger, washed coriander stems and the curry paste until fragrant.
3. Allow the mix to cool and tip into a bowl.
4. Add the mince and eggs. Mix by hand very well or for large batches mix in a hobart mixer with a dough hook.
5. Once well mixed, form into even size burger patties and set aside to rest for 10 minutes.
6. Heat a flat grill and spray with oil, seal the burger off and finish them in an oven at 160 °C for 10 to 12 minutes.
7. Grill the mango cheeks and set aside.
8. Cut the rolls through the centre and build up with the cos lettuce, tomatoes and mango cheeks. Top with a burger pattie and finish with the onion chutney.
9. Can be pre-prepared if required. Don't add the lettuce until after heating.



VIETNAMESE FISH BURGER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Fish cakes					
Green	Egg whites	Whipped to medium peak	1	3	14
Green	Sweet potatoes	Steamed and mashed	400 g	800 g	4.0 kg
N/A	Corn flour		10 g	20 g	120 g
Green	Lemon zest		1 tsp	5 tsp	25 g
Green	Red onions	Diced	90 g	180 g	900 g
Green	Green curry paste [^]		20 g	40 g	180 g
Green	Coriander	Chopped	¼ cup	½ cup	1 bunch
Green	Dried chilli flakes		¼ tsp	½ tsp	2½ tsp
Green	Tuna in spring water	Drained	550 g	1.1 kg	5.5 kg
Burger					
Green	Wholemeal bread rolls		5	10	50
Green	Rocket		150 g	300 g	1.5 kg
Green	Coleslaw	As per GREEN recipe on page 202	400 g	800 g	3.5 kg
Green	Natural yoghurt		60 ml	120 ml	600 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 160 °C on 10 per cent steam.
2. Lightly whip the egg whites in a separate bowl.
3. Combine the mashed sweet potatoes, corn flour, lemon zest, onions, curry paste, coriander and chilli.
4. Stir the well-drained tuna through the potato mix and then gently fold through the egg whites.
5. Form the mixture into even size patties and place on an oven tray. Flatten the patties.
6. Cook the burgers for approximately 8 to 10 minutes or until set.
7. Cut the bread rolls all the way through, place rocket on the bottom, top with a fish pattie and finish with the coleslaw.



MOROCCAN PULLED LAMB BURGER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Milk buns 90 g		450 g	900 g	4.5 kg
Green	Cherry tomatoes	Roasted	400 g	800 g	4.0 kg
Amber	Unsaturated fat oil [^]		25 ml	45 ml	100 ml
Green	Dried basil		¼ tsp	½ tsp	2 tsp
Green	Pulled Moroccan lamb	As per GREEN recipe on page 154	450 g	900 g	4.5 kg
Green	Canned chickpeas	Drained	200 g	400 g	2.0 kg
Check NIP	Feta cheese*	Crumbled	150 g	300 g	1.5 kg
Green	Rocket		75 g	150 g	700 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oven to 180 °C and cook the buns for 8 minutes.
2. Toss the tomatoes with the oil and basil and roast for 8 to 10 minutes or until they begin to slightly split.
3. Once cooled, split the buns through the centre, evenly distribute the lamb, chickpeas, roasted cherry tomatoes and feta.
4. Finish with the rocket, place the top of the bun on and serve toasted.



OVEN ROASTED SALMON, CHIPS AND SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Potatoes	Wedges	1.1 kg	2.2 kg	11 kg
Green	Salmon portions 200 g		1.0 kg	2.0 kg	10 kg
Green	Lemon	Wedges	0.5	1	5
Amber	Unsaturated fat oil [^]		50 ml	100 ml	400 ml
Green	Smoked paprika		1 tsp	2 tsp	15 g
Garden salad					
Green	Lettuce mix		250 g	500 g	2.0 kg
Green	Tomatoes	Wedges	240 g	480 g	2.4 kg
Green	Cucumber	Sliced	150 g	300 g	1.5 kg
Green	Red onions	Thinly sliced	100 g	200 g	1.0 kg
Green	Red capsicum	Sliced	110 g	220 g	1.1 kg
Check NIP	Feta cheese	Small cubes	120 g	240 g	1.2 kg
N/A	Balsamic vinegar		30 ml	60 ml	240 ml
Amber	Unsaturated fat oil [^]		25 ml	50 ml	150 ml
Green	Black pepper	Cracked	Pinch	¼ tsp	1½ tsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 200 °C.
2. Par cook the potato wedges in boiling water until slight resistance is felt when testing with a skewer or knife.
3. Toss the potatoes in a bowl with 80 per cent of the oil and paprika. Place on a shallow oven tray and roast for 30 to 40 minutes or until browned and crisp.
4. Line an oven tray with grease proof paper and lay the salmon out with at least a fillet width gap in between each one.
5. Squeeze the juice from the lemon wedges over all the fillets and place the wedges in the tray with the salmon. Drizzle a small amount of oil over the fillets.
6. Cook for approximately 15 minutes or until firm and cooked through.
7. Make the garden salad by evenly distributing the ingredients across the appropriate number of serving bowls. Mix together the balsamic, oil and pepper. Drizzle over the salad.
8. Serve the salmon on top of the potato wedges and accompany with one of the side salads.



PULLED PORK PIZZA WITH FETA, RED ONION AND ROCKET



Ingredients

Classification	Ingredients	Preparation	8 serves	16 serves	64 serves
Green	Pizza base 48 x 27 cm		1	2	8
Green	Pureed tomatoes		110 ml	220 ml	880 ml
Amber	Dried oregano		1 tsp	2 tsp	12 g
Green	Pulled pork	As per GREEN recipe on page 160	650 g	1.3 kg	5.2 kg
Green	Red onions	Thinly sliced	120 g	240 g	960 g
Green	Zucchini	Thinly sliced	200 g	400 g	1.4 kg
Check NIP	Feta cheese*	Crumbled	220 g	440 g	1.7 kg
Green	Cayenne pepper		½ tsp	1 tsp	10 g
Green	Black pepper	Cracked	½ tsp	1 tsp	10 g
Green	Rocket		150 g	300 g	1.0 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Spread the pizza base with the pureed tomatoes. Sprinkle over the oregano and evenly distribute the pulled pork.
3. Add the red onions, zucchini and feta over the pizza, then sprinkle the cayenne and black pepper.
4. Bake the pizza for 15 to 20 minutes, cut into 8 and serve with a pile of fresh rocket on the top.



SPANAKOPITA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Spinach		600 g	1.2 kg	6.0 kg
Green	Garlic	Crushed	½ tsp	1 tsp	70 g
Check NIP	Feta cheese*	Crumbled	250 g	500 g	2.5 kg
Check NIP	Cheese*	Grated	150 g	300 g	1.5 kg
Green	Eggs	Lightly beaten	6	12	60
Green	Breadcrumbs		2 tbsp	4 tbsp	1 cup
Green	Ground nutmeg		½ tsp	1 tsp	1¼ tbsp
Green	Black pepper	Cracked	¼ tsp	½ tsp	2 tsp
Green	Continental parsley	Chopped	¼ cup	½ cup	1½ bunches
Green	Paprika		½ tsp	1 tsp	1 tbsp
Green	Spring onions	Sliced	4 onions	½ bunch	2 bunches
Amber	Unsaturated fat oil [^]		45 ml	90 ml	400 ml
Amber	Filo pastry (packets)		375 g (1)	750 g (2)	3.75 kg (10)

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 160 °C.
2. Fill a bowl with boiling water, place the spinach in the water and leave for 2 to 3 minutes. Drain and squeeze all of the excess water out and roughly chop.
3. In a bowl, place the chopped spinach, garlic, feta, cheese, eggs, breadcrumbs, nutmeg, pepper, parsley, paprika and spring onions. Mix together thoroughly.
4. Spray an appropriately sized deep tray with oil.
5. Layer 5 sheets of filo pastry in the bottom, spraying a small amount of oil in between each of the sheets.
6. Spread the spinach mixture onto the filo and top the mixture with another 5 sheets of filo, spraying a small amount of oil in between the sheets again.
7. Spray the top with oil and bake for 35 to 45 minutes or until set and browned on top.



TANDOORI CHICKEN PIE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Tandoori paste [^]		2 tsp	20 g	100 g
Green	Plain yoghurt		100 g	200 g	1.0 kg
Green	Fresh coriander	Leaves and stems chopped	¼ bunch	½ bunch	20 bunches
Green	Chicken thighs	Trimmed, skin removed and whole	500 g	1.0 kg	5.0 kg
Green	Red onions	Finely diced	160 g	320 g	1.5 kg
Check NIP	Feta [*]	Crumbled	80 g	160 g	800 g
Check NIP	Cheese [*]	Grated	100 g	200 g	1.0 kg
Green	Red capsicum	Diced	110 g	220 g	1.0 kg
Green	Spinach	Chopped	80 g	160 g	800 g
Amber	Unsaturated fat oil spray [^]				
Amber	Filo pastry		325 g	650 g	3.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Combine the tandoori paste, $\frac{3}{4}$ of the yoghurt and the chopped washed coriander stems in a bowl and add the chicken. Mix well and allow to marinate for at least 3 hours, preferably overnight.
3. Place the chicken on an oven tray and cook for approximately 30 to 40 minutes and allow to cool slightly.
4. Once cooled, chop the chicken into small pieces and place in a bowl. Add the coriander leaves, onions, crumbled feta, grated cheese, capsicum, spinach, the remaining yoghurt and stir well to combine.
5. Spray a deep tray or pie/quiche dish with unsaturated fat oil, layer the pastry into the tray, overlapping in the base and hanging out over the edges, and spray a little oil in between sheets. Make sure that there is at least 3 to 4 layers of pastry all across the base.
6. Pour the mixtures into the pastry and pull the overhanging pieces over the top of the pie. Top with another 2 or 3 filo pastry sheets to seal the pie completely.
7. Bake for 35 to 40 minutes or until pastry is browned. Serve straight away or allow to cool and cut into pieces.



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

BAKED POTATO



BOLOGNAISE BAKED POTATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Large potatoes	Skin on	5	10	50
Amber	Unsaturated fat oil [^]		30 ml	60 ml	100 ml
Green	Brown onions	Diced	160 g	320 g	1.6 kg
Green	Garlic	Crushed	1 tsp	2 tsp	100 g
Green	Lean beef mince		350 g	750 g	3.5 kg
Green	Carrots	Diced	160 g	320 g	1.6 kg
Green	Tuscan seasoning	As per GREEN recipe on page 235	1 tsp	2 tsp	1 tbsp
Green	Paprika		½ tsp	1 tsp	1 tbsp
Green	Black pepper	Cracked	½ tsp	1 tsp	15 g
Amber	Canned tomatoes	Crushed	400 g	800 g	3.5 kg
Amber	Continental parsley	Chopped	¼ cup	¼ bunch	1 bunch
Check NIP	Cheese*	Grated	250 g	500 g	2.5 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Bake the potatoes in the oven for 40 to 50 minutes or until no resistance is felt when testing with a knife or skewer.
3. Heat the oil in a pot, add the onions and garlic, and sauté.
4. Add the mince and brown.
5. Add the carrots, tuscan seasoning, paprika, pepper, tomatoes and stir well.
6. Bring to a boil, reduce the heat to a simmer and cook for 40 to 50 minutes or until thick. Add the parsley.
7. Once the potatoes are cooked, cut a cross in the top and spread out. Spoon a good amount of the meat sauce on top of the potatoes, cover with the cheese and place back in the oven until the cheese is melted.



BRAISED LAMB JACKET POTATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Large potatoes	Washed	1.1 kg (5 whole)	2.2 kg (10)	11 kg (50)
Amber	Unsaturated fat oil [^]		20 ml	40 ml	90 ml
Green	Brown onions	Chopped	180 g	360 g	1.6 kg
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Carrots	Finely diced	160 g	320 g	1.5 kg
Green	Dried red lentils	Soaked for 1 hour	150 g	300 g	1.5 kg
Check NIP	Salt reduced vegetable stock [*]		500 ml	1.0 litre	4.0 L
Green	Spinach		120 g	240 g	1.0 kg
Green	Braised lamb shoulder	As per GREEN recipe on page 142	450 g	900 g	4.5 kg
Check NIP	Feta cheese [*]	Crumbled	200 g	400 g	2.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Cook the potatoes for 45 minutes to 1 hour or until no resistance is felt when tested with a knife or skewer.
3. Heat the oil in a pot, add the onions and garlic, and fry off for 5 to 10 minutes browning slightly.
4. Add the carrots and cook for a further 10 minutes. Pour in the lentils and the stock, bring to a boil and turn down to a simmer. Cook until the lentils have begun to break down.
5. Stir through the spinach and the lamb shoulder meat and bring back to a simmer. Turn off heat.
6. Cut a potato crossways and spread out, spoon the lamb mixture on and finish with cheese on top.
7. Place back into the oven for 10 minutes before serving.



BRAISED LAMB BAKED POTATO WITH CHILLI BEANS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Large potatoes	Skin on	5	10	50
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 ml
Green	Brown onions	Chopped	200 g	400 g	2.0 kg
Green	Garlic	Crushed	1 tsp	2 tsp	90 g
Green	Red kidney beans		350 g	700 g	3.0 kg
Green	Canned tomatoes	Crushed	250 g	500 g	2.0 kg
Green	Chilli flakes		¼ tsp	½ tsp	1¼ tsp
Green	Smoked paprika		¼ tsp	½ tsp	1 tbsp
Green	Slow braised lamb shoulder	As per GREEN recipe on page 142	450 g	900 g	4.5 kg
Green	Spinach leaves		200 g	500 g	1.5 kg
Green	Plain yoghurt		125 g	250 g	1.25 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Bake the potatoes for 40 to 50 minutes or until no resistance is felt when testing them with a skewer or knife.
3. Heat the oil in a pot, add the onions and garlic and sauté for 5 to 10 minutes or until slightly browned.
4. Add the kidney beans, tomatoes, chilli and paprika. Bring to a boil and simmer for 10 to 15 minutes.
5. Add the lamb and spinach, bring back to a boil and turn off.
6. Once the potatoes are cooked, cut a cross in the top and spread out. Spoon a generous amount of the lamb and bean mixture over the top and serve with yoghurt.



MEXICAN BEEF BAKED POTATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Large potatoes	Washed	1.0 kg	2.0 kg	10 kg
Amber	Unsaturated fat oil [^]		30 ml	40 ml	80 ml
Green	Red onions	Diced	160 g	320 g	1.2 kg
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Celery	Diced	120 g	240 g	1.0 kg
Green	Lean beef mince		500 g	1.0 kg	5.0 kg
Green	Dried chilli flakes		¼ tsp	½ tsp	7 g
Green	Canned tomatoes	Crushed	300 g	600 g	2.9 kg
Green	Red kidney beans		150 g	300 g	1.5 kg
Green	Continental parsley	Chopped	2 tbsp	¼ cup	1 bunch
Green	Black pepper	Cracked	Pinch	¼ tsp	12 g
Green	Spinach		100 g	200 g	1.0 kg
Check NIP	Cheese*	Grated	140 g	280 g	1.4 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Cook the potatoes for 45 minutes to 1 hour or until tender when tested with a skewer or knife.
3. Heat the oil in a pot, and fry off the onions, garlic and celery until soft.
4. Add the mince and brown.
5. Add the chilli and cook for 10 minutes stirring often.
6. Add the tomatoes, kidney beans, parsley, pepper and stir well.
7. Bring to a boil, reduce the heat and cook for 30 to 40 minutes or until thickened.
8. Cut a cross in the top of the potatoes and place a good amount of spinach in the potatoes. Spoon a generous amount of the beef mixture on top and finish with cheese.
9. Place back in the oven for 10 to 15 minutes or until the cheese has melted.



MOROCCAN LAMB JACKET POTATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Large potatoes	Washed	1.1 kg (5)	2.2 kg (10)	11 kg (50)
Green	Pulled Moroccan lamb	As per GREEN recipe on page 154	500 g	1.0 kg	5.0 kg
Green	Natural yoghurt		125 g	250 g	1.25 kg
Green	Ground turmeric		½ tsp	1 tsp	1¼ tbsp
Green	Continental parsley	Chopped	2 tbsp	¼ cup	1 bunch
Green	Coleslaw	As per GREEN recipe on page 202	450 g	900 g	4.0 kg

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Roast the potatoes in the oven until tender, or when checked with a skewer or a knife there is no resistance.
3. Warm the pulled lamb up in a pot or the microwave until hot.
4. Mix together the yoghurt, turmeric, parsley and set aside.
5. Cut a cross in the top of the potatoes and spread out. Place a spoonful of the coleslaw on each potato, followed by the hot lamb, then finish with the turmeric yoghurt.



SPANISH BRAISED PORK BAKED POTATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Potatoes (220 g per serve)	Unpeeled	1.1 kg	2.2 kg	11 kg
Green	Spanish braised pork	As per GREEN recipe on page 165	600 g	1.2 kg	6.0 kg
Green	Spinach		200 g	400 g	1.5 kg
Check NIP	Cheese*	Grated	200 g	400 g	2.0 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Cook the potatoes for 40 to 50 minutes or until cooked. No resistance should be felt when tested with a skewer or a knife.
3. Heat the pork up with the braising liquid until hot. Once hot, stir in the spinach to wilt.
4. Cut a cross in the top of the potatoes and spread. Spoon a generous amount of the pork on the potatoes and top with cheese. Place back in the oven to melt the cheese.



VEGAN DAHL BAKED POTATO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Large potatoes	Washed	1.1 kg	2.2 kg	11 kg
Amber	Unsaturated fat oil [^]		20 ml	40 ml	80 ml
Green	Red onions	Diced	160 g	320 g	1.5 kg
Green	Ground cumin		1 tsp	2 tsp	40 g
Green	Garam marsala		1 tsp	2 tsp	40 g
Green	Turmeric		1 tsp	2 tsp	30 g
Green	Garlic	Crushed	10 g	20 g	100 g
Green	Ginger	Crushed	5 g	10 g	50 g
Green	Chilli	Crushed	1 tsp	1½ tsp	20 g
Green	Celery	Diced	150 g	300 g	1.5 kg
Green	Carrots	Diced	150 g	300 g	1.5 kg
Green	Green lentils	Soaked for 1 hour	350 g	700 g	3.0 kg
Check NIP	Salt reduced vegetable stock [*]		600 ml	1.2 L	5.0 L
Green	Black pepper	Cracked	¼ tsp	½ tsp	1tbsp
Red	Sea salt if required [#]		½ tsp	1 tsp	25 g
Green	Spinach		200 g	400 g	1.6 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

[#]Salt is a Red ingredient, however if a small amount is added to a recipe it will not change the classification. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Bake the potatoes for 45 minutes to 1 hour or until tender when tested with a knife or skewer.
3. In a large pot, heat the oil and fry off the onions, cumin, garam marsala, turmeric, garlic, ginger and chilli for approximately 5 minutes until fragrant or translucent.
4. Add the celery and carrots, and cook for a further 5 minutes. Tip a small amount of water in if the spices begin to stick.
5. Pour in the lentils and stock, bring to a boil and reduce the heat to a simmer. Cook for 45 minutes to 1 hour or until the lentils begin to break down.
6. Add the pepper, salt and spinach. Cook stirring for a further 5 to 10 minutes until spinach is wilted and combined.
7. Cut a cross in the potatoes and spread apart. Spoon some of the dahl into the centre of the potato and reheat in the oven for 10 minutes. Serve hot.



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

WET DISHES



BEEF ENCHILADAS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	100 ml
Green	Brown onions	Chopped	180 g	360 g	1.8 kg
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Fresh chilli	Diced	20 g	40 g	200 g
Green	Lean beef mince		450 g	900 g	4.5 kg
Green	Black pepper	Cracked	Pinch	½ tsp	1 tbsp
Green	Canned red kidney beans	Drained	400 g	800 g	3.5 kg
Green	Canned tomatoes	Crushed	300 g	600 g	3.0 kg
Green	Green capsicum	Diced	150 g	300 g	1.5 kg
Green	Tortillas 90 g		5	10	50
Check NIP	Cheese*	Grated	120 g	240 g	1.2 kg
Green	Fresh lemon juice		10 ml	20 ml	100 ml
Green	Avocado	Mashed	80 g	160 g	800 g
Check NIP	Ricotta cheese*		40 g	80 g	400 g
Green	Parsley	Chopped	2 tbsp	½ cup	1½ bunches

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a pot over medium heat.
2. Add the onions, garlic, chilli and sauté for 5 to 10 minutes.
3. Add the beef mince and pepper, and brown.
4. Place the kidney beans, canned tomatoes and capsicum in the pot, stir well and bring to a boil.
5. Reduce the heat to a simmer and cook for 30 to 45 minutes or until thickened.
6. Lay out a tortilla, place an even amount of the beef mixture in and sprinkle with the cheese. Fold in the ends and roll. Toast for 3 to 4 minutes.
7. Combine the lemon juice, avocado, ricotta cheese and parsley. Once the tortilla is toasted, serve the avocado mixture on top.



BEEF MOUSSAKA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		20 ml	40 ml	200 ml
Green	Brown onions	Sliced	120 g	240 g	1.2 kg
Green	Garlic	Crushed	1½ tsp	25 g	90 g
Green	Lean beef mince		1 kg	2 kg	10 kg
Green	Black pepper	Cracked	¾ tsp	5 g	15 g
Green	Salt reduced tomato paste [^]		55 g	110 g	550 g
Green	Dried oregano		¾ tbsp	1½ tbsp	25 g
Green	Continental parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Canned tomatoes	Crushed	400 g	800 g	4.0 kg
Check NIP	Salt reduced beef stock [*]		200 ml	400 ml	2.0 L
Amber	Unsaturated fat oil [^]		60 ml	120 ml	600 ml
N/A	Plain flour		60 g	120 g	600 g
Green	Milk		600 ml	1.2 L	6.0 L
Green	Ground nutmeg		Pinch	¼ tsp	2 tsp
Green	Ground white pepper		Pinch	½ tsp	10 g
Check NIP	Cheese [*]	Grated	60 g	120 g	600 g
Green	Eggplant	Thinly sliced	1½	3	16

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Heat the oil in a large pot and add the onions and garlic. Sauté for 10 to 15 minutes.
3. Add the mince and pepper, cook for a further 15 minutes or until the liquid from the mince has evaporated.
4. Add the tomato paste, oregano, parsley and mix through.
5. Add the crushed tomatoes and beef stock, bring to a boil and turn down to a simmer. Cook for 1 to 1½ hours or until the sauce is thickened.
6. In another pot, heat the remaining quantity of oil and stir in the flour. Cook out for 5 to 8 minutes, slowly add the milk and whisk to a smooth consistency.
7. Cook the béchamel sauce for 30 to 40 minutes, whisking very often to ensure there are no lumps. Add the nutmeg and white pepper, stir and cook for a further 5 minutes. Whisk to ensure a smooth consistency to the finished sauce.
8. Stir in 80 per cent of the grated cheese into the béchamel sauce and keep warm. Reserve the remaining cheese for the top.
9. Slice the eggplant length ways thinly. Place a layer of eggplant in the bottom of a baking dish, add a third of the mince on the eggplant, top with a quarter of the béchamel sauce, and cover béchamel with another layer of eggplant. Continue this process until all the sauces are used. Finish with a layer of eggplant, topped with the béchamel sauce and sprinkle the remaining grated cheese on top.
10. Place the moussaka in the oven and cook for 45 minutes to 1 hour or until the cheese has browned and the béchamel is set.
11. Allow to cool before cutting into portions.



BRAISED LAMB SHOULDER



Ingredients

Classification	Ingredients	Preparation	10 serves	50 serves
Green	Lamb shoulder (n)	Trimmed with bone in	1.8 kg (1)	10 kg (5)
Check NIP	Salt reduced chicken stock*		1.2 L	6.0 L
Green	Brown onions	Roughly chopped	650 g (3)	3.0 kg (12 to 14)
Green	Carrots	Roughly chopped	400 g	2.0 kg
Green	Celery	Roughly chopped	250 g	1.25 kg
Green	Bay leaves		2	10
Green	Black peppercorns	Whole	5 g	25 g
Green	Fresh thyme		¼ bunch	1½ bunches
Green	Garlic cloves (n)	Whole	30 g (4)	150 g (20)
Green	Canned tomatoes	Crushed	800 g	3.0 kg

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 150 °C.
2. Heat a pan or wide pot. Score the lamb all over.
3. Seal the lamb in the pan until browned on each side.
4. De-glaze the pan with a little bit of the stock and tip into a roasting dish.
5. In the same pan sauté off the vegetables. Line the bottom of the roasting dish with the onions, carrots and celery.
6. Place the lamb on top with the bay leaves and peppercorns. Squeeze the thyme in your hand and place into the dish, on and around the lamb.
7. Cut slits in the lamb and push the garlic cloves into the slits.
8. Pour the remaining stock and the crushed tomatoes into the dish and cover with grease proof paper and foil.
9. Place in the oven for approximately 3 to 3½ hours or until the meat easily pulls off the bone.
10. Allow to rest for 30 minutes under the foil, then pull the lamb off the bone and chop up.
11. Mix the lamb with the reserved pan juices. Refrigerate if not using straight away.



CAULIFLOWER DAHL WITH PILAF RICE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Dried red lentils		200 g	400 g	2.0 kg
Check NIP	Salt reduced vegetable stock*		750 ml	1.3 L	7.0 L
Amber	Unsaturated fat oil [^]		2 tsp	30 ml	90 ml
Green	Brown onions	Thinly sliced	225 g	450 g	1.5 kg
Green	Red curry paste [^]		15 g	25 g	125 g
Green	Ground cumin		2 tsp	1 tbsp	20 g
Green	Garlic	Crushed	1½ tsp	20 g	90 g
Green	Cauliflower	Small florets	500 g	1.0 kg	5.0 kg
Green	Jasmine rice		185 g	370 g	1.85 kg
Green	Water		375 ml	750 ml	3.75 L
Green	Star anise		1	2	6
Green	Spinach		150 g	300 g	1.5 kg
Green	Natural yoghurt		100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Soak lentils in half of the stock for 2 to 3 hours.
2. Heat the oven to 170 °C.
3. Heat the oil in a large pot, add the onions and cook for 2 to 3 minutes.
4. Add the curry paste, cumin, garlic and cook until fragrant for 5 minutes.
5. Add the cauliflower and stir to coat in the spice and onion mix.
6. Add the lentils and the remaining stock to the pot, bring to a boil and then simmer for 30 to 45 minutes, until lentils have broken down. Stir often.
7. For the pilaf, pour the rice into a gastronorm tray lined with grease proof paper.
8. Add the water and stir around to evenly combine.
9. Throw in the star anise, top with another piece of grease proof paper and cover the whole tray with foil.
10. Cook for 25 minutes. Remove the foil and stir the rice, allowing to cool uncovered.
11. Finish the curry with spinach and serve on pilaf rice with yoghurt.



CHICKEN BIRIYANI



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chicken breasts	Skin removed, trimmed, diced, chunky	500 g	1 kg	5 kg
Green	Ground cumin		2 tsp	1 tbsp	25 g
Green	Ground coriander		2 tsp	1 tbsp	25 g
Amber	Unsaturated fat oil [^]		30 ml	60 ml	100 ml
Green	Brown onions	Diced	220 g	400 g	1.8 kg
Green	Garlic	Crushed	2 tsp	30 g	85 g
Green	Ginger	Crushed	1 tsp	20 g	65 g
Green	Chilli	Crushed	½ tsp	1 tsp	30 g
Green	Cauliflower	Florets	500 g	1.0 kg	4.0 kg
Check NIP	Salt reduced chicken stock [*]		250 ml	500 ml	2.5 L
Green	Canned tomatoes	Crushed	200 g	400 g	2.0 kg
Green	Fresh coriander	Washed and chopped	¼ bunch	½ bunch	2 bunches
Green	Cherry tomatoes		200 g	400 g	1.5 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Coat the diced chicken in half of the dry spices.
2. Heat the oil in a large pot, add the chicken in batches and brown. Remove and put to the side.
3. Add the onions to the pot with the remaining spices, garlic, ginger, chilli and ¼ cup of water to de-glaze the pot. Stir for 5 minutes constantly until fragrant.
4. Add the cauliflower and stir to coat in the spices.
5. Add the chicken, stock, crushed tomatoes and coriander stalks to the pot and simmer for 15 minutes.
6. Add the cherry tomatoes and cook for a further 10 minutes.
7. Finish the dish with the rest of the fresh coriander.



CHICKEN, CHICKPEA AND TOMATO CURRY



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		20 ml	40 ml	60 ml
Green	Chicken thighs	Skin removed, trimmed and diced	500 g	1.0 kg	4.5 kg
Green	Brown onions	Diced	180 g	360 g	1.8 kg
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Ginger	Crushed	1 tsp	2 tsp	70 g
Green	Ground turmeric		1 tsp	5 g	25 g
Green	Ground cumin		1 tsp	5 g	25 g
Green	Garam marsala		1 tsp	6 g	30 g
Green	Chilli flakes		Pinch	¼ tsp	5 g
Green	Black pepper	Cracked	¼ tsp	5 g	10 g
Green	Canned chickpeas	Drained	300 g	600 g	2.5 kg
Green	Canned tomatoes	Crushed	350 g	700 g	3.0 kg
Check NIP	Salt reduced chicken stock*		150 ml	300 ml	1.5 L
Green	Spinach		250 g	500 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oil in a large pot.
2. Add the chicken, onions, garlic, ginger, turmeric, cumin, garam marsala, chilli and pepper. Stir continuously until spices are fragrant and the chicken is coated.
3. Add the chickpeas, tomatoes and chicken stock. Bring to a boil and reduce the heat to a simmer, stirring often. Cook for 45 minutes to 1 hour.
4. Stir through the spinach and cook for a further 5 minutes. Serve with steamed rice or pilaf rice.



LEMON AND THYME BARRAMUNDI FILLETS WITH CHICKPEAS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		60 ml	120 ml	600 ml
Green	Thyme leaves		1 tsp	5 g	20 g
Green	Lemon zest		1 tbsp	2 tbsp	50 g
Green	Fresh lemon juice		50 ml	100 ml	500 ml
Green	Garlic	Crushed	1½ tsp	30 g	110 g
Green	Barramundi fillets 180 g		5	10	50
Green	Smoked paprika		1 tsp	2 tsp	20 g
Green	Brown onions	Finely diced	160 g	320 g	1.5 kg
Green	Canned chickpeas		1 tin	2 tins	4 kg
Check NIP	Salt reduced vegetable stock [*]		200 ml	400 ml	1.8 L
Green	Spinach		150 g	300 g	1.0 kg
Green	Plain yoghurt		2 tbsp	4 tbsp	450 ml
Green	Continental parsley	Chopped	¼ bunch	½ bunch	2.5 bunches
Green	Black pepper	Cracked	¼ tbsp	½ tbsp	2 tbsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Heat the oven to 190 °C on dry heat.
2. Whisk $\frac{3}{4}$ of the oil together with the thyme, lemon zest, half lemon juice and half garlic.
3. Add the barramundi fillets and marinate for 10 minutes, no longer or the juice will begin to cook the fish. After 10 minutes remove from the marinade and place on the oven tray. Cook for 15 minutes or until the fish feels firm (temperature probe if required).
4. Heat the remaining oil in a gastronorm tray and add the paprika, remaining garlic and onions. Stir and place in the oven for 5 minutes.
5. Add the chickpeas and stock, cook for a further 5 to 10 minutes, then drain half of the stock off.
6. Add the spinach and place back in the oven for 3 to 4 minutes. Remove and allow to cool.
7. Once cooled, add the yoghurt, parsley and pepper to the chickpeas and stir through.
8. Spoon even quantities of the chickpeas onto serving plates and top with a fillet of barramundi.
9. Mix the remaining lemon juice with pan juices from the fish and drizzle over as a sauce.



MEDITERRANEAN SLOW BRAISED LAMB SHOULDER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Lamb shoulder	Trimmed	½ shoulder	2.0 kg	10 kg
Green	Brown onions	Roughly chopped	180 g	360 g	1.8 kg
Green	Carrots	Roughly chopped	160 g	320 g	1.6 kg
Green	Celery	Roughly chopped	2 sticks	¼ bunch	1 bunch
Green	Garlic cloves	Crushed	3	6	20 (1.5 head)
Green	Dried oregano		½ tsp	1 tsp	250 g
Green	Fresh thyme		5 sprigs	¼ bunch	1 bunch
Green	Fresh rosemary		1 sprig	2 sprigs	¼ cup
Green	Fresh sage	Chopped	½ tbsp	1 tbsp	¼ bunch
Green	Tomatoes	Sliced in half	250 g	500 g	1.8 kg
Check NIP	Salt reduced beef stock*		300 ml	600 ml	3.0 L

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 170 °C.
2. Heat a pan or grill and brown the lamb on all sides.
3. In a baking tray, place the onions, carrots, celery and garlic. Place the lamb on top.
4. Sprinkle the herbs on and around the lamb. Spread around the tomatoes and pour in the stock.
5. Cover the tray with grease proof paper and foil. Cook for 2 to 2½ hours for the smaller pieces and up to 5 hours for the larger pieces. May require turning halfway through.
6. In the last 30 per cent of cooking time remove the foil and glad bake.
7. Remove from the oven and cool. Remove the lamb from the braising liquid and cover with foil.
8. Remove the herb stalks and mash the vegetables through the sauce. Allow to sit for a few minutes then skim the impurities from the top of the sauce.
9. Pull all of the lamb from the bones and chop. Mix with the sauce and store covered in a cool room for future use or freeze.
10. Alternatively, serve the lamb hot with mash or steamed smashed chats.



MOROCCAN PULLED LAMB



Ingredients

Classification	Ingredients	Preparation	20 serves	70 serves
Green	Lamb leg (n)	Trimmed and boned	2.2 kg (1)	11.0 kg (5)
Green	Moroccan spice	As per GREEN recipe page 232	3 tbsp	60 g
Check NIP	Salt reduced chicken stock*		1.2 L	6.0 L
Green	Brown onions	Roughly chopped	650 g (3)	3.0 kg (12 to 14)
Green	Carrots	Roughly chopped	400 g	2.0 kg
Green	Smoked paprika		2 tsp	15 g
Green	Fresh thyme		¼ bunch	1½ bunches
Green	Garlic	Whole	4 cloves	15 cloves

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oven to 150 °C.
2. Heat a pan or wide pot. Score the lamb all over and rub with the Moroccan spice.
3. Seal the lamb in the pan until browned on each side.
4. De-glaze the pan with a little bit of stock and tip into a roasting dish.
5. Line the bottom of the roasting dish with the onions and carrots.
6. Place the lamb on top and sprinkle with the paprika. Squeeze the thyme in your hand and throw into the dish, on and around the lamb.
7. Cut slits in the lamb and push the garlic cloves into the slits.
8. Pour the remaining stock into the dish and cover with grease proof paper and foil.
9. Place in the oven for 3 to 3½ hours or until the lamb easily pulls off the bone.
10. Allow to rest for 30 minutes under the foil, then pull the lamb off the bone using a fork in a dragging motion.
11. Mix the lamb with the reserved pan juices. Refrigerate if not using straight away.



PERSIAN CHICKEN AND TOMATO TAGINE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		20 ml	30 ml	100 ml
Green	Chicken thighs	Skin removed, trimmed and cut in 2 cm pieces	500 g	1.0 kg	5.0 kg
Green	Brown onions	Finely diced	160 g	300 g	1.5 kg
Green	Carrots	Finely diced	100 g	200 g	1.0 kg
Green	Celery	Finely diced	100 g	200 g	1.0 kg
Green	Garlic	Crushed	2 tsp	1 tbsp	80 g
Green	Ground cumin		2 tsp	1 tbsp	20 g
Green	Ground cinnamon		1 tsp	2 tsp	10 g
Green	Ground allspice		1 tsp	2 tsp	10 g
Green	Star anise		½ of 1	1 small	4
Green	Hungarian paprika		1 tsp	2 tsp	12 g
Green	Black pepper	Cracked	½ tsp	1 tsp	10 g
Green	Canned tomatoes	Crushed	300 g	600 g	2.9 kg
Green	Green lentils	Washed	110 g	220 g	1.1 kg
Amber	Honey [^]		½ tbsp	25 ml	125 ml
Green	Mint leaves	Chopped	1 tbsp	¼ cup	¾ bunch
Green	Green beans	Blanched	200 g	400 g	2.0 kg
Green	Continental parsley	Chopped	¼ cup	¼ bunch	1¼ bunch
Green	Rice	Steamed	155 g	300 g	1.5 kg

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. In a pot, heat the oil and seal off the chicken in batches.
2. Add the onions, carrots, celery and garlic. Stir well and cook for a further 10 minutes.
3. Combine the cumin, cinnamon, allspice, star anise, paprika and pepper. Add to the pot, stir well and cook for 5 minutes.
4. Add the tomatoes, lentils and a little water. Bring to a boil and simmer for approximately 30 to 40 minutes or until the chicken is cooked and the sauce has thickened.
5. In the last 5 minutes of cooking add the honey and mint leaves.
6. Add the hot blanched beans to the rice and stir through the parsley.
7. Serve the persian chicken with the rice. Sprinkle with a little more paprika.



PERSIAN PORK AND LENTIL STEW



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		20 ml	30 ml	80 ml
Green	Pork shoulder	Trimmed and cut in 2 cm pieces	500 g	1.0 kg	5.0 kg
Green	Brown onions	Finely diced	160 g	320 g	1.6 kg
Green	Carrots	Finely diced	100 g	200 g	1.0 kg
Green	Celery	Finely diced	100 g	200 g	1.0 kg
Green	Garlic	Crushed	2 tsp	1 tbsp	80 g
Green	Ground cumin		2 tsp	1 tbsp	20 g
Green	Ground cinnamon		1 tsp	2 tsp	10 g
Green	Ground allspice		1 tsp	2 tsp	10 g
Green	Canned tomatoes	Crushed	300 g	600 g	2.9 kg
Green	Dry green lentils	Washed	110 g	220 g	3.0 kg
Green	Water		350 ml	700 ml	3.0 L
Amber	Honey [^]		1 tbsp	30 ml	125 ml
Green	Green beans	Blanched	200 g	400 g	2.0 kg
Green	Mint leaves	Chopped	1 tbsp	¼ cup	¾ bunch
Green	Continental parsley	Chopped	¼ cup	¼ bunch	1¼ bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 150 °C.
2. Heat the oil in a heavy base baking dish and fry the pork off in 2 batches. Set aside.
3. In the same tray, sauté the onions, carrots, celery and garlic.
4. Add the cumin, cinnamon and allspice. Fry until fragrant.
5. Place the pork back in the tray, add the tomatoes, lentils and water. Stir well to combine.
6. Cover with the foil and place in the oven for approximately 2 hours. If the sauce reduces too much add a little more water.
7. Once cooked stir in the honey. Serve with the hot green beans tossed with the mint and parsley.



PULLED BEEF



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Beef brisket or topside	Trimmed of visible fat	850 g	1.7 kg	8.5 kg
Green	Brown onions	Roughly chopped	220 g	440 g	2.2 kg
Green	Carrots	Roughly chopped	180 g	360 g	1.8 kg
Green	Celery	Roughly chopped	150 g	300 g	1.5 kg
Green	Black pepper	Cracked	½ tsp	1 tsp	15 g
Green	Dried oregano		1 tsp	2 tsp	25 g
Green	Garlic	Crushed	1 tsp	2 tsp	25 g
Check NIP	Salt reduced beef stock*		125 ml	250 ml	1.25 L

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 150 °C.
2. Heat a pan or grill and brown the beef brisket on each side.
3. In a gastronorm tray, place the onions, carrots and celery on the bottom. Place the beef on top.
4. Rub the pepper, oregano and garlic all over the seared beef.
5. Pour in the beef stock and cover the tray with grease proof paper and foil.
6. Place in the oven for 4 to 4½ hours for large pieces or 2 to 2½ hours for smaller pieces.
7. Remove from the oven and allow to cool for 30 minutes.
8. Once cooled pull the beef apart.
9. Strain the vegetables off and discard, keeping the cooking liquid.
10. When the beef has been pulled apart, mix with the cooking liquid and store in a cool room covered for future use.



PULLED PORK



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Pork leg or shoulder	Trimmed, bone in and scored	850 g	1.7 kg	8.5 kg
Green	Brown onions	Roughly chopped	180 g	360 g	1.8 kg
Green	Carrots	Roughly chopped	150 g	300 g	1.5 kg
Green	Celery	Roughly chopped	150 g	½ bunch	1¼ bunches
Green	Garlic	Crushed	20 g	40 g	200 g
Green	Dried oregano		½ tsp	1 tsp	15 g
Green	Salt reduced tomato paste [^]		1 tbsp	2 tbsp	200 g
Green	Black pepper	Cracked	½ tsp	1 tsp	20 g
Check NIP	Salt reduced vegetable stock [*]		250 ml	500 ml	2.5 L

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 150 °C.
2. Heat a pan or grill and brown the pork on all sides.
3. Place the onions, carrots and celery in a gastronorm tray. Place the pork on top.
4. Mix together the garlic, oregano, tomato paste and pepper. Spread over the pork.
5. Pour the stock in the tray and cover with grease proof paper and foil.
6. Cook the larger cuts for 4 to 4½ hours or until coming away from the bone. The smaller cuts will only need 2 to 2½ hours.
7. Rest for 30 minutes once out of the oven.
8. Pull the pork from the bones and shred.
9. Strain the vegetables and discard. Mix the reserved cooking liquid with the pork and store in a covered container until required.



ROASTED VEGETABLE LASAGNE



Ingredients

Classification	Ingredients	Preparation	16 serves	32 serves	64 serves
Béchamel sauce					
Amber	Unsaturated fat oil [^]		200 ml	400 ml	800 ml
N/A	Plain flour		225 g	450 g	900 g
Green	Milk		2.8 L	5.6 L	11.0 L
Check NIP	Cheese*	Grated	100 g	200 g	400 g
Green	Ground nutmeg		½ tbsp	1 tbsp	2 tbsp
Roast vegetable filling					
Green	Pumpkin	Sliced	500 g	1.0 kg	2.0 kg
Green	Sweet potatoes	Sliced	500 g	1.0 kg	2.0 kg
Green	Zucchini	Sliced	400 g	800 g	1.6 kg
Green	Potatoes	Sliced	400 g	800 g	1.6 kg
Green	Carrots	Sliced, length ways	350 g	700 g	1.4 kg
Green	Red capsicums	Cut full sides	450 g	900 g	1.8 kg
Amber	Unsaturated fat oil [^]		40 ml	80 ml	160 ml
Green	Thyme leaves	Picked	1 tbsp	2 tbsp	½ bunch
Green	Black pepper	Cracked	¼ tbsp	½ tbsp	20 g
Tomato sauce					
Amber	Unsaturated fat oil [^]		10 ml	20 ml	30 ml
Green	Brown onions	Chopped	180 g	360 g	720 g
Green	Garlic	Crushed	10 g	20 g	40 g
Green	Canned tomatoes	Crushed	800 g	1.6 kg	3.2 kg
Green	Fresh basil leaves	Torn	½ cup	¼ bunch	½ bunch
Green	Spinach		220 g	440 g	800 g
Green	Lasagne sheets		270 g	540 g	1.2 kg
Check NIP	Cheese*	Grated	100 g	200 g	400 g

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages 9 and 10 to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 170 °C.
2. To make the béchamel sauce, heat the oil in a pot, add the flour, stir to combine and cook for 5 minutes.
3. Add the milk and whisk smooth, turn the heat down to a low simmer and bring slowly up to a boil whisking often. Make sure the corners of the pot are stirred in as well.
4. Once simmering, cook out the flour for 10 to 15 minutes, continuously stirring. Add the cheese and the nutmeg, and cook for a further 2 to 3 minutes.
5. Separately toss the vegetables in a little bit of oil, lay on trays and bake until tender with still a slight amount of resistance when tested with a skewer or a knife. Once out of the oven and still hot, evenly distribute the thyme leaves and pepper over the vegetables.
6. To make the tomato sauce, heat the oil in a pot and sauté the onions and garlic. Add the tomatoes, bring to the boil and simmer for 15 minutes or until thick. Turn the heat off and add the torn basil leaves and spinach.
7. To assemble the lasagne, spread a small amount of the béchamel sauce on the bottom of a gastronorm tray and place a lasagne sheet on top. Next add the vegetables in an even layer, top with the béchamel sauce, a little cheese, and follow with a few spoonful's of the tomato sauce. Repeat twice.
8. Finish the last layer with lasagne sheets and the remaining béchamel sauce. Sprinkle over the rest of the cheese. Bake in the oven for 40 to 50 minutes or until no resistance is felt when a skewer or knife is inserted through the lasagne.
9. Allow to cool and place in a cool room to set for easier portioning or serve straight out of the oven.



SHEPHERD'S PIE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	120 ml
Green	Brown onions	Diced	220 g	440 g	2.2 kg
Green	Garlic	Crushed	½ tbsp	1 tbsp	80 g
Green	Lean beef mince		800 g	1.6 kg	8.0 kg
Green	Carrots	Diced	200 g	400 g	2.0 kg
Green	Zucchini	Diced	180 g	360 g	1.8 kg
Green	Frozen mixed vegetables		220 g	440 g	2.2 kg
N/A	Plain flour		1 tbsp	2 tbsp	¼ cup
Check NIP	Salt reduced beef stock*		150 ml	300 ml	1.5 L
Green	Dried thyme		½ tsp	1 tsp	1 tbsp
Green	Dried mixed herbs		½ tbsp	1 tbsp	20 g
Green	Black pepper	Cracked	¼ tsp	½ tsp	1 tbsp
Green	Potatoes	Peeled and roughly chopped	500 g	1.0 kg	5.0 kg
Green	Milk		150 ml	300 ml	1.5 L
Check NIP	Cheese*	Grated	150 g	300 g	1.5 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Heat the oil in a pot, and sauté the onions and garlic. Add the mince and brown.
3. Add the vegetables and cook for a further 5 minutes. Stir in the flour and add the stock, turn down to a simmer and cook for 45 minutes to 1 hour. Finish the mince off with the herbs and pepper.
4. In another pot, place the chopped potatoes in and cover with water, boil for 30 to 40 minutes or until soft enough to mash.
5. Drain the potatoes well, place back in the pot, add the milk and $\frac{3}{4}$ of the cheese, mash then whisk until smooth.
6. Place the mince in a deep tray and top with the mash potatoes. Sprinkle the remaining cheese over the top, bake for 45 minutes or until browned on top.



SPANISH BRAISED PORK



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	300 ml
Green	Pork leg or shoulder	Trimmed	900 g	1.8 kg	9.0 kg
Green	Red onions	Roughly chopped	220 g	440 g	2.2 kg
Green	Carrots	Halved length ways	180 g	360 g	1.8 kg
Green	Celery	Halved cross ways	180 g	360 g	1.8 kg
Green	Red capsicum	Roughly diced	350 g	700 g	3.5 kg
Green	Garlic cloves	Smashed	2	4	20
Green	Smoked paprika		½ tsp	1 tsp	20 g
Green	Canned tomatoes	Crushed	400 g	800 g	4.0 kg
Check NIP	Salt reduced chicken stock [*]		250 ml	500 ml	2.5 L
Green	Bay leaves		2	4	15
Green	Thyme		4	¼ bunch	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 150 °C.
2. Heat the oil in a roasting tray on medium heat and seal the pork on all sides. Remove and set aside.
3. Add all of the vegetables, garlic cloves and paprika to the dish and sauté until slightly browned.
4. Place the pork back into the dish sitting it on top of the vegetables.
5. Pour the tomatoes and stock over the pork and add the bay leaves and thyme.
6. Cover the pork with grease proof paper and foil, cook in the oven for 5 to 5½ hours for the large pieces and 2 to 3 hours for the smaller pieces.
7. Remove from the oven and rest. Remove the pork from the tray.
8. Discard the carrots, celery and herbs from the dish, pour the remaining pan juices into a bucket and allow to sit for 5 minutes. Skim the surface of any impurities.
9. Pull the pork off the bone and chop, stir this into the reserved sauce, portion into smaller containers and place covered into a cool room.



TANDOORI PULLED LAMB



Ingredients

Classification	Ingredients	Preparation	20 serves	70 serves
Green	Lamb leg	Trimmed and boned	2.2 kg (1)	11.0 kg (5)
Green	Garlic	Whole cloves	4	15
Check NIP	Salt reduced chicken stock*		1.2 L	6.0 L
Green	Brown onions	Roughly chopped	650 g (3)	3.0 kg (12 to 14)
Green	Carrots	Roughly chopped	400 g	2.0 kg
Green	Tandoori paste [^]		80 g	300 g
Green	Fresh thyme		¼ bunch	1½ bunches
Green	Continental parsley	Roughly chopped	¼ bunch	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oven to 150 °C.
2. Heat a pan or wide pot. Cut slits in the lamb and push in the garlic cloves.
3. Seal the lamb in the pan until browned on each side.
4. Deglaze the pan with a little bit of the stock and tip into a roasting dish.
5. Line the bottom of the roasting dish with the onions and carrots.
6. Rub the tandoori paste over the lamb and place on top of the vegetables. Squeeze the thyme in your hand and throw into the dish, on and around the lamb.
7. Pour the remaining stock into the dish and cover with grease proof paper and foil.
8. Place in the oven for approximately 3 to 3½ hours or until the meat easily pulls off the bone.
9. Allow to rest for 30 minutes under the foil, then pull the meat off the bone using forks in a dragging motion.
10. Mix the meat with the reserved pan juices and parsley. Refrigerate if not using straight away.



TUSCAN SLOW BRAISED LAMB SHOULDER



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Lamb shoulder or leg	Trimmed	½ shoulder	1.6 kg	8.0 kg
Green	Brown onions	Roughly chopped	180 g	360 g	1.4 kg
Green	Carrots	Roughly chopped	160 g	320 g	1.5 kg
Green	Celery	Roughly chopped	2 sticks	½ bunch	1 bunch
Green	Garlic	Crushed	3	6	20
Green	Dried oregano		½ tsp	1 tsp	25 g
Green	Fresh thyme	Squashed	4 sprigs	8 sprigs	½ bunch
Check NIP	Salt reduced beef stock*		300 ml	600 ml	3.0 L

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 150 °C.
2. Heat a pan or grill and brown the lamb on all sides.
3. In a baking tray, add the onions, carrots, celery and garlic. Place the lamb on top.
4. Sprinkle the herbs on and around the lamb and pour in the stock.
5. Cover the tray with grease proof paper and foil. Cook for 2 to 2½ hours for the smaller pieces and up to 5 hours for the larger pieces.
6. Remove from the oven and cool. Strain the vegetables in the tray and discard, reserving the braising liquid.
7. Pull all the lamb from the bones and chop. Mix with the reserved juices and store covered in a cool room for future use or freeze.



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

TARTS AND FRITTATAS



CARAMELISED ONION FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 kg
Green	Brown onions		500 g	1.0 kg	5.0 kg
Green	Bay leaves		1	2	6
Green	Eggs		6	12	50
Green	Fresh thyme leaves		1 tsp	2 tsp	¾ bunch
Check NIP	Cheese*	Grated	200 g	400 g	1.8 kg
Green	Black pepper	Cracked	Pinch	¼ tsp	1 tbsp
Amber	Unsaturated fat oil spray [^]				

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 170 °C.
2. Heat the oil in a pot, add the onions and bay leaves, and stir often until the onions have broken down and caramelised.
3. Tip the onions into a bowl and cool.
4. In another bowl, beat the eggs, thyme, cheese and pepper together. Add the onions and combine well.
5. Pour the onion mixture into a deep oven dish lightly sprayed with oil and cook for 20 to 30 minutes or until just set and browned slightly on top. The larger amounts may need more time.
6. Allow to cool before cutting into portions.

Tip

These could also be done in muffin trays as a finger food.



CHICKEN AND LEEK FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		25 ml	50 ml	110 ml
Green	Leeks	Sliced finely	1	2	10
Green	Chicken thighs	Skin removed, trimmed and finely diced	450 g	900 g	4.5 kg
Green	Garlic	Crushed	1 tsp	2 tsp	80g
Green	Black pepper	Cracked	¼ tsp	½ tsp	1 tbsp
Green	Parsley	Chopped	¼ cup	¼ bunch	1 bunch
Green	Eggs	Beaten	6	12	55
Green	Milk		65 ml	125 ml	600 ml
Check NIP	Cheese [*]	Grated	125 g	250 g	1.25 kg
Amber	Unsaturated fat oil spray [^]				

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Heat the oil in a pot and fry off the leeks for 5 minutes.
3. Add the chicken and garlic, and continue to fry off until the chicken is cooked.
4. Stir in the pepper and chopped parsley. Remove from the heat and cool.
5. In a large bowl, whisk together the eggs and milk. Stir in the chicken mixture and cheese.
6. Line a deep baking dish and lightly spray with oil. Pour in the chicken mixture and bake in the oven for 35 to 45 minutes or until set. Serve hot or cold.

Tip

Could be poured into smaller dishes or moulds and used as a finger food item.



POTATO AND CHEESE FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	100 ml
Green	Brown onions	Sliced	180 g	360 g	1.8 kg
Green	Garlic	Crushed	1 tsp	2 tsp	85 g
Green	Potatoes	Peeled and diced small	450 g	900 g	4.5 kg
Green	Eggs	Beaten	6	12	50
Green	Milk		40 ml	80 ml	400 ml
Check NIP	Cheese [*]	Grated	120 g	240 g	1.2 kg
Green	Continental parsley	Chopped	2 tbsp	¼ bunch	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 170 °C.
2. Heat the oil in a pot, and add the onions, garlic and potatoes.
3. Continue on medium heat, stirring often until the potatoes are almost cooked through. Remove from the heat and allow to cool slightly.
4. In another bowl, beat the eggs, milk, cheese and parsley together. Add the potatoes in and mix through.
5. Place the mixture into a tray lightly sprayed with oil. Bake in the oven for 30 to 40 minutes or until just set and slightly browned on top. Allow to cool before cutting into portions.



POTATO, CORN AND CAPSICUM FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		40 ml	60 ml	120 ml
Green	Garlic	Sliced	15 g	30 g	150 g
Green	Potatoes	Peeled and thinly sliced	150 g	300 g	1.5 kg
Green	Red capsicum	Finely diced	120 g	240 g	1.0 kg
Green	Frozen corn kernels	Cracked	140 g	280 g	1.3 kg
Green	Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Eggs	Beaten	6	12	60
Green	Milk		65 ml	125 ml	500 ml
Check NIP	Cheese [*]	Grated	150 g	300 g	1.5 kg
Amber	Smoked paprika		½ tsp	1 tsp	1 tbsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Heat the oil in a pan or pot and sauté the garlic until soft.
3. Add the potatoes and cook until they begin to colour slightly.
4. Add the capsicum and corn. Cook for a further 5 minutes and remove from the heat.
5. In a bowl, combine the parsley, eggs, milk and cheese.
6. Mix through the potato mixture and pour into a deep lined tray or dish. Sprinkle over the paprika.
7. Bake for 30 to 45 minutes or until set. Serve hot or warm.



ROAST VEGETABLE FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Green capsicum	Diced	100 g	200 g	900 g
Green	Red capsicum	Diced	100 g	200 g	900 g
Green	Mushrooms	Sliced in half	100 g	200 g	900 g
Green	Zucchini	Diced	110 g	220 g	1.0 kg
Amber	Unsaturated fat oil [^]		30 ml	60 ml	150 ml
Green	Pumpkin	Diced	110 g	220 g	1.0 kg
Green	Potatoes	Diced	120 g	240 g	1.1 kg
Green	Red onions	Finely diced	140 g	280 g	1.2 kg
Green	Garlic	Crushed	½ tsp	1 tsp	40 g
Green	Smoked paprika		½ tsp	1 tsp	1 tbsp
Green	Dried oregano		½ tsp	1 tsp	1 tbsp
Green	Black pepper	Cracked	¼ tsp	½ tsp	15 g
Green	Eggs	Beaten	6	12	60
Check NIP	Cheese [*]	Grated	150 g	300 g	1.4 kg
Green	Milk		125 ml	250 ml	1.0 L
Amber	Unsaturated fat oil spray [^]				

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. In a bowl, place the capsicum, mushrooms, zucchini and toss with $\frac{1}{3}$ of the oil. Tip on a tray and bake for 10 to 15 minutes.
3. Toss the pumpkin and potatoes with another $\frac{1}{3}$ of the oil and bake for 20 to 25 minutes.
4. Heat the remaining oil in a pan, and fry off the onions and garlic.
5. Add all of the vegetables including the onions into a bowl and mix with the paprika, oregano and pepper.
6. In a separate bowl, beat the eggs, cheese and milk together.
7. Combine the 2 mixtures and pour into a deep dish lined and lightly sprayed with oil.
8. Bake for 35 minutes to 1 hour, depending on the size of the tray or until set and beginning to brown slightly. Serve hot or cold.



VEGETABLE FRITTATA WITH BROCCOLINI



Ingredients

Classification	Ingredients	Preparation	1 tray	2 trays	5 trays
Green	Broccolini	Stems cut into 1 cm	190 g	380 g	1.75 kg
Green	Brown onions	Diced	220 g	440 g	2.2 kg
Green	Garlic	Crushed	2 tsp	4 tsp	200 g
Green	Red capsicum	Diced	360 g	720 g	3.6 kg
Green	Carrots	Grated	240 g	480 g	2.4 kg
Green	Peas		375 g	750 g	3.75 kg
Green	Eggs	Beaten	30	60	300
Green	Milk		500 ml	1 L	5 L
Check NIP	Cheese*	Grated	400 g	800 g	4 kg
Green	Dried oregano		4 tsp	15 g	75 g
Green	Black pepper	Cracked	1 tsp	2 tsp	20 g

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Cook the broccolini in boiling water for 1 to 2 minutes.
3. Sweat off the onions and garlic, and place in a large bowl. Add the capsicum, carrots, broccolini and peas.
4. In a separate bowl, add the eggs, milk, cheese, oregano, pepper and whisk to combine.
5. Add the egg mixture to the vegetables and stir.
6. Pour the mixture into a gastronorm tray lined with baking paper. Cook for 45 minutes or until set.



VEGETABLE SLICE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Eggs	Beaten	4	8	40
N/A	Self-raising flour	Diced	60 g	120 g	600 g
Green	Green capsicum	Finely diced	50 g	100 g	500 g
Green	Red capsicum	Finely diced	50 g	100 g	500 g
Green	Sweet potatoes	Grated	55 g	110 g	550 g
Green	Zucchini	Grated	95 g	190 g	950 g
Green	Pumpkin	Grated	40 g	80 g	400 g
Green	Red onions	Finely diced	80 g	160 g	800 g
Check NIP	Cheese*	Grated	60 g	125 g	625 g
Check NIP	Salt reduced vegetable stock powder*		1 tsp	2 tsp	30 g
Green	Black pepper	Cracked	1 tsp	½ tbsp	20 g
Amber	Unsaturated fat oil spray^				

^This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 170 °C.
2. Beat the eggs in a large bowl, add flour and beat until combined and smooth.
3. Add the vegetables, cheese, powdered stock, pepper and combine.
4. Pour into a gastronorm tray sprayed with unsaturated fat oil.
5. Bake for 30 to 45 minutes or until set.
6. Allow to cool and cut into portions.



ZUCCHINI AND MUSHROOM FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 ml
Green	Brown onions	Finely diced	160 g	320 g	1.2 kg
Green	Zucchini	Diced	250 g	500 g	2.5 kg
Green	Mixed mushrooms	Finely sliced	350 g	700 g	3.0 kg
Green	Eggs	Beaten	6	12	60
Check NIP	Cheese [*]	Grated	150 g	300 g	1.5 kg
Green	Parsley	Chopped	1 tsp	2 tsp	1 bunch
Green	Fresh thyme leaves	Chopped	2 tsp	1 tbsp	1½ bunches

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. In a pot or pan, heat the oil and fry off the onions, zucchini and mushrooms until the liquid has evaporated.
3. Mix the eggs, cheese, parsley and thyme together, add the slightly cooled mushroom mix and combine well.
4. Pour into a deep lined gastronorm tray or baking dish.
5. Bake for 30 to 45 minutes depending on the size and depth until set and browned on top. Serve hot or cold.



EGG AND SPINACH FILO TARTS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Eggs		7	14	70
Check NIP	Cottage cheese*		60 g	120 g	600 g
Check NIP	Cheese*	Grated	75 g	150 g	750 g
Green	Dry mixed herbs		1 tsp	2 tsp	25 g
Amber	Filo pastry	1 sheet per tart	50 g	100 g	500 g
Amber	Unsaturated fat oil [^]		15 ml	30 ml	250 ml
Green	Spinach	Wilted	150 g	300 g	1.5 kg
Green	Black pepper	Cracked	¼ tsp	½ tsp	15 g
Green	Smoked paprika		½ tsp	1 tsp	25 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. In a bowl, combine the eggs, cottage cheese, grated cheese, herbs and mix well.
3. Lay a sheet of filo pastry on the bench. Lightly brush with the oil, fold in half, oil again and fold into quarters. Place one into each muffin tin.
4. Evenly spread the wilted spinach between the filo tins, pour in the egg mixture, sprinkle with the black pepper and smoked paprika.
5. Bake in the oven for 12 to 15 minutes or until set.



PEA, HERB AND FETA FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	50 ml	100 ml
Green	Brown onions	Diced	160 g	320 g	1.5 kg
Green	Garlic	Crushed	1 tsp	2 tsp	65 g
Green	Frozen peas		250 g	500 g	2.5 kg
Green	Dried oregano		½ tsp	1 tsp	15 g
Green	Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Thyme	Chopped	1 tbsp	2 tbsp	1¼ bunches
Green	Eggs	Beaten	6	12	60
Check NIP	Feta cheese [*]	Crumbled	150 g	300 g	1.5 kg
Amber	Unsaturated fat oil spray [^]				

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 170 °C.
2. Heat the oil in a pan, and fry off the onions and garlic until slightly coloured.
3. Remove from the heat and stir through the peas, oregano, parsley and thyme.
4. In a bowl, mix together the eggs and feta, and stir in the pea mixture.
5. Pour the mixture into a deep dish lined and lightly sprayed with oil.
6. Bake for 30 to 45 minutes or until set and slightly coloured. Serve hot or cold.



SPINACH, ROASTED RED CAPSICUM AND FETA CHEESE TART



Ingredients

Classification	Ingredients	Preparation	10 serves	20 serves	50 serves
Green	Eggs	Beaten	12	25	80
Check NIP	Shredded cheese*		100 g	200 g	1.0 kg
Green	Mixed herbs		¾ tsp	1½ tsp	15 g
Amber	Filo pastry (in sheets)		100 g (10)	200 g (20)	1.0 kg (50)
Amber	Unsaturated fat oil spray [^]				
Green	Red capsicum	Roasted and sliced	500 g	1.0 kg	4.5 kg
Green	Feta cheese*	Crumbled	200 g	400 g	1.8 kg
Green	Spinach	Chopped	50 g	100 g	500 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. In a bowl, combine the eggs, shredded cheese, herbs and whisk well.
3. Lay a sheet of filo pastry on your board, lightly spray a small amount of oil onto the sheet, fold in half, spray with oil again and fold into quarters.
4. Line muffin tins with the filo pastry and evenly distribute the roasted red capsicum, feta and spinach between the tins.
5. Pour in the egg mixture to the top of the pastry and bake in the oven for 12 to 15 minutes or until set.



VEGETABLE AND THREE CHEESE FRITTATA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Red onions	Finely diced	160 g	320 g	1.5 kg
Green	Zucchini	Grated	110 g	220 g	1.0 kg
Green	Sweet potatoes	Grated	110 g	220 g	1.0 kg
Green	Pumpkin	Grated	100 g	200 g	900 g
Green	Peas	Frozen	110 g	220 g	1.0 kg
Green	Spinach	Chopped	80 g	160 g	700 g
Green	Garlic	Crushed	½ tsp	1 tsp	40 g
Green	Eggs	Beaten	6	12	60
Check NIP	Cheddar cheese*	Grated	120 g	240 g	1.0 kg
Check NIP	Feta cheese*	Crumbled	100 g	200 g	900 g
Check NIP	Cottage cheese*		80 g	160 g	750 g
Green	Mixed dried herbs		1 tsp	2 tsp	20 g
Amber	Unsaturated fat oil spray [^]				

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 160 °C.
2. Combine all of the vegetables and garlic in a large bowl and mix.
3. Beat together the eggs, cheeses and herbs. Tip into the vegetable mix and combine thoroughly.
4. Pour the mix into a deep, lined and sprayed baking tray or gastronorm with oil. Cook for 40 minutes to 1 hour or until set and beginning to brown on top.
5. Serve straight away or allow to cool and then cut into appropriate size portions. Can be reheated.



ZUCCHINI SLICE WITH FETA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Zucchini	Grated	200 g	400 g	2.0 kg
Amber	Unsaturated fat oil [^]		15 ml	40 ml	100 ml
Green	Garlic	Crushed	½ tsp	1 tsp	450 g
Green	Brown onions	Diced	180 g	360 g	1.8 kg
Check NIP	Feta cheese [*]	Crumbled	125 g	250 g	1.2 kg
Green	Eggs	Beaten	2	4	20
N/A	Besan flour		100 g	200 g	900 g
Green	Black pepper		Pinch	½ tsp	2½ tsp
Amber	Unsaturated fat oil spray [^]				

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 160 °C.
2. Add the zucchini into a strainer. Squeeze the excess moisture out of the zucchini and place into a bowl.
3. Heat the oil in a frying pan, and sauté the garlic and onions until light brown. Tip into the zucchini and mix.
4. Beat together the feta and eggs. Tip into the zucchini mixture and stir through.
5. Sprinkle over the besan flour and pepper, and stir thoroughly again.
6. Place the mixture into a gastronorm tray that is lined and lightly sprayed with unsaturated fat oil and bake for 45 minutes to 1 hour or until set and browned on top.
7. Allow to cool slightly before cutting into appropriate portion sizes. Serve hot or cold.





Healthy Options WA

MAKING HEALTHY CHOICES EASIER

PASTA AND RICE

BASIL PESTO PASTA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Fettuccini or similar wide pasta		300 g	600 g	3.0 kg
Amber	Unsaturated fat oil [^]				
Green	Shallots	Peeled in half	250 g	500 g	2.5 kg
Green	Red capsicum	Roasted and diced	220 g	440 g	2.0 kg
Green	Basil pesto	As per GREEN recipe on page 226	100 g	200 g	1.0 kg
Green	Continental parsley	Roughly chopped	¼ cup	¼ bunch	1 bunch
Green	Black pepper	Cracked	¼ tsp	½ tsp	1 tbsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Bring a pot of water to a boil and cook the pasta as per instructions until al dente.
2. In the meantime, heat a large pan or pot sprayed lightly with unsaturated fat oil. Add the shallots and a splash of water and fry off the shallots until brown, caramelised and softening.
3. Add the red capsicum and stir.
4. Add the pesto and mix together using some of the pasta cooking water to loosen the sauce.
5. Add the drained pasta and toss until well combined. Portion into serving bowls and sprinkle with the parsley and pepper.



CREAMY MUSHROOM AND SPINACH PASTA BAKE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		50 g	100 g	450 g
Green	Brown onions	Chopped	180 g	360 g	1.8 kg
Green	Garlic	Crushed	16 g	30 g	150 g
Green	Button mushrooms	Sliced	200 g	400 g	1.5 kg
Green	Portobello mushrooms	Sliced	100 g	500 g	2.5 kg
N/A	Plain flour		200 g	400 g	1.2 kg
Check NIP	Salt reduced vegetable stock [*]		250 ml	300 ml	450 ml
Green	Milk		900 ml	1.2 L	4.0 L
Green	Penne pasta		400 g	800 g	2.5 kg
Green	Black pepper	Cracked	½ tsp	1½ tsp	15 g
Green	Spinach		250 g	500 g	2.0 kg
Check NIP	Cheese [*]	Grated	220 g	440 g	2.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 170 °C.
2. In a large pot, add the unsaturated fat oil, onions, garlic and cook until soft.
3. Add the mushrooms and cook down for 10 to 15 minutes.
4. Add the flour and stir in well. Add in the cold stock and whisk until a thick sauce forms.
5. Pour in the milk and whisk again to ensure no lumps. Turn down to a simmer and cook for 25 to 35 minutes or until the flour taste is cooked out.
6. In the meantime, bring a large pot of water to a boil, cook the pasta al dente and drain.
7. Add the pepper and spinach to the sauce and stir well.
8. Tip the drained pasta into the sauce and stir. Pour into a gastronorm tray and cover the top with cheese.
9. Bake in the oven for 15 to 20 minutes or until the cheese has melted and begun to brown.



SLOW COOKED BEEF RAGOUT WITH RIGATONI



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Beef chuck or similar	Trimmed of visible fat and diced	1 kg	2 kg	10 kg
N/A	Plain flour		100 g	200 g	1.0 kg
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 ml
Green	Brown onions	Diced	180 g	360 g	1.8 kg
Green	Garlic	Crushed	2 tsp	1 tbsp	100 g
Green	Carrots	Diced	220 g	440 g	2.2 kg
Green	Celery	Diced	110 g	220 g	1.1 kg
Green	Thyme		2 sprigs	4 sprigs	1 bunch
Green	Tomatoes	Crushed	400 g	800 g	3.5 kg
Check NIP	Salt reduced beef stock [*]		250 ml	500 ml	2.5 L
N/A	Balsamic vinegar		60 ml	120 ml	500 ml
Green	Black pepper	Cracked	¼ tsp	½ tsp	15 g
Green	Rigatoni pasta or similar		400 g	750 g	3.5 kg
Green	Continental parsley	Chopped	¼ cup	¼ bunch	1¼ bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 150 °C.
2. Place the beef and the flour in a bag and shake to cover the beef evenly with the flour.
3. Heat the oil in a pot and brown the beef in batches.
4. After all the beef is cooked, add a ¼ cup of water and de-glaze the pot until almost all of the water has evaporated.
5. Place the onions, garlic, carrots and celery in the pot and cook for 5 minutes.
6. Add the thyme, tomatoes, beef stock, balsamic vinegar and pepper.
7. Place the contents of the pot into a roasting dish and add the beef. Cover the tray with greaseproof paper and foil. Place into the oven for 3 to 4 hours or until the beef is very tender and the sauce deep red and reduced.
8. After the ragout is cooked, boil the pasta in water for the recommended cooking time until al dente.
9. Drain the pasta and return back to the pot. Tip the ragout into the pasta and stir through the parsley. Divide into serving bowls.



TUNA MORNAY WITH SPINACH AND SMOKED PAPRIKA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Spiral or penne pasta		250 g	500 g	2.5 kg
Amber	Unsaturated fat oil [^]		70 ml	140 ml	600 ml
N/A	Plain flour		60 g	120 g	600 g
Green	Milk		670 ml	1.3 L	6.5 L
Green	Parsley	Chopped	¼ cup	¼ bunch	1 bunch
Check NIP	Cheese [*]	Grated	200 g	400 g	2.0 kg
Green	Canned tuna in spring water	Drained	425 g (1 tin)	850 g	4.25 kg
Green	Red onions	Finely diced	180 g	360 g	1.6 kg
Green	Frozen or canned corn	Thawed or drained	220 g	440 g	2.2 kg
Green	Spinach	Chopped	120 g	240 g	1.2 kg
Green	Black pepper	Cracked	Pinch	½ tsp	15 g
Amber	Unsaturated fat oil spray [^]				
Green	Breadcrumbs	Fresh	1 cup	120 g	700 g
Green	Smoked paprika	Chopped	¼ tsp	½ tsp	2 tsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Bring a large pot of water to a boil and cook the pasta until al dente.
3. To make the béchamel sauce, heat the oil in another pot and stir in the flour. Whisk in the milk and bring to a boil whisking very often. Reduce the heat to a simmer and cook for 20 to 25 minutes.
4. Stir the parsley and $\frac{3}{4}$ of the cheese through the sauce and cook for a further 5 minutes.
5. In a bowl, combine the drained tuna, red onions, corn, spinach and pepper.
6. Mix the béchamel sauce through the tuna, add the cooked pasta and mix well.
7. Place the mixture into a deep oven dish lightly sprayed with unsaturated fat oil and lightly sprinkle with the breadcrumbs, remaining cheese and paprika. Bake for 30 to 40 minutes or until browned on top.



VEGETABLE ARANCINI



Ingredients

Classification	Ingredients	Preparation	10 serves	20 serves	80 serves
Check NIP	Salt reduced vegetable stock*		250 ml	500 ml	2.5 L
Amber	Unsaturated fat oil [^]		30 ml	60 ml	150 ml
Green	Red onions	Finely diced	80 g	160 g	800 g
Green	Carrots	Finely diced	50 g	100 g	500 g
Green	Celery	Finely diced	50 g	100 g	500 g
Green	Red capsicum	Finely diced	50 g	100 g	500 g
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Arborio rice		75 g	150 g	750 g
Green	Continental parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Black pepper	Cracked	¼ tsp	½ tsp	1 tbsp
N/A	Plain flour		½ cup	1 cup	450 g
Green	Eggs	Beaten	2	4	16
Green	Milk		100 ml	200 ml	600 ml
Green	Breadcrumbs		125 g	250 g	1.2 kg
Amber	Unsaturated fat oil spray [^]				

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. In a pot, bring the vegetable stock to a simmer.
2. In a separate large pot, heat the oil and add the onions, carrots, celery, capsicum and garlic. Sauté the ingredients for 10 to 15 minutes or until soft and starting to brown slightly.
3. Add the arborio rice and fry off with the vegetables for a further 5 minutes. Stir until the rice begins to make a popping sound.
4. Turn the heat down to low and slowly add the stock ladle by ladle until the rice absorbs all of the liquid. The mixture will sometimes not take all of the stock, other times it may need a little more.
5. Place the risotto into a long deep tray and allow to cool, stirring the mix often.
6. Add half the beaten eggs for 5 and 10 serve recipes and 10 eggs for the 50 serve recipe.
7. Add the parsley and the pepper at the same time. Mix very well and allow to cool completely.
8. Roll the mixture into balls a bit smaller than a golf ball.
9. Mix together the remaining eggs and milk.
10. Set up a crumbing station and crumb the arancini.
11. Lightly spray the arancini balls with unsaturated fat oil and cook them in a very hot oven for approximately 15 minutes or until browned and cooked through. Serve hot with garlic yoghurt.



CHICKEN ARANCINI WITH FETA



Ingredients

Classification	Ingredients	Preparation	10 serves	20 serves	80 serves
Check NIP	Salt reduced chicken stock*		250 ml	500 ml	2.5 L
Amber	Unsaturated fat oil [^]		30 ml	60 ml	150 ml
Green	Onions	Finely diced	80 g	160 g	800 g
Green	Carrots	Finely diced	50 g	100 g	500 g
Green	Celery	Finely diced	50 g	100 g	500 g
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Chicken mince		250 g	500 g	2.5 kg
Green	Arborio rice		75 g	150 g	750 g
Green	Eggs		2	4	16
Green	Continental parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Green	Black pepper	Cracked	¼ tsp	½ tsp	1 tbsp
Check NIP	Feta cheese*	Cubes	60 g	120 g	600 g
Green	Milk		100 ml	200 ml	600 ml
N/A	Plain flour		¼ cup	½ cup	450 g
Green	Breadcrumbs		125 g	250 g	1.2 kg
Amber	Unsaturated fat oil spray [^]				

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Bring the chicken stock to a simmer in a pot.
2. In another large pot, heat the oil and add the onions, carrots, celery, garlic and chicken mince. Sauté the ingredients for 10 to 15 minutes or until soft and starting to brown slightly.
3. Add the arborio rice and fry off with the vegetables for a further 5 minutes. Stir until the rice begins to make a popping sound.
4. Turn the pot down to a low heat, slowly add the stock ladle by ladle until the rice absorbs all of the liquid. The mixture will sometimes not take all of the stock, other times it may need a little more.
5. Tip the risotto into a long deep tray and allow to cool, stirring the mix often.
6. Add half the beaten eggs for 5 and 10 serve recipes and 10 eggs for the 50 serve recipe. Add the parsley and the pepper at the same time. Mix very well and allow to cool completely.
7. Roll the mixture into balls about the size of a golf ball, press a hole into the centre and place a piece of feta into the hole. Reform the ball around the feta and set aside.
8. Mix the remaining eggs and milk. Set up a crumbing station with the flour, then eggs and milk mixture, and lastly breadcrumbs.
9. Lightly spray the arancini balls with unsaturated fat oil and cook them in a very hot oven for approximately 15 minutes or until browned and cooked through.
10. Serve hot.



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

SALADS



APPLE, CABBAGE AND SPINACH SALAD WITH PEPITAS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Apples	Peeled and diced	110 g	220 g	1.1 kg
Green	Red cabbage	Finely sliced	120 g	240 g	1.2 kg
Green	Spinach		80 g	160 g	800 g
Green	Red onions	Finely sliced	150 g	300 g	1.2 kg
Green	Apples	Thinly sliced	220 g	440 g	2.2 kg
Amber	Unsaturated fat oil [^]		20 ml	40 ml	200 ml
N/A	White wine vinegar		20 ml	40 ml	200 ml
Green	Dijon mustard		½ tsp	1 tsp	30 g
Green	Garlic	Crushed	¼ tsp	8 g	30 g
Green	Parsley	Chopped	2 tbsp	¼ cup	¾ bunch
Green	Pepita	Roasted	75 g	150 g	750 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Place the diced apples in a pot and cover with water. Boil until soft enough to puree. Drain the excess liquid, puree and allow to cool.
2. Combine the cabbage, spinach, red onions, sliced apples and mix well.
3. In another bowl or jug, combine the unsaturated fat oil, vinegar, mustard, garlic, apple puree, parsley and mix very well. Pour this over the salad and toss well to combine.
4. Portion the salad and sprinkle with pepitas.

Tip

Could be used as a carrier salad for chicken or pork.



BEAN, TOMATO AND RADISH SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		20 ml	40 ml	100 ml
Green	Brown onions	Diced	180 g	360 g	1.0 kg
Green	Garlic	Crushed	1	2	10
Green	Dried oregano		1 tsp	2 tsp	15 g
N/A	Red wine vinegar		50 ml	100 ml	500 ml
Green	Fresh tomatoes	Chopped	450 g	900 g	4.2 kg
Green	Butter beans	Cooked	300 g	600 g	2.7 kg
Green	Zucchini	Ribbons	110 g	220 g	1.1 kg
Green	Mixed lettuce		125 g	250 g	1.2 kg
Green	Radish	Finely sliced	150 g	300 g	1.3 kg
Green	Parsley	Chopped	2 tbsp	¼ cup	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oil in a pot, and caramelise the onions, garlic and oregano.
2. Add the vinegar and bring to a boil. Turn off, remove from the heat and cool completely.
3. In a bowl, place the tomatoes, beans, zucchini and pour half of the dressing over and toss. Let sit for 5 minutes.
4. Just before serving, pour the remaining dressing over the lettuce and toss. Place onto plates and top with the tomato mixture.
5. Finish with the radish slices and chopped parsley.



CHICKEN, PEAR, ROAST CAPSICUM AND WALNUT SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Seeded mustard		40 g	75 g	400 g
Green	Orange juice		100 ml	200 ml	900 ml
Green	Chicken breasts	Skin removed and trimmed	625 g	1.25 kg	6.25 kg
Green	Pears	Sliced	2 pears	8 pears	30 pears
Green	Cos lettuce	Fine chiffonade	½	1	5
Green	Red capsicum	Roasted and sliced	170 g	340 g	1.7 kg
Green	Carrots	Ribboned	150 g	300 g	1.2 kg
Green	Unsalted walnuts	Roasted and chopped	200 g	400 g	1.5 kg
Green	Orange	Segmented	2	4	20
Green	Black pepper		½ tsp	1 tsp	15 g

NOTE: Orange juice used in sauces, dips and dressings is classified Green.
This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Heat the oven to 180 °C.
2. Combine $\frac{3}{4}$ of the mustard and $\frac{3}{4}$ of the orange juice, add the chicken breasts and marinate for 1 to 1½ hours.
3. Remove chicken from the marinade and roast for 20 to 25 minutes or until the juices run clear. Remove from the oven and cool.
4. Roast the pears in the oven for 20 to 25 minutes or until soft and set aside.
5. Combine the lettuce, capsicum, carrots and pear in a bowl and toss well to mix. Add the combined remaining mustard and orange juice in the bowl and gently toss.
6. Place the salad on a serving plate, top with sliced pieces of the cooked chicken and garnish with roasted walnuts and orange segments.



COLESLAW



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Red cabbage	Finely sliced	75 g	150 g	750 g
Green	Green cabbage	Finely sliced	75 g	150 g	750 g
Green	Red capsicum	Finely diced	45 g	90 g	450 g
Green	Green capsicum	Finely diced	45 g	90 g	450 g
Green	Carrots	Grated	60 g	120 g	600 g
Green	Red onions	Finely sliced	30 g	65 g	325 g
Green	Continental parsley	Chopped	3 tbsp	¼ bunch	1¼ bunches
Dressing					
Green	Natural yoghurt		⅓ cup	½ cup	2 cups
Green	Dijon mustard		2 tsp	3 tsp	4 tbsp
Green	Lemon	Juiced	1 tsp	1.5 tsp	2 tbsp

Dressing LiveLighter® © State of Western Australia, adapted with permission.
This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Mix all of the vegetables well in a large bowl.
2. To make the dressing, combine the yoghurt, mustard and lemon juice in a small bowl and mix well.
3. Add the dressing to the vegetables and stir to combine. Use within 1½ hours or the coleslaw will begin to soften.



HONEY ROASTED CARROT SALAD WITH CUMIN



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		2 tsp	15 ml	75 ml
Green	Ground cumin seeds		1 tsp	2 tsp	20 g
Green	Carrots	Cut into batons	250 g	500 g	2.5 kg
Amber	Honey [^]		1 tsp	½ tbsp	50 g
Green	Red onions	Wedges	135 g (1)	270 g (2)	1.3 kg (10)
Green	Pearl barley	Cooked	¾ cup	1½ cups	3.0 kg
Green	Fresh lemon juice		10 ml	20 ml	100 ml
Green	Continental parsley	Ribbons	2 tbsp	¼ bunch	2 bunches
Green	Unsalted pine nuts	Roasted	40 g	75 g	375 g

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 180 °C.
2. Mix together the oil and cumin, pour over the carrots and mix well. Roast until browned and tender.
3. Remove from the oven, drizzle over honey, mix and allow to cool.
4. Roast the onion pieces until soft and beginning to caramelize.
5. Mix the pearl barley, lemon juice, parsley and any cooking juices from the vegetables. Add ¾ of the vegetables to the barley mixture.
6. Plate up the barley and vegetable mixture, top with the remaining vegetables and sprinkle over the pine nuts.



LAMB AND LENTIL SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Coriander seeds	Crushed	1½ tsp	2 tsp	20 g
Green	Ground cumin	Ground	2 tsp	3 tsp	25 g
Green	Lean leg of lamb	Trimmed	750 g	1.5 kg	7.5 kg
Green	Garlic	Crushed	1 tsp	15 g	70 g
Check NIP	Salt reduced beef stock*		200 ml	400 ml	2.0 L
Amber	Honey^		1 tsp	2 tsp	200 ml
Amber	Unsaturated fat oil^		10 ml	20 ml	100 ml
Green	Broccoli	Cut into small florets	300 g	600 g	3.0 kg
Green	Spring onions	Thinly sliced	4	8	2 bunches
Green	Red cabbage	Chiffonnade	400 g	800 g	3.8 kg
Green	Canned brown lentils	Drained and rinsed	500 g	1 kg	4.5 kg
N/A	Balsamic vinegar		20 ml	40 ml	200 ml
Green	Flat leaf parsley	Coarsely chopped	¼ cup	½ cup	1 bunch
Green	Black pepper	Cracked	Pinch	5 g	25 g

^These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. In a bowl, combine the coriander and 1 tablespoon of cumin and cracked pepper.
2. Coat the lamb with the spice mix.
3. Heat a pan with the unsaturated fat oil and seal the lamb on all sides.
4. Place in half of a gastronorm tray lined with baking paper.
5. In the same pan, add half of the garlic and cook lightly.
6. Add the stock and honey and bring to a boil.
7. Pour over the lamb, cover with glad bake and foil and place in the combi oven at 170 °C for 1 to 1½ hours. Once cooked, set aside the lamb and retain any pan juices.
8. Steam the broccoli (leave firm).
9. Lightly sauté the spring onions, remaining garlic and cumin.
10. Add the cabbage and cook for 8 to 10 minutes.
11. Add the lentils and balsamic vinegar and cook for 1 minute. Remove from the heat, cover and cool.
12. Thinly slice the lamb.
13. In a bowl, combine all of the above ingredients, pour over the pan juices and check the seasoning.
14. Portion the salad and top with the sliced lamb. Garnish with chopped parsley and serve warm.



LAMB WITH TABOULEH SALAD AND YOGHURT



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Burghul		150 g	300 g	1.5 kg
Green	Lamb leg	Trimmed	125 g	1.25 kg	6.25 kg
Green	Sumac		10 g	20 g	100 g
Amber	Unsaturated fat oil [^]		15 ml	30 ml	125 ml
Green	Cucumber	Diced	250 g	500 g	2.5 kg
Green	Cherry tomatoes	Halved	250 g	500 g	2.5 kg
Green	Spring onions	Sliced	3	½ bunch	2 bunches
Green	Flat parsley	Chopped	¼ bunch	½ bunch	2 bunches
Green	Fresh mint	Chopped	40 g	80 g	1½ bunches
Green	Fresh lemon juice		25 ml	50 ml	250 ml
Green	Rocket		125 g	250 g	1.25 kg
Green	Natural yoghurt		100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. In a steel bowl, place the burghul and cover with boiling water. Soak for 15 minutes, drain, squeeze out any excess water and return to the bowl.
2. Coat the lamb leg with sumac.
3. In a pan, heat half a teaspoon of the unsaturated fat oil on high heat.
4. Add the lamb and brown for 2 to 3 minutes per side.
5. Remove from the pan, place into a roasting dish and cook until the internal temperature is 65 °C.
6. Remove from the oven, wrap to keep warm and rest.
7. Add the cucumber, tomatoes, spring onions and herbs to the bowl containing the burghul. Add the lemon juice and remaining oil to the bowl and mix well.
8. Place the rocket on the base of a container or plate and top with the tabbouleh mixture.
9. Cut the warm lamb into strips and place on top of the tabbouleh. Top with yoghurt and serve.



POTATO SALAD WITH CHIVES AND ROAST ONION



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Potatoes	Peeled and diced in 2 cm pieces	500 g	1.0 kg	5.0 kg
Amber	Unsaturated fat oil [^]		20 ml	40 ml	100 ml
Green	French shallots	Peeled and quartered	200 g	400 g	2.0 kg
Green	Dijon mustard		2 tsp	40 g	200 g
Green	Greek yoghurt		60 ml	120 ml	600 ml
Green	Black pepper	Cracked	¼ tsp	½ tsp	150 g
Green	Ground turmeric		Pinch	¼ tsp	1½ tsp
Green	Lemon	Juiced	1 tsp	2 tsp	1 tbsp
Green	Chives	Chopped	½ cup	1 cup	4 bunches
Green	Red capsicum	Finely diced	150 g	300 g	1.5 kg
Green	Celery	Finely diced	100 g	200 g	1.0 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Preheat the oven to 200 °C.
2. Boil a large pot of water, add the diced potatoes and cook for 5 to 10 minutes once back to a boil. Remove the potatoes when they are still slightly tender and refresh in cold water quickly.
3. Toss the shallots with the oil and roast in the oven for 10 to 15 minutes until caramelised. Once cooked, remove from oven and pull apart.
4. In another bowl, mix the yoghurt, mustard, pepper and turmeric. Add a little lemon juice to loosen the dressing.
5. In a large bowl, combine the well-drained potatoes, roast shallots, chives, capsicum and celery. Pour in the dressing and gently mix thoroughly by hand.



PULLED PORK ASIAN SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Red cabbage	Finely sliced	250 g	500 g	2.5 kg
Green	Carrots	Julienne	150 g	300 g	1.5 kg
Green	Spring onions	Finely sliced	¼ bunch	½ bunch	2 bunches
Green	Fresh chilli	De-seeded and sliced	15 g	30 g	120 g
Green	Snow peas	Sliced diagonally	125 g	250 g	1.2 kg
Green	Fresh coriander	Leaves and stems	1½ tbsp	¼ bunch	1¼ bunches
Green	Unsalted peanuts	Roasted	50 g	100 g	500 g
Amber	Sesame oil [^]		20 ml	40 ml	150 ml
Green	Ginger	Crushed	5 g	10 g	40 g
Green	Garlic	Crushed	5 g	10 g	40 g
Red	Salt reduced soy sauce [^]		20 ml	40 ml	180 ml
Green	Pulled pork	As per GREEN recipe on page 160	450 g	900 g	4.5 kg

[^]These ingredients have an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. In a large bowl, combine the cabbage, carrots, spring onions, chilli, snow peas, coriander and half of the peanuts. Toss to combine.
2. In another bowl, combine the sesame oil, ginger, garlic, soy and mix well.
3. Tip the dressing onto the salad and toss well.
4. Evenly distribute the salad between plates, top with even amounts of the pulled pork and scatter with the remaining peanuts.



SHREDDED BEEF SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Pulled beef	As per GREEN recipe on page 159	500 g	1.0 kg	5.0 kg
Green	Fresh lime juice		20 ml	40 ml	200 ml
Green	Lime zest		2 tsp	10 g	50 g
Amber	Unsaturated fat oil [^]		30 ml	60 ml	300 ml
Green	Cos lettuce	Sliced and washed	¾ cos	1½ cos	7 cos
Green	Radish	Thinly sliced	100 g	200 g	1.0 kg
Green	Beetroot	Roasted and sliced	120 g	240 g	1.0 kg
Green	Fresh sage	Finely chopped	½ tbsp	1 tbsp	60 g
Green	Red onions	Roasted and quartered	220 g	440 g	2.2 kg
Green	Avocado	Sliced	1	2	10

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Remove the beef from the cool room and bring to room temperature.
2. In a bowl, whisk the lime juice, lime zest, oil and set aside.
3. In another bowl, combine the lettuce, radish, beetroot, sage, red onions and toss together with the dressing.
4. Plate the salad and top with the pulled beef. Arrange 3 to 4 slices of avocado on the beef and drizzle with any extra dressing.



SOUTH WESTERN CHICKEN SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Marinade/dressing					
Green	Fresh lime juice		30 ml	60 ml	250 ml
Green	Fresh coriander	Washed, leaves and stems chopped	2 tbsp	¼ bunch	1 bunch
Green	Garlic	Crushed	1 tsp	2 tsp	60 g
Green	Chilli flakes		Pinch	¼ tsp	1¼ tsp
Green	Ground cumin		½ tsp	1 tsp	1 tbsp
Green	Black pepper	Cracked	¼ tsp	½ tsp	2 tsp
Salad					
Green	Chicken thighs	Skin removed and trimmed	600 g	1.2 kg	6.0 kg
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 ml
Green	Baby cos lettuce	Washed and chiffonade	1½	3	15
Green	Cherry tomatoes	Halved	250 g	500 g	2.5 kg
Green	Corn kernels	Cooked	200 g	400 g	2.5 kg
Green	Plain yoghurt		175 g	350 g	1.75 kg
Green	Avocado	Smashed	1	2	10
Green	Fresh lemon juice		10 ml	20 ml	80 ml
Green	Parsley	Chopped	1 tbsp	2 tbsp	½ bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. In a bowl, combine the dressing ingredients and whisk well.
2. Pour half of the dressing over the chicken and toss to marinate.
Leave to sit for 1 hour.
3. Heat the oil on a flat grill or pan and cook the chicken all the way through.
Once cooked take off the heat and rest.
4. In another bowl, place the lettuce, cherry tomatoes and corn.
5. Mix together the yoghurt and remaining dressing. Pour this over the salad and toss together well.
6. Smash together the avocado, lemon juice, parsley and set aside.
7. Evenly distribute the salad on plates and top with a sliced chicken thigh.
Accompany the dish with the avocado.



WARM SALAD OF LAMB, POTATO AND SPINACH WITH MUSTARD DRESSING



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chat potatoes	Steamed and halved	400 g	800 g	4.0 kg
Green	Sweet potatoes	Sliced and roasted	300 g	600 g	3.0 kg
Green	Spinach		125 g	250 g	1.25 kg
Green	Cherry tomatoes	Roasted	250 g	500 g	2.5 kg
Green	Red onions	Raw and thinly sliced	100 g	200 g	1.0 kg
Green	Capsicum	Roasted strips and warm	125 g	250 g	1.25 kg
Green	Seeded mustard		1 tbsp	20 g	100 g
N/A	Balsamic vinegar		40 ml	80 ml	350 ml
Green	Lamb roast	Trimmed, thinly sliced warm	500 g	1.0 kg	5.0 kg
Green	Black pepper	Cracked	½ tsp	1 tsp	15 g
Green	Fresh lemon juice	Wedges	5	10	50

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. In a large bowl, combine the chat potatoes, sweet potatoes, spinach, tomatoes, onions and capsicum. Toss with the seeded mustard and balsamic vinegar.
2. Place the salad on a serving plate and top with thin slices of warm roast lamb, sprinkle with cracked pepper and serve with a lemon wedge.



BALSAMIC MARINATED LAMB AND BEETROOT SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Amber	Unsaturated fat oil [^]		30 ml	60 ml	110 ml
N/A	Balsamic vinegar		50 ml	100 ml	400 ml
Green	Garlic	Crushed	1 tsp	2 tsp	80 g
Green	Lamb	Trimmed and diced	500 g	1.0 kg	5.0 kg
Green	Red onions	Quartered	320 g	640 g	3.0 kg
Green	Red capsicum	Roasted and cut into strips	200 g	400 g	1.8 kg
Green	Canned baby beetroot	Drained and halved	425 g (1 tin)	850 g	4.25 kg
Check NIP	Feta cheese*	Diced	250 g	500 g	2.0 kg
Green	Rocket		200 g	400 g	2.0 kg
Green	Continental parsley	Chopped	1tbsp	2 tbsp	1 bunch

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 190 °C.
2. In a bowl, place the oil, balsamic, garlic and lamb. Toss together well and allow to marinate for 30 minutes.
3. Place the quartered onions on a tray along with the capsicum and cook for approximately 20 minutes until soft and starting to colour.
4. Heat a flat grill or large pan and cook the diced lamb in batches. Once cooked, place the lamb on a tray and cover with foil to keep warm.
5. In a bowl, combine the roasted vegetables, beetroot, feta and rocket. Drizzle some of the juices from the lamb dish over the salad to dress.
6. Portion onto plates and evenly distribute the lamb amongst the salad, and sprinkle parsley on top.



MOROCCAN BEEF SALAD WITH ROAST PUMPKIN, CHICKPEAS AND FETA



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Beef rump	Trimmed of visible fat	600 g	1.2 kg	6.0 kg
Green	Moroccan spice	As per GREEN recipe on page 232	20 g	30 g	150 g
Green	Pumpkin	Diced into small 1 cm pieces	500 g	1.0 kg	5.0 kg
Amber	Unsaturated fat oil [^]		30 ml	60 ml	150 ml
Green	Canned chickpeas	Drained	400 g	800 g	3.5 kg
Green	Spinach		150 g	300 g	1.2 kg
Check NIP	Feta cheese [*]	Cubed	150 g	300 g	1.5 kg
Green	Fresh lemon juice		30 ml	50 ml	200 ml
Green	Black pepper		½ tsp	1 tsp	15 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Cover the beef in moroccan spice and roast in the oven until the internal temperature reaches 65 °C. Remove from the oven, cover loosely with foil and rest for 15 minutes.
3. Toss the pumpkin in oil and roast until slightly caramelised and tender. Remove from the oven and cool.
4. Once the pumpkin is cooled, place in a large bowl with the chickpeas, spinach, feta, lemon juice and pepper. Toss gently to combine well.
5. Slice the beef into thin slices.
6. Arrange the salad component on a plate and top with 2 slices of roast beef. Drizzle with the pan juices from the roast beef.



MOROCCAN CHICKEN SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken marinade					
Green	Chicken breasts	Skin removed and trimmed	625 g	1.25 kg	6.25 kg
Amber	Unsaturated fat oil [^]		15 ml	30 ml	250 ml
Green	Fresh lemon juice		20 ml	40 ml	200 ml
Green	Ground cumin		½ tbsp	1 tbsp	30 g
Green	Ground coriander		½ tbsp	1 tbsp	30 g
Green	Ground turmeric		½ tsp	1 tsp	12 g
Green	Ground pepper		1 tsp	5 g	25 g
Dressing					
Amber	Unsaturated fat oil [^]		25 ml	50 ml	250 ml
Green	Ground cumin		Pinch	½ tsp	12 g
Green	Ground coriander		Pinch	½ tsp	12 g
Green	Fresh lemon juice		25 ml	50 ml	250 ml
Green	Ground pepper		Pinch	½ tsp	20 g
Salad					
Green	Cherry tomatoes	Halved	350 g	750 g	3.0 kg
Green	Cucumber	De-seeded and cut into thick slices	250 g	500 g	2.5 kg
Green	Red onions	Thinly sliced	180 g	360 g	1.6 kg
Green	Leafy salad mix		150 g	300 g	1.5 kg
Check NIP	Feta cheese*	Crumbled	175 g	300 g	1.6 kg
Green	Unsalted pistachio nuts		50 g	100 g	500 g
Green	Pomegranate kernels		100 g	200 g	900 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Combine the chicken with all the marinade ingredients and allow to marinate for at least 45 minutes (4 to 5 hours is ideal if time allows).
3. Cook the chicken in the oven for 12 to 18 minutes or until cooked through and firm.
4. To make the dressing, whisk together all of the ingredients and set aside.
5. Toss together all of the salad ingredients and pour over the dressing right before serving.
6. This salad can be made a day in advance if kept covered in the refrigerator, just keep the dressing separate.
7. Evenly distribute the salad on plates and top with the sliced cooked chicken breast.



ROAST PUMPKIN, CHICKPEA AND FETA SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Pumpkin	Diced	550 g	1.1 kg	5.5 kg
Amber	Unsaturated fat oil [^]		30 ml	50 ml	200 ml
Green	Moroccan spice	As per GREEN recipe on page 232	2 tsp	4 tsp	80 g
Green	Black pepper	Cracked	½ tsp	1 tsp	20 g
Green	Spinach		150 g	300 g	1.2 kg
Green	Canned chickpeas	Drained and rinsed	400 g	800 g	3.5 kg
Green	Lentils	Cooked	300 g	600 g	3.0 kg
Green	Fresh lime juice		20 ml	40 ml	200 ml
Check NIP	Feta cheese*	Crumbled	150 g	300 g	1.3 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

*Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. In a bowl, place the pumpkin, half of the unsaturated fat oil, moroccan spice, pepper and toss. Place on a tray and roast in the oven for 15 to 20 minutes or until soft and browning.
3. While the pumpkin is still warm, gently combine with the spinach.
4. After the pumpkin has cooled, mix with the lentils and chickpeas.
5. Combine the remaining oil and lime juice. Use this to dress the salad.
6. Portion onto plates and evenly distribute the feta cheese over the salad.

Tip

Can be used as a carrier for chicken and pulled meats if required.



ROASTED VEGETABLE, SPINACH, PINE NUT AND FETA SALAD



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Pumpkin	Diced	225 g	450 g	2.2 kg
Green	Sweet potatoes	Diced	175 g	350 g	1.7 kg
Green	Carrots	Batons	175 g	350 g	1.7 kg
Green	Red capsicum	Thickly sliced	180 g	360 g	1.8 kg
Green	Red onions	Wedges	180 g	360 g	1.8 kg
Amber	Unsaturated fat oil [^]		50 ml	100 ml	400 ml
N/A	Red wine vinegar		30 ml	60 ml	250 ml
Green	Fresh thyme		3 sprigs	¼ bunch	1 bunch
Green	Black pepper	Cracked	Pinch	8 g	20 g
Green	Spinach		120 g	240 g	1.2 kg
Green	Unsalted pine nuts	Toasted	40 g	80 g	400 g
Check NIP	Feta cheese [*]	Crumbled	150 g	300 g	1.5 kg

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

^{*}Please refer to the Healthy Options WA nutrient criteria on pages [9](#) and [10](#) to classify this ingredient.

NOTE: Feta cheese is generally high in salt and is therefore classified as Amber in this recipe.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.



Method

1. Preheat the oven to 180 °C.
2. Toss the pumpkin, sweet potatoes, carrots, capsicum and onions in a little unsaturated fat oil and spread out onto a baking tray. Roast for 15 to 20 minutes or until all vegetables are tender and starting to colour (be mindful to cut up the vegetables evenly so they cook at the same time – hard vegetables smaller and softer vegetables slightly larger).
3. Once the vegetables are cooked, remove from the oven and allow to cool.
4. In a bowl, combine the remaining oil, red wine vinegar, thyme, pepper and mix well.
5. In another bowl, toss the cooled vegetables together, add the spinach and the dressing, then toss again to ensure even distribution of ingredients.
6. Place the salad in a bowl or on individual serving plates and sprinkle over the pine nuts and feta. Serve at room temperature or cold.



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

CONDIMENTS AND DRESSINGS



BASIL DRESSING



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Basil leaves		½ bunch	1 bunch	5 bunches
Green	Garlic		2 cloves	4 cloves	20 cloves
Green	Fresh lemon juice		20 ml	40 ml	200 ml
Amber	Unsaturated fat oil [^]		40 ml	80 ml	400 ml
Green	Pepper		½ tsp	1 tsp	25 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. In a blender, place the basil leaves, garlic, lemon juice and pulse until roughly chopped.
2. Turn on the blender, while running slowly pour in the unsaturated fat oil. Once finished, season to taste with cracked pepper.



BASIL PESTO



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Basil leaves		½ bunch	1 bunch	5 bunches
Green	Garlic		2 cloves	4 cloves	20 cloves
Green	Fresh lemon juice		20 ml	40 ml	200 ml
Green	Unsalted pine nuts	Roasted	80 g	160 g	800 g
Amber	Unsaturated fat oil [^]		65 ml	125 ml	625 ml
Green	Pepper		½ tsp	1 tsp	25 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. In a blender, place the basil leaves, garlic, lemon juice, pine nuts and pulse until roughly chopped.
2. Turn on the blender, while running slowly pour in the unsaturated fat oil. Once finished, season to taste with cracked pepper.



BARBEQUE SAUCE



Ingredients

Classification	Ingredients	Preparation	500 ml	1 litre	50 litres
Green	Beurre bosc pears	Peeled, cored and sliced	2	4	20
Amber	Unsaturated fat oil [^]		20 ml	30 ml	50 ml
Green	Brown onions	Diced	100 g	200 g	1.0 kg
Green	Garlic	Crushed	1tsp	16 g	100 g
Green	Canned tomatoes	Crushed	290 g	580 g	2.9 kg
Green	Salt reduced tomato paste [^]		1 tbsp	2 tbsp	100 g
N/A	White vinegar		20 ml	40 ml	200 ml
Green	Dijon mustard		1 tbsp	2 tbsp	125 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Place the pears in a pot and cover with water. Cook until soft, drain off $\frac{3}{4}$ of the liquid and puree.
2. Heat the oil in a pot, and fry off the onions and garlic until just about to colour.
3. Add the tomatoes, tomato paste, vinegar and dijon mustard. Stir well, bring to a boil and reduce the heat to a simmer. Cook for 10 to 15 minutes.
4. Store in an airtight container in a cool room for 2 to 3 weeks.



BEETROOT, HORSERADISH AND DILL DIP



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Beetroot	Roughly chopped	250 g	500 g	2.5 kg
Green	Breadcrumbs	Fresh if possible	25 g	50 g	200 g
Amber	Unsaturated fat oil [^]		50 ml	100 ml	400 ml
Green	Garlic		8 g	15 g	70g
Green	Dill	Chopped	2 tbsp	¼ bunch	1 bunch
N/A	Horseradish		2 tsp	1 tbsp	150 g
Green	Pepper	Cracked	½ tsp	1 tsp	15 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Cook the beetroot in boiling water for approximately 1 hour or until tender. Leave to cool in the cooking liquid.
2. Peel the beetroot and chop roughly. Reserve a little of the cooking liquid.
3. In a blender, place the beetroot, breadcrumbs, oil, garlic, dill, horseradish and puree. Add some of the reserved cooking liquid to form the correct consistency. Season with pepper.



CARROT, ORANGE AND CUMIN DIP



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Carrots	Peeled and chopped	500 g	1.0 kg	4.5 kg
Amber	Unsaturated fat oil [^]		20 ml	40 ml	80 ml
Green	Brown onions	Finely diced	160 g	320 g	1.0 kg
Green	Garlic	Crushed	1 tsp	15 g	75g
Green	Cumin		1 tsp	8 g	20 g
N/A	Orange juice		60 ml	120 ml	500 ml
Green	Pepper	Cracked	½ tsp	1 tsp	15 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

NOTE: Orange juice used in sauces, dips and dressings is classified Green.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Steam the carrots until tender and set aside.
2. Heat the oil and cook the onions with the garlic and cumin.
3. Place this mixture into a blender, add the carrots, orange juice and blend until smooth. Season with pepper.



CURRY POWDER



Ingredients

Classification	Ingredients	20 serves
Green	Ground cumin	3 tbsp (30 g)
Green	Ground coriander	3 tbsp (30 g)
Green	Ground turmeric	1 tbsp (10 g)
Green	Ground chilli	1 tsp (5 g)
Green	Ground mustard	1 tsp (5 g)
Green	Ground ginger	1 tsp (5 g)
Green	Ground pepper	1 tsp (5 g)
Green	Ground cloves	½ tsp (3 g)

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Mix all of the spices together and store in an airtight container.



DUKKAH



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Sunflower seeds		1 tbsp	20 g	90 g
Green	Unsalted pine nuts		½ cup	90 g	450 g
Green	Almonds		1 tbsp	80 g	400 g
Green	Fennel seeds		1tsp	10 g	50 g
Green	Coriander seeds		10 g	20 g	100 g
Green	Sesame seeds		15 g	30 g	150 g
Green	Cumin		1 tbsp	15 g	80 g
Green	Black pepper		½ tsp	4 g	20 g
Green	Paprika		1 tbsp	8 g	35 g
Green	Parsley	Chopped	¼ bunch	½ bunch	2 bunches

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Dry the parsley in the oven for approximately 5 to 10 minutes on 160 °C.
2. Roast the nuts and seeds until fragrant.
3. Roast the spices until fragrant.
4. Place all of the ingredients in a food processor and blend until combined and crushed.
5. Store in an airtight container in a cool place.



HUMMUS



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Chickpeas	Tinned, drained	500 g	900 g	2.3 kg
Green	Tahini		1½ tbsp	40 g	200 g
Green	Fresh lemon juice		20 ml	40 ml	100 ml
Green	Garlic	Crushed	2 tsp	25 g	90 g
Amber	Unsaturated fat oil [^]		20 ml	30 ml	100 ml
Green	Paprika	Sweet Hungarian	1 tsp	5 g	25 g
Green	Water		30 ml	50 ml	200 ml

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced from the WDHS Green 'Recipe Booklet'.

Method

1. Put all ingredients except oil into a food processor, blend until smooth.
2. While the motor is running, slowly add oil in to hummus until all oil is incorporated.
3. Keep in an air-tight container in the cool room.



MOROCCAN SPICE



Ingredients

Classification	Ingredients	50 serves
Green	Ground cinnamon	25 g
Green	Ground cloves	8 g
Green	Ground coriander	25 g
Green	Ground cumin	30 g
Green	Ground ginger	20 g
Green	Dried parsley	25 g
Green	Black pepper	20 g
Green	Turmeric	12 g

This recipe was sourced from the 'WDHS Green Recipe Booklet'

Method

1. Dry roast all of the spices in a pan for 2 to 3 minutes or until fragrant.
2. Mix together thoroughly and store in an airtight container.



PINE NUT AND HERB CRUST



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Unsalted pine nuts	Roasted	75 g	150 g	750 g
Green	Orange	Zested	10 g	20 g	100 g
Green	Parsley	Chopped	15 g	30 g	1 bunch
Green	Basil	Leaves	15 g	30 g	1 bunch
Green	Breadcrumbs		40 g	70 g	400 g
Green	Eggs		1	2	10
Green	Black pepper		Pinch	5 g	20 g
Red	Sea salt if required [#]		Pinch	5 g	20 g

[#]Salt is a Red ingredient, however if a small amount is added to a recipe it will not change the classification. This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Combine all of the ingredients in a food processor and blend until well mixed. Use as a coating on meats before cooking.

Tip

Use gluten free breadcrumbs as a GF option.



TOMATO SALSA WITH CHILLI



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Fresh tomatoes	Finely diced	220 g	440 g	2.2 kg
Green	Coriander	Washed, stems and leaves finely chopped	¼ cup	½ cup	2 bunches
Green	Red onions	Finely diced	110 g	220 g	1.1 kg
Green	Green chilli	De-seeded and finely sliced	80 g	160 g	800 g
Green	Garlic	Finely chopped	2 cloves	4 cloves	20 cloves
Green	Fresh lime juice		15 ml	30 ml	150 ml
Amber	Unsaturated fat oil [^]		20 ml	40 ml	200 ml
Green	Black pepper	Cracked	Pinch	¼ tsp	1¼ tsp

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. In a bowl, combine the tomatoes, coriander, onions, chilli, garlic and mix well.
2. Combine the lime juice, oil and pepper. Pour this over the salsa and mix well again. Use straight away or allow to rest so the flavours develop.
3. Could be utilised as a bruschetta topping or accompany main dishes as a side condiment.



TUSCAN SEASONING



Ingredients

Classification	Ingredients	Preparation	50 serves
Green	Dried basil		15 g
Green	Dried fennel seeds	Ground	20 g
Green	Garlic	Ground	25 g
Green	Dried oregano		40 g
Green	Dried rosemary		25 g
Green	Ground sage		15 g
Green	Dried thyme		20 g
Green	Dried parsley		25 g
Green	Ground chilli		12 g

This recipe was sourced from the 'WDHS Green Recipe Booklet'.

Method

1. Combine all of the ingredients and store in an airtight container for future use.



TZATZIKI SAUCE



Ingredients

Classification	Ingredients	Preparation	5 serves	10 serves	50 serves
Green	Plain yoghurt		200 ml	400 ml	2 L
Green	Continental cucumber	Grated	½	1	5
Amber	Unsaturated fat oil [^]		20 ml	40 ml	150 ml
Green	Lemon juice		20 ml	40 ml	180 ml
Green	Garlic	Grated	1 tsp	16 g	90 g
Green	Hungarian paprika		½ tsp	5 g	25 g

[^]This ingredient has an allowance and can be used in small amounts without changing the recipe's traffic light classification.

This recipe was sourced and adapted from the 'WDHS Green Recipe Booklet'.

Method

1. Press the cucumber into a strainer to remove all of the liquid.
2. Mix the cucumber with the remaining ingredients and stir.



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